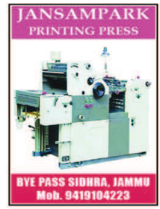


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Not Stone pelting Kashmir now sports hub: Anurag Thakur

Says Admin changed Valley situation in just 3 years; More than 1500 Athletes from Country to participate in 11 different winter-sports disciplines; Gulmarg to be Centre of Excellence for winter games soon: LG Manoj Sinha

J I NEWS DESK
BARAMULLA, FEB 10

Union Minister Anurag Thakur on Friday said that the Kashmir Valley that was earlier known for stone pelting incidents is now famous for Football and other sports activities.

Addressing a gathering at the inaugural function of Khelo India Winter Games at Gulmarg, Thakur, as per the news agency said the youth who were holding stones in their hands are now indulging in sports activities, thereby making the nation proud.

While appreciating the role of the Jammu and Kashmir government, he said the government made it possible to change the Kashmir situation in just 3 years, which earlier could not be done in 75 years.

"It is really a proud movement for all of us that Jammu and Kashmir is hosting the Khelo India Games for the third time, which other states failed to," he said.

He said that they will soon have a number of star athletes, as the youth are highly involved



in games, be it Football, Wushu, Cricket, Skiing or other sports activities.

The Union Minister assured full support and cooperation in developing the Center of Excellence for Winter Games in the UT. "It is the vision of our Prime Minister Narendra Modi to create sporting infrastructure across India. The setting up of a National Centre of Excellence in the valley will support the athletes of J&K," he said.

"Jammu and Kashmir's every district is now having an indoor stadium and every village a play field, which itself speaks how the situation has taken a U-turn," he said. "More than 1500 Athletes will compete in 11 different winter sports disciplines in the five day mega sports event."

Speaking on the occasion, Jammu and Kashmir Lieutenant Governor Manoj Sinha said

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Vijay Kumar Bidhuri is new Div Com Kashmir as govt orders transfer, posting of 15 officers

J I NEWS DESK
SRINAGAR, FEB 10

The government on Friday ordered transfer and posting of 15 officers, seven of them IAS, in the interest of administration with immediate effect.

According to an order, a copy of which lies with the news agency, Vijay Kumar Bidhuri, IAS (AGMUT:2005) Commissioner/Secretary to the Government, Revenue Department, holding additional charge of Principal Resident Commissioner, J&K Government, New Delhi, has been transferred and posted as Divisional Commissioner, Kashmir.

The order states Dheeraj Gupta, IAS (AGMUT: 1993), Principal Secretary to the Government, Housing and Urban Development Department, holding additional charge of smart Cities and proposed new Jammu/Srinagar Metropolitan Regional Development, has been transferred and posted as Principal Secretary to the Government, Department of Forest, Ecology and Environment.

"H. Rajesh Prasad, IAS (AGMUT:1995), Principal Secre-

tary to the Government, Power Development Department, shall hold the charge of the post of Principal Secretary to the Government, Housing and Urban Development Department, in addition to his own duties, till further orders," reads the order.

It reads Sanjeev Verma, IAS (AGMUT:2001), Commissioner/Secretary to the Government, Department of Forest, Ecology and Environment, has been transferred and posted as Commissioner/Secretary to the Government, General Administration Department.

"Sarmad Hafeez, IAS (AGMUT:2009), Secretary to the Government, Tourism Department, holding additional charge of Administrative Secretary, Youth Services and Sports Department, has been transferred and posted as Secretary to the Government, Finance Department, holding additional charge of CEO, ERA & Mission Director, Jal Jeevan

Mission, J&K, has been transferred and posted as Administrative Secretary, Culture Department, relieving Zubair Ahmad, JKAS, of the additional charge of the post.

"He shall hold the charge of the post of Chief Executive Officer, Economic Reconstruction Agency, in addition to his own duties, till further orders."

It added Dr. Piyush Singla, IAS (AGMUT:2012), Administrative Secretary, General Administration Department, has been transferred and posted as Administrative Secretary, Revenue Department.

"Rakesh Minhas, IAS (AGMUT:2016), awaiting orders of adjustment in the General Administration Department, has been posted as Managing Director, SIDCO. He shall also hold the charge of the post of Managing Director, SICOP, in addition to his own duties, till further orders."

It further reads Raman Kumar Kesar, JKAS, Managing Director, SIDCO, holding additional charge of Managing Director, SICOP, has been transferred and posted

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Indian teams working day and night as part of Operation Dost in Turkey: PM Modi



NEW DELHI, FEB 10

Prime Minister Narendra Modi on Friday said the Indian teams of NDRF personnel and doctors involved in rescue and relief operations in quake-hit Turkey are working day and night as part of 'Operation Dost' and would continue giving their best to save lives.

The Prime Minister said that India stands firmly with the people of Turkey, where a 7.8-Richter tremor on Monday has led to around 20,000 deaths and devastated cities.

His comments came as the Indian Army's 30-bedded field hospital in Iskenderun has so far treated 106 people in the Turkish city that has been hard hit in the earthquake.

"Our teams are working day and night as a part of 'Operation Dost'. They will keep giving their best to ensure maximum lives and property are saved. In this critical time, India stands firmly with the people of Turkey," the PM said in a tweet.

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After 2-day wet spell, MeT predicts improvement in weather from today

J I NEWS DESK
SRINAGAR, FEB 9

After two-day wet spell in Jammu & Kashmir, the weatherman here has predicted gradual improvement in weather conditions from tomorrow (Saturday), saying that there is no forecast of any major wet spell till February 17.

Reports reaching the news agency, said that a few higher reaches in Kashmir received light snowfall today while rains lashed the majority of areas including Srinagar today.

Deputy Director Meteorological department (MeT) said that the



weather conditions have started improving and from tomorrow it will gradually improve further. "Although there is a possibility of light rain at isolated places, overall the weather conditions will improve from tomorrow," he said.

He further added that the weather would remain mostly dry till February 17, saying that there is no possibility of any wet spell during the period from tomorrow. However, some of the areas in northern Kashmir have received snowfall with dust.

The MeT in a statement issued here classified the

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Govt teacher arrested for allegedly misbehaving with girl students

J I NEWS DESK
POONCH, FEB 10

A Government teacher, posted in Middle School Dhargaloon in Balakote zone of Mendhar sub division of Poonch district, has been arrested by police for allegedly molesting and misbehaving with two girl students of his school. Per-

tinently, the teacher has also been placed under suspension by the education department.

The teacher identified as Mohammad Taj Nayazi was booked in a case under FIR number 10/2023 under sections 354, 8/10 POCSO Act in Police Station Cursal.

Police officials told

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Avalanche hits Gurez, 2 women rescued

J I NEWS DESK
SRINAGAR, FEB 10

Two women were rescued after a snow avalanche hit the Manzung area of north Kashmir's Bandipora district on Friday, officials said.

Police said two women identified as Tabassum Bano and Shahzaba Begum went out to collect drinking water from a nearby tap when they came under a medium avalanche in Manzung area of Tulail Friday morning.

They said soon after the incident a rescue operation was launched by local residents and after strenuous efforts both were rescued alive. However, no damage has been reported in the incident so far, they added.

Upper reaches of Bandipora including Gurez valley received yet another fresh spell of snow on Thursday. The road remains closed with the rest of the

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JKBOSE 10th, 11th, 12th Class Date Sheet Out

J I NEWS DESK
SRINAGAR, FEB 10

The JK Board of School Education (BOSE) on Friday notified the date sheet of annual (Regular 2023) examination for class 10th to 12th students enrolled in schools falling in soft zone areas of Jammu and Kashmir.

As per the date sheet issued by the Director Academics JKBOSE, the examination of class 10th students in soft zone areas will commence from March 9 of 2023 and will culminate on April 5.

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Rain in Ramban triggers landslides, blocks highway

J I NEWS DESK
JAMMU, FEB 10

The Jammu-Srinagar national highway was closed for traffic on Friday due to multiple landslides triggered by heavy rains in Ramban district, officials said.

The only all-weather 270-km highway linking Kashmir with the rest of the country, was blocked by the landslides at Panthiyal, Cafeteria Morh, and Dalwas areas with over 200 vehicles stranded at several points on the route.

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J&K PSC now functions with only one member and chairman

J I NEWS DESK
SRINAGAR, FEB 10

With former IPS officer Aftab-ul-Mujtaba completing his term as a member of the Jammu & Kashmir Public Service Commission on Friday, the key recruitment body of the Union Territory is now left with only one member.

Mujtaba, an illustrious IPS officer, who was appointed as a member of the constitutional body on June 24, 2020, completed his term today, leaving the constitutional body with only one member now.

According to details available with news agency, the PSC is now left only with chairman Satish Chandra (former IAS officer) and

member Zubair Ahmed Raza (former judge).

As per the Constitution of India, a member of the State Public Service Commission shall hold the office for a term of six years or till the age of 62 years, whichever is earlier.

Before scrapping of the Article 370, the appointment and retirement of PSC members in J&K was governed by the Constitution of Jammu & Kashmir, which allowed members of the prestigious body to hold office for a term of five years or till the age of 65 years, whichever is earlier.

The Public Service Commission was made functional with J&K UT's administration with

CONTINUED ON ► PAGE 4

India's technology-enabled governance model can meet unforeseen exigencies: Dr Jitendra

J I NEWS DESK
NEW DELHI, FEB 10

Union Minister of State (Independent Charge) Science & Technology; Minister of State (Independent Charge) Earth Sciences; MoS PMO, Personnel, Public Grievances, Pension, Atomic Energy and Space, Dr Jitendra Singh today said that Prime Minister Narendra Modi has given India a technology-enabled Governance Model, which can meet unforeseen exigencies and is perpetually prepared for it, as was evident during the Covid pandemic which took everybody by surprise but the government working did not get interrupted even for a single day because long before the pandemic came, we had almost completely shifted over to e-office,



online and virtual modes of working.

Speaking at the 4th Edition of National Governance Summit of Economic Times here, Dr Jitendra Singh said that Modi's Governance Model is not only sustainable but also resilient, using futuristic technologies and innovations.

The Minister said, the Modi model of governance evolved over the last 22 years has laid the foundation of the future road map

of India's progress. He said, in the next 25 years of Amrit Kaal, when India rises to the world pedestal, this will be primarily on the strength of our scientific prowess and capacity of our Start-Ups which will be essentially technology driven and a unique governance model taking effective care of 140 crores plus Indians.

Dr Jitendra Singh said, Modi, an avid follower of newer technologies and innovations is always ready

to adopt today, the technology of tomorrow. He said, Prime Minister is focusing on areas like Space Technology, Drone, A.I, Biotech, Geospatial, Ocean Mission or Blue Economy and Green technologies including the Hydrogen Revolution which will define the destiny of India tomorrow. The Minister added that COVID-19, the pandemic of the century, was turned into a virtue from the great adversity.

Dr Jitendra Singh said, the Tri-Ratna of this governance model are Out of Box Thinking, Breaking the Taboos of the Past and Converting Government Campaign into Mass Campaign. Giving one example of each of the three great ideas, the Minister said, soon after Modi came to power

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Government takes action for better land, soil management with launch of pioneering project

J I NEWS DESK
JAMMU, FEB 10

Jammu and Kashmir government has approved an ambitious project envisaging creation a comprehensive soil and land resource information system.

The project, titled 'J&K Soil and Land Resource Information (JKSLRI)' system, has been designed to help in decision-making for sustainable use of soil and land resources in the region, which is being considered as ecologically fragile. With its goal of providing a scientific base for crop diversification and soil suitability,

the JKSLRI project is set to revolutionize the way we approach land use and soil management in the region.

"The problem of unscientific land conversions and poor soil health management practices has been causing a decline in soil health, leading to poor outputs and even enterprise failure. There is also lack of knowledge and poor extension on soil health management, which is leading to loss of soil biodiversity due to intense cultivation and soil pollution," said Atal Dulloo, Additional Chief Secretary, Agriculture Production Department.

He further said that the

JKSLRI project has been designed to provide the most comprehensive and up-to-date information on soil and land resources, making it an essential tool for decision-making when it comes to sustainable use of soil and land resources.

The prestigious project, which will initially be started in four districts of J&K, has several objectives including creation of a robust land use policy on agriculture and urbanization, crop-land suitability based on land evaluation, capacity building of farmers and other stakeholders on soil health management

besides establishment of one static and 25 mini soil testing laboratories in each selected district. The project has been designed to have a major impact on the region including creation of an authentic soil and land resource repository with two soil museums one each at Jammu and Srinagar. The project shall also provide support for efficient use of fertilizers and micronutrients, which is important for organic production systems.

These objectives will help lay the foundation for a robust land use policy on agriculture

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16 injured as bus skids off road in Udhampur



J I NEWS DESK
UDHAMPUR, FEB 10

At least 16 persons were injured after a bus met with an accident in Moungrin area of Udhampur district on Friday morning, an official said. An official told the news agency that the bus

was on way from Udhampur to Moungrin when it skidded off the road near Gulabnagar. He said 16 passengers who were aboard were injured in the accident.

The injured rescue teams have rushed to the spot and injured were being shifted to hospital for treatment. KNO

Professionals, Employees, Senior citizens play important role in society: Sat



JI NEWS SERVICE JAMMU, FEB 10: Gearing up organizational activities of the party in Poonch District at grass root level, a meeting of BJP's Professional Cell, Senior Citizen Cell and Retired Employees Cell and Budget Pe Charcha was conducted to take up the party activities and vision of PM Modi led BJP Government on ground concerning development of Jammu and Kashmir.

District Poonch under the leadership of its district president Rajesh Raina held the meeting which were mainly addressed by former Cabinet Minister, Sat Sharma (CA). He was also accompanied by CA Rajeev Gupta, UT BJP Spokesperson Sunil Gupta and several others. Speaking on the occasion, Sat Sharma said that all these three cells have a very important role to build the organization and

take the vision of the party amongst the public. He said professionals, senior citizens and retired employees are the important sections of the society and their views hold major significance. He urged the activists present to create teams of the cells up to booth level and stated that it will definitely strengthen the vision of the party at grass root level. He also asked them to go door to door to spread the pro public policies of the party.

CA Rajeev Gupta talked about Budget 2023 and said that in order to cater the support of the more public the teams must be constituted at the earliest so that people's presence could be more involved in the mission which BJP has chosen to work for the betterment of society. He also stated that BJP is the only party which works for the people and has done a lot for their upliftment.

Rajesh Raina also spoke on the working of cells in Poonch district. He also said that the teams will be made as soon as possible in the coming days so that the organizational work can be paced up to grass root level. Naresh Sharma, Parvinder Singh, Abhi, Mukesh Sharma, Paranjit Singh, Naresh Verma, Jyoti, Rajesh Sudan, Er. Sahil, Bhupinder Pal and several others were also present on the occasion.

SMVD Gurukul holds 31st Governing Council Meeting



JI NEWS SERVICE KATRA, FEB 10: The 31st meeting of the Governing Council of Shri Mata Vaishno Devi Gurukul, Charan Paduka was held here today at Spiritual Growth Centre, Katra. The meeting presided by Mahamandleshwar Shri Swami Vishveshwaranand Giri Maharaj, Member of the Shri Mata Vaishno Devi Shrine Board and Chairman of the Governing Council for the Gurukul, was attended by Anshul Garg, Chief Executive Officer of the Shrine Board; Navnet Singh, Additional CEO; Prof. Y.K. Mishra; Dr Jagdish Chander Mehra, Joint CEO, SMVDSB and Administrator of Gurukul; Mahesh Sharma, FA/Chief Accounts Officer; Gopal Dass Sharma, Head Pujari, Bhawan; Dr Dhanraj Mishra, Principal, and Dr. Devendra Rijal, Vice Principal of the Gurukul.

The Chairman and other Members of the Governing Council while expressing satisfaction at the functioning of the Gurukul emphasized the need for making continuing endeavours to develop it as a centre of excellence. The meeting also noted the outstanding achievements of the students of SMVD Gurukul in academics and co-curricular activities and participation of faculty and students for broadening their horizon at different Platforms, including in house events & those at State, Zonal as well as at National Level.

The Governing Council, while approving the annual budget of Gurukul for Financial Year 2023-24 also finalized the arrangements for organizing 3-day North Zone Youth Festival from 20th to 22nd of February in collaboration with Central Sanskrit University. The inaugural function will be held at the Spiritual Growth Centre of the Shrine Board at Katra. The events to be organised include Educational Short Film making, Rangoli, Painting, Competition, cultural programmes, co-curricular activities besides, sports events in different categories and around 10 institutes from 5 states & UTs including Himachal Pradesh, Haryana, Punjab, Delhi, Uttarakhand, UP and JKUT, with a total of 350 students are expected to participate in the festival. The council observed that the festival shall provide a learning platform to the students of SMVD Gurukul to showcase their talent & skills from their counterparts of other institutes besides, serving as an important medium to spread joy, promote Sanskrit awareness and protect our traditional and cultural heritage.

roadmap for 5 years of the functioning of the SMVD Gurukul and way forward for developing this institution as a centre of excellence for providing top quality education to the students.

The Governing Council while releasing the Annual School Magazine "Brahmi" tracing the achievement and contribution of the students and faculty during the year appreciated the efforts stating that a wonderful platform has been given to these young students to showcase their talent as writers and express themselves into a conglomerate.

Earlier, Mahamandleshwar visited SMVD Gurukul and inspected the Construction Work-in-Progress of New Dining cum Accommodation Complex. He also interacted with the students and faculty and enquired from them about their daily activities. Besides, the Mahamandleshwar felicitated Master Varun Sharma, student of Shri Mata Vaishno Devi Gurukul for having secured first position in the entire University, in the annual examination of class 8th conducted in 2022 by Sampurnanand Sanskrit Vishwavidyalaya, Varanasi.

Mahamandleshwar, besides, highlighted the importance of imparting sanskars in one's life, asked the students to work hard to preserve their rich culture and achieve distinction in various fields in years to come. He congratulated the Hon'ble Lt. Governor, JK-UT who is also Chairman of Shri Mata Vaishno Devi Shrine Board for nurturing such institutes which has kept alive the Vedic and Sanatan traditions in the modern era.

GC also approved Internship programme for candidates obtaining Shastri degree from SMVD Gurukul and their engagement as Prashikshu in Shri Mata Vaishno Devi Shrine Board for the contribution in the Pujan rituals besides engagement of Yuga expert in SMVD Gurukul for boosting physical and mental health of the students.

The Meeting also desired that alumni meet of the Gurukul should be planned to benefit from their skills and experience besides, to devise a

Pt. Deendayal Upadhyay was a visionary par excellence: Parmod Kapahi



BJP District Jammu holds monthly meet

JI NEWS SERVICE JAMMU, FEB 10: Bharatiya Janata Party, District Jammu under the leadership of District President Parmod Kapahi held a monthly meeting at BJP office, Kachi Chawni, Jammu. Senior BJP leader & District Jammu Prabhari Rajeev Charak, Seh-Parbhari Vikas Choudhary also addressed the meeting along with District

President Parmod Kapahi. District General Secretary Kuldeep Kandhari, District General Secretary Rajesh Gupta, Mandal President Keshav Chopra, Mandal President Parveen Kermi, Mandal President Raman Sharma, Atul Bakshi, Ajay Sharma, JMC Councillor Sucha Singh, Councilor Suneet Raina and other prominent political persons from District Jammu participated in the meeting.

Rajeev Charak, while addressing the BJP activists of District Jammu, asked them to visit every house of the region and apprise them of the achievements of the Modi governments and their specific benefits for the residents of Jammu & Kashmir. He also deliberated upon the highlights of the recently introduced 2023 Union government budget. He said that this

budget is a people friendly budget which has touched the lives of every segment of the society. Parmod Kapahi, in his address, discussed upcoming programs of the party. He especially focused on the party's programme of 'Samarpan Diwas' on February 11, the day on which party ideologist Pandit Deendayal Upadhyay laid down his life in the service of humankind. He stressed that Pandit Deendayal Upadhyay was a visionary personality par excellence whose ideas will make the world a better place to live.

Vikas Choudhary, spoke on the booth Sashaktikaran, in which he stressed that the party activists should pay special attention to the strengthening of the booths in their respective areas allotted by the party. Rajesh Gupta conducted meeting proceedings whereas Kuldeep Kandhari thanked all the party leaders and activists for their active participation in the meeting.

Nation suffered most due to Nehru's blunders, Modi Govt determined to nullify the adverse effects: Kavinder

JI NEWS SERVICE JAMMU, FEB 10: Kavinder Gupta, senior Bharatiya Janata Party leader and former Deputy Chief Minister has asserted that the nation and its people have suffered the most due to the blunders committed by the late Prime Minister Nehru and his family who promoted their dynastic rule over seven decades. He said that this family not only threw democracy to winds but also carried forward the 'Divide and Rule' policy of Britishers and 'Appeasement Policy' for its petty vested interest by playing vote bank politics.

The senior BJP leader, while recalling the Prime Minister Narendra Modi's speech in the Parliament the other day, said that he has rightly exposed the real face of the Nehru family and the Congress party while slamming the opposition for leveling accusations against him (PM) based upon surmises and conjectures.

In a statement issued here today, Kavinder said that the Nehru Gandhi family including the Vadras has brazenly looted this nation to the hilt. He asserted that this stands proved beyond any iota of doubt from the fact more than 600 organizations have been registered in the name of the members of the so called Nehru Gandhi families. These organizations have been used to siphon off the tax payers' money and most of the companies established by these people are bogus companies to facilitate the siphoning of the nation's funds.

and miseries for the people at large in J&K. The former Deputy Chief Minister said that it is the Prime Minister Modi led BJP Govt that finally did justice with the people of Jammu and Kashmir by abrogating Articles 370 and 35A as only BJP had the strong will and determination to do so.

The results are on ground today with the Pak refugees, the category people besides others who used to be earlier deprived of some significant rights are today equally placed with others.

He said that BJP stands firmly determined to adopt all the requisite corrective measures to nullify the adverse effects of the blunders of Nehru family in the ultimate interest of the common people of not only in Jammu and Kashmir but across the nation.

Govt should fulfill demands of Kashmiri Hindu employees posted in Valley before Shivratri: Shiv Sena



Stop treating Hindus employees as bonded labourers: Sahni

JI NEWS SERVICE JAMMU, FEB 10: Shiv Sena J&K unit today demanded that the LG led administration should fulfill the demands of protesting Kashmiri Hindu employees posted in Valley before the upcoming Shivratri Festival. The leaders of Shiv Sena (Uddhav Bala Sahab Thackeray) Jammu and Kashmir unit organized a press conference at the party's central office, Jammu, today demanding the safe posting of Kashmiri Pandits/Hindus working in Kashmir by implementing the transfer policy. State Chief Manish Sahni

said government should leave its stubbornness of making these employees scapegoats and transfer them to safer places in Jammu region. Sahni said that Hindus working under the PM rojgar yojna in Kashmir were being treated like bonded labourers and forced to become scapegoats. On aug 5, 2019 the Center has abrogated Article 370, then the bonds included in SRO 412 should be treated as cancelled. Describing the government's claims of rehabilitating Kashmiri Pandits/Hindus as hollow sham, Sahni said that providing jobs and temporary

accommodation to only 4200 Kashmiri Pandits can never mean rehabilitating the entire community. "Along with Kashmiri Pandits, Sikh / Muslim / Dogra communities were also given jobs under the PM package. But the BJP government is baking political bread by misleading the public by beating the name of Kashmiri Pandits. At the same time, for the last 6-7 months, the salaries of the employees are being withheld and they are being forced to go to the valley," he said. Sahni demanded the Central Government and the Lieutenant Governor of

Jammu and Kashmir to implement the transfer policy and attach Kashmiri Hindus to various central departments. He said that, the PM package funds are provided directly by the Center so the administration deutes them to central departments like (Election Commission, India, NTPC, NHPC, etc.) or UT Ladakh.

Sahni said that some selected and influential employees have been attached to Jammu division. It is clear from the stand of the administration that it is not hesitating to sacrifice all the Hindu employees for the party of vote politics ambitions of the central government which is an unimaginable situation towards humanity. On this occasion, President Women's Wing Meenakshi Chhibber, General Secretary Vikas Bakshi, President Kamgar wing Raj Singh, Women Secretaries Sukhwinder Kaur, Yawar Habib were present.

Indian Army organises Lavender Farming and Processing Drive

JI NEWS SERVICE JAMMU, FEB 10: As part of welfare activities, Indian Army has been constantly undertaking a variety of events for the welfare of Awaam. In pursuance of this noble aim and in order to impart training on lavender farming and generate employment through it Indian Army organised 'Lavender Farming and Processing Drive' for youth and poor farmers from the socially and economically backward strata of the society at Bhalal in District Doda (J&K). Such initiatives will improve the environment of the surrounding area and will greatly help in generating



employment opportunities to people from socially and economically backward families and simultaneously engage the youth in some construc-

tion activity which is beneficial to them in multiple ways. The locals expressed their gratitude towards the Indian Army for organising the event.

BJP OBC Morcha working round the Clock for BJP Party: Vibodh Gupta

JJ NEWS SERVICE
JAMMU, FEB 10: BJP OBC Morcha JK-UT in collaboration with Red Cross Jammu held free medicines distribution camp at Municipal Park, Resham Garh Colony, Jammu.

Vibodh Gupta General Secretary BJP Jammu Kashmir and Sunil Prajapati President BJP OBC Morcha JK-UT were prominent to inaugurate the camp.

Speaking on the occasion, Vibodh Gupta congratulated the work done by BJP OBC Morcha and said BJP OBC Morcha has done commendable work round the clock in the field of Sewa and helping Public in large.

Vibodh further thanked PM Modi for Increasing Medical Budget by 13% and said 157 new Nursing Colleges will be opened in the coming future. He asserted that the people of Jammu Kashmir are enjoying health insurance of Five Lakhs per family.



For this he thanked PM Narendra Modi for covering the whole state under health Insurance. Later Sunil Prajapati said that this Camp will benefit needy people at this time of extreme Weather Conditions and thanked Secretary Red Cross Sat Pal Sharma for Issuing Medical Camp.

He also thanked Dr. Aasia Noor (Medical Officer) and her team. Nearly 200 people were benefited by this camp and local people

applauded the working of BJP OBC Morcha. The Program was organized under guidance of Ashok Salgotra (District President BJP OBC Morcha Jammu) and others who organized the Program was Viren Satti (District Secretary BJP OBC Morcha), Raj Kumar (Mandal President OBC Morcha Bakshi Nagar).

Prominent among others who Present on occasion was Ravi Mehra (Vice President BJP OBC Morcha), Kewal Verma (State Secretary BJP OBC Morcha), Bal Krishan (State Social Media Secretary OBC Morcha), Gopal Sanotra (General Secretary BJP OBC Morcha), Parveen Badyal (Vice President BJP OBC Morcha), Rajesh Kumar (Vice President BJP OBC Morcha), Madan Verma (District Secretary BJP OBC Morcha), Ved Parkash (District Spokesperson OBC Morcha) and Budh Verma.

Kathua Campus (JU) organizes its 3rd Extension Outreach Programme

JJ NEWS SERVICE
KATHUA, FEB 10: Aiming to keep the children, youth and students away from the menace of drugs, Kathua Campus, University of Jammu today organized its 3rd Extension Outreach Activity on "Drug Abuse: Problem, Management and Prevention along with Stationery Distribution Drive at Government Higher Secondary School, Kathua. More than 400 students from Government Higher Secondary School, Kathua and Kathua Campus, University of Jammu participated in the said activity. The awareness programme was also attended by more than 100 people from Panchayat Kathua who were thrilled by the performance of the students of Kathua Campus, University of Jammu in the form of a play on Drug Abuse.

Further, a two-week stationary collection drive was launched by Kathua Campus, University of Jammu on 26th of January, 2023 in order to help the children of the adopted village Kathua and the stationery was distributed today to more than 350 students of Panchayat Kathua in order to channelise their energies to harness their potential in nation building and refrain them from bad habits so that they can focus harder on their studies. The esteemed speakers at the occasion were Sh. Kewal Krishan (District Education Planning Officer, Kathua), Dr. Rajesh Chandel (Assistant Professor, Psychiatry, Government Medical College, Kathua), Sh. Sanjeev Sharma (Inspector, Police Training School, Kathua), Mr. Varun Sharma (Sub Inspector, J&K Police, Poonch) and Sh. Devinder Kumar (Retd. Zonal Education Planning Officer, Hiranagar). While speaking on the



occasion, Sh. Kewal Krishan said that the drug menace is badly affecting the society in general and children in particular. Thus, there is an acute need to spread awareness among society especially children against this evil so that it can be uprooted. He further said organizing these types of awareness-oriented programmes at school level is quintessential for the teen age students. Dr. Rajesh Chandel opined that drug consumption is dangerous to the mental and physical health of everyone and thereby, drug abuse is destroying our future generation. He further underscored the psychological and medical aspects of drug abuse in tender age students. Sh. Sanjeev Sharma stressed on the need of involving students in cocurricular activities in addition to their academics so that they can utilize their time properly. Further, he advised the students to join sports to be mentally and physically fit. Mr. Varun Sharma advised the children to stay away from illegal drug consumption and also requested the public to inform Police about illegal drug consumption.

Further, he insisted the students to fight against this menace in their locality also. Sh. Devinder Kumar emphasized on the importance of such awareness programmes to safeguard children from drug abuse in any manner. He further highlighted the challenge of drug abuse in India and suggested the retired employees especially from the education sector to come forward to take initiatives for the welfare of the youth in particular and society as a whole.

Sh. Ashok Kumar, Principal, Government Higher Secondary School, Kathua appreciated the efforts of Kathua Campus, University of Jammu for organizing the awareness programme on Drug Abuse and for distributing stationery among the children of panchayat Kathua to focus more on studies. The Special Guests from Panchayat Kathua who attended the programme were Sh. Joginder Singh (Naib Sarpanch, Kathua), Sh. Mohinder Singh (Panch, Kathua) and Smt. Trishla Devi (Panch, Kathua).

Modi Govt's agri-friendly schemes have become real power of farmers: Johal

JJ NEWS SERVICE
JAMMU, FEB 10: The Modi government has done more work in eight years of its rule for making farmers self-reliant than was accomplished ever before and its agriculture-friendly schemes have become the real power of farmers.

This was stated by Sarabjit Singh Johal, President BJP Kissan Morcha, J&K and DDC Member while speaking at the programme in Bantala area of Jammu.

Johal asserted that the central government headed by the Prime Minister Narendra Modi has done more work in the last eight years than ever before for empowering farmers and making them self-reliant. He said the government at the Centre stands fully committed to the welfare of the farmers who deserve special attention especially in view of their being the food producers of the nation. He said the government is making every effort to double the farmers' income and boost agriculture economy.

Today, Sarabjit Singh Johal along with his entire Kisan Morcha team visited Maa Chandi Temple in Rajinder Nagar, Bantala area and prayed for the peace and prosperity of the Union Territory. State General Secretary of BJP Kisan Morcha Rakesh Pant, Vice President Kisan



Morcha Baba Chanchal Singh, Mandal President Vijaypur Ajay Sharma and Parveen Sharma accompanied the BJP Kissan Morcha President, J&K.

Johal said "Since the BJP led government came into power, it has been taking all necessary initiatives to boost and bolster the agricultural economy along with farmers' welfare schemes."

He said that the farmers' issues have been best addressed by PM Modi led Govt at the Centre. He mentioned that the schemes and initiatives by the government like Kissan Sammaan Nidhi, Kissan Credit Card, Kissan Fasal Bima, Soil Health Card, Pradhan Mantri Krishi Sinchayee Yojana (PMKSY), National Agriculture Market (e-NAM), SVAMITVA Yojana, and many more

such schemes have been providing benefits to all the farmers of the nation.

Johal asked the Kissan Morcha leaders and workers to establish a strong connect with the farmers'

community and ensure that they avail the benefits of the aforesaid schemes.

He asked them to take adequate measures in strengthen the base of the Party.

Indian Army organises lecture on Road Safety

JJ NEWS SERVICE

JAMMU, FEB 10: Indian Army organised a lecture on Road Safety at Govt Higher Secondary School, Bhowani in District Rajouri (J&K). Road accidents are a major concern in the region owing to hilly terrains and modern vehicles having lighter speed limits. Towards this end, the lecture aimed to create awareness amongst the locals to make the roads safer and prevent loss of life and limb. The lecture highlighted that roads in this region of the UT of J&K run through various hills and mountain ranges, which requires the drivers to be extra cautious and provide due allowance for the terrain and weather.

The gathering was also educated about various aspects contributing towards safe roads like, following traffic rules, importance of wearing seat belts/helmets, maintenance of vehicles etc.

BJP Minority Morcha J&K Organises Joining Program at Baribrahmana

JJ NEWS SERVICE
JAMMU, FEB 10: A programme was held at Bari Brahmana District Samba today by the District Unit of BJP Minority Morcha Jammu under the chairmanship of UT President Ranjodh Singh Nalwa.

The main motive of this meeting was to conduct briefing session in which BJP Minority Morcha Leadership was to be kept abreast of the latest developments and working of the organisation especially with reference to the upcoming Party Programmes. The aim of the meeting was on part of all the functionaries also to remain alert in their respective Districts, Constituencies, booth levels and work at the grass roots levels for welfare and benefits of common people. The purpose of the interactive session was to deliberate on the efforts to address the grievances of the masses specifically those who are marginal, helpless and resourceless as also to raise



voice of concern in favour of their genuine demands.

On this occasion, all the delegates under the leadership of UT president Ranjodh Singh Nalwa welcomed the entrants in the party fold who joined the Morcha today. Speaking on this occasion, Nalwa while elaborating on the policies of BJP said that it is due to the people friendly programs and plans associated with the growing popularity of the party under the national leadership of Prime Minister Narendra

Modi that every passing day, number of people are embracing this organisation and have been expressing their full solidarity in the ensuing march on the path of progress and prosperity.

He further stressed on the workers to strengthen the party at the ground level and be always inclined with the people and become a mouth piece for giving vent to their problems, he said adding further that it is the discipline of the party that attracts the people towards it.

District president Jammu BJP Minority Morcha Jaspal Singh also expressed his views on this occasion.

Other prominent participants include Vice President J&K Balvinder Singh, Amarjeet Singh, Santokh Singh (Gen. Secretary J&K), Pranvrat Singh, Pawanjeet Singh and other office bearers of BJP Minority Morcha.

Earlier, several people turned up the venue to join BJP Minority Morcha who were warmly welcome in the party folds.

One week student workshop concluded at TBS, JU



JJ NEWS SERVICE
JAMMU, FEB 10: The Business School organised one week workshop aimed to enhance the professional competencies of MBA students from 6th February to 10th February, 2023. The week long workshop included nine sessions. Two sessions daily comprising of one morning session and one afternoon session. Total nine sessions were conducted by various industry experts, leading academi-

cians and motivational speakers within and outside the university namely Mr. Priyankar, HDFC bank, Mr. Gautam, Chamber of Commerce and Industries, Ms. Swati Basotra, Talknasyatalknasya, Ms. Geetika Kohli, Thinksta, Prof. Vishav Rakscha, University of Jammu, Ms. Maansi Rattan, MG Design School, Mr. Akash Badi, Amazon India, Ms. Jasleen Kaur, Branding Elves, Mr. Aman Talla, Talla Jewellers and Mr. Satish Koul,

Emcure Pharmaceuticals Ltd.

A valedictory function was organised to conclude the workshop and Chief Guest for the occasion was Mr. Satish Kaul, Resident Director at Emcure Pharmaceutical Ltd.

The certificates were distributed to the participants and organisers of the workshop. Mr. Satish Kaul in his address expressed the need for the students to enhance soft skills besides academic knowledge. He motivated the students to be disciplined, ethical and work hard to achieve success in life.

He emphasized upon the need for such programs in The Business School. Prof. Sameer Gupta, Director, TBS while talking on the occasion gave special remarks about the workshop. He emphasized upon the need for such workshops for the MBA students that are under immense academic and competitive pressure.

Prof. Alka Sharma appraised the gathering that such workshops give an edge to the students in their employability profile.

Lawlessness unleashed by opposition done away with, India on progressive path: Raman Suri

JJ NEWS SERVICE
JAMMU, FEB 10: Bharatiya Janata Party (BJP) J&K Executive Member Raman Suri today said that those opposed to unfurling Tricolour in Jammu and Kashmir or doing away with redundant laws are now trying to protect the illegal encroachers of the UT and forest land by arriving at the Capital to protest. This is indicative enough that such political leaders never wanted order in the system of governance and allowed lawlessness to prevail in the erstwhile state.

He said, PDP chief Mehbooba Mufti's unrelenting support to encroachers, illegal occupations or land grabbers is

enough to understand how these leaders had unleashed a rein of lawlessness and made Jammu and Kashmir a jungle where everyone was having a free run when it came to grabbing land, occupying state or forest land and even building shops and houses on the land of development authorities.

Raman Suri said, Prime Minister Narendra Modi in his reply to the debate on Motion of Thanks to the President's address in Lok Sabha established that the days of such leaders or divisive and adverse policies are over. The Prime Minister united it clear by stating that peace is prevailing in J&K, separatists are gone forever,

Tricolour is unfurling everywhere and tourists besides investors are looking towards the new, potentially-viable Union Territory.

Raman Suri asked the youth to reap benefits of this atmosphere which is conducive enough to progress and contribute to nation building.

He said, Kashmir of serenity, when tourists used to flock there and enjoy every season, young boys and girls had ample opportunities, peace prevailed and no one ever created any trouble for anyone is now back. The leaders who created an unrest in Kashmir, made militancy a monster, encouraged separatism at

the cost of lives of youngsters and stalled progress of youth are themselves finding no space in the political arena now.

The recently concluded "Triranga Yatra", he said, has become a benchmark of peace for opposition where every leader, who once said that no one will unfurl Tricolour, walked miles to see the Indian Flag unfurl at historic Lal Chowk.

Raman Suri felt sorry for the opposition saying that they are unable to find any flaw in the functioning of the Union government, which is why they were speechless in the Parliament and couldn't muster courage to pinpoint on anything that affected the progress of our nation.

J&K Govt to give Rs 2.5 lakh incentive for every inter-caste marriage involving a dalit

SRINAGAR, FEB 10 The Jammu & Kashmir Government has unveiled a scheme to give Rs 2.5 lakh to every inter-caste marriage involving a dalit. An order in possession of news agency reveals that UT administration has come up with a scheme to incentivize inter-caste marriage involving a dalit. The scheme has been unveiled after the Administrative Council gave a go-ahead for the same. The Centre had also unveiled a similar scheme in 2017. The scheme has been framed for implementation of the Protection of Civil Rights Act, 1955 and the Scheduled Castes and the Scheduled Tribes (Prevention of Atrocities), Act 1989. To avail benefits of the scheme, one of the spouses in the inter-marriage caste should be from the scheduled caste community. It is mentioned under Scheduled Caste List (out of 13 Castes) specified in The Constitution (Scheduled Castes) Order, 1950 C.O.19 for Jammu and Kashmir and

the other is a non-scheduled caste Hindu. As per guidelines of the scheme, the marriage should be valid as per the law and duly registered under the Hindu Marriage Act-1955 and a registration certificate to this effect issued by the competent authority must be furnished by the beneficiaries. The order states that the age criteria of marriage should be as per prescribed law. The case for assistance shall only be valid if submitted strictly within six months from the date of marriage, as indicated on the marriage registration certificate produced at the time of submission of application. "The couples who have already received incentive from the Dr. Ambedkar Foundation, Ministry of Social Justice & Empowerment or any other State/UT should not be eligible for incentive under this scheme," the guidelines state. "The guidelines further state that the total amount of incentive will be released

to the eligible couple in a single instalment through Direct Benefit Transfer (DBT) mode to the joint account of the couple in any government/nationalized bank in the form of fixed deposit (FD) with a lock-in period of three years. "At the time of maturity of the fixed deposit i.e. after completion of 3 years the couple has to submit a joint undertaking to the bank regarding the successful sustenance of marriage clearly depicting that no marital dispute or legal proceedings are going on between the couple after which the bank will provide them the option of withdrawing the amount or continuing the fixed deposit under an intimation to the sanctioning authority. In case the beneficiary couple fails to produce the joint undertaking regarding the same it will be the responsibility of the Bank concerned to return and remit the total amount along with interest to Government account under intimation to sanctioning authority," the order further states. KNO

'Zindagi': This helpline is giving hope to people in Kashmir

SRINAGAR, FEB 10 Amid rise in suicide cases in Kashmir, 'Zindagi' helpline in Kashmir is proving a boon for people having suicidal thoughts as such people are being counselled on phone. As per news agency, the Institute of Mental Health and Neurosciences Kashmir along with SRO Kashmir issued the first suicide prevention helpline named 'Zindagi' last year, proving beneficial for hundreds of people. The helpline number 9802701068 functional every day from 6 pm to 11 pm is playing an important role in curbing the number of suicide cases. Dr Zoya, a clinical psychologist who is part of this initiative, told news agency-Kashmir News Observer (KNO) that the helpline receives around five to six calls every day. Initially, the number of distress calls were higher but now it is primarily people who have suicidal thoughts who call. She said that suicide is an act of killing oneself

intentionally when the pain becomes unbearable. "They don't want to die but they just want to kill the pain. This pain can be caused due to many factors. The most common factors that invoke thoughts of suicide are public humiliation, financial stress, emotional disturbances caused due to family, work pressures, failures and constant domestic abuse," Dr Zoya said. According to her, adolescents have become more vulnerable for thoughts of suicide as their prefrontal cortex that is responsible for rational thinking is not well developed. When they go through chronic and consistent stressors they resort to suicidal behaviours, she added. "The helpline has proved to be beneficial to deal with the stigma as the help is a call away. It is a free number where anyone can call and you will be connected to a suicide first aid responder. The responder provides immediate help to deal with thoughts of suicide at that moment and also connects the person with mental health professionals for a holistic treatment," she said. Many people consider an act of suicide as a weakness of moral and religious character and that is why people don't uprightly talk about thoughts of suicide which leads to aggravation of symptoms to an extent that they lose control and make an attempt, the doctor said. "We need to look at suicide or thoughts of suicide as a mental health illness and help our loved ones to connect to the right help available i.e. connecting to mental health professionals," Dr Zoya said. "We need to desensitize our children from early years of life about emotions and how to deal with failures and difficult times besides that educational institutions need to conduct awareness programmes for the same," she added. Suicide cases are on rise in J&K and experts consider irresponsible media reporting as one of the causes of suicide contagion who have called for giving the least space to such acts so as to minimise the cases.

No traffic movement on Jmu-Sgr highway for 12 hours

ANANTNAG, FEB 10 The district administration Anantnag Friday said due to periodic overhaul at Shamsipora Crossing, no vehicular movement will be allowed on the stretch along Srinagar-Jammu highway. An order issued by Additional Deputy Commissioner Anantnag, a copy of which lies with the news agency, reads that due to periodic overhaul at Level Crossing Gate No C2 (Shamsipora Crossing), no vehicular movement will be allowed on NH44 between Shamsipora and Bijbehara crossing between 20:00 on Sunday and 08:00 on Monday. "In order to carry out some immediate repairs by Railway Authorities on Level Crossing Gate No. C-2 at KM 19/54 (Shamsipora Crossing), it is hereby ordered that no traffic/vehicular movement will be allowed on National Highway (NH44) between Shamsipora Crossing and Bijbehara Crossing from 20:00 hours (Sunday) 12th February 2023 to 08:00 hours (Monday) 13th February 2023," it said. The traffic shall be diverted through old National Highway from Hamzapura Crossing to Alstrop Crossing and vice-versa during the period, it further reads. KNO

Haj forms available on HCoI's official website from today

SRINAGAR, FEB 10 Haj 2023 forms will be available online free of cost from today onwards on the official website of Haj Committee of India (HCoI). "Haj forms have been made available on the official website of HCoI: https://hajcommittee.gov.in/haj23," HCoI Member, Er Aijaz Hussain told news agency. He said the forms are absolutely free of cost as already announced by the HCoI under its Haj policy 2023. Er Aijaz said all the steps will be taken to provide as much as possible relief to the pilgrims performing Haj 2023. He said that under the Haj policy 2023, 25 Haj Embankment points will be set up across country to facilitate the pilgrims by all means. This year, as per the bilateral agreement between Government of India and Saudi Government, over 1,75,000 pilgrims will perform the holy pilgrimage of Haj 2023. Pertinently, HCoI has already abolished the VIP quota under which 5 to 10 persons were allowed to perform the pilgrimage. This year, there is no such quota. Er Aijaz reiterated that this year, pilgrims above 70 years of age will be given priority. He said HCoI is taking every step to make Haj 2023 cheaper with all possible best facilities available for the pilgrims visiting both holy cities of Makkah and Madina. KNO

Six years on, PHC building awaiting completion in Budgam's Khanshab

BUDGAM, FEB 10 About six years after the work on the new building of Primary Health Centre in Budgam's Khanshab was started, the hospital building is still incomplete. Currently, the Primary Health Centre Hardu Panzoo in Khanshab catering about 30 villages is functional from an old building with less space causing hardships to staff as well as patients. Locals told news agency that work on the new building was started in 2017 and it has not been completed till now. They said that while the PHC is functional round the clock throughout the week, the health facility lacks basic amenities. Mohammad Ayoub, a local, told KNO that the centre lacks USG machine, digital x-ray machine and an analyzer. In absence of the facilities, patients are presently forced to visit a sub district or district hospital taking a toll on them. Locals said that around 80 percent of the work on the new building has been already completed but it has been left incomplete as of now. They demanded that the government must complete the pending work on the health centre at the earliest and should shift the centre to a new building where all kinds of facilities will be made available to the patients. They requested Deputy Commissioner Budgam and CMO concerned to look into the matter at the earliest and take immediate steps regarding this issue. KNO

Ganderbal boy enters 'India Book of Records' for tech innovation

GANDERBAL, FEB 10 Eighteen-year-old boy from central Kashmir's Ganderbal district has brought laurels to the Union Territory by entering the 'India Book of Records' for tech innovation. Aqub Ahmad Shah of Safapora has made the 'seat belt ignition' for cars that will ensure the safety of the people, particularly the drivers, thereby minimising the loss of precious human lives due to accidents. Aqub, a 12th-class student of Government Higher Secondary School, is the first youth of Kashmir whose name has entered the 'India Book of Records' in the 'Innovation and Technology' category. "Since childhood, I used to open up toys and other electronic devices at home, for which my parents used to scold me. However, this habit yielded positive results after the Mankh Awards competition by the Department of Science and Technology, Government of India, was announced where I won the Inspire Award for four consecutive years," Aqub told the news agency. Recently, Aqub applied for the innovation conclave at IIT Kanpur, where his idea was selected. He attended the recently-held 'Innovation Hunt' held at Sri Pratap College and also sent an innovative idea for review to the University of Kashmir's Incubation Centre. Meanwhile, SSP Ganderbal Nikhil Borkar who was accompanied by DySP Hqrs H Qadri Hassan felicitated the Aqub at DPO Ganderbal. Aqub "is an inspiration for his fellow students in the area," the SSP said. He said police appreciated and felicitated the young boy with a aim to promote the local talent and encourage the positive and constructive activities of youth in the area. The SSP appreciated the young innovator and assured full support for his future endeavours. KNO

Elderly man crushed under moving train in Budgam

BUDGAM, FEB 10 An elderly man was crushed under a moving train in Central Kashmir's Budgam district on Friday afternoon, officials said here. An official told the news agency that the train mowed down the man between Mazhomb and Budgam section. He said the man died on the spot. "He has been identified as Mohammad Ismail Dar (70) son of Abdul Ahad Dar of Shapora Wadwar, Budgam," it said. Meanwhile, police have taken cognizance of the incident and registered a case in this regard. KNO

FROM THE FRONT PAGE...

Not Stone...

Gulmarg is going to be the Centre of Excellence for the winter sports and efforts are on and soon "we will achieve the mission" Addressing the gathering during the inaugural ceremony of 3rd edition of Khelo India Winter Games at Gulmarg, LG Sinha as per KNO said that every effort is being made to bring the skills of J&K youth who are affiliated with the sports on a display as Gulmarg will soon be the Center of Excellence for the winter games. While congratulating the organizers for making efforts in conducting the mega event, the LG said that it is a proud movement for the Union Territory of Jammu and Kashmir. "I convey my greetings to each member including the Ministry of Youth Affairs and Sports, High Altitude Warfare School Jawahar Institute of mountaineering, J&K Sport's council and the athletes. They are not eligible for incentive under this scheme," the guidelines state. "The guidelines further state that the total amount of incentive will be released and reached north Kashmir around 02:00 AM. Moreover, over 1000 vehicles have been stranded along the 270-km-long Srinagar-Jammu highway since last night after the authorities decided to close the vehicular movement due to landslides and shooting stones, triggered by heavy rainfall in several places in Ramban district, officials said. An official told KNO that due to heavy rainfall, mudslides at Cafeteria-Mehar, Ramban and shooting stones at Panthyal and other locations, the traffic was suspended approximately on Thursday 06:00 pm. Nonetheless, people have been advised to undertake journeys on the highway only after confirming the status of the road from TCU Jammu, TCU Srinagar, and TCU Ramban. It is worth to mention here that Srinagar-LCU highway and Mughal Road continues to remain closed since the first week of January in view of the snowfall. KNO

Govt teacher arrested...

The news agency that a complaint was registered in Gursai police station in which it was submitted that the teacher had molested and misbehaved with two minor girl students of the school after which a case was registered against him and was subsequently arrested. They said that further investigation into the matter is going on. The teacher has already been suspended by Zonal Education Officer Bhatkote, who also visited the school after the incident. KNO

J&K PSC now...

appointment of its chairman and eight other members in 2020. Sharma, who completed his term, was replaced by Satish Chandra in 2022. All other members excluding Zubair Ahmad Raza who were appointed in 2020 by the J&K administration have completed their tenures. Those appointed in 2020 included Ahad-ul-Mujtaba, Syed Iqbal Aga, Subash Gupta, Prof. Des Raj, Sameer Bhattari, Prof. Showkat Ahmad Zargar, Dr. Farooq Ahmad Lone and Zubair Ahmad Raza. It is pertinent to mention that the J & K government in May 2022 had appointed a committee headed by Chief Secretary for making suitable recommendations for selection of chairman and members of Jammu and Kashmir Public Service Commission. The CS-led panel consisted of Financial Commissioner (Additional Chief Secretary), Agriculture Production Department, Financial Commissioner (Additional Chief Secretary), Home Department, Financial Commissioner (Additional Chief Secretary), Finance Department and Principal Secretary to the Government, General Administration Department. KNO

Government takes...

and urbanization, ensuring that the region remains sustainable and ecologically sound for generations to come. "Developing J&K Soil and Land Resource Information (JKSLRI) system for Planning and Soil Health Management is one among the 29 projects, which were approved by the Jammu and Kashmir administration after being recommended by the UT Level Apex Committee for holistic development of agriculture and allied sectors in UT of J&K. The prestigious committee is being headed by Dr Mangala Rai, Former DG, AR and has other luminaries in the field of Agriculture, Planning, Statistics and Administration like Ashok Dalwai, CEO NRAA, Dr. P. K. Joshi, Secretary, NAA, Dr. Prabhat Kumar, Horticulture Commissioner MOA and F.W. Dr. H S Gupta, Former Director, IARI, Atal Dulloo, ACS, APD besides Vice Chancellors of twin Agriculture Universities of the UT. The project will be executed in several phases, starting with intensive soil survey, soil sampling and analysis followed by ground truthing and data analysis. It will also include collection of soil monoliths and analysis of soil, water and plant samples. These interventions will result in generation of data at panchayat level, intensive soil mapping, creation of a web-based soil information system and land evaluation for crop suitability and alternate land use. The JKSLRI project is expected to have a significant impact on the region by providing the most comprehensive and up-to-date information on soil and land resources. It will be an atlas of soil and land resources repository and make information accessible to all. The policy document on agriculture and urbanization will ensure a sustainable

Avalanche hits Gurez...

Kashmir valley due to the accumulation of snow. State Disaster Management Authority (SDMA) have already issued an avalanche warning in Bandipora district and urged people living at upper reaches to remain cautious and not to venture out in slopes, hills areas, or avalanche-prone areas till the weather improves. On January 12 this year two labourers working with a Hyderabad-based Mega Engineering & Infrastructure Limited (MEIL), which is executing the work on Zojila Tunnel had killed in a snow avalanche in central Kashmir's Ganderbal district. Two Polish skiers were killed while 19 other foreigners from Russia and Poland and two local guides were rescued on February 2 as a snow avalanche hit the Affarwat peak in the famous ski resort of Gulmarg in northern Kashmir. ecosystem for generations to come, while the efficient use of fertilizers and micro-nutrients will lay the foundation for organic production. This project is not only crucial for food security and achieving Sustainable Development Goals but also a testament to the government's commitment towards deploying cutting edge and future-ready technologies in the agriculture sector. The project will have far-reaching benefits for farmers, researchers, natural resource managers and other stakeholders in the region.

JKBOSE 10th...

Similarly, the examination of class 11th students in soft zone areas will commence from March 6 of 2023 and will culminate on April 19 respectively. Also, the examination of class 12th students will commence from March 8 and will culminate on April 2 of 2023. Notably, this will be the first Board examination conducted in March month post adoption of National Academic Calendar and implementation of National Education Policy (NEP) 2020 by the Jammu and Kashmir government. As already reported, the JK Board has already notified the soft and hard zone areas of Jammu and Kashmir division. As per the BOSE figures, around 444 schools- 309 in Jammu and 135 in Kashmir division fall in hard zones while seven zones of Kargil district and whole Ladakh area fall in hard zones. In Kashmir division, 43 schools of Anantnag, Bandipora 19, Kupwara 32, Kulgam 28 and 13 schools in Budgam fall in hard zones. In Jammu division 50 schools of Kishtwar, Reasi 47, Rajouri 7, Poonch 20, Doda 56, Ramban 64 and 65 schools of Udhampur fall in hard zones. The examination of students in hard zone areas is scheduled to commence from April, 2023.

Rain in Ramban...

The fresh shooting stones badly damaged an iron tunnel setup at this point to facilitate traffic in Panthiyal area, they said. Efforts are underway to remove the debris from the landslides, they added.

Indian teams working...

MEA spokesperson Arindam Bagchi in a tweet posted videos of Indian personnel treating patients at the field hospital and posted, "The Indian Army team of medical specialists is on the job 24x7, providing relief to those injured."

India's technology...

In May 2014, one of the first major decisions was to introduce self-attestation and do away with the practice of getting documents attested by gazetted officers. Similarly, breaking the taboos of the past and doing away with the British legacy, the Prime Minister unlocked the Space killer for public-private participation, which led to over 130 Start-Ups registrations with ISRO and 8 of them even got seed funding from ISRO. Referring to today's satellite launch by ISRO, Dr Jitendra Singh said, after the unlocking of the Space Sector in June 2020, now young boys and girls are visiting ISRO facilities and launching their own satellites. Today, the Indian Space Research Organisation (ISRO) successfully launched its second developmental flight of a Small Satellite Launch Vehicle - SSLV-D2 - and placed three satellites in its precise orbit on February 10 morning. The three satellites are ISRO's Earth Observation Satellite - EOS 07, U.S.-based firm Anariz's Jas and Chennai-based space start-up SpaceKidz's vzaadISAT. Regarding the government campaign into a mass campaign, Dr Jitendra Singh said, an announcement from the Ramparts of the Red Fort in 2014 to build toilets in each household caught the imagination of the people and soon Swachhata became a true Jan Andolan.

Vijay Kumar Bidhuri...

Secretary in the Power Development Department. "Deepika Kumari Sharma, JKAS, Chief Operating Officer, Himayat, holding additional charge of Executive Director, Mubarak Mandi Heritage Society, has been transferred and posted as Secretary in the J&K Shakti Department. She shall also hold the charge of the post of Executive Director, Mubarak Mandi Heritage Society, in addition to her own duties, till further orders." It added Dr. Ghulam Nabi Htoo, JKAS, Special Secretary to the Government, J& Shakti Department, has been transferred and posted as Mission Director, Jal Jeevan Mission. "Shabir Hussain Bhat, JKAS, Special Secretary to the Government, General Administration Department, has been transferred and posted as Director, Rural Development, Kashmir, Imam Din, JKAS, Director, Rural Development, Kashmir, has been transferred and posted as Managing Director, J&K Horticulture, Produce, Marketing and Processing Corporation, in addition to her own duties, till further orders." It reads Rajneesh Gupta, JKAS, Additional Secretary to the Government, Jal Shakti Department, has been transferred and posted as Chief Operating Officer, Himayat. "Shafiq Sultan, Managing Director, J&K Horticulture, Produce, Marketing and Processing Corporation, has been transferred and shall await further orders of adjustment in the General Administration Department for further posting. Amit Vermani, JKAS, Member, J&K Services Selection Board, has been transferred and posted as Additional Secretary to the Government, General Administration Department," it reads. KNO

After 2-day wet...

yellowish snowfall" was due to dust carried out by winds from central parts of Pakistan and Southern Afghanistan. "Analysis of 2nd Generation Weather Satellite (Meteosat-9) of EUMETSAT (European Operational Satellite Agency) confirms that Yesterday's Yellowish and Dusty Snowfall over some parts of north Kashmir was dust carried out by winds from Pakistan and Southern Afghanistan, which started around 7 PM IST," it said. It further added that the dust travelled northeast wards

Apni Party registers its protest against bulldozing drive

Holds sit-in protests at the district headquarters across J&K



JI NEWS SERVICE JAMMU, FEB 10: Apni Party on Friday held sit-in protests – against the ongoing demolition drive by the administration – at the district headquarters across J&K.

According to a press note released here, "Party's district leaders and senior

workers led the sit-in protests at the district headquarters across the J&K. The sit-in protests at multiple places were meant to register a strong objection, on behalf of the party, against the administration's ongoing demolition drive."

It further said, "Apni

Party demands the immediate stoppage of the bulldozing drive. The party is not against retrieving large chunks of land occupied by the land mafia, but we demand regularization of the small amount of State/Kacharai land, which has been in possession of common people for

decades or in some cases for more than a century."

"In the Valley, the senior party leaders – Usman Majid, Javaid Mustafa Mir, Abdul Majeed Padder, Raja Manzoor, Khursheed Ahmad Khan, Noor Mohammad Sheikh, G M Mir, Tariq Ahmad Veeri, and Javaid Ahmad Mir – led the sit-in protests respectively in Bandipora, Badgam, Kulgam, Kupwara, Baramulla, Srinagar, Pulwama, Anantnag, and Ganderbal," the press note said.

"While as in Jammu region, Manjit Singh led the sit-in protest in Jammu and Samba districts; Advocate Harpreet Singh in R S Pora; Pushap Dev Uppal in Jammu (Rural); Satpal Chalotra in Udhampur; Anil Kumar in Badnawah; Bashir Khaki in Poonch; Sofi Aslam in Rajouri, and in Kishtwar led by Umer Mingnoo," the press note added.

Two-Day seminar on 'India's Pathways to next economic powerhouse by 2047' concludes



JI NEWS SERVICE JAMMU, FEB 10: A two-day seminar on 'India's Pathways to Next Economic Powerhouse by 2047' organized by Department of Economics sponsored by the Indian Council of Social Science Research, New Delhi concludes today at University of Jammu. In the valedictory function, Prof. Raj Kumar Mahajan, the Former Professor, Punjabi University, Patiala, Regional Centre Bathinda, Punjab, was the Chief Guest. He advocated that India has tremendous potential to grow using robust policies to address the challenges of poverty, inequality, unemployment and sustainability which will pave the way to become the next economic powerhouse by 2047.

The Key Note Speakers of the inaugural function were Prof. (Dr.) Balwinder Singh Tiwana, the Former

Professor, Punjabi University, Patiala, Prof. Kuldip Kaur, Chairperson, Ambedkar Chair, and Former Professor, Punjab School of Economics, GND University, Amritsar, Punjab, and Prof. I. C. Awasthi, Former Professor, Institute for Human Development, New Delhi.

Prof. Balwinder Singh Tiwana emphasized on building economic strength and to leverage the drivers of sustainable economic growth and to strengthen the India Rupee vis-à-vis Dollar. The continuous evaluation of short-term achievements of Indian economic performance is essential to plan for long-term goals. India has also to address the fluctuations in FDI and foreign exchange reserves to become the next economic powerhouse.

The Key Note Speakers of the inaugural function were Prof. (Dr.) Balwinder Singh Tiwana, the Former

addressing the problem of climate change for sustainable agriculture. Prof. I. C. Awasthi argued that inclusive growth is necessary to address rampant problems of unemployment and inequalities over the long-term to build a strong economy. The seminar convener Prof. Falendra Kumar Sudan presented a brief summary of two-day seminar, while Dr. Tsering Yangzom presented the welcome remarks and Prof. Sunita Sharma, presented the vote of thanks. Prof. Jasbir Singh appreciated the Head of the Department for his all support to organise such type of events. Dr. Virender Koundal, Dr. Manoj Bhatt, and Dr. Shaluu Selhgal of the Department of Economics were also present.

Today, the six parallel sessions were conducted in which well researched papers on various topics were presented including

the role of Foreign Direct Investment, Digital Educational Initiatives, Export and Import, Rural Governance and Entrepreneurship, Digitalizing Higher Education, Online University Teaching, Agrarian Change, Gender Dividend, Manufacturing Value Added, Corporate Governance, Sustainable Urban Transportation, Financial Development, Digital Empowerment, Digital Transformation of Agriculture, Human Development and Poverty Reduction, Renewable Energy, Nuclear Energy, Water Resilience, Land Sustainability, Food Security, Services Sector, Carbon-Neutral City, Fiscal Reforms, Inclusive Development, Entrepreneurship, Innovation, Investment, and R&D and many more topics in becoming the next economic powerhouse by 2047.

The main speakers include Dr. J. N. Balya, Dr. Hemlata Mangani, Dr. K. Rajesh Kumar, Dr. R. Sai Kumar, Dr. Prashant Kumar Choudhary, Dr. Ritu Bakshi, Dr. Preeti Chawla, Dr. Reeti Debnath, Dr. Rajendra Prasad Meena, Dr. Om Raj Katoch, Dr. Neelam Choudhary, Dr. Shilpa Gupta, & Dr. Shayan Javed, Dr. Rashi Tuggar, Dr. Sandeep Kaur, Pabitra Kumar Jena.

One day workshop held at Jammu University



JI NEWS SERVICE JAMMU, FEB 10: A one day workshop was organized at Jammu University by Directorate of International Quality Assurance in collaboration with Mission Directorate RUSA & K the state nodal agency for AISHE scheme.

The workshop was

attended by Nodal Officers (AISHE) all private and Govt Degree Colleges, Shri Mata Vaishno Devi University and experts from Higher Education Department Ministry of Education, New Delhi.

The welcome address was given by Dr. Ginny

Dogra University Nodal Officer Aishe/Deputy Director DIQA, Jammu University. Director College Development Council Dr. Rajeev Rattan was Chief Guest on the occasion who hailed the organisers for conducting such program. Ms Anita Sirohiwal, Joint Director.

Mission Director RUSA J&K in his address Elaborated the role of AISHE data in RUSA funding.

Joint Director, Planning and Monitoring from Ministry of Education in her speech deplated upon the changes made in Web DCF to make it user friendly.

The technical session of workshop was conducted by Mr. Shivam Panday, Research Assistant, Mr. Vikas Mehta, Data Analyst and Mr. Sanjeev Kumar, Data Analyst experts from Ministry of Education.

Technical session was followed by queries session where technical issues faced by colleges with regard to uploading of data were resolved. Vote of thanks to participants and organisers was presented by Dr. Asif Iqbal coordinator AISHE, J&K.

Society must be driven by the principles of Antyodaya: BJP

Sham, Priya, Munish listen to public grievances

JI NEWS SERVICE JAMMU, FEB 10: Society will be healthy when it is driven by the principles of Antyodaya, which means the rise of the last person in the row stated senior BJP leaders, while they continue BJP's mission to resolve the issues faced by the residents of Jammu & Kashmir.

J&K BJP Vice-President & former Minister Sham Choudhary, BJP NEM & former Minister Priya Sethi and BJP All Morcha Incharge Munish Sharma, listened to the public grievances and took up the same with the concerned department officials for their early solutions at BJP headquarters, Trikuta Nagar, Jammu.

Numerous individuals and deputations visited the BJP office to meet the party leaders and narrate their woes & problems. The issues presented by common masses before the senior party leaders were related to PHE, PWD,



Rural Development, Revenue, Irrigation & Flood Control, Education, Agriculture etc.

Presented issues were on the spot, taken up with the heads of these departments by Sham Choudhary, Priya Sethi and Munish Sharma telephonically and they were impressed with immediate solutions.

Sham Choudhary, while

listening to the issues stressed that the leaders have tried sincerely to provide the best possible solutions presented by masses in the grievances camps. He said that BJP believes that a society could only be healthy when it ensures the rise of the last (deprived and neglected) person of the society.

Priya Sethi, on the occasion,

said that BJP holds the issues faced by the masses in high esteem and believes that they should be promptly taken care of for the realization of a healthy society.

Munish Sharma stated that many of the issues presented today were solved on the spot whereas other issues are impressed for their early solutions.

DLC organises " Induction Programme for freshers of LL.B 3year (Prof.) Course

JI NEWS SERVICE JAMMU, FEB 10: Dogra Law College organized Induction programme to welcome the new entrants who have joined the college for the session 2022 - 23. Th. Gulchain Singh Charak, Chairman; Dogra Educational Trust was the Chief Guest on the occasion. The programme started with the lighting of the traditional lamp by the dignitaries followed by Saraswati Vandana.

Prof. V.P. Magotra, Principal, Dogra Law College welcomed the students. He briefly highlighted the history of the Dogra Law College. He apprised the students about the rules of the college and the achievements of the students who have brought laurels to the college.

Ms. Parema Bakshi, Faculty member of Dogra Law College made a PowerPoint presentation on the vision, mission, rules, values, curricular and co-curricular activities including the facilities available in the college. Prof. Darshana Sharma, Director, Dogra Group of Colleges and Campus Development addressed



the students and congratulated them for successfully qualifying the JUET Entrance Examination and becoming a part of the Dogra Law College. She threw light on the facilities and activities which are peculiar to the college and impressed upon the students to make use of these facilities. Special felicitation ceremony was also organised for NCC Cadets namely Junior Under Officer Abhishek Sharma, Student of B.A.L.L.B 5 Year Course 7th Semester for Lecture Conducted at Commando Insurgency

and Jungle Welfare School, Gwaldam, Uttarakhand and Cadet Gurbakshish Singh, Student of B.A.L.L.B 5 Year Course 7th Semester for representing J&K and Ladakh in Republic Day Parade 2023.

Two senior students of Dogra Law College shared their experiences with the new entrants. The Esteemed Chief Guest Th. Gulchain Singh Charak, Chairman, Dogra Educational Trust emphasized on maintaining discipline by the students which will help them in their future life. He also

emphasized the importance and recognition of hidden talent of the students which always contribute to the development of self-confidence and self-actualization. He added that Dogra Law College is committed in its endeavor to impart education for the betterment of the society.

The Programme concluded with the vote of thanks presented by Ms. Sumiksha Razdan, Faculty member of Dogra Law College followed by the National Anthem. In the end, sweets were distributed among the students.

'Three star electronics' of Blue Star ACs bags 'Best distributor Award' in North India

JI NEWS SERVICE JAMMU, FEB 10: Ved Sharma of Three Star Electronics, Shastri Nagar Jammu has bagged the 'Best Distributor Award' in North India during the Blue Star Product Launch cum Award Function organized at Chennai.

The award was presented to him during a glittering function attended by an august gathering comprising entrepreneurship doyens and celebrities from across the nation. The honours of award presentation were done by B Thiagarajan - Managing Director Blue Star in presence of Shashi Arora - President & COO, Cooling & Purification Appliances Group; Navneet Sharma and Haridas C-



Executive Vice Presidents. It is pertinent to mention here that M/5 Three Star Electronics is a name to reckon with not only in Jammu and Kashmir but across the northern region of the nation.

The venture was launched by an enterprising and enthusiastic entrepreneur Ved Sharma. Sharma

not only providing profits and dividends to the owner but also creating a huge employment avenue for the unemployed youth.

After receiving the award, Ved Sharma said there is no shortcut to success adding that strong determination, will and hard work are the only keys to success.

THOUGHT OF THE DAY

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

JINDRAH IMAGES

Harness solar energy potential to maximum level

To an utter dismay of the people of the erstwhile state of Jammu and Kashmir, now two Union Territories—J&K and Ladakh, least interest has been given to exploit the vast solar power potential over the years. The reports suggest that two UTs have performed dismally on account of electricity generation from solar energy as authorities have exploited less than one per cent of 111 Gigawatts (GWs) solar power potential during the last four years. This is notwithstanding the fact that the Central government has asked all states and the UTs to harness solar power potential to its maximum level. The installed solar capacity of Jammu and Kashmir is 48.90 MW, while Ladakh, which is considered as solar capital of the country, is having just 7.80 MW installed solar capacity. The erstwhile state of Jammu and Kashmir has a solar power potential of 111.05 GW and it is the second highest in the country after Rajasthan which has the solar energy potential of 142 GW. Ladakh has not generated even single additional Megawatt electricity during the last one year despite the fact that it has a large potential of 100GW solar energy alone, therefore failing to contribute in the country's total installed capacity, notwithstanding two major projects with potential of generating 7500 MW of solar power (now revised to 10,000 MW) were sanctioned for the region about eight years ago. On the other hand, Jammu and Kashmir has doubled its installed solar capacity from 24 MW to 48 MW in the last one year and it has shown some progress while exploiting its solar power potential. Jammu and Kashmir has been provided Rs 64 crore by the Union ministry of New and Renewable Energy from year 2019 to year 2021 under different schemes for harnessing the solar power potential. An amount of Rs 12.41 crore has been released to Ladakh under various schemes to increase its installed solar capacity for the period. The Central government has sanctioned two major projects with the total solar power generation capacity of 7500 Mega Watts for Ladakh region. After deliberations, the Central Government had planned to raise the capacity of this proposed solar park in Ladakh to 10 GW from 7.5 GW announced earlier. The Solar Energy Corporation of India (SECI) had issued a tender for development of 7500 MW Solar PV Projects in Leh and Kargil districts on December 31, 2018. As per the tender documents, implementation time for the project was 48 months from the effective date of Power Purchase Agreement. The projects were proposed because Ladakh, the cold desert of the country, received the 'best solar radiations' in the country but the projects have remained entangled in technical and administrative glitches. The Government of India should conduct a probe as to why these projects have failed to take off even after the lapse of eight years. The responsibility must be fixed while expediting measures to harness solar power potential.

BALLOON TURBULENCE DEEPENS US-CHINA DISCORD

By sending the balloon, China wanted to convey a message of strength that it was capable of reaching the heart of the US mainland and Washington would have to take into account Beijing's concerns if it sincerely wanted a dialogue on establishing peace and cooperation with it.

YOGESH GUPTA

ON February 3, US Secretary of State Antony Blinken called up Wang Yi, Director of the Chinese Communist Party's Central Foreign Affairs Commission, to tell him that he was postponing his scheduled trip to China as by sending a balloon over the US airspace, China had indulged in an "irresponsible act and this action is detrimental to the substantive discussions" that they were prepared to have. He said the trip would be rescheduled once the balloon turbulence was over.

However, Wang said it was a civilian airship sent for meteorological research and had accidentally strayed from its planned course into US airspace due to strong westerly winds and its limited self-steering capacity. "China is a responsible country and has always strictly abided by the international law," he added.

But the Americans found that the balloon, which entered the US air defence zone north of the Aleutian islands on January 28, moved largely over land across Alaska, Idaho, Montana, Carolinas and then towards the Atlantic Ocean. The balloon had flown over certain sensitive sites to collect information, including over Montana, which is home to about 150 inter-continental ballistic missile silos.

Typically, the balloons fly above 80,000 to 1,00,000 ft, but the one sent by China was flying low enough at about 60,000 ft to be noticed by the civilians. The journey of the balloon over so many days over the US landmass provoked widespread anger and many questions such as why it was detected so late by the defence authorities, were there gaps in the US security which permitted the balloon to fly undetected, why the Chinese took such a brazen step a few days ahead of Blinken's planned trip and what intelligence it had collected.

It is common for countries such as the US, China and others to conduct surveillance on their adversaries, but it is done discreetly. According to media reports, China had conducted similar surveillance on military assets of Japan, India, Vietnam, the Philippines and



Taiwan earlier.

US President Joe Biden's political adversaries, the Republicans, had a ready fodder to attack him asking why he had not shared the information with the people before the balloon was noticed by the civilians, why he had delayed its shooting, why the sensors in the US airspace had failed to detect this balloon and what if such balloons were used by the US's adversaries to send nuclear or other explosives into the country to cripple sensitive installations.

Pentagon's defence that there had been other instances of similar balloons flying over the US airspace during the Trump administration (matters were detected later) made matters worse, some saying that Biden was too soft towards China. There was a consensus that Blinken's visit could not be permitted till the investigation into the debris of the balloon shot down on February 6 was complete. Also, that China could not be allowed to violate the US sovereign territory without paying a cost.

The Chinese government was equally aggressive. China's vice foreign minister Xie Feng in a representation to the US Embassy in Beijing said this was "entirely an accident caused by force majeure and the US deliberately exaggerated it. Its armed attacks on the balloon were irresponsible and unacceptable". Also that Beijing reserved the right to respond similarly to future incidents of this

kind.

Various theories are doing rounds on why China indulged in such a brazen and risky adventure few days before Blinken's visit.

Most plausible one is that China had got tired of aggressive actions by the US before each high-level meeting, sanctioning or blacklisting some Chinese organisations, companies and officials. There has been a sharp increase in the US provocations against China in recent days, including the sailing of the USS Chancellorsville, a guided missile cruiser, in the South China Sea to exercise the freedom of navigation, approval of \$10-billion weapon sales to Taiwan, setting up of a House Select Committee on China (which distinguishes even the old Soviet Union did not get) targeting Beijing. The USA's encouragement of Japan's militarisation, new alliance to prohibit the sale of microchips to China, setting up of a new military base in China's vicinity in Guam and acquiring four new bases in the Philippines had also come to Beijing's adverse notice.

Some Chinese leaders believed that the US had pushed China on the back foot by these military and economic initiatives and was trying to clip China's wings and even preparing for a war. There was a view that high-level meetings with US officials had become a ritual with glorified photo opportunities and Washington was not taking Beijing seriously. By sending the

balloon, China wanted to convey a message of strength that it was capable of reaching the heart of the US mainland and Washington would have to take into account China's concerns if it sincerely wanted a dialogue on establishing peace and cooperation with it.

As the US-China rivalry deepens, the asymmetry in their thinking and mutual perceptions has only worsened. While the US considers itself as the sole superpower and the guardian of the present international order, China considers itself to be an equal and wants enough space from Washington to accommodate its interests. The latter does not accept China's claim and believes that if Beijing wishes to benefit from its economic, trade and technological cooperation, it should stop behaving as a rival and accept its terms. Given the wide disparities in their outlook, the balloon incident will further strain the Sino-US relationship with growing political consensus in the US to pushback China in political, economic, technological and military realms. If the investigation into the debris of the balloon reveals that China had intended to collect sensitive information about the US strategic installations, there would be demands to make Beijing pay for indulging in this affront. Given that Chinese President Xi Jinping revels in aggressive policies, any further US sanctions would only harden China's opposition to US policies.

Neglecting MGNREGS undermines workers' rights

ZOYA HASAN

The words 'rights' and 'equity' are conspicuous by their absence from the numerous assertions and claims made by leaders of the National Democratic Alliance (NDA) with regard to their achievements in countless speeches and advertisements. A year ago, the Prime Minister stated that there was far too much emphasis on rights, and not enough on duties — even though the Constitution doesn't place them on an equal footing. The realignment of rights and duties is not just about giving greater attention to duties; it is about giving less importance to rights.

This is evident from the niggardly attitude towards the Mahatma Gandhi National Rural Employment Guarantee Scheme (MGNREGS) and the constantly abridged budgetary allocation for it, which is tantamount to a disregard of this right. This has consequences for the larger issue of rights as it affects the well-being of the most vulnerable sections of our society. The Mahatma Gandhi National Rural Employment Guarantee Act (MGNREGA), passed in 2005, was a path-breaking legislation aimed at providing guaranteed employment to rural citizens. It was the single largest rural employment scheme in independent India. It provided only 100 days of employment in a year and, that too, for just one member of a rural household, but the important thing is that it conferred an economic right, which means employment had to be provided on demand, and if the state could not deliver 100 days of work, then the person seeking employment had to be paid compensation.

The MGNREGS continues to be deeply relevant as millions of rural households have gained employment through it. It is particularly vital in times of economic stress and, hence, it is important to make a budgetary provision for the full 100 days and, perhaps, expand it to 150 days of work, given the prevailing dismal employment conditions in the country. The government violates workers' legal rights every time it does not match the funds to demand or does not pay wages on time.



However, this scheme has been hit hard by budgetary cuts. This started during the tenure of the Congress-led United Progressive Alliance (UPA) government itself, even though it had introduced the scheme; allocations practically froze during its second term, making no allowances for the rising prices or the increase in the number of job seekers.

But the NDA government has stretched the practice of making low budgetary allocations to the limit, which has weakened the legal guarantee of timely payment and employment. This comes at a time of rising unem-

ployment and increased inequality in India. Both the World Inequality Report-2022 and Oxford Inequality Report-2023 show India as one of the most unequal countries in the world in terms of incomes and assets. India registered the fastest increase in economic inequality in recent years, even as access to a number of social protection programmes has been severely undermined on the one hand, via restricting allocations and on the other, through the dilution of schemes, such as MGNREGS and even those that form part of the National Food Security Act.

This government has been lukewarm towards the MGNREGS in the last nine years. The Prime Minister spoke derisively about it in Parliament. The Finance Minister mentioned it only once (in the context of work for mangrove conservation) in her Budget speech this year. But the NDA government has not abolished the scheme; it has strangled it through low allocations. The budgetary allocation has been cut by 30 per cent to Rs 61,032.65 crore for 2022-23, the lowest in the past four years. It is lower than the budgetary estimate of Rs 73,000 crore for 2022-23. It is the second straight cut in the scheme's budgetary allocation as in the Budget-2022-23 also, the allocation had been cut by 25 per cent to Rs 73,000 crore from the revised estimate of Rs 98,000 crore.

The gradual decrease in the budgetary allocation for the MGNREGS has created doubts about the government's intentions. By cutting down the funds, the government sends out a signal that it wants to spend less on this scheme as opposed to the others, which means fewer initiatives can be undertaken under this scheme. Reduced funding also makes it difficult for the government to keep its promise of 100 days of employment, which is crucial for the survival of rural households. The average days of work offered is actually much below 100 days and, frequently, employees will not be able to get work even

for half a year.

By law, it is a demand-driven scheme but the continuous decrease of funds has reduced its potential effectiveness. The government has always claimed that the actual allocation would be increased if it was found that a large number of persons were asking for employment under the scheme. While supplementary allocations for the MGNREGS have been increased substantially at the revised estimates stage, a low initial outlay acts as a discouragement. It diminishes demand, in fact, chokes it, which becomes a justification for the low initial budgetary allocation for the scheme. Even if the allocation gets increased later because of higher demand, this increase takes time, which means that wage payments as well as material costs will be delayed and workers get pushed into 'forced labour' in the intervening period. Furthermore, almost half of the budget allocation is spent on clearing arrears. Consequently, the flagship scheme runs out of funds halfway through the financial year even for those who want work.

According to an analysis by Peoples' Action for Employment Guarantee (PAEG), a research and advocacy group, 21 per cent of the budget over the past five years has gone into clearing the arrears of previous years. In the current financial year 2022-23, the unpaid dues stand at Rs 16,070 crore. Hence, the PAEG demanded that the Centre allocate a

Samantha Ruth Prabhu's Shaakuntalam release postponed; reason for delay not revealed. Check out new date

Actor Samantha Ruth Prabhu's upcoming Telugu film Shaakuntalam, which was supposed to be released in cinemas on February 17, has been postponed by a couple of months. The film's makers on Friday confirmed that the film will now hit screens worldwide on April 14. Without revealing the exact reason for postponement, the makers unveiled a new poster with a release date.

In Shaakuntalam, Samantha plays the central character Shakuntala, daughter of Menaka and Viswamithra. The film, produced and directed by Gunasekhar, will be released in Hindi, Tamil, Malayalam and Kannada. This project marks Samantha's maiden collaboration with Gunasekhar.

In 2020, speaking at the launch of the movie recently, Samantha said that this will be her dream project and dream role. The trailer of Shaakuntalam was released in January. Speaking at the event, an emotional Samantha said her love for cinema hasn't changed amid all the recent life struggles. She said she gathered all her courage to attend

the event. In her speech, Samantha spoke about how her love for cinema hasn't changed amid all her life struggles in recent past. She was talking about her rare autoimmune disease called Myositis which she has been diagnosed with since last November.

"No matter how many struggles I face in life, one thing won't change. That's how much I love cinema and cinema loves me back. I strongly believe that this love will grow manifold with Shaakuntalam," she had said.

Samantha was last seen on screen in Telugu action-thriller Yashoda. In the film, Samantha played a surrogate mother who won't stop at anything to protect her child. The film turned out to be a hit at the box-office and had grossed around 740 crore during its theatrical run. Recently, Samantha joined the sets of the Indian adaptation of Amazon Prime's upcoming web series, Citadel. She will be sharing screen space with Varun Dhawan in the show, which is being co-created by Raj and DK.



6 Binge-Worthy Shows That You Just Cannot Miss



The year 2023 is here with a bang! With several promising web shows for both kids and adults, the OTT platforms are brimming with content. But to save you from the trouble of scrolling through a plethora of content to land on one particular show, we have curated a list of binge-worthy shows that you just can't stop watching.

'Class' (Netflix)

'Class' is the official India-based adaptation of the Spanish thriller series Elite, executive-produced and series directed by Ashim Ahluwalia. This adaptation by Ahluwalia is set in contemporary New Delhi and is a grimier, more realistic and socially-charged take. Produced by Future East Film (Ashim Ahluwalia and Niharika Singh) in association with Bodhi Tree and adapted by Ashim Ahluwalia, 'Class' explores the rise of the Indian rich and a world of extreme disparity, following the students through their struggles with sex, drugs, religious difference, homophobia, trauma, friendship and love. 'Class' Has opened to great reviews both in India and abroad with positive word of mouth since its release.

'Farzi' (Amazon Prime Video)

'Shrinking' (Apple TV)

'Marvel's Moon Girl And Devil Dinosaur' (Disney+ Hotstar)

'Trial By Fire' (Netflix) 'You 4' (Netflix)

KARAN TACKER RECALLS GOING THROUGH FINANCIAL CRISIS: WE HAD A TOUGH TIME MAKING ENDS MEET AS A FAMILY

It's been fifteen years since actor Karan Tacker entered the world of showbiz. While the actor has made a name for himself with his work on TV and OTT platform, he has never spoken about the days when he had to struggle. Not many are aware that before becoming an actor the Mumbai lad wanted to pursue his father's business.

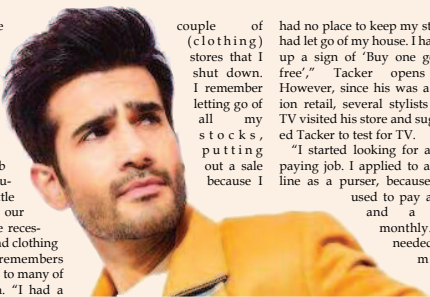
For the first time, Tacker talks about his life before he became an actor. "I had a business with my dad," he recalls, adding, "The world hit recession in 2008, and that's when my entire busi-

ness went down. We had a tough time making ends meet as a family. At that time I started scouting for jobs. From my education I would have probably gotten a job for twenty five thousand, which was little for the kind of debt our business faced in the recession." Tacker, who had clothing stores back then, remembers how the downfall led to many of them shutting down. "I had a

couple of had no place to keep my stock. I had let go of my house. I had put up a sign of 'Buy one get six free,'" Tacker opens up. However, since his was a fashion retail, several stylists from TV visited his store and suggested Tacker to test for TV. "I started looking for a high paying job. I applied to an airline as a purser, because they used to pay a lakh and a half monthly. I needed that money

to make ends meet at that time. But, I got an ad for a face cream brand which paid me a lot of money. I got 3 lakhs, 12 years back. 3 lakhs for 22 days was like... I told my Dad, that I should work this out because this will pull us out of misery," Tacker reveals. The Khakee: The Bihar Chapter actor shares he soon started doing advertisements in Gujarat for two to three thousand rupees per day.

"For five and six years I was only earning money to pay the debt of the business. After 6 odd years I started making and saving money," he ends.



DaDa review: Enjoyable coming-of-age drama about accidental parenthood



The subject of parenthood, especially in mainstream cinema, has mostly been told from the perspective of a woman. Rarely, we've had a film where the story has focused on a man dealing with parenthood and his sacrifices in becoming a good father. Ganesh K Babu's DaDa is an emotional drama about a young man dealing with becoming a parent, out of the blue, with a lot of maturity. This is also a moving coming-of-age drama of an aimless, college-going youngster thrust into embracing fatherhood when the entire world, including his family, has given up on him.

The film opens with the shot of Kavin and Aparna lying together. Kavin is still sleeping and Aparna just enjoys looking at him while we hear a couple in the neighboring flat arguing early in the morning. Cut to the next shot, Aparna is crying as learns that she's pregnant and Kavin suggests that she should abort the baby as they aren't ready to be parents yet. Aparna is against the idea of abortion. Kavin and Aparna decide to move in together and take refuge at a friend's house. As they get ready to embrace parenthood, living together becomes a hassle as they end fighting over little things. It reaches a point where Kavin blames Aparna for making their lives so miserable when he warned her about keeping the baby. Kavin is forced to raise the baby alone.

The most refreshing aspect of DaDa is that it sends out a very important message loud and clear - parenthood is gender neutral. Both father as well as the mother play key parts in raising a kid and their roles can't be weighed or compared.

As much as the film sheds light on Kavin raising his son alone and in turn becoming a better person as well as a father, it doesn't try to showcase the mother in poor light. This aspect of the film and the writing is highly appreciable. It also never tries to make the father raising a kid alone a big deal.

Tara Sutaria: I've Always Looked At Love With A Lot Of Love

Bollywood actress Tara Sutaria has spoken about what self-love means to her and said that she has always loved the idea of love.

Tara has collaborated with Bumble, the women-first dating app, to launch a new campaign 'Before anyone else, there was you' ahead of Valentine's Day. To encourage self-love.

Asked about what self-love means to her, Tara said: "I think self-love or loving yourself means so many different things to different people. To me and to so many of us, I know that this will resonate because we all went through a pretty rough time recently when Covid hit the world and I think self-love took a new shape and meaning for all of us."

"All of us learnt to slow down and truly understand ourselves, begin to hear ourselves and therefore, love ourselves. I've always loved the idea of love - call it utopia, idealistic - and I've always looked at love with a lot of love, but I've never really looked at myself with that sort of love so it's taken me a lot to get to where I am today which is learning to really and truly understand every part of myself - the good, the bad, the ugly - everything that comes with being human, I suppose."



Sussanne Khan's sister Farah Khan Ali says she and DJ Aqeel are officially divorced, celebs react

Jewellery designer Farah Khan Ali took to her Instagram handle and confirmed her divorce from ex-husband DJ Aqeel as they finalised it. She is Hrithik Roshan's ex-wife Sussanne Khan's sister. In 2021, Farah announced the news of their separation and received support from her friends and family.

On Friday, Farah posted a couple of happy selfies with Aqeel. She tagged him and captioned it, "We have been declared officially divorced and are happy about it. We wish each other lots of love, happiness and luck in our onward journeys. We will always remain parents to our beautiful children Azaan and Fiza and nothing will change. Grateful for the journey we had together."

Aqeel re-posted the same on his Instagram Stories. Reacting to the post, Sussanne Khan commented, "Love u both" with lost of loved-up emojis. "It's such a beautiful new beginning note... you guys are both such amazing humans... like both of you are, ginormous hearts," Kubbra Sait added. Others such as Twinkle Khanna, Nandita Mahtani, Saisha Shinde, Dia Mirza, Bhavana Pandey, Moez Singh and Elnaaz Noruzi

among others sent their love. Last year, Farah shared on social media, "Sometimes two people grow apart. Sometimes they outgrow each other. It has been 9 years since my relationship with my husband Aqeel changed its status as a couple to just friends and to term it simply would be to state that we are 'Happily Separated'."

"We will always be best friends to each other and parents to our wonderful children Azaan and Fiza and nothing will change. Grateful for the journey we had together."

Aqeel re-posted the same on his Instagram Stories. Reacting to the post, Sussanne Khan commented, "Love u both" with lost of loved-up emojis. "It's such a beautiful new beginning note... you guys are both such amazing humans... like both of you are, ginormous hearts," Kubbra Sait added. Others such as Twinkle Khanna, Nandita Mahtani, Saisha Shinde, Dia Mirza, Bhavana Pandey, Moez Singh and Elnaaz Noruzi

involved. The reason we are announcing it publicly now, is so that the ones who know us accept our situation gracefully and always wish well for both of us especially because we hold no animosity of any kind towards one another and will always be there for each other. Aqeel is and will always be my family as I will be his. We hope that all our well wishers will accept our decision maturely and not judge us for it. It's important to be happy and we all, Aqeel and I including our children and families most definitely are.



Sherlyn Chopra slams Rakhi Sawant, supports her husband Adil: 'Don't know how he landed in this mess but...'

Rakhi Sawant and her husband Adil Khan Durrani's marriage has been making headlines in recent days. After Rakhi accused her husband of domestic violence and also alleged that he was having an extramarital affair, Sherlyn Chopra weighed in on the matter and sided with Adil. Sherlyn had filed a police complaint alleging defamation and sexual harassment against Rakhi last year, who was recently questioned by police in connection with the case.

Amid the ongoing Rakhi-Adil spat, Sherlyn has commented on the matter, accusing the two of doing everything they can to stay in limelight.

In a video shared by a paparazzo on Instagram on Thursday, Sherlyn Chopra shared her views on the ongoing fight between Rakhi Sawant and her husband Adil Khan Durrani. The actor said, "Mai kya bolu inn dono ke baare mein. Lekin itna mai keh sakti hu Adil ke sath kuch samay bitake - police station main - ki woh banda joh hai

shulja hua hai. Pata nahi kaise woh yeh pure jhamale mein fas gaya. But jitni dher maine usse baat ki aaise laga ki woh shulja hua banda hai (I am no one to say anything about Rakhi and Adil's matter, but from what I have learnt about Adil after spending time with him at a police station, he seems like a sorted person, but don't know how he landed in this whole mess)."

Sherlyn continued, "Aur maine boli bhi usko uske mum pe, tum toh suljhe hua lagte ho kaha aagaye tum? Kaisa fas

gaya yeh pure chakkar mein? Aur surkhiyo mein aane ke liye yeh zaroori nahi ki yeh log apas mein khitpit kare ya apne rishtey ka mazak banayee (I even told Adil he looks sorted so what was he doing with her? I feel they should not do such things just to stay in the limelight)."

She further said, "Mai kya bolu? Maine toh unke pati ko apne bhai mana hai. Bhai ke baare mein isi tarah ke baate sunn kar aacha bilkul nahi lag raha. Mai bus chahungi ki joh kuch bhi hai inn dono ke beech mai, yeh khitpit jald se jald khatam ho jaye."

Aur sach mein agar unke pati aise kuch kar rahe ho toh woh apne gali man le aur agar nahi kar rahe hai toh bataye ki yeh galat femi ki wajah kon hai aur yeh galat femi kaise paida hui (What else can I say about Adil, whom I consider my brother. I wish they resolve the matter soon, and if he is wrong he should accept his mistake. If he is not wrong and there is some misunderstanding than he should also clarify that)."



Weight Loss Tips: These Carb-Rich Foods Might Actually Fasten Your Weight Loss



It turns out you should continue eating some carbohydrates despite what we've been told for years. The word "carbohydrate" has a terrible reputation. They are frequently linked to type 2 diabetes, weight gain, and a number of other health issues.

It is true that refined grains and processed diets high in sugar frequently lack necessary vitamins and minerals. Numerous nutrient-dense, fiber-rich meals, however, might really be highly beneficial for your health.

Although some people may benefit from low-carb diets, there is no need to completely exclude high-carb items. In this article, we share nutritious and healthy carb-rich foods that might actually

boost your weight loss.

Add these carb-rich foods to your diet to fasten weight loss:

1. Oats

A very nutritious whole grain, oats are a fantastic source of numerous vitamins, minerals, and antioxidants. Furthermore, oats are a decent source of protein and have a higher protein content than most grains. According to research, eating oats may lower your cholesterol levels, hence lowering your risk of heart disease. In particular for those with type 2 diabetes, eating oats may lower blood sugar levels. Oats are also quite filling, which may aid with good weight management.

2. Barley

Barley, a cereal grain, may have the capacity to raise satiety-related

hormone levels. Boiling barley kernels can alter the microorganisms in your gut, which in turn can increase your metabolism, according to a Swedish study. This starch's high fibre content has also been reported to reduce hunger pangs, according to researchers.

3. Quinoa

Quinoa is a wholesome seed that has gained enormous popularity among consumers who are concerned about their health. It falls under the category of a pseudocereal, which is a seed that is processed and consumed like a grain. Quinoa cooked is a high-carb food since it has 70% carbohydrates. But it's also a fantastic source of fibre and protein. Quinoa has been linked to a num-

ber of health advantages, including better blood sugar control and heart health. Quinoa is high in numerous minerals and plant components.

corn. Being more content will probably cause you to eat less, which will result in consuming fewer calories. They are also a much better alternative to chips

Contrary to common belief, carbs are actually a beneficial addition to the diet if you're trying to lose weight. Try these 6 foods rich in healthy carbs.

Buckwheat

Buckwheat is regarded as a pseudocereal, similar to quinoa. Buckwheat is not linked to wheat, despite its name, and it does not contain gluten. As it contains both protein and fibre, buckwheat is particularly nutrient-dense. Compared to many other grains, it also contains more nutrients and antioxidants. Studies indicate that it might be especially advantageous for blood sugar control and heart health.

5. Popcorn

Next time you're hungry, try popcorn instead of crisps. Researchers from the food and health fields around the nation evaluated the short-term satiety of these two common snacks and discovered that most volunteers reported feeling less hungry and more satisfied after eating pop-

and other ultra-processed snacks.

6. Bananas

Bananas are a popular fruit that people enjoy using in a variety of ways. In addition to being rich in potassium and the vitamins B6 and C, bananas also contain a number of advantageous plant components. Bananas may help decrease blood pressure and enhance heart health due to their high potassium content. Green, unripe bananas have more starch. As the bananas ripen, this changes into natural sugars, which causes the bananas to turn yellow. Therefore, if you consume your bananas while they're less ripe, you'll often get more starch and less sugar.

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Instead of causing weight gain, these foods rich in carbs will help aid weight loss and boost your overall health.

HOW EATING FEWER CALORIES MAY HELP SLOW DOWN THE AGING PROCESS



Restricting calorie intake could help slow down the aging process, according to a study funded by the National Institutes of Health. Source published today in the journal Nature Aging.

Researchers, led by the Butler Columbia Aging Center at Columbia University Mailman School of Public Health in New York, used DNA analysis from blood samples to measure the rate of aging and reported that calorie restriction slowed the aging process.

Participants included 220 healthy men and women in three different sites in the United States. The participants either continued with their regular diet or had a 25% reduction in their consumed calories.

The scientists followed the participants' diet and health for two years and took blood samples at the start of the study and again at 12 months and 24 months.

What researchers found in calorie restriction study

The researchers reported a slowing aging process based on three DNA markers.

They said these results could provide a sense of what effects scientists can look for when completing trials for specific weight interventions, such as intermittent fasting.

"This study teaches us that keeping a person's body at a lean weight helps decrease the molecular changes on a cellular level that happen in response to aging," said Dr. David Selzer, an internal medicine specialist at NYU Langone Medical Associates in West Palm Beach and Delray Beach in Florida who was not involved in the study. "With that noted, life is not a test tube. People age for multifactorial reasons such as stress and anxiety, not just their diet."

"I agree that calorie restriction plays a role on the molecular level," Selzer told Healthline. "However, I think finding a healthy balance between caloric intake and daily exercise is more likely to lead to a longer lifespan."

Low calorie intake and healthy aging

The researchers are currently completing a follow-up study to see if calorie restriction has a long-term effect on healthy aging.

"The results make sense to me," said Dr. Raphael Kellman, an internist and functional medicine physician at Kellman Wellness Center in New York City. "However, nutrition studies are notoriously difficult to conduct, particularly long-term, as people naturally have trouble adhering to diets."

"I think you should take into consideration a few things," Kellman told Healthline.

"One, what kind of diet was the control group on vs. the calorie-restricted group? If the control group is overeating or eating a lot of unhealthy foods and the calorie-restricted group is eating a healthier diet, are the results due to the calorie restriction, or would just eating a healthier diet also have a positive impact?"

"Also, it is hard to know whether people are truly adhering to a diet unless their food is strictly controlled and monitored," Kellman added.

Vitamin B12: Why do you need it, how should you take supplements?

A vital nutritional element, Vitamin B12, also referred to as cobalamin, plays a crucial role in supporting various processes in the body. The smooth functioning of the nervous system and the formation of red blood cells heavily depend on adequate supply of Vitamin B12. Furthermore, it prevents anemia, protects the eyes from macular degeneration, regulates DNA and produces energy. These are the reasons why people must ensure sufficient intake of this vitamin in order to maintain health.

A deficiency of this vitamin in the body leads to insufficient oxygen supply to the different parts of the body. It also causes memory problems, weight loss, skin pigmentation, menstruation issues and so on. The body needs a continuous supply of this vitamin to successfully meet all requirements. A pertinent question arises here, what is the exact quantity of Vitamin B12 our body requires every day?

The daily requirement of



Vitamin B12

People above 14 years of age need to consume 2.4 micrograms (mcg) every day. However, the requirement changes with the calorie our body needs at a particular time. For instance, a pregnant woman needs to ensure an intake of 2.6 mcg, and a lactating woman 2.8 mcg daily. In order to maintain health and provide the necessary amount of the vitamin to the body, people must adhere to these standards.

In cases of deficiency, people may notice symptoms such as fatigue, headache, difficulty in concentration and others. This condition can be avoided with the intake of Vitamin B12-rich

foods such as eggs, milk, fish, chicken, peanut, sweet potato, dairy products and so on. However, animal-sourced food products are considered the best source of Vitamin B12.

Deficiency of Vitamin B12

People who strictly follow a vegetarian diet remain at a risk of deficiency. Additionally, congenital diseases and genetic intrinsic factor abnormalities can cause severe vitamin B12 deficiency. Older adults, people with gastrointestinal conditions, and those on certain medications, including proton pump inhibitors and metformin, may need to take a supplement.

The noticeable signs of a lack of

Vitamin B12 in the body may include:

- Chronic fatigue
- Shortness of breath
- Pale skin
- Mouth sores
- Bleeding gums
- Constipation
- Diarrhoea
- Loss of appetite
- Joint pain
- Vision loss
- Dementia

So, the deficiency of Vitamin B12 is a serious issue and must be given due attention.

Sometimes, people need to provide this vitamin to the body through supplements, either orally or through Vitamin B12 injections. But the decision to take supplements must be taken after consultation with a doctor. The absorption of vitamin B12 can vary from 56 per cent of a dose of 1 mcg to 0.5 per cent of a dose of 1,000 mcg. Therefore, if someone consumes vitamin B12 less frequently, they will need a higher total amount to achieve desired

absorption.

Oral supplements

Depending upon the level of deficiency, a doctor may recommend a high dose of an oral supplement, up to 1,000 mcg. This can be extremely efficacious in dealing with the situation. Besides, oral supplements are cost-effective and leave almost no side effects.

Injection: In extreme situations and to deal with Vitamin B12-induced anaemia, injections are recommended. The doses depend on the level of deficiency in the body.

The overdose of this vitamin doesn't affect health. The body uses the required amount and excretes the excess amount through urine. An increase in water intake can help release the extra amount of this vitamin in the body. You must take care of your body and keep an eye on abnormal signs. You must adopt a healthy lifestyle and take a proper diet containing all the nutrients.

What Happens When You Cut Down On Sugar Completely? 5 Side Effects To Keep In Mind

We share a bittersweet relationship with sugar. While we love indulging in all things sweet and decadent, it is also touted as the main culprit for several lifestyle-related diseases including diabetes, obesity and more. Sugar and sugary foods are loaded with fat. As per popular belief, fat adds excess calories to our everyday diet. What if we say, it is not exactly how you think? Days of eating on fat are long gone. Now, there are multiple pieces of evidence to support the fact that fat (one of the major macronutrients) plays an essential role in our overall growth and nourishment. In fact, eliminating sugar from our diet completely might come with several side effects.

In this article, we will look into how cutting down on sugar affects your body and how effectively you can include it in your diet. Let's start with understanding what sugar is. What Is Sugar? Sugar, to most of us, is the food ingredient that we add to our meals. What we often fail to understand is the fact that sugar is actually a com-



ound, which when crystallised, turns into a food ingredient. According to www.sugar.org, sugar is sucrose (a mix of fructose and glucose), "a simple carbohydrate that is produced naturally in all plants, including fruits, vegetables and even nuts." For the unversed, carbohydrates help provide energy to your body and fuel the brain, organs and muscles to function and engage in everyday activities.

Hence, experts from across the globe suggest, it is important to include sugar in our daily diet, but in moderation. "Sugar is simple, amazingly functional and it's part of a balanced diet," the website further reads. Photo Credit: iStock/What Is Added Sugar? Added sugar is any form of sweetener that undergoes processing, which further strips off the healthy nutrients from the food. According to

American Heart Organisation, added sugar includes white sugar, brown sugar, honey and all the foods that are manufactured chemically with these ingredients. 5 Side Effects Of Cutting Down On Sugar. 1. Makes us feel low: A cake or chocolate instantly

glucose levels. When there is a lack of this fuel source, you might experience different cognition-related issues. As per studies, it might lead to a lack of concentration, focus and poor memory. 3. Sleep problem: Sleep pattern depends much on our cognitive

know, sugar is a potent source of glucose and glucose helps refuel us with energy. With quitting sugar, the body's glucose level gets affected. This often makes people feel tired and lack energy for work. How To Include Sugar In Your Diet Effectively? 1. Add fruits: Sugar is naturally produced in fruits (and some vegetables). Hence, it is always advised to replace cakes and candies (that have added sugar) with fruits and dry fruits to include healthy fats in your diet.

Photo Credit: iStock2. Swap sweetened drinks: Colas and packaged sweet drinks are also high in added sugar. You can always replace these drinks with freshly pressed fruit juices or simple soda (with mint, lemon etc for added flavours) to enjoy the benefits to the fullest. 3. Read labels before buying: Do you read the sugar content in packaged food every time you buy it? If not, then start doing now! Several foods and condiments sneak in added sugar that might affect our body negatively.

Sugar Effects: We often fail to understand the fact that sugar is actually a compound, which when crystallised, turns into a food ingredient.

uplifts our mood. Have you ever wondered why? As researchers, sugar is known to affect our brain's reward system, further affecting our mood. A study, published in the journal nutrient, finds that sugar triggers the release of dopamine, which instantly gives us a sense of pleasure. When we eliminate sugar from our diet, it often leads to depression, anxiety, untimely cravings and more. 2. Lack of concentration: Brain functions such as thinking, memory and learning are closely linked to the body's

health that is directly linked to the body's glucose level. According to a study, published in the American Journal of Lifestyle Medicine, people who are on a sugar detox diet, lack glucose (in the body) and often experience changes in their sleep pattern. 4. Nausea and dizziness: As mentioned earlier, sugar is fat, which is considered one of the macronutrients that our body needs. A lack of sugar often creates an imbalance, leading to weakness, nausea, dizziness and more. 5. Lack of energy: By now, we all

DC Kishtwar reviews patient care scenario at Rogi Kalyan Samiti meeting



JJ NEWS SERVICE
KISHITWAR, FEBRUARY 10: To review the functioning and patient care scenario in the district Hospital Kishtwar, Deputy Commissioner (DC) Dr. Devansh Yadav, today chaired a meeting of the Governing Body of "Rogi Kalyan Samiti" (RKS).

The meeting was attended by Chief Medical Officer, Dr. Mohammad Yaqoob Mir, EXEN PWD, Ravinder Kumar, EXEN, PHE Sanil Kumar Sharma, Medical Superintendent District Hospital, Dr

Javeda Qazi, BMOs, prominent persons and other RKS members. The DC took a detailed review of the functioning and fund flow of the District Hospital Kishtwar besides the progress of the institution under different indicators. A threadbare discussion was held on the measures required with respect to the up-gradation of the Hospital. The meeting was informed about various issues and requirements for the augmentation of health infrastructure and overall advancement of the

healthcare system in the Hospital. The DC assured all possible support from the Administration for infrastructure development of the Hospital to further improve patient care in the hospital. The Deputy Commissioner directed the concerned to follow the objectives as envisaged in RKS guidelines and stressed for resource generation and strengthening transparent mechanism in utilization of funds. He directed the concerned Tehsiladar to demarcate the land identified for Parking

space in the hospital premises. During the meeting the Samiti approved the enhancement of Honorarium Rs 2000 in favour of HDF employees on a pro-rata basis. The DC asked the officers to work with added zeal and dedication to ensure efficient and prompt health and patient care facilities to the people. The concerned EXENs were directed to ensure the completion of pending repair and construction works in various healthcare facilities including the Eye Block at DH Kishtwar, approaching road to Sub Centre Bhadat, allied works in SC Ligri and Galabgarh and PHC Afti, so that they can be handed over to the Health department for the better health care facilities being provided to the common masses on smooth basis.

2-day Int'l Conference "Science for Survival to Explore the Unexplored Dimensions" held at GCW Udhampur

UDHAMPUR, FEBRUARY 10: Government College for Women Udhampur organized a two day international conference on the theme "Science for Survival: To Explore the Unexplored Dimensions".

Principal Secretary, Higher Education Department, Alok Kumar was the chief guest of the event, who joined the conference through virtual mode. Director Colleges, Prof. (Dr.) Yasmeen Ashai was the guest of honor and she also joined through virtual mode.

The special guests of the event were Additional District Development Commissioner, Udhampur, Ghan Shyam Singh, Additional SP Anwar-ul-Haq; Dr. Udhay Bhanu, principal GDC Ramnagar, Rajinder Kumar Digra, District Information Officer, the Principals of various government colleges of Jammu division also graced the occasion with their presence.

Dr. Monika Sharma, Principal of the college and convener of the conference presented a formal welcome address to the chief guest, guest of

honor, resource persons and other dignitaries. She also welcomed the resource persons who have joined this conference from overseas through virtual mode. In her welcome address, the principal raised the critical global issues and grand challenges such as climate change, pandemics, energy security, water management, and food shortage and she also hoped that the conference will put some light on these issues which eventually will lead to the solutions.

Dr. Anita Sharma, co-convener of the conference gave introductory remarks on the theme of the conference. She asserted without science there is no human growth, no technological advances and no knowledge generation and she explained the significance of the conference by expressing her ideas on it. She believed that scientific knowledge, scientific processes are important avenues for researchers to share and discuss research findings.

It also acts as a platform to exchange ideas and insights and to network for collaboration and career

development. It can benefit the student in so many ways.

Dr. Kewal Kumar, organizing secretary of the conference, briefed the proceedings of the conference. He explained the motive behind organizing such a mega event. He stated that the institution is an undergraduate institute having girl students only and the students mostly belong to rural background. Most of the girls even don't know what a conference is, what happens in a conference? So, this conference is an attempt to ignite the young and budding minds towards scientific approach. The students through this conference shall learn the significance of the research and innovation.

Keynote speaker, Dr. OP Vidyarthi (Retd. IFS), former principal chief conservator, Forest department, UT of J&K deliberated on the theme of the conference with the presentation entitled "Decade of Ecosystem Restoration: Challenges of Solution." He argued that there is a need to restore our nature & environment. He further discussed the bio-diversity of the region.

DC Kathua reviews functioning of Health Sector, implementation of govt Schemes

Calls for 100 % saturation of AB-PMJAY, ABHA registration, achieving target of Leprosy, TB free district

JJ NEWS SERVICE
KATHUA, FEBRUARY 10: Deputy Commissioner, Kathua Rahul Pandey today chaired a meeting to review the functioning of the health sector and patient care facilities in the district.

The meeting was attended by Chief Medical Officer, Dy. CMO, Medical Superintendent, AH, GMC Kathua, District Tuberculosis Officer, BMOs, besides concerned officers and officials of health department.

A threadbare discussion was held on various issues like Health Care achievements, Patient care, ABDM, RBSK, NCD, NVBDCP and other related issues.

The CMO gave a detailed overview through

powerpoint presentation and projected various issues regarding present status of AB-PMJAY Cards, institutional deliveries, requirement of ambulances in remote blocks, NTCP, NMBRA, PCPNDT Act and other schemes and programmes of the health department.

The DC also took feedback about the implementation of various schemes and programmes under the National Health Mission, including RBSK, Leprosy Mukti and TB Mukti Panchayats across the district.

The DC asked for focusing on daily monitoring of progress made under AB-PMJAY besides registering beneficiaries under ABHA through door to door sur-

veys. He also laid focus on making a workable action plan to target saturation left out areas by putting in sincere efforts by concerned Block Medical Officers.

Expressing his concern about low institutional delivery in the district, DC asked the concerned BMOs to encourage masses to opt for institutional delivery. He said efforts will be made to rationalize availability of the ambulances across the district to cater emergency cases in a better way.

During the meeting detailed deliberations on issues like availability of online services, Addition Treatment Facility (ATF), aggressive Sampling of TB cases were also held.

Change of Land Use: DLC approves 02 cases in Rajouri

RAJOURI, FEBRUARY 10: District Level Committee on change of land use met here today under the chairmanship of the Deputy Commissioner Rajouri, Vikas Kundal to discuss and approve the applications received online from the applicants from across the district. The Committee, after a threadbare discussion, approved 2 cases of conversion of agricultural land for non agricultural purposes. The DC directed concerned departments to ensure timely issuance of NOCs to the applicants after proper verification of documents and rules under conversion Regulations, 2022. Officers who attended the meeting included ADC Rajouri, Sachin Dev Singh, CEO RDA, Vivek Puri, ACR, Imran Rashid, Kataria; CAO, Sohan Singh, SE PWD(R&B), Kamal Kishore; Ex:En STD Kalakote.

District Level Training Programme on development of Seed Multiplication Chain, Exotic Vegetables held at Kishtwar

JJ NEWS SERVICE
KISHITWAR, FEBRUARY 10: Continuing the series of training programmes under the Holistic Agriculture Development Programme, a District Level Training session was today conducted here in the Office premises of Chief Agriculture Officer, Kishtwar.

The training programme was focused on the creation and development of certified Seed and Seed Multiplication chains, besides development of Vegetable particularly Exotic Vegetables in the district under Holistic Document.

During the programme, the speakers highlighted the fact that owing to special agro-climatic conditions (Himalayan conditions) of the region there is vast potential for the pro-

duction of exotic as well as traditional vegetable sector and under holistic development of Agriculture and allied sectors a special focus has been shifted towards this field.

Special lectures were delivered on "Promotion of Vegetable/ Exotic Vegetables in the training programme by various experts. The speakers and resource persons said that the vegetable sector has huge scope in the district and could generate a large number of employment opportunities.

They said that under the holistic document a special programme has been designed for this purpose so that maximum opportunities under this sector could be explored.

CAO asked the officers to work in close coordina-

tion so that the desired results could be achieved under all the projects of the Holistic Document.

Besides, during the training programme, it was envisioned that there is a need for creating certified seed producers so that the seed multiplication chain is established as documented

in a holistic document and such programmes are instrumental in the process to make the Kishtwar District seed sufficient.

The training programme was conducted under the close supervision of Chief Agriculture Officer (CAO) Kishtwar Amjad Hussain Malik.

AHD staff conducts cleanliness drive in DC office complex Kishtwar

JJ NEWS SERVICE
KISHITWAR, FEBRUARY 10: An intensive cleanliness drive was carried out by an Intensive Husbandry Department in Block 3 of New DC Office, Complex Mini Secretariat under the banner Swachh Bharat Abhiyan - and in consonance with Azadi Ka Amrit Mahotsav. The Drive was led by Chief Animal Husbandry Officer (CAHO), Dr. Sanjay Kumar Sen.

Staff of the Animal Husbandry Department enthusiastically participated in the cleanliness drive. They collected Bags of garbage (paper waste/Plastic waste/Plastic bottles) and cleaned the area inside the Mini Secretariat Complex.

regarding the Revenue Court Cases Monitoring System (RCMS) on priority besides uploading their updated status on the prescribed portal regularly.

Other issues such as digitization of cadastral maps, status of eviction of Roshni land, land acquisition cases, change of land use cases were also discussed at length wherein thrust was laid on regular monitoring and reporting of actions taken during the period.

The DC also emphasized upon revenue officers to dispose of the pending matters regarding the Revenue Court Cases Monitoring System (RCMS) on priority besides uploading their updated status on the prescribed portal regularly.

GLIMMER OF HOPE:

Nowshera Forest Div strives to create Livelihood options under Green India Mission

JJ NEWS SERVICE
RAJOURI, FEBRUARY 10: A new ray of hope is shining bright towards the employment generation for the locals in Nowshera Forest Division as J&K Forest department is continuously working towards livelihood options and exploring employment generation under Green India Mission involving youth and women, especially in the Chir. Zone ecosystem of J&K UT.

To cater to the employment demand of local people, Nowshera Forest Division has organised three local employment generating training programmes under the banner of Green India mission which includes high density Fruit plants, one month training course of tailoring & stitching, six month basic

computer course and all these aim to diversify the livelihood option of local peoples.

In this programme a detailed demonstration of plantation of high density fruit plants was imparted to the locals by the experts and 250 high density fruit plants were distributed among farmers. In addition to this one month training course of tailoring and stitching were started and 10 sewing machines were distributed among local female trainees.

In another event, Samriti Van at Dharpur Mandir Sunderbani was inaugurated in presence of Mandir Samiti and other Locals of the area.

The programme was facilitated by Worthy Commissioner/Secretary to Government,

Department of Forest, Ecology and Environment, J&K Sanjeev Verma, Director, Department of Social Forestry Roshan Jaggi (PCCF), Addl. Pr. Chief Conservator of Forests, Jammu B.M Sharma, CF West Circle Rajouri, Vivek Verma (IFS), DFO Rajouri Dr. A.D Singh, DFO Nowshera Mrs. Neelima Shah, Kartar Singh, ADC Nowshera, Bodh Raj (BDC Chairman), Narinder Sharma, MC Chairman Nowshera, Rohit Kohli, Councillor Nowshera alongwith other PRI members and local peoples. The whole programme was organized by Anil Kumar Bhagat, Range Officer Nowshera, Rakesh Verma Range Officer Sunderbani, Sudesh Kumar, Range Officer Lamberi.

District Employment & counselling Centre Poonch organises Job Fair-2023



JJ NEWS SERVICE
POONCH, FEBRUARY 10: District Employment and Counselling Centre (DE&CC) Poonch organized a Job Fair to provide job opportunities to the youth of the District.

As many as 4 employers from different sectors participated in the event which included companies like SBI Life, HDFC, LIC of India and Am Hyundai. The event witnessed an overwhelming response from job seekers as over 250 unemployed youth from across the district participated in the event. More than 50 Job Seekers with varied skills were shortlisted by the companies for different jobs, while participating candidates were also registered on the employment portal. Deputy Director Employment Mohammad Rafiq, interacted with the Jobseekers and Job providers. He expressed satisfaction over the success of the Job fair. He added that such events would be made a regular feature to benefit the maximum number of local youth.

The meeting laid stress on early and smooth functioning of the newly established offices and the steps that need to be taken to make the offices operational from April 1, 2023 as per the date communicated by the Government.

The District Development Commissioner stressed on the importance of these offices in addressing the infrastructure needs of the district and enhancing the overall development of the region.

The meeting was informed that the Government has sanctioned one Chief Engineer Office for Rajouri, three EXN Offices for Thanamandi, Kotranka, and Kalalote, and respective AEE subdivisions, and it is essential to make them functional as per the dates communicated by the Government.

It was discussed that the EXN Divisions and AEE Subdivision will

DC Kathua reviews functioning of Revenue Department

Asks officers to intensify anti-encroachment drive

JJ NEWS SERVICE
KATHUA, FEBRUARY 10: Deputy Commissioner Kathua, Rahul Pandey chaired a meeting of Revenue officers to discuss revenue matters here in the Conference Hall of the DC office complex, today. The DC took a comprehensive review of the ongoing anti-encroachment drives being carried out by the district administration.

He laid emphasis on furnishing a daily report regarding removal of encroachments for appraising the higher authorities about the progress. Taking review of the SWAMITVA scheme, the DC exhorted the revenue officials to speed up the mapping process of the revenue villages besides expediting the



digitisation process of revenue records within the set timelines.

The DC also directed the revenue officials to identify land in their respective Tehsil for creation of assets for important projects including parking spaces.

The DC called upon the Tehsiladars to exercise due care in the appointment of Lambardar/ Chowkidar by ascertaining the character and antecedents of applicants.

The DC also emphasized upon revenue officers to dis-

DC Rajouri resolves issue hampering execution of work on sub-centre Chambi Trar

JJ NEWS SERVICE
RAJOURI, FEBRUARY 10: Deputy Commissioner Rajouri, Vikas Kundal today resolved bottlenecks impeding the construction of work on the sub-centre building at Chambi Trar.

It is pertinent to mention here that there were some issues with the locals over the construction site of the

sub-centre building which was causing delay in the execution of work.

Sensing the gravity of the situation and the importance of the health sub-centre, the Deputy Commissioner met with both parties and the issue was resolved amicably during a threadbare discussion held in a meeting attended

by ADC, CMO, BMO, and PRIs concerned. The Deputy Commissioner said that these constraints often lead to delays in construction and completion becomes tardy. He also said that we cannot afford to ignore the fact that timely completion of these vital projects is something where compromise may

have an adverse effect on the lives of the rural populace. He also said that boosting the health infrastructure is the priority of the Government and appealed to the public to shun these minor self interests over large community benefits and not create impediments on the way of development.

Rajouri: Newly created Chief Er, E-XN Offices all set to start function from April 2023

JJ NEWS SERVICE
RAJOURI, FEBRUARY 10: The newly created Executive Engineers PWD Divisions, AEE Subdivision and Office of the Chief Engineer PWD in the Rajouri district are all set to start function from April, 2023.

To give a push towards their functioning, District Development Commissioner, Vikas Kundal discussed the necessities in this regard here in a meeting.

The meeting laid stress on early and smooth functioning of the newly established offices and the steps that need to be taken to make the offices operational from April 1, 2023 as per the date communicated by the Government.

The District Development Commissioner stressed on the importance of these offices in addressing the infrastructure needs of the district and enhancing the overall development of the region.

The meeting was informed that the Government has sanctioned one Chief Engineer Office for Rajouri, three EXN Offices for Thanamandi, Kotranka, and Kalalote, and respective AEE subdivisions, and it is essential to make them functional as per the dates communicated by the Government.

J&K Bank awarded for promoting digital payments

Such recognition will drive us to achieve greater excellence: Baldev Prakash

JJ NEWS SERVICE
SRINAGAR, FEBRUARY 10: Achieving another feat in digital payment domain, J&K Bank bagged an award for its outstanding performance in promoting digital payments during FY 2021-22. The Bank has achieved 2nd highest percentage of digital payment transactions in Small and Micro Category of private sector banks.

MD & CEO J&K Bank, Baldev Prakash received the felicitations from Union Minister of Electronics & Information Technology, Railways, and Communications, Ashwini Vaishnav at "Digital Payments Utsav" celebrated by Ministry of Electronics and Information Technology (MeitY, GoI) at India Habitat Centre, New Delhi. Bank's Chief Digital Officer



Naveed Zargar was also present on the occasion.

While expressing his gratitude, Baldev Prakash attributed the reception of award to the persistent efforts of Bank's Staff. He said, "It is a moment of great satisfaction for all of us as we see our extra efforts to realise the vision of Digital India not only fruitifying but getting

acknowledged and awarded at the prestigious platforms of the country. I congratulate every member of J&K Bank Family for this wonderful accomplishment. "And I am sure, such recognition will drive us to achieve greater excellence not only in promoting digital payments but other aspects like digital lending as well", he added.

He further said, "To encourage digital banking in our operational geographies we have embarked on digital transformation journey. The digital mission of the Bank is to improve the customer experience by providing them digital banking services that are convenient, easy, affordable, quick and secure."

With the proactive measures taken to encourage digital payments, the Bank had successfully surpassed the Digital Payment Transaction target allocated by MeitY for the financial year 2021-22.

Pertinently, J&K Bank has bagged 'Utarkash Puraskar - 2020-21' last year also for being one of the top two achievers in digital payment transactions under the category of Small and Micro banks.

JKHPMC to develop Shopian as 'Apple Cluster', with MoA&FW, NHB support

JJ NEWS SERVICE
SRINAGAR, FEBRUARY 10: JKHPMC has started the process of developing Shopian as an 'Apple Cluster', recently approved by Union Ministry of Agriculture and Farmers Welfare (MoA&FW) at an estimated cost of Rs. 138 crores, under Cluster Development Programme (CDP). The letter of acceptance issued by the Ministry in favour of JKHPMC with M/s. FIL Industries Limited, as the implementing Agency with technical support by National Horticulture Board's (NHB). In this regard, the NHB's team from New Delhi were on two-day visit to Srinagar and Shopian on 9th and 10th February, 2023 for finalizing the components to be set up by FIL Industries in



the Apple Cluster, under the programme. The team of HMB comprising Joint Director, NHB, R.K. Agarwal; Dy. Director NHB (J&K Chapter), Sansar Ahmad and other officers held a joint meeting with JKHPMC officers and representatives of FIL industries for finalizing the components. The team alongwith officers of JKHPMC, during the visit, also

visited Shopian and called on Deputy Commissioner Shopian and apprised him about the land required for developing nurseries in the Shopian Cluster. During the interaction, DC Shopian expressed satisfaction over the programme and assured JKHPMC that the district would make available the required land banks for the optimum implementation of the pro-

gramme. The NHB team also visited FIL Industries facilities at Rangreth, Srinagar and assessed the requirements under the CDP.

Pertinently, the programme has to be executed with respect to three end to end verticals, viz: Pre-production & production, post production & value addition and logistics & marketing in a span of four years.

Secretary H&ME reviews progress on implementation of RBSK in J&K

JJ NEWS SERVICE
SRINAGAR, FEBRUARY 10: Secretary, Health & Medical Education, Bhupinder Kumar, today reviewed implementation of Rashtriya Bai Swasthya Karyakam (RBSK) and functioning of District Early Intervention Centres in J&K in a meeting held at Civil Secretariat, here.

It was informed in the meeting that during the current financial year, 83.90 per cent of government schools and 80.11 per cent anganwadi centers have been visited by RBSK Mobile Health Teams for conducting Health Checkup of children till date.

Secretary directed all the Chief Medical Officers to complete the screening of children enrolled in government schools and anganwadi centers before the closing of financial year.

He directed that CMOs shall ensure that teams under RBSK carry out screening of all children in the pre-school age enrolled at Anganwadi centres at least twice a year besides screening of all children studying in government and government aided schools.

Secretary laid stress on making District Early Intervention Centers functional in all aspects for providing support to the referred children so that Children diagnosed with identified health conditions

receive follow up including surgeries at tertiary level, free of cost so that the benefits reach to the needy people across the UT.

Ayushi Sudan, Mission Director, NHM J&K, informed that UT has started online portal for data capturing under RBSK and in the first phase uploading of screening data by the Mobile Health Teams on daily basis has been made functional and all MHT's are now uploading the data on the online portal.

Dr Mohammad Shafi Koka, State Nodal Officer NHM J&K, informed about the guidelines of branding for Ayushman Bharat Health and Wellness Centres and organizing of Health Melas at HWCs on monthly basis.

On the occasion, a presentation regarding RBSK was made by Dr Syed Gazala Nazki, Programme Manager, RBSK.

The meeting was attended by Director Health Services Kashmir, Dr Mushtaq Ahmad Rather, Chief Medical Officers, Medical Superintendents of Associated Hospitals of Government Medical Colleges and District Hospitals, Programme Manager RBSK, DEIC Managers and other officers from State Health Society, NHM in person and through video conference.

Power shutdown

JAMMU, FEBRUARY 10: Chief Engineer (Distribution) JPDC, Jammu has informed that the power supply to Gandhi Nagar, Nanak Nagar, Railhead Complex, Jammu University, DC Office, Boria PHE, Sunjwan, Narwal, Bathindi, Channi Himmat, Transport Nagar and the areas being fed from Grid Stations- Sidhra, Janipur, Jhajarikoti, BBI and BBI-II shall remain affected on February 12 from 10 am to 4 pm.

Similarly, the power supply to Jhajarikoti, Janipur, Lakad Mandi, Patoli, Janipur Colony, Pamposh Colony, Ambdhar Nagar, High Court, Daily Excelsior, Statistical Office, Upper Barnai, Lower Muthi, Paloura, Dogra Hall, Rehari, Resham Gar Colony, Bus stand, Jewel, Hari Market, Raghunath Bazar, Kaleeth Mohalla, Kanak Mandi, Mandia, New Plot, Sarwal, Part of Karan Nagar.

Secretary PD&MD visits Ganderbal, reviews development projects

JJ NEWS SERVICE
GANDERBAL, FEBRUARY 10: Secretary, Planning Development & Monitoring Department (PD&MD), Dr. Raghav Langer, today conducted extensive visit of Ganderbal district and reviewed progress on various development projects under implementation in the district.

In this regard, Secretary convened a review meeting in which all district and sectoral officers were present.

While taking department wise review, Secretary directed all the officers to work in tandem so that all set targets under various schemes are achieved in timely manner.

DDC presented a detailed profile about development scenario of the district through a power point presentation.

Secretary was apprised of the initiatives started by the district administration to achieve 100 per cent enrolment of out of school children. He asked to start bridge classes for the newly enrolled students under Mashal-e-Gaash programme, an initiative by the district administration

to achieve cent percent literacy rate in the district. He directed the officers to focus on learning outcomes for improvement of education standards at various levels in light of New Education Policy.

He stressed upon all the officers to further improve the service delivery mechanism in order to provide quality services to the common people. He asked the District Social Welfare Officer to conduct door to door campaign to make common people aware about the welfare schemes launched by the government. He also asked for displaying the help line numbers at main places so that the needy people can seek help from the departments as and when required. Raghav Langer directed Superintendent Engineer, Jal Shakti, Circle Ganderbal, to expedite the pace of work on approved Water Supply Schemes. He also asked for ensuring coverage of left out households under JJM. Secretary asked the officers of agriculture and allied sectors to put in all efforts for increasing the productivity and ensuring market linkages

in order to benefit the farming community. He directed the Chief Animal Husbandry Officer, Ganderbal, to coordinate with NRLM for formulation of dairy collection centres by registered Self Help Groups.

While reviewing Fisheries department, Secretary was informed that two units under FIDF (Fisheries Infrastructure Development Fund) are in progress in the district, one unit namely K2 Aquaculture (RAS) has been sanctioned for Rs. 47.00 crore while another unit with the project cost of Rs. 7.00 crore is likely to be sanctioned soon. He was apprised that the Trout Fish production, after the completion of the projects, is expected to increase by 1000 tonnes per annum in the district.

It was informed in the meeting that Ganderbal has been ranked as number one district in J&K in implementation of PMMSY scheme and efforts will be geared up to maintain the status and make the district capable of exporting regular consignments of frozen Rainbow Trout to various countries.

DC reviews status of works under Jal Jeevan Mission at Kulgam

DIRECTS TO SCALE UP PACE ON ONGOING WORKS; STRESSES ON CONDUCTING MORE IEC ACTIVITIES

JJ NEWS SERVICE
KULGAM, FEBRUARY 10: The Deputy Commissioner (DC) Kulgam Dr. Bilal Mohi-Ud-Din Bhat today convened a meeting of concerned Officers to review status of works under Jal Jeevan Mission (JJM) in the district.

During the meeting, the DC took detailed review of physical and financial progress made on various JJM Works.

Executive Engineers from Qazigund and Kulgam Divisions informed the chair that there are 218 works and 140 schemes/projects under JJM in the district.

Out of 218 works, 201 works stand tendered, 146

Allotted and 108 works have been taken up while as 04 works stand completed.

The DC emphasized that every effort has to be made to ensure that the goal of tap water to all households must be achieved as per the projected timeline. He said that the Mission is envisioned to provide safe and adequate drinking water through individual household tap connections to all households.

He directed all the concerned officers to scale up pace on works under JJM so that the target can be achieved within the stipulated period.

He asked the officers to regularly monitor the

quality and progress on all allotted works for time-bound completion.

The DC said that information dissemination is an important component of the mission and stressed on conduct of more widespread IEC activities.

During the meeting, the DC also reviewed the functioning of Pani Samitis and it was informed that all Pani Samitis are functional in the district.

The meeting was attended by JD-Planning Zahid Sajad, ACD Mohammad Imran Khan, ACP Shurjeel Ali, CMO, Executive Engineers from Qazigund, Kulgam, AEs and other concerned Officers.

'SHE IS A CHANGE MAKER PROJECT'

IMPARD to organize CBPs for ULB women members of Kashmir Valley from Feb 13

JJ NEWS SERVICE
SRINAGAR, FEBRUARY 10: As part of Capacity Building Programmes (CBPs) being held under ambitious "She is a Change Maker" project, the third programme would be held from February 13 to 15 at IMPARD, main campus, Srinagar, for women members of Urban Local Bodies and office bearers from all districts of Kashmir Valley.

Pertinently, Jammu and Kashmir Institute of Management, Public Administration and Rural Development (IMPARD) in collaboration with National

Commission for Women is organizing a series of CBPs for women members of Panchayats, Zilla Parishads, Urban Local Bodies and Office Bearers of J&K under "She is a Change Maker Project".

In this regard, two programmes have already been conducted for the women representatives of Panchayats, Block Development Councils and District Development Councils.

The series is being fully sponsored by the National Commission for Women to foster Gender Responsive Governance in the system.

Orientation/ Training programme under holistic development of Agriculture & allied sectors held at Anantnag

To create Agri-skilled Human Resource, Department's priority: Chowdhury Iqbal

JJ NEWS SERVICE
SRINAGAR, FEBRUARY 10: The Director Agriculture, Kashmir, Chowdhury Mohammad Iqbal today inaugurated district level orientation cum training programme under the holistic development of agriculture and allied sectors at DAK Banglow Khanabal, here.

Addressing the participants, the Director Agriculture highlighted the importance of projects under holistic document. He said under the holistic document, the department is aiming to create an Agri-skilled human resource so that the implementation of different projects could be done in a more comprehensive manner.

He said that this document (holistic document) will be a game changer in the overall development of the agriculture sector in the UT of Jammu and Kashmir. He said the projects have been designed in such a way that the potential in all the allied wings would be explored to their capacity.

Director Agriculture impressed upon

the officers of agriculture and allied departments to work in close coordination so that the set targets under different projects, the desired results could be achieved.

He said the orientation cum training programme under holistic document is aimed to raise awareness among the officers regarding various approved projects so that the same could be implemented on ground in a comprehensive manner.

The Training Programme was attended by Chief Agriculture Officer Anantnag, Chief Horticulture Officer, District Agriculture Officer Extension Anantnag, Mushroom Development Officer Anantnag, Area Development Officer, Anantnag, District Level SMSs and SD level officers also participated in the programme.

Earlier, Director Agriculture visited Ganderbal and addressed the officers of agriculture and allied departments in a district level orientation cum Training programme.

Fisheries, Agriculture departments organise training programme at Kupwara

JJ NEWS SERVICE
KUPWARA, FEBRUARY 10: An orientation cum training program under holistic agriculture development with the theme "Technological interventions in Fish seed and Trout production" was today organised by the Fisheries department in collaboration with the Agriculture Production department at Kupwara.

The main aim of this training programme was the capacity building of

field functionaries and farmers in order to improve the socio-economic condition of farmers. Programme was attended by officers and field functionaries of fisheries, agriculture department, progressive farmers and scientists from Chief agriculture officer Kupwara, Gulham Mohammad Dhoi while inaugurating the training programme said that schemes related to agriculture, Fisheries, and allied sector are welfare oriented

schemes and their benefits are reaching to eligible and deserving farmers across the district. On this occasion, Assistant Director (AD) Fisheries Kupwara, Sajad Hussain said imparting training to field functionaries and farmers is of pivotal importance.

He said there is no dearth of water bodies in Kupwara district, but there is need to increase the fish productivity with sustainable approach, and innovative methods.

DSW, ICDS Kulgam organize Awareness/ Enrollment drive for Sukanya Samridhi Yojana Account scheme

JJ NEWS SERVICE
KULGAM, FEBRUARY 10: The Department of Social Welfare (DSW) Kulgam in collaboration with ICDS and Department of Posts Kulgam today organised a day-long awareness cum enrollment drive for Sukanya Samridhi Yojana Account scheme at Town Hall, here.

The program was held under the theme 'Beti Bachao Beti Padhao' (BBBP), to address the issue of declining child sex ratio along with related issues of empowerment of Women.

Present on the occasion were Tehsil Social Welfare Officers, Officials of District Hub for Empowerment of Women

(DHEW), One Stop Centre for Women (OSC) Kulgam, Officials from Post Office Kulgam and Field Officials from Social Welfare Department and ICDS Kulgam. Speaking on the occasion, Tehsil Social Welfare Officer Kulgam (Hq) Muzaffer Ahmad Rather gave a detailed introduction about Sukanya Samridhi Yojana and Beti Bachao Beti Padhao campaign. District Mission Coordinator DHEW Kulgam, Tanseena Nazir highlighted the features as well as benefits of the scheme. Gender specialist Saba Mogul from DHEW stressed on the financial empowerment of Women.

Prerna Puri inaugurates JaKeGAs' workshop on e-Office



JI NEWS SERVICE
JAMMU, FEBRUARY 09: J&K e-Governance Agency (JaKeGA) in collaboration with National Informatics Centre, J&K, today organized one day workshop to sensitize and train the officers and officials regarding e-Office implementation up to tehsil level.

Addressing the inaugural session, Commissioner Secretary, Information Technology Department, Prerna Puri, lauded the efforts of technical agencies for educating the participants about the significance of e-Office in present era of technological advancements. She highlighted that e-Office is crucial for increasingly digital nature of governance at all levels.

Commissioner Secretary emphasized the need for imparting requisite master training to the District Level Nodal Officers for ensuring e-Office expansion up to the tehsil level. Chief Executive Officer, JaKeGA, Abhishek Sharma, in his address, briefed the importance of e-Office in ensuring a more responsive, accountable and

transparent dispensation to people. He also highlighted a descriptive detail about achievements recorded, so far, under e-Office initiative. He exhorted upon the district level nodal officers to share information about all officials up to tehsil level to onboard all employees on e-Office. During the workshop, a presentation was given by JaKeGA project team while technical demonstration session was also conducted which was attended by about 150 officers and officials of various district and tehsil administrations. Among others, the workshop was attended by State Informatics Officer Informatronics Centre, Saleem Khan and his team besides the project implementation team of JaKeGA.

Handicrafts & Handloom Jammu signs MoU with NIFT Srinagar on designing, branding

PPJ1 NEWS SERVICE
JAMMU, FEBRUARY 09: Directorate of Handicrafts and Handloom, Jammu and National Institute of Fashion Technology, Srinagar today signed a Memorandum of Understanding (MoU) here at Udyog Bhawan.

The MoU was signed in presence of Prashant Goyal, Principal Secretary, Industries & Commerce Department, J&K and Rohit Kansal, Union Additional Secretary, Ministry of Textiles, (Director General NIFT). The MoU was signed between the two parties under the project titled "DESIGNING INNOVATIVE AND SUSTAINABLE PACKAGING AS A BRANDING INITIATIVE FOR HANDICRAFTS AND HANDLOOM SECTOR OF JAMMU".

The MoU document was signed by Dr. Vikas Gupta, Director Handicrafts and Handloom, Jammu, and Dr Javid Ahmed Wani, Director National Institute of Fashion Technology, Srinagar. Secretary Industries & Commerce Department, Smita Sethi, MD JKTIPO, Khalid Jahangir; MD Handicrafts & Handloom Corporation, Atul Sharma and other officers of Industries and Commerce Department were present on the occasion. The objective of the MoU is to create a strategic and attractive packaging design solution for branding Jammu Handicraft and Handloom items in view of enormous potential of this sector for growth, export and wealth creation and also employment generation. Speaking on the occasion, Prashant Goyal appreciated the effort of entering into MoU with NIFT Srinagar as having professionally designed packaging prototypes, in tune with the market-demand, would definitely increase the sales of products viz-aviz wage earnings of our artisans and weavers. Union Additional Secretary, Ministry of Textiles, Rohit Kansal, who is also DG NIFT, said that the Government of India is willing to support the artisans and weavers of Jammu and Kashmir in any capacity. He said they can offer courses to these craftsmen to upgrade and

enhance their skills so that the products of these artisans will have value addition for better marketing. The project envisages evolving of a roadmap to create unique and sustainable packaging to add value to the artefacts of the Jammu cottage industry. This will give a unique packaging presentation having international standards besides determining the unique selling point of chosen Jammu Handicraft and Handloom goods. As part of the MoU, packaging prototypes for products such as Basohli Paintings, Basohli Pashmina, Phulkari embroidery, Lathu Cum Lacquer products and Calico printing products are expected in the first phase. The artisans and weavers present on the occasion gave their feedback regarding packaging and branding initiatives to the dignitaries present in the event. Besides, prototypes packaging along with the trims that give product data and product care instructions for specified crafts will also be among the deliverables.

Sensitisation Workshop on NEET & JEE-IIT coaching held for parents, teachers at Kishtwar

JI NEWS SERVICE
KISHTWAR, FEBRUARY 09: District Administration Kishtwar, in collaboration with office of Chief Education Officer today organised a day long workshop to sensitize the parents, teachers and the aspirants about Online-Offline NEET JEE-IIT coaching programme being rolled out by it. Deputy Commissioner Dr. Devansh Yadav presided over the workshop in presence of Chief Education Officer, Sudarshan Kumar Sharma; ACD, Atul Dutt Sharma; AO DC office, Imran Ahmed Kichloo, Principals, lecturers, teachers. Aspirants from various government and private institutions participated in the workshop.

At the outset, the participants were apprised about the initiative of the district administration to conduct the online-offline coaching classes in the district being provided by the renowned teachers/coaching guides of the country. The participants gave suggestions and feedback about the coaching programme and the same were noted down for consideration to create an enabling environment for the proposed coaching programme. Speaking on the occasion, Deputy Commissioner Kishtwar stressed teachers and parents to work together with district Administration and make the proposed coaching programme a great success. He also urged parents and teachers to spread mass awareness to enrol maximum number of the students for the coaching.

He said the aspirants can apply on the link: <https://forms.gle/y2dtdJXk9qJHJ7>. He further informed that aspirants can visit District Administration Kishtwar Facebook page and register themselves on the link, besides the aspirants and parents can contact the administration for any help and avail the golden opportunity at their home town with minimal charge. The CEO asked the aspirants to avail this great opportunity by utilizing the services of prominent coaching institutes/tutors in their home town. Parents and teachers evinced a positive response and thanked District Administration Kishtwar for their valuable efforts and showing great concern for the future of their children.

Kushwaha's revolt to benefit NDA in Bihar says Union minister Pashupati Kumar

PATNA, FEB 9: Union minister Pashupati Kumar Paras on Thursday asserted that the rebellion of JD(U) leader Upendra Kushwaha will "benefit the BJP-led NDA" in Bihar which has been lying low since being stripped of power in the state last year. Paras was responding to queries from journalists about the current political situation in the state where the NDA which includes his Rashtriya Lok Janshakti Party, is supported by a rival group headed by his nephew Chirag, and is pitted against the seven-party ruling "Mahagath bandhan". "The NDA will win in the general elections next year. You can take it from me. There is no counter to the charisma and popularity of Prime Minister Narendra Modi, while the Mahagathbandhan is in disarray as evident from the notes of discord struck by Kushwaha," Paras said.

Replying to a query, he said, "Kushwaha's revolt will definitely benefit the BJP and its allies in Bihar". However, he became guarded when asked whether Kushwaha, a former Union minister who had served in Modi's first administration, will be welcomed into the NDA. "Let him (Kushwaha) make the move. A decision will be taken at that time", said Paras, who represents Hajipur Lok Sabha seat, a pocket borough of his late brother Ram Vilas Paswan.

administration, will be welcomed into the NDA. "Let him (Kushwaha) make the move. A decision will be taken at that time", said Paras, who represents Hajipur Lok Sabha seat, a pocket borough of his late brother Ram Vilas Paswan.

710 Works under DDC, BDC, PRI grants completed at Bandipora

ADDC reviews RDD works; stresses on target completion at earliest

JI NEWS SERVICE
BANDIPORA, FEBRUARY 09: The Additional District Development Commissioner (ADDC) Bandipora, Ali Afzar Khan on Thursday chaired a meeting of officers to review the functioning of the Rural Development Department and implementation of various schemes by the department. On the occasion, officers informed the chair about the ongoing works including works taken up under Area Development Fund for Panchayat Raj Institutions including BDC and PRI grants. The meeting was informed that 1026 works costing Rs. 37.44 Cr have been approved including 839 works under PRI grants, 94 under BDC grants and 93 under DDC grants. Giving an update about the implementation, officers informed that 710 works have been completed that amounts to 80 percent of the financial expenditure costing about Rs. 22 cr. On the occasion, ADC also reviewed all the pending works and discussed the bottlenecks that hinder the progress of works including the works under Swachh Bharat Mission, PMJAY scheme, MGNREGA, Aspirational blocks, ODF plus villages. He directed the officers to complete all works well in time and remove all the bottlenecks including land disputes at earliest. He also asked the officers to utilize the manpower under MGNREGA so that the target of 100 days job to unskilled and unemployed youth of the villages is also met.

NSE phone tapping : Delhi HC grants bail to Chitra Ramkrishna in money laundering case

NEW DELHI, FEB 9: The Delhi High Court on Thursday granted bail to Chitra Ramkrishna in the money laundering case related to alleged illegal phone tapping and snooping of the National Stock Exchange (NSE) employees, saying prima facie there are reasonable grounds to believe she is not guilty. Justice Jasmeet Singh granted bail to the former NSE managing director on a personal bond of Rs one lakh and two sureties of the like amount. "Prima facie there are reasonable grounds to believe that the applicant is not guilty of the offence and she is not likely to commit any offence while on bail...the application is allowed and the applicant is granted bail," the court said. Ramkrishna was in custody for almost seven months in the matter. "In the present case there is no allegation that the applicant has derived or obtained any property or proceeds of crime. Additionally, there is no allegation or evidence produced before me to suggest that the applicant has concealed, possessed, used, projected or claimed any proceeds of crime as unaccounted property," the court also observed. She was granted bail in the CBI case by the high court in September last year after being in custody for approximately seven months post her arrest in March 2022. Ramkrishna, who was earlier arrested by the CBI in the alleged NSE co-location scam, was arrested in the present case by the Enforcement Directorate on July 14 last year. The Enforcement Directorate (ED) had opposed her bail plea in the present case on grounds that she was the "mastermind" behind the conspiracy. The phone tapping case, according to the ED, pertains to a period from 2009 to 2017 when former NSE CEO Ravi Narain, Ramkrishna, Executive Vice-President Ravi Varanasi, and Head (Premises) Mahesh Haldirpur and others conspired to cheat NSE and its employees and for the purpose, engaged iSEC Services Pvt Ltd for illegal interception of phone calls of employees of the NSE in the guise of doing periodic study of cyber vulnerabilities of the NSE. In the 38-page order, Justice Singh said prima facie no scheduled offences, including those under the Indian Penal Code or the Prevention of Corruption Act, against Ramkrishna are established and thus the provisions of Prevention of Money Laundering Act cannot be attracted.

JAMMU POWER DISTRIBUTION CORPORATION LIMITED OFFICE OF THE EXECUTIVE ENGINEER, ELECTRIC DIVISION-II, JPDCI GANDHINAGAR JAMMU

CIN No: U40300JK2013SGC003898
E-mail: emeed2@gmail.com / Tel/Fax: 0191-248521

TENDER NOTICE

E-NIT No: 64 of 2022-23 **Dated: 06.02.2023**
For and on behalf of the Lieutenant Governor of the UT of Jammu and Kashmir, the Executive Engineer (Distribution), Electric Division-II, JPDCI Jammu, hereinafter referred as 'Employer', invites online e-bids from reputed Companies of Class 'A' registered/Electrical Contractors for Fixing the Job Contract (Labour) for Repair/Reclamation of Damaged Distribution Transformers (11KV/6.6KV/0.44KV) of different capacities viz 25 KVA, 50/63 KVA, 100 KVA, 200/250 KVA, 300 KVA, 400 KVA, 500 KVA, 630 KVA at Divisional Workshop Miran Sahib during the Financial Year 2023-24.

A	Tender Document Sale/Download Start Date	06.02.2023; 12:00 Hrs.
B <td>Tender Document Sale/Download End Date</td> <td>27.02.2023; 16:00 Hrs.</td>	Tender Document Sale/Download End Date	27.02.2023; 16:00 Hrs.
C <td>e-Bid submission (start) date & time</td> <td>06.02.2023; 12:00 Hrs.</td>	e-Bid submission (start) date & time	06.02.2023; 12:00 Hrs.
D <td>e-Bid submission (end) date & time</td> <td>27.02.2023; 16:00 Hrs.</td>	e-Bid submission (end) date & time	27.02.2023; 16:00 Hrs.
E <td>Submission of Hard Copy of Tender Fee</td> <td>06.02.2023; 12:00 Hrs. to 27.02.2023; 16:00 Hrs.</td>	Submission of Hard Copy of Tender Fee	06.02.2023; 12:00 Hrs. to 27.02.2023; 16:00 Hrs.
F <td>Pre-Bid Meeting</td> <td>14.02.2023; 14:00 Hrs.</td>	Pre-Bid Meeting	14.02.2023; 14:00 Hrs.
G <td>Commercial and Technical Bid opening date & time</td> <td>28.02.2023; 16:00 Hrs.</td>	Commercial and Technical Bid opening date & time	28.02.2023; 16:00 Hrs.
H <td>Online financial e-Bid opening date & time (Only of the technically qualified Bidders)</td> <td>Will be communicated to the Technically Qualified Bidders.</td>	Online financial e-Bid opening date & time (Only of the technically qualified Bidders)	Will be communicated to the Technically Qualified Bidders.
I <td>Venue of opening of techno-commercial Bids</td> <td>Executive Engineer Electric Division-II JPDCI Gandhi Nagar Jammu</td>	Venue of opening of techno-commercial Bids	Executive Engineer Electric Division-II JPDCI Gandhi Nagar Jammu
J <td>Cost of e-Bid document</td> <td>Rs. 3000 (Non-Refundable)</td>	Cost of e-Bid document	Rs. 3000 (Non-Refundable)
K <td>Amount of Earnest Money Deposit (EMD)</td> <td>Rs. 25000/-</td>	Amount of Earnest Money Deposit (EMD)	Rs. 25000/-

Note: The Tender has been floated for deriving the L1 rates for repair of Distribution transformers of various capacities at Divisional Workshop Miran Sahib of Electric Division-II JPDCI, Jammu for the year 2023-24.
1. Bidders are advised to study the Bidding Document carefully. Submission of e-Bid against this SNO shall be deemed to have been done after careful study and examination of the procedures, terms and conditions of the Standard Bidding Document with full understanding of its implications.
2. The tender document is available at website <http://jtenders.gov.in>. Interested bidders may view, download the e-Bid document, seek clarification and submit their e-Bids online up to the date and time mentioned in the table in SNO.
3. Bidders shall have to pay the e-Bid document fee in the shape of Demand Draft / (Non-refundable) or a Cheque in favour of the Executive Engineer Electric Division-II JPDCI, Gandhi Nagar Jammu of any nationalized bank or e-Challan, treasury Challan/receipt, in favour of Executive Engineer Electric Division-II JPDCI Gandhi Nagar Jammu (Cost of Tender to be credited to Head: 0901/Non-refundable) on or at least one day before opening of commercial and technical e-Bid.
4. No Bidder, unless or otherwise specified in the terms and conditions, shall be exempted from depositing Earnest Money. Tenders not accompanied with the requisite amount of earnest money shall be rejected.
No: ED-II/TS/3220-22
Dated: 06-02-2023
DIP/J-5188-P/22

SD/-
EXECUTIVE ENGINEER
JPDCI ELECTRIC DIVISION-II
JAMMU

G20 **NORTHERN RAILWAY** **75**
Azadi Ka Amrit Mahotsav

E-TENDER NOTICE

Sr.DEN-IVFZR acting for and on behalf of The President of India invites open tenders (E-Tenders) against below titled tenders and available on www.reps.gov.in with closing date 27.02.2023 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 manual offer received shall be ignored. Contractors are allowed to make payments against this tender towards tender document cost and earnest money only against only payment modes available on www.reps.gov.in portal like net banking, debit card, credit card etc. Manual payments through Demand draft, Banker cheque, Deposit receipts, FDR etc. are not allowed. For more information login to www.reps.gov.in

Tender Type	Tendering Section	Bidding System
Open	Works	Single Bid System

Date of Uploading Tenders	Bid Starting Date	Bid Closing Date/Time
02.02.2023	13.02.2023	27.02.2023 / 15:00 Hrs.

S.No.	Tender No.	Details of Tender
1.	423-2022-23-UHP-DRM-FZR	Installation and Commissioning of effluent treatment plant of 50 KLD at SVDK railway station on J&K-SVDK section under ADENUHP.

Advertised Value (Rs.)	Earnest Money	Validity of offer	Period of completion
86,75,892.49/-	1,73,500/-	60 Days	12 Months

Similar Nature of work: "Supply, design, erection and commissioning of sewage or effluent treatment plant".

Note: 1. Before bidding, bidders to check for any corrigendum issued against tender No. 770-W/169/WAFZR/2022-23 Date: 04.02.2023

SERVING CUSTOMERS WITH A SMILE 398/23

OFFICE OF THE EXECUTIVE ENGINEER PWD(R&B) DIVISION SAMBA
ABBREVIATED NOTICE INVITING TENDER
e-NIT No. 107 of 2022-23 Dated: 07-02-2023

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

S. No	Name of Work	Advertised Value (Rs. in Lacs)	Cost of document (In Rs.)	(Earnest Money) in shape of GDR (PDR) (In Rs.)	Time allowed for completion	Time and date of opening of tender	Class of Contractor
1	2	3	4	5	6	7	8
1	Repair / Renovation of Bamuchak Temple an additional works at District Samba. (4* call)	77.36	1500/-	2% of adv. Cost	08 Months	21-02-2023 (1400 Hours)	"A"

Position of AAA: Accorded
Position of T.S: Sanctioned
Major Head: 4202: Education

1/ Date of Publishing = 07/02/2023
2/ Pre bid meeting = 11/02/2023 at 1300 Hrs
3/ Date of downloading = 1000 hours on 12/02/2023 to 20/02/2023 upto 1800 hours
3/ Date of submission / Uploading = 1000 hours on 12/02/2023 to 20/02/2023 upto 1800 hours
4/ Date of opening of bids = 21/02/2023 at 1400 hours.

The tender is available at website <http://jtenders.gov.in> all other terms & conditions can be seen on the above website.

No. 13203-19
Dt. 07.02.2023
DIP/J-19304/22

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

Kwar HE Project, CVPPPL organise follow up Medical Camp at village Padyarna

JI NEWS SERVICE
KISHTWAR, FEBRUARY 09: Kwar HE Project, CVPPPL, in association with District Administration Kishtwar and District Health department organized a follow up medical camp at the village Padyarna, of block Nagseni under CSR 2022-23. Follow up Medical Camp was inaugurated by S K Giri, General Manager (Civil), Kwar HEP. Previously, two free health checkup camps (A General Checkup Camp and a specialized Gynecology medical camp) were also conducted by Kwar HE Project under CSR at the village Padyarna on 16th Jan 2023. A medical team from District Hospital Kishtwar checked up about 150 persons from the Project affected villages and nearby areas. They were provided free medical consultation and medicines alongwith menstrual hygiene material.

National Commission for Women, SWD, TISS hold meeting on strengthening of response to gender-based violence in J&K, Ladakh

JI NEWS SERVICE
JAMMU, FEBRUARY 10: National Commission for Women in collaboration with Social Welfare Department and Tata Institute of Social Sciences, Mumbai, organized a meeting of stakeholders of Union Territories of Jammu and Kashmir and Ladakh regarding strengthening of response towards gender-based violence through greater coordination.

The meeting, chaired by Chairperson, National Commission for Women, Rekha Sharma, was attended



ed by Commissioner for Women, Family Counselling Centre, One Stop Centres, 181 helpline, District Hub for Empowerment of Women and Family Counselling Centres along with senior police officials responding to violence against women in both UTs were also part of the meeting. Speaking during the

meeting, Chairperson, Rekha Sharma said, "We need to respond collaboratively, if we want to tackle this huge problem of violence against women." Sheetal Nanda, encouraged all stakeholders to equip themselves with knowledge of laws pertaining to women for better implementation of the initiative. She asked them to recognize the multiplicity of services for cross-referrals and comprehensive response to survivors seeking support. She added, "Law is the backbone of the work we do."

It was decided in the meeting that awareness programmes on cyber-crime with varied population of youth, social workers and police will be organized. Besides training of Protection Officers under the Protection of Women from Domestic Violence will also be planned. Also, Social Workers will be trained on responding to human trafficking.

The meeting also decided that a portal will be developed to create a directory of available resources for survivors of violence.

DC Doda asks for strict enforcement of notified rates for online services

JI NEWS SERVICE
DODA, FEBRUARY 10: Information Technology Department, J&K has recently notified/fixed rates for delivery of all online services to be charged/received from the citizens/customers of entire Union Territory of Jammu & Kashmir for Government to Citizens (G2C) and Government to Business (G2B) services.

In this regard, Deputy Commissioner Doda, Vishesh Paul Mahajan has issued instructions to all the Tehsildars to check the availability of Common Service Centres (CSCs) in all pockets in their respective jurisdictions for the convenience of the general public.

The Tehsildars and District Manager Common Service Centres (DM-CSC) have been asked to ensure that the CSCs do not charge more than the rates notified by the government for different online services. District Manager CSC has been instructed to issue necessary directions to all the VLEs of Common Service Centres (CSCs) of District Doda for pasting the Notification at their respective CSCs and the rates so notified in the said Notification be implemented in letter and spirit.

JKPCC conducts workshop on "Implementation of EPR under E-waste, Plastic Waste Management Rules, 2022"



JI NEWS SERVICE
JAMMU, FEBRUARY 10: Jammu & Kashmir Pollution Control Committee today conducted an interactive workshop on "Implementation of EPR under E-waste (Management) Rules, 2022 and Plastic Waste Management (Second Amendment) Rules, 2022" here at Convention Centre, Jammu.

The objective of the workshop was to provide a common platform for an interaction with concerned stakeholders and implementing departments on various aspects of EPR Rules.

Commissioner Secretary, Department of Forest, Ecology and Environment, Sanjeev Verma, was the chief guest while Chairperson, J&K Pollution Control Committee Dr. Neelu Gera, was the guest of honour on the occasion.

Workshop started with visiting of exhibits by the dignitaries which were displayed by various organizations like Shalimar Thermoforming Private Limited Samba, Indian Pollution Control Association, Lifecycle Management Private

Limited, Saahas Zero Waste, Self Help Group (NRLM) Block Dhansal, Himalaya Green Himachal Pradesh and VRG Groups, Ganguly.

Sanjeev Verma appreciated the efforts of JKPCC for organizing such type of events and stressed upon the stakeholders including district administration to ensure effective implementation of relevant provisions laid under both E waste and Plastic Waste Rules. He emphasized the need to link growing menace of Plastic and E-waste pollution with unpredictable disaster, owing to release of toxic gases in the environment through unscientific dumping and disposal of such waste.

Dr. Neelu Gera pointed out in her address regarding the need for an urgent action to be taken up by stakeholder departments like Urban Local Bodies to facilitate separate and safe collection of such wastes with publicizing the collection points for public awareness. She also requested Rural Development Department to ensure implementation of Rules in letter and spirit at Panchayat levels as rural areas are also now identified as

equally accountable for both types of waste generation.

Regional Director, JKPCC, Sat Paul, briefed about the objective of the interactive workshop.

Member Secretary JKPCC, K Ramesh Kumar, informed the gathering that as per new E-waste and Plastic waste Rules, responsibility of the respective Producers and Recyclers have risen manifold and appealed for adherence to the stipulated rules by them in this regard.

During the workshop, Shoba Raghavan, Director and COO, Saa has Zero Waste made a detailed presentation on Producer's Responsibility for implementation of EPR as per E-waste (Management) Rules, 2022 and Co-founder CEO, Abhishek Agshe, Lifecycle Management Private Limited made a presentation on responsibility of recyclers laid under E-waste Rules.

Director, Indian Pollution Control Association, Ashish Jain deliberated on the EPR Policies for Plastic Waste Management.

The program was attended by officers and officials from Department of Industries and Commerce, Nodal Officers from Central University, Jammu University, SKUAST, SMVDU, concerned Nodal Officers from Jammu Municipal Corporation and Srinagar Municipal Corporation, CEOs from Department of Urban Local Bodies Jammu and Kashmir, Jammu Chamber of Commerce and Industry, National Rural Livelihood Mission, Divisional Officers and Scientists from JKPCC, Nodal Officer E-waste, JKPCC, Jammu, besides DISHA organization and Global Human Rights Trust.

Nehru Yuva Kendra Sangathan J&K, GCW Parade organise National Youth Parliament Festival

JI NEWS SERVICE
JAMMU, FEBRUARY 10: Nehru Yuva Kendra Sangathan J&K, in collaboration with Government College for Women Parade Ground organized a state level National Youth Parliament on the College Campus.

As many as 46 youth from districts of Jammu & Kashmir UT and Ladakh UT, all being the winners and first runners up of District Level National Youth Parliament, participated in the State Level event.

Nisar Ahmed Butt, SD NYKS J&K and Ladakh was the chief guest, while Dr. Deepak Pathania, Assistant professor, Environmental Sciences, Dr. Seema Jamwal, Assistant Professor Political Science, Dr. Musavir Ahmad, NSS Program Coordinator, Kashmir University, Dr. Seema Zargar, Senior Officer, School Education Department

and Dr. Shubra Janwal, Assistant professor, English were the jury members.

Anmol Sharma from NYKS Jammu got the first rank, Faiza Basharat from GDC Poonch got the second rank and Quyima Aslam from S P College Srinagar got the third rank in the state level event.

The first three winners of state Youth Parliament shall participate at national level NYPP in New Delhi where 87 Winners from all States and UTs will participate in the National Youth Parliament Festival in person at 29 venues.

Out of them, 29 first position holders will speak on the given topics while the remaining 58 will attend the proceedings. Dr Gurpreet Kour, NSS Program Officer, GCW Parade and Organizing Secretary of the program both at Nodal Jammu level and state

level took the initiative for organizing National Youth Parliament Festival.

The main objective of the programme is to hear the voice of youth between 18-25 years of age through deliberations in Youth Parliaments at District, State and National levels and to encourage the youth to engage with public issues, understand the common man's point of view, form their opinions and express it in an articulate manner, to develop and enhance decision making abilities, to develop in them respect and tolerance for the views of others, to develop in them an understanding that respect for rules is essential for conducting any discussion systematically and effectively, to obtain and document their opinions on Vision of New India and to make available their views to policy makers and implementers to take it forward.

Saurabh Bhagat meets MNRE; Discusses modalities for implementation of Biomass Programme in J&K

JI NEWS SERVICE
NEW DELHI, FEBRUARY 10: Commissioner Secretary, Science and Technology, Saurabh Bhagat, today discussed modalities for implementation of newly launched Biomass Programme of Ministry of New and Renewable Energy (MNRE), approved under the umbrella scheme of National Bioenergy Programme Phase-I, in Jammu and Kashmir.

During his visit to the Capital, MNRE, Saurabh Bhagat had detailed discussion with S R Meena, Incharge Bio-energy, on several issues regarding setting up of one Bioenergy Pilot

Project each in Jammu and Kashmir regions of the UT.

Pertinent to mention here that the National Bio-energy Programme comprises of sub schemes like 'Waste to Energy Programme (Programme on Energy from Urban, Industrial and Agricultural Wastes/Residues), Biomass Programme (Scheme to Support Manufacturing of Briquettes and Pellets and Promotion of Biomass (non-bagasse) based cogeneration in Industries) and Biogas Programme.

Commissioner Secretary also met in-charge Rooftop Solar Division,

MNRE, Hiren Bora and updated the Ministry with the progress on implementation of 20 MW and 200 MW cumulative capacities Rooftop Solar sanctions of MNRE and stressed for timely release of Central Financial Assistance (CFA) under the schemes.

During the discussion, Saurabh Bhagat updated the Ministry regarding various challenges and impediments being faced by JAKEDA in implementation of the schemes. He requested the Union Ministry for allowing empanelment of more vendors under the two sanctions as the targets to be achieved are huge.

PSPS PG College NCC Cadets shine in RDC-2023

JI NEWS SERVICE
JAMMU, FEBRUARY 10: Republic Day Camp is not just a camp, it is an emotion; emotion for the cadets who strive to be a part of Republic Day Contingent and step in DGCC to transform.

Securing 4th position for the first time in the history, the ten cadet NCC contingent of Padma Shri Padma Sachdeva Government PG College for Women, Gandhi Nagar attended this prestigious camp and brought laurels to the College. Two cadets from 1 J&K Naval Unit; 04 cadets from 1 J&K Girls Battalion, NCC Srinagar and 04 from 2 J&K Girls BN, NCC Jammu were part of the team that attended the Republic

Day Camp 2023 at New Delhi.

The cadets were well trained at various Pre-RDC camps at Nagrota, Jammu over a two month period, prior to their departure to New Delhi. They added sheen to the Prestige of College by participating in various events and competitions like Drill, Cultural Programmes, Flag Area etc. From 1 J&K GIRLS BN, Senior Cadet Captain Parul Sharma was selected for Kartavyapath for which she received ADG Commendation. Cadet Captain Kiran Choudhary participated in cultural events and also achieved ADG Commendation. SUO Tania Chib and JUO Marjam from 1 J&K Girls Battalion, NCC Srinagar, were a part of Kartavyapath

Contingent whereas JUO Riya Kaith was a part of PM Rally and JUO Ankeeta Langhe participated in cultural events. From 2 J&K GIRLS BN, NCC JAMMU, SUO Shakshi formed a part of the PM Rally contingent and JUO Anma Khan marched Kartavyapath. JUO Manshi Sharma was selected for All India Guard of Honor showcasing salami to Honorable PM Shri Narendra Modi whereas Sergeant Rakshika Sharma was a part of cultural events. Principal of the College Prof. Minu Mahajan, congratulated and applauded the Cadets for the hard work, dedication and strenuous efforts for bringing laurels to the College for representing at National Level.



75
Azadi Ka
Amrit Mahotsav

Department of Industries and Commerce, J&K

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OFFICE OF THE GENERAL MANAGER, DISTRICT INDUSTRIES CENTRE

Exhibition Ground, Jammu.

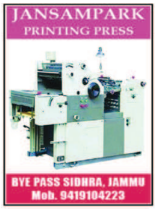
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Not Stone pelting Kashmir now sports hub: Anurag Thakur

Says Admin changed Valley situation in just 3 years; More than 1500 Athletes from Country to participate in 11 different winter-sports disciplines; Gulmarg to be Centre of Excellence for winter games soon: LG Manoj Sinha

J I NEWS DESK
BARAMULLA, FEB 10

Union Minister Anurag Thakur on Friday said that the Kashmir Valley that was earlier known for stone pelting incidents is now famous for Football and other sports activities.

Addressing a gathering at the inaugural function of Khelo India Winter Games at Gulmarg, Thakur, as per the news agency said the youth who were holding stones in their hands are now indulging in sports activities, thereby making the nation proud.

While appreciating the role of the Jammu and Kashmir government, he said the government made it possible to change the Kashmir situation in just 3 years, which earlier could not be done in 75 years.

"It is really a proud movement for all of us that Jammu and Kashmir is hosting the Khelo India Games for the third time, which other states failed to," he said.

He said that they will soon have a number of star athletes, as the youth are highly involved



in games, be it Football, Wushu, Cricket, Skiing or other sports activities.

The Union Minister assured full support and cooperation in developing the Center of Excellence for Winter Games in the UT. "It is the vision of our Prime Minister Narendra Modi to create sporting infrastructure across India. The setting up of a National Centre of Excellence in the valley will support the athletes of J&K," he said.

"Jammu and Kashmir's every district is now having an indoor stadium and every village a play field, which itself speaks how the situation has taken a U-turn," he said. "More than 1500 Athletes will compete in 11 different winter sports disciplines in the five day mega sports event."

Speaking on the occasion, Jammu and Kashmir Lieutenant Governor Manoj Sinha said

CONTINUED ON ► PAGE 4

Vijay Kumar Bidhuri is new Div Com Kashmir as govt orders transfer, posting of 15 officers

J I NEWS DESK
SRINAGAR, FEB 10

The government on Friday ordered transfer and posting of 15 officers, seven of them IAS, in the interest of administration with immediate effect.

According to an order, a copy of which lies with the news agency, Vijay Kumar Bidhuri, IAS (AGMUT:2005) Commissioner/Secretary to the Government, Revenue Department, holding additional charge of Principal Resident Commissioner, J&K Government, New Delhi, has been transferred and posted as Divisional Commissioner, Kashmir.

The order states Dheeraj Gupta, IAS (AGMUT: 1993), Principal Secretary to the Government, Housing and Urban Development Department, holding additional charge of smart Cities and proposed new Jammu/Srinagar Metropolitan Regional Development, has been transferred and posted as Principal Secretary to the Government, Department of Forest, Ecology and Environment.

"H. Rajesh Prasad, IAS (AGMUT:1995), Principal Secre-

tary to the Government, Power Development Department, shall hold the charge of the post of Principal Secretary to the Government, Housing and Urban Development Department, in addition to his own duties, till further orders," reads the order.

It reads Sanjeev Verma, IAS (AGMUT:2001), Commissioner/Secretary to the Government, Department of Forest, Ecology and Environment, has been transferred and posted as Commissioner/Secretary to the Government, General Administration Department.

"Sarmad Hafeez, IAS (AGMUT:2009), Secretary to the Government, Tourism Department, holding additional charge of Administrative Secretary, Youth Services and Sports Department, has been transferred and posted as Secretary to the Government, Finance Department, holding additional charge of CEO, ERA & Mission Director, Jal Jeevan

Mission, J&K, has been transferred and posted as Administrative Secretary, Culture Department, relieving Zubair Ahmad, JKAS, of the additional charge of the post.

"He shall hold the charge of the post of Chief Executive Officer, Economic Reconstruction Agency, in addition to his own duties, till further orders."

It added Dr. Piyush Singla, IAS (AGMUT:2012), Administrative Secretary, General Administration Department, has been transferred and posted as Administrative Secretary, Revenue Department.

"Rakesh Minhas, IAS (AGMUT:2016), awaiting orders of adjustment in the General Administration Department, has been posted as Managing Director, SIDCO. He shall also hold the charge of the post of Managing Director, SICOP, in addition to his own duties, till further orders."

It further reads Raman Kumar Kesar, JKAS, Managing Director, SIDCO, holding additional charge of Managing Director, SICOP, has been transferred and posted

CONTINUED ON ► PAGE 4

Indian teams working day and night as part of Operation Dost in Turkey: PM Modi



NEW DELHI, FEB 10

Prime Minister Narendra Modi on Friday said the Indian teams of NDRF personnel and doctors involved in rescue and relief operations in quake-hit Turkey are working day and night as part of 'Operation Dost' and would continue giving their best to save lives.

The Prime Minister said that India stands firmly with the people of Turkey, where a 7.8-Richter tremor on Monday has led to around 20,000 deaths and devastated cities.

His comments came as the Indian Army's 30-bedded field hospital in Iskenderun has so far treated 106 people in the Turkish city that has been hard hit in the earthquake.

"Our teams are working day and night as a part of 'Operation Dost'. They will keep giving their best to ensure maximum lives and property are saved. In this critical time, India stands firmly with the people of Turkey," the PM said in a tweet.

CONTINUED ON ► PAGE 4

After 2-day wet spell, MeT predicts improvement in weather from today

J I NEWS DESK
SRINAGAR, FEB 9

After two-day wet spell in Jammu & Kashmir, the weatherman here has predicted gradual improvement in weather conditions from tomorrow (Saturday), saying that there is no forecast of any major wet spell till February 17.

Reports reaching the news agency, said that a few higher reaches in Kashmir received light snowfall today while rains lashed the majority of areas including Srinagar today.

Deputy Director Meteorological department (MeT) said that the



weather conditions have started improving and from tomorrow it will gradually improve further. "Although there is a possibility of light rain at isolated places, overall the weather conditions will improve from tomorrow," he said.

He further added that the weather would remain mostly dry till February 17, saying that there is no possibility of any wet spell during the period from tomorrow. However, some of the areas in northern Kashmir have received snowfall with dust.

The MeT in a statement issued here classified the

CONTINUED ON ► PAGE 4

Govt teacher arrested for allegedly misbehaving with girl students

J I NEWS DESK
POONCH, FEB 10

A Government teacher, posted in Middle School Dhargaloon in Balakote zone of Mendhar sub division of Poonch district, has been arrested by police for allegedly molesting and misbehaving with two girl students of his school. Per-

tinently, the teacher has also been placed under suspension by the education department.

The teacher identified as Mohammad Taj Nayazi was booked in a case under FIR number 10/2023 under sections 354, 8/10 POCSO Act in Police Station Cursal.

Police officials told

CONTINUED ON ► PAGE 4

Avalanche hits Gurez, 2 women rescued

J I NEWS DESK
SRINAGAR, FEB 10

Two women were rescued after a snow avalanche hit the Manzang area of north Kashmir's Bandipora district on Friday, officials said.

Police said two women identified as Tabassum Bano and Shahzaha Begum went out to collect drinking water from a nearby tap when they came under a medium avalanche in Manzang area of Tulail Friday morning.

They said soon after the incident a rescue operation was launched by local residents and after strenuous efforts both were rescued alive. However, no damage has been reported in the incident so far, they added.

Upper reaches of Bandipora including Gurez valley received yet another fresh spell of snow on Thursday. The road remains closed with the rest of the

CONTINUED ON ► PAGE 4

JKBOSE 10th, 11th, 12th Class Date Sheet Out

J I NEWS DESK
SRINAGAR, FEB 10

The JK Board of School Education (BOSE) on Friday notified the date sheet of annual (Regular 2023) examination for class 10th to 12th students enrolled in schools falling in soft zone areas of Jammu and Kashmir.

As per the date sheet issued by the Director Academics JKBOSE, the examination of class 10th students in soft zone areas will commence from March 9 of 2023 and will culminate on April 5.

CONTINUED ON ► PAGE 4

Rain in Ramban triggers landslides, blocks highway

J I NEWS DESK
JAMMU, FEB 10

The Jammu-Srinagar national highway was closed for traffic on Friday due to multiple landslides triggered by heavy rains in Ramban district, officials said.

The only all-weather 270-km highway linking Kashmir with the rest of the country, was blocked by the landslides at Panthiyal, Cafeteria Morh, and Dalwas areas with over 200 vehicles stranded at several points on the route.

CONTINUED ON ► PAGE 4

J&K PSC now functions with only one member and chairman

J I NEWS DESK
SRINAGAR, FEB 10

With former IPS officer Aftab-ul-Mujtaba completing his term as a member of the Jammu & Kashmir Public Service Commission on Friday, the key recruitment body of the Union Territory is now left with only one member.

Mujtaba, an illustrious IPS officer, who was appointed as a member of the constitutional body on June 24, 2020, completed his term today, leaving the constitutional body with only one member now.

According to details available with news agency, the PSC is now left only with chairman Satish Chandra (former IAS officer) and

member Zubair Ahmed Raza (former judge).

As per the Constitution of India, a member of the State Public Service Commission shall hold the office for a term of six years or till the age of 62 years, whichever is earlier.

Before scrapping of the Article 370, the appointment and retirement of PSC members in J&K was governed by the Constitution of Jammu & Kashmir, which allowed members of the prestigious body to hold office for a term of five years or till the age of 65 years, whichever is earlier.

The Public Service Commission was made functional with J&K UT's administration with

CONTINUED ON ► PAGE 4

India's technology-enabled governance model can meet unforeseen exigencies: Dr Jitendra

J I NEWS DESK
NEW DELHI, FEB 10

Union Minister of State (Independent Charge) Science & Technology; Minister of State (Independent Charge) Earth Sciences; MoS PMO, Personnel, Public Grievances, Pension, Atomic Energy and Space, Dr Jitendra Singh today said that Prime Minister Narendra Modi has given India a technology-enabled Governance Model, which can meet unforeseen exigencies and is perpetually prepared for it, as was evident during the Covid pandemic which took everybody by surprise but the government working did not get interrupted even for a single day because long before the pandemic came, we had almost completely shifted over to e-office,



online and virtual modes of working.

Speaking at the 4th Edition of National Governance Summit of Economic Times here, Dr Jitendra Singh said that Modi's Governance Model is not only sustainable but also resilient, using futuristic technologies and innovations.

The Minister said, the Modi model of governance evolved over the last 22 years has laid the foundation of the future road map

to adopt today, the technology of tomorrow. He said, Prime Minister is focusing on areas like Space Technology, Drone, A.I, Biotech, Geospatial, Ocean Mission or Blue Economy and Green technologies including the Hydrogen Revolution which will define the destiny of India tomorrow. The Minister added that COVID-19, the pandemic of the century, was turned into a virtue from the great adversity.

Dr Jitendra Singh said, here, Dr Jitendra Singh said that Modi's Governance Model is not only sustainable but also resilient, using futuristic technologies and innovations. The Minister said, the Modi model of governance evolved over the last 22 years has laid the foundation of the future road map

of India's progress. He said, in the next 25 years of Amrit Kaal, when India rises to the world pedestal, this will be primarily on the strength of our scientific prowess and capacity of our Start-Ups which will be essentially technology driven and a unique governance model taking effective care of 140 crores plus Indians.

Dr Jitendra Singh said, Modi, an avid follower of newer technologies and innovations is always ready

CONTINUED ON ► PAGE 4

Government takes action for better land, soil management with launch of pioneering project

J I NEWS DESK
JAMMU, FEB 10

Jammu and Kashmir government has approved an ambitious project envisaging creation a comprehensive soil and land resource information system.

The project, titled 'J&K Soil and Land Resource Information (JKSLRI)' system, has been designed to help in decision-making for sustainable use of soil and land resources in the region, which is being considered as ecologically fragile. With its goal of providing a scientific base for crop diversification and soil suitability,

the JKSLRI project is set to revolutionize the way we approach land use and soil management in the region.

"The problem of unscientific land conversions and poor soil health management practices has been causing a decline in soil health, leading to poor outputs and even enterprise failure. There is also lack of knowledge and poor extension on soil health management, which is leading to loss of soil biodiversity due to intense cultivation and soil pollution," said Atal Dulloo, Additional Chief Secretary, Agriculture Production Department.

He further said that the

JKSLRI project has been designed to provide the most comprehensive and up-to-date information on soil and land resources, making it an essential tool for decision-making when it comes to sustainable use of soil and land resources.

The prestigious project, which will initially be started in four districts of J&K, has several objectives including creation of a robust land use policy on agriculture and urbanization, crop-land suitability based on land evaluation, capacity building of farmers and other stakeholders on soil health management

besides establishment of one static and 25 mini soil testing laboratories in each selected district. The project has been designed to have a major impact on the region including creation of an authentic soil and land resource repository with two soil museums one each at Jammu and Srinagar. The project shall also provide support for efficient use of fertilizers and micro-nutrients, which is important for organic production systems.

These objectives will help lay the foundation for a robust land use policy on agriculture

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16 injured as bus skids off road in Udhampur



J I NEWS DESK
UDHAMPUR, FEB 10

At least 16 persons were injured after a bus met with an accident in Moungrin area of Udhampur district on Friday morning, an official said. An official told the news agency that the bus

was on way from Udhampur to Moungrin when it skidded off the road near Gulabnagar. He said 16 passengers who were board were injured in the accident.

The injured rescue teams have rushed to the spot and injured were being shifted to hospital for treatment. KNO

Professionals, Employees, Senior citizens play important role in society: Sat



JI NEWS SERVICE JAMMU, FEB 10: Gearing up organizational activities of the party in Poonch District at grass root level, a meeting of BJP's Professional Cell, Senior Citizen Cell and Retired Employees Cell and Budget Pe Charcha was conducted to take up the party activities and vision of PM Modi led BJP Government on ground concerning development of Jammu and Kashmir.

District Poonch under the leadership of its district president Rajesh Raina held the meeting which were mainly addressed by former Cabinet Minister, Sat Sharma (CA). He was also accompanied by CA Rajeev Gupta, UT BJP Spokesperson Sunil Gupta and several others.

Speaking on the occasion, Sat Sharma said that all these three cells have a very important role to build the organization and

take the vision of the party amongst the public. He said professionals, senior citizens and retired employees are the important sections of the society and their views hold major significance. He urged the activists present to create teams of the cells up to booth level and stated that it will definitely strengthen the vision of the party at grass root level. He also asked them to go door to door to spread the pro public policies of the party.

CA Rajeev Gupta talked about Budget 2023 and said that in order to cater the support of the more public the teams must be constituted at the earliest so that people's presence could be more involved in the mission which BJP has chosen to work for the betterment of society. He also stated that BJP is the only party which works for the people and has done a lot for their upliftment.

Rajesh Raina also spoke on the working of cells in Poonch district. He also said that the teams will be made as soon as possible in the coming days so that the organizational work can be paced up to grass root level.

Naresh Sharma, Parvinder Singh, Abhi, Mukesh Sharma, Paranjit Singh, Naresh Verma, Jyoti, Rajesh Sudan, Er. Sahil, Bhupinder Pal and several others were also present on the occasion.

SMVD Gurukul holds 31st Governing Council Meeting



JI NEWS SERVICE KATRA, FEB 10: The 31st meeting of the Governing Council of Shri Mata Vaishno Devi Gurukul, Charan Paduka was held here today at Spiritual Growth Centre, Katra.

The meeting presided by Mahamandleshwar Shri Swami Vishveshwaranand Giri Maharaj, Member of the Shri Mata Vaishno Devi Shrine Board and Chairman of the Governing Council for the Gurukul, was attended by Anshul Garg, Chief Executive Officer of the Shrine Board; Navnet Singh, Additional CEO; Prof. Y.K. Mishra; Dr Jagdish Chander Mehra, Joint CEO, SMVDSB and Administrator of Gurukul; Mahesh Sharma, FA/Chief Accounts Officer; Gopal Dass Sharma, Head Pujari, Bhawan; Dr Dhanraj Mishra, Principal, and Dr. Devendra Rijal, Vice Principal of the Gurukul.

The Chairman and other Members of the Governing Council while expressing satisfaction at the functioning of the Gurukul emphasized the need for making continuing endeavours to develop it as a centre of excellence. The meeting also noted the outstanding achievements of the students of SMVD Gurukul in academics and co-curricular activities and participation of faculty and students for broadening their horizon at different Platforms, including in house events & those at State, Zonal as well as at National Level.

The Governing Council, while approving the annual budget of Gurukul for Financial Year 2023-24 also finalized the arrangements for organizing 3-day North Zone Youth Festival from 20th to 22nd of February in collaboration with Central Sanskrit University. The inaugural function will be held at the Spiritual Growth Centre of the Shrine Board at Katra. The events to be organised include Educational Short Film making, Rangoli, Painting, Competition, cultural programmes, co-curricular activities besides, sports events in different categories and around 10 institutes from 5 states & UTs including Himachal Pradesh, Haryana, Punjab, Delhi, Uttarakhand, UP and JKUT, with a total of 350 students are expected to participate in the festival. The council observed that the festival shall provide a learning platform to the students of SMVD Gurukul to showcase their talent & skills from their counterparts of other institutes besides, serving as an important medium to spread joy, promote Sanskrit awareness and protect our traditional and cultural heritage.

roadmap for 5 years of the functioning of the SMVD Gurukul and way forward for developing this institution as a centre of excellence for providing top quality education to the students.

The Governing Council while releasing the Annual School Magazine "Brahmi" tracing the achievement and contribution of the students and faculty during the year appreciated the efforts stating that a wonderful platform has been given to these young students to showcase their talent as writers and express themselves into a conglomerate.

Earlier, Mahamandleshwar visited SMVD Gurukul and inspected the Construction Work-in-Progress of New Dining cum Accommodation Complex. He also interacted with the students and faculty and enquired from them about their daily activities.

Besides, the Mahamandleshwar felicitated Master Varun Sharma, student of Shri Mata Vaishno Devi Gurukul for having secured first position in the entire University, in the annual examination of class 8th conducted in 2022 by Sampurnanand Sanskrit Vishwavidyalaya, Varanasi.

Mahamandleshwar, besides, highlighting the importance of imparting sanskars in one's life, asked the students to work hard to preserve their rich culture and achieve distinction in various fields in years to come. He congratulated the Hon'ble Lt. Governor, JK-UT who is also Chairman of Shri Mata Vaishno Devi Shrine Board for nurturing such institutes which has kept alive the Vedic and Sanatan traditions in the modern era.

The Meeting also desired that alumni meet of the Gurukul should be planned to benefit from their skills and experience besides, to devise a

The Governing Council observed that as per the new guidelines of NEP-2020, the age criteria of the curricular and pedagogical structure has been reconfigured for the different stages of admission. In line

Pt. Deendayal Upadhyay was a visionary par excellence: Parmod Kapahi



BJP District Jammu holds monthly meet

JI NEWS SERVICE JAMMU, FEB 10: Bharatiya Janata Party, District Jammu under the leadership of District President Parmod Kapahi held a monthly meeting at BJP office, Kachi Chawni, Jammu.

Senior BJP leader & District Jammu Prabhari Rajeev Charak, Seh-Parbhari Vikas Choudhary also addressed the meeting along with District

President Parmod Kapahi. District General Secretary Kuldeep Kandhari, District General Secretary Rajesh Gupta, Mandal President Keshav Chopra, Mandal President Parveen Kermi, Mandal President Raman Sharma, Atul Bakshi, Ajay Sharma, JMC Councillor Sucha Singh, Councilor Suneet Raina and other prominent political persons from District Jammu participated in the meeting.

Rajeev Charak, while addressing the BJP activists of District Jammu, asked them to visit every house of the region and apprise them of the achievements of the Modi governments and their specific benefits for the residents of Jammu & Kashmir. He also deliberated upon the highlights of the recently introduced 2023 Union government budget. He said that this

budget is a people friendly budget which has touched the lives of every segment of the society.

Parmod Kapahi, in his address, discussed upcoming programs of the party. He especially focused on the party's programme of 'Samarpan Diwas' on February 11, the day on which party ideologist Pandit Deendayal Upadhyay laid down his life in the service of humankind. He stressed that Pandit Deendayal Upadhyay was a visionary personality par excellence whose ideas will make the world a better place to live.

Vikas Choudhary, spoke on the booth Sashaktikaran, in which he stressed that the party activists should pay special attention to the strengthening of the booths in their respective areas allotted by the party. Rajesh Gupta conducted meeting proceedings whereas Kuldeep Kandhari thanked all the party leaders and activists for their active participation in the meeting.

Nation suffered most due to Nehru's blunders, Modi Govt determined to nullify the adverse effects: Kavinder

JI NEWS SERVICE JAMMU, FEB 10: Kavinder Gupta, senior Bharatiya Janata Party leader and former Deputy Chief Minister has asserted that the nation and its people have suffered the most due to the blunders committed by the late Prime Minister Nehru and his family who promoted their dynastic rule over seven decades.

He said that this family not only threw democracy to winds but also carried forward the 'Divide and Rule' policy of Britishers and 'Appeasement Policy' for its petty vested interest by playing vote bank politics.

The senior BJP leader, while recalling the Prime Minister Narendra Modi's speech in the Parliament the other day, said that he has rightly exposed the real face of the Nehru family and the Congress party while slamming the opposition for leveling accusations against him (PM) based upon surmises and conjectures.

In a statement issued here today, Kavinder said that the Nehru Gandhi family including the Vadras has brazenly looted this nation to the hilt. He asserted that this stands proved beyond any iota of doubt from the fact more than 600 organizations have been registered in the name of the members of the so called Nehru Gandhi families.

These organizations have been used to siphon off the tax payers' money and most of the companies established by these people are bogus companies to facilitate the siphoning of the nation's funds.

The senior BJP leader said that it is because of such blunders of Nehru

and miseries for the people at large in J&K.

The former Deputy Chief Minister said that it is the Prime Minister Modi led BJP Govt that finally did justice with the people of Jammu and Kashmir by abrogating Articles 370 and 35A as only BJP had the strong will and determination to do so.

The results are on ground today with the Pak refugees, the category people besides others who used to be earlier deprived of some significant rights are today equally placed with others.

He said that BJP stands firmly determined to adopt all the requisite corrective measures to nullify the adverse effects of the blunders of Nehru family in the ultimate interest of the common people of not only in Jammu and Kashmir but across the nation.

Govt should fulfill demands of Kashmiri Hindu employees posted in Valley before Shivratri: Shiv Sena



Stop treating Hindus employees as bonded labourers: Sahni

JI NEWS SERVICE JAMMU, FEB 10: Shiv Sena J&K unit today demanded that the LG led administration should fulfill the demands of protesting Kashmiri Hindu employees posted in Valley before the upcoming Shivratri Festival.

The leaders of Shiv Sena (Uddhav Bala Sahab Thackeray) Jammu and Kashmir unit organized a press conference at the party's central office, Jammu, today demanding the safe posting of Kashmiri Pandits/Hindus working in Kashmir by implementing the transfer policy. State Chief Manish Sahni

said government should leave its stubbornness of making these employees scapegoats and transfer them to safer places in Jammu region.

Sahni said that Hindus working under the PM rojgar yojna in Kashmir were being treated like bonded labourers and forced to become scapegoats. On aug 5, 2019 the Center has abrogated Article 370, then the bonds included in SRO 412 should be treated as cancelled. Describing the government's claims of rehabilitating Kashmiri Pandits/Hindus as hollow sham, Sahni said that providing jobs and temporary

accommodation to only 4200 Kashmiri Pandits can never mean rehabilitating the entire community.

"Along with Kashmiri Pandits, Sikh / Muslim / Dogra communities were also given jobs under the PM package. But the BJP government is baking political bread by misleading the public by beating the name of Kashmiri Pandits. At the same time, for the last 6-7 months, the salaries of the employees are being withheld and they are being forced to go to the valley," he said.

Sahni demanded the Central Government and the Lieutenant Governor of

Jammu and Kashmir to implement the transfer policy and attach Kashmiri Hindus to various central departments. He said that, the PM package funds are provided directly by the Center so the administration deutes them to central departments like (Election Commission, NTPC, NHPC, etc.) or UT Ladakh.

Sahni said that some selected and influential employees have been attached to Jammu division. It is clear from the stand of the administration that it is not hesitating to sacrifice all the Hindu employees for the party of vote politics ambitions of the central government which is an unimaginable situation towards humanity. On this occasion, President Women's Wing Meenakshi Chhibber, General Secretary Vikas Bakshi, President Kamgar wing Raj Singh, Women Secretaries Sukhwinder Kaur, Yawar Habib were present.

Indian Army organises Lavender Farming and Processing Drive

JI NEWS SERVICE JAMMU, FEB 10: As part of welfare activities, Indian Army has been constantly undertaking a variety of events for the welfare of Awaam. In pursuance of this noble aim and in order to impart training on lavender farming and generate employment through it Indian Army organised 'Lavender Farming and Processing Drive' for youth and poor farmers from the socially and economically backward strata of the society at Bhalal in District Doda (J&K). Such initiatives will improve the environment of the surrounding area and will greatly help in generating



employment opportunities to people from socially and economically backward families and simultaneously engage the youth in some construc-

tive activity which is beneficial to them in multiple ways. The locals expressed their gratitude towards the Indian Army for organising the event.

BJP OBC Morcha working round the Clock for BJP Party: Vibodh Gupta

JJ NEWS SERVICE
JAMMU, FEB 10: BJP OBC Morcha JK-UT in collaboration with Red Cross Jammu held free medicines distribution camp at Municipal Park, Resham Garh Colony, Jammu.

Vibodh Gupta General Secretary BJP Jammu Kashmir and Sunil Prajapati President BJP OBC Morcha JK-UT were prominent to inaugurate the camp.

Speaking on the occasion, Vibodh Gupta congratulated the work done by BJP OBC Morcha and said BJP OBC Morcha has done commendable work round the clock in the field of Sewa and helping Public in large.

Vibodh further thanked PM Modi for Increasing Medical Budget by 13% and said 157 new Nursing Colleges will be opened in the coming future. He asserted that the people of Jammu Kashmir are enjoying health insurance of Five Lakhs per family.



For this he thanked PM Narendra Modi for covering the whole state under health Insurance. Later Sunil Prajapati said that this Camp will benefit needy people at this time of extreme Weather Conditions and thanked Secretary Red Cross Sat Pal Sharma for Issuing Medical Camp.

He also thanked Dr. Aasia Noor (Medical Officer) and her team. Nearly 200 people were benefited by this camp and local people

applauded the working of BJP OBC Morcha. The Program was organized under guidance of Ashok Salgotra (District President BJP OBC Morcha Jammu) and others who organized the Program was Viren Satti (District Secretary BJP OBC Morcha), Raj Kumar (Mandal President OBC Morcha Bakshi Nagar).

Prominent among others who Present on occasion was Ravi Mehra (Vice President BJP OBC Morcha), Kewal Verma (State Secretary BJP OBC Morcha), Bal Krishan (State Social Media Secretary OBC Morcha), Gopal Sanotra (General Secretary BJP OBC Morcha), Parveen Badyal (Vice President BJP OBC Morcha), Rajesh Kumar (Vice President BJP OBC Morcha), Madan Verma (District Secretary BJP OBC Morcha), Ved Parkash (District Spokesperson OBC Morcha) and Budh Verma.

Kathua Campus (JU) organizes its 3rd Extension Outreach Programme

JJ NEWS SERVICE
KATHUA, FEB 10: Aiming to keep the children, youth and students away from the menace of drugs, Kathua Campus, University of Jammu today organized its 3rd Extension Outreach Activity on "Drug Abuse: Problem, Management and Prevention along with Stationery Distribution Drive at Government Higher Secondary School, Kathua. More than 400 students from Government Higher Secondary School, Kathua and Kathua Campus, University of Jammu participated in the said activity. The awareness programme was also attended by more than 100 people from Panchayat Kathua who were thrilled by the performance of the students of Kathua Campus, University of Jammu in the form of a play on Drug Abuse.

Further, a two-week stationary collection drive was launched by Kathua Campus, University of Jammu on 26th of January, 2023 in order to help the children of the adopted village Kathua and the stationery was distributed today to more than 350 students of Panchayat Kathua in order to channelise their energies to harness their potential in nation building and refrain them from bad habits so that they can focus harder on their studies. The esteemed speakers at the occasion were Sh. Kewal Krishan (District Education Planning Officer, Kathua), Dr. Rajesh Chandel (Assistant Professor, Psychiatry, Government Medical College, Kathua), Sh. Sanjeev Sharma (Inspector, Police Training School, Kathua), Mr. Varun Sharma (Sub Inspector, J&K Police, Poonch) and Sh. Devinder Kumar (Retd. Zonal Education Planning Officer, Hiranagar). While speaking on the



occasion, Sh. Kewal Krishan said that the drug menace is badly affecting the society in general and children in particular. Thus, there is an acute need to spread awareness among society especially children against this evil so that it can be uprooted. He further said organizing these types of awareness-oriented programmes at school level is quintessential for the teen age students. Dr. Rajesh Chandel opined that drug consumption is dangerous to the mental and physical health of everyone and thereby, drug abuse is destroying our future generation. He further underscored the psychological and medical aspects of drug abuse in tender age students. Sh. Sanjeev Sharma stressed on the need of involving students in cocurricular activities in addition to their academics so that they can utilize their time properly. Further, he advised the students to join sports to be mentally and physically fit. Mr. Varun Sharma advised the children to stay away from illegal drug consumption and also requested the public to inform Police about illegal drug consumption.

Further, he insisted the students to fight against this menace in their locality also. Sh. Devinder Kumar emphasized on the importance of such awareness programmes to safeguard children from drug abuse in any manner. He further highlighted the challenge of drug abuse in India and suggested the retired employees especially from the education sector to come forward to take initiatives for the welfare of the youth in particular and society as a whole.

Sh. Ashok Kumar, Principal, Government Higher Secondary School, Kathua appreciated the efforts of Kathua Campus, University of Jammu for organizing the awareness programme on Drug Abuse and for distributing stationery among the children of panchayat Kathua to focus more on studies. The Special Guests from Panchayat Kathua who attended the programme were Sh. Joginder Singh (Naib Sarpanch, Kathua), Sh. Mohinder Singh (Panch, Kathua) and Smt. Trishla Devi (Panch, Kathua).

Modi Govt's agri-friendly schemes have become real power of farmers: Johal

JJ NEWS SERVICE
JAMMU, FEB 10: The Modi government has done more work in eight years of its rule for making farmers self-reliant than was accomplished ever before and its agriculture-friendly schemes have become the real power of farmers.

This was stated by Sarabjit Singh Johal, President BJP Kissan Morcha, J&K and DDC Member while speaking at the programme in Bantala area of Jammu.

Johal asserted that the central government headed by the Prime Minister Narendra Modi has done more work in the last eight years than ever before for empowering farmers and making them self-reliant. He said the government at the Centre stands fully committed to the welfare of the farmers who deserve special attention especially in view of their being the food producers of the nation. He said the government is making every effort to double the farmers' income and boost agriculture economy.

Today, Sarabjit Singh Johal along with his entire Kisan Morcha team visited Maa Chandi Temple in Rajinder Nagar, Bantala area and prayed for the peace and prosperity of the Union Territory. State General Secretary of BJP Kisan Morcha Rakesh Pant, Vice President Kisan



Morcha Baba Chanchal Singh, Mandal President Vijaypur Ajay Sharma and Parveen Sharma accompanied the BJP Kissan Morcha President, J&K.

Johal said "Since the BJP led government came into power, it has been taking all necessary initiatives to boost and bolster the agricultural economy along with farmers' welfare schemes."

He said that the farmers' issues have been best addressed by PM Modi led Govt at the Centre. He mentioned that the schemes and initiatives by the government like Kissan Sammaan Nidhi, Kissan Credit Card, Kissan Fasal Bima, Soil Health Card, Pradhan Mantri Krishi Sinchayee Yojana (PMKSY), National Agriculture Market (e-NAM), SVAMITVA Yojana, and many more

such schemes have been providing benefits to all the farmers of the nation.

Johal asked the Kissan Morcha leaders and workers to establish a strong connect with the farmers'

community and ensure that they avail the benefits of the aforesaid schemes.

He asked them to take adequate measures to strengthen the base of the Party.

Indian Army organises lecture on Road Safety

JJ NEWS SERVICE

JAMMU, FEB 10: Indian Army organised a lecture on Road Safety at Govt Higher Secondary School, Bhowani in District Rajouri (J&K). Road accidents are a major concern in the region owing to hilly terrains and modern vehicles having lighter speed limits. Towards this end, the lecture aimed to create awareness amongst the locals to make the roads safer and prevent loss of life and limb. The lecture highlighted that roads in this region of the UT of J&K run through various hills and mountain ranges, which requires the drivers to be extra cautious and provide due allowance for the terrain and weather.

The gathering was also educated about various aspects contributing towards safe roads like, following traffic rules, importance of wearing seat belts/helmets, maintenance of vehicles etc.

BJP Minority Morcha J&K Organises Joining Program at Baribrahmana

JJ NEWS SERVICE
JAMMU, FEB 10: A programme was held at Bari Brahmana District Samba today by the District Unit of BJP Minority Morcha Jammu under the chairmanship of UT President Ranjodh Singh Nalwa.

The main motive of this meeting was to conduct briefing session in which BJP Minority Morcha Leadership was to be kept abreast of the latest developments and working of the organisation especially with reference to the upcoming Party Programmes. The aim of the meeting was on part of all the functionaries also to remain alert in their respective Districts, Constituencies, booth levels and work at the grass roots levels for welfare and benefits of common people. The purpose of the interactive session was to deliberate on the efforts to address the grievances of the masses specifically those who are marginal, helpless and resourceless as also to raise



voice of concern in favour of their genuine demands.

On this occasion, all the delegates under the leadership of UT president Ranjodh Singh Nalwa welcomed the entrants in to the party fold who joined the Morcha today. Speaking on this occasion, Nalwa while elaborating on the policies of BJP said that it is due to the people friendly programs and plans associated with the growing popularity of the party under the national leadership of Prime Minister Narendra

Modi that every passing day, number of people are embracing this organisation and have been expressing their full solidarity in the ensuing march on the path of progress and prosperity.

He further stressed on the workers to strengthen the party at the ground level and be always inclined with the people and become a mouth piece for giving vent to their problems, he said adding further that it is the discipline of the party that attracts the people towards it.

District president Jammu BJP Minority Morcha Jaspal Singh also expressed his views on this occasion.

Other prominent participants include Vice President J&K Balvinder Singh, Amarjeet Singh, Santokh Singh (Gen. Secretary J&K), Pranvrat Singh, Pawanjeet Singh and other office bearers of BJP Minority Morcha.

Earlier, several people turned up the venue to join BJP Minority Morcha who were warmly welcome in the party folds.

One week student workshop concluded at TBS, JU



JJ NEWS SERVICE
JAMMU, FEB 10: The Business School organised one week workshop aimed to enhance the professional competencies of MBA students from 6th February to 10th February, 2023. The week long workshop included nine sessions. Two sessions daily comprising of one morning session and one afternoon session. Total nine sessions were conducted by various industry experts, leading academi-

cians and motivational speakers within and outside the university namely Mr. Priyankar, HDFC bank, Mr. Gautam, Chamber of Commerce and Industries, Ms. Swati Basotra, Talknasyatalknasya, Ms. Geetika Kohli, Thinksta, Prof. Vishav Rakscha, University of Jammu, Ms. Maansi Rattan, MG Design School, Mr. Akash Badi, Amazon India, Ms. Jasleen Kaur, Branding Elves, Mr. Aman Talla, Talla Jewellers and Mr. Satish Koul,

Emcure Pharmaceuticals Ltd.

A valedictory function was organised to conclude the workshop and Chief Guest for the occasion was Mr. Satish Kaul, Resident Director at Emcure Pharmaceutical Ltd.

The certificates were distributed to the participants and organisers of the workshop. Mr. Satish Kaul in his address expressed the need for the students to enhance soft skills besides academic knowledge. He motivated the students to be disciplined, ethical and work hard to achieve success in life.

He emphasized upon the need for such programs in The Business School. Prof. Sameer Gupta, Director, TBS while talking on the occasion gave special remarks about the workshop. He emphasized upon the need for such workshops for the MBA students that are under immense academic and competitive pressure.

Prof. Alka Sharma appraised the gathering that such workshops give an edge to the students in their employability profile.

Lawlessness unleashed by opposition done away with, India on progressive path: Raman Suri

JJ NEWS SERVICE
JAMMU, FEB 10: Bharatiya Janata Party (BJP) J&K Executive Member Raman Suri today said that those opposed to unfurling Tricolour in Jammu and Kashmir or doing away with redundant laws are now trying to protect the illegal encroachers of the UT and forest land by arriving at the Capital to protest. This is indicative enough that such political leaders never wanted order in the system of governance and allowed lawlessness to prevail in the erstwhile state.

He said, PDP chief Mehbooba Mufti's unrelenting support to encroachers, illegal occupations or land grabbers is

enough to understand how these leaders had unleashed a rein of lawlessness and made Jammu and Kashmir a jungle where everyone was having a free run when it came to grabbing land, occupying state or forest land and even building shops and houses on the land of development authorities.

Raman Suri said, Prime Minister Narendra Modi in his reply to the debate on Motion of Thanks to the President's address in Lok Sabha established that the days of such leaders or divisive and adverse policies are over. The Prime Minister united it clear by stating that peace is prevailing in J&K, separatists are gone forever,

Tricolour is unfurling everywhere and tourists besides investors are looking towards the new, potentially-viable Union Territory.

Raman Suri asked the youth to reap benefits of this atmosphere which is conducive enough to progress and contribute to nation building.

He said, Kashmir of serenity, when tourists used to flock there and enjoy every season, young boys and girls had ample opportunities, peace prevailed and no one ever created any trouble for anyone is now back. The leaders who created an unrest in Kashmir, made militancy a monster, encouraged separatism at

the cost of lives of youngsters and stalled progress of youth are themselves finding no space in the political arena now.

The recently concluded "Triranga Yatra", he said, has become a benchmark of peace for opposition where every leader, who once said that no one will unfurl Tricolour, walked miles to see the Indian Flag unfurl at historic Lal Chowk.

Raman Suri felt sorry for the opposition saying that they are unable to find any flaw in the functioning of the Union government, which is why they were speechless in the Parliament and couldn't muster courage to pinpoint on anything that affected the progress of our nation.

J&K Govt to give Rs 2.5 lakh incentive for every inter-caste marriage involving a dalit

SRINAGAR, FEB 10
The Jammu & Kashmir Government has unveiled a scheme to give Rs 2.5 lakh to every inter-caste marriage involving a dalit.
An order in possession of news agency reveals that UT administration has come up with a scheme to incentivize inter-caste marriage involving a dalit.
The scheme has been unveiled after the Administrative Council gave a go-ahead for the same. The Centre had also unveiled a similar scheme in 2017.
The scheme has been framed for implementation of the Protection of Civil Rights Act, 1955 and the Scheduled Castes and the Scheduled Tribes (Prevention of Atrocities), Act 1989.
To avail benefits of the scheme, one of the spouses in the inter-caste marriage should be a dalit. The Scheduled Caste community should not be eligible for incentive under Scheduled Caste List (out of 13 Castes) specified in The Constitution (Scheduled Castes) Order, 1950. C.O. 19 for Jammu and Kashmir and

the other is a non-scheduled caste Hindu.
As per guidelines of the scheme, the marriage should be valid as per the law and duly registered under the Hindu Marriage Act-1955 and a registration certificate to this effect issued by the competent authority must be furnished by the beneficiaries.
The order states that the age criteria of marriage should be as per prescribed law. The case for assistance shall only be valid if submitted strictly within six months from the date of marriage, as indicated on the marriage registration certificate produced at the time of submission of application.
"The couples who have already received incentive from the Dr. Ambedkar Foundation, Ministry of Social Justice & Empowerment or any other State/UT authority, shall not be eligible for incentive under this scheme," the guidelines state.
The guidelines further state that the total amount of incentive will be released

'Zindagi': This helpline is giving hope to people in Kashmir

SRINAGAR, FEB 10
Amid rise in suicide cases in Kashmir, 'Zindagi' helpline in Kashmir is proving a boon for people having suicidal thoughts as such people are being counselled on phone.
As per news agency, the Institute of Mental Health and Neurosciences Kashmir along with SRO Kashmir issued the first suicide prevention helpline named 'Zindagi' last year, proving beneficial for hundreds of people.
The helpline number 9022701068 functional every day from 6 pm to 11 pm is playing an important role in curbing the number of suicide cases.
Dr Zoya, a clinical psychologist who is part of this initiative, told news agency-Kashmir News Observer (KNO) that the helpline receives around five to six calls every day.
Initially, the number of distress calls were higher but now it is primarily people who have suicidal thoughts who call.
She said that suicide is an act of killing oneself

intentionally when the pain becomes unbearable. "They don't want to die but they just want to kill the pain. This pain can be caused due to many factors. The doctor that is responsible to invoke thoughts of suicide are public humiliation, financial stress, emotional disturbances caused due to family, work pressures, failures and constant domestic abuse," Dr Zoya said.
According to her, adolescents have become more vulnerable for thoughts of suicide as their prefrontal cortex that is responsible for rational thinking is not well developed. When they go through chronic and consistent stressors they resort to suicidal behaviours, she added.
"The helpline has proved to be beneficial to deal with the stigma as the help is a call away. It is a free number where anyone can call and you will be connected to a suicide first aid responder. The responder provides immediate help to deal with thoughts of suicide at that moment and also connects the person with mental health professionals for a holistic treatment," she said.
Many people consider an act of suicide as a weakness of moral and religious character and that is why people don't uprightly talk about thoughts of suicide which leads to aggravation of symptoms to an extent that they lose control and make an attempt, the doctor said.
"We need to look at suicide or thoughts of suicide as a mental health illness and help our loved ones to connect to the right help available i.e. connecting to mental health professionals," Dr Zoya said.
"We need to desensitize our children from early years of life about emotions and how to deal with failures and difficult times besides that educational institutions need to conduct awareness programmes for the same," she added.
Suicide cases are on rise in J&K and experts consider irresponsible media reporting as one of the causes of suicide contagion who have called for giving the least space to such acts so as to minimise the cases.

No traffic movement on Jmu-Sgr highway for 12 hours

ANANTNAG, FEB 10
The district administration Anantnag Friday said due to periodic overhaul at Shamsipora Crossing, no vehicular movement will be allowed on the stretch along Srinagar-Jammu highway.
An order issued by Additional Deputy Commissioner Anantnag, a copy of which lies with the news agency, reads that due to periodic overhaul at Level Crossing Gate No C2 (Shamsipora Crossing), no vehicular movement will be allowed on NH44 between Shamsipora and Bijbehara crossing between 20:00 on Sunday and 08:00 on Monday.
"In order to carry out some immediate repairs by Railway Authorities on Level Crossing Gate No. C-2 at KM 19/54 (Shamsipora Crossing), it is hereby ordered that no traffic/vehicular movement will be allowed on National Highway (NH44) between Shamsipora Crossing and Bijbehara Crossing from 20:00 hours (Sunday) 12th February 2023 to 08:00 hours (Monday) 13th February 2023," it said.
The traffic shall be diverted through old National Highway from Hamzapura Crossing to Alstop Crossing and vice-versa during the period, it further reads. KNO

FROM THE FRONT PAGE...

Not Stone...

Gulmarg is going to be the Centre of Excellence for the winter sports and efforts are on soon "we will achieve the mission"
Addressing the gathering during the inaugural ceremony of 3rd edition of Khelo India Winter Games at Gulmarg, LG Sinha as per KNO said that every effort is being made to bring the skills of J&K youth who are affiliated with the sports on a display as Gulmarg will soon be the Center of Excellence for the winter games.
While congratulating the organizers for making efforts in conducting the mega event, the LG said that it is a proud movement for the Union Territory of Jammu and Kashmir. "I convey my greetings to each member including the Ministry of Youth Affairs and Sports, High Altitude Warfare School Jawahar Institute of mountaineering, J&K Sport's Council and the athletes. I am not eligible for incentive under Scheduled Caste List (out of 13 Castes) specified in The Constitution (Scheduled Castes) Order, 1950. C.O. 19 for Jammu and Kashmir and the other is a non-scheduled caste Hindu.
As per guidelines of the scheme, the marriage should be valid as per the law and duly registered under the Hindu Marriage Act-1955 and a registration certificate to this effect issued by the competent authority must be furnished by the beneficiaries.
The order states that the age criteria of marriage should be as per prescribed law. The case for assistance shall only be valid if submitted strictly within six months from the date of marriage, as indicated on the marriage registration certificate produced at the time of submission of application.
"The couples who have already received incentive from the Dr. Ambedkar Foundation, Ministry of Social Justice & Empowerment or any other State/UT authority, shall not be eligible for incentive under this scheme," the guidelines state.
The guidelines further state that the total amount of incentive will be released

and reached north Kashmir around 02:00 AM.
Moreover, over 1000 vehicles have been stranded along the 270-km-long Srinagar-Jammu highway since last night after the authorities decided to close the vehicular movement due to landslides and shooting stones, triggered by heavy rainfall in several places in Ramban district, officials said.
An official told KNO that due to heavy rainfall, mudslides at Cafeteria-Mehar, Ramban and shooting stones at Panthyal and other locations, the traffic was suspended approximately on Thursday 06:00 pm.
A tunnel at Panthiyhal has suffered much damage due to continuous shooting stones," he said. He said around 1000 vehicles both heavy motor vehicles and light motor vehicles, are stranded on the highway.
He said if weather permits, the stranded vehicles will be allowed to move to their destinations only.
Nonetheless, the passengers complained of inconvenience along the road.
"Thousands of passengers are facing grave inconvenience due to the closure of the highway. One can only hope that the weather improves and the road is safe for vehicular traffic," said a passenger stranded at Levдора Qazigund.
Meanwhile, people have been advised to undertake journeys on the highway only after confirming the status of the road from TCU Jammu, TCU Srinagar, and TCU Ramban.
It is worth to mention here that Srinagar-LCU highway and Mughal Road continues to remain closed since the first week of January in view of the snowfall. KNO

ecosystem for generations to come, while the efficient use of fertilizers and micro-nutrients will lay the foundation for organic production.
This project is not only crucial for food security and achieving Sustainable Development Goals but also a testament to the government's commitment towards deploying cutting edge and future-ready technologies in the agriculture sector. The project will have far-reaching benefits for farmers, researchers, natural resource managers and other stakeholders in the region.

Haj forms available on HCoI's official website from today

SRINAGAR, FEB 10
Haj 2023 forms will be available online free of cost from today onwards on the official website of Haj Committee of India (HCoI).
"Haj forms have been made available on the official website of HCoI: https://hajcommittee.gov.in/haj23," HCoI Member, Er Aijaz Hussain told news agency. He said the forms are absolutely free of cost as already announced by the HCoI under its Haj policy 2023.
Er Aijaz said all the steps will be taken to provide as much as possible relief to the pilgrims performing Haj 2023. He said that under the Haj policy 2023, 25 Haj Embankment points will be set up across country to facilitate the pilgrims by all means. This year, as per the bilateral agreement between Government of India and Saudi Government, over 1,75,000 pilgrims will perform the holy pilgrimage of Haj 2023. Pertinently, HCoI has already abolished the VIP quota under which 5 to 10 persons were allowed to perform the pilgrimage. This year, there is no such quota. Er Aijaz reiterated that this year, pilgrims above 70 years of age will be given priority.
He said HCoI is taking every step to make Haj 2023 cheaper with all possible best facilities available for the pilgrims visiting both holy cities of Makkah and Madina. KNO

Six years on, PHC building awaiting completion in Budgam's Khanshab

BUDGAM, FEB 10
About six years after the work on the new building of Primary Health Centre in Budgam's Khanshab was started, the hospital building is still incomplete.
Currently, the Primary Health Centre Hardu Panzoo in Khanshab catering about 30 villages is functional from an old building with less space causing hardships to staff as well as patients.
Locals told news agency that work on the new building was started in 2017 and it has not been completed till now. They said that while the PHC is functional round the clock throughout the week, the health facility lacks basic amenities.
Mohammad Ayoub, a local, told KNO that the centre lacks USG machine, digital x-ray machine and an analyzer. In absence of the facilities, patients are presently forced to visit a sub district or district hospital taking a toll on them.
Locals said that around 80 percent of the work on the new building has been already completed but it has been left incomplete as of now.
They demanded that the government must complete the pending work on the health centre at the earliest and should shift the centre to a new building where all kinds of facilities will be made available to the patients.
They requested Deputy Commissioner Budgam and CMO concerned to look into the matter at the earliest and take immediate steps regarding this issue. KNO

Ganderbal boy enters 'India Book of Records' for tech innovation

GANDERBAL, FEB 10
Eighteen-year-old boy from central Kashmir's Ganderbal district has brought laurels to the Union Territory by entering the 'India Book of Records' for tech innovation.
Aqub Ahmad Shah of Saporah has made the 'seat belt ignition' for cars that will ensure the safety of the people, particularly the drivers, thereby minimising the loss of precious human lives due to accidents.
Aqub, a 12th-class student at Government Higher Secondary School, is the first youth of Kashmir whose name has entered the 'India Book of Records' in the 'Innovation and Technology' category.
"Since childhood, I used to open up toys and other electronic devices at home, for which my parents used to scold me. However, this habit yielded positive results after the Mankh Awards competition by the Department of Science and Technology, Government of India, was announced where I won the Inspire Award for four consecutive years," Aqub told the news agency.
Recently, Aqub applied for the innovation conclave at IIT Kanpur, where his idea was selected. He attended the recently-held 'Innovation Hunt' held at Sri Pratap College and also sent an innovative idea for review to the University of Kashmir's Incubation Centre.
Meanwhile, SSP Ganderbal Nikhil Borkar who was accompanied by DySP Hqrs G Jammu Hassan felicitated the Aqub at DPO Ganderbal.
Aqub "is an inspiration for his fellow students in the area," the SSP said.
He said police appreciated and felicitated the young boy with a aim to promote the local talent and encourage the positive and constructive activities of youth in the area.
The SSP appreciated the young innovator and assured full support for his future endeavours. KNO

Elderly man crushed under moving train in Budgam

BUDGAM, FEB 10
An elderly man was crushed under a moving train in Central Kashmir's Budgam district on Friday afternoon, officials said here.
An official told the news agency that the train mowed down the man between Mazhomb and Budgam section. He said the man died on the spot. "He has been identified as Mohammad Ismail Dar (70) son of Abdul Ahad Dar of Shapurah Wudwar, Budgam," the official said.
Meanwhile, police have taken cognizance of the incident and registered a case in this regard. KNO

Govt teacher arrested...

The news agency that a complaint was registered in Gursai police station in which it was submitted that the teacher had molested and misbehaved with two minor girl students of the school after which a case was registered against him and was subsequently arrested.
They said that further investigation into the matter is going on.
The teacher has already been suspended by Zonal Education Officer Bhalakote, who also visited the school after the incident. KNO

J&K PSC now...

appointment of its chairman and eight other members in 2020. Sharma, who completed his term, was replaced by Satish Chandra in 2022.
All other members excluding Zubair Ahmad Raza who were appointed in 2020 by the J&K administration have completed their terms.
Those appointed in 2020 included Ahmad-ul-Mujtaba, Syed Iqbal Aga, Subash Gupta, Prof. Des Raj, Sameer Bhattar, Prof. Showkat Ahmad Zargar, Dr. Farooq Ahmad Lone and Zubair Ahmad Raza.
It is pertinent to mention that the J & K government in May 2022 had appointed a committee headed by Chief Secretary for making suitable recommendations for selection of chairman and members of Jammu and Kashmir Public Service Commission.
The CS-led panel consisted of Financial Commissioner (Additional Chief Secretary), Agriculture Production Department, Financial Commissioner (Additional Chief Secretary), Home Department, Financial Commissioner (Additional Chief Secretary), Finance Department and Principal Secretary to the Government, General Administration Department. KNO

Government takes...

and urbanization, ensuring that the region remains sustainable and ecologically sound for generations to come.
"Developing J&K Soil and Land Resource Information (JKSLRI) system for Planning and Soil Health Information is one among the 26 projects, which were approved by the Jammu and Kashmir administration after being recommended by the UT Level Apex Committee for holistic development of agriculture and allied sectors in UT of J&K. The prestigious committee is being headed by Dr Mangala Rai, Former DG, ARC and has other luminaries in the field of Agriculture, Planning, Statistics and Administration like Ashok Dalwai, CEO NRAA, Dr. P. K. Joshi, Secretary, NAAS, Dr. Prabhat Kumar, Horticulture Commissioner MOA and F.W. Dr. H S Gupta, Former Director, IARI, Atal Dulloo, ACS, APD besides Vice Chancellors of twin Agriculture Universities of the UT."
The project will be executed in several phases, starting with intensive soil survey, soil sampling and analysis followed by ground truthing and data analysis. It will also include collection of soil monoliths and analysis of soil, water and plant samples. These interventions will result in generation of data at panchayat level, intensive soil mapping, creation of a web-based soil information system and land evaluation for crop suitability and alternate land use.
The JKSLRI project is expected to have a significant impact on the region by providing the most comprehensive and up-to-date information on soil and land resources. It will be an all-inclusive soil and land resource repository and make information accessible to all. The policy document on agriculture and urbanization will ensure a sustainable

Avalanche hits Gurez...

Kashmir valley due to the accumulation of snow.
State Disaster Management Authority (SDMA) have already issued an avalanche warning in Bandipora district and urged people living at upper reaches to remain cautious and not to venture out in slopes, hilvy areas, or avalanche-prone areas till the weather improves.
On January 12 this year two labourers working with a Hyderabad-based Mega Engineering & Infrastructure Limited (MEIL), which is executing the work on Zojila Tunnel under the hill, died in a snow avalanche in central Kashmir's Ganderbal district.
Two Polish skiers were killed while 19 other foreigners from Russia and Poland and two local guides were rescued on February 2 as a snow avalanche hit the Affarwat peak in the famous ski resort of Gulmarg in northern Kashmir.

JKBOSE 10th...

Similarly, the examination of class 11th students in soft zone areas will commence from March 6 of 2023 and will culminate on April 19 respectively.
Also, the examination of class 12th students will commence from March 8 and will culminate on April 2 of 2023.
Notably, this will be the first Board examination conducted in March month post adoption of National Academic Calendar and implementation of National Education Policy (NEP) 2020 by the Jammu and Kashmir government.
As already reported, the JK Board has already notified the soft and hard zone areas of Jammu and Kashmir division.
As per the BOSE figures, around 444 schools- 309 in Jammu and 135 in Kashmir division fall in hard zones while seven zones of Kargil district and whole Ladakh area fall in hard zones.
In Kashmir division, 43 schools of Anantnag, Bandipora 19, Kupwara 32, Kulgam 28 and 13 schools in Budgam fall in hard zones.
In Jammu division 50 schools of Kishtwar, Reasi 47, Rajouri 7, Poonch 20, Doda 56, Ramban 64 and 65 schools of Udhampur fall in hard zones.
The examination of students in hard zone areas is scheduled to commence from April, 2023.

Rain in Ramban...

The fresh shooting stones badly damaged an iron tunnel setup at this point to facilitate traffic in Panthiyhal area, they said.
Efforts are underway to remove the debris from the landslides, they added.

Indian teams working...

MEA spokesperson Arindam Bagchi in a tweet posted videos of Indian personnel treating patients at the field hospital and posted, "The Indian Army team of medical specialists is on the job 24x7, providing relief to those injured."

India's technology...

In May 2014, one of the first major decisions was to introduce self-attestation and do away with the practice of getting documents attested by gazetted officers.
Similarly, breaking the taboos of the past and doing away with the British legacy, the Prime Minister unlocked the Space killer for public-private participation, which led to over 130 Start-Ups registrations with ISRO and 8 of them even got seed funding from ISRO.
Referring to today's satellite launch by ISRO, Dr Jitendra Singh said, after the unlocking of the Space Sector in June 2020, now young boys and girls are visiting ISRO facilities and launching their own satellites. Today, the Indian Space Research Organisation (ISRO) successfully launched its second developmental flight of a Small Satellite Launch Vehicle - SSLV-D2 - and placed three satellites in its precise orbit on February 10 morning. The three satellites are ISRO's Earth Observation Satellite - EOS 07, U.S.-based firm Anaris' Jas and Chennai-based space start-up SpaceKidz's vzaadiSAT2.
Regarding turning the government campaign into a mass campaign, Dr Jitendra Singh said, an announcement from the Ramparts of the Red Fort in 2014 to build toilets in each household caught the imagination of the people and soon Swachhata became a true Jan Andolan.

After 2-day wet...

yellowish snowfall" was due to dust carried out by winds from central parts of Pakistan and Southern Afghanistan.
"Analysis of 2nd Generation Weather Satellite (Meteosat-9) of EUMETSAT (European Operational Satellite Agency) confirms that Yesterday's Yellowish and Dusty Snowfall over some parts of north Kashmir was dust carried out by winds from Pakistan and Southern Afghanistan, which started around 7 PM IST," it said.
It further added that the dust travelled northeast wards

Apni Party registers its protest against bulldozing drive

Holds sit-in protests at the district headquarters across J&K



JI NEWS SERVICE JAMMU, FEB 10: Apni Party on Friday held sit-in protests – against the ongoing demolition drive by the administration – at the district headquarters across J&K.

According to a press note released here, "Party's district leaders and senior

workers led the sit-in protests at the district headquarters across the J&K. The sit-in protests at multiple places were meant to register a strong objection, on behalf of the party, against the administration's ongoing demolition drive."

It further said, "Apni

Party demands the immediate stoppage of the bulldozing drive. The party is not against retrieving large chunks of land occupied by the land mafia, but we demand regularization of the small amount of State/Kacharai land, which has been in possession of common people for

decades or in some cases for more than a century."

"In the Valley, the senior party leaders – Usman Majid, Javid Mustafa Mir, Abdul Majeed Padder, Raja Manzoor, Khursheed Ahmad Khan, Noor Mohammad Sheikh, G M Mir, Tariq Ahmad Veeri, and Javid Ahmad Mir – led the sit-in protests respectively in Bandipora, Badgam, Kulgam, Kupwara, Baramulla, Srinagar, Pulwama, Anantnag, and Ganderbal," the press note said.

"While as in Jammu region, Manjit Singh led the sit-in protest in Jammu and Samba districts; Advocate Harpreet Singh in R S Pora; Pushap Dev Uppal in Jammu (Rural); Satpal Chalotra in Udhampur; Anil Kumar in Badnawah; Bashir Khaki in Poonch; Sofi Aslam in Rajouri, and in Kishtwar led by Umer Mingnoo," the press note added.

Two-Day seminar on 'India's Pathways to next economic powerhouse by 2047' concludes



JI NEWS SERVICE JAMMU, FEB 10: A two-day seminar on 'India's Pathways to Next Economic Powerhouse by 2047' organized by Department of Economics sponsored by the Indian Council of Social Science Research, New Delhi concludes today at University of Jammu. In the valedictory function, Prof. Raj Kumar Mahajan, the Former Professor, Punjabi University, Patiala, Regional Centre Bathinda, Punjab, was the Chief Guest. He advocated that India has tremendous potential to grow using robust policies to address the challenges of poverty, inequality, unemployment and sustainability which will pave the way to become the next economic powerhouse by 2047.

The Key Note Speakers of the inaugural function were Prof. (Dr.) Balwinder Singh Tiwana, the Former

Professor, Punjabi University, Patiala, Prof. Kuldip Kaur, Chairperson, Ambedkar Chair, and Former Professor, Punjab School of Economics, GND University, Amritsar, Punjab, and Prof. I. C. Awasthi, Former Professor, Institute for Human Development, New Delhi.

Prof. Balwinder Singh Tiwana emphasized on building economic strength and to leverage the drivers of sustainable economic growth and to strengthen the India Rupee vis-à-vis Dollar. The continuous evaluation of short-term achievements of Indian economic performance is essential to plan for long-term goals. India has also to address the fluctuations in FDI and foreign exchange reserves to become the next economic powerhouse by 2047.

The Key Note Speakers of the inaugural function were Prof. (Dr.) Balwinder Singh Tiwana, the Former

addressing the problem of climate change for sustainable agriculture. Prof. I. C. Awasthi argued that inclusive growth is necessary to address rampant problems of unemployment and inequalities over the long-term to build a strong economy. The seminar convener Prof. Falendra Kumar Sudan presented a brief summary of two-day seminar, while Dr. Tsering Yangzom presented the welcome remarks and Prof. Sunita Sharma, presented the vote of thanks. Prof. Jasbir Singh appreciated the Head of the Department for his all support to organise such type of events. Dr. Virender Koundal, Dr. Manoj Bhatt, and Dr. Shaluu Selhgal of the Department of Economics were also present.

Today, the six parallel sessions were conducted in which well researched papers on various topics were presented including

the role of Foreign Direct Investment, Digital Educational Initiatives, Export and Import, Rural Governance and Entrepreneurship, Digitalizing Higher Education, Online University Teaching, Agrarian Change, Gender Dividend, Manufacturing Value Added, Corporate Governance, Sustainable Urban Transportation, Financial Development, Digital Empowerment, Digital Transformation of Agriculture, Human Development and Poverty Reduction, Renewable Energy, Nuclear Energy, Water Resilience, Land Sustainability, Food Security, Services Sector, Carbon-Neutral Cities, Fiscal Reforms, Inclusive Development, Entrepreneurship, Innovation, Investment, and R&D and many more topics in becoming the next economic powerhouse by 2047.

The main speakers include Dr. J. N. Balya, Dr. Hemlata Mangani, Dr. K. Rajesh Kumar, Dr. R. Sai Kumar, Dr. Prashant Kumar Choudhary, Dr. Ritu Bakshi, Dr. Preeti Chawla, Dr. Reeti Debnath, Dr. Rajendra Prasad Meena, Dr. Om Raj Katoch, Dr. Neelam Choudhary, Dr. Shilpa Gupta, & Dr. Shayan Javed, Dr. Rashi Tuggar, Dr. Sandeep Kaur, Pabitra Kumar Jena.

One day workshop held at Jammu University



JI NEWS SERVICE JAMMU, FEB 10: A one day workshop was organized at Jammu University by Directorate of International Quality Assurance in collaboration with Mission Directorate RUSA & K the state nodal agency for AISHE scheme.

The workshop was

attended by Nodal Officers (AISHE) all private and Govt Degree Colleges, Shri Mata Vaishno Devi University and experts from Higher Education Department Ministry of Education, New Delhi.

The welcome address was given by Dr. Ginny

Dogra University Nodal Officer Aishe/Deputy Director DIQA, Jammu University. Director College Development Council Dr. Rajeev Rattan was Chief Guest on the occasion who hailed the organisers for conducting such program. Ms Anita Sirohiwal, Joint Director.

Mission Director RUSA J&K in his address Elaborated the role of AISHE data in RUSA funding.

Joint Director, Planning and Monitoring from Ministry of Education in her speech deplated upon the changes made in Web DCF to make it user friendly.

The technical session of workshop was conducted by Mr. Shivam Panday, Research Assistant, Mr. Vikas Mehta, Data Analyst and Mr. Sanjeev Kumar, Data Analyst experts from Ministry of Education.

Technical session was followed by queries session where technical issues faced by colleges with regard to uploading of data were resolved. Vote of thanks to participants and organisers was presented by Dr. Asif Iqbal coordinator AISHE, J&K.

Society must be driven by the principles of Antyodaya: BJP

Sham, Priya, Munish listen to public grievances

JI NEWS SERVICE JAMMU, FEB 10: Society will be healthy when it is driven by the principles of Antyodaya, which means the rise of the last person in the row stated senior BJP leaders, while they continue BJP's mission to resolve the issues faced by the residents of Jammu & Kashmir.

J&K BJP Vice-President & former Minister Sham Choudhary, BJP NEM & former Minister Priya Sethi and BJP All Morcha Incharge Munish Sharma, listened to the public grievances and took up the same with the concerned department officials for their early solutions at BJP headquarters, Trikuta Nagar, Jammu.

Numerous individuals and deputations visited the BJP office to meet the party leaders and narrate their woes & problems. The issues presented by common masses before the senior party leaders were related to PHE, PWD,



Rural Development, Revenue, Irrigation & Flood Control, Education, Agriculture etc.

Presented issues were on the spot, taken up with the heads of these departments by Sham Choudhary, Priya Sethi and Munish Sharma telephonically and they were impressed with immediate solutions.

Sham Choudhary, while

listening to the issues stressed that the leaders have tried sincerely to provide the best possible solutions presented by masses in the grievances camps. He said that BJP believes that a society could only be healthy when it ensures the rise of the last (deprived and neglected) person of the society.

Priya Sethi, on the occasion,

said that BJP holds the issues faced by the masses in high esteem and believes that they should be promptly taken care of for the realization of a healthy society.

Munish Sharma stated that many of the issues presented today were solved on the spot whereas other issues are impressed for their early solutions.

DLC organises " Induction Programme for freshers of LL.B 3year (Prof.) Course

JI NEWS SERVICE JAMMU, FEB 10: Dogra Law College organized Induction programme to welcome the new entrants who have joined the college for the session 2022 - 23. Th. Gulchain Singh Charak, Chairman; Dogra Educational Trust was the Chief Guest on the occasion. The programme started with the lighting of the traditional lamp by the dignitaries followed by Saraswati Vandana.

Prof. V.P. Magotra, Principal, Dogra Law College welcomed the students. He briefly highlighted the history of the Dogra Law College. He apprised the students about the rules of the college and the achievements of the students who have brought laurels to the college.

Ms. Parema Bakshi, Faculty member of Dogra Law College made a PowerPoint presentation on the vision, mission, rules, values, curricular and co-curricular activities including the facilities available in the college. Prof. Darshana Sharma, Director, Dogra Group of Colleges and Campus Development addressed



the students and congratulated them for successfully qualifying the JUET Entrance Examination and becoming a part of the Dogra Law College. She threw light on the facilities and activities which are peculiar to the college and impressed upon the students to make use of these facilities. Special felicitation ceremony was also organised for NCC Cadets namely Junior Under Officer Abhishek Sharma, Student of B.A.L.L.B 5 Year Course 7th Semester for Lecture Conducted at Commando Insurgency

and Jungle Welfare School, Gwaldam, Uttarakhand and Cadet Gurbakshish Singh, Student of B.A.L.L.B 5 Year Course 7th Semester for representing J&K and Ladakh in Republic Day Parade 2023.

Two senior students of Dogra Law College shared their experiences with the new entrants. The Esteemed Chief Guest Th. Gulchain Singh Charak, Chairman, Dogra Educational Trust emphasized on maintaining discipline by the students which will help them in their future life. He also

emphasized the importance and recognition of hidden talent of the students which always contribute to the development of self-confidence and self-actualization. He added that Dogra Law College is committed in its endeavor to impart education for the betterment of the society.

The Programme concluded with the vote of thanks presented by Ms. Sumiksha Razdan, Faculty member of Dogra Law College followed by the National Anthem. In the end, sweets were distributed among the students.

'Three star electronics' of Blue Star ACs bags 'Best distributor Award' in North India

JI NEWS SERVICE JAMMU, FEB 10: Ved Sharma of Three Star Electronics, Shastri Nagar Jammu has bagged the 'Best Distributor Award' in North India during the Blue Star Product Launch cum Award Function organized at Chennai.

The award was presented to him during a glittering function attended by an august gathering comprising entrepreneurship doyens and celebrities from across the nation. The honours of award presentation were done by B Thiagarajan - Managing Director Blue Star in presence of Shashi Arora - President & COO, Cooling & Purification Appliances Group; Navneet Sharma and Haridas C-



Executive Vice Presidents. It is pertinent to mention here that M/5 Three Star Electronics is a name to reckon with not only in Jammu and Kashmir but across the northern region of the nation.

The venture was launched by an enterprising and enthusiastic entrepreneur Ved Sharma. Sharma

not only providing profits and dividends to the owner but also creating a huge employment avenue for the unemployed youth.

After receiving the award, Ved Sharma said there is no shortcut to success adding that strong determination, will and hard work are the only keys to success.

THOUGHT OF THE DAY

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

JINDRAH IMAGES

Harness solar energy potential to maximum level

To an utter dismay of the people of the erstwhile state of Jammu and Kashmir, now two Union Territories—J&K and Ladakh, least interest has been given to exploit the vast solar power potential over the years. The reports suggest that two UTs have performed dismally on account of electricity generation from solar energy as authorities have exploited less than one percent of 111 Gigawatts (GWs) solar power potential during the last four years. This is notwithstanding the fact that the Central government has asked all states and the UTs to harness solar power potential to its maximum level. The installed solar capacity of Jammu and Kashmir is 48.90 MW, while Ladakh, which is considered as solar capital of the country, is having just 7.80 MW installed solar capacity. The erstwhile state of Jammu and Kashmir has a solar power potential of 111.05 GW and it is the second highest in the country after Rajasthan which has the solar energy potential of 142 GW. Ladakh has not generated even single additional Megawatt electricity during the last one year despite the fact that it has a large potential of 100GW solar energy alone, therefore failing to contribute in the country's total installed capacity, notwithstanding two major projects with potential of generating 7500 MW of solar power (now revised to 10,000 MW) were sanctioned for the region about eight years ago. On the other hand, Jammu and Kashmir has doubled its installed solar capacity from 24 MW to 48 MW in the last one year and it has shown some progress while exploiting its solar power potential. Jammu and Kashmir has been provided Rs 64 crore by the Union ministry of New and Renewable Energy from year 2019 to year 2021 under different schemes for harnessing the solar power potential. An amount of Rs 12.41 crore has been released to Ladakh under various schemes to increase its installed solar capacity for the period. The Central government has sanctioned two major projects with the total solar power generation capacity of 7500 Mega Watts for Ladakh region. After deliberations, the Central Government had planned to raise the capacity of this proposed solar park in Ladakh to 10 GW from 7.5 GW announced earlier. The Solar Energy Corporation of India (SECI) had issued a tender for development of 7500 MW Solar PV Projects in Leh and Kargil districts on December 31, 2018. As per the tender documents, implementation time for the project was 48 months from the effective date of Power Purchase Agreement. The projects were proposed because Ladakh, the cold desert of the country, received the 'best solar radiations' in the country but the projects have remained entangled in technical and administrative glitches. The Government of India should conduct a probe as to why these projects have failed to take off even after the lapse of eight years. The responsibility must be fixed while expediting measures to harness solar power potential.

BALLOON TURBULENCE DEEPENS US-CHINA DISCORD

By sending the balloon, China wanted to convey a message of strength that it was capable of reaching the heart of the US mainland and Washington would have to take into account Beijing's concerns if it sincerely wanted a dialogue on establishing peace and cooperation with it.

YOGESH GUPTA

ON February 3, US Secretary of State Antony Blinken called up Wang Yi, Director of the Chinese Communist Party's Central Foreign Affairs Commission, to tell him that he was postponing his scheduled trip to China as by sending a balloon over the US airspace, China had indulged in an "irresponsible act and this action is detrimental to the substantive discussions" that they were prepared to have. He said the trip would be rescheduled once the balloon turbulence was over.

However, Wang said it was a civilian airship sent for meteorological research and had accidentally strayed from its planned course into US airspace due to strong westerly winds and its limited self-steering capacity. "China is a responsible country and has always strictly abided by the international law," he added.

But the Americans found that the balloon, which entered the US air defence zone north of the Aleutian islands on January 28, moved largely over land across Alaska, Idaho, Montana, Carolinas and then towards the Atlantic Ocean. The balloon had flown over certain sensitive sites to collect information, including over Montana, which is home to about 150 inter-continental ballistic missile silos.

Typically, the balloons fly above 80,000 to 1,00,000 ft, but the one sent by China was flying low enough at about 60,000 ft to be noticed by the civilians. The journey of the balloon over so many days over the US landmass provoked widespread anger and many questions such as why it was detected so late by the defence authorities, were there gaps in the US security which permitted the balloon to fly undetected, why the Chinese took such a brazen step a few days ahead of Blinken's planned trip and what intelligence it had collected.

It is common for countries such as the US, China and others to conduct surveillance on their adversaries, but it is done discreetly. According to media reports, China had conducted similar surveillance on military assets of Japan, India, Vietnam, the Philippines and



Taiwan earlier.

US President Joe Biden's political adversaries, the Republicans, had a ready fodder to attack him asking why he had not shared the information with the people before the balloon was noticed by the civilians, why he had delayed its shooting, why the sensors in the US airspace had failed to detect this balloon and what if such balloons were used by the US's adversaries to send nuclear or other explosives into the country to cripple sensitive installations.

Pentagon's defence that there had been other instances of similar balloons flying over the US airspace during the Trump administration (matters were detected later) made matters worse, some saying that Biden was too soft towards China. There was a consensus that Blinken's visit could not be permitted till the investigation into the debris of the balloon shot down on February 6 was complete. Also, that China could not be allowed to violate the US sovereign territory without paying a cost.

The Chinese government was equally aggressive. China's vice foreign minister Xie Feng in a representation to the US Embassy in Beijing said this was "entirely an accident caused by force majeure and the US deliberately exaggerated it. Its armed attacks on the balloon were irresponsible and unacceptable". Also that Beijing reserved the right to respond similarly to future incidents of this

kind.

Various theories are doing rounds on why China indulged in such a brazen and risky adventure few days before Blinken's visit.

Most plausible one is that China had got tired of aggressive actions by the US before each high-level meeting, sanctioning or blacklisting some Chinese organisations, companies and officials. There has been a sharp increase in the US provocations against China in recent days, including the sailing of the USS Chancellorsville, a guided missile cruiser, in the South China Sea to exercise the freedom of navigation, approval of \$10-billion weapon sales to Taiwan, setting up of a House Select Committee on China (which distinction even the old Soviet Union did not get) targeting Beijing. The USA's encouragement of Japan's militarisation, new alliance to prohibit the sale of microchips to China, setting up of a new military base in China's vicinity in Guam and acquiring four new bases in the Philippines had also come to Beijing's adverse notice.

Some Chinese leaders believed that the US had pushed China on the back foot by these military and economic initiatives and was trying to clip China's wings and even preparing for a war. There was a view that high-level meetings with US officials had become a ritual with glorified photo opportunities and Washington was not taking Beijing seriously. By sending the

balloon, China wanted to convey a message of strength that it was capable of reaching the heart of the US mainland and Washington would have to take into account China's concerns if it sincerely wanted a dialogue on establishing peace and cooperation with it.

As the US-China rivalry deepens, the asymmetry in their thinking and mutual perceptions has only worsened. While the US considers itself as the sole superpower and the guardian of the present international order, China considers itself to be an equal and wants enough space from Washington to accommodate its interests. The latter does not accept China's claim and believes that if Beijing wishes to benefit from its economic, trade and technological cooperation, it should stop behaving as a rival and accept its terms. Given the wide disparities in their outlook, the balloon incident will further strain the Sino-US relationship with growing political consensus in the US to pushback China in political, economic, technological and military realms. If the investigation into the debris of the balloon reveals that China had intended to collect sensitive information about the US strategic installations, there would be demands to make Beijing pay for indulging in this affront. Given that Chinese President Xi Jinping revels in aggressive policies, any further US sanctions would only harden China's opposition to US policies.

Neglecting MGNREGS undermines workers' rights

ZOYA HASAN

The words 'rights' and 'equity' are conspicuous by their absence from the numerous assertions and claims made by leaders of the National Democratic Alliance (NDA) with regard to their achievements in countless speeches and advertisements. A year ago, the Prime Minister stated that there was far too much emphasis on rights, and not enough on duties — even though the Constitution doesn't place them on an equal footing. The realignment of rights and duties is not just about giving greater attention to duties; it is about giving less importance to rights.

This is evident from the niggardly attitude towards the Mahatma Gandhi National Rural Employment Guarantee Scheme (MGNREGS) and the constantly abridged budgetary allocation for it, which is tantamount to a disregard of this right. This has consequences for the larger issue of rights as it affects the well-being of the most vulnerable sections of our society. The Mahatma Gandhi National Rural Employment Guarantee Act (MGNREGA), passed in 2005, was a path-breaking legislation aimed at providing guaranteed employment to rural citizens. It was the single largest rural employment scheme in independent India. It provided only 100 days of employment in a year and, that too, for just one member of a rural household, but the important thing is that it conferred an economic right, which means employment had to be provided on demand, and if the state could not deliver 100 days of work, then the person seeking employment had to be paid compensation.

The MGNREGS continues to be deeply relevant as millions of rural households have gained employment through it. It is particularly vital in times of economic stress and, hence, it is important to make a budgetary provision for the full 100 days and, perhaps, expand it to 150 days of work, given the prevailing dismal employment conditions in the country. The government violates workers' legal rights every time it does not match the funds to demand or does not pay wages on time.



However, this scheme has been hit hard by budgetary cuts. This started during the tenure of the Congress-led United Progressive Alliance (UPA) government itself, even though it had introduced the scheme; allocations practically froze during its second term, making no allowances for the rising prices or the increase in the number of job seekers.

But the NDA government has stretched the practice of making low budgetary allocations to the limit, which has weakened the legal guarantee of timely payment and employment. This comes at a time of rising unem-

ployment and increased inequality in India. Both the World Inequality Report-2022 and Oxford Inequality Report-2023 show India as one of the most unequal countries in the world in terms of incomes and assets. India registered the fastest increase in economic inequality in recent years, even as access to a number of social protection programmes has been severely undermined on the one hand, via restricting allocations and on the other, through the dilution of schemes, such as MGNREGS and even those that form part of the National Food Security Act.

This government has been lukewarm towards the MGNREGS in the last nine years. The Prime Minister spoke derisively about it in Parliament. The Finance Minister mentioned it only once (in the context of work for mangrove conservation) in her Budget speech this year. But the NDA government has not abolished the scheme; it has strangled it through low allocations. The budgetary allocation has been cut by 30 per cent to Rs 61,032.65 crore for 2022-23, the lowest in the past four years. It is lower than the budgetary estimate of Rs 73,000 crore for 2022-23. It is the second straight cut in the scheme's budgetary allocation as in the Budget-2022-23 also, the allocation had been cut by 25 per cent to Rs 73,000 crore from the revised estimate of Rs 98,000 crore.

The gradual decrease in the budgetary allocation for the MGNREGS has created doubts about the government's intentions. By cutting down the funds, the government sends out a signal that it wants to spend less on this scheme as opposed to the others, which means fewer initiatives can be undertaken under this scheme. Reduced funding also makes it difficult for the government to keep its promise of 100 days of employment, which is crucial for the survival of rural households. The average days of work offered is actually much below 100 days and, frequently, employees will not be able to get work even

for half a year.

By law, it is a demand-driven scheme but the continuous decrease of funds has reduced its potential effectiveness. The government has always claimed that the actual allocation would be increased if it was found that a large number of persons were asking for employment under the scheme. While supplementary allocations for the MGNREGS have been increased substantially at the revised estimates stage, a low initial outlay acts as a discouragement. It diminishes demand, in fact, chokes it, which becomes a justification for the low initial budgetary allocation for the scheme. Even if the allocation gets increased later because of higher demand, this increase takes time, which means that wage payments as well as material costs will be delayed and workers get pushed into 'forced labour' in the intervening period. Furthermore, almost half of the budget allocation is spent on clearing arrears. Consequently, the flagship scheme runs out of funds halfway through the financial year even for those who want work.

According to an analysis by Peoples' Action for Employment Guarantee (PAEG), a research and advocacy group, 21 per cent of the budget over the past five years has gone into clearing the arrears of previous years. In the current financial year 2022-23, the unpaid dues stand at Rs 16,070 crore. Hence, the PAEG demanded that the Centre allocate a

Samantha Ruth Prabhu's Shaakuntalam release postponed; reason for delay not revealed. Check out new date

Actor Samantha Ruth Prabhu's upcoming Telugu film Shaakuntalam, which was supposed to be released in cinemas on February 17, has been postponed by a couple of months. The film's makers on Friday confirmed that the film will now hit screens worldwide on April 14. Without revealing the exact reason for postponement, the makers unveiled a new poster with a release date.

In Shaakuntalam, Samantha plays the central character Shakuntala, daughter of Menaka and Viswamithra. The film, produced and directed by Gunasekhar, will be released in Hindi, Tamil, Malayalam and Kannada. This project marks Samantha's maiden collaboration with Gunasekhar.

In 2020, speaking at the launch of the movie recently, Samantha said that this will be her dream project and dream role. The trailer of Shaakuntalam was released in January. Speaking at the event, an emotional Samantha said her love for cinema hasn't changed amid all the recent life struggles. She said she gathered all her courage to attend

the event. In her speech, Samantha spoke about how her love for cinema hasn't changed amid all her life struggles in recent past. She was talking about her rare autoimmune disease called Myositis which she has been diagnosed with since last November.

"No matter how many struggles I face in life, one thing won't change. That's how much I love cinema and cinema loves me back. I strongly believe that this love will grow manifold with Shaakuntalam," she had said.

Samantha was last seen on screen in Telugu action-thriller Yashoda. In the film, Samantha played a surrogate mother who won't stop at anything to protect her child. The film turned out to be a hit at the box-office and had grossed around 740 crore during its theatrical run. Recently, Samantha joined the sets of the Indian adaptation of Amazon Prime's upcoming web series, Citadel. She will be sharing screen space with Varun Dhawan in the show, which is being co-created by Raj and DK.



6 Binge-Worthy Shows That You Just Cannot Miss



The year 2023 is here with a bang! With several promising web shows for both kids and adults, the OTT platforms are brimming with content. But to save you from the trouble of scrolling through a plethora of content to land on one particular show, we have curated a list of binge-worthy shows that you just can't stop watching.

'Class' (Netflix)

'Class' is the official India-based adaptation of the Spanish thriller series Elite, executive-produced and series directed by Ashim Ahluwalia. This adaptation by Ahluwalia is set in contemporary New Delhi and is a grimier, more realistic and socially-charged take. Produced by Future East Film (Ashim Ahluwalia and Niharika Singh) in association with Bodhi Tree and adapted by Ashim Ahluwalia, 'Class' explores the rise of the Indian rich and a world of extreme disparity, following the students through their struggles with sex, drugs, religious difference, homophobia, trauma, friendship and love. 'Class' Has opened to great reviews both in India and abroad with positive word of mouth since its release.

'Farzi' (Amazon Prime Video)

'Shrinking' (Apple TV)

'Marvel's Moon Girl And Devil Dinosaur' (Disney+ Hotstar)

'Trial By Fire' (Netflix) 'You 4' (Netflix)

KARAN TACKER RECALLS GOING THROUGH FINANCIAL CRISIS: WE HAD A TOUGH TIME MAKING ENDS MEET AS A FAMILY

It's been fifteen years since actor Karan Tacker entered the world of showbiz. While the actor has made a name for himself with his work on TV and OTT platform, he has never spoken about the days when he had to struggle. Not many are aware that before becoming an actor the Mumbai lad wanted to pursue his father's business.

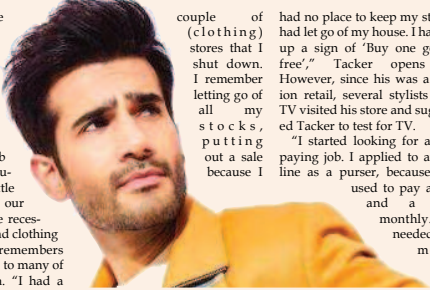
For the first time, Tacker talks about his life before he became an actor. "I had a business with my dad," he recalls, adding, "The world hit recession in 2008, and that's when my entire busi-

ness went down. We had a tough time making ends meet as a family. At that time I started scouting for jobs. From my education I would have probably gotten a job for twenty five thousand, which was little for the kind of debt our business faced in the recession." Tacker, who had clothing stores back then, remembers how the downfall led to many of them shutting down. "I had a

couple of had no place to keep my stock. I had let go of my house. I had put up a sign of 'Buy one get six free,'" Tacker opens up. However, since his was a fashion retail, several stylists from TV visited his store and suggested Tacker to test for TV. "I started looking for a high paying job. I applied to an airline as a purser, because they used to pay a lakh and a half monthly. I needed that money

to make ends meet at that time. But, I got an ad for a face cream brand which paid me a lot of money. I got 3 lakhs, 12 years back. 3 lakhs for 22 days was like... I told my Dad, that I should work this out because this will pull us out of misery," Tacker reveals. The Khakee: The Bihar Chapter actor shares he soon started doing advertisements in Gujarat for two to three thousand rupees per day.

"For five and six years I was only earning money to pay the debt of the business. After 6 odd years I started making and saving money," he ends.



DaDa review: Enjoyable coming-of-age drama about accidental parenthood



The subject of parenthood, especially in mainstream cinema, has mostly been told from the perspective of a woman. Rarely, we've had a film where the story has focused on a man dealing with parenthood and his sacrifices in becoming a good father. Ganesh K Babu's DaDa is an emotional drama about a young man dealing with becoming a parent, out of the blue, with a lot of maturity. This is also a moving coming-of-age drama of an aimless, college-going youngster thrust into embracing fatherhood when the entire world, including his family, has given up on him.

The film opens with the shot of Kavin and Aparna lying together. Kavin is still sleeping and Aparna just enjoys looking at him while we hear a couple in the neighboring flat arguing early in the morning. Cut to the next shot, Aparna is crying as learns that she's pregnant and Kavin suggests that she should abort the baby as they aren't ready to be parents yet. Aparna is against the idea of abortion. Kavin and Aparna decide to move in together and take refuge at a friend's house. As they get ready to embrace parenthood, living together becomes a hassle as they end fighting over little things. It reaches a point where Kavin blames Aparna for making their lives so miserable when he warned her about keeping the baby. Kavin is forced to raise the baby alone.

The most refreshing aspect of DaDa is that it sends out a very important message loud and clear - parenthood is gender neutral. Both father as well as the mother play key parts in raising a kid and their roles can't be weighed or compared.

As much as the film sheds light on Kavin raising his son alone and in turn becoming a better person as well as a father, it doesn't try to showcase the mother in poor light. This aspect of the film and the writing is highly appreciable. It also never tries to make the father raising a kid alone a big deal.

Tara Sutaria: I've Always Looked At Love With A Lot Of Love

Bollywood actress Tara Sutaria has spoken about what self-love means to her and said that she has always loved the idea of love.

Tara has collaborated with Bumble, the women-first dating app, to launch a new campaign 'Before anyone else, there was you' ahead of Valentine's Day. To encourage self-love.

Asked about what self-love means to her, Tara said: "I think self-love or loving yourself means so many different things to different people. To me and to so many of us, I know that this will resonate because we all went through a pretty rough time recently when Covid hit the world and I think self-love took a new shape and meaning for all of us.

"All of us learnt to slow down and truly understand ourselves, begin to hear ourselves and therefore, love ourselves. I've always loved the idea of love - call it utopia, idealistic - and I've always looked at love with a lot of love, but I've never really looked at myself with that sort of love so it's taken me a lot to get to where I am today which is learning to really and truly understand every part of myself - the good, the bad, the ugly - everything that comes with being human, I suppose."



Sussanne Khan's sister Farah Khan Ali says she and DJ Aqeel are officially divorced, celebs react

Jewellery designer Farah Khan Ali took to her Instagram handle and confirmed her divorce from ex-husband DJ Aqeel as they finalised it. She is Hrithik Roshan's ex-wife Sussanne Khan's sister. In 2021, Farah announced the news of their separation and received support from her friends and family.

On Friday, Farah posted a couple of happy selfies with Aqeel. She tagged him and captioned it, "We have been declared officially divorced and are happy about it. We wish each other lots of love, happiness and luck in our onward journeys. We will always remain parents to our beautiful children Azaan and Fiza and nothing will change. Grateful for the journey we had together."

Aqeel re-posted the same on his Instagram Stories. Reacting to the post, Sussanne Khan commented, "Love u both" with lost of loved-up emojis. "It's such a beautiful new beginning note... you guys are both such amazing humans... like both of you are, ginormous hearts," Kubbra Sait added. Others such as Twinkle Khanna, Nandita Mahtani, Saisha Shinde, Dia Mirza, Bhavana Pandey, Moez Singh and Elnaaz Norouzi

among others sent their love. Last year, Farah shared on social media, "Sometimes two people grow apart. Sometimes they outgrow each other. It has been 9 years since my relationship with my husband Aqeel changed its status as a couple to just friends and to term it simply would be to state that we are 'Happily Separated'."

"We will always be best friends to each other and parents to our wonderful children Azaan and Fiza and nothing will change. Grateful for the journey we had together."

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involved. The reason we are announcing it publicly now, is so that the ones who know us accept our situation gracefully and always wish well for both of us especially because we hold no animosity of any kind towards one another and will always be there for each other. Aqeel is and will always be my family as I will be his. We hope that all our well wishers will accept our decision maturely and not judge us for it. It's important to be happy and we all, Aqeel and I including our children and families most definitely are.



Sherlyn Chopra slams Rakhi Sawant, supports her husband Adil: 'Don't know how he landed in this mess but...'

Rakhi Sawant and her husband Adil Khan Durrani's marriage has been making headlines in recent days. After Rakhi accused her husband of domestic violence and also alleged that he was having an extramarital affair, Sherlyn Chopra weighed in on the matter and sided with Adil. Sherlyn had filed a police complaint alleging defamation and sexual harassment against Rakhi last year, who was recently questioned by police in connection with the case.

Amid the ongoing Rakhi-Adil spat, Sherlyn has commented on the matter, accusing the two of doing everything they can to stay in limelight.

In a video shared by a paparazzo on Instagram on Thursday, Sherlyn Chopra shared her views on the ongoing fight between Rakhi Sawant and her husband Adil Khan Durrani. The actor said, "Mai kya bolu inn dono ke baare mein. Lekin itna mai keh sakti hu Adil ke sath kuch samay bitake - police station main - ki woh banda joh hai

shulja hua hai. Pata nahi kaise woh yeh pure jhamale mein fas gaya. But jitni dher maine usse baat ki aaise laga ki woh shulja hua banda hai (I am no one to say anything about Rakhi and Adil's matter, but from what I have learnt about Adil after spending time with him at a police station, he seems like a sorted person, but don't know how he landed in this whole mess)."

Sherlyn continued, "Aur maine boli bhi usko uske mum pe, tum toh suljhe hua lagte ho kaha aagaye tum? Kaisa fas

gaya yeh pure chakkar mein? Aur surkhiyo mein aane ke liye yeh zaroori nahi ki yeh log apas mein khitpit kare ya apne rishtey ka mazak banayee (I even told Adil he looks sorted so what was he doing with her? I feel they should not do such things just to stay in the limelight)."

She further said, "Mai kya bolu? Maine toh unke pati ko apne bhai mana hai. Bhai ke baare mein isi tarah ke baate sunn kar aacha bilkul nahi lag raha. Mai bus chahungi ki joh kuch bhi hai inn dono ke beech



Photo: Instagram

Weight Loss Tips: These Carb-Rich Foods Might Actually Fasten Your Weight Loss



It turns out you should continue eating some carbohydrates despite what we've been told for years. The word "carbohydrate" has a terrible reputation. They are frequently linked to type 2 diabetes, weight gain, and a number of other health issues.

It is true that refined grains and processed diets high in sugar frequently lack necessary vitamins and minerals. Numerous nutrient-dense, fiber-rich meals, however, might really be highly beneficial for your health.

Although some people may benefit from low-carb diets, there is no need to completely exclude high-carb items. In this article, we share nutritious and healthy carb-rich foods that might actually

boost your weight loss.

Add these carb-rich foods to your diet to fasten weight loss:

1. Oats

A very nutritious whole grain, oats are a fantastic source of numerous vitamins, minerals, and antioxidants. Furthermore, oats are a decent source of protein and have a higher protein content than most grains. According to research, eating oats may lower your cholesterol levels, hence lowering your risk of heart disease. In particular for those with type 2 diabetes, eating oats may lower blood sugar levels. Oats are also quite filling, which may aid with good weight management.

2. Barley

Barley, a cereal grain, may have the capacity to raise satiety-related

hormone levels. Boiling barley kernels can alter the microorganisms in your gut, which in turn can increase your metabolism, according to a Swedish study. This starch's high fibre content has also been reported to reduce hunger pangs, according to researchers.

3. Quinoa

Quinoa is a wholesome seed that has gained enormous popularity among consumers who are concerned about their health. It falls under the category of a pseudocereal, which is a seed that is processed and consumed like a grain. Quinoa cooked is a high-carb food since it has 70% carbohydrates. But it's also a fantastic source of fibre and protein. Quinoa has been linked to a num-

ber of health advantages, including better blood sugar control and heart health. Quinoa is high in numerous minerals and plant components.

corn. Being more content will probably cause you to eat less, which will result in consuming fewer calories. They are also a much better alternative to chips

Contrary to common belief, carbs are actually a beneficial addition to the diet if you're trying to lose weight. Try these 6 foods rich in healthy carbs.

Buckwheat

Buckwheat is regarded as a pseudocereal, similar to quinoa. Buckwheat is not linked to wheat, despite its name, and it does not contain gluten. As it contains both protein and fibre, buckwheat is particularly nutrient-dense. Compared to many other grains, it also contains more nutrients and antioxidants. Studies indicate that it might be especially advantageous for blood sugar control and heart health.

5. Popcorn

Next time you're hungry, try popcorn instead of crisps. Researchers from the food and health fields around the nation evaluated the short-term satiety of these two common snacks and discovered that most volunteers reported feeling less hungry and more satisfied after eating pop-

and other ultra-processed snacks.

6. Bananas

Bananas are a popular fruit that people enjoy using in a variety of ways. In addition to being rich in potassium and the vitamins B6 and C, bananas also contain a number of advantageous plant components. Bananas may help decrease blood pressure and enhance heart health due to their high potassium content. Green, unripe bananas have more starch. As the bananas ripen, this changes into natural sugars, which causes the bananas to turn yellow. Therefore, if you consume your bananas while they're less ripe, you'll often get more starch and less sugar.

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Instead of causing weight gain, these foods rich in carbs will help aid weight loss and boost your overall health.

HOW EATING FEWER CALORIES MAY HELP SLOW DOWN THE AGING PROCESS



Restricting calorie intake could help slow down the aging process, according to a study Trusted Source published today in the journal Nature Aging.

Researchers, led by the Butler Columbia Aging Center at Columbia University Mailman School of Public Health in New York, used DNA analysis from blood samples to measure the rate of aging and reported that calorie restriction slowed the aging process.

Participants included 220 healthy men and women in three different sites in the United States. The participants either continued with their regular diet or had a 25% reduction in their consumed calories.

The scientists followed the participants' diet and health for two years and took blood samples at the start of the study and again at 12 months and 24 months.

What researchers found in calorie restriction study The researchers reported a slowing aging process based on three DNA markers.

They said these results could provide a sense of what effects scientists can look for when completing trials for specific weight interventions, such as intermittent fasting.

"This study teaches us that keeping a person's body at a lean weight helps decrease the molecular changes on a cellular level that happen in response to aging," said Dr. David Selzer, an internal medicine specialist at NYU Langone Medical Associates in West Palm Beach and Delray Beach in Florida who was not involved in the study. "With that noted, life is not a test tube. People age for multifactorial reasons such as stress and anxiety, not just their diet."

"I agree that calorie restriction plays a role on the molecular level," Selzer told Healthline. "However, I think finding a healthy balance between caloric intake and daily exercise is more likely to lead to a longer lifespan."

Low calorie intake and healthy aging

The researchers are currently completing a follow-up study to see if calorie restriction has a long-term effect on healthy aging.

"The results make sense to me," said Dr. Raphael Kellman, an internist and functional medicine physician at Kellman Wellness Center in New York City. "However, nutrition studies are notoriously difficult to conduct, particularly long-term, as people naturally have trouble adhering to diets."

"I think you should take into consideration a few things," Kellman told Healthline.

"One, what kind of diet was the control group on vs. the calorie-restricted group? If the control group is overeating or eating a lot of unhealthy foods and the calorie-restricted group is eating a healthier diet, are the results due to the calorie restriction, or would just eating a healthier diet also have a positive impact?"

"Also, it is hard to know whether people are truly adhering to a diet unless their food is strictly controlled and monitored," Kellman added.

Vitamin B12: Why do you need it, how should you take supplements?

A vital nutritional element, Vitamin B12, also referred to as cobalamin, plays a crucial role in supporting various processes in the body. The smooth functioning of the nervous system and the formation of red blood cells heavily depend on adequate supply of Vitamin B12. Furthermore, it prevents anemia, protects the eyes from macular degeneration, regulates DNA and produces energy. These are the reasons why people must ensure sufficient intake of this vitamin in order to maintain health.

A deficiency of this vitamin in the body leads to insufficient oxygen supply to the different parts of the body. It also causes memory problems, weight loss, skin pigmentation, menstruation issues and so on. The body needs a continuous supply of this vitamin to successfully meet all requirements. A pertinent question arises here, what is the exact quantity of Vitamin B12 our body requires every day?

The daily requirement of



Vitamin B12

People above 14 years of age need to consume 2.4 micrograms (mcg) every day. However, the requirement changes with the calorie our body needs at a particular time. For instance, a pregnant woman needs to ensure an intake of 2.6 mcg, and a lactating woman 2.8 mcg daily. In order to maintain health and provide the necessary amount of the vitamin to the body, people must adhere to these standards.

In cases of deficiency, people may notice symptoms such as fatigue, headache, difficulty in concentration and others. This condition can be avoided with the intake of Vitamin B12-rich

foods such as eggs, milk, fish, chicken, peanut, sweet potato, dairy products and so on. However, animal-sourced food products are considered the best source of Vitamin B12.

Deficiency of Vitamin B12

People who strictly follow a vegetarian diet remain at a risk of deficiency. Additionally, congenital diseases and genetic intrinsic factor abnormalities can cause severe vitamin B12 deficiency. Older adults, people with gastrointestinal conditions, and those on certain medications, including proton pump inhibitors and metformin, may need to take a supplement. The noticeable signs of a lack of

Vitamin B12 in the body may include:

- Chronic fatigue
- Shortness of breath
- Pale skin
- Mouth sores
- Bleeding gums
- Constipation
- Diarrhoea
- Loss of appetite
- Joint pain
- Vision loss
- Dementia

So, the deficiency of Vitamin B12 is a serious issue and must be given due attention.

Sometimes, people need to provide this vitamin to the body through supplements, either orally or through Vitamin B12 injections. But the decision to take supplements must be taken after consultation with a doctor. The absorption of vitamin B12 can vary from 56 per cent of a dose of 1 mcg to 0.5 per cent of a dose of 1,000 mcg. Therefore, if someone consumes vitamin B12 less frequently, they will need a higher total amount to achieve desired

absorption.

Oral supplements

Depending upon the level of deficiency, a doctor may recommend a high dose of an oral supplement, up to 1,000 mcg. This can be extremely efficacious in dealing with the situation. Besides, oral supplements are cost-effective and leave almost no side effects.

Injection: In extreme situations and to deal with Vitamin B12-induced anaemia, injections are recommended. The doses depend on the level of deficiency in the body.

The overdose of this vitamin doesn't affect health. The body uses the required amount and excretes the excess amount through urine. An increase in water intake can help release the extra amount of this vitamin in the body. You must take care of your body and keep an eye on abnormal signs. You must adopt a healthy lifestyle and take a proper diet containing all the nutrients.

What Happens When You Cut Down On Sugar Completely? 5 Side Effects To Keep In Mind

We share a bittersweet relationship with sugar. While we love indulging in all things sweet and decadent, it is also touted as the main culprit for several lifestyle-related diseases including diabetes, obesity and more. Sugar and sugary foods are loaded with fat. As per popular belief, fat adds excess calories to our everyday diet. What if we say, it is not exactly how you think? Days of eating on fat are long gone. Now, there are multiple pieces of evidence to support the fact that fat (one of the major macronutrients) plays an essential role in our overall growth and nourishment. In fact, eliminating sugar from our diet completely might come with several side effects.

In this article, we will look into how cutting down on sugar affects your body and how effectively you can include it in your diet. Let's start with understanding what sugar is. What Is Sugar? Sugar, to most of us, is the food ingredient that we add to our meals. What we often fail to understand is the fact that sugar is actually a com-



ound, which when crystallised, turns into a food ingredient. According to www.sugar.org, sugar is sucrose (a mix of fructose and glucose), "a simple carbohydrate that is produced naturally in all plants, including fruits, vegetables and even nuts." For the unversed, carbohydrates help provide energy to your body and fuel the brain, organs and muscles to function and engage in everyday activi-

ties. Hence, experts from across the globe suggest, it is important to include sugar in our daily diet, but in moderation. "Sugar is simple, amazingly functional and it's part of a balanced diet," the website further reads. Photo Credit: iStock/What Is Added Sugar? Added sugar is any form of sweetener that undergoes processing, which further strips off the healthy nutrients from the food. According to

American Heart Organisation, added sugar includes white sugar, brown sugar, honey and all the foods that are manufactured chemically with these ingredients. 5 Side Effects Of Cutting Down On Sugar. 1. Makes us feel low: A cake or chocolate instantly

glucose levels. When there is a lack of this fuel source, you might experience different cognition-related issues. As per studies, it might lead to a lack of concentration, focus and poor memory. 3. Sleep problem: Sleep pattern depends much on our cognitive

know, sugar is a potent source of glucose and glucose helps refuel us with energy. With quitting sugar, the body's glucose level gets affected. This often makes people feel tired and lack energy for work. How To Include Sugar In Your Diet Effectively? 1. Add fruits: Sugar is naturally produced in fruits (and some vegetables). Hence, it is always advised to replace cakes and candies (that have added sugar) with fruits and dry fruits to include healthy fats in your diet.

Photo Credit: iStock2. Swap sweetened drinks: Colas and packaged sweet drinks are also high in added sugar. You can always replace these drinks with freshly pressed fruit juices or simple soda (with mint, lemon etc for added flavours) to enjoy the benefits to the fullest.

3. Read labels before buying: Do you read the sugar content in packaged food every time you buy it? If not, then start doing now! Several foods and condiments sneak in added sugar that might affect our body negatively.

Sugar Effects: We often fail to understand the fact that sugar is actually a compound, which when crystallised, turns into a food ingredient.

uplifts our mood. Have you ever wondered why? As researchers, sugar is known to affect our brain's reward system, further affecting our mood. A study, published in the journal nutrient, finds that sugar triggers the release of dopamine, which instantly gives us a sense of pleasure. When we eliminate sugar from our diet, it often leads to depression, anxiety, untimely cravings and more. 2. Lack of concentration: Brain functions such as thinking, memory and learning are closely linked to the body's

health that is directly linked to the body's glucose level. According to a study, published in the American Journal of Lifestyle Medicine, people who are on a sugar detox diet, lack glucose (in the body) and often experience changes in their sleep pattern. 4. Nausea and dizziness: As mentioned earlier, sugar is fat, which is considered one of the macronutrients that our body needs. A lack of sugar often creates an imbalance, leading to weakness, nausea, dizziness and more. 5. Lack of energy: By now, we all

DC Kishtwar reviews patient care scenario at Rogi Kalyan Samiti meeting



JJ NEWS SERVICE
KISHITWAR, FEBRUARY 10: To review the functioning and patient care scenario in the district Hospital Kishtwar, Deputy Commissioner (DC) Dr. Devansh Yadav, today chaired a meeting of the Governing Body of "Rogi Kalyan Samiti" (RKS).

The meeting was attended by Chief Medical Officer, Dr. Mohammad Yaqoob Mir, EXEN PWD, Ravinder Kumar, EXEN, PHE Sanil Kumar Sharma, Medical Superintendent District Hospital, Dr

Javeda Qazi, BMOs, prominent persons and other RKS members. The DC took a detailed review of the functioning and fund flow of the District Hospital Kishtwar besides the progress of the institution under different indicators. A threadbare discussion was held on the measures required with respect to the up-gradation of the Hospital. The meeting was informed about various issues and requirements for the augmentation of health infrastructure and overall advancement of the

healthcare system in the Hospital. The DC assured all possible support from the Administration for infrastructure development of the Hospital to further improve patient care in the hospital. The Deputy Commissioner directed the concerned to follow the objectives as envisaged in RKS guidelines and stressed for resource generation and strengthening transparent mechanism in utilization of funds. He directed the concerned Tehsiladar to demarcate the land identified for Parking

space in the hospital premises. During the meeting the Samiti approved the enhancement of Honorarium Rs 2000 in favour of HDF employees on a pro-rata basis. The DC asked the officers to work with added zeal and dedication to ensure efficient and prompt health and patient care facilities to the people. The concerned EXENs were directed to ensure the completion of pending repair and construction works in various healthcare facilities including the Eye Block at DH Kishtwar, approaching road to Sub Centre Bhadat, allied works in SC Ligri and Galabgarh and PHC Afti, so that they can be handed over to the Health department for the better health care facilities being provided to the common masses on smooth basis.

2-day Int'l Conference "Science for Survival to Explore the Unexplored Dimensions" held at GCW Udhampur

UDHAMPUR, FEBRUARY 10: Government College for Women Udhampur organized a two day international conference on the theme "Science for Survival: To Explore the Unexplored Dimensions". Principal Secretary, Higher Education Department, Alok Kumar was the chief guest of the event, who joined the conference through virtual mode. Director Colleges, Prof. (Dr.) Yasmeen Ashai was the guest of honor and she also joined through virtual mode. The special guests of the event were Additional District Development Commissioner, Udhampur, Ghan Shyam Singh, Additional SP Anwar-ul-Haq; Dr. Udhay Bhanu, principal GDC Ramnagar, Rajinder Kumar Digra, District Information Officer, the Principals of various government colleges of Jammu division also graced the occasion with their presence. Dr. Monika Sharma, Principal of the college and convener of the conference presented a formal welcome address to the chief guest, guest of

honor, resource persons and other dignitaries. She also welcomed the resource persons who have joined this conference from overseas through virtual mode. In her welcome address, the principal raised the critical global issues and grand challenges such as climate change, pandemics, energy security, water management, and food shortage and she also hoped that the conference will put some light on these issues which eventually will lead to the solutions. Dr. Anita Sharma, co-convener of the conference gave introductory remarks on the theme of the conference. She asserted without science there is no human growth, no technological advances and no knowledge generation and she explained the significance of the conference by expressing her ideas on it. She believed that scientific knowledge, scientific processes are important avenues for researchers to share and discuss research findings. It also acts as a platform to exchange ideas and insights and to network for collaboration and career

development. It can benefit the student in so many ways. Dr. Kewal Kumar, organizing secretary of the conference, briefed the proceedings of the conference. He explained the motive behind organizing such a mega event. He stated that the institution is an undergraduate institute having girl students only and the students mostly belong to rural background. Most of the girls even don't know what a conference is, what happens in a conference? So, this conference is an attempt to ignite the young and budding minds towards scientific approach. The students through this conference shall learn the significance of the research and innovation. Keynote speaker, Dr. OP Vidyarthi (Retd. IFS), former principal chief conservator, Forest department, UT of J&K deliberated on the theme of the conference with the presentation entitled "Decade of Ecosystem Restoration: Challenges of Solution." He argued that there is a need to restore our nature & environment. He further discussed the bio-diversity of the region.

DC Kathua reviews functioning of Health Sector, implementation of govt Schemes

Calls for 100 % saturation of AB-PMJAY, ABHA registration, achieving target of Leprosy, TB free district

JJ NEWS SERVICE
KATHUA, FEBRUARY 10: Deputy Commissioner, Kathua Rahul Pandey today chaired a meeting to review the functioning of the health sector and patient care facilities in the district. The meeting was attended by Chief Medical Officer, Dy. CMO, Medical Superintendent, AH, GMC Kathua, District Tuberculosis Officer, BMOs, besides concerned officers and officials of health department. A threadbare discussion was held on various issues like Health Care achievements, Patient care, ABDM, RBSK, NCD, NVBDCP and other related issues. The CMO gave a detailed overview through

powerpoint presentation and projected various issues regarding present status of AB-PMJAY Cards, institutional deliveries, requirement of ambulances in remote blocks, NTCP, NMBRA, PCPNDT Act and other schemes and programmes of the health department. The DC also took feedback about the implementation of various schemes and programmes under the National Health Mission, including RBSK, Leprosy Mukti and TB Mukti Panchayats across the district. The DC asked for focusing on daily monitoring of progress made under AB-PMJAY besides registering beneficiaries under ABHA through door to door sur-

veys. He also laid focus on making a workable action plan to target saturation left out areas by putting in sincere efforts by concerned Block Medical Officers. Expressing his concern about low institutional delivery in the district, DC asked the concerned BMOs to encourage masses to opt for institutional delivery. He said efforts will be made to rationalize availability of the ambulances across the district to cater emergency cases in a better way. During the meeting detailed deliberations on issues like availability of online services, Addition Treatment Facility (ATF), aggressive Sampling of TB cases were also held.

Change of Land Use: DLC approves 02 cases in Rajouri

RAJOURI, FEBRUARY 10: District Level Committee on change of land use met here today under the chairmanship of the Deputy Commissioner Rajouri, Vikas Kundal to discuss and approve the applications received online from the applicants from across the district. The Committee, after a threadbare discussion, approved 2 cases of conversion of agricultural land for non agricultural purposes. The DC directed concerned departments to ensure timely issuance of NOCs to the applicants after proper verification of documents and rules under conversion Regulations, 2022. Officers who attended the meeting included ADC Rajouri, Sachin Dev Singh, CEO RDA, Vivek Puri, ACR, Imran Rashid, Kataria; CAO, Sohan Singh, SE PWD(R&B), Kamal Kishore, Ex:En STD Kalakote.

District Level Training Programme on development of Seed Multiplication Chain, Exotic Vegetables held at Kishtwar

JJ NEWS SERVICE
KISHITWAR, FEBRUARY 10: Continuing the series of training programmes under the Holistic Agriculture Development Programme, a District Level Training session was today conducted here in the Office premises of Chief Agriculture Officer, Kishtwar. The training programme was focused on the creation and development of certified Seed and Seed Multiplication chains, besides development of Vegetable particularly Exotic Vegetables in the district under Holistic Document. During the programme, the speakers highlighted the fact that owing to special agro-climatic conditions (Himalayan conditions) of the region there is vast potential for the pro-

duction of exotic as well as traditional vegetable sector and under holistic development of Agriculture and allied sectors a special focus has been shifted towards this field. Special lectures were delivered on "Promotion of Vegetable/ Exotic Vegetables in the training programme by various experts. The speakers and resource persons said that the vegetable sector has huge scope in the district and could generate a large number of employment opportunities. They said that under the holistic document a special programme has been designed for this purpose so that maximum opportunities under this sector could be explored. CAO asked the officers to work in close coordina-

tion so that the desired results could be achieved under all the projects of the Holistic Document. Besides, during the training programme, it was envisioned that there is a need for creating certified seed producers so that the seed multiplication chain is established as documented in a holistic document and such programmes are instrumental in the process to make the Kishtwar District seed sufficient. The training programme was conducted under the close supervision of Chief Agriculture Officer (CAO) Kishtwar Amjad Hussain Malik. **AHD staff conducts cleanliness drive in DC office complex Kishtwar**

GLIMMER OF HOPE:

Nowshera Forest Div strives to create Livelihood options under Green India Mission

JJ NEWS SERVICE
RAJOURI, FEBRUARY 10: A new ray of hope is shining bright towards the employment generation for the locals in Nowshera Forest Division as J&K Forest department is continuously working towards livelihood options and exploring employment generation under Green India Mission involving youth and women, especially in the Chir. Zone ecosystem of J&K UT. To cater to the employment demand of local people, Nowshera Forest Division has organised three local employment generating training programmes under the banner of Green India mission which includes high density Fruit plants, one month training course of tailoring & stitching, six month basic

computer course and all these aim to diversify the livelihood option of local peoples. In this programme a detailed demonstration of plantation of high density fruit plants was imparted to the locals by the experts and 250 high density fruit plants were distributed among farmers. In addition to this one month training course of tailoring and stitching were started and 10 sewing machines were distributed among local female trainees. In another event, Samriti Van at Dharpur Mandir Sunderbani was inaugurated in presence of Mandir Samiti and other Locals of the area. The programme was facilitated by Worthy Commissioner/Secretary to Government,

Department of Forest, Ecology and Environment, J&K Sanjeev Verma, Director, Department of Social Forestry Roshan Jaggi (PCCF), Addl. Pr. Chief Conservator of Forests, Jammu B.M Sharma, CF West Circle Rajouri, Vivek Verma (IFS), DFO Rajouri Dr. A.D Singh, DFO Nowshera Mrs. Neelima Shah, Kartar Singh, ADC Nowshera, Bodh Raj (BDC Chairman), Narinder Sharma, MC Chairman Nowshera, Rohit Kohli, Councillor Nowshera alongwith other PRI members and local peoples. The whole programme was organized by Anil Kumar Bhagat, Range Officer Nowshera, Rakesh Verma Range Officer Sunderbani, Sudesh Kumar, Range Officer Lamberi.

District Employment & counselling Centre Poonch organises Job Fair-2023



JJ NEWS SERVICE
POONCH, FEBRUARY 10: District Employment and Counselling Centre (DE&CC) Poonch organized a Job Fair to provide job opportunities to the youth of the District. As many as 4 employers from different sectors participated in the event which included companies like SBI Life, HDFC, LIC of India and Am Hyundai. The event witnessed an overwhelming response from job seekers as over 250 unemployed youth from across the district participated in the event. More than 50 Job Seekers with varied skills were shortlisted by the companies for different jobs, while participating candidates were also registered on the employment portal. Deputy Director Employment Mohammad Rafiq, interacted with the Jobseekers and Job providers. He expressed satisfaction over the success of the Job fair. He added that such events would be made a regular feature to benefit the maximum number of local youth.

DC Kathua reviews functioning of Revenue Department

Asks officers to intensify anti-encroachment drive

JJ NEWS SERVICE
KATHUA, FEBRUARY 10: Deputy Commissioner Kathua, Rahul Pandey chaired a meeting of Revenue officers to discuss revenue matters here in the Conference Hall of the DC office complex, today. The DC took a comprehensive review of the ongoing anti-encroachment drives being carried out by the district administration. He laid emphasis on furnishing a daily report regarding removal of encroachments for appraising the higher authorities about the progress. Taking review of the SWAMITVA scheme, the DC exhorted the revenue officials to speed up the mapping process of the revenue villages besides expediting the



digitisation process of revenue records within the set timelines. The DC also directed the revenue officials to identify land in their respective Tehsil for creation of assets for important projects including parking spaces. The DC called upon the Tehsiladars to exercise due care in the appointment of Lambardar/ Chowkidar by ascertaining the character antecedents of applicants. The DC also emphasized upon revenue officers to dispose of the pending matters

regarding the Revenue Court Cases Monitoring System (RCCMS) on priority besides uploading their updated status on the prescribed portal regularly. Other issues such as digitization of cadastral maps, status of eviction of Roshni land, land acquisition cases, change of land use cases were also discussed at length wherein thrust was laid on regular monitoring and reporting of actions taken during the field visits. It was discussed that the EXN Divisions and AEE Subdivision will

DC Rajouri resolves issue hampering execution of work on sub-centre Chambi Trar

JJ NEWS SERVICE
RAJOURI, FEBRUARY 10: Deputy Commissioner Rajouri, Vikas Kundal today resolved bottlenecks impeding the construction of work on the sub-centre building at Chambi Trar. It is pertinent to mention here that there were some issues with the locals over the construction site of the

sub-centre building which was causing delay in the execution of work. Sensing the gravity of the situation and the importance of the health sub-centre, the Deputy Commissioner met with both parties and the issue was resolved amicably during a threadbare discussion held in a meeting attended

by ADC, CMO, BMO, and PRIs concerned. The Deputy Commissioner said that these constraints often lead to delays in construction and completion becomes tardy. He also said that we cannot afford to ignore the fact that timely completion of these vital projects is something which projects compromise may

have an adverse effect on the lives of the rural populace. He also said that boosting the health infrastructure is the priority of the Government and appealed to the public to shun these minor self interests over large community benefits and not create impediments on the way of development.

Rajouri: Newly created Chief Er, E-XN Offices all set to start function from April 2023

JJ NEWS SERVICE
RAJOURI, FEBRUARY 10: The newly created Executive Engineers PWD Divisions, AEE Subdivision and Office of the Chief Engineer PWD in the Rajouri district are all set to start function from April, 2023. To give a push towards their functioning, District Development Commissioner, Vikas Kundal discussed the necessities in this regard here in a meeting.

The meeting laid stress on early and smooth functioning of the newly established offices and the steps that need to be taken to make the offices operational from April 1, 2023 as per the date communicated by the Government. The District Development Commissioner stressed on the importance of these offices in addressing the infrastructure needs of the district and enhancing the overall develop-

ment of the region. The meeting was informed that the Government has sanctioned one Chief Engineer Office for Rajouri, three EXN Offices for Thanamandi, Kotranka, and Kalalote, and respective AEE subdivisions, and it is essential to make them functional as per the dates communicated by the Government. It was discussed that the EXN Divisions and AEE Subdivision will

J&K Bank awarded for promoting digital payments

Such recognition will drive us to achieve greater excellence: Baldev Prakash

JJ NEWS SERVICE
SRINAGAR, FEBRUARY 10: Achieving another feat in digital payment domain, J&K Bank bagged an award for its outstanding performance in promoting digital payments during FY 2021-22. The Bank has achieved 2nd highest percentage of digital payment transactions in Small and Micro Category of private sector banks.

MD & CEO J&K Bank, Baldev Prakash received the felicitations from Union Minister of Electronics & Information Technology, Railways, and Communications, Ashwini Vaishnav at "Digital Payments Utsav" celebrated by Ministry of Electronics and Information Technology (MeitY, Govt) at India Habitat Centre, New Delhi. Bank's Chief Digital Officer



Naveed Zargar was also present on the occasion.

While expressing his gratitude, Baldev Prakash attributed the reception of award to the persistent efforts of Bank's Staff. He said, "It is a moment of great satisfaction for all of us as we see our extra efforts to realise the vision of Digital India not only fruitifying but getting

acknowledged and awarded at the prestigious platforms of the country. I congratulate every member of J&K Bank Family for this wonderful accomplishment. "And I am sure, such recognition will drive us to achieve greater excellence not only in promoting digital payments but other aspects like digital lending as well", he added.

He further said, "To encourage digital banking in our operational geographies we have embarked on digital transformation journey. The digital mission of the Bank is to improve the customer experience by providing them digital banking services that are convenient, easy, affordable, quick and secure."

With the proactive measures taken to encourage digital payments, the Bank had successfully surpassed the Digital Payment Transaction target allocated by MeitY for the financial year 2021-22.

Pertinently, J&K Bank has bagged 'Utkarsh Puraskar - 2020-21' last year also for being one of the top two achievers in digital payment transactions under the category of Small and Micro banks.

JKHPMC to develop Shopian as 'Apple Cluster', with MoA&FW, NHB support

JJ NEWS SERVICE
SRINAGAR, FEBRUARY 10: JKHPMC has started the process of developing Shopian as an 'Apple Cluster', recently approved by Union Ministry of Agriculture and Farmers Welfare (MoA&FW) at an estimated cost of Rs. 138 crores, under Cluster Development Programme (CDP). The letter of acceptance issued by the Ministry in favour of JKHPMC with M/s. FIL Industries Limited, as the implementing Agency with technical support by National Horticulture Board's (NHB). In this regard, the NHB's team from New Delhi were on two-day visit to Srinagar and Shopian on 9th and 10th February, 2023 for finalizing the components to be set up by FIL Industries in



the Apple Cluster, under the programme. The team of HMB comprising Joint Director, NHB, R.K. Agarwal; Dy. Director NHB (J&K Chapter), Sansar Ahmad and other officers held a joint meeting with JKHPMC officers and representatives of FIL industries for finalizing the components. The team alongwith officers of JKHPMC, during the visit, also

visited Shopian and called on Deputy Commissioner Shopian and apprised him about the land required for developing nurseries in the Shopian Cluster. During the interaction, DC Shopian expressed satisfaction over the programme and assured JKHPMC that the district would make available the required land banks for the optimum implementation of the pro-

gramme. The NHB team also visited FIL Industries facilities at Rangreth, Srinagar and assessed the requirements under the CDP.

Pertinently, the programme has to be executed with respect to three end to end verticals, viz: Pre-production & production, post production & value addition and logistics & marketing in a span of four years.

Secretary H&ME reviews progress on implementation of RBSK in J&K

JJ NEWS SERVICE
SRINAGAR, FEBRUARY 10: Secretary, Health & Medical Education, Bhupinder Kumar, today reviewed implementation of Rashtriya Bal Swasthya Karyakam (RBSK) and functioning of District Early Intervention Centres in J&K in a meeting held at Civil Secretariat, here.

It was informed in the meeting that during the current financial year, 83.90 per cent of government schools and 80.11 per cent anganwadi centers have been visited by RBSK Mobile Health Teams for conducting Health Checkup of children till date.

Secretary directed all the Chief Medical Officers to complete the screening of children enrolled in government schools and anganwadi centers before the closing of financial year.

He directed that CMOs shall ensure that teams under RBSK carry out screening of all children in the pre-school age enrolled at Anganwadi centres at least twice a year besides screening of all children studying in government and government aided schools.

Secretary laid stress on making District Early Intervention Centers functional in all aspects for providing support to the referred children so that children diagnosed with identified health conditions

receive follow up including surgeries at tertiary level, free of cost so that the benefits reach to the needy people across the UT.

Ayushi Sudan, Mission Director, NHM J&K, informed that UT has started online portal for data capturing under RBSK and in the first phase uploading of screening data by the Mobile Health Teams on daily basis has been made functional and all MHT's are now uploading the data on the online portal.

Dr Mohammad Shafi Koka, State Nodal Officer NHM J&K, informed about the guidelines of branding for Ayushman Bharat Health and Wellness Centres and organizing of Health Melas at HWCs on monthly basis.

On the occasion, a presentation regarding RBSK was made by Dr Syed Gazala Nazki, Programme Manager, RBSK.

The meeting was attended by Director Health Services Kashmir, Dr Mushtaq Ahmad Rather, Chief Medical Officers, Medical Superintendents of Associated Hospitals of Government Medical Colleges and District Hospitals, Programme Manager RBSK, DEIC Managers and other officers from State Health Society, NHM in person and through video conference.

Power shutdown

JAMMU, FEBRUARY 10: Chief Engineer (Distribution) JPDC, Jammu has informed that the power supply to Gandhi Nagar, Nanak Nagar, Railhead Complex, Jammu University, DC Office, Boria PHE, Sunjwan, Narwal, Bathindi, Channi Himmat, Transport Nagar and the areas being fed from Grid Stations- Sidhra, Janipur, Jhajarikoti, BBI and BBI-II shall remain affected on February 12 from 10 am to 4 pm.

Similarly, the power supply to Jhajarikoti, Janipur, Lakad Mandi, Patoli, Janipur Colony, Pamposh Colony, Ambdhar Nagar, High Court, Daily Excelsior, Statistical Office, Upper Barnai, Lower Muthi, Paloura, Dogra Hall, Rehari, Resham Gar Colony, Bus stand, Jewel, Hari Market, Raghunath Bazar, Kaleeth Mohalla, Kanak Mandi, Mandia, New Plot, Sarwal, Part of Karan Nagar.

Secretary PD&MD visits Ganderbal, reviews development projects

JJ NEWS SERVICE
GANDERBAL, FEBRUARY 10: Secretary, Planning Development & Monitoring Department (PD&MD), Dr. Raghav Langer, today conducted extensive visit of Ganderbal district and reviewed progress on various development projects under implementation in the district.

In this regard, Secretary convened a review meeting in which all district and sectoral officers were present.

While taking department wise review, Secretary directed all the officers to work in tandem so that all set targets under various schemes are achieved in timely manner.

DDC presented a detailed profile about development scenario of the district through a power point presentation.

Secretary was apprised of the initiatives started by the district administration to achieve 100 per cent enrolment of out of school children. He asked to start bridge classes for the newly enrolled students under Mashal-e-Gaash programme, an initiative by the district administration

to achieve cent percent literacy rate in the district. He directed the officers to focus on learning outcomes for improvement of education standards at various levels in light of New Education Policy.

He stressed upon all the officers to further improve the service delivery mechanism in order to provide quality services to the common people. He asked the District Social Welfare Officer to conduct door to door campaign to make common people aware about the welfare schemes launched by the government. He also asked for displaying the help line numbers at main places so that the needy people can seek help from the departments as and when required. Raghav Langer directed Superintendent Engineer, Jal Shakti, Circle Ganderbal, to expedite the pace of work on approved Water Supply Schemes. He also asked for ensuring coverage of left out households under JJM. Secretary asked the officers of agriculture and allied sectors to put in all efforts for increasing the productivity and ensuring market linkages

in order to benefit the farming community. He directed the Chief Animal Husbandry Officer, Ganderbal, to coordinate with NRLM for formulation of dairy collection centres by registered Self Help Groups.

While reviewing Fisheries department, Secretary was informed that two units under FIDF (Fisheries Infrastructure Development Fund) are in progress in the district, one unit namely K2 Aquaculture (RAS) has been sanctioned for Rs. 47.00 crore while another unit with the project cost of Rs. 7.00 crore is likely to be sanctioned soon. He was apprised that the Trout Fish production, after the completion of the projects, is expected to increase by 1000 tonnes per annum in the district.

It was informed in the meeting that Ganderbal has been ranked as number one district in J&K in implementation of PMMSY scheme and efforts will be geared up to maintain the status and make the district capable of exporting regular consignments of frozen Rainbow Trout to various countries.

DC reviews status of works under Jal Jeevan Mission at Kulgam

DIRECTS TO SCALE UP PACE ON ONGOING WORKS; STRESSES ON CONDUCTING MORE IEC ACTIVITIES

JJ NEWS SERVICE
KULGAM, FEBRUARY 10: The Deputy Commissioner (DC) Kulgam Dr. Bilal Mohi-Ud-Din Bhat today convened a meeting of concerned Officers to review status of works under Jal Jeevan Mission (JJM) in the district.

During the meeting, the DC took detailed review of physical and financial progress made on various JJM Works.

Executive Engineers from Qazigund and Kulgam Divisions informed the chair that there are 218 works and 140 schemes/projects under JJM in the district.

Out of 218 works, 201 works stand tendered, 146

allotted and 108 works have been taken up while as 04 works stand completed.

The DC emphasized that every effort has to be made to ensure that the goal of tap water to all households must be achieved as per the projected timeline. He said that the Mission is envisioned to provide safe and adequate drinking water through individual household tap connections to all households.

He directed all the concerned officers to scale up pace on works under JJM so that the target can be achieved within the stipulated period.

He asked the officers to regularly monitor the

quality and progress on all allotted works for time-bound completion.

The DC said that information dissemination is an important component of the mission and stressed on conduct of more widespread IEC activities.

During the meeting, the DC also reviewed the functioning of Pani Samitis and it was informed that all Pani Samitis are functional in the district.

The meeting was attended by JD-Planning Zahid Sajad, ACD Mohammad Imran Khan, ACP Shurjeel Ali, CMO, Executive Engineers from Qazigund, Kulgam, AEs and other concerned Officers.

'SHE IS A CHANGE MAKER PROJECT'

IMPARD to organize CBPs for ULB women members of Kashmir Valley from Feb 13

JJ NEWS SERVICE
SRINAGAR, FEBRUARY 10: As part of Capacity Building Programmes (CBPs) being held under ambitious "She is a Change Maker" project, the third programme would be held from February 13 to 15 at IMPARD, main campus, Srinagar, for women members of Urban Local Bodies and office bearers from all districts of Kashmir Valley.

Pertinently, Jammu and Kashmir Institute of Management, Public Administration and Rural Development (IMPARD) in collaboration with National

Commission for Women is organizing a series of CBPs for women members of Panchayats, Zilla Parishads, Urban Local Bodies and Office Bearers of J&K under "She is a Change Maker Project".

In this regard, two programmes have already been conducted for the women representatives of Panchayats, Block Development Councils and District Development Councils.

The series is being fully sponsored by the National Commission for Women to foster Gender Responsive Governance in the system.

Orientation/ Training programme under holistic development of Agriculture & allied sectors held at Anantnag

To create Agri-skilled Human Resource, Department's priority: Chowdhury Iqbal

JJ NEWS SERVICE
SRINAGAR, FEBRUARY 10: The Director Agriculture, Kashmir, Chowdhury Mohammad Iqbal today inaugurated district level orientation cum training programme under the holistic development of agriculture and allied sectors at DAK Banglow Khanabal, here.

Addressing the participants, the Director Agriculture highlighted the importance of projects under holistic document. He said under the holistic document, the department is aiming to create an Agri-skilled human resource so that the implementation of different projects could be done in a more comprehensive manner.

He said that this document (holistic document) will be a game changer in the overall development of the agriculture sector in the UT of Jammu and Kashmir. He said the projects have been designed in such a way that the potential in all the allied wings would be explored to their capacity.

Director Agriculture impressed upon

the officers of agriculture and allied departments to work in close coordination so that the set targets under different projects, the desired results could be achieved.

He said the orientation cum training programme under holistic document is aimed to raise awareness among the officers regarding various approved projects so that the same could be implemented on ground in a comprehensive manner.

The Training Programme was attended by Chief Agriculture Officer Anantnag, Chief Horticulture Officer, District Agriculture Officer Extension Anantnag, Mushroom Development Officer Anantnag, Area Development Officer, Anantnag, District Level SMSs and SD level officers also participated in the programme.

Earlier, Director Agriculture visited Ganderbal and addressed the officers of agriculture and allied departments in a district level orientation cum Training programme.

Fisheries, Agriculture departments organise training programme at Kupwara

JJ NEWS SERVICE
KUPWARA, FEBRUARY 10: An orientation cum training program under holistic agriculture development with the theme "Technological interventions in Fish seed and Trout production" was today organised by the Fisheries department in collaboration with the Agriculture Production department at Kupwara.

The main aim of this training programme was the capacity building of

field functionaries and farmers in order to improve the socio-economic condition of farmers. Programme was attended by officers and field functionaries of fisheries, agriculture department, progressive farmers and scientists from Chief agriculture officer Kupwara, Gulham Mohammad Dhoi while inaugurating the training programme said that schemes related to agriculture, Fisheries, and allied sector are welfare oriented

schemes and their benefits are reaching to eligible and deserving farmers across the district. On this occasion, Assistant Director (AD) Fisheries Kupwara, Sajad Hussain said imparting training to field functionaries and farmers is of pivotal importance.

He said there is no dearth of water bodies in Kupwara district, but there is need to increase the fish productivity with sustainable approach, and innovative methods.

DSW, ICDS Kulgam organize Awareness/ Enrollment drive for Sukanya Samridhi Yojana Account scheme

JJ NEWS SERVICE
KULGAM, FEBRUARY 10: The Department of Social Welfare (DSW) Kulgam in collaboration with ICDS and Department of Posts Kulgam today organised a day-long awareness cum enrollment drive for Sukanya Samridhi Yojana Account scheme at Town Hall, here.

The program was held under the theme 'Beti Bachao Beti Padhao' (BBBP), to address the issue of declining child sex ratio along with related issues of empowerment of Women.

Present on the occasion were Tehsil Social Welfare Officers, Officials of District Hub for Empowerment of Women

(DHEW), One Stop Centre for Women (OSC) Kulgam, Officials from Post Office Kulgam and Field Officials from Social Welfare Department and ICDS Kulgam. Speaking on the occasion, Tehsil Social Welfare Officer Kulgam (Hq) Muzaffer Ahmad Rather gave a detailed introduction about

Sukanya Samridhi Yojana and Beti Bachao Beti Padhao campaign. District Mission Coordinator DHEW Kulgam, Tanseena Nazir highlighted the features as well as benefits of the scheme. Gender specialist Saba Mogul from DHEW stressed on the financial empowerment of Women.

Prerna Puri inaugurates JaKeGAs' workshop on e-Office



JJ NEWS SERVICE
JAMMU, FEBRUARY 09: J&K e-Governance Agency (JaKeGA) in collaboration with National Informatics Centre, J&K, today organized one day workshop to sensitize and train the officers and officials regarding e-Office implementation up to tehsil level.

Addressing the inaugural session, Commissioner Secretary, Information Technology Department, Prerna Puri, lauded the efforts of technical agencies for educating the participants about the significance of e-Office in present era of technological advancements. She highlighted that e-Office is crucial for increasingly digital nature of governance at all levels.

Commissioner Secretary emphasized the need for imparting requisite master training to the District Level Nodal Officers for ensuring e-Office expansion up to the tehsil level. Chief Executive Officer, JaKeGA, Abhishek Sharma, in his address, briefed the importance of e-Office in ensuring a more responsive, accountable and

transparent dispensation to people. He also highlighted a descriptive detail about achievements recorded, so far, under e-Office initiative. He exhorted upon the district level nodal officers to share information about all officials up to tehsil level to onboard all employees on e-Office.

During the workshop, a presentation was given by JaKeGA project team while technical demonstration session was also conducted which was attended by about 150 officers and officials of various district and tehsil administrations. Among others, the workshop was attended by State Informatics Officer Informatomics Centre, Saleem Khan and his team besides the project implementation team of JaKeGA.

Handicrafts & Handloom Jammu signs MoU with NIFT Srinagar on designing, branding

PPJ1 NEWS SERVICE
JAMMU, FEBRUARY 09: Directorate of Handicrafts and Handloom, Jammu and National Institute of Fashion Technology, Srinagar today signed a Memorandum of Understanding (MoU) here at Udyog Bhawan.

The MoU was signed in presence of Prashant Goyal, Principal Secretary, Industries & Commerce Department, J&K and Rohit Kansal, Union Additional Secretary, Ministry of Textiles, (Director General NIFT).

The MoU was signed between the two parties under the project titled "DESIGNING INNOVATIVE AND SUSTAINABLE PACKAGING AS A BRANDING INITIATIVE FOR HANDICRAFTS AND HANDLOOM SECTOR OF JAMMU".

The MoU document was signed by Dr. Vikas Gupta, Director Handicrafts and Handloom, Jammu, and Dr Javid Ahmed Wani, Director National Institute of Fashion Technology, Srinagar.

Secretary Industries & Commerce Department, Smita Sethi, MD JKTIPO,

Khalid Jahangir; MD Handicrafts & Handloom Corporation, Atul Sharma and other officers of Industries and Commerce Department were present on the occasion.

The objective of the MoU is to create a strategic and attractive packaging design solution for branding Jammu Handicraft and Handloom items in view of enormous potential of this sector for growth, export and wealth creation and also employment generation.

Speaking on the occasion, Prashant Goyal appreciated the effort of entering into MoU with NIFT Srinagar as having professionally designed packaging prototypes, in tune with the market-demand, would definitely increase the sales of products viz-aviz wage earnings of our artisans and weavers. Union Additional Secretary, Ministry of Textiles, Rohit Kansal, who is also DG NIFT, said that the Government of India is willing to support the artisans and weavers of Jammu and Kashmir in any capacity.

He said they can offer courses to these craftsmen to upgrade and

enhance their skills so that the products of these artisans will have value addition for better marketing.

The project envisages evolving of a roadmap to create unique and sustainable packaging to add value to the artefacts of the Jammu cottage industry. This will give a unique packaging presentation having international standards besides determining the unique selling point of chosen Jammu Handicraft and Handloom goods.

As part of the MoU, packaging prototypes for products such as Basohli Paintings, Basohli Pashmina, Phulkari embroidery, Lathu Cum Lacquer products and Calico printing products are expected in the first phase.

The artisans and weavers present on the occasion gave their feedback regarding packaging and branding initiatives to the dignitaries present in the event. Besides, prototypes packaging along with the trims that give product data and product care instructions for specified crafts will also be among the deliverables.

Sensitisation Workshop on NEET & JEE-IIT coaching held for parents, teachers at Kishtwar

JJ NEWS SERVICE
KISHTWAR, FEBRUARY 09: District Administration Kishtwar, in collaboration with office of Chief Education Officer today organised a day long workshop to sensitize the parents, teachers and the aspirants about Online-Offline NEET JEE-IIT coaching programme being rolled out by it.

Deputy Commissioner Dr. Devansh Yadav presided over the workshop in presence of Chief Education Officer, Sudarshan Kumar Sharma; ACD, Atul Dutt Sharma; AO DC office, Imran Ahmed Kichloo, Principals, lecturers, teachers. Aspirants from various government and private institutions participated in the workshop.

At the outset, the participants were apprised about the initiative of the

district administration to conduct the online-offline coaching classes in the district being provided by the renowned teachers/coaching guides of the country.

The participants gave suggestions and feedback about the coaching programme and the same were noted down for consideration to create an enabling environment for the proposed coaching programme.

Speaking on the occasion, Deputy Commissioner Kishtwar stressed teachers and parents to work together with district Administration and make the proposed coaching programme a great success.

He also urged parents and teachers to spread mass awareness to enrol maximum number of the students for the coaching.

He said the aspirants can apply on the link: <https://forms.gle/y2dtdJXk9qJHJ7>

He further informed that aspirants can visit District Administration Kishtwar Facebook page and register themselves on the link, besides the aspirants and parents can contact the administration for any help and avail the golden opportunity at their home town with minimal charge.

The CEO asked the aspirants to avail this great opportunity by utilizing the services of prominent coaching institutes/tutors in their home town. Parents and teachers evinced a positive response and thanked District Administration Kishtwar for their valuable efforts and showing great concern for the future of their children.

Kushwaha's revolt to benefit NDA in Bihar says Union minister Pashupati Kumar

PATNA, FEB 9: Union minister Pashupati Kumar Paras on Thursday asserted that the rebellion of JD(U) leader Upendra Kushwaha will "benefit the BJP-led NDA" in Bihar which has been lying low since being stripped of power in the state last year.

Paras was responding to queries from journalists about the current political situation in the state where the NDA which includes his Rashtriya Lok Janshakti Party, is supported by a rival group headed by his nephew Chirag, and is pitted against the seven-party ruling "Mahagath bandhan". "The NDA will win in the general elections next year.

You can take it from me. There is no counter to the charisma and popularity of Prime Minister Narendra Modi, while the Mahagathbandhan is in disarray as evident from the notes of discord struck by Kushwaha," Paras said.

Replying to a query, he said, "Kushwaha's revolt will definitely benefit the BJP and its allies in Bihar," However, he became guarded when asked whether Kushwaha, a former Union minister who had served in Modi's first

administration, will be welcomed into the NDA. "Let him (Kushwaha) make the move. A decision will be taken at that time", said Paras, who represents Hajipur Lok Sabha seat, a pocket borough of his late brother Ram Vilas Paswan.

710 Works under DDC, BDC, PRI grants completed at Bandipora

ADDC reviews RDD works; stresses on target completion at earliest

JJ NEWS SERVICE
BANDIPORA, FEBRUARY 09: The Additional District Development Commissioner (ADDC) Bandipora, Ali Afzar Khan on Thursday chaired a meeting of officers to review the functioning of the Rural Development Department and implementation of various schemes by the department.

On the occasion, officers informed the chair about the ongoing works including works taken up under Area Development Fund for Panchayat Raj Institutions including BDC and PRI grants.

The meeting was informed that 1026 works costing Rs. 37.44 Cr have been approved including 839 works under PRI grants, 94 under BDC grants and 93 under DDC grants.

Giving an update about the implementation, officers informed that 710 works have been completed that amounts to 80 percent of the financial expenditure costing about Rs. 22 cr. On the occasion, ADC also reviewed all the pending works and discussed the bottlenecks that hinder the progress of works including the works under Swachh Bharat Mission, PMJAY scheme, MGNREGA, Aspirational blocks, ODF plus villages.

He directed the officers to complete all works well in time and remove all the bottlenecks including land disputes at earliest. He also asked the officers to utilize the manpower under MGNREGA so that the target of 100 days job to unskilled and unemployed youth of the villages is also met.

NSE phone tapping : Delhi HC grants bail to Chitra Ramkrishna in money laundering case

NEW DELHI, FEB 9: The Delhi High Court on Thursday granted bail to Chitra Ramkrishna in the money laundering case related to alleged illegal phone tapping and snooping of the National Stock Exchange (NSE) employees, saying prima facie there are reasonable grounds to believe she is not guilty. Justice Jasmeet Singh granted bail to the former NSE managing director on a personal bond of Rs one lakh and two sureties of the like amount. "Prima facie there are reasonable grounds to believe that the applicant is not guilty of the offence and she is not likely to commit any offence while on bail...the application is allowed and the applicant is granted bail," the court said.

Ramkrishna was in custody for almost seven months in the matter. "In the present case there is no allegation that the applicant has derived or obtained any property or proceeds of crime. Additionally, there is no allegation or evidence produced before me to suggest that the applicant has concealed, possessed, used, projected or claimed any proceeds of crime as unaccounted property," the court also observed.

She was granted bail in the CBI case by the high court in September last year after

being in custody for approximately seven months post her arrest in March 2022.

Ramkrishna, who was earlier arrested by the CBI in the alleged NSE co-location scam, was arrested in the present case by the Enforcement Directorate on July 14 last year. The Enforcement Directorate (ED) had opposed her bail plea in the present case on grounds that she was the "mastermind" behind the conspiracy.

The phone tapping case, according to the ED, pertains to a period from 2009 to 2017 when former NSE CEO Ravi Narain, Ramkrishna, Executive Vice-President Ravi Varanasi, and Head (Premises) Mahesh Haldirpur and others conspired to cheat NSE and its employees and for the purpose, engaged iSEC Services Pvt Ltd for illegal interception of phone calls of employees of the NSE in the guise of doing periodic study of cyber vulnerabilities of the NSE. In the 38-page order, Justice Singh said prima facie no scheduled offences, including those under the Indian Penal Code or the Prevention of Corruption Act, against Ramkrishna are established and thus the provisions of Prevention of Money Laundering Act cannot be attracted.

JAMMU POWER DISTRIBUTION CORPORATION LIMITED OFFICE OF THE EXECUTIVE ENGINEER, ELECTRIC DIVISION-II, JPDCI GANDHINAGAR JAMMU

CIN No: U43000JK2013SGC003898
E-mail: emeed2@gmail.com/Tel/Fax: 0191-248521

TENDER NOTICE

E-NIT No: 64 of 2022-23 Dated: 06.02.2023

For and on behalf of the Lieutenant Governor of the UT of Jammu and Kashmir, the Executive Engineer (Distribution), Electric Division-II, JPDCI Jammu, hereinafter referred as 'Employer', invites online e-bids from reputed Companies of Class 'A' registered/Electrical Contractors for Fixing the Job Contract (Labour) for Repair/Reclamation of Damaged Distribution Transformers (11KV/6.6KV/0.44KV) of different capacities viz 25 KVA, 50/63 KVA, 100 KVA, 200/250 KVA, 300 KVA, 400 KVA, 500 KVA, 630 KVA at Divisional Workshop Miran Sahib during the Financial Year 2023-24.

A	Tender Document Sale/Download Start Date	06.02.2023; 12:00 Hrs.
B <td>Tender Document Sale/Download End Date</td> <td>27.02.2023; 16:00 Hrs.</td>	Tender Document Sale/Download End Date	27.02.2023; 16:00 Hrs.
C <td>e-Bid submission (start) date & time</td> <td>06.02.2023; 12:00 Hrs.</td>	e-Bid submission (start) date & time	06.02.2023; 12:00 Hrs.
D <td>e-Bid submission (end) date & time</td> <td>27.02.2023; 16:00 Hrs.</td>	e-Bid submission (end) date & time	27.02.2023; 16:00 Hrs.
E <td>Submission of Hard Copy of Tender Fee</td> <td>06.02.2023; 12:00 Hrs. to 27.02.2023; 16:00 Hrs.</td>	Submission of Hard Copy of Tender Fee	06.02.2023; 12:00 Hrs. to 27.02.2023; 16:00 Hrs.
F <td>Pre-Bid Meeting</td> <td>14.02.2023; 14:00 Hrs.</td>	Pre-Bid Meeting	14.02.2023; 14:00 Hrs.
G <td>Commercial and Technical Bid opening date & time</td> <td>28.02.2023; 16:00 Hrs.</td>	Commercial and Technical Bid opening date & time	28.02.2023; 16:00 Hrs.
H <td>Online financial e-Bid opening date & time (Only of the technically qualified Bidders)</td> <td>Will be communicated to the Technically Qualified Bidders.</td>	Online financial e-Bid opening date & time (Only of the technically qualified Bidders)	Will be communicated to the Technically Qualified Bidders.
I <td>Venue of opening of techno-commercial Bids</td> <td>Executive Engineer Electric Division-II JPDCI Gandhi Nagar Jammu</td>	Venue of opening of techno-commercial Bids	Executive Engineer Electric Division-II JPDCI Gandhi Nagar Jammu
J <td>Cost of e-Bid document</td> <td>Rs. 3000 (Non-Refundable)</td>	Cost of e-Bid document	Rs. 3000 (Non-Refundable)
K <td>Amount of Earnest Money Deposit (EMD)</td> <td>Rs. 25000/-</td>	Amount of Earnest Money Deposit (EMD)	Rs. 25000/-

Note: The Tender has been floated for deriving the L1rates for repair of Distribution transformers of various capacities at Divisional Workshop Miran Sahib of Electric Division-II JPDCI, Jammu for the year 2023-24.

- Bidders are advised to study the Bidding Document carefully. Submission of e-Bid against this SNO shall be deemed to have been done after careful study and examination of the procedures, terms and conditions of the Standard Bidding Document with full understanding of its implications.
- The tender document is available at website <http://jtenders.gov.in>. Interested bidders may view, download the e-Bid document, seek clarification and submit their e-Bids online up to the date and time mentioned in the table in SNO.
- Bidders shall have to pay the e-Bid document fee in the shape of Demand Draft / (Non-refundable) or a Cheque in favour of the Executive Engineer Electric Division-II JPDCI, Gandhi Nagar Jammu of any nationalized bank or e-Challan, treasury Challan/receipt, in favour of Executive Engineer Electric Division-II JPDCI Gandhi Nagar Jammu (Cost of Tender to be credited to Head: 0901/Non-refundable) on or at least one day before opening of commercial and technical e-Bid.
- No Bidder, unless or otherwise specified in the terms and conditions, shall be exempted from depositing Earnest Money. Tenders not accompanied with the requisite amount of earnest money shall be rejected.

No: ED-II/TS/3220-22
Dated: 06-02-2023
DIP/J-5188-P/22

SD/-
EXECUTIVE ENGINEER
JPDCI ELECTRIC DIVISION-II
JAMMU

G2 **NORTHERN RAILWAY** **75**
Azadi Ka Amrit Mahotsav

E-TENDER NOTICE

Sr.DEN-IVFZR acting for and on behalf of The President of India invites open tenders (E-Tenders) against below titled tenders and available on www.reps.gov.in with closing date 27.02.2023 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 manual offer received shall be ignored. Contractors are allowed to make payments against this tender towards tender document cost and earnest money only through online payment modes available on www.reps.gov.in portal like net banking, debit card, credit card etc. Manual payments through Demand draft, Banker cheque, Deposit receipts, FDR etc. are not allowed. For more information login to www.reps.gov.in

Tender Type	Tendering Section	Bidding System
Open	Works	Single Bid System

Date of Uploading Tenders	Bid Starting Date	Bid Closing Date/Time
02.02.2023	13.02.2023	27.02.2023 / 15:00 Hrs.

S.No.	Tender No.	Details of Tender
1.	423-2022-23-UHP-DRM-FZR	Installation and Commissioning of effluent treatment plant of 50 KLD at SVDK railway station on J&K-SVDK section under ADENUHP.

Advertised Value (Rs.)	Earnest Money	Validity of offer	Period of completion
86,75,892.49/-	1,73,500/-	60 Days	12 Months

Similar Nature of work: "Supply, design, erection and commissioning of sewage or effluent treatment plant".

Note: 1. Before bidding, bidders to check for any corrigendum issued against tender No. 770-W/169/WAFZR/2022-23 Date: 04.02.2023

SERVING CUSTOMERS WITH A SMILE 398/23

OFFICE OF THE EXECUTIVE ENGINEER PWD(R&B) DIVISION SAMBA

ABBREVIATED NOTICE INVITING TENDER

E-NIT No. 107 of 2022-23 Dated: 07-02-2023

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

S. No	Name of Work	Advertised Value (Rs. in Lacs)	Cost of document (In Rs.)	(Earnest Money) in shape of GDR (PDR) (In Rs.)	Time allowed for completion	Time and date of opening of tender	Class of Contractor
1	2	3	4	5	6	7	8
1	Repair / Renovation of Bamuchak Temple an additional works at District Samba. (4* cell)	77.36	1500/-	2 % of adv. Cost	08 Months	21-02-2023 (1400 Hours)	"A"

Position of AAA: Major Head: Accorded Sanctioned 4202: Education

1/ Date of Publishing = 07/02/2023
2/ Pre bid meeting = 11/02/2023 at 1300 Hrs
3/ Date of downloading = 1000 hours on 12/02/2023 to 20/02/2023 upto 1800 hours
3/ Date of submission / Uploading = 1000 hours on 12/02/2023 to 20/02/2023 upto 1800 hours
4/ Date of opening of bids = 21/02/2023 at 1400 hours

The tender is available at website <http://jtenders.gov.in> all other terms & conditions can be seen on the above website.

No. 13203-19
Dt. 07.02.2023
DIP/J-19304/22

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

National Commission for Women, SWD, TISS hold meeting on strengthening of response to gender-based violence in J&K, Ladakh

JI NEWS SERVICE
JAMMU, FEBRUARY 10: National Commission for Women in collaboration with Social Welfare Department and Tata Institute of Social Sciences, Mumbai, organized a meeting of stakeholders of Union Territories of Jammu and Kashmir and Ladakh regarding strengthening of response towards gender-based violence through greater coordination.

The meeting, chaired by Chairperson, National Commission for Women, Rekha Sharma, was attended



ed by Commissioner for Women, Family Counselling Centre, One Stop Centres, 181 helpline, District Hub for Empowerment of Women and Family Counselling Centres along with senior police officials responding to violence against women in both UTs were also part of the meeting. Speaking during the

meeting, Chairperson, Rekha Sharma said, "We need to respond collaboratively, if we want to tackle this huge problem of violence against women." Sheetal Nanda, encouraged all stakeholders to equip themselves with knowledge of laws pertaining to women for better implementation of the initiative. She asked them to recognize the multiplicity of services for cross-referrals and comprehensive response to survivors seeking support. She added, "Law is the backbone of the work we do."

It was decided in the meeting that awareness programmes on cyber-crime with varied population of youth, social workers and police will be organized. Besides training of Protection Officers under the Protection of Women from Domestic Violence will also be planned. Also, Social Workers will be trained on responding to human trafficking.

The meeting also decided that a portal will be developed to create a directory of available resources for survivors of violence.

DC Doda asks for strict enforcement of notified rates for online services

JI NEWS SERVICE
DODA, FEBRUARY 10: Information Technology Department, J&K has recently notified/fixed rates for delivery of all online services to be charged/received from the citizens/customers of entire Union Territory of Jammu & Kashmir for Government to Citizens (G2C) and Government to Business (G2B) services.

In this regard, Deputy Commissioner Doda, Vishesh Paul Mahajan has issued instructions to all the Tehsildars to check the availability of Common Service Centres (CSCs) in all pockets in their respective jurisdictions for the convenience of the general public.

The Tehsildars and District Manager Common Service Centres (DM-CSC) have been asked to ensure that the CSCs do not charge more than the rates notified by the government for different online services. District Manager CSC has been instructed to issue necessary directions to all the VLEs of Common Service Centres (CSCs) of District Doda for pasting the Notification at their respective CSCs and the rates so notified in the said Notification be implemented in letter and spirit.

JKPCC conducts workshop on "Implementation of EPR under E-waste, Plastic Waste Management Rules, 2022"



JI NEWS SERVICE
JAMMU, FEBRUARY 10: Jammu & Kashmir Pollution Control Committee today conducted an interactive workshop on "Implementation of EPR under E-waste (Management) Rules, 2022 and Plastic Waste Management (Second Amendment) Rules, 2022" here at Convention Centre, Jammu.

The objective of the workshop was to provide a common platform for an interaction with concerned stakeholders and implementing departments on various aspects of EPR Rules.

Commissioner Secretary, Department of Forest, Ecology and Environment, Sanjeev Verma, was the chief guest while Chairperson, J&K Pollution Control Committee Dr. Neelu Gera, was the guest of honour on the occasion.

Workshop started with visiting of exhibits by the dignitaries which were displayed by various organizations like Shalimar Thermoforming Private Limited Samba, Indian Pollution Control Association, Lifecycle Management Private

Limited, Saahas Zero Waste, Self Help Group (NRLM) Block Dhansal, Himalaya Green Himachal Pradesh and VRG Groups, Ganguly.

Sanjeev Verma appreciated the efforts of JKPCC for organizing such type of events and stressed upon the stakeholders including district administration to ensure effective implementation of relevant provisions laid under both E waste and Plastic Waste Rules. He emphasized the need to link growing menace of Plastic and E-waste pollution with unpredictable disaster, owing to release of toxic gases in the environment through unscientific dumping and disposal of such waste.

Dr. Neelu Gera pointed out in her address regarding the need for an urgent action to be taken up by stakeholder departments like Urban Local Bodies to facilitate separate and safe collection of such wastes with publicizing the collection points for public awareness. She also requested Rural Development Department to ensure implementation of Rules in letter and spirit at Panchayat levels as rural areas are also now identified as

equally accountable for both types of waste generation.

Regional Director, JKPCC, Sat Paul, briefed about the objective of the interactive workshop.

Member Secretary JKPCC, K Ramesh Kumar, informed the gathering that as per new E-waste and Plastic waste Rules, responsibility of the respective Producers and Recyclers have risen manifold and appealed for adherence to the stipulated rules by them in this regard.

During the workshop, Shoba Raghavan, Director and COO, Saa has Zero Waste made a detailed presentation on Producer's Responsibility for implementation of EPR as per E-waste (Management) Rules, 2022 and Co-founder CEO, Abhishek Agshe, Lifecycle Management Private Limited made a presentation on responsibility of recyclers laid under E-waste Rules.

Director, Indian Pollution Control Association, Ashish Jain deliberated on the EPR Policies for Plastic Waste Management.

The program was attended by officers and officials from Department of Industries and Commerce, Nodal Officers from Central University, Jammu University, SKUAST, SMVDU, concerned Nodal Officers from Jammu Municipal Corporation and Srinagar Municipal Corporation, CEOs from Department of Urban Local Bodies Jammu and Kashmir, Jammu Chamber of Commerce and Industry, National Rural Livelihood Mission, Divisional Officers and Scientists from JKPCC, Nodal Officer E-waste, JKPCC, Jammu, besides DISHA organization and Global Human Rights Trust.

Nehru Yuva Kendra Sangathan J&K, GCW Parade organise National Youth Parliament Festival

JI NEWS SERVICE
JAMMU, FEBRUARY 10: Nehru Yuva Kendra Sangathan J&K, in collaboration with Government College for Women Parade Ground organized a state level National Youth Parliament on the College Campus.

As many as 46 youth from districts of Jammu & Kashmir UT and Ladakh UT, all being the winners and first runners up of District Level National Youth Parliament, participated in the State Level event.

Nisar Ahmed Butt, SD NYKS J&K and Ladakh was the chief guest, while Dr. Deepak Pathania, Assistant professor, Environmental Sciences, Dr. Seema Jamwal, Assistant Professor Political Science, Dr. Musavir Ahmad, NSS Program Coordinator, Kashmir University, Dr. Seema Zargar, Senior Officer, School Education Department

and Dr. Shubra Janwal, Assistant professor, English were the jury members.

Anmol Sharma from NYKS Jammu got the first rank, Faiza Basharat from GDC Poonch got the second rank and Quyima Aslam from S P College Srinagar got the third rank in the state level event.

The first three winners of state Youth Parliament shall participate at national level NYPP in New Delhi where 87 Winners from all States and UTs will participate in the National Youth Parliament Festival in person at 29 venues.

Out of them, 29 first position holders will speak on the given topics while the remaining 58 will attend the proceedings. Dr Gurpreet Kour, NSS Program Officer, GCW Parade and Organizing Secretary of the program both at Nodal Jammu level and state

level took the initiative for organizing National Youth Parliament Festival.

The main objective of the programme is to hear the voice of youth between 18-25 years of age through deliberations in Youth Parliaments at District, State and National levels and to encourage the youth to engage with public issues, understand the common man's point of view, form their opinions and express it in an articulate manner, to develop and enhance decision making abilities, to develop in them respect and tolerance for the views of others, to develop in them an understanding that respect for rules is essential for conducting any discussion systematically and effectively, to obtain and document their opinions on Vision of New India and to make available their views to policy makers and implementers to take it forward.

Saurabh Bhagat meets MNRE; Discusses modalities for implementation of Biomass Programme in J&K

JI NEWS SERVICE
NEW DELHI, FEBRUARY 10: Commissioner Secretary, Science and Technology, Saurabh Bhagat, today discussed modalities for implementation of newly launched Biomass Programme of Ministry of New and Renewable Energy (MNRE), approved under the umbrella scheme of National Bioenergy Programme Phase-I, in Jammu and Kashmir.

During his visit to the Capital, MNRE, Saurabh Bhagat had detailed discussion with S R Meena, Incharge Bio-energy, on several issues regarding setting up of one Bioenergy Pilot

Project each in Jammu and Kashmir regions of the UT.

Pertinent to mention here that the National Bio-energy Programme comprises of sub schemes like 'Waste to Energy Programme (Programme on Energy from Urban, Industrial and Agricultural Wastes/Residues), Biomass Programme (Scheme to Support Manufacturing of Briquettes and Pellets and Promotion of Biomass (non-bagasse) based cogeneration in Industries) and Biogas Programme.

Commissioner Secretary also met in-charge Rooftop Solar Division,

MNRE, Hiren Bora and updated the Ministry with the progress on implementation of 20 MW and 200 MW cumulative capacities Rooftop Solar sanctions of MNRE and stressed for timely release of Central Financial Assistance (CFA) under the schemes.

During the discussion, Saurabh Bhagat updated the Ministry regarding various challenges and impediments being faced by JAKEDA in implementation of the schemes. He requested the Union Ministry for allowing empanelment of more vendors under the two sanctions as the targets to be achieved are huge.

PSPS PG College NCC Cadets shine in RDC-2023

JI NEWS SERVICE
JAMMU, FEBRUARY 10: Republic Day Camp is not just a camp, it is an emotion; emotion for the cadets who strive to be a part of Republic Day Contingent and step in DGCC to transform.

Securing 4th position for the first time in the history, the ten cadet NCC contingent of Padma Shri Padma Sachdeva Government PG College for Women, Gandhi Nagar attended this prestigious camp and brought laurels to the College. Two cadets from 1 J&K Naval Unit; 04 cadets from 1 J&K Girls Battalion, NCC Srinagar and 04 from 2 J&K Girls BN, NCC Jammu were part of the team that attended the Republic

Day Camp 2023 at New Delhi.

The cadets were well trained at various Pre-RDC camps at Nagrota, Jammu over a two month period, prior to their departure to New Delhi. They added sheen to the Prestige of College by participating in various events and competitions like Drill, Cultural Programmes, Flag Area etc. From 1 J&K GIRLS BN, Senior Cadet Captain Parul Sharma was selected for Kartavyapath for which she received ADG Commendation. Cadet Captain Kiran Choudhary participated in cultural events and also achieved ADG Commendation. SUO Tania Chib and JUO Marjam from 1 J&K Girls Battalion, NCC Srinagar, were a part of Kartavyapath

Contingent whereas JUO Riya Kaith was a part of PM Rally and JUO Ankeeta Langhe participated in cultural events. From 2 J&K GIRLS BN, NCC JAMMU, SUO Shakshi formed a part of the PM Rally contingent and JUO Anma Khan marched Kartavyapath. JUO Manshi Sharma was selected for All India Guard of Honor showcasing salami to Honorable PM Shri Narendra Modi whereas Sergeant Rakshika Sharma was a part of cultural events. Principal of the College Prof. Minu Mahajan, congratulated and applauded the Cadets for the hard work, dedication and strenuous efforts for bringing laurels to the College for representing at National Level.



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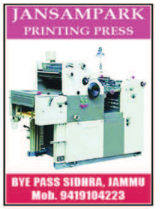
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Not Stone pelting Kashmir now sports hub: Anurag Thakur

Says Admin changed Valley situation in just 3 years; More than 1500 Athletes from Country to participate in 11 different winter-sports disciplines; Gulmarg to be Centre of Excellence for winter games soon: LG Manoj Sinha

J I NEWS DESK
BARAMULLA, FEB 10

Union Minister Anurag Thakur on Friday said that the Kashmir Valley that was earlier known for stone pelting incidents is now famous for Football and other sports activities.

Addressing a gathering at the inaugural function of Khelo India Winter Games at Gulmarg, Thakur, as per the news agency said the youth who were holding stones in their hands are now indulging in sports activities, thereby making the nation proud.

While appreciating the role of the Jammu and Kashmir government, he said the government made it possible to change the Kashmir situation in just 3 years, which earlier could not be done in 75 years.

"It is really a proud movement for all of us that Jammu and Kashmir is hosting the Khelo India Games for the third time, which other states failed to," he said.

He said that they will soon have a number of star athletes, as the youth are highly involved



in games, be it Football, Wushu, Cricket, Skiing or other sports activities.

The Union Minister assured full support and cooperation in developing the Center of Excellence for Winter Games in the UT. "It is the vision of our Prime Minister Narendra Modi to create sporting infrastructure across India. The setting up of a National Centre of Excellence in the valley will support the athletes of J&K," he said.

"Jammu and Kashmir's every district is now having an indoor stadium and every village a play field, which itself speaks how the situation has taken a U-turn," he said. "More than 1500 Athletes will compete in 11 different winter sports disciplines in the five day mega sports event."

Speaking on the occasion, Jammu and Kashmir Lieutenant Governor Manoj Sinha said

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Vijay Kumar Bidhuri is new Div Com Kashmir as govt orders transfer, posting of 15 officers

J I NEWS DESK
SRINAGAR, FEB 10

The government on Friday ordered transfer and posting of 15 officers, seven of them IAS, in the interest of administration with immediate effect.

According to an order, a copy of which lies with the news agency, Vijay Kumar Bidhuri, IAS (AGMUT:2005) Commissioner/Secretary to the Government, Revenue Department, holding additional charge of Principal Resident Commissioner, J&K Government, New Delhi, has been transferred and posted as Divisional Commissioner, Kashmir.

The order states Dheeraj Gupta, IAS (AGMUT: 1993), Principal Secretary to the Government, Housing and Urban Development Department, holding additional charge of smart Cities and proposed new Jammu/Srinagar Metropolitan Regional Development, has been transferred and posted as Principal Secretary to the Government, Department of Forest, Ecology and Environment.

"H. Rajesh Prasad, IAS (AGMUT:1995), Principal Secre-

tary to the Government, Power Development Department, shall hold the charge of the post of Principal Secretary to the Government, Housing and Urban Development Department, in addition to his own duties, till further orders," reads the order.

It reads Sanjeev Verma, IAS (AGMUT:2001), Commissioner/Secretary to the Government, Department of Forest, Ecology and Environment, has been transferred and posted as Commissioner/Secretary to the Government, General Administration Department.

"Sarmad Hafeez, IAS (AGMUT:2009), Secretary to the Government, Tourism Department, holding additional charge of Administrative Secretary, Youth Services and Sports Department, has been transferred and posted as Secretary to the Government, Finance Department, holding additional charge of CEO, ERA & Mission Director, Jal Jeevan

Mission, J&K, has been transferred and posted as Administrative Secretary, Culture Department, relieving Zubair Ahmad, JKAS, of the additional charge of the post.

"He shall hold the charge of the post of Chief Executive Officer, Economic Reconstruction Agency, in addition to his own duties, till further orders."

It added Dr. Piyush Singla, IAS (AGMUT:2012), Administrative Secretary, General Administration Department, has been transferred and posted as Administrative Secretary, Revenue Department.

"Rakesh Minhas, IAS (AGMUT:2016), awaiting orders of adjustment in the General Administration Department, has been posted as Managing Director, SIDCO. He shall also hold the charge of the post of Managing Director, SICOP, in addition to his own duties, till further orders."

It further reads Raman Kumar Kesar, JKAS, Managing Director, SIDCO, holding additional charge of Managing Director, SICOP, has been transferred and posted

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Indian teams working day and night as part of Operation Dost in Turkey: PM Modi



NEW DELHI, FEB 10

Prime Minister Narendra Modi on Friday said the Indian teams of NDRF personnel and doctors involved in rescue and relief operations in quake-hit Turkey are working day and night as part of 'Operation Dost' and would continue giving their best to save lives.

The Prime Minister said that India stands firmly with the people of Turkey, where a 7.8-Richter tremor on Monday has led to around 20,000 deaths and devastated cities.

His comments came as the Indian Army's 30-bedded field hospital in Iskenderun has so far treated 106 people in the Turkish city that has been hard hit in the earthquake.

"Our teams are working day and night as a part of 'Operation Dost'. They will keep giving their best to ensure maximum lives and property are saved. In this critical time, India stands firmly with the people of Turkey," the PM said in a tweet.

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After 2-day wet spell, MeT predicts improvement in weather from today

J I NEWS DESK
SRINAGAR, FEB 9

After two-day wet spell in Jammu & Kashmir, the weatherman here has predicted gradual improvement in weather conditions from tomorrow (Saturday), saying that there is no forecast of any major wet spell till February 17.

Reports reaching the news agency, said that a few higher reaches in Kashmir received light snowfall today while rains lashed the majority of areas including Srinagar today.

Deputy Director Meteorological department (MeT) said that the



weather conditions have started improving and from tomorrow it will gradually improve further. "Although there is a possibility of light rain at isolated places, overall the weather conditions will improve from tomorrow," he said.

He further added that the weather would remain mostly dry till February 17, saying that there is no possibility of any wet spell during the period from tomorrow. However, some of the areas in northern Kashmir have received snowfall with dust.

The MeT in a statement issued here classified the

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Govt teacher arrested for allegedly misbehaving with girl students

J I NEWS DESK
POONCH, FEB 10

A Government teacher, posted in Middle School Dhargaloon in Balakote zone of Mendhar sub division of Poonch district, has been arrested by police for allegedly molesting and misbehaving with two girl students of his school. Per-

tinently, the teacher has also been placed under suspension by the education department.

The teacher identified as Mohammad Taj Nayazi was booked in a case under FIR number 10/2023 under sections 354, 8/10 POCSO Act in Police Station Cursal.

Police officials told

CONTINUED ON ► PAGE 4

Avalanche hits Gurez, 2 women rescued

J I NEWS DESK
SRINAGAR, FEB 10

Two women were rescued after a snow avalanche hit the Manzung area of north Kashmir's Bandipora district on Friday, officials said.

Police said two women identified as Tabassum Bano and Shahzaba Begum went out to collect drinking water from a nearby tap when they came under a medium avalanche in Manzung area of Tulail Friday morning.

They said soon after the incident a rescue operation was launched by local residents and after strenuous efforts both were rescued alive. However, no damage has been reported in the incident so far, they added.

Upper reaches of Bandipora including Gurez valley received yet another fresh spell of snow on Thursday. The road remains closed with the rest of the

CONTINUED ON ► PAGE 4

JKBOSE 10th, 11th, 12th Class Date Sheet Out

J I NEWS DESK
SRINAGAR, FEB 10

The JK Board of School Education (BOSE) on Friday notified the date sheet of annual (Regular 2023) examination for class 10th to 12th students enrolled in schools falling in soft zone areas of Jammu and Kashmir.

As per the date sheet issued by the Director Academics JKBOSE, the examination of class 10th students in soft zone areas will commence from March 9 of 2023 and will culminate on April 5.

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Rain in Ramban triggers landslides, blocks highway

J I NEWS DESK
JAMMU, FEB 10

The Jammu-Srinagar national highway was closed for traffic on Friday due to multiple landslides triggered by heavy rains in Ramban district, officials said.

The only all-weather 270-km highway linking Kashmir with the rest of the country, was blocked by the landslides at Panthiyal, Cafeteria Morh, and Dalwas areas with over 200 vehicles stranded at several points on the route.

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J&K PSC now functions with only one member and chairman

J I NEWS DESK
SRINAGAR, FEB 10

With former IPS officer Aftad-ul-Mujtaba completing his term as a member of the Jammu & Kashmir Public Service Commission on Friday, the key recruitment body of the Union Territory is now left with only one member.

Mujtaba, an illustrious IPS officer, who was appointed as a member of the constitutional body on June 24, 2020, completed his term today, leaving the constitutional body with only one member now.

According to details available with news agency, the PSC is now left only with chairman Satish Chandra (former IAS officer) and

member Zubair Ahmed Raza (former judge).

As per the Constitution of India, a member of the State Public Service Commission shall hold the office for a term of six years or till the age of 62 years, whichever is earlier.

Before scrapping of the Article 370, the appointment and retirement of PSC members in J&K was governed by the Constitution of Jammu & Kashmir, which allowed members of the prestigious body to hold office for a term of five years or till the age of 65 years, whichever is earlier.

The Public Service Commission was made functional with J&K UT's administration with

CONTINUED ON ► PAGE 4

India's technology-enabled governance model can meet unforeseen exigencies: Dr Jitendra

J I NEWS DESK
NEW DELHI, FEB 10

Union Minister of State (Independent Charge) Science & Technology; Minister of State (Independent Charge) Earth Sciences; MoS PMO, Personnel, Public Grievances, Pension, Atomic Energy and Space, Dr Jitendra Singh today said that Prime Minister Narendra Modi has given India a technology-enabled Governance Model, which can meet unforeseen exigencies and is perpetually prepared for it, as was evident during the Covid pandemic which took everybody by surprise but the government working did not get interrupted even for a single day because long before the pandemic came, we had almost completely shifted over to e-office,



online and virtual modes of working.

Speaking at the 4th Edition of National Governance Summit of Economic Times here, Dr Jitendra Singh said that Modi's Governance Model is not only sustainable but also resilient, using futuristic technologies and innovations.

The Minister said, the Modi model of governance evolved over the last 22 years has laid the foundation of the future road map

of India's progress. He said, in the next 25 years of Amrit Kaal, when India rises to the world pedestal, this will be primarily on the strength of our scientific prowess and capacity of our Start-Ups which will be essentially technology driven and a unique governance model taking effective care of 140 crores plus Indians.

Dr Jitendra Singh said, Modi, an avid follower of newer technologies and innovations is always ready

to adopt today, the technology of tomorrow. He said, Prime Minister is focusing on areas like Space Technology, Drone, A.I, Biotech, Geospatial, Ocean Mission or Blue Economy and Green technologies including the Hydrogen Revolution which will define the destiny of India tomorrow. The Minister added that COVID-19, the pandemic of the century, was turned into a virtue from the great adversity.

Dr Jitendra Singh said, the Tri-Ratna of this governance model are Out of Box Thinking, Breaking the Taboos of the Past and Converting Government Campaign into Mass Campaign. Giving one example of each of the three great ideas, the Minister said, soon after Modi came to power

CONTINUED ON ► PAGE 4

Government takes action for better land, soil management with launch of pioneering project

J I NEWS DESK
JAMMU, FEB 10

Jammu and Kashmir government has approved an ambitious project envisaging creation a comprehensive soil and land resource information system.

The project, titled 'J&K Soil and Land Resource Information (JKSLRI)' system, has been designed to help in decision-making for sustainable use of soil and land resources in the region, which is being considered as ecologically fragile. With its goal of providing a scientific base for crop diversification and soil suitability,

the JKSLRI project is set to revolutionize the way we approach land use and soil management in the region.

"The problem of unscientific land conversions and poor soil health management practices has been causing a decline in soil health, leading to poor outputs and even enterprise failure. There is also lack of knowledge and poor extension on soil health management, which is leading to loss of soil biodiversity due to intense cultivation and soil pollution," said Atal Dulloo, Additional Chief Secretary, Agriculture Production Department.

He further said that the

JKSLRI project has been designed to provide the most comprehensive and up-to-date information on soil and land resources, making it an essential tool for decision-making when it comes to sustainable use of soil and land resources.

The prestigious project, which will initially be started in four districts of J&K, has several objectives including creation of a robust land use policy on agriculture and urbanization, crop-land suitability based on land evaluation, capacity building of farmers and other stakeholders on soil health management

besides establishment of one static and 25 mini soil testing laboratories in each selected district. The project has been designed to have a major impact on the region including creation of an authentic soil and land resource repository with two soil museums one each at Jammu and Srinagar. The project shall also provide support for efficient use of fertilizers and micronutrients, which is important for organic production systems.

These objectives will help lay the foundation for a robust land use policy on agriculture

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16 injured as bus skids off road in Udhampur



J I NEWS DESK
UDHAMPUR, FEB 10

At least 16 persons were injured after a bus met with an accident in Moungrin area of Udhampur district on Friday morning, an official said. An official told the news agency that the bus

was on way from Udhampur to Moungrin when it skidded off the road near Gulabnagar. He said 16 passengers who were aboard were injured in the accident.

The injured rescue teams have rushed to the spot and injured were being shifted to hospital for treatment. KNO

Professionals, Employees, Senior citizens play important role in society: Sat



JI NEWS SERVICE JAMMU, FEB 10: Gearing up organizational activities of the party in Poonch District at grass root level, a meeting of BJP's Professional Cell, Senior Citizen Cell and Retired Employees Cell and Budget Pe Charcha was conducted to take up the party activities and vision of PM Modi led BJP Government on ground concerning development of Jammu and Kashmir.

District Poonch under the leadership of its district president Rajesh Raina held the meeting which were mainly addressed by former Cabinet Minister, Sat Sharma (CA). He was also accompanied by CA Rajeev Gupta, UT BJP Spokesperson Sunil Gupta and several others. Speaking on the occasion, Sat Sharma said that all these three cells have a very important role to build the organization and

take the vision of the party amongst the public. He said professionals, senior citizens and retired employees are the important sections of the society and their views hold major significance. He urged the activists present to create teams of the cells up to booth level and stated that it will definitely strengthen the vision of the party at grass root level. He also asked them to go door to door to spread the pro public

lic policies of the party. CA Rajeev Gupta talked about Budget 2023 and said that in order to cater the support of the more public the teams must be constituted at the earliest so that people's presence could be more involved in the mission which BJP has chosen to work for the betterment of society. He also stated that BJP is the only party which works for the people and has done a lot for their upliftment.

Rajesh Raina also spoke on the working of cells in Poonch district. He also said that the teams will be made as soon as possible in the coming days so that the organizational work can be paced up to grass root level. Naresh Sharma, Parvinder Singh, Abhi, Mukesh Sharma, Paranjit Singh, Naresh Verma, Jyoti, Rajesh Sudan, Er. Sahil, Bhupinder Pal and several others were also present on the occasion.

SMVD Gurukul holds 31st Governing Council Meeting



JI NEWS SERVICE KATRA, FEB 10: The 31st meeting of the Governing Council of Shri Mata Vaishno Devi Gurukul, Charan Paduka was held here today at Spiritual Growth Centre, Katra. The meeting presided by Mahamandleshwar Shri Swami Vishveshwaranand Giri Maharaj, Member of the Shri Mata Vaishno Devi Shrine Board and Chairman of the Governing Council for the Gurukul, was attended by Anshul Garg, Chief Executive Officer of the Shrine Board; Navnet Singh, Additional CEO; Prof. Y.K. Mishra; Dr Jagdish Chander Mehra, Joint CEO, SMVDSB and Administrator of Gurukul; Mahesh Sharma, FA/Chief Accounts Officer; Gopal Dass Sharma, Head Pujari, Bhawan; Dr Dhanraj Mishra, Principal, and Dr. Devendra Rijal, Vice Principal of the Gurukul.

The Chairman and other Members of the Governing Council while expressing satisfaction at the functioning of the Gurukul emphasized the need for making continuing endeavours to develop it as a centre of excellence. The meeting also noted the outstanding achievements of the students of SMVD Gurukul in academics and co-curricular activities and participation of faculty and students for broadening their horizon at different Platforms, including in house events & those at State, Zonal as

well as at National Level. The Governing Council, while approving the annual budget of Gurukul for Financial Year 2023-24 also finalized the arrangements for organizing 3-day North Zone Youth Festival from 20th to 22nd of February in collaboration with Central Sanskrit University. The inaugural function will be held at the Spiritual Growth Centre of the Shrine Board at Katra. The events to be organised include Educational Short Film making, Rangoli, Painting, Competition, cultural programmes, co-curricular activities besides, sports events in different categories and around 10 institutes from 5 states & UTs including Himachal Pradesh, Haryana, Punjab, Delhi, Uttarakhand, UP and JKUT, with a total of 350 students are expected to participate in the festival. The council observed that the festival shall provide a learning platform to the students of SMVD Gurukul to showcase their talent & skills from their counterparts of other institutes besides, serving as an important medium to spread joy, promote Sanskrit awareness and protect our traditional and cultural heritage.

roadmap for 5 years of the functioning of the SMVD Gurukul and way forward for developing this institution as a centre of excellence for providing top quality education to the students.

The Governing Council while releasing the Annual School Magazine "Brahmi" tracing the achievement and contribution of the students and faculty during the year appreciated the efforts stating that a wonderful platform has been given to these young students to showcase their talent as writers and express themselves into a conglomerate.

Earlier, Mahamandleshwar visited SMVD Gurukul and inspected the Construction Work-in-Progress of New Dining cum Accommodation Complex. He also interacted with the students and faculty and enquired from them about their daily activities.

Besides, the Mahamandleshwar felicitated Master Varun Sharma, student of Shri Mata Vaishno Devi Gurukul for having secured first position in the entire University, in the annual examination of class 8th conducted in 2022 by Sampurnanand Sanskrit Vishwavidyalaya, Varanasi.

Mahamandleshwar, besides highlighting the importance of imparting sanskars in one's life, asked the students to work hard to preserve their rich culture and achieve distinction in various fields in years to come. He congratulated the Hon'ble Lt. Governor, JK-UT who is also Chairman of Shri Mata Vaishno Devi Shrine Board for nurturing such institutes which has kept alive the Vedic and Sanatan traditions in the modern era.

Pt. Deendayal Upadhyay was a visionary par excellence: Parmod Kapahi



BJP District Jammu holds monthly meet

JI NEWS SERVICE JAMMU, FEB 10: President Parmod Kapahi, District General Secretary Bharatiya Janata Party, District Jammu under the leadership of District President Parmod Kapahi held a monthly meeting at BJP office, Kachi Chawni, Jammu.

Senior BJP leader & District Jammu Prabhari Rajeev Charak, Seh-Parbhari Vikas Choudhary also addressed the meeting along with District

President Parmod Kapahi, District General Secretary Kulddeep Kandhari, District General Secretary Rajesh Gupta, Mandal President Keshav Chowna, Mandal President Parveen Korni, Mandal President Raman Sharma, Atul Bakshi, Ajay Sharma, JMC Councillor Sucha Singh, Councilor Suneet Raina and other prominent political persons from District Jammu participated in the meeting.

Rajeev Charak, while addressing the BJP activists of District Jammu, asked them to visit every house of the region and apprise them of the achievements of the Modi governments and their specific benefits for the residents of Jammu & Kashmir. He also deliberated upon the highlights of the recently introduced 2023 Union government budget. He said that this

Govt should fulfill demands of Kashmiri Hindu employees posted in Valley before Shivratri: Shiv Sena



Stop treating Hindus employees as bonded labourers: Sahni

JI NEWS SERVICE JAMMU, FEB 10: Shiv Sena J&K unit today demanded that the LG led administration should fulfill the demands of protesting Kashmiri Hindu employees posted in Valley before the upcoming Shivratri Festival. The leaders of Shiv Sena (Uddhav Bala Sahab Thackeray) Jammu and Kashmir unit organized a press conference at the party's central office, Jammu, today demanding the safe posting of Kashmiri Pandits/Hindus working in Kashmir by implementing the transfer policy. State Chief Manish Sahni

said government should leave its stubbornness of making these employees scapegoats and transfer them to safer places in Jammu region. Sahni said that Hindus working under the PM rojgar yojna in Kashmir were being treated like bonded labourers and forced to become scapegoats. On aug 5, 2019 the Center has abrogated Article 370, then the bonds included in SRO 412 should be treated as cancelled. Describing the government's claims of rehabilitating Kashmiri Pandits/Hindus as hollow sham, Sahni said that providing jobs and temporary

accommodation to only 4200 Kashmiri Pandits can never mean rehabilitating the entire community. "Along with Kashmiri Pandits, Sikh / Muslim / Dogra communities were also given jobs under the PM package. But the BJP government is baking political bread by misleading the public by beating the name of Kashmiri Pandits. At the same time, for the last 6-7 months, the salaries of the employees are being withheld and they are being forced to go to the valley," he said. Sahni demanded the Central Government and the Lieutenant Governor of

Nation suffered most due to Nehru's blunders, Modi Govt determined to nullify the adverse effects: Kavinder

JI NEWS SERVICE JAMMU, FEB 10: Kavinder Gupta, senior Bharatiya Janata Party leader and former Deputy Chief Minister has asserted that the nation and its people have suffered the most due to the blunders committed by the late Prime Minister Nehru and his family who promoted their dynastic rule over seven decades. He said that this family not only threw democracy to winds but also carried forward the 'Divide and Rule' policy of Britishers and 'Appeasement Policy' for its petty vested interest by playing vote bank politics.

The senior BJP leader, while recalling the Prime Minister Narendra Modi's speech in the Parliament the other day, said that he has rightly exposed the real face of the Nehru family and the Congress party while slamming the opposition for leveling accusations against him (PM) based upon surmises and conjectures. In a statement issued here today, Kavinder said that the Nehru Gandhi family including the Vadras has brazenly looted this nation to the hilt. He asserted that this stands proved beyond any iota of doubt from the fact more than 600 organizations have been registered in the name of the members of the so called Nehru Gandhi families. These organizations have been used to siphon off the tax payers' money and most of the companies established by these people are bogus companies to facilitate the siphoning of the nation's funds. The senior BJP leader said that it is because of such blunders of Nehru

and his kin that the people of Jammu and Kashmir continued to suffer unabated for over seven decades. He said that the biggest blunder of Nehru as PM was that after Pak aggression in Kashmir, he took the matter to UN and allowed to station its MOC (Military Observers' Group) in J&K and PoK. He said that giving long rope to the favourites like Sheikh Abdullah was yet another blunder committed by them as Sheikh too promoted his dynastic rule like Nehru. Kavinder said that the worst phase began in J&K with signing of Rajiv-Farooq accord after which the terrorism and secessionism received a big boost with a tacit support of the J&K Administration the results of which led to peak terrorism in J&K bringing death, destruction

and miseries for the people at large in J&K. The former Deputy Chief Minister said that it is the Prime Minister Modi led BJP Govt that finally did justice with the people of Jammu and Kashmir by abrogating Articles 370 and 35A as only BJP had the strong will and determination to do so. The results are on ground today with the Pak refugees, the category people besides others who used to be earlier deprived of some significant rights are today equally placed with others. He said that BJP stands firmly determined to adopt all the requisite corrective measures to nullify the adverse effects of the blunders of Nehru family in the ultimate interest of the common people of not only in Jammu and Kashmir but across the nation.

Indian Army organises Lavender Farming and Processing Drive

JI NEWS SERVICE JAMMU, FEB 10: As part of welfare activities, Indian Army has been constantly undertaking a variety of events for the welfare of Awaam. In pursuance of this noble aim and in order to impart training on lavender farming and generate employment through it Indian Army organised 'Lavender Farming and Processing Drive' for youth and poor farmers from the socially and economically backward strata of the society at Bhalal in District Doda (J&K). Such initiatives will improve the environment of the surrounding area and will greatly help in generating



employment opportunities to people from socially and economically backward families and simultaneously engage the youth in some construc-

tive activity which is beneficial to them in multiple ways. The locals expressed their gratitude towards the Indian Army for organising the event.

BJP OBC Morcha working round the Clock for BJP Party: Vibodh Gupta

JJ NEWS SERVICE
JAMMU, FEB 10: BJP OBC Morcha JK-UT in collaboration with Red Cross Jammu held free medicines distribution camp at Municipal Park, Resham Garh Colony, Jammu.

Vibodh Gupta General Secretary BJP Jammu Kashmir and Sunil Prajapati President BJP OBC Morcha JK-UT were prominent to inaugurate the camp.

Speaking on the occasion, Vibodh Gupta congratulated the work done by BJP OBC Morcha and said BJP OBC Morcha has done commendable work round the clock in the field of Sewa and helping Public in large.

Vibodh further thanked PM Modi for Increasing Medical Budget by 13% and said 157 new Nursing Colleges will be opened in the coming future. He asserted that the people of Jammu Kashmir are enjoying health insurance of Five Lakhs per family.



For this he thanked PM Narendra Modi for covering the whole state under health Insurance. Later Sunil Prajapati said that this Camp will benefit needy people at this time of extreme Weather Conditions and thanked Secretary Red Cross Sat Pal Sharma for Issuing Medical Camp.

He also thanked Dr. Aasia Noor (Medical Officer) and her team. Nearly 200 people were benefited by this camp and local people

applauded the working of BJP OBC Morcha. The Program was organized under guidance of Ashok Salgotra (District President BJP OBC Morcha Jammu) and others who organized the Program was Viren Satti (District Secretary BJP OBC Morcha), Raj Kumar (Mandal President OBC Morcha Bakshi Nagar).

Prominent among others who Present on occasion was Ravi Mehra (Vice President BJP OBC Morcha), Kewal Verma (State Secretary BJP OBC Morcha), Bal Krishan (State Social Media Secretary OBC Morcha), Gopal Sanotra (General Secretary BJP OBC Morcha), Parveen Badyal (Vice President BJP OBC Morcha), Rajesh Kumar (Vice President BJP OBC Morcha), Madan Verma (District Secretary BJP OBC Morcha), Ved Parkash (District Spokesperson OBC Morcha) and Budh Verma.

Kathua Campus (JU) organizes its 3rd Extension Outreach Programme

JJ NEWS SERVICE
KATHUA, FEB 10: Aiming to keep the children, youth and students away from the menace of drugs, Kathua Campus, University of Jammu today organized its 3rd Extension Outreach Activity on "Drug Abuse: Problem, Management and Prevention along with Stationery Distribution Drive at Government Higher Secondary School, Kathua. More than 400 students from Government Higher Secondary School, Kathua and Kathua Campus, University of Jammu participated in the said activity. The awareness programme was also attended by more than 100 people from Panchayat Kathua who were thrilled by the performance of the students of Kathua Campus, University of Jammu in the form of a play on Drug Abuse.

Further, a two-week stationary collection drive was launched by Kathua Campus, University of Jammu on 26th of January, 2023 in order to help the children of the adopted village Kathua and the stationery was distributed today to more than 350 students of Panchayat Kathua in order to channelise their energies to harness their potential in nation building and refrain them from bad habits so that they can focus harder on their studies. The esteemed speakers at the occasion were Sh. Kewal Krishan (District Education Planning Officer, Kathua), Dr. Rajesh Chandel (Assistant Professor, Psychiatry, Government Medical College, Kathua), Sh. Sanjeev Sharma (Inspector, Police Training School, Kathua), Mr. Varun Sharma (Sub Inspector, J&K Police, Poonch) and Sh. Devinder Kumar (Retd. Zonal Education Planning Officer, Hiranagar). While speaking on the



occasion, Sh. Kewal Krishan said that the drug menace is badly affecting the society in general and children in particular. Thus, there is an acute need to spread awareness among society especially children against this evil so that it can be uprooted. He further said organizing these types of awareness-oriented programmes at school level is quintessential for the teen age students. Dr. Rajesh Chandel opined that drug consumption is dangerous to the mental and physical health of everyone and thereby, drug abuse is destroying our future generation. He further underscored the psychological and medical aspects of drug abuse in tender age students. Sh. Sanjeev Sharma stressed on the need of involving students in cocurricular activities in addition to their academics so that they can utilize their time properly. Further, he advised the students to join sports to be mentally and physically fit. Mr. Varun Sharma advised the children to stay away from illegal drug consumption and also requested the public to inform Police about illegal drug consumption.

Further, he insisted the students to fight against this menace in their locality also. Sh. Devinder Kumar emphasized on the importance of such awareness programmes to safeguard children from drug abuse in any manner. He further highlighted the challenge of drug abuse in India and suggested the retired employees especially from the education sector to come forward to take initiatives for the welfare of the youth in particular and society as a whole.

Sh. Ashok Kumar, Principal, Government Higher Secondary School, Kathua appreciated the efforts of Kathua Campus, University of Jammu for organizing the awareness programme on Drug Abuse and for distributing stationery among the children of panchayat Kathua to focus more on studies. The Special Guests from Panchayat Kathua who attended the programme were Sh. Joginder Singh (Naib Sarpanch, Kathua), Sh. Mohinder Singh (Panch, Kathua) and Smt. Trishla Devi (Panch, Kathua).

Modi Govt's agri-friendly schemes have become real power of farmers: Johal

JJ NEWS SERVICE
JAMMU, FEB 10: The Modi government has done more work in eight years of its rule for making farmers self-reliant than was accomplished ever before and its agriculture-friendly schemes have become the real power of farmers.

This was stated by Sarabjit Singh Johal, President BJP Kissan Morcha, J&K and DDC Member while speaking at the programme in Bantala area of Jammu.

Johal asserted that the central government headed by the Prime Minister Narendra Modi has done more work in the last eight years than ever before for empowering farmers and making them self-reliant. He said the government at the Centre stands fully committed to the welfare of the farmers who deserve special attention especially in view of their being the food producers of the nation. He said the government is making every effort to double the farmers' income and boost agriculture economy.

Today, Sarabjit Singh Johal along with his entire Kisan Morcha team visited Maa Chandi Temple in Rajinder Nagar, Bantala area and prayed for the peace and prosperity of the Union Territory. State General Secretary of BJP Kisan Morcha Rakesh Pant, Vice President Kisan



Morcha Baba Chanchal Singh, Mandal President Vijaypur Ajay Sharma and Parveen Sharma accompanied the BJP Kissan Morcha President, J&K.

Johal said "Since the BJP led government came into power, it has been taking all necessary initiatives to boost and bolster the agricultural economy along with farmers' welfare schemes."

He said that the farmers' issues have been best addressed by PM Modi led Govt at the Centre. He mentioned that the schemes and initiatives by the government like Kissan Sammaan Nidhi, Kissan Credit Card, Kissan Fasal Bima, Soil Health Card, Pradhan Mantri Krishi Sinchayee Yojana (PMKSY), National Agriculture Market (e-NAM), SVAMITVA Yojana, and many more

such schemes have been providing benefits to all the farmers of the nation.

Johal asked the Kissan Morcha leaders and workers to establish a strong connect with the farmers'

community and ensure that they avail the benefits of the aforesaid schemes.

He asked them to take adequate measures to strengthen the base of the Party.

Indian Army organises lecture on Road Safety

JJ NEWS SERVICE

JAMMU, FEB 10: Indian Army organised a lecture on Road Safety at Govt Higher Secondary School, Bhowani in District Rajouri (J&K). Road accidents are a major concern in the region owing to hilly terrains and modern vehicles having lighter speed limits. Towards this end, the lecture aimed to create awareness amongst the locals to make the roads safer and prevent loss of life and limb. The lecture highlighted that roads in this region of the UT of J&K run through various hills and mountain ranges, which requires the drivers to be extra cautious and provide due allowance for the terrain and weather.

The gathering was also educated about various aspects contributing towards safe roads like, following traffic rules, importance of wearing seat belts/helmets, maintenance of vehicles etc.

BJP Minority Morcha J&K Organises Joining Program at Baribrahmana

JJ NEWS SERVICE
JAMMU, FEB 10: A programme was held at Bari Brahmana District Samba today by the District Unit of BJP Minority Morcha Jammu under the chairmanship of UT President Ranjodh Singh Nalwa.

The main motive of this meeting was to conduct briefing session in which BJP Minority Morcha Leadership was to be kept abreast of the latest developments and working of the organisation especially with reference to the upcoming Party Programmes. The aim of the meeting was on part of all the functionaries also to remain alert in their respective Districts, Constituencies, booth levels and work at the grass roots levels for welfare and benefits of common people. The purpose of the interactive session was to deliberate on the efforts to address the grievances of the masses specifically those who are marginal, helpless and resourceless as also to raise



voice of concern in favour of their genuine demands.

On this occasion, all the delegates under the leadership of UT president Ranjodh Singh Nalwa welcomed the entrants in the party fold who joined the Morcha today. Speaking on this occasion, Nalwa while elaborating on the policies of BJP said that it is due to the people friendly programs and plans associated with the growing popularity of the party under the national leadership of Prime Minister Narendra

Modi that every passing day, number of people are embracing this organisation and have been expressing their full solidarity in the ensuing march on the path of progress and prosperity. He further stressed on the workers to strengthen the party at the ground level and be always inclined with the people and become a mouth piece for giving vent to their problems, he said adding further that it is the discipline of the party that attracts the people towards it.

District president Jammu BJP Minority Morcha Jaspal Singh also expressed his views on this occasion.

Other prominent participants include Vice President J&K Balvinder Singh, Amarjeet Singh, Santokh Singh (Gen. Secretary J&K), Pranvrat Singh, Pawanjeet Singh and other office bearers of BJP Minority Morcha.

Earlier, several people turned up the venue to join BJP Minority Morcha who were warmly welcome in the party folds.

One week student workshop concluded at TBS, JU



JJ NEWS SERVICE
JAMMU, FEB 10: The Business School organised one week workshop aimed to enhance the professional competencies of MBA students from 6th February to 10th February, 2023. The week long workshop included nine sessions. Two sessions daily comprising of one morning session and one afternoon session. Total nine sessions were conducted by various industry experts, leading academi-

cians and motivational speakers within and outside the university namely Mr. Priyankar, HDFC bank, Mr. Gautam, Chamber of Commerce and Industries, Ms. Swati Basotra, Talknastakassay, Ms. Geetika Kohli, Thinksta, Prof. Vishav Rakscha, University of Jammu, Ms. Maansi Rattan, MG Design School, Mr. Akash Badi, Amazon India, Ms. Jasleen Kaur, Branding Elves, Mr. Aman Talla, Talla Jewellers and Mr. Satish Koul,

Emcure Pharmaceuticals Ltd.

A valedictory function was organised to conclude the workshop and Chief Guest for the occasion was Mr. Satish Kaul, Resident Director at Emcure Pharmaceutical Ltd.

The certificates were distributed to the participants and organisers of the workshop. Mr. Satish Kaul in his address expressed the need for the students to enhance soft skills besides academic knowledge. He motivated the students to be disciplined, ethical and work hard to achieve success in life.

He emphasized upon the need for such programs in The Business School. Prof. Sameer Gupta, Director, TBS while talking on the occasion gave special remarks about the workshop. He emphasized upon the need for such workshops for the MBA students that are under immense academic and competitive pressure.

Prof. Alka Sharma appraised the gathering that such workshops give an edge to the students in their employability profile.

Lawlessness unleashed by opposition done away with, India on progressive path: Raman Suri

JJ NEWS SERVICE
JAMMU, FEB 10: Bharatiya Janata Party (BJP) J&K Executive Member Raman Suri today said that those opposed to unfurling Tricolour in Jammu and Kashmir or doing away with redundant laws are now trying to protect the illegal encroachers of the UT and forest land by arriving at the Capital to protest. This is indicative enough that such political leaders never wanted order in the system of governance and allowed lawlessness to prevail in the erstwhile state.

He said, PDP chief Mehbooba Mufti's unrelenting support to encroachers, illegal occupations or land grabbers is

enough to understand how these leaders had unleashed a rein of lawlessness and made Jammu and Kashmir a jungle where everyone was having a free run when it came to grabbing land, occupying state or forest land and even building shops and houses on the land of development authorities.

Raman Suri said, Prime Minister Narendra Modi in his reply to the debate on Motion of Thanks to the President's address in Lok Sabha established that the days of such leaders or divisive and adverse policies are over. The Prime Minister

er, Tricolour is unfurling everywhere and tourists besides investors are looking towards the new, potentially-viable Union Territory.

Raman Suri asked the youth to reap benefits of this atmosphere which is conducive enough to progress and contribute to nation building.

He said, Kashmir of serenity, when tourists used to flock there and enjoy every season, young boys and girls had ample opportunities, peace prevailed and no one ever created any trouble for anyone is now back. The leaders who created an unrest in Kashmir, made militancy a monster, encouraged separatism at

the cost of lives of youngsters and stalled progress of youth are themselves finding no space in the political arena now.

The recently concluded "Triranga Yatra", he said, has become a benchmark of peace for opposition where every leader, who once said that no one will unfurl Tricolour, walked miles to see the Indian Flag unfurl at historic Lal Chowk.

Raman Suri felt sorry for the opposition saying that they are unable to find any flaw in the functioning of the Union government, which is why they were speechless in the Parliament and couldn't muster courage to pinpoint on anything that affected the progress of our nation.

J&K Govt to give Rs 2.5 lakh incentive for every inter-caste marriage involving a dalit

SRINAGAR, FEB 10

The Jammu & Kashmir Government has unveiled a scheme to give Rs 2.5 lakh to every inter-caste marriage involving a dalit.

An order in possession of news agency reveals that UT administration has come up with a scheme to incentivize inter-caste marriage involving a dalit.

The scheme has been unveiled after the Administrative Council gave a go-ahead for the same. The Centre had also unveiled a similar scheme in 2017.

The scheme has been framed for implementation of the Protection of Civil Rights Act, 1955 and the Scheduled Castes and the Scheduled Tribes (Prevention of Atrocities), Act 1989.

To avail benefits of the scheme, one of the spouses in the inter-caste marriage should be a dalit or a member of the Scheduled Caste community as mentioned in the Scheduled Caste List (out of 13 Castes) specified in the Constitution (Scheduled Castes) Order, 1950. C.O. 19 for Jammu and Kashmir and

the other is a non-scheduled caste Hindu.

As per guidelines of the scheme, the marriage should be valid as per the law and duly registered under the Hindu Marriage Act-1955 and a registration certificate to this effect issued by the competent authority must be furnished by the beneficiaries.

The order states that the age criteria of marriage should be as per prescribed law. The case for assistance shall only be valid if submitted strictly within six months from the date of marriage, as indicated on the marriage registration certificate produced at the time of submission of application.

"The couples who have already received incentive from the Dr. Ambedkar Foundation, Ministry of Social Justice & Empowerment or any other State/UT should not be eligible for incentive under this scheme," the guidelines state.

The guidelines further state that the total amount of incentive will be released

to the eligible couple in a single instalment through Direct Benefit Transfer (DBT) mode to the joint account of the couple in any government/nationalized bank in the form of fixed deposit (FD) with a lock-in period of three years.

"At the time of maturity of the fixed deposit i.e. after completion of 3 years the couple has to submit a joint undertaking to the bank regarding the successful sustenance of marriage clearly depicting that no marital dispute or legal proceedings are going on between the couple after which the bank will provide them the option of withdrawing the amount or continuing the fixed deposit under an intimation to the sanctioning authority. In case the beneficiary couple fails to produce the joint undertaking regarding the same it will be the responsibility of the Bank concerned to return and remit the total amount along with interest to Government account under intimation to sanctioning authority," the order further states. KNO

'Zindagi': This helpline is giving hope to people in Kashmir

SRINAGAR, FEB 10

Amid rise in suicide cases in Kashmir, 'Zindagi' helpline in Kashmir is proving a boon for people having suicidal thoughts as such people are being counselled on phone.

As per news agency, the Institute of Mental Health and Neurosciences Kashmir along with SRO Kashmir issued the first suicide prevention helpline named 'Zindagi' last year, proving beneficial for hundreds of people.

The helpline number 9802701008 functional every day from 6 pm to 11 pm is playing an important role in curbing the number of suicide cases.

Dr Zoya, a clinical psychologist who is part of this initiative, told news agency-Kashmir News Observer (KNO) that the helpline receives around five to six calls every day.

Initially, the number of distress calls were higher but now it is primarily people who have suicidal thoughts who call.

She said that suicide is an act of killing oneself

intentionally when the pain becomes unbearable. "They don't want to die but they just want to kill the pain. This pain can be caused due to many factors. The most common factors that invoke thoughts of suicide are public humiliation, financial stress, emotional disturbances caused due to family, work pressures, failures and constant domestic abuse," Dr Zoya said.

According to her, adolescents have become more vulnerable for thoughts of suicide as their prefrontal cortex that is responsible for rational thinking is not well developed. When they go through chronic and consistent stressors they resort to suicidal behaviours, she added.

"The helpline has proved to be beneficial to deal with the stigma as the help is a call away. It is a free number where anyone can call and you will be connected to a suicide first aid responder. The responder provides immediate help to deal with thoughts of suicide at that moment and also connects the person with mental

health professionals for a holistic treatment," she said. Many people consider an act of suicide as a weakness of moral and religious character and that is why people don't uprightly talk about thoughts of suicide which leads to aggravation of symptoms to an extent that they lose control and make an attempt, the doctor said.

"We need to look at suicide or thoughts of suicide as a mental health illness and help our loved ones to connect to the right help available i.e. connecting to mental health professionals," Dr Zoya said.

"We need to desensitize our children from early years of life about emotions and how to deal with failures and difficult times besides that educational institutions need to conduct awareness programmes for the same," she added.

Suicide cases are on rise in J&K and experts consider irresponsible media reporting as one of the causes of suicide contagion who have called for giving the least space to such acts so as to minimise the cases.

No traffic movement on Jmu-Sgr highway for 12 hours

ANANTNAG, FEB 10

The district administration Anantnag Friday said due to periodic overhaul at Shamsipora Crossing, no vehicular movement will be allowed on the stretch along Srinagar-Jammu highway.

An order issued by Additional Deputy Commissioner Anantnag, a copy of which lies with the news agency, reads that due to periodic overhaul at Level Crossing Gate No C2 (Shamsipora Crossing), no vehicular movement will be allowed on NH44 between Shamsipora and Bijbehara crossing between 20:00 on Sunday and 08:00 on Monday.

"In order to carry out some immediate repairs by Railway Authorities on Level Crossing Gate No. C-2 at KM 19/54 (Shamsipora Crossing), it is hereby ordered that no traffic/vehicular movement will be allowed on National Highway (NH44) between Shamsipora Crossing and Bijbehara Crossing from 20:00 hours (Sunday) 12th February 2023 to 08:00 hours (Monday) 13th February 2023," it said.

The traffic shall be diverted through old National Highway from Hamzapora Crossing to Alstrop Crossing and vice-versa during the period, it further reads. KNO

Haj forms available on HCoI's official website from today

SRINAGAR, FEB 10

Haj 2023 forms will be available online free of cost from today onwards on the official website of Haj Committee of India (HCoI).

"Haj forms have been made available on the official website of HCoI: <https://hajcommittee.gov.in/haj23>," HCoI Member, Er Aijaz Hussain told news agency. He said the forms are absolutely free of cost as already announced by the HCoI under its Haj policy 2023.

Er Aijaz said all the steps will be taken to provide as much as possible relief to the pilgrims performing Haj 2023. He said that under the Haj policy 2023, 25 Haj Embankment points will be set up across country to facilitate the pilgrims by all means. This year, as per the bilateral agreement between Government of India and Saudi Government, over 1,75,000 pilgrims will perform the holy pilgrimage of Haj 2023. Pertinently, HCoI has already abolished the VIP quota under which 5 to 10 persons were allowed to perform the pilgrimage. This year, there is no such quota. Er Aijaz reiterated that this year, pilgrims above 70 years of age will be given priority.

He said HCoI is taking every step to make Haj 2023 cheaper with all possible best facilities available for the pilgrims visiting both holy cities of Makkah and Medina. KNO

Six years on, PHC building awaiting completion in Budgam's Khanshab

BUDGAM, FEB 10

About six years after the work on the new building of Primary Health Centre in Budgam's Khanshab was started, the hospital building is still incomplete.

Currently, the Primary Health Centre Hardu Panzoo in Khanshab catering about 30 villages is functional from an old building with less space causing hardships to staff as well as patients.

Locals told news agency that work on the new building was started in 2017 and it has not been completed till now. They said that while the PHC is functional round the clock throughout the week, the health facility lacks basic amenities.

Mohammad Ayoub, a local, told KNO that the centre lacks USG machine, digital x-ray machine and an analyzer. In absence of the facilities, patients are presently forced to visit a sub district or district hospital taking a toll on them.

Locals said that around 80 percent of the work on the new building has been already completed but it has been left incomplete as of now.

"They demanded that the government must complete the pending work on the health centre at the earliest and should shift the centre to a new building where all kinds of facilities will be made available to the patients."

They requested Deputy Commissioner Budgam and CMO concerned to look into the matter at the earliest and take immediate steps regarding this issue. KNO

Ganderbal boy enters 'India Book of Records' for tech innovation

GANDERBAL, FEB 10

Eighteen-year-old boy from central Kashmir's Ganderbal district has brought laurels to the Union Territory by entering the 'India Book of Records' for tech innovation.

Aquib Ahmad Shah of Saporah was made the 'seat belt ignition' for cars that will ensure the safety of the people, particularly the drivers, thereby minimising the loss of precious human lives due to accidents.

Aquib, a 12th-class student at Government Higher Secondary School, is the first youth of Kashmir whose name has entered the 'India Book of Records' in the 'Innovation and Technology' category.

"Since childhood, I used to open up toys and other electronic devices at home, for which my parents used to scold me. However, this habit yielded positive results after the Mankh Awards competition by the Department of Science and Technology, Government of India, was announced where I won the Inspire Award for four consecutive years," Aquib told the news agency.

Recently, Aquib applied for the innovation conclave at IIT Kanpur, where his idea was selected. He attended the recently-held 'Innovation Hunt' held at Sri Pratap College and also sent an innovative idea for review to the University of Kashmir's Incubation Centre.

Meanwhile, SSP Ganderbal Nikhil Borkar who was accompanied by DySP Hqs H. Ganshan felicitated the Aquib at DPO Ganderbal.

Aquib "is an inspiration for his fellow students in the area," the SSP said.

He said police appreciated and felicitated the young boy with a aim to promote the local talent and encourage the positive and constructive activities of youth in the area. The SSP appreciated the young innovator and assured full support for his future endeavours. KNO

Elderly man crushed under moving train in Budgam

BUDGAM, FEB 10

An elderly man was crushed under a moving train in Central Kashmir's Budgam district on Friday afternoon, officials said here.

An official told the news agency that the train mowed down the man between Mazhomb and Budgam section. He said the man died on the spot. "He has been identified as Mohammad Ismail Dar (70) son of Abdul Ahad Dar of Shapurah Wadwar, Budgam," the official said.

Meanwhile, police have taken cognizance of the incident and registered a case in this regard. KNO

FROM THE FRONT PAGE...

Not Stone...

Gulmarg is going to be the Centre of Excellence for the winter sports and efforts are on soon "we will achieve the mission"

Addressing the gathering during the inaugural ceremony of 3rd edition of Khelo India Winter Games at Gulmarg, LG Sinha as per KNO said that every effort is being made to bring the skills of J&K youth who are affiliated with the sports on a display as Gulmarg will soon be the Center of Excellence for the winter games.

While congratulating the organizers for making efforts in conducting the mega event, the LG said that it is a proud movement for the Union Territory of Jammu and Kashmir. "I convey my greetings to each member including the Ministry of Youth Affairs and Sports, High Altitude Warfare School Jawahar Institute of mountaineering, J&K Sport's council and the athletes. I am not eligible for incentive under this scheme," the guidelines state.

The guidelines further state that the total amount of incentive will be released to the eligible couple in a single instalment through Direct Benefit Transfer (DBT) mode to the joint account of the couple in any government/nationalized bank in the form of fixed deposit (FD) with a lock-in period of three years.

"At the time of maturity of the fixed deposit i.e. after completion of 3 years the couple has to submit a joint undertaking to the bank regarding the successful sustenance of marriage clearly depicting that no marital dispute or legal proceedings are going on between the couple after which the bank will provide them the option of withdrawing the amount or continuing the fixed deposit under an intimation to the sanctioning authority. In case the beneficiary couple fails to produce the joint undertaking regarding the same it will be the responsibility of the Bank concerned to return and remit the total amount along with interest to Government account under intimation to sanctioning authority," the order further states. KNO

"Sports is such a medium which can change everything and it will not change the athletes' behaviour but can change the whole scenario of the world. Just after three months we are going to hold the G20 meeting in Jammu and Kashmir," he said.

He also said Jammu and Kashmir's top sports infrastructure in the whole country as "we have stadiums and play fields in every village." "Our country was deprived of the soft power of sports from last 60 years but fortunately, the efforts of PM Modi paved the way and we are now at the stage of holding the mega sports events. PM Modi gave youth a Naya Asmaan and Naya Panikh," he said.

The LG said that over the years the country has produced a number of sports heroes and it's all because of PM Modi. "Sports can give a new birth to sustainable development and the Sports ministry left no stone unturned to make Jammu and Kashmir a Sports centre of the country."

The LG said J&K Sports Council is doing its best to promote the sports and have covered almost every district and every village.

"The budget for Jammu and Kashmir's sports sector is higher as compared to other states of the country. Maharashtra is known for the highest budget for education and youth sports and if we combine both we are just 49 crores away from that highest budgeting state," the LG said.

The athletes are the role models for the youth across the country, we are looking for the young people to bring an honor to sports field and the country, he said. KNO

Vijay Kumar Bidhuri...

Secretary in the Power Development Department. Deepika Kumari Sharma, JKAS, Chief Operating Officer, Himayat, holding additional charge of Executive Director, Mubarak Mandi Heritage Society, has been transferred and posted as Secretary in the J&K Shakti Department. She shall also hold the charge of the post of Executive Director, Mubarak Mandi Heritage Society, in addition to her own duties, till further orders."

It added Dr. Ghulam Nabi Itoo, JKAS, Special Secretary to the Government, J&K Shakti Department, has been transferred and posted as Mission Director, Jal Jeevan Mission.

Shahid Hussain Bhat, JKAS, Special Secretary to the Government, General Administration Department, has been transferred and posted as Director, Rural Development, Kashmir. Imam Din, JKAS, Director, Rural Development, Kashmir, has been transferred and posted as Managing Director, J&K Horticulture, Produce, Marketing and Processing Corporation.

It reads Rajneesh Gupta, JKAS, Additional Secretary to the Government, Jal Shakti Department, has been transferred and posted as Chief Operating Officer, Himayat.

"Shafiq Sultan, Managing Director, J&K Horticulture, Produce, Marketing and Processing Corporation, has been transferred and shall await further orders of adjustment in the General Administration Department for further posting. Amit Vermani, JKAS, Member, J&K Services Selection Board, has been transferred and posted as Additional Secretary to the Government, General Administration Department," it reads. KNO

After 2-day wet...

Yellowish snowfall was due to dust carried out by winds from central parts of Pakistan and Southern Afghanistan.

"Analysis of 2nd Generation Weather Satellite (Meteosat-9) of EUMETSAT (European Operational Satellite Agency) confirms that Yesterday's Yellowish and Dusty Snowfall over some parts of north Kashmir was dust carried out by winds from Pakistan and Southern Afghanistan, which started around 7 PM IST," it said.

It further added that the dust travelled northeast wards

and reached north Kashmir around 02:00 AM.

Moreover, over 1000 vehicles have been stranded along the 270-km-long Srinagar-Jammu highway since last night after the authorities decided to close the vehicular movement due to landslides and shooting stones, triggered by heavy rainfall in several places in Ramban district, officials said.

An official told KNO that due to heavy rainfall, mudslides at Cafeteria-Mehar, Ramban and shooting stones at Panthyal and other locations, the traffic was suspended approximately on Thursday 06:00 pm.

Nonetheless, people have been advised to undertake journeys on the highway only after confirming the status of the road from TCU Jammu, TCU Srinagar, and TCU Ramban.

It is worth to mention here that Srinagar-LCU highway and Mughal Road continues to remain closed since the first week of January in view of the snowfall. KNO

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This project is not only crucial for food security and achieving Sustainable Development Goals but also a testament to the government's commitment towards deploying cutting edge and future-ready technologies in the agriculture sector. The project will have far-reaching benefits for farmers, researchers, natural resource managers and other stakeholders in the region.

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Apni Party registers its protest against bulldozing drive

Holds sit-in protests at the district headquarters across J&K



JI NEWS SERVICE JAMMU, FEB 10: Apni Party on Friday held sit-in protests – against the ongoing demolition drive by the administration – at the district headquarters across J&K.

According to a press note released here, “Party’s district leaders and senior

workers led the sit-in protests at the district headquarters across the J&K. The sit-in protests at multiple places were meant to register a strong objection, on behalf of the party, against the administration’s ongoing demolition drive.”

It further said, “Apni

Party demands the immediate stoppage of the bulldozing drive. The party is not against retrieving large chunks of land occupied by the land mafia, but we demand regularization of the small amount of State/Kacharai land, which has been in possession of common people for

decades or in some cases for more than a century.”

“In the Valley, the senior party leaders – Usman Majid, Javid Mustafa Mir, Abdul Majeed Padder, Raja Manzoor, Khursheed Ahmad Khan, Noor Mohammad Sheikh, G M Mir, Tariq Ahmad Veeri, and Javid Ahmad Mir – led the sit-in protests respectively in Bandipora, Badgam, Kulgam, Kupwara, Baramulla, Srinagar, Pulwama, Anantnag, and Ganderbal,” the press note said.

“While as in Jammu region, Manjit Singh led the sit-in protest in Jammu and Samba districts; Advocate Harpreet Singh in R S Pora; Pushap Dev Uppal in Jammu (Rural); Satpal Chalotra in Udhampur; Anil Kumar in Badnawah; Bashir Khaki in Poonch; Sofi Aslam in Rajouri, and in Kishtwar led by Umer Mingnoo,” the press note added.

Two-Day seminar on ‘India’s Pathways to next economic powerhouse by 2047’ concludes



JI NEWS SERVICE JAMMU, FEB 10: A two-day seminar on ‘India’s Pathways to Next Economic Powerhouse by 2047’ organized by Department of Economics sponsored by the Indian Council of Social Science Research, New Delhi concludes today at University of Jammu. In the valedictory function, Prof. Raj Kumar Mahajan, the Former Professor, Punjabi University, Patiala, Regional Centre Bathinda, Punjab, was the Chief Guest. He advocated that India has tremendous potential to grow using robust policies to address the challenges of poverty, inequality, unemployment and sustainability which will pave the way to become the next economic powerhouse by 2047.

The Key Note Speakers of the inaugural function were Prof. (Dr.) Balwinder Singh Tiwana, the Former

Professor, Punjabi University, Patiala, Prof. Kuldip Kaur, Chairperson, Ambedkar Chair, and Former Professor, Punjab School of Economics, GND University, Amritsar, Punjab, and Prof. I. C. Awasthi, Former Professor, Institute for Human Development, New Delhi.

Prof. Balwinder Singh Tiwana emphasized on building economic strength and to leverage the drivers of sustainable economic growth and to strengthen the India Rupee vis-à-vis Dollar. The continuous evaluation of short-term achievements of Indian economic performance is essential to plan for long-term goals. India has also to address the fluctuations in FDI and foreign exchange reserves to become the next economic powerhouse.

Today, the six parallel sessions were conducted in which well researched papers on various topics were presented including

addressing the problem of climate change for sustainable agriculture. Prof. I. C. Awasthi argued that inclusive growth is necessary to address rampant problems of unemployment and inequalities over the long-term to build a strong economy. The seminar convener Prof. Falendra Kumar Sudan presented a brief summary of two-day seminar, while Dr. Tsering Yangzom presented the welcome remarks and Prof. Sunita Sharma, presented the vote of thanks. Prof. Jasbir Singh appreciated the Head of the Department for his all support to organise such type of events. Dr. Virender Koundal, Dr. Manoj Bhatt, and Dr. Shaluu Selgoh of the Department of Economics were also present.

The main speakers include Dr. J. N. Balya, Dr. Hemlata Mangani, Dr. K Rajesh Kumar, Dr. R. Sai Kumar, Dr. Prashant Kumar Choudhary, Dr. Ritu Bakshi, Dr. Preeti Chawla, Dr. Reeti Debnath, Dr. Rajendra Prasad Meena, Dr. Om Raj Katoch, Dr. Neelam Choudhary, Dr. Shilpa Gupta, & Dr. Shayan Javed, Dr. Rashi Tuggar, Dr. Sandeep Kaur, Pabitra Kumar Jena.

the role of Foreign Direct Investment, Digital Educational Initiatives, Export and Import, Rural Governance and Entrepreneurship, Digitalizing Higher Education, Online University Teaching, Agrarian Change, Gender Dividend, Manufacturing Value Added, Corporate Governance, Sustainable Urban Transportation, Financial Development, Digital Empowerment, Digital Transformation of Agriculture, Human Development and Poverty Reduction, Renewable Energy, Nuclear Energy, Water Resilience, Land Sustainability, Food Security, Services Sector, Carbon-Neutral Cities, Fiscal Reforms, Inclusive Development, Entrepreneurship, Innovation, Investment, and R&D and many more topics in becoming the next economic powerhouse by 2047.

One day workshop held at Jammu University



JI NEWS SERVICE JAMMU, FEB 10: A one day workshop was organized at Jammu University by Directorate of International Quality Assurance in collaboration with Mission Directorate RUSA & K the state nodal agency for AISHE scheme.

The workshop was

attended by Nodal Officers (AISHE) all private and Govt Degree Colleges, Shri Mata Vaishno Devi University and experts from Higher Education Department Ministry of Education, New Delhi.

The welcome address was given by Dr. Ginny

Dogra University Nodal Officer Aishe/Deputy Director DIQA, Jammu University. Director College Development Council Dr. Rajeev Rattan was Chief Guest on the occasion who hailed the organisers for conducting such program. Ms Anita Sirohiwal, Joint Director.

Mission Director RUSA J&K in his address Elaborated the role of AISHE data in RUSA funding.

Joint Director, Planning and Monitoring from Ministry of Education in her speech deplated under the changes made in Web DCF to make it user friendly.

The technical session of workshop was conducted by Mr. Shivam Panday, Research Assistant, Mr. Vikas Mehta, Data Analyst and Mr. Sanjeev Kumar, Data Analyst experts from Ministry of Education.

Technical session was followed by queries session where technical issues faced by colleges with regard to uploading of data were resolved. Vote of thanks to participants and organisers was presented by Dr. Asif Iqbal coordinator AISHE, J&K.

Society must be driven by the principles of Antyodaya: BJP

Sham, Priya, Munish listen to public grievances

JI NEWS SERVICE JAMMU, FEB 10: Society will be healthy when it is driven by the principles of Antyodaya, which means the rise of the last person in the row stated senior BJP leaders, while they continue BJP’s mission to resolve the issues faced by the residents of Jammu & Kashmir.



J&K BJP Vice-President & former Minister Sham Choudhary, BJP NEM & former Minister Priya Sethi and BJP All Morcha Incharge Munish Sharma, listened to the public grievances and took up the same with the concerned department officials for their early solutions at BJP headquarters, Trikuta Nagar, Jammu.

Numerous individuals and deputations visited the BJP office to meet the party leaders and narrate their woes & problems. The issues presented by common masses before the senior party leaders were related to PHE, PWD,

Rural Development, Revenue, Irrigation & Flood Control, Education, Agriculture etc.

Presented issues were on the spot, taken up with the heads of these departments by Sham Choudhary, Priya Sethi and Munish Sharma telephonically and they were impressed with immediate solutions.

Sham Choudhary, while

listening to the issues stressed that the leaders have tried sincerely to provide the best possible solutions presented by masses in the grievances camps. He said that BJP believes that a society could only be healthy when it ensures the rise of the last (deprived and neglected) person of the society.

Priya Sethi, on the occasion, said that BJP holds the issues faced by the masses in high esteem and believes that they should be promptly taken care of for the realization of a healthy society.

Munish Sharma stated that many of the issues presented today were solved on the spot whereas other issues are impressed for their early solutions.

DLC organises " Induction Programme for freshers of LL.B 3year (Prof.) Course

JI NEWS SERVICE JAMMU, FEB 10: Dogra Law College organized Induction programme to welcome the new entrants who have joined the college for the session 2022 - 23. Th.Gulchain Singh Charak, Chairman; Dogra Educational Trust was the Chief Guest on the occasion. The programme started with the lighting of the traditional lamp by the dignitaries followed by Saraswati Vandana.

Prof. V.P. Magotra, Principal, Dogra Law College welcomed the students. He briefly highlighted the history of the Dogra Law College. He apprised the students about the rules of the college and the achievements of the students who have brought laurels to the college.

Ms. Parema Bakshi, Faculty member of Dogra Law College made a PowerPoint presentation on the vision, mission, rules, values, curricular and co-curricular activities including the facilities available in the college. Prof. Darshana Sharma, Director, Dogra Group of Colleges and Campus Development addressed



the students and congratulated them for successfully qualifying the JUET Entrance Examination and becoming a part of the Dogra Law College. She threw light on the facilities and activities which are peculiar to the college and impressed upon the students to make use of those facilities. Special felicitation ceremony was also organised for NCC Cadets namely Junior Under Officer Abhishek Sharma, Student of B.A.LL.B 5 Year Course 7th Semester for Lecture Conducted at Commando Insurgency

and Jungle Welfare School, Gwaldam, Uttarakhand and Cadet Gurbakshish Singh, Student of B.A.LL.B 5 Year Course 7th Semester for representing J&K and Ladakh in Republic Day Parade 2023.

Two senior students of Dogra Law College shared their experiences with the new entrants. The Esteemed Chief Guest Th.Gulchain Singh Charak, Chairman, Dogra Educational Trust emphasized on maintaining discipline by the students which will help them in their future life. He also

emphasized the importance and recognition of hidden talent of the students which always contribute to the development of self-confidence and self-actualization. He added that Dogra Law College is committed in its endeavor to impart education for the betterment of the society.

The Programme concluded with the vote of thanks presented by Ms. Sumiksha Razdan, Faculty member of Dogra Law College followed by the National Anthem. In the end, sweets were distributed among the students.

‘Three star electronics’ of Blue Star ACs bags ‘Best distributor Award’ in North India

JI NEWS SERVICE JAMMU, FEB 10: Ved Sharma of Three Star Electronics, Shastri Nagar Jammu has bagged the ‘Best Distributor Award’ in North India during the Blue Star Product Launch cum Award Function organized at Chennai.



The award was presented to him during a glittering function attended by an august gathering comprising entrepreneurship doyens and celebrities from across the nation. The honours of award presentation were done by B Thiagarajan - Managing Director Blue Star in presence of Shashi Arora - President & COO, Cooling & Purification Appliances Group; Navneet Sharma and Haridas C-

Executive Vice Presidents. It is pertinent to mention here that M/5 Three Star Electronics is a name to reckon with not only in Jammu and Kashmir but across the northern region of the nation.

The venture was launched by an enterprising and enthusiastic entrepreneur Ved Sharma. Sharma

by dint of his strong determination and hard work never looked back and is today considered as one of the leading entrepreneurs in J&K in the field of electronics especially in Blue Star air conditioners.

The venture started many years back has today transformed into a very healthy business concern

not only providing profits and dividends to the owner but also creating a huge employment avenue for the unemployed youth.

After receiving the award, Ved Sharma said there is no shortcut to success adding that strong determination, will and hard work are the only keys to success.

THOUGHT OF THE DAY

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

JINDRAH IMAGES

Harness solar energy potential to maximum level

To an utter dismay of the people of the erstwhile state of Jammu and Kashmir, now two Union Territories—J&K and Ladakh, least interest has been given to exploit the vast solar power potential over the years. The reports suggest that two UTs have performed dismally on account of electricity generation from solar energy as authorities have exploited less than one percent of 111 Gigawatts (GWs) solar power potential during the last four years. This is notwithstanding the fact that the Central government has asked all states and the UTs to harness solar power potential to its maximum level. The installed solar capacity of Jammu and Kashmir is 48.90 MW, while Ladakh, which is considered as solar capital of the country, is having just 7.80 MW installed solar capacity. The erstwhile state of Jammu and Kashmir has a solar power potential of 111.05 GW and it is the second highest in the country after Rajasthan which has the solar energy potential of 142 GW. Ladakh has not generated even single additional Megawatt electricity during the last one year despite the fact that it has a large potential of 100GW solar energy alone, therefore failing to contribute in the country's total installed capacity, notwithstanding two major projects with potential of generating 7500 MW of solar power (now revised to 10,000 MW) were sanctioned for the region about eight years ago. On the other hand, Jammu and Kashmir has doubled its installed solar capacity from 24 MW to 48 MW in the last one year and it has shown some progress while exploiting its solar power potential. Jammu and Kashmir has been provided Rs 64 crore by the Union ministry of New and Renewable Energy from year 2019 to year 2021 under different schemes for harnessing the solar power potential. An amount of Rs 12.41 crore has been released to Ladakh under various schemes to increase its installed solar capacity for the period. The Central government has sanctioned two major projects with the total solar power generation capacity of 7500 Mega Watts for Ladakh region. After deliberations, the Central Government had planned to raise the capacity of this proposed solar park in Ladakh to 10 GW from 7.5 GW announced earlier. The Solar Energy Corporation of India (SECI) had issued a tender for development of 7500 MW Solar PV Projects in Leh and Kargil districts on December 31, 2018. As per the tender documents, implementation time for the project was 48 months from the effective date of Power Purchase Agreement. The projects were proposed because Ladakh, the cold desert of the country, received the 'best solar radiations' in the country but the projects have remained entangled in technical and administrative glitches. The Government of India should conduct a probe as to why these projects have failed to take off even after the lapse of eight years. The responsibility must be fixed while expediting measures to harness solar power potential.

BALLOON TURBULENCE DEEPENS US-CHINA DISCORD

By sending the balloon, China wanted to convey a message of strength that it was capable of reaching the heart of the US mainland and Washington would have to take into account Beijing's concerns if it sincerely wanted a dialogue on establishing peace and cooperation with it.

YOGESH GUPTA

ON February 3, US Secretary of State Antony Blinken called up Wang Yi, Director of the Chinese Communist Party's Central Foreign Affairs Commission, to tell him that he was postponing his scheduled trip to China as by sending a balloon over the US airspace, China had indulged in an "irresponsible act and this action is detrimental to the substantive discussions" that they were prepared to have. He said the trip would be rescheduled once the balloon turbulence was over.

However, Wang said it was a civilian airship sent for meteorological research and had accidentally strayed from its planned course into US airspace due to strong westerly winds and its limited self-steering capacity. "China is a responsible country and has always strictly abided by the international law," he added.

But the Americans found that the balloon, which entered the US air defence zone north of the Aleutian islands on January 28, moved largely over land across Alaska, Idaho, Montana, Carolinas and then towards the Atlantic Ocean. The balloon had flown over certain sensitive sites to collect information, including over Montana, which is home to about 150 inter-continental ballistic missile silos.

Typically, the balloons fly above 80,000 to 1,00,000 ft, but the one sent by China was flying low enough at about 60,000 ft to be noticed by the civilians. The journey of the balloon over so many days over the US landmass provoked widespread anger and many questions such as why it was detected so late by the defence authorities, were there gaps in the US security which permitted the balloon to fly undetected, why the Chinese took such a brazen step a few days ahead of Blinken's planned trip and what intelligence it had collected.

It is common for countries such as the US, China and others to conduct surveillance on their adversaries, but it is done discreetly. According to media reports, China had conducted similar surveillance on military assets of Japan, India, Vietnam, the Philippines and



Taiwan earlier.

US President Joe Biden's political adversaries, the Republicans, had a ready fodder to attack him asking why he had not shared the information with the people before the balloon was noticed by the civilians, why he had delayed its shooting, why the sensors in the US airspace had failed to detect this balloon and what if such balloons were used by the US's adversaries to send nuclear or other explosives into the country to cripple sensitive installations.

Pentagon's defence that there had been other instances of similar balloons flying over the US airspace during the Trump administration (matters were detected later) made matters worse, some saying that Biden was too soft towards China. There was a consensus that Blinken's visit could not be permitted till the investigation into the debris of the balloon shot down on February 6 was complete. Also, that China could not be allowed to violate the US sovereign territory without paying a cost.

The Chinese government was equally aggressive. China's vice foreign minister Xie Feng in a representation to the US Embassy in Beijing said this was "entirely an accident caused by force majeure and the US deliberately exaggerated it. Its armed attacks on the balloon were irresponsible and unacceptable". Also that Beijing reserved the right to respond similarly to future incidents of this

kind.

Various theories are doing rounds on why China indulged in such a brazen and risky adventure few days before Blinken's visit.

Most plausible one is that China had got tired of aggressive actions by the US before each high-level meeting, sanctioning or blacklisting some Chinese organisations, companies and officials. There has been a sharp increase in the US provocations against China in recent days, including the sailing of the USS Chancellorsville, a guided missile cruiser, in the South China Sea to exercise the freedom of navigation, approval of \$10-billion weapon sales to Taiwan, setting up of a House Select Committee on China (which distinguishes even the old Soviet Union did not get) targeting Beijing. The USA's encouragement of Japan's militarisation, new alliance to prohibit the sale of microchips to China, setting up of a new military base in China's vicinity in Guam and acquiring four new bases in the Philippines had also come to Beijing's adverse notice.

Some Chinese leaders believed that the US had pushed China on the back foot by these military and economic initiatives and was trying to clip China's wings and even preparing for a war. There was a view that high-level meetings with US officials had become a ritual with glorified photo opportunities and Washington was not taking Beijing seriously. By sending the

balloon, China wanted to convey a message of strength that it was capable of reaching the heart of the US mainland and Washington would have to take into account China's concerns if it sincerely wanted a dialogue on establishing peace and cooperation with it.

As the US-China rivalry deepens, the asymmetry in their thinking and mutual perceptions has only worsened. While the US considers itself as the sole superpower and the guardian of the present international order, China considers itself to be an equal and wants enough space from Washington to accommodate its interests. The latter does not accept China's claim and believes that if Beijing wishes to benefit from its economic, trade and technological cooperation, it should stop behaving as a rival and accept its terms. Given the wide disparities in their outlook, the balloon incident will further strain the Sino-US relationship with growing political consensus in the US to pushback China in political, economic, technological and military realms. If the investigation into the debris of the balloon reveals that China had intended to collect sensitive information about the US strategic installations, there would be demands to make Beijing pay for indulging in this affront. Given that Chinese President Xi Jinping revels in aggressive policies, any further US sanctions would only harden China's opposition to US policies.

Neglecting MGNREGS undermines workers' rights

ZOYA HASAN

The words 'rights' and 'equity' are conspicuous by their absence from the numerous assertions and claims made by leaders of the National Democratic Alliance (NDA) with regard to their achievements in countless speeches and advertisements. A year ago, the Prime Minister stated that there was far too much emphasis on rights, and not enough on duties — even though the Constitution doesn't place them on an equal footing. The realignment of rights and duties is not just about giving greater attention to duties; it is about giving less importance to rights.

This is evident from the niggardly attitude towards the Mahatma Gandhi National Rural Employment Guarantee Scheme (MGNREGS) and the constantly abridged budgetary allocation for it, which is tantamount to a disregard of this right. This has consequences for the larger issue of rights as it affects the well-being of the most vulnerable sections of our society. The Mahatma Gandhi National Rural Employment Guarantee Act (MGNREGA), passed in 2005, was a path-breaking legislation aimed at providing guaranteed employment to rural citizens. It was the single largest rural employment scheme in independent India. It provided only 100 days of employment in a year and, that too, for just one member of a rural household, but the important thing is that it conferred an economic right, which means employment had to be provided on demand, and if the state could not deliver 100 days of work, then the person seeking employment had to be paid compensation.

The MGNREGS continues to be deeply relevant as millions of rural households have gained employment through it. It is particularly vital in times of economic stress and, hence, it is important to make a budgetary provision for the full 100 days and, perhaps, expand it to 150 days of work, given the prevailing dismal employment conditions in the country. The government violates workers' legal rights every time it does not match the funds to demand or does not pay wages on time.



However, this scheme has been hit hard by budgetary cuts. This started during the tenure of the Congress-led United Progressive Alliance (UPA) government itself, even though it had introduced the scheme; allocations practically froze during its second term, making no allowances for the rising prices or the increase in the number of job seekers.

But the NDA government has stretched the practice of making low budgetary allocations to the limit, which has weakened the legal guarantee of timely payment and employment. This comes at a time of rising unem-

ployment and increased inequality in India. Both the World Inequality Report-2022 and Oxford Inequality Report-2023 show India as one of the most unequal countries in the world in terms of incomes and assets. India registered the fastest increase in economic inequality in recent years, even as access to a number of social protection programmes has been severely undermined on the one hand, via restricting allocations and on the other, through the dilution of schemes, such as MGNREGS and even those that form part of the National Food Security Act.

This government has been lukewarm towards the MGNREGS in the last nine years. The Prime Minister spoke derisively about it in Parliament. The Finance Minister mentioned it only once (in the context of work for mangrove conservation) in her Budget speech this year. But the NDA government has not abolished the scheme; it has strangled it through low allocations. The budgetary allocation has been cut by 30 per cent to Rs 61,032.65 crore for 2022-23, the lowest in the past four years. It is lower than the budgetary estimate of Rs 73,000 crore for 2022-23. It is the second straight cut in the scheme's budgetary allocation as in the Budget-2022-23 also, the allocation had been cut by 25 per cent to Rs 73,000 crore from the revised estimate of Rs 98,000 crore.

The gradual decrease in the budgetary allocation for the MGNREGS has created doubts about the government's intentions. By cutting down the funds, the government sends out a signal that it wants to spend less on this scheme as opposed to the others, which means fewer initiatives can be undertaken under this scheme. Reduced funding also makes it difficult for the government to keep its promise of 100 days of employment, which is crucial for the survival of rural households. The average days of work offered is actually much below 100 days and, frequently, employees will not be able to get work even

for half a year.

By law, it is a demand-driven scheme but the continuous decrease of funds has reduced its potential effectiveness. The government has always claimed that the actual allocation would be increased if it was found that a large number of persons were asking for employment under the scheme. While supplementary allocations for the MGNREGS have been increased substantially at the revised estimates stage, a low initial outlay acts as a discouragement. It diminishes demand, in fact, chokes it, which becomes a justification for the low initial budgetary allocation for the scheme. Even if the allocation gets increased later because of higher demand, this increase takes time, which means that wage payments as well as material costs will be delayed and workers get pushed into 'forced labour' in the intervening period. Furthermore, almost half of the budget allocation is spent on clearing arrears. Consequently, the flagship scheme runs out of funds halfway through the financial year even for those who want work.

According to an analysis by Peoples' Action for Employment Guarantee (PAEG), a research and advocacy group, 21 per cent of the budget over the past five years has gone into clearing the arrears of previous years. In the current financial year 2022-23, the unpaid dues stand at Rs 16,070 crore. Hence, the PAEG demanded that the Centre allocate a

Samantha Ruth Prabhu's Shaakuntalam release postponed; reason for delay not revealed. Check out new date

Actor Samantha Ruth Prabhu's upcoming Telugu film Shaakuntalam, which was supposed to be released in cinemas on February 17, has been postponed by a couple of months. The film's makers on Friday confirmed that the film will now hit screens worldwide on April 14. Without revealing the exact reason for postponement, the makers unveiled a new poster with a release date.

In Shaakuntalam, Samantha plays the central character Shakuntala, daughter of Menaka and Viswamithra. The film, produced and directed by Gunasekhar, will be released in Hindi, Tamil, Malayalam and Kannada. This project marks Samantha's maiden collaboration with Gunasekhar.

In 2020, speaking at the launch of the movie recently, Samantha said that this will be her dream project and dream role. The trailer of Shaakuntalam was released in January. Speaking at the event, an emotional Samantha said her love for cinema hasn't changed amid all the recent life struggles. She said she gathered all her courage to attend

the event. In her speech, Samantha spoke about how her love for cinema hasn't changed amid all her life struggles in recent past. She was talking about her rare autoimmune disease called Myositis which she has been diagnosed with since last November.

"No matter how many struggles I face in life, one thing won't change. That's how much I love cinema and cinema loves me back. I strongly believe that this love will grow manifold with Shaakuntalam," she had said.

Samantha was last seen on screen in Telugu action-thriller Yashoda. In the film, Samantha played a surrogate mother who won't stop at anything to protect her child. The film turned out to be a hit at the box-office and had grossed around 740 crore during its theatrical run. Recently, Samantha joined the sets of the Indian adaptation of Amazon Prime's upcoming web series, Citadel. She will be sharing screen space with Varun Dhawan in the show, which is being co-created by Raj and DK.



6 Binge-Worthy Shows That You Just Cannot Miss



The year 2023 is here with a bang! With several promising web shows for both kids and adults, the OTT platforms are brimming with content. But to save you from the trouble of scrolling through a plethora of content to land on one particular show, we have curated a list of binge-worthy shows that you just can't stop watching.

'Class' (Netflix)

'Class' is the official India-based adaptation of the Spanish thriller series Elite, executive-produced and series directed by Ashim Ahluwalia. This adaptation by Ahluwalia is set in contemporary New Delhi and is a grimier, more realistic and socially-charged take. Produced by Future East Film (Ashim Ahluwalia and Niharika Singh) in association with Bodhi Tree and adapted by Ashim Ahluwalia, 'Class' explores the rise of the Indian rich and a world of extreme disparity, following the students through their struggles with sex, drugs, religious difference, homophobia, trauma, friendship and love. 'Class' Has opened to great reviews both in India and abroad with positive word of mouth since its release.

'Farzi' (Amazon Prime Video)

'Shrinking' (Apple TV)

'Marvel's Moon Girl And Devil Dinosaur' (Disney+ Hotstar)

'Trial By Fire' (Netflix) 'You 4' (Netflix)

KARAN TACKER RECALLS GOING THROUGH FINANCIAL CRISIS: WE HAD A TOUGH TIME MAKING ENDS MEET AS A FAMILY

It's been fifteen years since actor Karan Tacker entered the world of showbiz. While the actor has made a name for himself with his work on TV and OTT platform, he has never spoken about the days when he had to struggle. Not many are aware that before becoming an actor the Mumbai lad wanted to pursue his father's business.

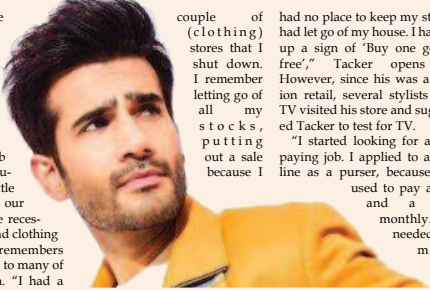
For the first time, Tacker talks about his life before he became an actor. "I had a business with my dad," he recalls, adding, "The world hit recession in 2008, and that's when my entire busi-

ness went down. We had a tough time making ends meet as a family. At that time I started scouting for jobs. From my education I would have probably gotten a job for twenty five thousand, which was little for the kind of debt our business faced in the recession." Tacker, who had clothing stores back then, remembers how the downfall led to many of them shutting down. "I had a

couple of had no place to keep my stock. I had let go of my house. I had put up a sign of 'Buy one get six free,'" Tacker opens up. However, since his was a fashion retail, several stylists from TV visited his store and suggested Tacker to test for TV. "I started looking for a high paying job. I applied to an airline as a purser, because they used to pay a lakh and a half monthly. I needed that money

to make ends meet at that time. But, I got an ad for a face cream brand which paid me a lot of money. I got 3 lakhs, 12 years back. 3 lakhs for 22 days was like... I told my Dad, that I should work this out because this will pull us out of misery," Tacker reveals. The Khakee: The Bihar Chapter actor shares he soon started doing advertisements in Gujarat for two to three thousand rupees per day.

"For five and six years I was only earning money to pay the debt of the business. After 6 odd years I started making and saving money," he ends.



DaDa review: Enjoyable coming-of-age drama about accidental parenthood



The subject of parenthood, especially in mainstream cinema, has mostly been told from the perspective of a woman. Rarely, we've had a film where the story has focused on a man dealing with parenthood and his sacrifices in becoming a good father. Ganesh K Babu's DaDa is an emotional drama about a young man dealing with becoming a parent, out of the blue, with a lot of maturity. This is also a moving coming-of-age drama of an aimless, college-going youngster thrust into embracing fatherhood when the entire world, including his family, has given up on him.

The film opens with the shot of Kavin and Aparna lying together. Kavin is still sleeping and Aparna just enjoys looking at him while we hear a couple in the neighboring flat arguing early in the morning. Cut to the next shot, Aparna is crying as learns that she's pregnant and Kavin suggests that she should abort the baby as they aren't ready to be parents yet. Aparna is against the idea of abortion. Kavin and Aparna decide to move in together and take refuge at a friend's house. As they get ready to embrace parenthood, living together becomes a hassle as they end fighting over little things. It reaches a point where Kavin blames Aparna for making their lives so miserable when he warned her about keeping the baby. Kavin is forced to raise the baby alone.

The most refreshing aspect of DaDa is that it sends out a very important message loud and clear - parenthood is gender neutral. Both father as well as the mother play key parts in raising a kid and their roles can't be weighed or compared.

As much as the film sheds light on Kavin raising his son alone and in turn becoming a better person as well as a father, it doesn't try to showcase the mother in poor light. This aspect of the film and the writing is highly appreciable. It also never tries to make the father raising a kid alone a big deal.

Tara Sutaria: I've Always Looked At Love With A Lot Of Love

Bollywood actress Tara Sutaria has spoken about what self-love means to her and said that she has always loved the idea of love.

Tara has collaborated with Bumble, the women-first dating app, to launch a new campaign 'Before anyone else, there was you' ahead of Valentine's Day. To encourage self-love.

Asked about what self-love means to her, Tara said: "I think self-love or loving yourself means so many different things to different people. To me and to so many of us, I know that this will resonate because we all went through a pretty rough time recently when Covid hit the world and I think self-love took a new shape and meaning for all of us.

"All of us learnt to slow down and truly understand ourselves, begin to hear ourselves and therefore, love ourselves. I've always loved the idea of love - call it utopia, idealistic - and I've always looked at love with a lot of love, but I've never really looked at myself with that sort of love so it's taken me a lot to get to where I am today which is learning to really and truly understand every part of myself - the good, the bad, the ugly - everything that comes with being human, I suppose."



Sussanne Khan's sister Farah Khan Ali says she and DJ Aqeel are officially divorced, celebs react

Jewellery designer Farah Khan Ali took to her Instagram handle and confirmed her divorce from ex-husband DJ Aqeel as they finalised it. She is Hrithik Roshan's ex-wife Sussanne Khan's sister. In 2021, Farah announced the news of their separation and received support from her friends and family.

On Friday, Farah posted a couple of happy selfies with Aqeel. She tagged him and captioned it, "We have been declared officially divorced and are happy about it. We wish each other lots of love, happiness and luck in our onward journeys. We will always remain parents to our beautiful children Azaan and Fiza and nothing will change. Grateful for the journey we had together."

Aqeel re-posted the same on his Instagram Stories. Reacting to the post, Sussanne Khan commented, "Love u both" with lost of loved-up emojis. "It's such a beautiful new beginning note... you guys are both such amazing humans... like both of you are, ginormous hearts," Kubbra Sait added. Others such as Twinkle Khanna, Nandita Mahtani, Saisha Shinde, Dia Mirza, Bhavana Pandey, Moez Singh and Elnaaz Norouzi

among others sent their love. Last year, Farah shared on social media, "Sometimes two people grow apart. Sometimes they outgrow each other. It has been 9 years since my relationship with my husband Aqeel changed its status as a couple to just friends and to term it simply would be to state that we are 'Happily Separated'."

"We will always be best friends to each other and parents to our wonderful children Azaan and Fiza and nothing will change. Grateful for the journey we had together."

Aqeel re-posted the same on his Instagram Stories. Reacting to the post, Sussanne Khan commented, "Love u both" with lost of loved-up emojis. "It's such a beautiful new beginning note... you guys are both such amazing humans... like both of you are, ginormous hearts," Kubbra Sait added. Others such as Twinkle Khanna, Nandita Mahtani, Saisha Shinde, Dia Mirza, Bhavana Pandey, Moez Singh and Elnaaz Norouzi

involved. The reason we are announcing it publicly now, is so that the ones who know us accept our situation gracefully and always wish well for both of us especially because we hold no animosity of any kind towards one another and will always be there for each other. Aqeel is and will always be my family as I will be his. We hope that all our well wishers will accept our decision maturely and not judge us for it. It's important to be happy and we all, Aqeel and I including our children and families most definitely are.



Sherlyn Chopra slams Rakhi Sawant, supports her husband Adil: 'Don't know how he landed in this mess but...'

Rakhi Sawant and her husband Adil Khan Durrani's marriage has been making headlines in recent days. After Rakhi accused her husband of domestic violence and also alleged that he was having an extramarital affair, Sherlyn Chopra weighed in on the matter and sided with Adil. Sherlyn had filed a police complaint alleging defamation and sexual harassment against Rakhi last year, who was recently questioned by police in connection with the case.

Amid the ongoing Rakhi-Adil spat, Sherlyn has commented on the matter, accusing the two of doing everything they can to stay in limelight.

In a video shared by a paparazzo on Instagram on Thursday, Sherlyn Chopra shared her views on the ongoing fight between Rakhi Sawant and her husband Adil Khan Durrani. The actor said, "Mai kya bolu inn dono ke baare mein. Lekin itna mai keh sakti hu Adil ke sath kuch samay bitake - police station main - ki woh banda joh hai

shulja hua hai. Pata nahi kaise woh yeh pure jhamale mein fas gaya. But jitni dher maine usse baat ki aaise laga ki woh shulja hua banda hai (I am no one to say anything about Rakhi and Adil's matter, but from what I have learnt about Adil after spending time with him at a police station, he seems like a sorted person, but don't know how he landed in this whole mess)."

Sherlyn continued, "Aur maine boli bhi usko uske mum pe, tum toh suljhe hua lagte ho kaha aagaye tum? Kaisa fas

gaya yeh pure chakkar mein? Aur surkhiyo mein aane ke liye yeh zaroori nahi ki yeh log apas mein khitpit kare ya apne rishtey ka mazak banayee (I even told Adil he looks sorted so what was he doing with her? I feel they should not do such things just to stay in the limelight)."

She further said, "Mai kya bolu? Maine toh unke pati ko apne bhai mana hai. Bhai ke baare mein isi tarah ke baate sunn kar aacha bilkul nahi lag raha. Mai bus chahungi ki joh kuch bhi hai inn dono ke beech



Photo: Anshu Singh

Weight Loss Tips: These Carb-Rich Foods Might Actually Fasten Your Weight Loss



It turns out you should continue eating some carbohydrates despite what we've been told for years. The word "carbohydrate" has a terrible reputation. They are frequently linked to type 2 diabetes, weight gain, and a number of other health issues.

It is true that refined grains and processed diets high in sugar frequently lack necessary vitamins and minerals. Numerous nutrient-dense, fiber-rich meals, however, might really be highly beneficial for your health.

Although some people may benefit from low-carb diets, there is no need to completely exclude high-carb items. In this article, we share nutritious and healthy carb-rich foods that might actually

boost your weight loss. Add these carb-rich foods to your diet to fasten weight loss:

1. Oats
A very nutritious whole grain, oats are a fantastic source of numerous vitamins, minerals, and antioxidants. Furthermore, oats are a decent source of protein and have a higher protein content than most grains. According to research, eating oats may lower your cholesterol levels, hence lowering your risk of heart disease. In particular for those with type 2 diabetes, eating oats may lower blood sugar levels. Oats are also quite filling, which may aid with good weight management.

2. Barley
Barley, a cereal grain, may have the capacity to raise satiety-related

hormone levels. Boiling barley kernels can alter the microorganisms in your gut, which in turn can increase your metabolism, according to a Swedish study. This starch's high fibre content has also been reported to reduce hunger pangs, according to researchers.

3. Quinoa
Quinoa is a wholesome seed that has gained enormous popularity among consumers who are concerned about their health. It falls under the category of a pseudocereal, which is a seed that is processed and consumed like a grain. Quinoa cooked is a high-carb food since it has 70% carbohydrates. But it's also a fantastic source of fibre and protein. Quinoa has been linked to a num-

ber of health advantages, including better blood sugar control and heart health. Quinoa is high in numerous minerals and plant components.

corn. Being more content will probably cause you to eat less, which will result in consuming fewer calories. They are also a much better alternative to chips

Contrary to common belief, carbs are actually a beneficial addition to the diet if you're trying to lose weight. Try these 6 foods rich in healthy carbs.

Buckwheat

Buckwheat is regarded as a pseudocereal, similar to quinoa. Buckwheat is not linked to wheat, despite its name, and it does not contain gluten. As it contains both protein and fibre, buckwheat is particularly nutrient-dense. Compared to many other grains, it also contains more nutrients and antioxidants. Studies indicate that it might be especially advantageous for blood sugar control and heart health.

5. Popcorn

Next time you're hungry, try popcorn instead of crisps. Researchers from the food and health fields around the nation evaluated the short-term satiety of these two common snacks and discovered that most volunteers reported feeling less hungry and more satisfied after eating pop-

corn. Being more content will probably cause you to eat less, which will result in consuming fewer calories. They are also a much better alternative to chips

and other ultra-processed snacks.
6. Bananas
Bananas are a popular fruit that people enjoy using in a variety of ways. In addition to being rich in potassium and the vitamins B6 and C, bananas also contain a number of advantageous plant components. Bananas may help decrease blood pressure and enhance heart health due to their high potassium content. Green, unripe bananas have more starch. As the bananas ripen, this changes into natural sugars, which causes the bananas to turn yellow. Therefore, if you consume your bananas while they're less ripe, you'll often get more starch and less sugar.

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Instead of causing weight gain, these foods rich in carbs will help aid weight loss and boost your overall health.

HOW EATING FEWER CALORIES MAY HELP SLOW DOWN THE AGING PROCESS



Restricting calorie intake could help slow down the aging process, according to a study funded by the National Institutes of Health. Source published today in the journal Nature Aging.

Researchers, led by the Butler Columbia Aging Center at Columbia University Mailman School of Public Health in New York, used DNA analysis from blood samples to measure the rate of aging and reported that calorie restriction slowed the aging process.

Participants included 220 healthy men and women in three different sites in the United States. The participants either continued with their regular diet or had a 25% reduction in their consumed calories.

The scientists followed the participants' diet and health for two years and took blood samples at the start of the study and again at 12 months and 24 months.

What researchers found in calorie restriction study
The researchers reported a slowing aging process based on three DNA markers.

They said these results could provide a sense of what effects scientists can look for when completing trials for specific weight interventions, such as intermittent fasting.

"This study teaches us that keeping a person's body at a lean weight helps decrease the molecular changes on a cellular level that happen in response to aging," said Dr. David Selzer, an internal medicine specialist at NYU Langone Medical Associates in West Palm Beach and Delray Beach in Florida who was not involved in the study. "With that noted, life is not a test tube. People age for multifactorial reasons such as stress and anxiety, not just their diet."

"I agree that calorie restriction plays a role on the molecular level," Selzer told Healthline. "However, I think finding a healthy balance between caloric intake and daily exercise is more likely to lead to a longer lifespan."

Low calorie intake and healthy aging
The researchers are currently completing a follow-up study to see if calorie restriction has a long-term effect on healthy aging.

"The results make sense to me," said Dr. Raphael Kellman, an internist and functional medicine physician at Kellman Wellness Center in New York City. "However, nutrition studies are notoriously difficult to conduct, particularly long-term, as people naturally have trouble adhering to diets."

"I think you should take into consideration a few things," Kellman told Healthline. "One, what kind of diet was the control group on vs. the calorie-restricted group? If the control group is overeating or eating a lot of unhealthy foods and the calorie-restricted group is eating a healthier diet, are the results due to the calorie restriction, or would just eating a healthier diet also have a positive impact?"

"Also, it is hard to know whether people are truly adhering to a diet unless their food is strictly controlled and monitored," Kellman added.

Vitamin B12: Why do you need it, how should you take supplements?

A vital nutritional element, Vitamin B12, also referred to as cobalamin, plays a crucial role in supporting various processes in the body. The smooth functioning of the nervous system and the formation of red blood cells heavily depend on adequate supply of Vitamin B12. Furthermore, it prevents anemia, protects the eyes from macular degeneration, regulates DNA and produces energy. These are the reasons why people must ensure sufficient intake of this vitamin in order to maintain health.

A deficiency of this vitamin in the body leads to insufficient oxygen supply to the different parts of the body. It also causes memory problems, weight loss, skin pigmentation, menstruation issues and so on. The body needs a continuous supply of this vitamin to successfully meet all requirements. A pertinent question arises here, what is the exact quantity of Vitamin B12 our body requires every day?

The daily requirement of



Vitamin B12

People above 14 years of age need to consume 2.4 micrograms (mcg) every day. However, the requirement changes with the calorie our body needs at a particular time. For instance, a pregnant woman needs to ensure an intake of 2.6 mcg, and a lactating woman 2.8 mcg daily. In order to maintain health and provide the necessary amount of the vitamin to the body, people must adhere to these standards.

In cases of deficiency, people may notice symptoms such as fatigue, headache, difficulty in concentration and others. This condition can be avoided with the intake of Vitamin B12-rich

foods such as eggs, milk, fish, chicken, peanut, sweet potato, dairy products and so on. However, animal-sourced food products are considered the best source of Vitamin B12.

Deficiency of Vitamin B12
People who strictly follow a vegetarian diet remain at a risk of deficiency. Additionally, congenital diseases and genetic intrinsic factor abnormalities can cause severe vitamin B12 deficiency. Older adults, people with gastrointestinal conditions, and those on certain medications, including proton pump inhibitors and metformin, may need to take a supplement.
The noticeable signs of a lack of

Vitamin B12 in the body may include:

- Chronic fatigue
- Shortness of breath
- Pale skin
- Mouth sores
- Bleeding gums
- Constipation
- Diarrhoea
- Loss of appetite
- Joint pain
- Vision loss
- Dementia

So, the deficiency of Vitamin B12 is a serious issue and must be given due attention.

Sometimes, people need to provide this vitamin to the body through supplements, either orally or through Vitamin B12 injections. But the decision to take supplements must be taken after consultation with a doctor. The absorption of vitamin B12 can vary from 56 per cent of a dose of 1 mcg to 0.5 per cent of a dose of 1,000 mcg. Therefore, if someone consumes vitamin B12 less frequently, they will need a higher total amount to achieve desired

absorption.

Oral supplements

Depending upon the level of deficiency, a doctor may recommend a high dose of an oral supplement, up to 1,000 mcg. This can be extremely efficacious in dealing with the situation. Besides, oral supplements are cost-effective and leave almost no side effects.

Injection: In extreme situations and to deal with Vitamin B12-induced anaemia, injections are recommended. The doses depend on the level of deficiency in the body.

The overdose of this vitamin doesn't affect health. The body uses the required amount and excretes the excess amount through urine. An increase in water intake can help release the extra amount of this vitamin in the body. You must take care of your body and keep an eye on abnormal signs. You must adopt a healthy lifestyle and take a proper diet containing all the nutrients.

What Happens When You Cut Down On Sugar Completely? 5 Side Effects To Keep In Mind

We share a bittersweet relationship with sugar. While we love indulging in all things sweet and decadent, it is also touted as the main culprit for several lifestyle-related diseases including diabetes, obesity and more. Sugar and sugary foods are loaded with fat. As per popular belief, fat adds excess calories to our everyday diet. What if we say, it is not exactly how you think? Days of eating on fat are long gone. Now, there are multiple pieces of evidence to support the fact that fat (one of the major macronutrients) plays an essential role in our overall growth and nourishment. In fact, eliminating sugar from our diet completely might come with several side effects.

In this article, we will look into how cutting down on sugar affects your body and how effectively you can include it in your diet. Let's start with understanding what sugar is. What Is Sugar? Sugar, to most of us, is the food ingredient that we add to our meals. What we often fail to understand is the fact that sugar is actually a com-



ound, which when crystallised, turns into a food ingredient. According to www.sugar.org, sugar is sucrose (a mix of fructose and glucose), "a simple carbohydrate that is produced naturally in all plants, including fruits, vegetables and even nuts." For the unversed, carbohydrates help provide energy to your body and fuel the brain, organs and muscles to function and engage in everyday activi-

ties. Hence, experts from across the globe suggest, it is important to include sugar in our daily diet, but in moderation. "Sugar is simple, amazingly functional and it's part of a balanced diet," the website further reads. Photo Credit: iStock/What Is Added Sugar? Added sugar is any form of sweetener that undergoes processing, which further strips off the healthy nutrients from the food. According to

American Heart Organisation, added sugar includes white sugar, brown sugar, honey and all the foods that are manufactured chemically with these ingredients. 5 Side Effects Of Cutting Down On Sugar. 1. Makes us feel low: A cake or chocolate instantly

glucose levels. When there is a lack of this fuel source, you might experience different cognition-related issues. As per studies, it might lead to a lack of concentration, focus and poor memory. 3. Sleep problem: Sleep pattern depends much on our cognitive

know, sugar is a potent source of glucose and glucose helps refuel us with energy. With quitting sugar, the body's glucose level gets affected. This often makes people feel tired and lack energy for work. How To Include Sugar In Your Diet Effectively? 1. Add fruits: Sugar is naturally produced in fruits (and some vegetables). Hence, it is always advised to replace cakes and candies (that have added sugar) with fruits and dry fruits to include healthy fats in your diet.

Photo Credit: iStock2. Swap sweetened drinks: Colas and packaged sweet drinks are also high in added sugar. You can always replace these drinks with freshly pressed fruit juices or simple soda (with mint, lemon etc for added flavours) to enjoy the benefits to the fullest. 3. Read labels before buying: Do you read the sugar content in packaged food every time you buy it? If not, then start doing now! Several foods and condiments sneak in added sugar that might affect our body negatively.

Sugar Effects: We often fail to understand the fact that sugar is actually a compound, which when crystallised, turns into a food ingredient.

uplifts our mood. Have you ever wondered why? As researchers, sugar is known to affect our brain's reward system, further affecting our mood. A study, published in the journal nutrient, finds that sugar triggers the release of dopamine, which instantly gives us a sense of pleasure. When we eliminate sugar from our diet, it often leads to depression, anxiety, untimely cravings and more. 2. Lack of concentration: Brain functions such as thinking, memory and learning are closely linked to the body's

health that is directly linked to the body's glucose level. According to a study, published in the American Journal of Lifestyle Medicine, people who are on a sugar detox diet, lack glucose (in the body) and often experience changes in their sleep pattern. 4. Nausea and dizziness: As mentioned earlier, sugar is fat, which is considered one of the macronutrients that our body needs. A lack of sugar often creates an imbalance, leading to weakness, nausea, dizziness and more. 5. Lack of energy: By now, we all

DC Kishtwar reviews patient care scenario at Rogi Kalyan Samiti meeting



JJ NEWS SERVICE
KISHITWAR, FEBRUARY 10: To review the functioning and patient care scenario in the district Hospital Kishtwar, Deputy Commissioner (DC) Dr. Devansh Yadav, today chaired a meeting of the Governing Body of "Rogi Kalyan Samiti" (RKS).

The meeting was attended by Chief Medical Officer, Dr. Mohammad Yaqoob Mir, EXEN PWD, Ravinder Kumar, EXEN, PHE Sanil Kumar Sharma, Medical Superintendent District Hospital, Dr

Javeda Qazi, BMOs, prominent persons and other RKS members. The DC took a detailed review of the functioning and fund flow of the District Hospital Kishtwar besides the progress of the institution under different indicators. A threadbare discussion was held on the measures required with respect to the up-gradation of the Hospital. The meeting was informed about various issues and requirements for the augmentation of health infrastructure and overall advancement of the

healthcare system in the Hospital. The DC assured all possible support from the Administration for infrastructure development of the Hospital to further improve patient care in the hospital. The Deputy Commissioner directed the concerned to follow the objectives as envisaged in RKS guidelines and stressed for resource generation and strengthening transparent mechanism in utilization of funds. He directed the concerned Tehsiladar to demarcate the land identified for Parking

space in the hospital premises. During the meeting the Samiti approved the enhancement of Honorarium Rs 2000 in favour of HDF employees on a pro-rata basis. The DC asked the officers to work with added zeal and dedication to ensure efficient and prompt health and patient care facilities to the people. The concerned EXENs were directed to ensure the completion of pending repair and construction works in various healthcare facilities including the Eye Block at DH Kishtwar, approaching road to Sub Centre Bhadat, allied works in SC Ligri and Galabgarh and PHC Afti, so that they can be handed over to the Health department for the better health care facilities being provided to the common masses on smooth basis.

2-day Int'l Conference "Science for Survival to Explore the Unexplored Dimensions" held at GCW Udhampur

UDHAMPUR, FEBRUARY 10: Government College for Women Udhampur organized a two day international conference on the theme "Science for Survival: To Explore the Unexplored Dimensions". Principal Secretary, Higher Education Department, Alok Kumar was the chief guest of the event, who joined the conference through virtual mode. Director Colleges, Prof. (Dr.) Yasmeen Ashai was the guest of honor and she also joined through virtual mode. The special guests of the event were Additional District Development Commissioner, Udhampur, Ghan Shyam Singh, Additional SP Anwar-ul-Haq; Dr. Udhay Bhanu, principal GDC Ramnagar, Rajinder Kumar Diga, District Information Officer, the Principals of various government colleges of Jammu division also graced the occasion with their presence. Dr. Monika Sharma, Principal of the college and convener of the conference presented a formal welcome address to the chief guest, guest of

honor, resource persons and other dignitaries. She also welcomed the resource persons who have joined this conference from overseas through virtual mode. In her welcome address, the principal raised the critical global issues and grand challenges such as climate change, pandemics, energy security, water management, and food shortage and she also hoped that the conference will put some light on these issues which eventually will lead to the solutions. Dr. Anita Sharma, co-convener of the conference gave introductory remarks on the theme of the conference. She asserted without science there is no human growth, no technological advances and no knowledge generation and she explained the significance of the conference by expressing her ideas on it. She believed that scientific knowledge, scientific processes are important avenues for researchers to share and discuss research findings. It also acts as a platform to exchange ideas and insights and to network for collaboration and career

development. It can benefit the student in so many ways. Dr. Kewal Kumar, organizing secretary of the conference, briefed the proceedings of the conference. He explained the motive behind organizing such a mega event. He stated that the institution is an undergraduate institute having girl students only and the students mostly belong to rural background. Most of the girls even don't know what a conference is, what happens in a conference? So, this conference is an attempt to ignite the young and budding minds towards scientific approach. The students through this conference shall learn the significance of the research and innovation. Keynote speaker, Dr. OP Vidyarthi (Retd. IFS), former principal chief conservator, Forest department, UT of J&K deliberated on the theme of the conference with the presentation entitled "Decade of Ecosystem Restoration: Challenges of Solution." He argued that there is a need to restore our nature & environment. He further discussed the bio-diversity of the region.

DC Kathua reviews functioning of Health Sector, implementation of govt Schemes

Calls for 100 % saturation of AB-PMJAY, ABHA registration, achieving target of Leprosy, TB free district

JJ NEWS SERVICE
KATHUA, FEBRUARY 10: Deputy Commissioner, Kathua Rahul Pandey today chaired a meeting to review the functioning of the health sector and patient care facilities in the district. The meeting was attended by Chief Medical Officer, Dy. CMO, Medical Superintendent, AH, GMC Kathua, District Tuberculosis Officer, BMOs, besides concerned officers and officials of health department. A threadbare discussion was held on various issues like Health Care achievements, Patient care, ABDM, RBSK, NCD, NVBDCP and other related issues. The CMO gave a detailed overview through

powerpoint presentation and projected various issues regarding present status of AB-PMJAY Cards, institutional deliveries, requirement of ambulances in remote blocks, NTCP, NMBR, PCPNDT Act and other schemes and programmes of the health department. The DC also took feedback about the implementation of various schemes and programmes under the National Health Mission, including RBSK, Leprosy Mukht and TB Mukht Panchayats across the district. The DC asked for focusing on daily monitoring of progress made under AB-PMJAY besides registering beneficiaries under ABHA through door to door sur-

veys. He also laid focus on making a workable action plan to target saturation left out areas by putting in sincere efforts by concerned Block Medical Officers. Expressing his concern about low institutional delivery in the district, DC asked the concerned BMOs to encourage masses to opt for institutional delivery. He said efforts will be made to rationalize availability of the ambulances across the district to cater emergency cases in a better way. During the meeting detailed deliberations on issues like availability of online services, Addition Treatment Facility (ATF), aggressive Sampling of TB cases were also held.

Change of Land Use: DLC approves 02 cases in Rajouri

RAJOURI, FEBRUARY 10: District Level Committee on change of land use met here today under the chairmanship of the Deputy Commissioner Rajouri, Vikas Kundal to discuss and approve the applications received online from the applicants from across the district. The Committee, after a threadbare discussion, approved 2 cases of conversion of agricultural land for non agricultural purposes. The DC directed concerned departments to ensure timely issuance of NOCs to the applicants after proper verification of documents and rules under conversion Regulations, 2022. Officers who attended the meeting included ADC Rajouri, Sachin Dev Singh, CEO RDA, Vivek Puri, ACR, Imran Rashid, Kataria; CAO, Sohan Singh, SE PWD(R&B), Kamal Kishore, Ex:En STD Kalakote.

District Level Training Programme on development of Seed Multiplication Chain, Exotic Vegetables held at Kishtwar

JJ NEWS SERVICE
KISHITWAR, FEBRUARY 10: Continuing the series of training programmes under the Holistic Agriculture Development Programme, a District Level Training session was today conducted here in the Office premises of Chief Agriculture Officer, Kishtwar. The training programme was focused on the creation and development of certified Seed and Seed Multiplication chains, besides development of Vegetable particularly Exotic Vegetables in the district under Holistic Document. During the programme, the speakers highlighted the fact that owing to special agro-climatic conditions (Himalayan conditions) of the region there is vast potential for the pro-

motion of exotic as well as traditional vegetable sector and under holistic development of Agriculture and allied sectors a special focus has been shifted towards this field. Special lectures were delivered on "Promotion of Vegetable/ Exotic Vegetables in the training programme by various experts. The speakers and resource persons said that the vegetable sector has huge scope in the district and could generate a large number of employment opportunities. They said that under the holistic document a special programme has been designed for this purpose so that maximum opportunities under this sector could be explored. CAO asked the officers to work in close coordina-

tion so that the desired results could be achieved under all the projects of the Holistic Document. Besides, during the training programme, it was envisioned that there is a need for creating certified seed producers so that the seed multiplication chain is established as documented in a holistic document and such programmes are instrumental in the process to make the Kishtwar District seed sufficient. The training programme was conducted under the close supervision of Chief Agriculture Officer (CAO) Kishtwar Amjad Hussain Malik. **AHD staff conducts cleanliness drive in DC office complex Kishtwar**

GLIMMER OF HOPE:

Nowshera Forest Div strives to create Livelihood options under Green India Mission

JJ NEWS SERVICE
RAJOURI, FEBRUARY 10: A new ray of hope is shining bright towards the employment generation for the locals in Nowshera Forest Division as J&K Forest department is continuously working towards livelihood options and exploring employment generation under Green India Mission involving youth and women, especially in the Chir. Zone ecosystem of J&K UT. To cater to the employment demand of local people, Nowshera Forest Division has organised three local employment generating training programmes under the banner of Green India mission which includes high density Fruit plants, one month training course of tailoring & stitching, six month basic

computer course and all these aim to diversify the livelihood option of local peoples. In this programme a detailed demonstration of plantation of high density fruit plants was imparted to the locals by the experts and 250 high density fruit plants were distributed among farmers. In addition to this one month training course of tailoring and stitching were started and 10 sewing machines were distributed among local female trainees. In another event, Samriti Van at Dharpur Mandir Sunderbani was inaugurated in presence of Mandir Samiti and other Locals of the area. The programme was facilitated by Worthy Commissioner/Secretary to Government,

Department of Forest, Ecology and Environment, J&K Sanjeev Verma, Director, Department of Social Forestry Roshan Jaggi (PCCF), Addl. Pr. Chief Conservator of Forests, Jammu B.M Sharma, CF West Circle Rajouri, Vivek Verma (IFS), DFO Rajouri Dr. A.D Singh, DFO Nowshera Mrs. Neelima Shah, Kartar Singh, ADC Nowshera, Bodh Raj (BDC Chairman), Narinder Sharma, MC Chairman Nowshera, Rohit Kohli, Councillor Nowshera alongwith other PRI members and local peoples. The whole programme was organized by Anil Kumar Bhagat, Range Officer Nowshera, Rakesh Verma Range Officer Sunderbani, Sudesh Kumar, Range Officer Lamberi.

District Employment & counselling Centre Poonch organises Job Fair-2023



JJ NEWS SERVICE
POONCH, FEBRUARY 10: District Employment and Counselling Centre (DE&CC) Poonch organized a Job Fair to provide job opportunities to the youth of the District. As many as 4 employers from different sectors participated in the event which included companies like SBI Life, HDFC, LIC of India and Am Hyundai. The event witnessed an overwhelming response from job seekers as over 250 unemployed youth from across the district participated in the event. More than 50 Job Seekers with varied skills were shortlisted by the companies for different jobs, while participating candidates were also registered on the employment portal. Deputy Director Employment Mohammad Rafiq, interacted with the Jobseekers and Job providers. He expressed satisfaction over the success of the Job fair. He added that such events would be made a regular feature to benefit the maximum number of local youth.

DC Kathua reviews functioning of Revenue Department

Asks officers to intensify anti-encroachment drive

JJ NEWS SERVICE
KATHUA, FEBRUARY 10: Deputy Commissioner Kathua, Rahul Pandey chaired a meeting of Revenue officers to discuss revenue matters here in the Conference Hall of the DC office complex, today. The DC took a comprehensive review of the ongoing anti-encroachment drives being carried out by the district administration. He laid emphasis on furnishing a daily report regarding removal of encroachments for appraising the higher authorities about the progress. Taking review of the SWAMITVA scheme, the DC exhorted the revenue officials to speed up the mapping process of the revenue villages besides expediting the



digitisation process of revenue records within the set timelines. The DC also directed the revenue officials to identify land in their respective Tehsil for creation of assets for important projects including parking spaces. The DC called upon the Tehsiladars to exercise due care in the appointment of Lambardar/ Chowkidar by ascertaining the character antecedents of applicants. The DC also emphasized upon revenue officers to dispose of the pending matters

regarding the Revenue Court Cases Monitoring System (RCCMS) on priority besides uploading their updated status on the prescribed portal regularly. Other issues such as digitization of cadastral maps, status of eviction of Roshni land, land acquisition cases, change of land use cases were also discussed at length wherein thrust was laid on regular monitoring and reporting of actions taken during the field visits. It was discussed that the EXN Divisions and AEE Subdivision will

DC Rajouri resolves issue hampering execution of work on sub-centre Chambi Trar

JJ NEWS SERVICE
RAJOURI, FEBRUARY 10: Deputy Commissioner Rajouri, Vikas Kundal today resolved bottlenecks impeding the construction of work on the sub-centre building at Chambi Trar. It is pertinent to mention here that there were some issues with the locals over the construction site of the

sub-centre building which was causing delay in the execution of work. Sensing the gravity of the situation and the importance of the health sub-centre, the Deputy Commissioner met with both parties and the issue was resolved amicably during a threadbare discussion held in a meeting attended

by ADC, CMO, BMO, and PRIs concerned. The Deputy Commissioner said that these constraints often lead to delays in construction and completion becomes tardy. He also said that we cannot afford to ignore the fact that timely completion of these vital projects is something where compromise may

have an adverse effect on the lives of the rural populace. He also said that boosting the health infrastructure is the priority of the Government and appealed to the public to shun these minor self interests over large community benefits and not create impediments on the way of development.

Rajouri: Newly created Chief Er, E-XN Offices all set to start function from April 2023

JJ NEWS SERVICE
RAJOURI, FEBRUARY 10: The newly created Executive Engineers PWD Divisions, AEE Subdivision and Office of the Chief Engineer PWD in the Rajouri district are all set to start function from April, 2023. To give a push towards their functioning, District Development Commissioner, Vikas Kundal discussed the necessities in this regard here in a meeting.

The meeting laid stress on early and smooth functioning of the newly established offices and the steps that need to be taken to make the offices operational from April 1, 2023 as per the date communicated by the Government. The District Development Commissioner stressed on the importance of these offices in addressing the infrastructure needs of the district and enhancing the overall develop-

ment of the region. The meeting was informed that the Government has sanctioned one Chief Engineer Office for Rajouri, three EXN Offices for Thanamandi, Kotranka, and Kalalote, and respective AEE subdivisions, and it is essential to make them functional as per the dates communicated by the Government. It was discussed that the EXN Divisions and AEE Subdivision will

J&K Bank awarded for promoting digital payments

Such recognition will drive us to achieve greater excellence: Baldev Prakash

JJ NEWS SERVICE
SRINAGAR, FEBRUARY 10: Achieving another feat in digital payment domain, J&K Bank bagged an award for its outstanding performance in promoting digital payments during FY 2021-22. The Bank has achieved 2nd highest percentage of digital payment transactions in Small and Micro Category of private sector banks.

MD & CEO J&K Bank, Baldev Prakash received the felicitations from Union Minister of Electronics & Information Technology, Railways, and Communications, Ashwini Vaishnav at "Digital Payments Utsav" celebrated by Ministry of Electronics and Information Technology (MeitY, GoI) at India Habitat Centre, New Delhi. Bank's Chief Digital Officer



Naveed Zargar was also present on the occasion.

While expressing his gratitude, Baldev Prakash attributed the reception of award to the persistent efforts of Bank's Staff. He said, "It is a moment of great satisfaction for all of us as we see our extra efforts to realise the vision of Digital India not only fruitifying but getting

acknowledged and awarded at the prestigious platforms of the country. I congratulate every member of J&K Bank Family for this wonderful accomplishment. "And I am sure, such recognition will drive us to achieve greater excellence not only in promoting digital payments but other aspects like digital lending as well", he added.

He further said, "To encourage digital banking in our operational geographies we have embarked on digital transformation journey. The digital mission of the Bank is to improve the customer experience by providing them digital banking services that are convenient, easy, affordable, quick and secure."

With the proactive measures taken to encourage digital payments, the Bank had successfully surpassed the Digital Payment Transaction target allocated by MeitY for the financial year 2021-22.

Pertinently, J&K Bank has bagged 'Utkarsh Puraskar - 2020-21' last year also for being one of the top two achievers in digital payment transactions under the category of Small and Micro banks.

JKHPMC to develop Shopian as 'Apple Cluster', with MoA&FW, NHB support

JJ NEWS SERVICE
SRINAGAR, FEBRUARY 10: JKHPMC has started the process of developing Shopian as an 'Apple Cluster', recently approved by Union Ministry of Agriculture and Farmers Welfare (MoA&FW) at an estimated cost of Rs. 138 crores, under Cluster Development Programme (CDP). The letter of acceptance issued by the Ministry in favour of JKHPMC with M/s. FIL Industries Limited, as the implementing Agency with technical support by National Horticulture Board's (NHB). In this regard, the NHB's team from New Delhi were on two-day visit to Srinagar and Shopian on 9th and 10th February, 2023 for finalizing the components to be set up by FIL Industries in



the Apple Cluster, under the programme. The team of HMB comprising Joint Director, NHB, R.K. Agarwal; Dy. Director NHB (J&K Chapter), Sansar Ahmad and other officers held a joint meeting with JKHPMC officers and representatives of FIL industries for finalizing the components. The team alongwith officers of JKHPMC, during the visit, also

visited Shopian and called on Deputy Commissioner Shopian and apprised him about the land required for developing nurseries in the Shopian Cluster. During the interaction, DC Shopian expressed satisfaction over the programme and assured JKHPMC that the district would make available the required land banks for the optimum implementation of the pro-

gramme. The NHB team also visited FIL Industries facilities at Rangreth, Srinagar and assessed the requirements under the CDP.

Pertinently, the programme has to be executed with respect to three end to end verticals, viz: Pre-production & production, post production & value addition and logistics & marketing in a span of four years.

Secretary H&ME reviews progress on implementation of RBSK in J&K

JJ NEWS SERVICE
SRINAGAR, FEBRUARY 10: Secretary, Health & Medical Education, Bhupinder Kumar, today reviewed implementation of Rashtriya Bai Swasthya Karyakam (RBSK) and functioning of District Early Intervention Centers in J&K in a meeting held at Civil Secretariat, here.

It was informed in the meeting that during the current financial year, 83.90 per cent of government schools and 80.11 per cent anganwadi centers have been visited by RBSK Mobile Health Teams for conducting Health Checkup of children till date.

Secretary directed all the Chief Medical Officers to complete the screening of children enrolled in government schools and anganwadi centers before the closing of financial year.

He directed that CMOs shall ensure that teams under RBSK carry out screening of all children in the pre-school age enrolled at Anganwadi centres at least twice a year besides screening of all children studying in government and government aided schools.

Secretary laid stress on making District Early Intervention Centers functional in all aspects for providing support to the referred children so that children diagnosed with identified health conditions

receive follow up including surgeries at tertiary level, free of cost so that the benefits reach to the needy people across the UT.

Ayushi Sudan, Mission Director, NHM J&K, informed that UT has started online portal for data capturing under RBSK and in the first phase uploading of screening data by the Mobile Health Teams on daily basis has been made functional and all MHT's are now uploading the data on the online portal.

Dr Mohammad Shafi Koka, State Nodal Officer NHM J&K, informed about the guidelines of branding for Ayushman Bharat Health and Wellness Centers and organizing of Health Melas at HWCs on monthly basis.

On the occasion, a presentation regarding RBSK was made by Dr Syed Gazala Nazki, Programme Manager, RBSK.

The meeting was attended by Director Health Services Kashmir, Dr Mushtaq Ahmad Rather, Chief Medical Officers, Medical Superintendents of Associated Hospitals of Government Medical Colleges and District Hospitals, Programme Manager RBSK, DEIC Managers and other officers from State Health Society, NHM in person and through video conference.

Power shutdown

JAMMU, FEBRUARY 10: Chief Engineer (Distribution) JPDC, Jammu has informed that the power supply to Gandhi Nagar, Nanak Nagar, Railhead Complex, Jammu University, DC Office, Boria PHE, Sunjwan, Narwal, Bathindi, Channi Himmat, Transport Nagar and the areas being fed from Grid Stations- Sidhra, Janipur, Jhajarikoti, BBI and BBI-II shall remain affected on February 12 from 10 am to 4 pm.

Similarly, the power supply to Jhajarikoti, Janipur, Lakad Mandi, Patoli, Janipur Colony, Pamposh Colony, Ambdhar Nagar, High Court, Daily Excelsior, Statistical Office, Upper Barnai, Lower Muthi, Paloura, Dogra Hall, Rehari, Resham Gar Colony, Bus stand, Jewel, Hari Market, Raghunath Bazar, Kaleeth Mohalla, Kanak Mandi, Mandia, New Plot, Sarwal, Part of Karan Nagar.

Secretary PD&MD visits Ganderbal, reviews development projects

JJ NEWS SERVICE
GANDERBAL, FEBRUARY 10: Secretary, Planning Development & Monitoring Department (PD&MD), Dr. Raghav Langer, today conducted extensive visit of Ganderbal district and reviewed progress on various development projects under implementation in the district.

In this regard, Secretary convened a review meeting in which all district and sectoral officers were present.

While taking department wise review, Secretary directed all the officers to work in tandem so that all set targets under various schemes are achieved in timely manner.

DDC presented a detailed profile about development scenario of the district through a power point presentation.

Secretary was apprised of the initiatives started by the district administration to achieve 100 per cent enrolment of out of school children. He asked to start bridge classes for the newly enrolled students under Mashal-e-Gaash programme, an initiative by the district administration

to achieve cent percent literacy rate in the district. He directed the officers to focus on learning outcomes for improvement of education standards at various levels in light of New Education Policy.

He stressed upon all the officers to further improve the service delivery mechanism in order to provide quality services to the common people. He asked the District Social Welfare Officer to conduct door to door campaign to make common people aware about the welfare schemes launched by the government. He also asked for displaying the help line numbers at main places so that the needy people can seek help from the departments as and when required. Raghav Langer directed Superintendent Engineer, Jal Shakti, Circle Ganderbal, to expedite the pace of work on approved Water Supply Schemes. He also asked for ensuring coverage of left out households under JJM. Secretary asked the officers of agriculture and allied sectors to put in all efforts for increasing the productivity and ensuring market linkages

in order to benefit the farming community. He directed the Chief Animal Husbandry Officer, Ganderbal, to coordinate with NRLM for formulation of dairy collection centres by registered Self Help Groups.

While reviewing Fisheries department, Secretary was informed that two units under FIDF (Fisheries Infrastructure Development Fund) are in progress in the district, one unit namely K2 Aquaculture (RAS) has been sanctioned for Rs. 47.00 crore while another unit with the project cost of Rs. 7.00 crore is likely to be sanctioned soon. He was apprised that the Trout Fish production, after the completion of the projects, is expected to increase by 1000 tonnes per annum in the district.

It was informed in the meeting that Ganderbal has been ranked as number one district in J&K in implementation of PMMSY scheme and efforts will be geared up to maintain the status and make the district capable of exporting regular consignments of frozen Rainbow Trout to various countries.

DC reviews status of works under Jal Jeevan Mission at Kulgam

DIRECTS TO SCALE UP PACE ON ONGOING WORKS; STRESSES ON CONDUCTING MORE IEC ACTIVITIES

JJ NEWS SERVICE
KULGAM, FEBRUARY 10: The Deputy Commissioner (DC) Kulgam Dr. Bilal Mohi-Ud-Din Bhat today convened a meeting of concerned Officers to review status of works under Jal Jeevan Mission (JJM) in the district.

During the meeting, the DC took detailed review of physical and financial progress made on various JJM Works.

Executive Engineers from Qazigund and Kulgam Divisions informed the chair that there are 218 works and 140 schemes/projects under JJM in the district.

Out of 218 works, 201 works stand tendered, 146

Allotted and 108 works have been taken up while as 04 works stand completed.

The DC emphasized that every effort has to be made to ensure that the goal of tap water to all households must be achieved as per the projected timeline. He said that the Mission is envisioned to provide safe and adequate drinking water through individual household tap connections to all households.

He directed all the concerned officers to scale up pace on works under JJM so that the target can be achieved within the stipulated period.

He asked the officers to regularly monitor the

quality and progress on all allotted works for time-bound completion.

The DC said that information dissemination is an important component of the mission and stressed on conduct of more widespread IEC activities.

During the meeting, the DC also reviewed the functioning of Pani Samitis and it was informed that all Pani Samitis are functional in the district.

The meeting was attended by JD-Planning Zahid Sajad, ACD Mohammad Imran Khan, ACP Shurjeel Ali, CMO, Executive Engineers from Qazigund, Kulgam, AEs and other concerned Officers.

'SHE IS A CHANGE MAKER PROJECT'

IMPARD to organize CBPs for ULB women members of Kashmir Valley from Feb 13

JJ NEWS SERVICE
SRINAGAR, FEBRUARY 10: As part of Capacity Building Programmes (CBPs) being held under ambitious "She is a Change Maker" project, the third programme would be held from February 13 to 15 at IMPARD, main campus, Srinagar, for women members of Urban Local Bodies and office bearers from all districts of Kashmir Valley.

Pertinently, Jammu and Kashmir Institute of Management, Public Administration and Rural Development (IMPARD) in collaboration with National

Commission for Women is organizing a series of CBPs for women members of Panchayats, Zilla Parishads, Urban Local Bodies and Office Bearers of J&K under "She is a Change Maker Project".

In this regard, two programmes have already been conducted for the women representatives of Panchayats, Block Development Councils and District Development Councils.

The series is being fully sponsored by the National Commission for Women to foster Gender Responsive Governance in the system.

Orientation/ Training programme under holistic development of Agriculture & allied sectors held at Anantnag

To create Agri-skilled Human Resource, Department's priority: Chowdhury Iqbal

JJ NEWS SERVICE
SRINAGAR, FEBRUARY 10: The Director Agriculture, Kashmir, Chowdhury Mohammad Iqbal today inaugurated district level orientation cum training programme under the holistic development of agriculture and allied sectors at DAK Banglow Khanabal, here.

Addressing the participants, the Director Agriculture highlighted the importance of projects under holistic document. He said under the holistic document, the department is aiming to create an Agri-skilled human resource so that the implementation of different projects could be done in a more comprehensive manner.

He said that this document (holistic document) will be a game changer in the overall development of the agriculture sector in the UT of Jammu and Kashmir. He said the projects have been designed in such a way that the potential in all the allied wings would be explored to their capacity.

Director Agriculture impressed upon

the officers of agriculture and allied departments to work in close coordination so that the set targets under different projects, the desired results could be achieved.

He said the orientation cum training programme under holistic document is aimed to raise awareness among the officers regarding various approved projects so that the same could be implemented on ground in a comprehensive manner.

The Training Programme was attended by Chief Agriculture Officer Anantnag, Chief Horticulture Officer, District Agriculture Officer Extension Anantnag, Mushroom Development Officer Anantnag, Area Development Officer, Anantnag, District Level SMSs and SD level officers also participated in the programme.

Earlier, Director Agriculture visited Ganderbal and addressed the officers of agriculture and allied departments in a district level orientation cum Training programme.

Fisheries, Agriculture departments organise training programme at Kupwara

JJ NEWS SERVICE
KUPWARA, FEBRUARY 10: An orientation cum training program under holistic agriculture development with the theme "Technological interventions in Fish seed and Trout production" was today organised by the Fisheries department in collaboration with the Agriculture Production department at Kupwara.

The main aim of this training programme was the capacity building of

field functionaries and farmers in order to improve the socio-economic condition of farmers. Programme was attended by officers and field functionaries of fisheries, agriculture department, progressive farmers and scientists from Chief agriculture officer Kupwara, Gulham Mohammad Dhoi while inaugurating the training programme said that schemes related to agriculture, Fisheries, and allied sector are welfare oriented

schemes and their benefits are reaching to eligible and deserving farmers across the district. On this occasion, Assistant Director (AD) Fisheries Kupwara, Sajad Hussain said imparting training to field functionaries and farmers is of pivotal importance.

He said there is no dearth of water bodies in Kupwara district, but there is need to increase the fish productivity with sustainable approach, and innovative methods.

DSW, ICDS Kulgam organize Awareness/ Enrollment drive for Sukanya Samridhi Yojana Account scheme

JJ NEWS SERVICE
KULGAM, FEBRUARY 10: The Department of Social Welfare (DSW) Kulgam in collaboration with ICDS and Department of Posts Kulgam today organised a day-long awareness cum enrollment drive for Sukanya Samridhi Yojana Account scheme at Town Hall, here.

The program was held under the theme 'Beti Bachao Beti Padhao' (BBBP), to address the issue of declining child sex ratio along with related issues of empowerment of Women.

Present on the occasion were Tehsil Social Welfare Officers, Officials of District Hub for Empowerment of Women

(DHEW), One Stop Centre for Women (OSC) Kulgam, Officials from Post Office Kulgam and Field Officials from Social Welfare Department and ICDS Kulgam. Speaking on the occasion, Tehsil Social Welfare Officer Kulgam (Hq) Muzaffer Ahmad Rather gave a detailed introduction about

Sukanya Samridhi Yojana and Beti Bachao Beti Padhao campaign. District Mission Coordinator DHEW Kulgam, Tanseena Nazir highlighted the features as well as benefits of the scheme. Gender specialist Saba Mogul from DHEW stressed on the financial empowerment of Women.

Prerna Puri inaugurates JaKeGAs' workshop on e-Office



JJ NEWS SERVICE
JAMMU, FEBRUARY 09: J&K e-Governance Agency (JaKeGA) in collaboration with National Informatics Centre, J&K, today organized one day workshop to sensitize and train the officers and officials regarding e-Office implementation up to tehsil level.

Addressing the inaugural session, Commissioner Secretary, Information Technology Department, Prerna Puri, lauded the efforts of technical agencies for educating the participants about the significance of e-Office in present era of technological advancements. She highlighted that e-Office is crucial for increasingly digital nature of governance at all levels.

Commissioner Secretary emphasized the need for imparting requisite master training to the District Level Nodal Officers for ensuring e-Office expansion up to the tehsil level. Chief Executive Officer, JaKeGA, Abhishek Sharma, in his address, briefed the importance of e-Office in ensuring a more responsive, accountable and

transparent dispensation to people. He also highlighted a descriptive detail about achievements recorded, so far, under e-Office initiative. He exhorted upon the district level nodal officers to share information about all officials up to tehsil level to onboard all employees on e-Office.

During the workshop, a presentation was given by JaKeGA project team while technical demonstration session was also conducted which was attended by about 150 officers and officials of various district and tehsil administrations. Among others, the workshop was attended by State Informatics Officer Informatomics Centre, Saleem Khan and his team besides the project implementation team of JaKeGA.

Handicrafts & Handloom Jammu signs MoU with NIFT Srinagar on designing, branding

PPJ1 NEWS SERVICE
JAMMU, FEBRUARY 09: Directorate of Handicrafts and Handloom, Jammu and National Institute of Fashion Technology, Srinagar today signed a Memorandum of Understanding (MoU) here at Udyog Bhawan.

The MoU was signed in presence of Prashant Goyal, Principal Secretary, Industries & Commerce Department, J&K and Rohit Kansal, Union Additional Secretary, Ministry of Textiles, (Director General NIFT).

The MoU was signed between the two parties under the project titled "DESIGNING INNOVATIVE AND SUSTAINABLE PACKAGING AS A BRANDING INITIATIVE FOR HANDICRAFTS AND HANDLOOM SECTOR OF JAMMU".

The MoU document was signed by Dr. Vikas Gupta, Director Handicrafts and Handloom, Jammu, and Dr Javid Ahmed Wani, Director National Institute of Fashion Technology, Srinagar.

Secretary Industries & Commerce Department, Smita Sethi, MD JKTIPO,

Khalid Jahangir; MD Handicrafts & Handloom Corporation, Atul Sharma and other officers of Industries and Commerce Department were present on the occasion.

The objective of the MoU is to create a strategic and attractive packaging design solution for branding Jammu Handicraft and Handloom items in view of enormous potential of this sector for growth, export and wealth creation and also employment generation.

Speaking on the occasion, Prashant Goyal appreciated the effort of entering into MoU with NIFT Srinagar as having professionally designed packaging prototypes, in tune with the market-demand, would definitely increase the sales of products viz-aviz wage earnings of our artisans and weavers. Union Additional Secretary, Ministry of Textiles, Rohit Kansal, who is also DG NIFT, said that the Government of India is willing to support the artisans and weavers of Jammu and Kashmir in any capacity.

He said they can offer courses to these craftsmen to upgrade and

enhance their skills so that the products of these artisans will have value addition for better marketing.

The project envisages evolving of a roadmap to create unique and sustainable packaging to add value to the artefacts of the Jammu cottage industry. This will give a unique packaging presentation having international standards besides determining the unique selling point of chosen Jammu Handicraft and Handloom goods.

As part of the MoU, packaging prototypes for products such as Basohli Paintings, Basohli Pashmina, Phulkari embroidery, Lathu Cum Lacquer products and Calico printing products are expected in the first phase.

The artisans and weavers present on the occasion gave their feedback regarding packaging and branding initiatives to the dignitaries present in the event. Besides, prototypes packaging along with the trims that give product data and product care instructions for specified crafts will also be among the deliverables.

Sensitisation Workshop on NEET & JEE-IIT coaching held for parents, teachers at Kishtwar

JJ NEWS SERVICE
KISHTWAR, FEBRUARY 09: District Administration Kishtwar, in collaboration with office of Chief Education Officer today organised a day long workshop to sensitize the parents, teachers and the aspirants about Online-Offline NEET JEE-IIT coaching programme being rolled out by it.

Deputy Commissioner Dr. Devansh Yadav presided over the workshop in presence of Chief Education Officer, Sudarshan Kumar Sharma; ACD, Atul Dutt Sharma; AO DC office, Imran Ahmed Kichloo, Principals, lecturers, teachers. Aspirants from various government and private institutions participated in the workshop.

At the outset, the participants were apprised about the initiative of the

district administration to conduct the online-offline coaching classes in the district being provided by the renowned teachers/coaching guides of the country.

The participants gave suggestions and feedback about the coaching programme and the same were noted down for consideration to create an enabling environment for the proposed coaching programme.

Speaking on the occasion, Deputy Commissioner Kishtwar stressed teachers and parents to work together with district Administration and make the proposed coaching programme a great success.

He also urged parents and teachers to spread mass awareness to enrol maximum number of the students for the coaching.

He said the aspirants can apply on the link: <https://forms.gle/y2dtdJXk9qJHJ7>

He further informed that aspirants can visit District Administration Kishtwar Facebook page and register themselves on the link, besides the aspirants and parents can contact the administration for any help and avail the golden opportunity at their home town with minimal charge.

The CEO asked the aspirants to avail this great opportunity by utilizing the services of prominent coaching institutes/tutors in their home town. Parents and teachers evinced a positive response and thanked District Administration Kishtwar for their valuable efforts and showing great concern for the future of their children.

Kushwaha's revolt to benefit NDA in Bihar says Union minister Pashupati Kumar

PATNA, FEB 9: Union minister Pashupati Kumar Paras on Thursday asserted that the rebellion of JD(U) leader Upendra Kushwaha will "benefit the BJP-led NDA" in Bihar which has been lying low since being stripped of power in the state last year.

Paras was responding to queries from journalists about the current political situation in the state where the NDA which includes his Rashtriya Lok Janshakti Party, is supported by a rival group headed by his nephew Chirag, and is pitted against the seven-party ruling "Mahagath bandhan". "The NDA will win in the general elections next year.

You can take it from me. There is no counter to the charisma and popularity of Prime Minister Narendra Modi, while the Mahagathbandhan is in disarray as evident from the notes of discord struck by Kushwaha," Paras said.

Replying to a query, he said, "Kushwaha's revolt will definitely benefit the BJP and its allies in Bihar," However, he became guarded when asked whether Kushwaha, a former Union minister who had served in Modi's first

administration, will be welcomed into the NDA. "Let him (Kushwaha) make the move. A decision will be taken at that time", said Paras, who represents Hajipur Lok Sabha seat, a pocket borough of his late brother Ram Vilas Paswan.

710 Works under DDC, BDC, PRI grants completed at Bandipora

ADDC reviews RDD works; stresses on target completion at earliest

JJ NEWS SERVICE
BANDIPORA, FEBRUARY 09: The Additional District Development Commissioner (ADDC) Bandipora, Ali Afzar Khan on Thursday chaired a meeting of officers to review the functioning of the Rural Development Department and implementation of various schemes by the department.

On the occasion, officers informed the chair about the ongoing works including works taken up under Area Development Fund for Panchayat Raj Institutions including BDC and PRI grants.

The meeting was informed that 1026 works costing Rs. 37.44 Cr have been approved including 839 works under PRI grants, 94 under BDC grants and 93 under DDC grants.

Giving an update about the implementation, officers informed that 710 works have been completed that amounts to 80 percent of the financial expenditure costing about Rs. 22 cr. On the occasion, ADC also reviewed all the pending works and discussed the bottlenecks that hinder the progress of works including the works under Swachh Bharat Mission, PMJAY scheme, MGNREGA, Aspirational blocks, ODF plus villages.

He directed the officers to complete all works well in time and remove all the bottlenecks including land disputes at earliest. He also asked the officers to utilize the manpower under MGNREGA so that the target of 100 days job to unskilled and unemployed youth of the villages is also met.

NSE phone tapping : Delhi HC grants bail to Chitra Ramkrishna in money laundering case

NEW DELHI, FEB 9: The Delhi High Court on Thursday granted bail to Chitra Ramkrishna in the money laundering case related to alleged illegal phone tapping and snooping of the National Stock Exchange (NSE) employees, saying prima facie there are reasonable grounds to believe she is not guilty. Justice Jasmeet Singh granted bail to the former NSE managing director on a personal bond of Rs one lakh and two sureties of the like amount. "Prima facie there are reasonable grounds to believe that the applicant is not guilty of the offence and she is not likely to commit any offence while on bail...the application is allowed and the applicant is granted bail," the court said.

Ramkrishna was in custody for almost seven months in the matter. "In the present case there is no allegation that the applicant has derived or obtained any property or proceeds of crime. Additionally, there is no allegation or evidence produced before me to suggest that the applicant has concealed, possessed, used, projected or claimed any proceeds of crime as untainted property," the court also observed.

She was granted bail in the CBI case by the high court in September last year after

being in custody for approximately seven months post her arrest in March 2022. Ramkrishna, who was earlier arrested by the CBI in the alleged NSE co-location scam, was arrested in the present case by the Enforcement Directorate on July 14 last year. The Enforcement Directorate (ED) had opposed her bail plea in the present case on grounds that she was the "mastermind" behind the conspiracy.

The phone tapping case, according to the ED, pertains to a period from 2009 to 2017 when former NSE CEO Ravi Narain, Ramkrishna, Executive Vice-President Ravi Varanasi, and Head (Premises) Mahesh Haldirpur and others conspired to cheat NSE and its employees and for the purpose, engaged iSEC Services Pvt Ltd for illegal interception of phone calls of employees of the NSE in the guise of doing periodic study of cyber vulnerabilities of the NSE. In the 38-page order, Justice Singh said prima facie no scheduled offences, including those under the Indian Penal Code or the Prevention of Corruption Act, against Ramkrishna are established and thus the provisions of Prevention of Money Laundering Act cannot be attracted.

JAMMU POWER DISTRIBUTION CORPORATION LIMITED OFFICE OF THE EXECUTIVE ENGINEER, ELECTRIC DIVISION-II, JPDCI GANDHINAGAR JAMMU

CIN No: U40300JK2013SGC003898
E-mail: emeed2@gmail.com/Tel/Fax: 0191-248521

TENDER NOTICE

E-NIT No: 64 of 2022-23 Dated: 06.02.2023

For and on behalf of the Lieutenant Governor of the UT of Jammu and Kashmir, the Executive Engineer (Distribution), Electric Division-II, JPDCI Jammu, hereinafter referred as 'Employer', invites online e-bids from reputed Companies of Class 'A' registered/Electrical Contractors for Fixing the Job Contract (Labour) for Repair/Reclamation of Damaged Distribution Transformers (11KV/6.6KV/0.44KV) of different capacities viz 25 KVA, 50/63 KVA, 100 KVA, 200/250 KVA, 300 KVA, 400 KVA, 500 KVA, 630 KVA at Divisional Workshop Miran Sahib during the Financial Year 2023-24.

A	Tender Document Sale/Download Start Date	06.02.2023; 12:00 Hrs.
B <th>Tender Document Sale/Download End Date</th> <td>27.02.2023; 16:00 Hrs.</td>	Tender Document Sale/Download End Date	27.02.2023; 16:00 Hrs.
C <th>e-Bid submission (start) date & time</th> <td>06.02.2023; 12:00 Hrs.</td>	e-Bid submission (start) date & time	06.02.2023; 12:00 Hrs.
D <th>e-Bid submission (end) date & time</th> <td>27.02.2023; 16:00 Hrs.</td>	e-Bid submission (end) date & time	27.02.2023; 16:00 Hrs.
E <th>Submission of Hard Copy of Tender Fee</th> <td>06.02.2023; 12:00 Hrs. to 27.02.2023; 16:00 Hrs.</td>	Submission of Hard Copy of Tender Fee	06.02.2023; 12:00 Hrs. to 27.02.2023; 16:00 Hrs.
F <th>Pre-Bid Meeting</th> <td>14.02.2023; 14:00 Hrs.</td>	Pre-Bid Meeting	14.02.2023; 14:00 Hrs.
G <th>Commercial and Technical Bid opening date & time</th> <td>28.02.2023; 16:00 Hrs.</td>	Commercial and Technical Bid opening date & time	28.02.2023; 16:00 Hrs.
H <th>Online financial e-Bid opening date & time (Only of the technically qualified Bidders)</th> <td>Will be communicated to the Technically Qualified Bidders.</td>	Online financial e-Bid opening date & time (Only of the technically qualified Bidders)	Will be communicated to the Technically Qualified Bidders.
I <th>Venue of opening of techno-commercial Bids</th> <td>Executive Engineer Electric Division-II JPDCI Gandhi Nagar Jammu</td>	Venue of opening of techno-commercial Bids	Executive Engineer Electric Division-II JPDCI Gandhi Nagar Jammu
J <th>Cost of e-Bid document</th> <td>Rs. 3000 (Non-Refundable)</td>	Cost of e-Bid document	Rs. 3000 (Non-Refundable)
K <th>Amount of Earnest Money Deposit (EMD)</th> <td>Rs. 25000/-</td>	Amount of Earnest Money Deposit (EMD)	Rs. 25000/-

Note: The Tender has been floated for deriving the L1rates for repair of Distribution transformers of various capacities at Divisional Workshop Miran Sahib of Electric Division-II JPDCI, Jammu for the year 2023-24.

- Bidders are advised to study the Bidding Document carefully. Submission of e-Bid against this SNO shall be deemed to have been done after careful study and examination of the procedures, terms and conditions of the Standard Bidding Document with full understanding of its implications.
- The tender document is available at website <http://jtenders.gov.in>. Interested bidders may view, download the e-Bid document, seek clarification and submit their e-Bids online up to the date and time mentioned in the table in SNO.
- Bidders shall have to pay the e-Bid document fee in the shape of Demand Draft / (Non-refundable) or a Cheque in favour of the Executive Engineer Electric Division-II JPDCI, Gandhi Nagar Jammu of any nationalized bank or e-Challan, treasury Challan/receipt, in favour of Executive Engineer Electric Division-II JPDCI Gandhi Nagar Jammu (Cost of Tender to be credited to Head: 0901/Non-refundable) on or at least one day before opening of commercial and technical e-Bid.
- No Bidder, unless or otherwise specified in the terms and conditions, shall be exempted from depositing Earnest Money. Tenders not accompanied with the requisite amount of earnest money shall be rejected.

No: ED-II/TS/3220-22
Dated: 06-02-2023
DIP/J-5188-P/22 SD- EXECUTIVE ENGINEER JPDCI ELECTRIC DIVISION-II JAMMU

G2 **NORTHERN RAILWAY** **75**
Azadi Ka Amrit Mahotsav

E-TENDER NOTICE

Sr.DEN-IVFZR acting for and on behalf of The President of India invites open tenders (E-Tenders) against below titled tenders and available on www.reps.gov.in with closing date 27.02.2023 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 manual offer received shall be ignored. Contractors are allowed to make payments against this tender towards tender document cost and earnest money only against only payment modes available on www.reps.gov.in portal like net banking, debit card, credit card etc. Manual payments through Demand draft, Banker cheque, Deposit receipts, FDR etc. are not allowed. For more information login to www.reps.gov.in

Tender Type	Tendering Section	Bidding System
Open	Works	Single Bid System

Date of Uploading Tenders	Bid Starting Date	Bid Closing Date/Time
02.02.2023	13.02.2023	27.02.2023 / 15:00 Hrs.

S.No.	Tender No.	Details of Tender
1.	423-2022-23-UHP-DRM-FZR	Installation and Commissioning of effluent treatment plant of 50 KLD at SVDK railway station on J&K-SVDK section under ADENUHP.

Advertised Value (Rs.)	Earnest Money	Validity of offer	Period of completion
86,75,892.49/-	1,73,500/-	60 Days	12 Months

Similar Nature of work: "Supply, design, erection and commissioning of sewage or effluent treatment plant".

Note: 1. Before bidding, bidders to check for any corrigendum issued against tender No. 770-W/169/WAFZR/2022-23 Date: 04.02.2023

SERVING CUSTOMERS WITH A SMILE 398/23

OFFICE OF THE EXECUTIVE ENGINEER PWD(R&B) DIVISION SAMBA

ABBREVIATED NOTICE INVITING TENDER

E-NIT No. 107 of 2022-23 Dated: 07-02-2023

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

S. No	Name of Work	Advertised Value (Rs. in Lacs)	Cost of document (in Rs.)	(Earnest Money) in shape of GDR (PDR) (in Rs.)	Time allowed for completion	Time and date of opening of tender	Class of Contractor
1	2	3	4	5	6	7	8
1	Repair / Renovation of Bamuchak Temple an additional works at District Samba. (4* cell)	77.36	1500/-	2% of adv. Cost	08 Months	21-02-2023 (1400 Hours)	"A"

Position of AAA: Major Head: Accorded Sanctioned 4202: Education

1/ Date of Publishing = 07/02/2023
2/ Pre bid meeting = 11/02/2023 at 1300 Hrs
3/ Date of downloading = 1000 hours on 12/02/2023 to 20/02/2023 upto 1800 hours
3/ Date of submission / Uploading = 1000 hours on 12/02/2023 to 20/02/2023 upto 1800 hours
4/ Date of opening of bids = 21/02/2023 at 1400 hours

The tender is available at website <http://jtenders.gov.in> all other terms & conditions can be seen on the above website.

No. 13203-19
Dt. 07.02.2023
DIP/J-19304/22 SD- EXECUTIVE ENGINEER PWD (R&B) DIVISION SAMBA

Kwar HE Project, CVPPPL organise follow up Medical Camp at village Padyarna

JJ NEWS SERVICE
KISHTWAR, FEBRUARY 09: Kwar HE Project, CVPPPL, in association with District Administration Kishtwar and District Health department organized a follow up medical camp at the village Padyarna, of block Nagseni under CSR 2022-23.

Follow up Medical Camp was inaugurated by S K Giri, General Manager (Civil), Kwar HEP. Previously, two free health checkup camps (A General Checkup Camp and a specialized Gynecology medical camp) were also conducted by Kwar HE Project under CSR at the village Padyarna on 16th Jan 2023.

A medical team from District Hospital Kishtwar checked up about 150 persons from the Project affected villages and nearby areas. They were provided free medical consultation and medicines alongwith menstrual hygiene material.

National Commission for Women, SWD, TISS hold meeting on strengthening of response to gender-based violence in J&K, Ladakh

JI NEWS SERVICE
JAMMU, FEBRUARY 10: National Commission for Women in collaboration with Social Welfare Department and Tata Institute of Social Sciences, Mumbai, organized a meeting of stakeholders of Union Territories of Jammu and Kashmir and Ladakh regarding strengthening of response towards gender-based violence through greater coordination.

The meeting, chaired by Chairperson, National Commission for Women, Rekha Sharma, was attended



by Commissioner for Women, Family Counselling Centre, One Stop Centres, 181 Helpline, District Hub for Empowerment of Women and Family Counselling Centres along with senior police officials responding to violence against women in both UTs were also part of the meeting. Speaking during the

meeting, Chairperson, Rekha Sharma said, "We need to respond collaboratively, if we want to tackle this huge problem of violence against women." Sheetal Nanda, encouraged all stakeholders to equip themselves with knowledge of laws pertaining to women for better implementation of the initiative. She asked them to recognize the multiplicity of services for cross-referrals and comprehensive response to survivors seeking support. She added, "Law is the backbone of the work we do."

It was decided in the meeting that awareness programmes on cyber-crime with varied population of youth, social workers and police will be organized. Besides training of Protection Officers under the Protection of Women from Domestic Violence will also be planned. Also, Social Workers will be trained on responding to human trafficking.

The meeting also decided that a portal will be developed to create a directory of available resources for survivors of violence.

DC Doda asks for strict enforcement of notified rates for online services

JI NEWS SERVICE
DODA, FEBRUARY 10: Information Technology Department, J&K has recently notified/fixed rates for delivery of all online services to be charged/received from the citizens/customers of entire Union Territory of Jammu & Kashmir for Government to Citizens (G2C) and Government to Business (G2B) services.

In this regard, Deputy Commissioner Doda, Vishesh Paul Mahajan has issued instructions to all the Tehsildars to check the availability of Common Service Centres (CSCs) in all pockets in their respective jurisdictions for the convenience of the general public.

The Tehsildars and District Manager Common Service Centres (DM-CSC) have been asked to ensure that the CSCs do not charge more than the rates notified by the government for different online services. District Manager CSC has been instructed to issue necessary directions to all the VLEs of Common Service Centres (CSCs) of District Doda for pasting the Notification at their respective CSCs and the rates so notified in the said Notification be implemented in letter and spirit.

JKPCC conducts workshop on "Implementation of EPR under E-waste, Plastic Waste Management Rules, 2022"



JI NEWS SERVICE
JAMMU, FEBRUARY 10: Jammu & Kashmir Pollution Control Committee today conducted an interactive workshop on "Implementation of EPR under E-waste (Management) Rules, 2022 and Plastic Waste Management (Second Amendment) Rules, 2022" here at Convention Centre, Jammu.

The objective of the workshop was to provide a common platform for an interaction with concerned stakeholders and implementing departments on various aspects of EPR Rules.

Commissioner Secretary, Department of Forest, Ecology and Environment, Sanjeev Verma, was the chief guest while Chairperson, J&K Pollution Control Committee Dr. Neelu Gera, was the guest of honour on the occasion.

Workshop started with visiting of exhibits by the dignitaries which were displayed by various organizations like Shalimar Thermoforming Private Limited Samba, Indian Pollution Control Association, Lifecycle Management Private

Limited, Saahas Zero Waste, Self Help Group (NRLM) Block Dhansal, Himalaya Green Himachal Pradesh and VRG Groups, Ganguly.

Sanjeev Verma appreciated the efforts of JKPCC for organizing such type of events and stressed upon the stakeholders including district administration to ensure effective implementation of relevant provisions laid under both E waste and Plastic Waste Rules. He emphasized the need to link growing menace of Plastic and E-waste pollution with unpredictable disaster, owing to release of toxic gases in the environment through unscientific dumping and disposal of such waste.

Dr. Neelu Gera pointed out in her address regarding the need for an urgent action to be taken up by stakeholder departments like Urban Local Bodies to facilitate separate and safe collection of such wastes with publicizing the collection points for public awareness. She also requested Rural Development Department to ensure implementation of Rules in letter and spirit at Panchayat levels as rural areas are also now identified as

equally accountable for both types of waste generation.

Regional Director, JKPCC, Sat Paul, briefed about the objective of the interactive workshop.

Member Secretary JKPCC, K Ramesh Kumar, informed the gathering that as per new E-waste and Plastic waste Rules, responsibility of the respective Producers and Recyclers have risen manifold and appealed for adherence to the stipulated rules by them in this regard.

During the workshop, Shoba Raghavan, Director and COO, Saa has Zero Waste made a detailed presentation on Producer's Responsibility for implementation of EPR as per E-waste (Management) Rules, 2022 and Co-founder CEO, Abhishek Agshe, Lifecycle Management Private Limited made a presentation on responsibility of recyclers laid under E-waste Rules.

Director, Indian Pollution Control Association, Ashish Jain deliberated on the EPR Policies for Plastic Waste Management.

The program was attended by officers and officials from Department of Industries and Commerce, Nodal Officers from Central University, Jammu University, SKUAST, SMVDU, concerned Nodal Officers from Jammu Municipal Corporation and Srinagar Municipal Corporation, CEOs from Department of Urban Local Bodies Jammu and Kashmir, Jammu Chamber of Commerce and Industry, National Rural Livelihood Mission, Divisional Officers and Scientists from JKPCC, Nodal Officer E-waste, JKPCC, Jammu, besides DISHA organization and Global Human Rights Trust.

Nehru Yuva Kendra Sangathan J&K, GCW Parade organise National Youth Parliament Festival

JI NEWS SERVICE
JAMMU, FEBRUARY 10: Nehru Yuva Kendra Sangathan J&K, in collaboration with Government College for Women Parade Ground organized a state level National Youth Parliament on the College Campus.

As many as 46 youth from districts of Jammu & Kashmir UT and Ladakh UT, all being the winners and first runners up of District Level National Youth Parliament, participated in the State Level event.

Nisar Ahmed Butt, SD NYKS J&K and Ladakh was the chief guest, while Dr. Deepak Pathania, Assistant professor, Environmental Sciences, Dr. Seema Jamwal, Assistant Professor Political Science, Dr. Musavir Ahmad, NSS Program Coordinator, Kashmir University, Dr. Seema Zargar, Senior Officer, School Education Department

and Dr. Shubra Janwal, Assistant professor, English were the jury members.

Anmol Sharma from NYKS Jammu got the first rank, Faiza Basharat from GDC Poonch got the second rank and Quyima Aslam from S P College Srinagar got the third rank in the state level event.

The first three winners of state Youth Parliament shall participate at national level NYPP in New Delhi where 87 Winners from all States and UTs will participate in the National Youth Parliament Festival in person at 29 venues.

Out of them, 29 first position holders will speak on the given topics while the remaining 58 will attend the proceedings. Dr Gurpreet Kour, NSS Program Officer, GCW Parade and Organizing Secretary of the program both at Nodal Jammu level and state

level took the initiative for organizing National Youth Parliament Festival.

The main objective of the programme is to hear the voice of youth between 18-25 years of age through deliberations in Youth Parliaments at District, State and National levels and to encourage the youth to engage with public issues, understand the common man's point of view, form their opinions and express it in an articulate manner, to develop and enhance decision making abilities, to develop in them respect and tolerance for the views of others, to develop in them an understanding that respect for rules is essential for conducting any discussion systematically and effectively, to obtain and document their opinions on Vision of New India and to make available their views to policy makers and implementers to take it forward.

Saurabh Bhagat meets MNRE; Discusses modalities for implementation of Biomass Programme in J&K

JI NEWS SERVICE
NEW DELHI, FEBRUARY 10: Commissioner Secretary, Science and Technology, Saurabh Bhagat, today discussed modalities for implementation of newly launched Biomass Programme of Ministry of New and Renewable Energy (MNRE), approved under the umbrella scheme of National Bioenergy Programme Phase-I, in Jammu and Kashmir.

During his visit to the Capital, MNRE, Saurabh Bhagat had detailed discussion with S R Meena, Incharge Bio-energy, on several issues regarding setting up of one Bioenergy Pilot

Project each in Jammu and Kashmir regions of the UT.

Pertinent to mention here that the National Bio-energy Programme comprises of sub schemes like 'Waste to Energy Programme (Programme on Energy from Urban, Industrial and Agricultural Wastes/Residues), Biomass Programme (Scheme to Support Manufacturing of Briquettes and Pellets and Promotion of Biomass (non-bagasse) based cogeneration in Industries) and Biogas Programme.

Commissioner Secretary also met in-charge Rooftop Solar Division,

MNRE, Hiren Bora and updated the Ministry with the progress on implementation of 20 MW and 200 MW cumulative capacities Rooftop Solar sanctions of MNRE and stressed for timely release of Central Financial Assistance (CFA) under the schemes.

During the discussion, Saurabh Bhagat updated the Ministry regarding various challenges and impediments being faced by JAKEDA in implementation of the schemes. He requested the Union Ministry for allowing empanelment of more vendors under the two sanctions as the targets to be achieved are huge.

PSPS PG College NCC Cadets shine in RDC-2023

JI NEWS SERVICE
JAMMU, FEBRUARY 10: Republic Day Camp is not just a camp, it is an emotion; emotion for the cadets who strive to be a part of Republic Day Contingent and step in DGCC to transform.

Securing 4th position for the first time in the history, the ten cadet NCC contingent of Padma Shri Padma Sachdeva Government PG College for Women, Gandhi Nagar attended this prestigious camp and brought laurels to the College. Two cadets from 1 J&K Naval Unit; 04 cadets from 1 J&K Girls Battalion, NCC Srinagar and 04 from 2 J&K Girls BN, NCC Jammu were part of the team that attended the Republic

Day Camp 2023 at New Delhi.

The cadets were well trained at various Pre-RDC camps at Nagrota, Jammu over a two month period, prior to their departure to New Delhi. They added sheen to the Prestige of College by participating in various events and competitions like Drill, Cultural Programmes, Flag Area etc. From 1 J&K GIRLS BN, Senior Cadet Captain Parul Sharma was selected for Kartavyapath for which she received ADG Commendation. Cadet Captain Kiran Choudhary participated in cultural events and also achieved ADG Commendation. SUO Tania Chib and JUO Marjam from 1 J&K Girls Battalion, NCC Srinagar, were a part of Kartavyapath

Contingent whereas JUO Riya Kaith was a part of PM Rally and JUO Ankeeta Langhe participated in cultural events. From 2 J&K GIRLS BN, NCC JAMMU, SUO Shakshi formed a part of the PM Rally contingent and JUO Anma Khan marched Kartavyapath. JUO Manshi Sharma was selected for All India Guard of Honor showcasing salami to Honorable PM Shri Narendra Modi whereas Sergeant Rakshika Sharma was a part of cultural events. Principal of the College Prof. Minu Mahajan, congratulated and applauded the Cadets for the hard work, dedication and strenuous efforts for bringing laurels to the College for representing at National Level.



75
Azadi Ka
Amrit Mahotsav

Department of Industries and Commerce, J&K
invites applications for
Exhibition cum Sale
at
JAMMU HAAT
(A platform for Entrepreneurs, Buyers, Sellers and Exporters)
From 1st March to 31st March, 2023



Hand-Knotted Carpet



Papier Mache



For Booking Space Contact: 94191-37549, 8825007158

Stalls Available For
Ethnic Products | Artifacts |
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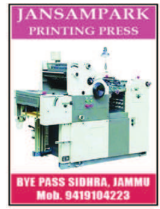
	Approved rates:	
	For Government/PMEGP/Small/Micro Units Registered with Industries Department	For Non-Government Entities
Small Stalls (Less than 40 sqm.)	Rs. 1500 per month	Rs. 5000 per month
Big Stalls (More than 40 sqm.)	Rs. 2000 per month	Rs. 6000 per month
Exhibition Area (Area 200x75 sqm.)	Rs. 2000 per day	Rs. 4000 per day
	Rs. 25000 per month	Rs. 50000 per month
Auditorium : Conference Hall (Area 300,864 sqm.)	Rs. 15000 per day	Rs. 25000 per day

OFFICE OF THE GENERAL MANAGER, DISTRICT INDUSTRIES CENTRE
Exhibition Ground, Jammu.
Office No. : 0191-2544771
Help Desk : 0191-3510108

General Manager DIC Jammu | @GM DIC Jammu | gm.dicjammu@gmail.com

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Not Stone pelting Kashmir now sports hub: Anurag Thakur

Says Admin changed Valley situation in just 3 years; More than 1500 Athletes from Country to participate in 11 different winter-sports disciplines; Gulmarg to be Centre of Excellence for winter games soon: LG Manoj Sinha

J I NEWS DESK
BARAMULLA, FEB 10

Union Minister Anurag Thakur on Friday said that the Kashmir Valley that was earlier known for stone pelting incidents is now famous for Football and other sports activities.

Addressing a gathering at the inaugural function of Khelo India Winter Games at Gulmarg, Thakur, as per the news agency said the youth who were holding stones in their hands are now indulging in sports activities, thereby making the nation proud.

While appreciating the role of the Jammu and Kashmir government, he said the government made it possible to change the Kashmir situation in just 3 years, which earlier could not be done in 75 years.

"It is really a proud movement for all of us that Jammu and Kashmir is hosting the Khelo India Games for the third time, which other states failed to," he said.

He said that they will soon have a number of star athletes, as the youth are highly involved



in games, be it Football, Wushu, Cricket, Skiing or other sports activities.

The Union Minister assured full support and cooperation in developing the Center of Excellence for Winter Games in the UT. "It is the vision of our Prime Minister Narendra Modi to create sporting infrastructure across India. The setting up of a National Centre of Excellence in the valley will support the athletes of J&K," he said.

"Jammu and Kashmir's every district is now having an indoor stadium and every village a play field, which itself speaks how the situation has taken a U-turn," he said. "More than 1500 Athletes will compete in 11 different winter sports disciplines in the five day mega sports event."

Speaking on the occasion, Jammu and Kashmir Lieutenant Governor Manoj Sinha said

CONTINUED ON ► PAGE 4

Vijay Kumar Bidhuri is new Div Com Kashmir as govt orders transfer, posting of 15 officers

J I NEWS DESK
SRINAGAR, FEB 10

The government on Friday ordered transfer and posting of 15 officers, seven of them IAS, in the interest of administration with immediate effect.

According to an order, a copy of which lies with the news agency, Vijay Kumar Bidhuri, IAS (AGMUT:2005) Commissioner/Secretary to the Government, Revenue Department, holding additional charge of Principal Resident Commissioner, J&K Government, New Delhi, has been transferred and posted as Divisional Commissioner, Kashmir.

The order states Dheeraj Gupta, IAS (AGMUT: 1993), Principal Secretary to the Government, Housing and Urban Development Department, holding additional charge of smart Cities and proposed new Jammu/Srinagar Metropolitan Regional Development, has been transferred and posted as Principal Secretary to the Government, Department of Forest, Ecology and Environment.

"H. Rajesh Prasad, IAS (AGMUT:1995), Principal Secre-

tary to the Government, Power Development Department, shall hold the charge of the post of Principal Secretary to the Government, Housing and Urban Development Department, in addition to his own duties, till further orders," reads the order.

It reads Sanjeev Verma, IAS (AGMUT:2001), Commissioner/Secretary to the Government, Department of Forest, Ecology and Environment, has been transferred and posted as Commissioner/Secretary to the Government, General Administration Department.

"Sarmad Hafeez, IAS (AGMUT:2009), Secretary to the Government, Tourism Department, holding additional charge of Administrative Secretary, Youth Services and Sports Department, has been transferred and posted as Secretary to the Government, Finance Department, holding additional charge of CEO, ERA & Mission Director, Jal Jeevan

Mission, J&K, has been transferred and posted as Administrative Secretary, Culture Department, relieving Zubair Ahmad, JKAS, of the additional charge of the post.

"He shall hold the charge of the post of Chief Executive Officer, Economic Reconstruction Agency, in addition to his own duties, till further orders."

It added Dr. Piyush Singla, IAS (AGMUT:2012), Administrative Secretary, General Administration Department, has been transferred and posted as Administrative Secretary, Revenue Department.

"Rakesh Minhas, IAS (AGMUT:2016), awaiting orders of adjustment in the General Administration Department, has been posted as Managing Director, SIDCO. He shall also hold the charge of the post of Managing Director, SICOP, in addition to his own duties, till further orders."

It further reads Raman Kumar Kesar, JKAS, Managing Director, SIDCO, holding additional charge of Managing Director, SICOP, has been transferred and posted

CONTINUED ON ► PAGE 4

Indian teams working day and night as part of Operation Dost in Turkey: PM Modi



NEW DELHI, FEB 10

Prime Minister Narendra Modi on Friday said the Indian teams of NDRF personnel and doctors involved in rescue and relief operations in quake-hit Turkey are working day and night as part of 'Operation Dost' and would continue giving their best to save lives.

The Prime Minister said that India stands firmly with the people of Turkey, where a 7.8-Richter tremor on Monday has led to around 20,000 deaths and devastated cities.

His comments came as the Indian Army's 30-bedded field hospital in Iskenderun has so far treated 106 people in the Turkish city that has been hard hit in the earthquake.

"Our teams are working day and night as a part of 'Operation Dost'. They will keep giving their best to ensure maximum lives and property are saved. In this critical time, India stands firmly with the people of Turkey," the PM said in a tweet.

CONTINUED ON ► PAGE 4

After 2-day wet spell, MeT predicts improvement in weather from today

J I NEWS DESK
SRINAGAR, FEB 9

After two-day wet spell in Jammu & Kashmir, the weatherman here has predicted gradual improvement in weather conditions from tomorrow (Saturday), saying that there is no forecast of any major wet spell till February 17.

Reports reaching the news agency, said that a few higher reaches in Kashmir received light snowfall today while rains lashed the majority of areas including Srinagar today.

Deputy Director Meteorological department (MeT) said that the



weather conditions have started improving and from tomorrow it will gradually improve further. "Although there is a possibility of light rain at isolated places, overall the weather conditions will improve from tomorrow," he said.

He further added that the weather would remain mostly dry till February 17, saying that there is no possibility of any wet spell during the period from tomorrow. However, some of the areas in northern Kashmir have received snowfall with dust.

The MeT in a statement issued here classified the

CONTINUED ON ► PAGE 4

Govt teacher arrested for allegedly misbehaving with girl students

J I NEWS DESK
POONCH, FEB 10

A Government teacher, posted in Middle School Dhargaloon in Balakote zone of Mendhar sub division of Poonch district, has been arrested by police for allegedly molesting and misbehaving with two girl students of his school. Per-

tinently, the teacher has also been placed under suspension by the education department.

The teacher identified as Mohammad Taj Nayazi was booked in a case under FIR number 10/2023 under sections 354, 8/10 POCSO Act in Police Station Cursal.

Police officials told

CONTINUED ON ► PAGE 4

Avalanche hits Gurez, 2 women rescued

J I NEWS DESK
SRINAGAR, FEB 10

Two women were rescued after a snow avalanche hit the Manzung area of north Kashmir's Bandipora district on Friday, officials said.

Police said two women identified as Tabassum Bano and Shahzaba Begum went out to collect drinking water from a nearby tap when they came under a medium avalanche in Manzung area of Tulail Friday morning.

They said soon after the incident a rescue operation was launched by local residents and after strenuous efforts both were rescued alive. However, no damage has been reported in the incident so far, they added.

Upper reaches of Bandipora including Gurez valley received yet another fresh spell of snow on Thursday. The road remains closed with the rest of the

CONTINUED ON ► PAGE 4

JKBOSE 10th, 11th, 12th Class Date Sheet Out

J I NEWS DESK
SRINAGAR, FEB 10

The JK Board of School Education (BOSE) on Friday notified the date sheet of annual (Regular 2023) examination for class 10th to 12th students enrolled in schools falling in soft zone areas of Jammu and Kashmir.

As per the date sheet issued by the Director Academics JKBOSE, the examination of class 10th students in soft zone areas will commence from March 9 of 2023 and will culminate on April 5.

CONTINUED ON ► PAGE 4

Rain in Ramban triggers landslides, blocks highway

J I NEWS DESK
JAMMU, FEB 10

The Jammu-Srinagar national highway was closed for traffic on Friday due to multiple landslides triggered by heavy rains in Ramban district, officials said.

The only all-weather 270-km highway linking Kashmir with the rest of the country, was blocked by the landslides at Panthiyal, Cafeteria Morh, and Dalwas areas with over 200 vehicles stranded at several points on the route.

CONTINUED ON ► PAGE 4

J&K PSC now functions with only one member and chairman

J I NEWS DESK
SRINAGAR, FEB 10

With former IPS officer Aftab-ul-Mujtaba completing his term as a member of the Jammu & Kashmir Public Service Commission on Friday, the key recruitment body of the Union Territory is now left with only one member.

Mujtaba, an illustrious IPS officer, who was appointed as a member of the constitutional body on June 24, 2020, completed his term today, leaving the constitutional body with only one member now.

According to details available with news agency, the PSC is now left only with chairman Satish Chandra (former IAS officer) and

member Zubair Ahmed Raza (former judge).

As per the Constitution of India, a member of the State Public Service Commission shall hold the office for a term of six years or till the age of 62 years, whichever is earlier.

Before scrapping of the Article 370, the appointment and retirement of PSC members in J&K was governed by the Constitution of Jammu & Kashmir, which allowed members of the prestigious body to hold office for a term of five years or till the age of 65 years, whichever is earlier.

The Public Service Commission was made functional with J&K UT's administration with

CONTINUED ON ► PAGE 4

India's technology-enabled governance model can meet unforeseen exigencies: Dr Jitendra

J I NEWS DESK
NEW DELHI, FEB 10

Union Minister of State (Independent Charge) Science & Technology; Minister of State (Independent Charge) Earth Sciences; MoS PMO, Personnel, Public Grievances, Pension, Atomic Energy and Space, Dr Jitendra Singh today said that Prime Minister Narendra Modi has given India a technology-enabled Governance Model, which can meet unforeseen exigencies and is perpetually prepared for it, as was evident during the Covid pandemic which took everybody by surprise but the government working did not get interrupted even for a single day because long before the pandemic came, we had almost completely shifted over to e-office,



online and virtual modes of working.

Speaking at the 4th Edition of National Governance Summit of Economic Times here, Dr Jitendra Singh said that Modi's Governance Model is not only sustainable but also resilient, using futuristic technologies and innovations.

The Minister said, the Modi model of governance evolved over the last 22 years has laid the foundation of the future road map

of India's progress. He said, in the next 25 years of Amrit Kaal, when India rises to the world pedestal, this will be primarily on the strength of our scientific prowess and capacity of our Start-Ups which will be essentially technology driven and a unique governance model taking effective care of 140 crores plus Indians.

Dr Jitendra Singh said, Modi, an avid follower of newer technologies and innovations is always ready

to adopt today, the technology of tomorrow. He said, Prime Minister is focusing on areas like Space Technology, Drone, A.I, Biotech, Geospatial, Ocean Mission or Blue Economy and Green technologies including the Hydrogen Revolution which will define the destiny of India tomorrow. The Minister added that COVID-19, the pandemic of the century, was turned into a virtue from the great adversity.

Dr Jitendra Singh said, the Tri-Ratna of this governance model are Out of Box Thinking, Breaking the Taboos of the Past and Converting Government Campaign into Mass Campaign. Giving one example of each of the three great ideas, the Minister said, soon after Modi came to power

CONTINUED ON ► PAGE 4

Government takes action for better land, soil management with launch of pioneering project

J I NEWS DESK
JAMMU, FEB 10

Jammu and Kashmir government has approved an ambitious project envisaging creation a comprehensive soil and land resource information system.

The project, titled 'J&K Soil and Land Resource Information System (JKSLRI)', is designed to help in decision-making for sustainable use of soil and land resources in the region, which is being considered as ecologically fragile. With its goal of providing a scientific base for crop diversification and soil suitability,

the JKSLRI project is set to revolutionize the way we approach land use and soil management in the region.

"The problem of unscientific land conversions and poor soil health management practices has been causing a decline in soil health, leading to poor outputs and even enterprise failure. There is also lack of knowledge and poor extension on soil health management, which is leading to loss of soil biodiversity due to intense cultivation and soil pollution," said Atal Dulloo, Additional Chief Secretary, Agriculture Production Department.

He further said that the

JKSLRI project has been designed to provide the most comprehensive and up-to-date information on soil and land resources, making it an essential tool for decision-making when it comes to sustainable use of soil and land resources.

The prestigious project, which will initially be started in four districts of J&K, has several objectives including creation of a robust land use policy on agriculture and urbanization, crop-land suitability based on land evaluation, capacity building of farmers and other stakeholders on soil health management

besides establishment of one static and 25 mini soil testing laboratories in each selected district. The project has been designed to have a major impact on the region including creation of an authentic soil and land resource repository with two soil museums one each at Jammu and Srinagar. The project shall also provide support for efficient use of fertilizers and micro-nutrients, which is important for organic production systems.

These objectives will help lay the foundation for a robust land use policy on agriculture

CONTINUED ON ► PAGE 4

16 injured as bus skids off road in Udhampur



At least 16 persons were injured after a bus met with an accident in Moungrin area of Udhampur district on Friday morning, an official said. An official told the news agency that the bus

was on way from Udhampur to Moungrin when it skidded off the road near Gulabnagar. He said 16 passengers who were aboard were injured in the accident.

The injured rescue teams have rushed to the spot and injured were being shifted to hospital for treatment. KNO

Professionals, Employees, Senior citizens play important role in society: Sat



JJ NEWS SERVICE JAMMU, FEB 10: Gearing up organizational activities of the party in Poonch District at grass root level, a meeting of BJP's Professional Cell, Senior Citizen Cell and Retired Employees Cell and Budget Pe Charcha was conducted to take up the party activities and vision of PM Modi led BJP Government on ground concerning development of Jammu and Kashmir.

District Poonch under the leadership of its district president Rajesh Raina held the meeting which were mainly addressed by former Cabinet Minister, Sat Sharma (CA). He was also accompanied by CA Rajeev Gupta, UT BJP Spokesperson Sunil Gupta and several others.

Speaking on the occasion, Sat Sharma said that all these three cells have a very important role to build the organization and

take the vision of the party amongst the public. He said professionals, senior citizens and retired employees are the important sections of the society and their views hold major significance. He urged the activists present to create teams of the cells up to booth level and stated that it will definitely strengthen the vision of the party at grass root level. He also asked them to go door to door to spread the pro public policies of the party.

CA Rajeev Gupta talked about Budget 2023 and said that in order to cater the support of the more public the teams must be constituted at the earliest so that people's presence could be more involved in the mission which BJP has chosen to work for the betterment of society. He also stated that BJP is the only party which works for the people and has done a lot for their upliftment.

Rajesh Raina also spoke on the working of cells in Poonch district. He also said that the teams will be made as soon as possible in the coming days so that the organizational work can be paced up to grass root level.

Naresh Sharma, Parvinder Singh, Abhi, Mukesh Sharma, Paranjit Singh, Naresh Verma, Jyoti, Rajesh Sudan, Er. Sahil, Bhupinder Pal and several others were also present on the occasion.

SMVD Gurukul holds 31st Governing Council Meeting



JJ NEWS SERVICE KATRA, FEB 10: The 31st meeting of the Governing Council of Shri Mata Vaishno Devi Gurukul, Charan Paduka was held here today at Spiritual Growth Centre, Katra.

The meeting presided by Mahamandleshwar Shri Swami Vishveshwaranand Giri Maharaj, Member of the Shri Mata Vaishno Devi Shrine Board and Chairman of the Governing Council for the Gurukul, was attended by Anshul Garg, Chief Executive Officer of the Shrine Board; Navnet Singh, Additional CEO; Prof. Y.K. Mishra; Dr Jagdish Chander Mehra, Joint CEO, SMVDSB and Administrator of Gurukul; Mahesh Sharma, FA/Chief Accounts Officer; Gopal Dass Sharma, Head Pujari, Bhawan; Dr Dhanraj Mishra, Principal; and Dr. Devendra Rijal, Vice Principal of the Gurukul.

The Chairman and other Members of the Governing Council while expressing satisfaction at the functioning of the Gurukul emphasized the need for making continuing endeavours to develop it as a centre of excellence. The meeting also noted the outstanding achievements of the students of SMVD Gurukul in academics and co-curricular activities and participation of faculty and students for broadening their horizon at different Platforms, including in house events & those at State, Zonal as well as at National Level.

The Governing Council, while approving the annual budget of Gurukul for Financial Year 2023-24 also finalized the arrangements for organizing 3-day North Zone Youth Festival from 20th to 22nd of February in collaboration with Central Sanskrit University. The inaugural function will be held at the Spiritual Growth Centre of the Shrine Board at Katra. The events to be organised include Educational Short Film making, Rangoli, Painting, Competition, cultural programmes, co-curricular activities besides, sports events in different categories and around 10 institutes from 5 states & UTs including Himachal Pradesh, Haryana, Punjab, Delhi, Uttarakhand, UP and JKUT, with a total of 350 students are expected to participate in the festival. The council observed that the festival shall provide a learning platform to the students of SMVD Gurukul to showcase their talent & skills from their counterparts of other institutes besides, serving as an important medium to spread joy, promote Sanskrit awareness and protect our traditional and cultural heritage.

roadmap for 5 years of the functioning of the SMVD Gurukul and way forward for developing this institution as a centre of excellence for providing top quality education to the students.

The Governing Council while releasing the Annual School Magazine "Brahmi" tracing the achievement and contribution of the students and faculty during the year appreciated the efforts stating that a wonderful platform has been given to these young students to showcase their talent as writers and express themselves into a conglomerate.

Earlier, Mahamandleshwar visited SMVD Gurukul and inspected the Construction Work-in-Progress of New Dining cum Accommodation Complex. He also interacted with the students and faculty and enquired from them about their daily activities.

Besides, the Mahamandleshwar felicitated Master Varun Sharma, student of Shri Mata Vaishno Devi Gurukul for having secured first position in the entire University, in the annual examination of class 8th conducted in 2022 by Sampurnanand Sanskrit Vishwavidyalaya, Varanasi.

Mahamandleshwar, besides highlighting the importance of imparting sanskars in one's life, asked the students to work hard to preserve their rich culture and achieve distinction in various fields in years to come. He congratulated the Hon'ble Lt. Governor, JK-UT who is also Chairman of Shri Mata Vaishno Devi Shrine Board for nurturing such institutes which has kept alive the Vedic and Sanatan traditions in the modern era.

Pt. Deendayal Upadhyay was a visionary par excellence: Parmod Kapahi



BJP District Jammu holds monthly meet

JJ NEWS SERVICE JAMMU, FEB 10: President Parmod Kapahi, District General Secretary Bharatiya Janata Party, District Jammu under the leadership of District President Parmod Kapahi held a monthly meeting at BJP office, Kachi Chawni, Jammu.

Senior BJP leader & District Jammu Prabhari Rajeev Charak, Seh-Parbhari Vikas Choudhary also addressed the meeting along with District

President Parmod Kapahi, District General Secretary Kulddeep Kandhari, District General Secretary Rajesh Gupta, Mandal President Keshav Chouva, Mandal President Parveen Kermi, Mandal President Raman Sharma, Atul Bakshi, Ajay Sharma, JMC Councillor Sucha Singh, Councilor Suneet Raina and other prominent political persons from District Jammu participated in the meeting.

Rajeev Charak, while addressing the BJP activists of District Jammu, asked them to visit every house of the region and apprise them of the achievements of the Modi governments and their specific benefits for the residents of Jammu & Kashmir. He also deliberated upon the highlights of the recently introduced 2023 Union government budget. He said that this

Govt should fulfill demands of Kashmiri Hindu employees posted in Valley before Shivratri: Shiv Sena



Stop treating Hindus employees as bonded labourers: Sahni

JJ NEWS SERVICE JAMMU, FEB 10: Shiv Sena J&K unit today demanded that the LG led administration should fulfill the demands of protesting Kashmiri Hindu employees posted in Valley before the upcoming Shivratri Festival. The leaders of Shiv Sena (Uddhav Bala Sahab Thackeray) Jammu and Kashmir unit organized a press conference at the party's central office, Jammu, today demanding the safe posting of Kashmiri Pandits/Hindus working in Kashmir by implementing the transfer policy. State Chief Manish Sahni

said government should leave its stubbornness of making these employees scapegoats and transfer them to safer places in Jammu region.

Sahni said that Hindus working under the PM rojgar yojna in Kashmir were being treated like bonded labourers and forced to become scapegoats. On aug 5, 2019 the Center has abrogated Article 370, then the bonds included in SRO 412 should be treated as cancelled. Describing the government's claims of rehabilitating Kashmiri Pandits/Hindus as hollow sham, Sahni said that providing jobs and temporary

accommodation to only 4200 Kashmiri Pandits can never mean rehabilitating the entire community.

"Along with Kashmiri Pandits, Sikh / Muslim / Dogra communities were also given jobs under the PM package. But the BJP government is baking political bread by misleading the public by beating the name of Kashmiri Pandits. At the same time, for the last 6-7 months, the salaries of the employees are being withheld and they are being forced to go to the valley," he said.

Sahni demanded the Central Government and the Lieutenant Governor of

Jammu and Kashmir to implement the transfer policy and attach Kashmiri Hindus to various central departments. He said that, the PM package funds are provided directly by the Center so the administration deutes them to central departments like (Election Commission, NTPC, NHPC, etc.) or UT Ladakh.

Sahni said that some selected and influential employees have been attached to Jammu division. It is clear from the stand of the administration that it is not hesitating to sacrifice all the Hindu employees for the party of vote politics ambitions of the central government which is an unimaginable situation towards humanity. On this occasion, President Women's Wing Meenakshi Chhibber, General Secretary Vikas Bakshi, President Kamgar wing Raj Singh, Women Secretaries Sukhwinder Kaur, Yawar Habib were present.

Nation suffered most due to Nehru's blunders, Modi Govt determined to nullify the adverse effects: Kavinder

JJ NEWS SERVICE JAMMU, FEB 10: Kavinder Gupta, senior Bharatiya Janata Party leader and former Deputy Chief Minister has asserted that the nation and its people have suffered the most due to the blunders committed by the late Prime Minister Nehru and his family who promoted their dynastic rule over seven decades.

He said that this family not only threw democracy to winds but also carried forward the 'Divide and Rule' policy of Britishers and 'Appeasement Policy' for its petty vested interest by playing vote bank politics.

The senior BJP leader, while recalling the Prime Minister Narendra Modi's speech in the Parliament the other day, said that he has rightly exposed the real face of the Nehru family and the Congress party

while slamming the opposition for leveling accusations against him (PM) based upon surmises and conjectures.

In a statement issued here today, Kavinder said that the Nehru Gandhi family including the Vadras has brazenly looted this nation to the hilt. He asserted that this stands proved beyond any iota of doubt from the fact more than 600 organizations have been registered in the name of the members of the so called Nehru Gandhi families.

and miseries for the people at large in J&K.

The former Deputy Chief Minister said that it is the Prime Minister Modi led BJP Govt that finally did justice with the people of Jammu and Kashmir by abrogating Articles 370 and 35A as only BJP had the strong will and determination to do so.

He said that giving long rope to the favourites like Sheikh Abdullah was yet another blunder committed by them as Sheikh too promoted his dynastic rule like Nehru.

Kavinder said that the worst phase began in J&K with signing of Rajiv-Farooq accord after which the terrorism and secessionism received a big boost with a tacit support of the J&K Administration the results of which led to peak terrorism in J&K bringing death, destruction

Indian Army organises Lavender Farming and Processing Drive

JJ NEWS SERVICE JAMMU, FEB 10: As part of welfare activities, Indian Army has been constantly undertaking a variety of events for the welfare of Awaam. In pursuance of this noble aim and in order to impart training on lavender farming and generate employment through it Indian Army organised 'Lavender Farming and Processing Drive' for youth and poor farmers from the socially and economically backward strata of the society at Bhalal in District Doda (J&K). Such initiatives will improve the environment of the surrounding area and will greatly help in generating



employment opportunities to people from socially and economically backward families and simultaneously engage the youth in some construc-

tive activity which is beneficial to them in multiple ways. The locals expressed their gratitude towards the Indian Army for organising the event.

BJP OBC Morcha working round the Clock for BJP Party: Vibodh Gupta

JJ NEWS SERVICE
JAMMU, FEB 10: BJP OBC Morcha JK-UT in collaboration with Red Cross Jammu held free medicines distribution camp at Municipal Park, Resham Garh Colony, Jammu.

Vibodh Gupta General Secretary BJP Jammu Kashmir and Sunil Prajapati President BJP OBC Morcha JK-UT were prominent to inaugurate the camp.

Speaking on the occasion, Vibodh Gupta congratulated the work done by BJP OBC Morcha and said BJP OBC Morcha has done commendable work round the clock in the field of Sewa and helping Public in large.

Vibodh further thanked PM Modi for Increasing Medical Budget by 13% and said 157 new Nursing Colleges will be opened in the coming future. He asserted that the people of Jammu Kashmir are enjoying health insurance of Five Lakhs per family.



For this he thanked PM Narendra Modi for covering the whole state under health Insurance. Later Sunil Prajapati said that this Camp will benefit needy people at this time of extreme Weather Conditions and thanked Secretary Red Cross Sat Pal Sharma for Issuing Medical Camp.

He also thanked Dr. Aasia Noor (Medical Officer) and her team. Nearly 200 people were benefited by this camp and local people

applauded the working of BJP OBC Morcha. The Program was organized under guidance of Ashok Salgotra (District President BJP OBC Morcha Jammu) and others who organized the Program was Viren Satti (District Secretary BJP OBC Morcha), Raj Kumar (Mandal President OBC Morcha Bakshi Nagar).

Prominent among others who Present on occasion was Ravi Mehra (Vice President BJP OBC Morcha), Kewal Verma (State Secretary BJP OBC Morcha), Bal Krishan (State Social Media Secretary OBC Morcha), Gopal Sanotra (General Secretary BJP OBC Morcha), Parveen Badyal (Vice President BJP OBC Morcha), Rajesh Kumar (Vice President BJP OBC Morcha), Madan Verma (District Secretary BJP OBC Morcha), Ved Parkash (District Spokesperson OBC Morcha) and Budh Verma.

Kathua Campus (JU) organizes its 3rd Extension Outreach Programme

JJ NEWS SERVICE
KATHUA, FEB 10: Aiming to keep the children, youth and students away from the menace of drugs, Kathua Campus, University of Jammu today organized its 3rd Extension Outreach Activity on "Drug Abuse: Problem, Management and Prevention along with Stationery Distribution Drive at Government Higher Secondary School, Kathua. More than 400 students from Government Higher Secondary School, Kathua and Kathua Campus, University of Jammu participated in the said activity. The awareness programme was also attended by more than 100 people from Panchayat Kathua who were thrilled by the performance of the students of Kathua Campus, University of Jammu in the form of a play on Drug Abuse.

Further, a two-week stationary collection drive was launched by Kathua Campus, University of Jammu on 26th of January, 2023 in order to help the children of the adopted village Kathua and the stationery was distributed today to more than 350 students of Panchayat Kathua in order to channelise their energies to harness their potential in nation building and refrain them from bad habits so that they can focus harder on their studies. The esteemed speakers at the occasion were Sh. Kewal Krishan (District Education Planning Officer, Kathua), Dr. Rajesh Chandel (Assistant Professor, Psychiatry, Government Medical College, Kathua), Sh. Sanjeev Sharma (Inspector, Police Training School, Kathua), Mr. Varun Sharma (Sub Inspector, J&K Police, Poonch) and Sh. Devinder Kumar (Retd. Zonal Education Planning Officer, Hiranagar). While speaking on the



occasion, Sh. Kewal Krishan said that the drug menace is badly affecting the society in general and children in particular. Thus, there is an acute need to spread awareness among society especially children against this evil so that it can be uprooted. He further said organizing these types of awareness-oriented programmes at school level is quintessential for the teen age students. Dr. Rajesh Chandel opined that drug consumption is dangerous to the mental and physical health of everyone and thereby, drug abuse is destroying our future generation. He further underscored the psychological and medical aspects of drug abuse in tender age students. Sh. Sanjeev Sharma stressed on the need of involving students in cocurricular activities in addition to their academics so that they can utilize their time properly. Further, he advised the students to join sports to be mentally and physically fit. Mr. Varun Sharma advised the children to stay away from illegal drug consumption and also requested the public to inform Police about illegal drug consumption.

Further, he insisted the students to fight against this menace in their locality also. Sh. Devinder Kumar emphasized on the importance of such awareness programmes to safeguard children from drug abuse in any manner. He further highlighted the challenge of drug abuse in India and suggested the retired employees especially from the education sector to come forward to take initiatives for the welfare of the youth in particular and society as a whole.

Sh. Ashok Kumar, Principal, Government Higher Secondary School, Kathua appreciated the efforts of Kathua Campus, University of Jammu for organizing the awareness programme on Drug Abuse and for distributing stationery among the children of panchayat Kathua to focus more on studies. The Special Guests from Panchayat Kathua who attended the programme were Sh. Joginder Singh (Naib Sarpanch, Kathua), Sh. Mohinder Singh (Panch, Kathua) and Smt. Trishla Devi (Panch, Kathua).

Modi Govt's agri-friendly schemes have become real power of farmers: Johal

JJ NEWS SERVICE
JAMMU, FEB 10: The Modi government has done more work in eight years of its rule for making farmers self-reliant than was accomplished ever before and its agriculture-friendly schemes have become the real power of farmers.

This was stated by Sarabjit Singh Johal, President BJP Kissan Morcha, J&K and DDC Member while speaking at the programme in Bantala area of Jammu.

Johal asserted that the central government headed by the Prime Minister Narendra Modi has done more work in the last eight years than ever before for empowering farmers and making them self-reliant. He said the government at the Centre stands fully committed to the welfare of the farmers who deserve special attention especially in view of their being the food producers of the nation. He said the government is making every effort to double the farmers' income and boost agriculture economy.

Today, Sarabjit Singh Johal along with his entire Kisan Morcha team visited Maa Chandi Temple in Rajinder Nagar, Bantala area and prayed for the peace and prosperity of the Union Territory. State General Secretary of BJP Kisan Morcha Rakesh Pant, Vice President Kisan



Morcha Baba Chanchal Singh, Mandal President Vijaypur Ajay Sharma and Parveen Sharma accompanied the BJP Kissan Morcha President, J&K.

Johal said "Since the BJP led government came into power, it has been taking all necessary initiatives to boost and bolster the agricultural economy along with farmers' welfare schemes."

He said that the farmers' issues have been best addressed by PM Modi led Govt at the Centre. He mentioned that the schemes and initiatives by the government like Kissan Sammaan Nidhi, Kissan Credit Card, Kissan Fasal Bima, Soil Health Card, Pradhan Mantri Krishi Sinchayee Yojana (PMKSY), National Agriculture Market (e-NAM), SVAMITVA Yojana, and many more

such schemes have been providing benefits to all the farmers of the nation.

Johal asked the Kissan Morcha leaders and workers to establish a strong connect with the farmers'

community and ensure that they avail the benefits of the aforesaid schemes.

He asked them to take adequate measures in strengthen the base of the Party.

Indian Army organises lecture on Road Safety

JJ NEWS SERVICE

JAMMU, FEB 10: Indian Army organised a lecture on Road Safety at Govt Higher Secondary School, Bhowani in District Rajouri (J&K). Road accidents are a major concern in the region owing to hilly terrains and modern vehicles having lighter speed limits. Towards this end, the lecture aimed to create awareness amongst the locals to make the roads safer and prevent loss of life and limb. The lecture highlighted that roads in this region of the UT of J&K run through various hills and mountain ranges, which requires the drivers to be extra cautious and provide due allowance for the terrain and weather.

The gathering was also educated about various aspects contributing towards safe roads like, following traffic rules, importance of wearing seat belts/helmets, maintenance of vehicles etc.

BJP Minority Morcha J&K Organises Joining Program at Baribrahmana

JJ NEWS SERVICE
JAMMU, FEB 10: A programme was held at Bari Brahmana District Samba today by the District Unit of BJP Minority Morcha Jammu under the chairmanship of UT President Ranjodh Singh Nalwa.

The main motive of this meeting was to conduct briefing session in which BJP Minority Morcha Leadership was to be kept abreast of the latest developments and working of the organisation especially with reference to the upcoming Party Programmes. The aim of the meeting was on part of all the functionaries also to remain alert in their respective Districts, Constituencies, booth levels and work at the grass roots levels for welfare and benefits of common people. The purpose of the interactive session was to deliberate on the efforts to address the grievances of the masses specifically those who are marginal, helpless and resourceless as also to raise



voice of concern in favour of their genuine demands.

On this occasion, all the delegates under the leadership of UT president Ranjodh Singh Nalwa welcomed the entrants in to the party fold who joined the Morcha today. Speaking on this occasion, Nalwa while elaborating on the policies of BJP said that it is due to the people friendly programs and plans associated with the growing popularity of the party under the national leadership of Prime Minister Narendra

Modi that every passing day, number of people are embracing this organisation and have been expressing their full solidarity in the ensuing march on the path of progress and prosperity.

He further stressed on the workers to strengthen the party at the ground level and be always inclined with the people and become a mouth piece for giving vent to their problems, he said adding further that it is the discipline of the party that attracts the people towards it.

District president Jammu BJP Minority Morcha Jaspal Singh also expressed his views on this occasion.

Other prominent participants include Vice President J&K Balvinder Singh, Amarjeet Singh, Santokh Singh (Gen. Secretary J&K), Pranvrat Singh, Pawanjeet Singh and other office bearers of BJP Minority Morcha.

Earlier, several people turned up the venue to join BJP Minority Morcha who were warmly welcome in the party folds.

One week student workshop concluded at TBS, JU



JJ NEWS SERVICE
JAMMU, FEB 10: The Business School organised one week workshop aimed to enhance the professional competencies of MBA students from 6th February to 10th February, 2023. The week long workshop included nine sessions. Two sessions daily comprising of one morning session and one afternoon session. Total nine sessions were conducted by various industry experts, leading academi-

cians and motivational speakers within and outside the university namely Mr. Priyankar, HDFC bank, Mr. Gautam, Chamber of Commerce and Industries, Ms. Swati Basotra, Talknasyatalknasya, Ms. Geetika Kohli, Thinksta, Prof. Vishav Rakscha, University of Jammu, Ms. Maansi Rattan, MG Design School, Mr. Akash Badi, Amazon India, Ms. Jasleen Kaur, Branding Elves, Mr. Aman Talla, Talla Jewellers and Mr. Satish Koul,

Emcure Pharmaceuticals Ltd.

A valedictory function was organised to conclude the workshop and Chief Guest for the occasion was Mr. Satish Kaul, Resident Director at Emcure Pharmaceutical Ltd.

The certificates were distributed to the participants and organisers of the workshop. Mr. Satish Kaul in his address expressed the need for the students to enhance soft skills besides academic knowledge. He motivated the students to be disciplined, ethical and work hard to achieve success in life.

He emphasized upon the need for such programs in The Business School. Prof. Sameer Gupta, Director, TBS while talking on the occasion gave special remarks about the workshop. He emphasized upon the need for such workshops for the MBA students that are under immense academic and competitive pressure.

Prof. Alka Sharma appraised the gathering that such workshops give an edge to the students in their employability profile.

Lawlessness unleashed by opposition done away with, India on progressive path: Raman Suri

JJ NEWS SERVICE
JAMMU, FEB 10: Bharatiya Janata Party (BJP) J&K Executive Member Raman Suri today said that those opposed to unfurling Tricolour in Jammu and Kashmir or doing away with redundant laws are now trying to protect the illegal encroachers of the UT and forest land by arriving at the Capital to protest. This is indicative enough that such political leaders never wanted order in the system of governance and allowed lawlessness to prevail in the erstwhile state.

He said, PDP chief Mehbooba Mufti's unrelenting support to encroachers, illegal occupations or land grabbers is

enough to understand how these leaders had unleashed a rein of lawlessness and made Jammu and Kashmir a jungle where everyone was having a free run when it came to grabbing land, occupying state or forest land and even building shops and houses on the land of development authorities.

Raman Suri said, Prime Minister Narendra Modi in his reply to the debate on Motion of Thanks to the President's address in Lok Sabha established that the days of such leaders or divisive and adverse policies are over. The Prime Minister united it clear by stating that peace is prevailing in J&K, separatists are gone forever,

Tricolour is unfurling everywhere and tourists besides investors are looking towards the new, potentially-viable Union Territory.

Raman Suri asked the youth to reap benefits of this atmosphere which is conducive enough to progress and contribute to nation building.

He said, Kashmir of serenity, when tourists used to flock there and enjoy every season, young boys and girls had ample opportunities, peace prevailed and no one ever created any trouble for anyone is now back. The leaders who created an unrest in Kashmir, made militancy a monster, encouraged separatism at

the cost of lives of youngsters and stalled progress of youth are themselves finding no space in the political arena now.

The recently concluded "Triranga Yatra", he said, has become a benchmark of peace for opposition where every leader, who once said that no one will unfurl Tricolour, walked miles to see the Indian Flag unfurl at historic Lal Chowk.

Raman Suri felt sorry for the opposition saying that they are unable to find any flaw in the functioning of the Union government, which is why they were speechless in the Parliament and couldn't muster courage to pinpoint on anything that affected the progress of our nation.

J&K Govt to give Rs 2.5 lakh incentive for every inter-caste marriage involving a dalit

SRINAGAR, FEB 10

The Jammu & Kashmir Government has unveiled a scheme to give Rs 2.5 lakh to every inter-caste marriage involving a dalit.

An order in possession of news agency reveals that UT administration has come up with a scheme to incentivize inter-caste marriage involving a dalit.

The scheme has been unveiled after the Administrative Council gave a go-ahead for the same. The Centre had also unveiled a similar scheme in 2017.

The scheme has been framed for implementation of the Protection of Civil Rights Act, 1955 and the Scheduled Castes and the Scheduled Tribes (Prevention of Atrocities), Act 1989.

To avail benefits of the scheme, one of the spouses in the inter-marriage caste should be in the scheduled caste community or mentioned under Scheduled Caste List (out of 13 Castes) specified in The Constitution (Scheduled Castes) Order, 1950. C.O.19 for Jammu and Kashmir and

the other is a non-scheduled caste Hindu.

As per guidelines of the scheme, the marriage should be valid as per the law and duly registered under the Hindu Marriage Act-1955 and a registration certificate to this effect issued by the competent authority must be furnished by the beneficiaries.

The order states that the age criteria of marriage should be as per prescribed law. The case for assistance shall only be valid if submitted strictly within six months from the date of marriage, as indicated on the marriage registration certificate produced at the time of submission of application.

"The couples who have already received incentive from the Dr. Ambedkar Foundation, Ministry of Social Justice & Empowerment or any other State/Central government shall not be eligible for incentive under this scheme," the guidelines state.

The guidelines further state that the total amount of incentive will be released

to the eligible couple in a single instalment through Direct Benefit Transfer (DBT) mode to the joint account of the couple in any government/nationalized bank in the form of fixed deposit (FD) with a lock-in period of three years.

"At the time of maturity of the fixed deposit i.e. after completion of 3 years the couple has to submit a joint undertaking to the bank regarding the successful sustenance of marriage clearly depicting that no marital dispute or legal proceedings are going on between the couple after which the bank will provide them the option of withdrawing the amount or continuing the fixed deposit under an intimation to the sanctioning authority. In case the beneficiary couple fails to produce the joint undertaking regarding the same it will be the responsibility of the Bank concerned to return and remit the total amount along with interest to Government account under intimation to sanctioning authority," the order further states. KNO

'Zindagi': This helpline is giving hope to people in Kashmir

SRINAGAR, FEB 10

Amid rise in suicide cases in Kashmir, 'Zindagi' helpline in Kashmir is proving a boon for people having suicidal thoughts as such people are being counselled on phone.

As per news agency, the Institute of Mental Health and Neurosciences Kashmir along with SRO Kashmir issued the first suicide prevention helpline named 'Zindagi' last year, proving beneficial for hundreds of people.

The helpline number 01927010808 functional every day from 6 pm to 11 pm is playing an important role in curbing the number of suicide cases.

Dr Zoya, a clinical psychologist who is part of this initiative, told news agency-Kashmir News Observer (KNO) that the helpline receives around five to six calls every day.

Initially, the number of distress calls were higher but now it is primarily people who have suicidal thoughts who call.

She said that suicide is

intentionally when the pain becomes unbearable. "They don't want to die but they just want to kill the pain. This pain can be caused due to many factors. The doctor that is responsible to invoke thoughts of suicide are public humiliation, financial stress, emotional disturbances caused due to family, work pressures, failures and constant domestic abuse," Dr Zoya said.

According to her, adolescents have become more vulnerable for thoughts of suicide as their prefrontal cortex that is responsible for rational thinking is not well developed. When they go through chronic and consistent stressors they resort to suicidal behaviours, she added.

"The helpline has proved to be beneficial to deal with the stigma as the help is a call away. It is a free number where anyone can call and you will be connected to a suicide first responder. The responder provides immediate help to deal with thoughts of suicide at that moment and also connects the person with mental health professionals for a holistic treatment," she said.

Many people consider an act of suicide as a weakness of moral and religious character and that is why people don't uprightly talk about thoughts of suicide which leads to aggravation of symptoms to an extent that they lose control and make an attempt, the doctor said.

"We need to look at suicide or thoughts of suicide as a mental health illness and help our loved ones to connect to the right help available i.e. connecting to mental health professionals," Dr Zoya said.

"We need to desensitize our children from early years of life about emotions and how to deal with failures and difficult times besides that educational institutions need to conduct awareness programmes for the same," she added.

Suicide cases are on rise in J&K and experts consider irresponsible media reporting as one of the causes of suicide contagion who have called for giving the least space to such acts so as to minimise the cases.

No traffic movement on Jmu-Sgr highway for 12 hours

ANANTNAG, FEB 10

The district administration Anantnag Friday said due to periodic overhaul at Shamsipora Crossing, no vehicular movement will be allowed on the stretch along Srinagar-Jammu highway.

An order issued by Additional Deputy Commissioner Anantnag, a copy of which lies with the news agency, reads that due to periodic overhaul at Level Crossing Gate No C2 (Shamsipora Crossing), no vehicular movement will be allowed on NH44 between Shamsipora and Bijbehara crossing between 20:00 on Sunday and 08:00 on Monday.

"In order to carry out some immediate repairs by Railway Authorities on Level Crossing Gate No. C-2 at KM 19/54 (Shamsipora Crossing), it is hereby ordered that no traffic/vehicular movement will be allowed on National Highway (NH44) between Shamsipora Crossing and Bijbehara Crossing from 20:00 hours (Sunday) 12th February 2023 to 08:00 hours (Monday) 13th February 2023," it said.

The traffic shall be diverted through old National Highway from Hamzapura Crossing to Alstrop Crossing and vice-versa during the period, it further reads. KNO

Haj forms available on HCoI's official website from today

SRINAGAR, FEB 10

Haj 2023 forms will be available online free of cost from today onwards on the official website of Haj Committee of India (HCoI).

"Haj forms have been made available on the official website of HCoI: https://hajcommittee.gov.in/haj23," HCoI Member, Er Aijaz Hussain told news agency. He said the forms are absolutely free of cost as already announced by the HCoI under its Haj policy 2023.

Er Aijaz said all the steps will be taken to provide as much as possible relief to the pilgrims performing Haj 2023. He said that under the Haj policy 2023, 25 Haj Embankment points will be set up across country to facilitate the pilgrims by all means. This year, as per the bilateral agreement between Government of India and Saudi Government, over 1,75,000 pilgrims will perform the holy pilgrimage of Haj 2023. Pertinently, HCoI has already abolished the VIP quota under which 5 to 10 persons were allowed to perform the pilgrimage. This year, there is no such quota. Er Aijaz reiterated that this year, pilgrims above 70 years of age will be given priority.

He said HCoI is taking every step to make Haj 2023 cheaper with all possible best facilities available for the pilgrims visiting both holy cities of Makkah and Medina. KNO

Six years on, PHC building awaiting completion in Budgam's Khanshabh

BUDGAM, FEB 10

About six years after the work on the new building of Primary Health Centre in Budgam's Khanshabh was started, the hospital building is still incomplete.

Currently, the Primary Health Centre Hardu Panzoo in Khanshabh catering about 30 villages is functional from an old building with less space causing hardships to staff as well as patients.

Locals told news agency that work on the new building was started in 2017 and it has not been completed till now. They said that while the PHC is functional round the clock throughout the week, the health facility lacks basic amenities.

Mohammad Ayoub, a local, told KNO that the centre lacks USG machine, digital x-ray machine and an analyzer. In absence of the facilities, patients are presently forced to visit a sub district or district hospital taking a toll on them.

Locals said that around 80 percent of the work on the new building has been already completed but it has been left incomplete as of now.

"They demanded that the government must complete the pending work on the health centre at the earliest and should shift the centre to a new building where all kinds of facilities will be made available to the patients."

They requested Deputy Commissioner Budgam and CMO concerned to look into the matter at the earliest and take immediate steps regarding this issue. KNO

Ganderbal boy enters 'India Book of Records' for tech innovation

GANDERBAL, FEB 10

Eighteen-year-old boy from central Kashmir's Ganderbal district has brought laurels to the Union Territory by entering the 'India Book of Records' for tech innovation.

Aquib Ahmad Shah of Safapora has made the 'seat belt ignition' for cars that will ensure the safety of the people, particularly the drivers, thereby minimising the loss of precious human lives due to accidents.

Aquib, a 12th-class student of Government Higher Secondary School, is the first youth of Kashmir whose name has entered the 'India Book of Records' in the 'Innovation and Technology' category.

"Since childhood, I used to open up toys and other electronic devices at home, for which my parents used to scold me. However, this habit yielded positive results after the Mankh Awards competition by the Department of Science and Technology, Government of India, was announced where I won the Inspire Award for four consecutive years," Aquib told the news agency.

Recently, Aquib applied for the innovation conclave at IIT Kanpur, where his idea was selected. He attended the recently-held 'Innovation Hunt' held at Sri Pratap College and also sent an innovative idea for review to the University of Kashmir's Incubation Centre.

Meanwhile, SSP Ganderbal Nikhil Borkar who was accompanied by DySP Hqrs G J Hassan felicitated the Aquib at DPO Ganderbal.

Aquib "is an inspiration for his fellow students in the area," the SSP said.

He said police appreciated and felicitated the young boy with a aim to promote the local talent and encourage the positive and constructive activities of youth in the area.

The SSP appreciated the young innovator and assured full support for his future endeavours. KNO

Elderly man crushed under moving train in Budgam

BUDGAM, FEB 10

An elderly man was crushed under a moving train in Central Kashmir's Budgam district on Friday afternoon, officials said here.

An official told the news agency that the train mowed down the man between Mazhomb and Budgam section.

He said the man died on the spot. "He has been identified as Mohammad Ismail Dar (70) son of Abdul Ahad Dar of Shupura Wadwar, Budgam," officials said.

Meanwhile, police have taken cognizance of the incident and registered a case in this regard. KNO

FROM THE FRONT PAGE...

Not Stone...

Gulmarg is going to be the Centre of Excellence for the winter sports and efforts are on soon "we will achieve the mission"

Addressing the gathering during the inaugural ceremony of 3rd edition of Khelo India Winter Games at Gulmarg, LG Sinha as per KNO said that every effort is being made to bring the skills of J&K youth who are affiliated with the sports on a display as Gulmarg will soon be the Center of Excellence for the winter games.

While congratulating the organizers for making efforts in conducting the mega event, the LG said that it is a proud movement for the Union Territory of Jammu and Kashmir. "I convey my greetings to each member including the Ministry of Youth Affairs and Sports, High Altitude Warfare School Jawahar Institute of mountaineering, J&K Sport's council and the athletes, who are not eligible for incentive under this scheme," the guidelines state.

The guidelines further state that the total amount of incentive will be released to the eligible couple in a single instalment through Direct Benefit Transfer (DBT) mode to the joint account of the couple in any government/nationalized bank in the form of fixed deposit (FD) with a lock-in period of three years.

As per news agency, the Institute of Mental Health and Neurosciences Kashmir along with SRO Kashmir issued the first suicide prevention helpline named 'Zindagi' last year, proving beneficial for hundreds of people.

The helpline number 01927010808 functional every day from 6 pm to 11 pm is playing an important role in curbing the number of suicide cases.

Dr Zoya, a clinical psychologist who is part of this initiative, told news agency-Kashmir News Observer (KNO) that the helpline receives around five to six calls every day.

Initially, the number of distress calls were higher but now it is primarily people who have suicidal thoughts who call.

She said that suicide is intentionally when the pain becomes unbearable. "They don't want to die but they just want to kill the pain. This pain can be caused due to many factors. The doctor that is responsible to invoke thoughts of suicide are public humiliation, financial stress, emotional disturbances caused due to family, work pressures, failures and constant domestic abuse," Dr Zoya said.

According to her, adolescents have become more vulnerable for thoughts of suicide as their prefrontal cortex that is responsible for rational thinking is not well developed. When they go through chronic and consistent stressors they resort to suicidal behaviours, she added.

"The helpline has proved to be beneficial to deal with the stigma as the help is a call away. It is a free number where anyone can call and you will be connected to a suicide first responder. The responder provides immediate help to deal with thoughts of suicide at that moment and also connects the person with mental health professionals for a holistic treatment," she said.

Many people consider an act of suicide as a weakness of moral and religious character and that is why people don't uprightly talk about thoughts of suicide which leads to aggravation of symptoms to an extent that they lose control and make an attempt, the doctor said.

"We need to look at suicide or thoughts of suicide as a mental health illness and help our loved ones to connect to the right help available i.e. connecting to mental health professionals," Dr Zoya said. "We need to desensitize our children from early years of life about emotions and how to deal with failures and difficult times besides that educational institutions need to conduct awareness programmes for the same," she added.

Suicide cases are on rise in J&K and experts consider irresponsible media reporting as one of the causes of suicide contagion who have called for giving the least space to such acts so as to minimise the cases.

J&K Govt to give Rs 2.5 lakh incentive for every inter-caste marriage involving a dalit

'Zindagi': This helpline is giving hope to people in Kashmir

No traffic movement on Jmu-Sgr highway for 12 hours

Haj forms available on HCoI's official website from today

Six years on, PHC building awaiting completion in Budgam's Khanshabh

Ganderbal boy enters 'India Book of Records' for tech innovation

Elderly man crushed under moving train in Budgam

and reached north Kashmir around 02:00 AM. Moreover, over 1000 vehicles have been stranded along the 270-km-long Srinagar-Jammu highway since last night after the authorities decided to close the vehicular movement due to landslides and shooting stones, triggered by heavy rainfall in several places in Ramban district, officials said.

An official told KNO that due to heavy rainfall, mudslides at Cafeteria-Mehar, Ramban and shooting stones at Panthyal and other locations, the traffic was suspended approximately on Thursday 06:00 pm.

Nomobiles, people have been advised to undertake journeys on the highway only after confirming the status of the road from TCU Jammu, TCU Srinagar, and TCU Ramban.

It is worth to mention here that Srinagar-LC highway and Mughal Road continues to remain closed since the first week of January in view of the snowfall. KNO

ecosystem for generations to come, while the efficient use of fertilizers and micro-nutrients will lay the foundation for organic production.

This project is not only crucial for food security and achieving Sustainable Development Goals but also a testament to the government's commitment towards deploying cutting edge and future-ready technologies in the agriculture sector. The project will have far-reaching benefits for farmers, researchers, natural resource managers and other stakeholders in the region.

Similarly, the examination of class 11th students in soft zones areas will commence from March 6 of 2023 and will culminate on April 19 respectively.

Also, the examination of class 12th students will commence from March 8 and will culminate on April 2 of 2023.

Notably, this will be the first Board examination conducted in March month post adoption of National Academic Calendar and implementation of National Education Policy (NEP) 2020 by the Jammu and Kashmir government.

As already reported, the JK Board has already notified the soft and hard zone areas of Jammu and Kashmir division.

As per the BOSE figures, around 444 schools- 309 in Jammu and 135 in Kashmir division fall in hard zones while seven zones of Kargil district and whole Ladakha area fall in hard zones.

In Kashmir division, 43 schools of Anantnag, Bandipora 19, Kupwara 32, Kulgam 28 and 13 schools in Budgam fall in hard zones.

In Jammu division 50 schools of Kishtwar, Reasi 47, Rajouri 7, Poonch 20, Doda 56, Ramban 64 and 65 schools of Udhampur fall in hard zones.

The examination of students in hard zone areas is scheduled to commence from April, 2023.

Rain in Ramban...

The fresh shooting stones badly damaged an iron tunnel setup at this point to facilitate traffic in Panthiyal area, they said.

Efforts are underway to remove the debris from the landslides, they added.

Indian teams working...

MEA spokesperson Arindam Bagchi in a tweet posted videos of Indian personnel treating patients at the field hospital and posted, "The Indian Army team of medical specialists is on the job 24x7, providing relief to those injured."

India's technology...

In May 2014, one of the first major decisions was to introduce self-attestation and do away with the practice of getting documents attested by gazetted officers.

Similarly, breaking the taboos of the past and doing away with the British legacy, the Prime Minister unlocked the Space killer for public-private participation, which led to over 130 Start-Ups registrations with ISRO and 8 of them even got seed funding from ISRO.

Referring to today's satellite launch by ISRO, Dr Jitendra Singh said, after the unlocking of the Space Sector in June 2020, now young boys and girls are visiting ISRO facilities and launching their own satellites. Today, the Indian Space Research Organisation (ISRO) successfully launched its second development flight of a Small Satellite Launch Vehicle - SSLV-D2 - and placed three satellites in its precise orbit on February 10 morning. The three satellites are ISRO's Earth Observation Satellite - EOS 07, U.S.-based firm Anaris' Jan and Chennai-based space start-up SpaceKidz's zvaadaSAT.

Regarding further the government campaign into a mass campaign, Dr Jitendra Singh said, an announcement from the Ramparts of the Red Fort in 2014 to build toilets in each household caught the imagination of the people and soon Swachhata became a true Jan Andolan.

It is further added that the dust travelled northeast wards

to the eligible couple in a single instalment through Direct Benefit Transfer (DBT) mode to the joint account of the couple in any government/nationalized bank in the form of fixed deposit (FD) with a lock-in period of three years.

"At the time of maturity of the fixed deposit i.e. after completion of 3 years the couple has to submit a joint undertaking to the bank regarding the successful sustenance of marriage clearly depicting that no marital dispute or legal proceedings are going on between the couple after which the bank will provide them the option of withdrawing the amount or continuing the fixed deposit under an intimation to the sanctioning authority. In case the beneficiary couple fails to produce the joint undertaking regarding the same it will be the responsibility of the Bank concerned to return and remit the total amount along with interest to Government account under intimation to sanctioning authority," the order further states. KNO

Apni Party registers its protest against bulldozing drive

Holds sit-in protests at the district headquarters across J&K



JI NEWS SERVICE JAMMU, FEB 10: Apni Party on Friday held sit-in protests – against the ongoing demolition drive by the administration – at the district headquarters across J&K. According to a press note released here, “Party’s district leaders and senior

workers led the sit-in protests at the district headquarters across the J&K. The sit-in protests at multiple places were meant to register a strong objection, on behalf of the party, against the administration’s ongoing demolition drive.” It further said, “Apni

Party demands the immediate stoppage of the bulldozing drive. The party is not against retrieving large chunks of land occupied by the land mafia, but we demand regularization of the small amount of State/Kacharai land, which has been in possession of common people for

decades or in some cases for more than a century.” “In the Valley, the senior party leaders – Usman Majid, Javaid Mustafa Mir, Abdul Majeed Padder, Raja Manzoor, Khursheed Ahmad Khan, Noor Mohammad Sheikh, G M Mir, Tariq Ahmad Veeri, and Javaid Ahmad Mir – led the sit-in protests respectively in Bandipora, Badgam, Kulgam, Kupwara, Baramulla, Srinagar, Pulwama, Anantnag, and Ganderbal,” the press note said. “While as in Jammu region, Manjit Singh led the sit-in protest in Jammu and Samba districts; Advocate Harpreet Singh in R S Pora; Pushap Dev Uppal in Jammu (Rural); Satpal Chalotra in Udhampur; Anil Kumar in Badnawah; Bashir Khaki in Poonch; Sofi Aslam in Rajouri, and in Kishtwar led by Umer Mingnoo,” the press note added.

Two-Day seminar on ‘India’s Pathways to next economic powerhouse by 2047’ concludes



JI NEWS SERVICE JAMMU, FEB 10: A two-day seminar on ‘India’s Pathways to Next Economic Powerhouse by 2047’ organized by Department of Economics sponsored by the Indian Council of Social Science Research, New Delhi concludes today at University of Jammu. In the valedictory function, Prof. Raj Kumar Mahajan, the Former Professor, Punjabi University, Patiala, Regional Centre Bathinda, Punjab, was the Chief Guest. He advocated that India has tremendous potential to grow using robust policies to address the challenges of poverty, inequality, unemployment and sustainability which will pave the way to become the next economic powerhouse by 2047. The Key Note Speakers of the inaugural function were Prof. (Dr.) Balwinder Singh Tiwana, the Former

Professor, Punjabi University, Patiala, Prof. Kuldip Kaur, Chairperson, Ambedkar Chair, and Former Professor, Punjab School of Economics, GND University, Amritsar, Punjab, and Prof. I. C. Awasthi, Former Professor, Institute for Human Development, New Delhi. Prof. Balwinder Singh Tiwana emphasized on building economic strength and to leverage the drivers of sustainable economic growth and to strengthen the India Rupee vis-à-vis Dollar. The continuous evaluation of short-term achievements of Indian economic performance is essential to plan for long-term goals. India has also to address the fluctuations in FDI and foreign exchange reserves to become the next economic powerhouse. Prof. Kuldip Kaur advocated reaping the demographic dividend and improving the labour productivity and

addressing the problem of climate change for sustainable agriculture. Prof. I. C. Awasthi argued that inclusive growth is necessary to address rampant problems of unemployment and inequalities over the long-term to build a strong economy. The seminar convener Prof. Falendra Kumar Sudan presented a brief summary of two-day seminar, while Dr. Tsering Yangzom presented the welcome remarks and Prof. Sunita Sharma, presented the vote of thanks. Prof. Jasbir Singh appreciated the Head of the Department for his all support to organise such type of events. Dr. Virender Koundal, Dr. Manoj Bhatt, and Dr. Shaluu Selhgal of the Department of Economics were also present. Today, the six parallel sessions were conducted in which well researched papers on various topics were presented including

the role of Foreign Direct Investment, Digital Educational Initiatives, Export and Import, Rural Governance and Entrepreneurship, Digitalizing Higher Education, Online University Teaching, Agrarian Change, Gender Dividend, Manufacturing Value Added, Corporate Governance, Sustainable Urban Transportation, Financial Development, Digital Empowerment, Digital Transformation of Agriculture, Human Development and Poverty Reduction, Renewable Energy, Nuclear Energy, Water Resilience, Land Sustainability, Food Security, Services Sector, Carbon-Neutral City, Fiscal Reforms, Inclusive Development, Entrepreneurship, Innovation, Investment, and R&D and many more topics in becoming the next economic powerhouse by 2047. The main speakers include Dr. J. N. Balya, Dr. Hemlata Mangani, Dr. K Rajesh Kumar, Dr. R. Sai Kumar, Dr. Prashant Kumar Choudhary, Dr. Ritu Bakshi, Dr. Preeti Chawla, Dr. Reeti Debnath, Dr. Rajendra Prasad Meena, Dr. Om Raj Katoch, Dr. Neelam Choudhary, Dr. Shilpa Gupta, & Dr. Shayan Javed, Dr. Rashi Tuggar, Dr. Sandeep Kaur, Pabitra Kumar Jena.

One day workshop held at Jammu University



JI NEWS SERVICE JAMMU, FEB 10: A one day workshop was organized at Jammu University by Directorate of International Quality Assurance in collaboration with Mission Directorate RUSA & K the state nodal agency for AISHE scheme. The workshop was

attended by Nodal Officers (AISHE) all private and Govt Degree Colleges, Shri Mata Vaishno Devi University and experts from Higher Education Department Ministry of Education, New Delhi. The welcome address was given by Dr. Ginny

Dogra University Nodal Officer Aishe/Deputy Director DIQA, Jammu University. Director College Development Council Dr. Rajeev Rattan was Chief Guest on the occasion who hailed the organisers for conducting such program. Ms Anita Sirohiwal, Joint Director.

Mission Director RUSA J&K in his address Elaborated the role of AISHE data in RUSA funding. Joint Director, Planning and Monitoring from Ministry of Education in her speech deplated under the changes made in Web DCF to make it user friendly. The technical session of workshop was conducted by Mr. Shivam Panday, Research Assistant, Mr. Vikas Mehta, Data Analyst and Mr. Sanjeev Kumar, Data Analyst experts from Ministry of Education. Technical session was followed by queries session where technical issues faced by colleges with regard to uploading of data were resolved. Vote of thanks to participants and organisers was presented by Dr. Asif Iqbal coordinator AISHE, J&K.

Society must be driven by the principles of Antyodaya: BJP

Sham, Priya, Munish listen to public grievances

JI NEWS SERVICE JAMMU, FEB 10: Society will be healthy when it is driven by the principles of Antyodaya, which means the rise of the last person in the row stated senior BJP leaders, while they continue BJP’s mission to resolve the issues faced by the residents of Jammu & Kashmir.



J&K BJP Vice-President & former Minister Sham Choudhary, BJP NEM & former Minister Priya Sethi and BJP All Morcha Incharge Munish Sharma, listened to the public grievances and took up the same with the concerned department officials for their early solutions at BJP headquarters, Trikuta Nagar, Jammu. Numerous individuals and deputations visited the BJP office to meet the party leaders and narrate their woes & problems. The issues presented by common masses before the senior party leaders were related to PHE, PWD,

Rural Development, Revenue, Irrigation & Flood Control, Education, Agriculture etc. Presented issues were on the spot, taken up with the heads of these departments by Sham Choudhary, Priya Sethi and Munish Sharma telephonically and they were impressed with immediate solutions. Sham Choudhary, while

listening to the issues stressed that the leaders have tried sincerely to provide the best possible solutions presented by masses in the grievance camps. He said that BJP believes that a society could only be healthy when it ensures the rise of the last (deprived and neglected) person of the society. Priya Sethi, on the occasion, said that BJP holds the issues faced by the masses in high esteem and believes that they should be promptly taken care of for the realization of a healthy society. Munish Sharma stated that many of the issues presented today were solved on the spot whereas other issues are impressed for their early solutions.

DLC organises " Induction Programme for freshers of LL.B 3year (Prof.) Course

JI NEWS SERVICE JAMMU, FEB 10: Dogra Law College organized Induction programme to welcome the new entrants who have joined the college for the session 2022 - 23. Th.Gulchain Singh Charak, Chairman; Dogra Educational Trust was the Chief Guest on the occasion. The programme started with the lighting of the traditional lamp by the dignitaries followed by Saraswati Vandana. Prof. V.P. Magotra, Principal, Dogra Law College welcomed the students. He briefly highlighted the history of the Dogra Law College. He apprised the students about the rules of the college and the achievements of the students who have brought laurels to the college. Ms. Parema Bakshi, Faculty member of Dogra Law College made a PowerPoint presentation on the vision, mission, rules, values, curricular and co-curricular activities including the facilities available in the college. Prof. Darshana Sharma, Director, Dogra Group of Colleges and Campus Development addressed



the students and congratulated them for successfully qualifying the JUET Entrance Examination and becoming a part of the Dogra Law College. She threw light on the facilities and activities which are peculiar to the college and impressed upon the students to make use of these facilities. Special felicitation ceremony was also organised for NCC Cadets namely Junior Under Officer Abhishek Sharma, Student of B.A.L.L.B 5 Year Course 7th Semester for Lecture Conducted at Commando Insurgency

and Jungle Welfare School, Gwaldam, Uttarakhand and Cadet Gurbakshish Singh, Student of B.A.L.L.B 5 Year Course 7th Semester for representing J&K and Ladakh in Republic Day Parade 2023. Two senior students of Dogra Law College shared their experiences with the new entrants. The Esteemed Chief Guest Th.Gulchain Singh Charak, Chairman, Dogra Educational Trust emphasized on maintaining discipline by the students which will help them in their future life. He also

emphasized the importance and recognition of hidden talent of the students which always contribute to the development of self-confidence and self-actualization. He added that Dogra Law College is committed in its endeavor to impart education for the betterment of the society. The Programme concluded with the vote of thanks presented by Ms. Sumiksha Razdan, Faculty member of Dogra Law College followed by the National Anthem. In the end, sweets were distributed among the students.

‘Three star electronics’ of Blue Star ACs bags ‘Best distributor Award’ in North India

JI NEWS SERVICE JAMMU, FEB 10: Ved Sharma of Three Star Electronics, Shastri Nagar Jammu has bagged the ‘Best Distributor Award’ in North India during the Blue Star Product Launch cum Award Function organized at Chennai.



The award was presented to him during a glittering function attended by an august gathering comprising entrepreneurship doyens and celebrities from across the nation. The honours of award presentation were done by B Thiagarajan - Managing Director Blue Star in presence of Shashi Arora - President & COO, Cooling & Purification Appliances Group; Navneet Sharma and Haridas C-

Executive Vice Presidents. It is pertinent to mention here that M/5 Three Star Electronics is a name to reckon with not only in Jammu and Kashmir but across the northern region of the nation. The venture was launched by an enterprising and enthusiastic entrepreneur Ved Sharma. Sharma

not only providing profits and dividends to the owner but also creating a huge employment avenue for the unemployed youth. After receiving the award, Ved Sharma said there is no shortcut to success adding that strong determination, will and hard work are the only keys to success.

THOUGHT OF THE DAY

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

JINDRAH IMAGES

Harness solar energy potential to maximum level

To an utter dismay of the people of the erstwhile state of Jammu and Kashmir, now two Union Territories—J&K and Ladakh, least interest has been given to exploit the vast solar power potential over the years. The reports suggest that two UTs have performed dismally on account of electricity generation from solar energy as authorities have exploited less than one percent of 111 Gigawatts (GWs) solar power potential during the last four years. This is notwithstanding the fact that the Central government has asked all states and the UTs to harness solar power potential to its maximum level. The installed solar capacity of Jammu and Kashmir is 48.90 MW, while Ladakh, which is considered as solar capital of the country, is having just 7.80 MW installed solar capacity. The erstwhile state of Jammu and Kashmir has a solar power potential of 111.05 GW and it is the second highest in the country after Rajasthan which has the solar energy potential of 142 GW. Ladakh has not generated even single additional Megawatt electricity during the last one year despite the fact that it has a large potential of 100GW solar energy alone, therefore failing to contribute in the country's total installed capacity, notwithstanding two major projects with potential of generating 7500 MW of solar power (now revised to 10,000 MW) were sanctioned for the region about eight years ago. On the other hand, Jammu and Kashmir has doubled its installed solar capacity from 24 MW to 48 MW in the last one year and it has shown some progress while exploiting its solar power potential. Jammu and Kashmir has been provided Rs 64 crore by the Union ministry of New and Renewable Energy from year 2019 to year 2021 under different schemes for harnessing the solar power potential. An amount of Rs 12.41 crore has been released to Ladakh under various schemes to increase its installed solar capacity for the period. The Central government has sanctioned two major projects with the total solar power generation capacity of 7500 Mega Watts for Ladakh region. After deliberations, the Central Government had planned to raise the capacity of this proposed solar park in Ladakh to 10 GW from 7.5 GW announced earlier. The Solar Energy Corporation of India (SECI) had issued a tender for development of 7500 MW Solar PV Projects in Leh and Kargil districts on December 31, 2018. As per the tender documents, implementation time for the project was 48 months from the effective date of Power Purchase Agreement. The projects were proposed because Ladakh, the cold desert of the country, received the 'best solar radiations' in the country but the projects have remained entangled in technical and administrative glitches. The Government of India should conduct a probe as to why these projects have failed to take off even after the lapse of eight years. The responsibility must be fixed while expediting measures to harness solar power potential.

BALLOON TURBULENCE DEEPENS US-CHINA DISCORD

By sending the balloon, China wanted to convey a message of strength that it was capable of reaching the heart of the US mainland and Washington would have to take into account Beijing's concerns if it sincerely wanted a dialogue on establishing peace and cooperation with it.

YOGESH GUPTA

ON February 3, US Secretary of State Antony Blinken called up Wang Yi, Director of the Chinese Communist Party's Central Foreign Affairs Commission, to tell him that he was postponing his scheduled trip to China as by sending a balloon over the US airspace, China had indulged in an "irresponsible act and this action is detrimental to the substantive discussions" that they were prepared to have. He said the trip would be rescheduled once the balloon turbulence was over.

However, Wang said it was a civilian airship sent for meteorological research and had accidentally strayed from its planned course into US airspace due to strong westerly winds and its limited self-steering capacity. "China is a responsible country and has always strictly abided by the international law," he added.

But the Americans found that the balloon, which entered the US air defence zone north of the Aleutian islands on January 28, moved largely over land across Alaska, Idaho, Montana, Carolinas and then towards the Atlantic Ocean. The balloon had flown over certain sensitive sites to collect information, including over Montana, which is home to about 150 inter-continental ballistic missile silos.

Typically, the balloons fly above 80,000 to 1,00,000 ft, but the one sent by China was flying low enough at about 60,000 ft to be noticed by the civilians. The journey of the balloon over so many days over the US landmass provoked widespread anger and many questions such as why it was detected so late by the defence authorities, were there gaps in the US security which permitted the balloon to fly undetected, why the Chinese took such a brazen step a few days ahead of Blinken's planned trip and what intelligence it had collected.

It is common for countries such as the US, China and others to conduct surveillance on their adversaries, but it is done discreetly. According to media reports, China had conducted similar surveillance on military assets of Japan, India, Vietnam, the Philippines and



Taiwan earlier.

US President Joe Biden's political adversaries, the Republicans, had a ready fodder to attack him asking why he had not shared the information with the people before the balloon was noticed by the civilians, why he had delayed its shooting, why the sensors in the US airspace had failed to detect this balloon and what if such balloons were used by the US's adversaries to send nuclear or other explosives into the country to cripple sensitive installations.

Pentagon's defence that there had been other instances of similar balloons flying over the US airspace during the Trump administration (matters were detected later) made matters worse, some saying that Biden was too soft towards China. There was a consensus that Blinken's visit could not be permitted till the investigation into the debris of the balloon shot down on February 6 was complete. Also, that China could not be allowed to violate the US sovereign territory without paying a cost.

The Chinese government was equally aggressive. China's vice foreign minister Xie Feng in a representation to the US Embassy in Beijing said this was "entirely an accident caused by force majeure and the US deliberately exaggerated it. Its armed attacks on the balloon were irresponsible and unacceptable". Also that Beijing reserved the right to respond similarly to future incidents of this

kind.

Various theories are doing rounds on why China indulged in such a brazen and risky adventure few days before Blinken's visit.

Most plausible one is that China had got tired of aggressive actions by the US before each high-level meeting, sanctioning or blacklisting some Chinese organisations, companies and officials. There has been a sharp increase in the US provocations against China in recent days, including the sailing of the USS Chancellorsville, a guided missile cruiser, in the South China Sea to exercise the freedom of navigation, approval of \$10-billion weapon sales to Taiwan, setting up of a House Select Committee on China (which distinguishes even the old Soviet Union did not get) targeting Beijing. The USA's encouragement of Japan's militarisation, new alliance to prohibit the sale of microchips to China, setting up of a new military base in China's vicinity in Guam and acquiring four new bases in the Philippines had also come to Beijing's adverse notice.

Some Chinese leaders believed that the US had pushed China on the back foot by these military and economic initiatives and was trying to clip China's wings and even preparing for a war. There was a view that high-level meetings with US officials had become a ritual with glorified photo opportunities and Washington was not taking Beijing seriously. By sending the

balloon, China wanted to convey a message of strength that it was capable of reaching the heart of the US mainland and Washington would have to take into account China's concerns if it sincerely wanted a dialogue on establishing peace and cooperation with it.

As the US-China rivalry deepens, the asymmetry in their thinking and mutual perceptions has only worsened. While the US considers itself as the sole superpower and the guardian of the present international order, China considers itself to be an equal and wants enough space from Washington to accommodate its interests. The latter does not accept China's claim and believes that if Beijing wishes to benefit from its economic, trade and technological cooperation, it should stop behaving as a rival and accept its terms. Given the wide disparities in their outlook, the balloon incident will further strain the Sino-US relationship with growing political consensus in the US to pushback China in political, economic, technological and military realms. If the investigation into the debris of the balloon reveals that China had intended to collect sensitive information about the US strategic installations, there would be demands to make Beijing pay for indulging in this affront. Given that Chinese President Xi Jinping revels in aggressive policies, any further US sanctions would only harden China's opposition to US policies.

Neglecting MGNREGS undermines workers' rights

ZOYA HASAN

The words 'rights' and 'equity' are conspicuous by their absence from the numerous assertions and claims made by leaders of the National Democratic Alliance (NDA) with regard to their achievements in countless speeches and advertisements. A year ago, the Prime Minister stated that there was far too much emphasis on rights, and not enough on duties — even though the Constitution doesn't place them on an equal footing. The realignment of rights and duties is not just about giving greater attention to duties; it is about giving less importance to rights.

This is evident from the niggardly attitude towards the Mahatma Gandhi National Rural Employment Guarantee Scheme (MGNREGS) and the constantly abridged budgetary allocation for it, which is tantamount to a disregard of this right. This has consequences for the larger issue of rights as it affects the well-being of the most vulnerable sections of our society. The Mahatma Gandhi National Rural Employment Guarantee Act (MGNREGA), passed in 2005, was a path-breaking legislation aimed at providing guaranteed employment to rural citizens. It was the single largest rural employment scheme in independent India. It provided only 100 days of employment in a year and, that too, for just one member of a rural household, but the important thing is that it conferred an economic right, which means employment had to be provided on demand, and if the state could not deliver 100 days of work, then the person seeking employment had to be paid compensation.

The MGNREGS continues to be deeply relevant as millions of rural households have gained employment through it. It is particularly vital in times of economic stress and, hence, it is important to make a budgetary provision for the full 100 days and, perhaps, expand it to 150 days of work, given the prevailing dismal employment conditions in the country. The government violates workers' legal rights every time it does not match the funds to demand or does not pay wages on time.



However, this scheme has been hit hard by budgetary cuts. This started during the tenure of the Congress-led United Progressive Alliance (UPA) government itself, even though it had introduced the scheme; allocations practically froze during its second term, making no allowances for the rising prices or the increase in the number of job seekers.

But the NDA government has stretched the practice of making low budgetary allocations to the limit, which has weakened the legal guarantee of timely payment and employment. This comes at a time of rising unem-

ployment and increased inequality in India. Both the World Inequality Report-2022 and Oxford Inequality Report-2023 show India as one of the most unequal countries in the world in terms of incomes and assets. India registered the fastest increase in economic inequality in recent years, even as access to a number of social protection programmes has been severely undermined on the one hand, via restricting allocations and on the other, through the dilution of schemes, such as MGNREGS and even those that form part of the National Food Security Act.

This government has been lukewarm towards the MGNREGS in the last nine years. The Prime Minister spoke derisively about it in Parliament. The Finance Minister mentioned it only once (in the context of work for mangrove conservation) in her Budget speech this year. But the NDA government has not abolished the scheme; it has strangled it through low allocations. The budgetary allocation has been cut by 30 per cent to Rs 61,032.65 crore for 2022-23, the lowest in the past four years. It is lower than the budgetary estimate of Rs 73,000 crore for 2022-23. It is the second straight cut in the scheme's budgetary allocation as in the Budget-2022-23 also, the allocation had been cut by 25 per cent to Rs 73,000 crore from the revised estimate of Rs 98,000 crore.

The gradual decrease in the budgetary allocation for the MGNREGS has created doubts about the government's intentions. By cutting down the funds, the government sends out a signal that it wants to spend less on this scheme as opposed to the others, which means fewer initiatives can be undertaken under this scheme. Reduced funding also makes it difficult for the government to keep its promise of 100 days of employment, which is crucial for the survival of rural households. The average days of work offered is actually much below 100 days and, frequently, employees will not be able to get work even

for half a year.

By law, it is a demand-driven scheme but the continuous decrease of funds has reduced its potential effectiveness. The government has always claimed that the actual allocation would be increased if it was found that a large number of persons were asking for employment under the scheme. While supplementary allocations for the MGNREGS have been increased substantially at the revised estimates stage, a low initial outlay acts as a discouragement. It diminishes demand, in fact, chokes it, which becomes a justification for the low initial budgetary allocation for the scheme. Even if the allocation gets increased later because of higher demand, this increase takes time, which means that wage payments as well as material costs will be delayed and workers get pushed into 'forced labour' in the intervening period. Furthermore, almost half of the budget allocation is spent on clearing arrears. Consequently, the flagship scheme runs out of funds halfway through the financial year even for those who want work.

According to an analysis by Peoples' Action for Employment Guarantee (PAEG), a research and advocacy group, 21 per cent of the budget over the past five years has gone into clearing the arrears of previous years. In the current financial year 2022-23, the unpaid dues stand at Rs 16,070 crore. Hence, the PAEG demanded that the Centre allocate a

Samantha Ruth Prabhu's Shaakuntalam release postponed; reason for delay not revealed. Check out new date

Actor Samantha Ruth Prabhu's upcoming Telugu film Shaakuntalam, which was supposed to be released in cinemas on February 17, has been postponed by a couple of months. The film's makers on Friday confirmed that the film will now hit screens worldwide on April 14. Without revealing the exact reason for postponement, the makers unveiled a new poster with a release date.

In Shaakuntalam, Samantha plays the central character Shakuntala, daughter of Menaka and Viswamithra. The film, produced and directed by Gunasekhar, will be released in Hindi, Tamil, Malayalam and Kannada. This project marks Samantha's maiden collaboration with Gunasekhar.

In 2020, speaking at the launch of the movie recently, Samantha said that this will be her dream project and dream role. The trailer of Shaakuntalam was released in January. Speaking at the event, an emotional Samantha said her love for cinema hasn't changed amid all the recent life struggles. She said she gathered all her courage to attend

the event. In her speech, Samantha spoke about how her love for cinema hasn't changed amid all her life struggles in recent past. She was talking about her rare autoimmune disease called Myositis which she has been diagnosed with since last November.

"No matter how many struggles I face in life, one thing won't change. That's how much I love cinema and cinema loves me back. I strongly believe that this love will grow manifold with Shaakuntalam," she had said.

Samantha was last seen on screen in Telugu action-thriller Yashoda. In the film, Samantha played a surrogate mother who won't stop at anything to protect her child. The film turned out to be a hit at the box-office and had grossed around 740 crore during its theatrical run. Recently, Samantha joined the sets of the Indian adaptation of Amazon Prime's upcoming web series, Citadel. She will be sharing screen space with Varun Dhawan in the show, which is being co-created by Raj and DK.



6 Binge-Worthy Shows That You Just Cannot Miss



The year 2023 is here with a bang! With several promising web shows for both kids and adults, the OTT platforms are brimming with content. But to save you from the trouble of scrolling through a plethora of content to land on one particular show, we have curated a list of binge-worthy shows that you just can't stop watching.

'Class' (Netflix)

'Class' is the official India-based adaptation of the Spanish thriller series Elite, executive-produced and series directed by Ashim Ahluwalia. This adaptation by Ahluwalia is set in contemporary New Delhi and is a grimier, more realistic and socially-charged take. Produced by Future East Film (Ashim Ahluwalia and Niharika Singh) in association with Bodhi Tree and adapted by Ashim Ahluwalia, 'Class' explores the rise of the Indian rich and a world of extreme disparity, following the students through their struggles with sex, drugs, religious difference, homophobia, trauma, friendship and love. 'Class' Has opened to great reviews both in India and abroad with positive word of mouth since its release.

'Farzi' (Amazon Prime Video)

'Shrinking' (Apple TV)

'Marvel's Moon Girl And Devil Dinosaur' (Disney+ Hotstar)

'Trial By Fire' (Netflix) 'You 4' (Netflix)

KARAN TACKER RECALLS GOING THROUGH FINANCIAL CRISIS: WE HAD A TOUGH TIME MAKING ENDS MEET AS A FAMILY

It's been fifteen years since actor Karan Tacker entered the world of showbiz. While the actor has made a name for himself with his work on TV and OTT platform, he has never spoken about the days when he had to struggle. Not many are aware that before becoming an actor the Mumbai lad wanted to pursue his father's business.

For the first time, Tacker talks about his life before he became an actor. "I had a business with my dad," he recalls, adding, "The world hit recession in 2008, and that's when my entire busi-

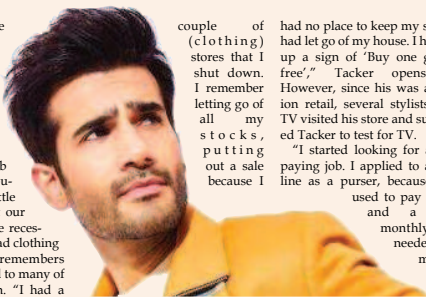
ness went down. We had a tough time making ends meet as a family. At that time I started scouting for jobs. From my education I would have probably gotten a job for twenty five thousand, which was little for the kind of debt our business faced in the recession." Tacker, who had clothing stores back then, remembers how the downfall led to many of them shutting down. "I had a

couple of (clothing) stores that I shut down. I remember letting go of all my stocks, putting out a sale because I had no place to keep my stock. I had let go of my house. I had put up a sign of 'Buy one get six free,'" Tacker opens up. However, since his was a fashion retail, several stylists from TV visited his store and suggested Tacker to test for TV.

"I started looking for a high paying job. I applied to an airline as a purser, because they used to pay a lakh and a half monthly. I needed that money

to make ends meet at that time. But, I got an ad for a face cream brand which paid me a lot of money. I got 3 lakhs, 12 years back. 3 lakhs for 22 days was like... I told my Dad, that I should work this out because this will pull us out of misery," Tacker reveals. The Khakke: The Bihar Chapter actor shares he soon started doing advertisements in Gujarat for two to three thousand rupees per day.

"For five and six years I was only earning money to pay the debt of the business. After 6 odd years I started making and saving money," he ends.



DaDa review: Enjoyable coming-of-age drama about accidental parenthood



The subject of parenthood, especially in mainstream cinema, has mostly been told from the perspective of a woman. Rarely, we've had a film where the story has focused on a man dealing with parenthood and his sacrifices in becoming a good father. Ganesh K Babu's DaDa is an emotional drama about a young man dealing with becoming a parent, out of the blue, with a lot of maturity. This is also a moving coming-of-age drama of an aimless, college-going youngster thrust into embracing fatherhood when the entire world, including his family, has given up on him.

The film opens with the shot of Kavin and Aparna lying together. Kavin is still sleeping and Aparna just enjoys looking at him while we hear a couple in the neighboring flat arguing early in the morning. Cut to the next shot, Aparna is crying as learns that she's pregnant and Kavin suggests that she should abort the baby as they aren't ready to be parents yet. Aparna is against the idea of abortion. Kavin and Aparna decide to move in together and take refuge at a friend's house. As they get ready to embrace parenthood, living together becomes a hassle as they end fighting over little things. It reaches a point where Kavin blames Aparna for making their lives so miserable when he warned her about keeping the baby. Kavin is forced to raise the baby alone.

The most refreshing aspect of DaDa is that it sends out a very important message loud and clear - parenthood is gender neutral. Both father as well as the mother play key parts in raising a kid and their roles can't be weighed or compared.

As much as the film sheds light on Kavin raising his son alone and in turn becoming a better person as well as a father, it doesn't try to showcase the mother in poor light. This aspect of the film and the writing is highly appreciable. It also never tries to make the father raising a kid alone a big deal.

Tara Sutaria: I've Always Looked At Love With A Lot Of Love

Bollywood actress Tara Sutaria has spoken about what self-love means to her and said that she has always loved the idea of love.

Tara has collaborated with Bumble, the women-first dating app, to launch a new campaign 'Before anyone else, there was you' ahead of Valentine's Day. To encourage self-



Asked about what self-love means to her, Tara said: "I think self-love or loving yourself means so many different things to different people. To me and to so many of us, I know that this will resonate because we all went through a pretty rough time recently when Covid hit the world and I think self-love took a new shape and meaning for all of us."

"All of us learnt to slow down and truly understand ourselves, begin to hear ourselves and therefore, love ourselves. I've always loved the idea of love - call it utopia, idealistic - and I've always looked at love with a lot of love, but I've never really looked at myself with that sort of love so it's taken me a lot to get to where I am today which is learning to really and truly understand every part of myself - the good, the bad, the ugly - everything that comes with being human, I suppose."

Sussanne Khan's sister Farah Khan Ali says she and DJ Aqeel are officially divorced, celebs react

Jewellery designer Farah Khan Ali took to her Instagram handle and confirmed her divorce from ex-husband DJ Aqeel as they finalised it. She is Hrithik Roshan's ex-wife Sussanne Khan's sister. In 2021, Farah announced the news of their separation and received support from her friends and family.

On Friday, Farah posted a couple of happy selfies with Aqeel. She tagged him and captioned it, "We have been declared officially divorced and are happy about it. We wish each other lots of love, happiness and luck in our onward journeys. We will always remain parents to our beautiful children Azaan and Fiza and nothing will change. Grateful for the journey we had together."

Aqeel re-posted the same on his Instagram Stories. Reacting to the post, Sussanne Khan commented, "Love u both" with lost of loved-up emojis. "It's such a beautiful new beginning note... you guys are both such amazing humans... like both of you are, ginormous hearts," Kubbra Sait added. Others such as Twinkle Khanna, Nandita Mahtani, Saisha Shinde, Dia Mirza, Bhavana Pandey, Moez Singh and Elnaaz Norouzi

among others sent their love. Last year, Farah shared on social media, "Sometimes two people grow apart. Sometimes they outgrow each other. It has been 9 years since my relationship with my husband Aqeel changed its status as a couple to just friends and to term it simply would be to state that we are 'Happily Separated'."

"We will always be best friends to each other and parents to our wonderful children Azaan and Fiza and nothing will change. Grateful for the journey we had together."

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involved. The reason we are announcing it publicly now, is so that the ones who know us accept our situation gracefully and always wish well for both of us especially because we hold no animosity of any kind towards one another and will always be there for each other. Aqeel is and will always be my family as I will be his. We hope that all our well wishers will accept our decision maturely and not judge us for it. It's important to be happy and we all, Aqeel and I including our children and families most definitely are.



Sherlyn Chopra slams Rakhi Sawant, supports her husband Adil: 'Don't know how he landed in this mess but...'

Rakhi Sawant and her husband Adil Khan Durrani's marriage has been making headlines in recent days. After Rakhi accused her husband of domestic violence and also alleged that he was having an extramarital affair, Sherlyn Chopra weighed in on the matter and sided with Adil. Sherlyn had filed a police complaint alleging defamation and sexual harassment against Rakhi last year, who was recently questioned by police in connection with the case.

Amid the ongoing Rakhi-Adil spat, Sherlyn has commented on the matter, accusing the two of doing everything they can to stay in limelight.

In a video shared by a paparazzo on Instagram on Thursday, Sherlyn Chopra shared her views on the ongoing fight between Rakhi Sawant and her husband Adil Khan Durrani. The actor said, "Mai kya bolu inn dono ke baare mein. Lekin itna mai keh sakti hu Adil ke sath kuch samay bitake - police station main - ki woh banda joh hai

shulja hua hai. Pata nahi kaise woh yeh pure jhamale mein fas gaya. But jitni dher maine usse baat ki aaise laga ki woh shulja hua banda hai (I am no one to say anything about Rakhi and Adil's matter, but from what I have learnt about Adil after spending time with him at a police station, he seems like a sorted person, but don't know how he landed in this whole mess)."

Sherlyn continued, "Aur maine boli bhi usko uske mum pe, tum toh suljhe hua lagte ho kaha aagaye tum? Kaisa fas

gaya yeh pure chakkar mein? Aur surkhiyo mein aane ke liye yeh zaroori nahi ki yeh log apas mein khitpit kare ya apne rishtey ka mazak banayee (I even told Adil he looks sorted so what was he doing with her? I feel they should not do such things just to stay in the limelight)."

She further said, "Mai kya bolu? Maine toh unke pati ko apne bhai mana hai. Bhai ke baare mein isi tarah ke baate sunn kar aacha bilkul nahi lag raha. Mai bus chahungi ki joh kuch bhi hai inn dono ke beech

mai, yeh khitpit jald se jald khatam ho jaye. Aur sach mein agar unke pati aise kuch kar rahe ho toh woh apne gali man le aur agar nahi kar rahe hai toh bataye ki yeh galat femi ki wajah kon hai aur yeh galat femi kaise paida hui (What else can I say about Adil, whom I consider my brother. I wish they resolve the matter soon, and if he is wrong he should accept his mistake. If he is not wrong and there is some misunderstanding than he should also clarify that)."



Weight Loss Tips: These Carb-Rich Foods Might Actually Fasten Your Weight Loss



It turns out you should continue eating some carbohydrates despite what we've been told for years. The word "carbohydrate" has a terrible reputation. They are frequently linked to type 2 diabetes, weight gain, and a number of other health issues.

It is true that refined grains and processed diets high in sugar frequently lack necessary vitamins and minerals. Numerous nutrient-dense, fiber-rich meals, however, might really be highly beneficial for your health.

Although some people may benefit from low-carb diets, there is no need to completely exclude high-carb items. In this article, we share nutritious and healthy carb-rich foods that might actually

boost your weight loss. Add these carb-rich foods to your diet to fasten weight loss:

1. Oats
A very nutritious whole grain, oats are a fantastic source of numerous vitamins, minerals, and antioxidants. Furthermore, oats are a decent source of protein and have a higher protein content than most grains. According to research, eating oats may lower your cholesterol levels, hence lowering your risk of heart disease. In particular for those with type 2 diabetes, eating oats may lower blood sugar levels. Oats are also quite filling, which may aid with good weight management.

2. Barley
Barley, a cereal grain, may have the capacity to raise satiety-related

hormone levels. Boiling barley kernels can alter the microorganisms in your gut, which in turn can increase your metabolism, according to a Swedish study. This starch's high fibre content has also been reported to reduce hunger pangs, according to researchers.

3. Quinoa
Quinoa is a wholesome seed that has gained enormous popularity among consumers who are concerned about their health. It falls under the category of a pseudocereal, which is a seed that is processed and consumed like a grain. Quinoa cooked is a high-carb food since it has 70% carbohydrates. But it's also a fantastic source of fibre and protein. Quinoa has been linked to a num-

ber of health advantages, including better blood sugar control and heart health. Quinoa is high in numerous minerals and plant components.

corn. Being more content will probably cause you to eat less, which will result in consuming fewer calories. They are also a much better alternative to chips

Contrary to common belief, carbs are actually a beneficial addition to the diet if you're trying to lose weight. Try these 6 foods rich in healthy carbs.

Buckwheat

Buckwheat is regarded as a pseudocereal, similar to quinoa. Buckwheat is not linked to wheat, despite its name, and it does not contain gluten. As it contains both protein and fibre, buckwheat is particularly nutrient-dense. Compared to many other grains, it also contains more nutrients and antioxidants. Studies indicate that it might be especially advantageous for blood sugar control and heart health.

5. Popcorn
Next time you're hungry, try popcorn instead of crisps. Researchers from the food and health fields around the nation evaluated the short-term satiety of these two common snacks and discovered that most volunteers reported feeling less hungry and more satisfied after eating pop-

and other ultra-processed snacks.

6. Bananas
Bananas are a popular fruit that people enjoy using in a variety of ways. In addition to being rich in potassium and the vitamins B6 and C, bananas also contain a number of advantageous plant components. Bananas may help decrease blood pressure and enhance heart health due to their high potassium content. Green, unripe bananas have more starch. As the bananas ripen, this changes into natural sugars, which causes the bananas to turn yellow. Therefore, if you consume your bananas while they're less ripe, you'll often get more starch and less sugar.

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Instead of causing weight gain, these foods rich in carbs will help aid weight loss and boost your overall health.

HOW EATING FEWER CALORIES MAY HELP SLOW DOWN THE AGING PROCESS



Restricting calorie intake could help slow down the aging process, according to a study Trusted Source published today in the journal Nature Aging.

Researchers, led by the Butler Columbia Aging Center at Columbia University Mailman School of Public Health in New York, used DNA analysis from blood samples to measure the rate of aging and reported that calorie restriction slowed the aging process.

Participants included 220 healthy men and women in three different sites in the United States. The participants either continued with their regular diet or had a 25% reduction in their consumed calories.

The scientists followed the participants' diet and health for two years and took blood samples at the start of the study and again at 12 months and 24 months.

What researchers found in calorie restriction study
The researchers reported a slowing aging process based on three DNA markers.

They said these results could provide a sense of what effects scientists can look for when completing trials for specific weight interventions, such as intermittent fasting.

"This study teaches us that keeping a person's body at a lean weight helps decrease the molecular changes on a cellular level that happen in response to aging," said Dr. David Selzer, an internal medicine specialist at NYU Langone Medical Associates in West Palm Beach and Delray Beach in Florida who was not involved in the study. "With that noted, life is not a test tube. People age for multifactorial reasons such as stress and anxiety, not just their diet."

"I agree that calorie restriction plays a role on the molecular level," Selzer told Healthline. "However, I think finding a healthy balance between caloric intake and daily exercise is more likely to lead to a longer lifespan."

Low calorie intake and healthy aging
The researchers are currently completing a follow-up study to see if calorie restriction has a long-term effect on healthy aging.

"The results make sense to me," said Dr. Raphael Kellman, an internist and functional medicine physician at Kellman Wellness Center in New York City. "However, nutrition studies are notoriously difficult to conduct, particularly long-term, as people naturally have trouble adhering to diets."

"I think you should take into consideration a few things," Kellman told Healthline. "One, what kind of diet was the control group on vs. the calorie-restricted group? If the control group is overeating or eating a lot of unhealthy foods and the calorie-restricted group is eating a healthier diet, are the results due to the calorie restriction, or would just eating a healthier diet also have a positive impact?"

"Also, it is hard to know whether people are truly adhering to a diet unless their food is strictly controlled and monitored," Kellman added.

Vitamin B12: Why do you need it, how should you take supplements?

A vital nutritional element, Vitamin B12, also referred to as cobalamin, plays a crucial role in supporting various processes in the body. The smooth functioning of the nervous system and the formation of red blood cells heavily depend on adequate supply of Vitamin B12. Furthermore, it prevents anemia, protects the eyes from macular degeneration, regulates DNA and produces energy. These are the reasons why people must ensure sufficient intake of this vitamin in order to maintain health.

A deficiency of this vitamin in the body leads to insufficient oxygen supply to the different parts of the body. It also causes memory problems, weight loss, skin pigmentation, menstruation issues and so on. The body needs a continuous supply of this vitamin to successfully meet all requirements. A pertinent question arises here, what is the exact quantity of Vitamin B12 our body requires every day?

The daily requirement of



Vitamin B12
People above 14 years of age need to consume 2.4 micrograms (mcg) every day. However, the requirement changes with the calorie our body needs at a particular time. For instance, a pregnant woman needs to ensure an intake of 2.6 mcg, and a lactating woman 2.8 mcg daily. In order to maintain health and provide the necessary amount of the vitamin to the body, people must adhere to these standards.

In cases of deficiency, people may notice symptoms such as fatigue, headache, difficulty in concentration and others. This condition can be avoided with the intake of Vitamin B12-rich

foods such as eggs, milk, fish, chicken, peanut, sweet potato, dairy products and so on. However, animal-sourced food products are considered the best source of Vitamin B12.

Deficiency of Vitamin B12
People who strictly follow a vegetarian diet remain at a risk of deficiency. Additionally, congenital diseases and genetic intrinsic factor abnormalities can cause severe vitamin B12 deficiency. Older adults, people with gastrointestinal conditions, and those on certain medications, including proton pump inhibitors and metformin, may need to take a supplement.
The noticeable signs of a lack of

Vitamin B12 in the body may include:

- Chronic fatigue
- Shortness of breath
- Pale skin
- Mouth sores
- Bleeding gums
- Constipation
- Diarrhoea
- Loss of appetite
- Joint pain
- Vision loss
- Dementia

So, the deficiency of Vitamin B12 is a serious issue and must be given due attention.

Sometimes, people need to provide this vitamin to the body through supplements, either orally or through Vitamin B12 injections. But the decision to take supplements must be taken after consultation with a doctor. The absorption of vitamin B12 can vary from 56 per cent of a dose of 1 mcg to 0.5 per cent of a dose of 1,000 mcg. Therefore, if someone consumes vitamin B12 less frequently, they will need a higher total amount to achieve desired

absorption.

Oral supplements

Depending upon the level of deficiency, a doctor may recommend a high dose of an oral supplement, up to 1,000 mcg. This can be extremely efficacious in dealing with the situation. Besides, oral supplements are cost-effective and leave almost no side effects.

Injection: In extreme situations and to deal with Vitamin B12-induced anaemia, injections are recommended. The doses depend on the level of deficiency in the body.

The overdose of this vitamin doesn't affect health. The body uses the required amount and excretes the excess amount through urine. An increase in water intake can help release the extra amount of this vitamin in the body. You must take care of your body and keep an eye on abnormal signs. You must adopt a healthy lifestyle and take a proper diet containing all the nutrients.

What Happens When You Cut Down On Sugar Completely? 5 Side Effects To Keep In Mind

We share a bittersweet relationship with sugar. While we love indulging in all things sweet and decadent, it is also touted as the main culprit for several lifestyle-related diseases including diabetes, obesity and more. Sugar and sugary foods are loaded with fat. As per popular belief, fat adds excess calories to our everyday diet. What if we say, it is not exactly how you think? Days of eating on fat are long gone. Now, there are multiple pieces of evidence to support the fact that fat (one of the major macronutrients) plays an essential role in our overall growth and nourishment. In fact, eliminating sugar from our diet completely might come with several side effects.

In this article, we will look into how cutting down on sugar affects your body and how effectively you can include it in your diet. Let's start with understanding what sugar is. What Is Sugar? Sugar, to most of us, is the food ingredient that we add to our meals. What we often fail to understand is the fact that sugar is actually a com-



ound, which when crystallised, turns into a food ingredient. According to www.sugar.org, sugar is sucrose (a mix of fructose and glucose), "a simple carbohydrate that is produced naturally in all plants, including fruits, vegetables and even nuts." Photo Credit: iStock/What Is Added Sugar? Added sugar is any form of sweetener that undergoes processing, which further strips off the healthy nutrients from the food. According to

uplifts our mood. Have you ever wondered why? As researchers, sugar is known to affect our brain's reward system, further affecting our mood. A study, published in the journal nutrient, finds that sugar triggers the release of dopamine, which instantly gives us a sense of pleasure. When we eliminate sugar from our diet, it often leads to depression, anxiety, untimely cravings and more. Lack of concentration: Brain functions such as thinking, memory and learning are closely linked to the body's

American Heart Organisation, added sugar includes white sugar, brown sugar, honey and all the foods that are manufactured chemically with these ingredients. 5 Side Effects Of Cutting Down On Sugar. 1. Makes us feel low: A cake or chocolate instantly

glucose levels. When there is a lack of this fuel source, you might experience different cognition-related issues. As per studies, it might lead to a lack of concentration, focus and poor memory. 3. Sleep problem: Sleep pattern depends much on our cognitive

know, sugar is a potent source of glucose and glucose helps refuel us with energy. With quitting sugar, the body's glucose level gets affected. This often makes people feel tired and lack energy for work. How To Include Sugar In Your Diet Effectively? 1. Add fruits: Sugar is naturally produced in fruits (and some vegetables). Hence, it is always advised to replace cakes and candies (that have added sugar) with fruits and dry fruits to include healthy fats in your diet.

Photo Credit: iStock2. Swap sweetened drinks: Colas and packaged sweet drinks are also high in added sugar. You can always replace these drinks with freshly pressed fruit juices or simple soda (with mint, lemon etc for added flavours) to enjoy the benefits to the fullest. 3. Read labels before buying: Do you read the sugar content in packaged food every time you buy it? If not, then start doing now! Several foods and condiments sneak in added sugar that might affect our body negatively.

Sugar Effects: We often fail to understand the fact that sugar is actually a compound, which when crystallised, turns into a food ingredient.

DC Kishtwar reviews patient care scenario at Rogi Kalyan Samiti meeting



JJ NEWS SERVICE
KISHITWAR, FEBRUARY 10: To review the functioning and patient care scenario in the district Hospital Kishtwar, Deputy Commissioner (DC) Dr. Devansh Yadav, today chaired a meeting of the Governing Body of "Rogi Kalyan Samiti" (RKS).

The meeting was attended by Chief Medical Officer, Dr. Mohammad Yaqoob Mir, EXEN PWD, Ravinder Kumar, EXEN, PHE Sanil Kumar Sharma, Medical Superintendent District Hospital, Dr

Javeda Qazi, BMOs, prominent persons and other RKS members. The DC took a detailed review of the functioning and fund flow of the District Hospital Kishtwar besides the progress of the institution under different indicators. A threadbare discussion was held on the measures required with respect to the up-gradation of the Hospital. The meeting was informed about various issues and requirements for the augmentation of health infrastructure and overall advancement of the

healthcare system in the Hospital. The DC assured all possible support from the Administration for infrastructure development of the Hospital to further improve patient care in the hospital. The Deputy Commissioner directed the concerned to follow the objectives as envisaged in RKS guidelines and stressed for resource generation and strengthening transparent mechanism in utilization of funds. He directed the concerned Tehsiladar to demarcate the land identified for Parking

space in the hospital premises. During the meeting the Samiti approved the enhancement of Honorarium Rs 2000 in favour of HDF employees on a pro-rata basis. The DC asked the officers to work with added zeal and dedication to ensure efficient and prompt health and patient care facilities to the people. The concerned EXENs were directed to ensure the completion of pending repair and construction works in various healthcare facilities including the Eye Block at DH Kishtwar, approaching road to Sub Centre Bhadat, allied works in SC Ligri and Galabgarh and PHC Afti, so that they can be handed over to the Health department for the better health care facilities being provided to the common masses on smooth basis.

2-day Int'l Conference "Science for Survival to Explore the Unexplored Dimensions" held at GCW Udhampur

UDHAMPUR, FEBRUARY 10: Government College for Women Udhampur organized a two day international conference on the theme "Science for Survival: To Explore the Unexplored Dimensions". Principal Secretary, Higher Education Department, Alok Kumar was the chief guest of the event, who joined the conference through virtual mode. Director Colleges, Prof. (Dr.) Yasmeen Ashai was the guest of honor and she also joined through virtual mode. The special guests of the event were Additional District Development Commissioner, Udhampur, Ghan Shyam Singh, Additional SP Anwar-ul-Haq; Dr. Udhay Bhanu, principal GDC Ramnagar, Rajinder Kumar Diga, District Information Officer, the Principals of various government colleges of Jammu division also graced the occasion with their presence. Dr. Monika Sharma, Principal of the college and convener of the conference presented a formal welcome address to the chief guest, guest of

honor, resource persons and other dignitaries. She also welcomed the resource persons who have joined this conference from overseas through virtual mode. In her welcome address, the principal raised the critical global issues and grand challenges such as climate change, pandemics, energy security, water management, and food shortage and she also hoped that the conference will put some light on these issues which eventually will lead to the solutions. Dr. Anita Sharma, co-convener of the conference gave introductory remarks on the theme of the conference. She asserted without science there is no human growth, no technological advances and no knowledge generation and she explained the significance of the conference by expressing her ideas on it. She believed that scientific knowledge, scientific processes are important avenues for researchers to share and discuss research findings. It also acts as a platform to exchange ideas and insights and to network for collaboration and career

development. It can benefit the student in so many ways. Dr. Kewal Kumar, organizing secretary of the conference, briefed the proceedings of the conference. He explained the motive behind organizing such a mega event. He stated that the institution is an undergraduate institute having girl students only and the students mostly belong to rural background. Most of the girls even don't know what a conference is, what happens in a conference? So, this conference is an attempt to ignite the young and budding minds towards scientific approach. The students through this conference shall learn the significance of the research and innovation. Keynote speaker, Dr. OP Vidyarthi (Retd. IFS), former principal chief conservator, Forest department, UT of J&K deliberated on the theme of the conference with the presentation entitled "Decade of Ecosystem Restoration: Challenges of Solution." He argued that there is a need to restore our nature & environment. He further discussed the bio-diversity of the region.

DC Kathua reviews functioning of Health Sector, implementation of govt Schemes

Calls for 100 % saturation of AB-PMJAY, ABHA registration, achieving target of Leprosy, TB free district

JJ NEWS SERVICE
KATHUA, FEBRUARY 10: Deputy Commissioner, Kathua Rahul Pandey today chaired a meeting to review the functioning of the health sector and patient care facilities in the district. The meeting was attended by Chief Medical Officer, Dy. CMO, Medical Superintendent, AH, GMC Kathua, District Tuberculosis Officer, BMOs, besides concerned officers and officials of health department. A threadbare discussion was held on various issues like Health Care achievements, Patient care, ABDM, RBSK, NCD, NVBDCP and other related issues. The CMO gave a detailed overview through

powerpoint presentation and projected various issues regarding present status of AB-PMJAY Cards, institutional deliveries, requirement of ambulances in remote blocks, NTCP, NMBA, PCPNDT Act and other schemes and programmes of the health department. The DC also took feedback about the implementation of various schemes and programmes under the National Health Mission, including RBSK, Leprosy Mukht and TB Mukht Panchayats across the district. The DC asked for focusing on daily monitoring of progress made under AB-PMJAY besides registering beneficiaries under ABHA through door to door sur-

veys. He also laid focus on making a workable action plan to target saturation left out areas by putting in sincere efforts by concerned Block Medical Officers. Expressing his concern about low institutional delivery in the district, DC asked the concerned BMOs to encourage masses to opt for institutional delivery. He said efforts will be made to rationalize availability of the ambulances across the district to cater emergency cases in a better way. During the meeting detailed deliberations on issues like availability of online services, Addition Treatment Facility (ATF), aggressive Sampling of TB cases were also held.

Change of Land Use: DLC approves 02 cases in Rajouri

RAJOURI, FEBRUARY 10: District Level Committee on change of land use met here today under the chairmanship of the Deputy Commissioner Rajouri, Vikas Kundal to discuss and approve the applications received online from the applicants from across the district. The Committee, after a threadbare discussion, approved 2 cases of conversion of agricultural land for non agricultural purposes. The DC directed concerned departments to ensure timely issuance of NOCs to the applicants after proper verification of documents and rules under conversion Regulations, 2022. Officers who attended the meeting included ADC Rajouri, Sachin Dev Singh, CEO RDA, Vivek Puri, ACR, Imran Rashid, Kataria; CAO, Sohan Singh, SE PWD(R&B), Kamal Kishore, Ex:En STD Kalakote.

District Level Training Programme on development of Seed Multiplication Chain, Exotic Vegetables held at Kishtwar

JJ NEWS SERVICE
KISHITWAR, FEBRUARY 10: Continuing the series of training programmes under the Holistic Agriculture Development Programme, a District Level Training session was today conducted here in the Office premises of Chief Agriculture Officer, Kishtwar. The training programme was focused on the creation and development of certified Seed and Seed Multiplication chains, besides development of Vegetable particularly Exotic Vegetables in the district under Holistic Document. During the programme, the speakers highlighted the fact that owing to special agro-climatic conditions (Himalayan conditions) of the region there is vast potential for the pro-

motion of exotic as well as traditional vegetable sector and under holistic development of Agriculture and allied sectors a special focus has been shifted towards this field. Special lectures were delivered on "Promotion of Vegetable/ Exotic Vegetables in the training programme by various experts. The speakers and resource persons said that the vegetable sector has huge scope in the district and could generate a large number of employment opportunities. They said that under the holistic document a special programme has been designed for this purpose so that maximum opportunities under this sector could be explored. CAO asked the officers to work in close coordina-

tion so that the desired results could be achieved under all the projects of the Holistic Document. Besides, during the training programme, it was envisioned that there is a need for creating certified seed producers so that the seed multiplication chain is established as documented in a holistic document and such programmes are instrumental in the process to make the Kishtwar District seed sufficient. The training programme was conducted under the close supervision of Chief Agriculture Officer (CAO) Kishtwar Amjad Hussain Malik. **AHD staff conducts cleanliness drive in DC office complex Kishtwar**

GLIMMER OF HOPE:

Nowshera Forest Div strives to create Livelihood options under Green India Mission

JJ NEWS SERVICE
RAJOURI, FEBRUARY 10: A new ray of hope is shining bright towards the employment generation for the locals in Nowshera Forest Division as J&K Forest department is continuously working towards livelihood options and exploring employment generation under Green India Mission involving youth and women, especially in the Chir. Zone ecosystem of J&K UT. To cater to the employment demand of local people, Nowshera Forest Division has organised three local employment generating training programmes under the banner of Green India mission which includes high density Fruit plants, one month training course of tailoring & stitching, six month basic

computer course and all these aim to diversify the livelihood option of local peoples. In this programme a detailed demonstration of plantation of high density fruit plants was imparted to the locals by the experts and 250 high density fruit plants were distributed among farmers. In addition to this one month training course of tailoring and stitching were started and 10 sewing machines were distributed among local female trainees. In another event, Samriti Van at Dharpur Mandir Sunderbani was inaugurated in presence of Mandir Samiti and other Locals of the area. The programme was facilitated by Worthy Commissioner/Secretary to Government,

Department of Forest, Ecology and Environment, J&K Sanjeev Verma, Director, Department of Social Forestry Roshan Jaggi (PCCF), Addl. Pr. Chief Conservator of Forests, Jammu B.M Sharma, CF West Circle Rajouri, Vivek Verma (IFS), DFO Rajouri Dr. A.D Singh, DFO Nowshera Mrs. Neelima Shah, Kartar Singh, ADC Nowshera, Bodh Raj (BDC Chairman), Narinder Sharma, MC Chairman Nowshera, Rohit Kohli, Councillor Nowshera alongwith other PRI members and local peoples. The whole programme was organized by Anil Kumar Bhagat, Range Officer Nowshera, Rakesh Verma Range Officer Sunderbani, Sudesh Kumar, Range Officer Lamber.

District Employment & counselling Centre Poonch organises Job Fair-2023



JJ NEWS SERVICE
POONCH, FEBRUARY 10: District Employment and Counselling Centre (DE&CC) Poonch organized a Job Fair to provide job opportunities to the youth of the District. As many as 4 employers from different sectors participated in the event which included companies like SBI Life, HDFC, LIC of India and Am Hyundai. The event witnessed an overwhelming response from job seekers as over 250 unemployed youth from across the district participated in the event. More than 50 Job Seekers with varied skills were shortlisted by the companies for different jobs, while participating candidates were also registered on the employment portal. Deputy Director Employment Mohammad Rafiq, interacted with the Jobseekers and Job providers. He expressed satisfaction over the success of the Job fair. He added that such events would be made a regular feature to benefit the maximum number of local youth.

DC Kathua reviews functioning of Revenue Department

Asks officers to intensify anti-encroachment drive



JJ NEWS SERVICE
KATHUA, FEBRUARY 10: Deputy Commissioner Kathua, Rahul Pandey chaired a meeting of Revenue officers to discuss revenue matters here in the Conference Hall of the DC office complex, today. The DC took a comprehensive review of the ongoing anti-encroachment drives being carried out by the district administration. He laid emphasis on furnishing a daily report regarding removal of encroachments for appraising the higher authorities about the progress. Taking review of the SWAMITVA scheme, the DC exhorted the revenue officials to speed up the mapping process of the revenue villages besides expediting the

digitisation process of revenue records within the set timelines. The DC also directed the revenue officials to identify land in their respective Tehsil for creation of assets for important projects including parking spaces. The DC called upon the Tehsiladars to exercise due care in the appointment of Lambardar/ Chowkidar by ascertaining the character antecedents of applicants. The DC also emphasized upon revenue officers to dispose of the pending matters

regarding the Revenue Court Cases Monitoring System (RCCMS) on priority besides uploading their updated status on the prescribed portal regularly. Other issues such as digitization of cadastral maps, status of eviction of Roshni land, land acquisition cases, change of land use cases were also discussed at length wherein thrust was laid on regular monitoring and reporting of actions taken during the field visits. It was discussed that the EXN Divisions and AEE Subdivision will

DC Rajouri resolves issue hampering execution of work on sub-centre Chambi Trar

JJ NEWS SERVICE
RAJOURI, FEBRUARY 10: Deputy Commissioner Rajouri, Vikas Kundal today resolved bottlenecks impeding the construction of work on the sub-centre building at Chambi Trar. It is pertinent to mention here that there were some issues with the locals over the construction site of the

sub-centre building which was causing delay in the execution of work. Sensing the gravity of the situation and the importance of the health sub-centre, the Deputy Commissioner met with both parties and the issue was resolved amicably during a threadbare discussion held in a meeting attended

by ADC, CMO, BMO, and PRIs concerned. The Deputy Commissioner said that these constraints often lead to delays in construction and completion becomes tardy. He also said that we cannot afford to ignore the fact that timely completion of these vital projects is something which projects compromise may

have an adverse effect on the lives of the rural populace. He also said that boosting the health infrastructure is the priority of the Government and appealed to the public to shun these minor self interests over large community benefits and not create impediments on the way of development.

Rajouri: Newly created Chief Er, E-XN Offices all set to start function from April 2023

JJ NEWS SERVICE
RAJOURI, FEBRUARY 10: The newly created Executive Engineers PWD Divisions, AEE Subdivision and Office of the Chief Engineer PWD in the Rajouri district are all set to start function from April, 2023. To give a push towards their functioning, District Development Commissioner, Vikas Kundal discussed the necessities in this regard here in a meeting.

The meeting laid stress on early and smooth functioning of the newly established offices and the steps that need to be taken to make the offices operational from April 1, 2023 as per the date communicated by the Government. The District Development Commissioner stressed on the importance of these offices in addressing the infrastructure needs of the district and enhancing the overall develop-

ment of the region. The meeting was informed that the Government has sanctioned one Chief Engineer Office for Rajouri, three EXN Offices for Thanamandi, Kotranka, and Kalalote, and respective AEE subdivisions, and it is essential to make them functional as per the dates communicated by the Government. It was discussed that the EXN Divisions and AEE Subdivision will

J&K Bank awarded for promoting digital payments

Such recognition will drive us to achieve greater excellence: Baldev Prakash

JJ NEWS SERVICE
SRINAGAR, FEBRUARY 10: Achieving another feat in digital payment domain, J&K Bank bagged an award for its outstanding performance in promoting digital payments during FY 2021-22. The Bank has achieved 2nd highest percentage of digital payment transactions in Small and Micro Category of private sector banks.

MD & CEO J&K Bank, Baldev Prakash received the felicitations from Union Minister of Electronics & Information Technology, Railways, and Communications, Ashwini Vaishnav at "Digital Payments Utsav" celebrated by Ministry of Electronics and Information Technology (MeitY, GoI) at India Habitat Centre, New Delhi. Bank's Chief Digital Officer



Naveed Zargar was also present on the occasion.

While expressing his gratitude, Baldev Prakash attributed the reception of award to the persistent efforts of Bank's Staff. He said, "It is a moment of great satisfaction for all of us as we see our extra efforts to realise the vision of Digital India not only fruitifying but getting

acknowledged and awarded at the prestigious platforms of the country. I congratulate every member of J&K Bank Family for this wonderful accomplishment. "And I am sure, such recognition will drive us to achieve greater excellence not only in promoting digital payments but other aspects like digital lending as well", he added.

He further said, "To encourage digital banking in our operational geographies we have embarked on digital transformation journey. The digital mission of the Bank is to improve the customer experience by providing them digital banking services that are convenient, easy, affordable, quick and secure."

With the proactive measures taken to encourage digital payments, the Bank had successfully surpassed the Digital Payment Transaction target allocated by MeitY for the financial year 2021-22.

Pertinently, J&K Bank has bagged 'Utarkash Puraskar - 2020-21' last year also for being one of the top two achievers in digital payment transactions under the category of Small and Micro banks.

JKHPMC to develop Shopian as 'Apple Cluster', with MoA&FW, NHB support

JJ NEWS SERVICE
SRINAGAR, FEBRUARY 10: JKHPMC has started the process of developing Shopian as an 'Apple Cluster', recently approved by Union Ministry of Agriculture and Farmers Welfare (MoA&FW) at an estimated cost of Rs. 138 crores, under Cluster Development Programme (CDP). The letter of acceptance issued by the Ministry in favour of JKHPMC with M/s. FIL Industries Limited, as the implementing Agency with technical support by National Horticulture Board's (NHB). In this regard, the NHB's team from New Delhi were on two-day visit to Srinagar and Shopian on 9th and 10th February, 2023 for finalizing the components to be set up by FIL Industries in



the Apple Cluster, under the programme. The team of HMB comprising Joint Director, NHB, R.K. Agarwal; Dy. Director NHB (J&K Chapter), Sansar Ahmad and other officers held a joint meeting with JKHPMC officers and representatives of FIL industries for finalizing the components. The team alongwith officers of JKHPMC, during the visit, also

visited Shopian and called on Deputy Commissioner Shopian and apprised him about the land required for developing nurseries in the Shopian Cluster. During the interaction, DC Shopian expressed satisfaction over the programme and assured JKHPMC that the district would make available the required land banks for the optimum implementation of the pro-

gramme. The NHB team also visited FIL Industries facilities at Rangreth, Srinagar and assessed the requirements under the CDP.

Pertinently, the programme has to be executed with respect to three end to end verticals, viz: Pre-production & production, post production & value addition and logistics & marketing in a span of four years.

Secretary H&ME reviews progress on implementation of RBSK in J&K

JJ NEWS SERVICE
SRINAGAR, FEBRUARY 10: Secretary, Health & Medical Education, Bhupinder Kumar, today reviewed implementation of Rashtriya Bai Swasthya Karyakam (RBSK) and functioning of District Early Intervention Centres in J&K in a meeting held at Civil Secretariat, here.

It was informed in the meeting that during the current financial year, 83.90 per cent of government schools and 80.11 per cent anganwadi centers have been visited by RBSK Mobile Health Teams for conducting Health Checkup of children till date.

Secretary directed all the Chief Medical Officers to complete the screening of children enrolled in government schools and anganwadi centers before the closing of financial year.

He directed that CMOs shall ensure that teams under RBSK carry out screening of all children in the pre-school age enrolled at Anganwadi centres at least twice a year besides screening of all children studying in government and government aided schools.

Secretary laid stress on making District Early Intervention Centers functional in all aspects for providing support to the referred children so that children diagnosed with identified health conditions

receive follow up including surgeries at tertiary level, free of cost so that the benefits reach to the needy people across the UT.

Ayushi Sudan, Mission Director, NHM J&K, informed that UT has started online portal for data capturing under RBSK and in the first phase uploading of screening data by the Mobile Health Teams on daily basis has been made functional and all MHT's are now uploading the data on the online portal.

Dr Mohammad Shafi Koka, State Nodal Officer NHM J&K, informed about the guidelines of branding for Ayushman Bharat Health and Wellness Centres and organizing of Health Melas at HWCs on monthly basis.

On the occasion, a presentation regarding RBSK was made by Dr Syed Gazala Nazki, Programme Manager, RBSK.

The meeting was attended by Director Health Services Kashmir, Dr Mushtaq Ahmad Rather, Chief Medical Officers, Medical Superintendents of Associated Hospitals of Government Medical Colleges and District Hospitals, Programme Manager RBSK, DEIC Managers and other officers from State Health Society, NHM in person and through video conference.

Power shutdown

JAMMU, FEBRUARY 10: Chief Engineer (Distribution) JPDC, Jammu has informed that the power supply to Gandhi Nagar, Nanak Nagar, Railhead Complex, Jammu University, DC Office, Boria PHE, Sunjwan, Narwal, Bathindi, Channi Himmat, Transport Nagar and the areas being fed from Grid Stations- Sidhra, Janipur, Jhajarikoti, BBI and BBI-II shall remain affected on February 12 from 10 am to 4 pm.

Similarly, the power supply to Jhajarikoti, Janipur, Lakad Mandi, Patoli, Janipur Colony, Pamposh Colony, Ambdhar Nagar, High Court, Daily Excelsior, Statistical Office, Upper Barnai, Lower Muthi, Paloura, Dogra Hall, Rehari, Resham Gar Colony, Bus stand, Jewel, Hari Market, Raghunath Bazar, Kaleeth Mohalla, Kanak Mandi, Mandia, New Plot, Sarwal, Part of Karan Nagar.

Secretary PD&MD visits Ganderbal, reviews development projects

JJ NEWS SERVICE
GANDERBAL, FEBRUARY 10: Secretary, Planning Development & Monitoring Department (PD&MD), Dr. Raghav Langer, today conducted extensive visit of Ganderbal district and reviewed progress on various development projects under implementation in the district.

In this regard, Secretary convened a review meeting in which all district and sectoral officers were present.

While taking department wise review, Secretary directed all the officers to work in tandem so that all set targets under various schemes are achieved in timely manner.

DDC presented a detailed profile about development scenario of the district through a power point presentation.

Secretary was apprised of the initiatives started by the district administration to achieve 100 per cent enrolment of out of school children. He asked to start bridge classes for the newly enrolled students under Mashal-e-Gaash programme, an initiative by the district administration

to achieve cent percent literacy rate in the district. He directed the officers to focus on learning outcomes for improvement of education standards at various levels in light of New Education Policy.

He stressed upon all the officers to further improve the service delivery mechanism in order to provide quality services to the common people. He asked the District Social Welfare Officer to conduct door to door campaign to make common people aware about the welfare schemes launched by the government. He also asked for displaying the help line numbers at main places so that the needy people can seek help from the departments as and when required. Raghav Langer directed Superintendent Engineer, Jal Shakti, Circle Ganderbal, to expedite the pace of work on approved Water Supply Schemes. He also asked for ensuring coverage of left out households under JJM. Secretary asked the officers of agriculture and allied sectors to put in all efforts for increasing the productivity and ensuring market linkages

in order to benefit the farming community. He directed the Chief Animal Husbandry Officer, Ganderbal, to coordinate with NRLM for formulation of dairy collection centres by registered Self Help Groups.

While reviewing Fisheries department, Secretary was informed that two units under FIDF (Fisheries Infrastructure Development Fund) are in progress in the district, one unit namely K2 Aquaculture (RAS) has been sanctioned for Rs. 47.00 crore while another unit with the project cost of Rs. 7.00 crore is likely to be sanctioned soon. He was apprised that the Trout Fish production, after the completion of the projects, is expected to increase by 1000 tonnes per annum in the district.

It was informed in the meeting that Ganderbal has been ranked as number one district in J&K in implementation of PMMSY scheme and efforts will be geared up to maintain the status and make the district capable of exporting regular consignments of frozen Rainbow Trout to various countries.

DC reviews status of works under Jal Jeevan Mission at Kulgam

DIRECTS TO SCALE UP PACE ON ONGOING WORKS; STRESSES ON CONDUCTING MORE IEC ACTIVITIES

JJ NEWS SERVICE
KULGAM, FEBRUARY 10: The Deputy Commissioner (DC) Kulgam Dr. Bilal Mohi-Ud-Din Bhat today convened a meeting of concerned Officers to review status of works under Jal Jeevan Mission (JJM) in the district.

During the meeting, the DC took detailed review of physical and financial progress made on various JJM Works.

Executive Engineers from Qazigund and Kulgam Divisions informed the chair that there are 218 works and 140 schemes/projects under JJM in the district.

Out of 218 works, 201 works stand tendered, 146

Allotted and 108 works have been taken up while as 04 works stand completed.

The DC emphasized that every effort has to be made to ensure that the goal of tap water to all households must be achieved as per the projected timeline. He said that the Mission is envisioned to provide safe and adequate drinking water through individual household tap connections to all households.

He directed all the concerned officers to scale up pace on works under JJM so that the target can be achieved within the stipulated period.

He asked the officers to regularly monitor the

quality and progress on all allotted works for time-bound completion.

The DC said that information dissemination is an important component of the mission and stressed on conduct of more widespread IEC activities.

During the meeting, the DC also reviewed the functioning of Pani Samitis and it was informed that all Pani Samitis are functional in the district.

The meeting was attended by JD-Planning Zahid Sajad, ACD Mohammad Imran Khan, ACP Shurjeel Ali, CMO, Executive Engineers from Qazigund, Kulgam, AEs and other concerned Officers.

'SHE IS A CHANGE MAKER PROJECT'

IMPARD to organize CBPs for ULB women members of Kashmir Valley from Feb 13

JJ NEWS SERVICE
SRINAGAR, FEBRUARY 10: As part of Capacity Building Programmes (CBPs) being held under ambitious "She is a Change Maker" project, the third programme would be held from February 13 to 15 at IMPARD, main campus, Srinagar, for women members of Urban Local Bodies and office bearers from all districts of Kashmir Valley.

Pertinently, Jammu and Kashmir Institute of Management, Public Administration and Rural Development (IMPARD) in collaboration with National

Commission for Women is organizing a series of CBPs for women members of Panchayats, Zilla Parishads, Urban Local Bodies and Office Bearers of J&K under "She is a Change Maker Project".

In this regard, two programmes have already been conducted for the women representatives of Panchayats, Block Development Councils and District Development Councils.

The series is being fully sponsored by the National Commission for Women to foster Gender Responsive Governance in the system.

Orientation/ Training programme under holistic development of Agriculture & allied sectors held at Anantnag

To create Agri-skilled Human Resource, Department's priority: Chowdhury Iqbal

JJ NEWS SERVICE
SRINAGAR, FEBRUARY 10: The Director Agriculture, Kashmir, Chowdhury Mohammad Iqbal today inaugurated district level orientation cum training programme under the holistic development of agriculture and allied sectors at DAK Banglow Khanabal, here.

Addressing the participants, the Director Agriculture highlighted the importance of projects under holistic document. He said under the holistic document, the department is aiming to create an Agri-skilled human resource so that the implementation of different projects could be done in a more comprehensive manner.

He said that this document (holistic document) will be a game changer in the overall development of the agriculture sector in the UT of Jammu and Kashmir. He said the projects have been designed in such a way that the potential in all the allied wings would be explored to their capacity.

Director Agriculture impressed upon

the officers of agriculture and allied departments to work in close coordination so that the set targets under different projects, the desired results could be achieved.

He said the orientation cum training programme under holistic document is aimed to raise awareness among the officers regarding various approved projects so that the same could be implemented on ground in a comprehensive manner.

The Training Programme was attended by Chief Agriculture Officer Anantnag, Chief Horticulture Officer, District Agriculture Officer Extension Anantnag, Mushroom Development Officer Anantnag, Area Development Officer, Anantnag, District Level SMSs and SD level officers also participated in the programme.

Earlier, Director Agriculture visited Ganderbal and addressed the officers of agriculture and allied departments in a district level orientation cum Training programme.

Fisheries, Agriculture departments organise training programme at Kupwara

JJ NEWS SERVICE
KUPWARA, FEBRUARY 10: An orientation cum training program under holistic agriculture development with the theme "Technological interventions in Fish seed and Trout production" was today organised by the Fisheries department in collaboration with the Agriculture Production department at Kupwara.

The main aim of this training programme was the capacity building of

field functionaries and farmers in order to improve the socio-economic condition of farmers. Programme was attended by officers and field functionaries of fisheries, agriculture department, progressive farmers and scientists from Chief agriculture officer Kupwara, Gulham Mohammad Dhoi while inaugurating the training programme said that schemes related to agriculture, Fisheries, and allied sector are welfare oriented

schemes and their benefits are reaching to eligible and deserving farmers across the district. On this occasion, Assistant Director (AD) Fisheries Kupwara, Sajad Hussain said imparting training to field functionaries and farmers is of pivotal importance.

He said there is no dearth of water bodies in Kupwara district, but there is need to increase the fish productivity with sustainable approach, and innovative methods.

DSW, ICDS Kulgam organize Awareness/ Enrollment drive for Sukanya Samridhi Yojana Account scheme

JJ NEWS SERVICE
KULGAM, FEBRUARY 10: The Department of Social Welfare (DSW) Kulgam in collaboration with ICDS and Department of Posts Kulgam today organised a day-long awareness cum enrollment drive for Sukanya Samridhi Yojana Account scheme at Town Hall, here.

The program was held under the theme 'Beti Bachao Beti Padhao' (BBBP), to address the issue of declining child sex ratio along with related issues of empowerment of Women.

Present on the occasion were Tehsil Social Welfare Officers, Officials of District Hub for Empowerment of Women

(DHEW), One Stop Centre for Women (OSC) Kulgam, Officials from Post Office Kulgam and Field Officials from Social Welfare Department and ICDS Kulgam. Speaking on the occasion, Tehsil Social Welfare Officer Kulgam (Hq) Muzaffer Ahmad Rather gave a detailed introduction about

Sukanya Samridhi Yojana and Beti Bachao Beti Padhao campaign. District Mission Coordinator DHEW Kulgam, Tanseena Nazir highlighted the features as well as benefits of the scheme. Gender specialist Saba Mogul from DHEW stressed on the financial empowerment of Women.

Prerna Puri inaugurates JaKeGAs' workshop on e-Office



JJ NEWS SERVICE
JAMMU, FEBRUARY 09: J&K e-Governance Agency (JaKeGA) in collaboration with National Informatics Centre, J&K, today organized one day workshop to sensitize and train the officers and officials regarding e-Office implementation up to tehsil level.

Addressing the inaugural session, Commissioner Secretary, Information Technology Department, Prerna Puri, lauded the efforts of technical agencies for educating the participants about the significance of e-Office in present era of technological advancements. She highlighted that e-Office is crucial for increasingly digital nature of governance at all levels.

Commissioner Secretary emphasized the need for imparting requisite master training to the District Level Nodal Officers for ensuring e-Office expansion up to the tehsil level. Chief Executive Officer, JaKeGA, Abhishek Sharma, in his address, briefed the importance of e-Office in ensuring a more responsive, accountable and

transparent dispensation to people. He also highlighted a descriptive detail about achievements recorded, so far, under e-Office initiative. He exhorted upon the district level nodal officers to share information about all officials up to tehsil level to onboard all employees on e-Office. During the workshop, a presentation was given by JaKeGA project team while technical demonstration session was also conducted which was attended by about 150 officers and officials of various district and tehsil administrations. Among others, the workshop was attended by State Informatics Officer Informatomics Centre, Saleem Khan and his team besides the project implementation team of JaKeGA.

Handicrafts & Handloom Jammu signs MoU with NIFT Srinagar on designing, branding

PPJ1 NEWS SERVICE
JAMMU, FEBRUARY 09: Directorate of Handicrafts and Handloom, Jammu and National Institute of Fashion Technology, Srinagar today signed a Memorandum of Understanding (MoU) here at Udyog Bhawan. The MoU was signed in presence of Prashant Goyal, Principal Secretary, Industries & Commerce Department, J&K and Rohit Kansal, Union Additional Secretary, Ministry of Textiles, (Director General NIFT). The MoU was signed between the two parties under the project titled "DESIGNING INNOVATIVE AND SUSTAINABLE PACKAGING AS A BRANDING INITIATIVE FOR HANDICRAFTS AND HANDLOOM SECTOR OF JAMMU". The MoU document was signed by Dr. Vikas Gupta, Director Handicrafts and Handloom, Jammu, and Dr Javid Ahmed Wani, Director National Institute of Fashion Technology, Srinagar. Secretary Industries & Commerce Department, Smita Sethi, MD JKTIPO,

enhance their skills so that the products of these artisans will have value addition for better marketing. The project envisages evolving of a roadmap to create unique and sustainable packaging to add value to the artefacts of the Jammu cottage industry. This will give a unique packaging presentation having international standards besides determining the unique selling point of chosen Jammu Handicraft and Handloom goods. As part of the MoU, packaging prototypes for products such as Basohli Paintings, Basohli Pashmina, Phulkari embroidery, Lathu Cum Lacquer products and Calico printing products are expected in the first phase. The artisans and weavers present on the occasion gave their feedback regarding packaging and branding initiatives to the dignitaries present in the event. Besides, prototypes packaging along with the trims that give product data and product care instructions for specified crafts will also be among the deliverables.

Khaliid Jahangir; MD Handicrafts & Handloom Corporation, Atul Sharma and other officers of Industries and Commerce Department were present on the occasion. The objective of the MoU is to create a strategic and attractive packaging design solution for branding Jammu Handicraft and Handloom items in view of enormous potential of this sector for growth, export and wealth creation and also employment generation. Speaking on the occasion, Prashant Goyal appreciated the effort of entering into MoU with NIFT Srinagar as having professionally designed packaging prototypes, in tune with the market-demand, would definitely increase the sales of products viz-aviz wage earnings of our artisans and weavers. Union Additional Secretary, Ministry of Textiles, Rohit Kansal, who is also DG NIFT, said that the Government of India is willing to support the artisans and weavers of Jammu and Kashmir in any capacity. He said they can offer courses to these craftsmen to upgrade and

Sensitisation Workshop on NEET & JEE-IIT coaching held for parents, teachers at Kishtwar

JJ NEWS SERVICE
KISHTWAR, FEBRUARY 09: District Administration Kishtwar, in collaboration with office of Chief Education Officer today organised a day long workshop to sensitize the parents, teachers and the aspirants about Online-Offline NEET JEE-IIT coaching programme being rolled out by it. Deputy Commissioner Dr. Devansh Yadav presided over the workshop in presence of Chief Education Officer, Sudarshan Kumar Sharma; ACD, Atul Dutt Sharma; AO DC office, Imran Ahmed Kichloo, Principals, lecturers, teachers. Aspirants from various government and private institutions participated in the workshop. At the outset, the participants were apprised about the initiative of the

district administration to conduct the online-offline coaching classes in the district being provided by the renowned teachers/coaching guides of the country. The participants gave suggestions and feedback about the coaching programme and the same were noted down for consideration to create an enabling environment for the proposed coaching programme. Speaking on the occasion, Deputy Commissioner Kishtwar stressed teachers and parents to work together with district Administration and make the proposed coaching programme a great success. He also urged parents and teachers to spread mass awareness to enrol maximum number of the students for the coaching.

He said the aspirants can apply on the link: <https://forms.gle/y2dtdJXk9qJHJ7>. He further informed that aspirants can visit District Administration Kishtwar Facebook page and register themselves on the link, besides the aspirants and parents can contact the administration for any help and avail the golden opportunity at their home town with minimal charge. The CEO asked the aspirants to avail this great opportunity by utilizing the services of prominent coaching institutes/tutors in their home town. Parents and teachers evinced a positive response and thanked District Administration Kishtwar for their valuable efforts and showing great concern for the future of their children.

Kushwaha's revolt to benefit NDA in Bihar says Union minister Pashupati Kumar

PATNA, FEB 9: Union minister Pashupati Kumar Paras on Thursday asserted that the rebellion of JD(U) leader Upendra Kushwaha will "benefit the BJP-led NDA" in Bihar which has been lying low since being stripped of power in the state last year. Paras was responding to queries from journalists about the current political situation in the state where the NDA which includes his Rashtriya Lok Janshakti Party, is supported by a rival group headed by his nephew Chirag, and is pitted against the seven-party ruling "Mahagath bandhan". "The NDA will win in the general elections next year. You can take it from me. There is no counter to the charisma and popularity of Prime Minister Narendra Modi, while the Mahagathbandhan is in disarray as evident from the notes of discord struck by Kushwaha," Paras said.

Replying to a query, he said, "Kushwaha's revolt will definitely benefit the BJP and its allies in Bihar". However, he became guarded when asked whether Kushwaha, a former Union minister who had served in Modi's first administration, will be welcomed into the NDA. "Let him (Kushwaha) make the move. A decision will be taken at that time", said Paras, who represents Hajipur Lok Sabha seat, a pocket borough of his late brother Ram Vilas Paswan.

administration, will be welcomed into the NDA. "Let him (Kushwaha) make the move. A decision will be taken at that time", said Paras, who represents Hajipur Lok Sabha seat, a pocket borough of his late brother Ram Vilas Paswan.

710 Works under DDC, BDC, PRI grants completed at Bandipora

ADDC reviews RDD works; stresses on target completion at earliest

JJ NEWS SERVICE
BANDIPORA, FEBRUARY 09: The Additional District Development Commissioner (ADDC) Bandipora, Ali Afzar Khan on Thursday chaired a meeting of officers to review the functioning of the Rural Development Department and implementation of various schemes by the department.

On the occasion, officers informed the chair about the ongoing works including works taken up under Area Development Fund for Panchayat Raj Institutions including BDC and PRI grants. The meeting was informed that 1026 works costing Rs. 37.44 Cr have been approved including 839 works under PRI grants, 94 under BDC grants and 93 under DDC grants. Giving an update about the implementation, officers informed that 710 works have been completed that amounts to 80 percent of the financial expenditure costing about Rs. 22 cr. On the occasion, ADC also reviewed all the pending works and discussed the bottlenecks that hinder the progress of works including the works under Swachh Bharat Mission, PMJAY scheme, MGNREGA, Aspirational blocks, ODF plus villages. He directed the officers to complete all works well in time and remove all the bottlenecks including land disputes at earliest. He also asked the officers to utilize the manpower under MGNREGA so that the target of 100 days job to unskilled and unemployed youth of the villages is also met.

NSE phone tapping : Delhi HC grants bail to Chitra Ramkrishna in money laundering case

NEW DELHI, FEB 9: The Delhi High Court on Thursday granted bail to Chitra Ramkrishna in the money laundering case related to alleged illegal phone tapping and snooping of the National Stock Exchange (NSE) employees, saying prima facie there are reasonable grounds to believe she is not guilty. Justice Jasmeet Singh granted bail to the former NSE managing director on a personal bond of Rs one lakh and two sureties of the like amount. "Prima facie there are reasonable grounds to believe that the applicant is not guilty of the offence and she is not likely to commit any offence while on bail...the application is allowed and the applicant is granted bail," the court said. Ramkrishna was in custody for almost seven months in the matter. "In the present case there is no allegation that the applicant has derived or obtained any property or proceeds of crime. Additionally, there is no allegation or evidence produced before me to suggest that the applicant has concealed, possessed, used, projected or claimed any proceeds of crime as untainted property," the court also observed. She was granted bail in the CBI case by the high court in September last year after

being in custody for approximately seven months post her arrest in March 2022. Ramkrishna, who was earlier arrested by the CBI in the alleged NSE co-location scam, was arrested in the present case by the Enforcement Directorate on July 14 last year. The Enforcement Directorate (ED) had opposed her bail plea in the present case on grounds that she was the "mastermind" behind the conspiracy. The phone tapping case, according to the ED, pertains to a period from 2009 to 2017 when former NSE CEO Ravi Narain, Ramkrishna, Executive Vice-President Ravi Varanasi, and Head (Premises) Mahesh Haldirpur and others conspired to cheat NSE and its employees and for the purpose, engaged iSEC Services Pvt Ltd for illegal interception of phone calls of employees of the NSE in the guise of doing periodic study of cyber vulnerabilities of the NSE. In the 38-page order, Justice Singh said prima facie no scheduled offences, including those under the Indian Penal Code or the Prevention of Corruption Act, against Ramkrishna are established and thus the provisions of Prevention of Money Laundering Act cannot be attracted.

JAMMU POWER DISTRIBUTION CORPORATION LIMITED OFFICE OF THE EXECUTIVE ENGINEER, ELECTRIC DIVISION-II, JPDCI GANDHINAGAR JAMMU

CIN No: U40300JK2013SGC003898
E-mail: emeed2@gmail.com/Tel/Fax: 0191-2485821

TENDER NOTICE

E-NIT No: 64 of 2022-23 Dated: 06.02.2023

For and on behalf of the Lieutenant Governor of the UT of Jammu and Kashmir, the Executive Engineer (Distribution), Electric Division-II, JPDCI Jammu, hereinafter referred as 'Employer', invites online e-bids from reputed Companies of Class 'A' registered/Electrical Contractors for Fixing the Job Contract (Labour) for Repair/Reclamation of Damaged Distribution Transformers (11KV/6.6KV/0.44KV) of different capacities viz 25 KVA, 50/63 KVA, 100 KVA, 200/250 KVA, 300 KVA, 400 KVA, 500 KVA, 630 KVA at Divisional Workshop Miran Sahib during the Financial Year 2023-24.

A	Tender Document Sale/Download Start Date	06.02.2023; 12:00 Hrs.
B	Tender Document Sale/Download End Date	27.02.2023; 16:00 Hrs.
C	e-Bid submission (start) date & time	06.02.2023; 12:00 Hrs.
D	e-Bid submission (end) date & time	27.02.2023; 16:00 Hrs.
E	Submission of Hard Copy of Tender Fee	06.02.2023; 12:00 Hrs. to 27.02.2023; 16:00 Hrs.
F	Pre-Bid Meeting	14.02.2023; 14:00 Hrs.
G	Commercial and Technical Bid opening date & time	28.02.2023; 16:00 Hrs.
H	Online financial e-Bid opening date & time (Only of the technically qualified Bidders)	Will be communicated to the Technically Qualified Bidders.
I	Venue of opening of techno-commercial Bids	Executive Engineer Electric Division-II JPDCI Gandhi Nagar Jammu
J	Cost of e-Bid document	Rs. 3000 (Non-Refundable)
K	Amount of Earnest Money Deposit (EMD)	Rs. 25000/-

- Note: The Tender has been floated for deriving the L1 rates for repair of Distribution transformers of various capacities at Divisional Workshop Miran Sahib of Electric Division-II JPDCI, Jammu for the year 2023-24.*
- Bidders are advised to study the Bidding Document carefully. Submission of e-Bid against this SBI shall be deemed to have been done after careful study and examination of the procedures, terms and conditions of the Standard Bidding Document with full understanding of its implications.
 - The tender document is available at website <http://jtenders.gov.in>. Interested bidders may view, download the e-Bid document, seek clarification and submit their e-Bids online up to the date and time mentioned in the table in SBI.
 - Bidders shall have to pay the e-Bid document fee in the shape of Demand Draft / (Non-refundable) or a Cheque in favour of the Executive Engineer Electric Division-II JPDCI, Gandhi Nagar Jammu of any nationalized bank or e-Challan, treasury Challan/receipt, in favour of Executive Engineer Electric Division-II JPDCI Gandhi Nagar Jammu (Cost of Tender to be credited to Head: 0901/Non-refundable) on or at least one day before opening of commercial and technical e-Bid.
 - No Bidder, unless or otherwise specified in the terms and conditions, shall be exempted from depositing Earnest Money. Tenders not accompanied with the requisite amount of earnest money shall be rejected.

No: ED-II/TS/3220-22
Dated: 06-02-2023
DIP/J-5188-P/22

SD/-
EXECUTIVE ENGINEER
JPDCI ELECTRIC DIVISION-II
JAMMU

G2 **NORTHERN RAILWAY** **75**
Azadi Ka Amrit Mahotsav

E-TENDER NOTICE

Sr.DEN-IVFZR acting for and on behalf of The President of India invites open tenders (E-Tenders) against below titled tenders and available on www.reps.gov.in with closing date 27.02.2023 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 manual offer received shall be ignored. Contractors are allowed to make payments against this tender towards tender document cost and earnest money only through online payment modes available on www.reps.gov.in portal like net banking, debit card, credit card etc. Manual payments through Demand draft, Banker cheque, Deposit receipts, FDR etc. are not allowed. For more information login to www.reps.gov.in

Tender Type	Tendering Section	Bidding System
Open	Works	Single Bid System

Date of Uploading Tenders	Bid Starting Date	Bid Closing Date/Time
02.02.2023	13.02.2023	27.02.2023 / 15:00 Hrs.

S.No.	Tender No.	Details of Tender
1.	423-2022-23-UHP-DRM-FZR	Installation and Commissioning of effluent treatment plant of 50 KLD at SVDK railway station on J&K-SVDK section under ADENUHP.

Advertised Value (Rs.)	Earnest Money	Validity of offer	Period of completion
86,75,892.49/-	1,73,500/-	60 Days	12 Months

Similar Nature of work: "Supply, design, erection and commissioning of sewage or effluent treatment plant".

Note: 1. Before bidding, bidders to check for any corrigendum issued against tender No. 770-W/169/WAFZR/2022-23 Date: 04.02.2023

SERVING CUSTOMERS WITH A SMILE 398/23

OFFICE OF THE EXECUTIVE ENGINEER PWD(R&B) DIVISION SAMBA

ABBREVIATED NOTICE INVITING TENDER

E-NIT No. 107 of 2022-23 Dated: 07-02-2023

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

S. No	Name of Work	Advertised Value (Rs. in Lacs)	Cost of document (in Rs.)	(Earnest Money) in shape of GDR (PDR) (in Rs.)	Time allowed for completion	Time and date of opening of tender	Class of Contractor
1	2	3	4	5	6	7	8
1	Repair / Renovation of Bamuchak Temple an additional works at District Samba. (4* call)	77.36	1500/-	2% of adv. Cost	08 Months	21-02-2023 (1400 Hours)	"A"

Position of AAA: Major Head: Accorded Sanctioned 4202: Education

1/ Date of Publishing = 07/02/2023
2/ Pre bid meeting = 11/02/2023 at 1300 Hrs
3/ Date of downloading = 1000 hours on 12/02/2023 to 20/02/2023 upto 1800 hours
4/ Date of submission / Uploading = 1000 hours on 12/02/2023 to 20/02/2023 upto 1800 hours
5/ Date of opening of bids = 21/02/2023 at 1400 hours.

The tender is available at website <http://jtenders.gov.in> all other terms & conditions can be seen on the above website.

No. 13203-19
Dt. 07.02.2023
DIP/J-19304/22

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

Kwar HE Project, CVPPPL organise follow up Medical Camp at village Padyarna

JJ NEWS SERVICE
KISHTWAR, FEBRUARY 09: Kwar HE Project, CVPPPL, in association with District Administration Kishtwar and District Health department organized a follow up medical camp at the village Padyarna, of block Nagseni under CSR 2022-23. Follow up Medical Camp was inaugurated by S K Giri, General Manager (Civil), Kwar HEP. Previously, two free health checkup camps (A General Checkup Camp and a specialized Gynecology medical camp) were also conducted by Kwar HE Project under CSR at the village Padyarna on 16th Jan 2023. A medical team from District Hospital Kishtwar checked up about 150 persons from the Project affected villages and nearby areas. They were provided free medical consultation and medicines alongwith menstrual hygiene material.

National Commission for Women, SWD, TISS hold meeting on strengthening of response to gender-based violence in J&K, Ladakh

JI NEWS SERVICE
JAMMU, FEBRUARY 10: National Commission for Women in collaboration with Social Welfare Department and Tata Institute of Social Sciences, Mumbai, organized a meeting of stakeholders of Union Territories of Jammu and Kashmir and Ladakh regarding strengthening of response towards gender-based violence through greater coordination.

The meeting, chaired by Chairperson, National Commission for Women, Rekha Sharma, was attended



by Commissioner for Women, Family Counselling Centre, One Stop Centres, 181 Helpline, District Hub for Empowerment of Women and Family Counselling Centres along with senior police officials responding to violence against women in both UTs were also part of the meeting. Speaking during the

meeting, Chairperson, Rekha Sharma said, "We need to respond collaboratively, if we want to tackle this huge problem of violence against women." Sheetal Nanda, encouraged all stakeholders to equip themselves with knowledge of laws pertaining to women for better implementation of the initiative. She asked them to recognize the multiplicity of services for cross-referrals and comprehensive response to survivors seeking support. She added, "Law is the backbone of the work we do."

It was decided in the meeting that awareness programmes on cyber-crime with varied population of youth, social workers and police will be organized. Besides training of Protection Officers under the Protection of Women from Domestic Violence will also be planned. Also, Social Workers will be trained on responding to human trafficking.

The meeting also decided that a portal will be developed to create a directory of available resources for survivors of violence.

DC Doda asks for strict enforcement of notified rates for online services

JI NEWS SERVICE
DODA, FEBRUARY 10: Information Technology Department, J&K has recently notified/fixed rates for delivery of all online services to be charged/received from the citizens/customers of entire Union Territory of Jammu & Kashmir for Government to Citizens (G2C) and Government to Business (G2B) services.

In this regard, Deputy Commissioner Doda, Vishesh Paul Mahajan has issued instructions to all the Tehsildars to check the availability of Common Service Centres (CSCs) in all pockets in their respective jurisdictions for the convenience of the general public.

The Tehsildars and District Manager Common Service Centres (DM-CSC) have been asked to ensure that the CSCs do not charge more than the rates notified by the government for different online services. District Manager CSC has been instructed to issue necessary directions to all the VLEs of Common Service Centres (CSCs) of District Doda for pasting the Notification at their respective CSCs and the rates so notified in the said Notification be implemented in letter and spirit.

JKPCC conducts workshop on "Implementation of EPR under E-waste, Plastic Waste Management Rules, 2022"



JI NEWS SERVICE
JAMMU, FEBRUARY 10: Jammu & Kashmir Pollution Control Committee today conducted an interactive workshop on "Implementation of EPR under E-waste (Management) Rules, 2022 and Plastic Waste Management (Second Amendment) Rules, 2022" here at Convention Centre, Jammu.

The objective of the workshop was to provide a common platform for an interaction with concerned stakeholders and implementing departments on various aspects of EPR Rules.

Commissioner Secretary, Department of Forest, Ecology and Environment, Sanjeev Verma, was the chief guest while Chairperson, J&K Pollution Control Committee Dr. Neelu Gera, was the guest of honour on the occasion.

Workshop started with visiting of exhibits by the dignitaries which were displayed by various organizations like Shalimar Thermoforming Private Limited Samba, Indian Pollution Control Association, Lifecycle Management Private

Limited, Saahas Zero Waste, Self Help Group (NRLM) Block Dhansal, Himalaya Green Himachal Pradesh and VRG Groups, Ganguly.

Sanjeev Verma appreciated the efforts of JKPCC for organizing such type of events and stressed upon the stakeholders including district administration to ensure effective implementation of relevant provisions laid under both E waste and Plastic Waste Rules. He emphasized the need to link growing menace of Plastic and E-waste pollution with unpredictable disaster, owing to release of toxic gases in the environment through unscientific dumping and disposal of such waste.

Dr. Neelu Gera pointed out in her address regarding the need for an urgent action to be taken up by stakeholder departments like Urban Local Bodies to facilitate separate and safe collection of such wastes with publicizing the collection points for public awareness. She also requested Rural Development Department to ensure implementation of Rules in letter and spirit at Panchayat levels as rural areas are also now identified as

equally accountable for both types of waste generation.

Regional Director, JKPCC, Sat Paul, briefed about the objective of the interactive workshop.

Member Secretary JKPCC, K Ramesh Kumar, informed the gathering that as per new E-waste and Plastic waste Rules, responsibility of the respective Producers and Recyclers have risen manifold and appealed for adherence to the stipulated rules by them in this regard.

During the workshop, Shoba Raghavan, Director and COO, Saa has Zero Waste made a detailed presentation on Producer's Responsibility for implementation of EPR as per E-waste (Management) Rules, 2022 and Co-founder CEO, Abhishek Agshe, Lifecycle Management Private Limited made a presentation on responsibility of recyclers laid under E-waste Rules.

Director, Indian Pollution Control Association, Ashish Jain deliberated on the EPR Policies for Plastic Waste Management.

The program was attended by officers and officials from Department of Industries and Commerce, Nodal Officers from Central University, Jammu University, SKUAST, SMVDU, concerned Nodal Officers from Jammu Municipal Corporation and Srinagar Municipal Corporation, CEOs from Department of Urban Local Bodies Jammu and Kashmir, Jammu Chamber of Commerce and Industry, National Rural Livelihood Mission, Divisional Officers and Scientists from JKPCC, Nodal Officer E-waste, JKPCC, Jammu, besides DISHA organization and Global Human Rights Trust.

Nehru Yuva Kendra Sangathan J&K, GCW Parade organise National Youth Parliament Festival

JI NEWS SERVICE
JAMMU, FEBRUARY 10: Nehru Yuva Kendra Sangathan J&K, in collaboration with Government College for Women Parade Ground organized a state level National Youth Parliament on the College Campus.

As many as 46 youth from districts of Jammu & Kashmir UT and Ladakh UT, all being the winners and first runners up of District Level National Youth Parliament, participated in the State Level event.

Nisar Ahmed Butt, SD NYKS J&K and Ladakh was the chief guest, while Dr. Deepak Pathania, Assistant professor, Environmental Sciences, Dr. Seema Jamwal, Assistant Professor Political Science, Dr. Musavir Ahmad, NSS Program Coordinator, Kashmir University, Dr. Seema Zargar, Senior Officer, School Education Department

and Dr. Shubra Janwal, Assistant professor, English were the jury members.

Anmol Sharma from NYKS Jammu got the first rank, Faiza Basharat from GDC Poonch got the second rank and Quyima Aslam from S P College Srinagar got the third rank in the state level event.

The first three winners of state Youth Parliament shall participate at national level NYPP in New Delhi where 87 Winners from all States and UTs will participate in the National Youth Parliament Festival in person at 29 venues.

Out of them, 29 first position holders will speak on the given topics while the remaining 58 will attend the proceedings. Dr Gurpreet Kour, NSS Program Officer, GCW Parade and Organizing Secretary of the program both at Nodal Jammu level and state

level took the initiative for organizing National Youth Parliament Festival.

The main objective of the programme is to hear the voice of youth between 18-25 years of age through deliberations in Youth Parliaments at District, State and National levels and to encourage the youth to engage with public issues, understand the common man's point of view, form their opinions and express it in an articulate manner, to develop and enhance decision making abilities, to develop in them respect and tolerance for the views of others, to develop in them an understanding that respect for rules is essential for conducting any discussion systematically and effectively, to obtain and document their opinions on Vision of New India and to make available their views to policy makers and implementers to take it forward.

Saurabh Bhagat meets MNRE; Discusses modalities for implementation of Biomass Programme in J&K

JI NEWS SERVICE
NEW DELHI, FEBRUARY 10: Commissioner Secretary, Science and Technology, Saurabh Bhagat, today discussed modalities for implementation of newly launched Biomass Programme of Ministry of New and Renewable Energy (MNRE), approved under the umbrella scheme of National Bioenergy Programme Phase-I, in Jammu and Kashmir.

During his visit to the Capital, MNRE, Saurabh Bhagat had detailed discussion with S R Meena, Incharge Bio-energy, on several issues regarding setting up of one Bioenergy Pilot

Project each in Jammu and Kashmir regions of the UT.

Pertinent to mention here that the National Bio-energy Programme comprises of sub schemes like 'Waste to Energy Programme (Programme on Energy from Urban, Industrial and Agricultural Wastes/Residues), Biomass Programme (Scheme to Support Manufacturing of Briquettes and Pellets and Promotion of Biomass (non-bagasse) based cogeneration in Industries) and Biogas Programme.

Commissioner Secretary also met in-charge Rooftop Solar Division,

MNRE, Hiren Bora and updated the Ministry with the progress on implementation of 20 MW and 200 MW cumulative capacities Rooftop Solar sanctions of MNRE and stressed for timely release of Central Financial Assistance (CFA) under the schemes.

During the discussion, Saurabh Bhagat updated the Ministry regarding various challenges and impediments being faced by JAKEDA in implementation of the schemes. He requested the Union Ministry for allowing empanelment of more vendors under the two sanctions as the targets to be achieved are huge.

PSPS PG College NCC Cadets shine in RDC-2023

JI NEWS SERVICE
JAMMU, FEBRUARY 10: Republic Day Camp is not just a camp, it is an emotion; emotion for the cadets who strive to be a part of Republic Day Contingent and step in DGCC to transform.

Securing 4th position for the first time in the history, the ten cadet NCC contingent of Padma Shri Padma Sachdeva Government PG College for Women, Gandhi Nagar attended this prestigious camp and brought laurels to the College. Two cadets from 1 J&K Naval Unit; 04 cadets from 1 J&K Girls Battalion, NCC Srinagar and 04 from 2 J&K Girls BN, NCC Jammu were part of the team that attended the Republic

Day Camp 2023 at New Delhi.

The cadets were well trained at various Pre-RDC camps at Nagrota, Jammu over a two month period, prior to their departure to New Delhi. They added sheen to the Prestige of College by participating in various events and competitions like Drill, Cultural Programmes, Flag Area etc. From 1 J&K GIRLS BN, Senior Cadet Captain Parul Sharma was selected for Kartavyapath for which she received ADG Commendation. Cadet Captain Kiran Choudhary participated in cultural events and also achieved ADG Commendation. SUO Tania Chib and JUO Marjam from 1 J&K Girls Battalion, NCC Srinagar, were a part of Kartavyapath

Contingent whereas JUO Riya Kaith was a part of PM Rally and JUO Ankeeta Langhe participated in cultural events. From 2 J&K GIRLS BN, NCC JAMMU, SUO Shakshi formed a part of the PM Rally contingent and JUO Anna Khan marched Kartavyapath. JUO Manshi Sharma was selected for All India Guard of Honor showcasing salami to Honorable PM Shri Narendra Modi whereas Sergeant Rakshika Sharma was a part of cultural events. Principal of the College Prof. Minu Mahajan, congratulated and applauded the Cadets for the hard work, dedication and strenuous efforts for bringing laurels to the College for representing at National Level.



75
Azadi Ka
Amrit Mahotsav

Department of Industries and Commerce, J&K

invites applications for

Exhibition cum Sale

at

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From 1st March to 31st March, 2023



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Papier Mache



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Small Stalls (Less than 40 sqm.)	Rs. 1500 per month	Rs. 5000 per month
Big Stalls (More than 40 sqm.)	Rs. 2000 per month	Rs. 6000 per month
Exhibition Area (Area 200x75 sqm.)	Rs. 2000 per day	Rs. 4000 per day
	Rs. 25000 per month	Rs. 50000 per month
Auditorium : Conference Hall (Area 300,864 sqm.)	Rs. 15000 per day	Rs. 25000 per day

OFFICE OF THE GENERAL MANAGER, DISTRICT INDUSTRIES CENTRE

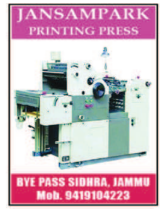
Exhibition Ground, Jammu.

Office No. : 0191-2544771
Help Desk : 0191-3510108

General Manager DIC Jammu | @GM DIC Jammu | gm.dicjammu@gmail.com

DIP/J-15383/22

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Not Stone pelting Kashmir now sports hub: Anurag Thakur

Says Admin changed Valley situation in just 3 years; More than 1500 Athletes from Country to participate in 11 different winter-sports disciplines; Gulmarg to be Centre of Excellence for winter games soon: LG Manoj Sinha

J I NEWS DESK
SRINAGAR, FEB 10

Union Minister Anurag Thakur on Friday said that the Kashmir Valley that was earlier known for stone pelting incidents is now famous for Football and other sports activities.

Addressing a gathering at the inaugural function of Khelo India Winter Games at Gulmarg, Thakur, as per the news agency said the youth who were holding stones in their hands are now indulging in sports activities, thereby making the nation proud.

While appreciating the role of the Jammu and Kashmir government, he said the government made it possible to change the Kashmir situation in just 3 years, which earlier could not be done in 75 years.

"It is really a proud movement for all of us that Jammu and Kashmir is hosting the Khelo India Games for the third time, which other states failed to," he said.

He said that they will soon have a number of star athletes, as the youth are highly involved



in games, be it Football, Wushu, Cricket, Skiing or other sports activities.

The Union Minister assured full support and cooperation in developing the Center of Excellence for Winter Games in the UT. "It is the vision of our Prime Minister Narendra Modi to create sporting infrastructure across India. The setting up of a National Centre of Excellence in the valley will support the athletes of J&K," he said.

"Jammu and Kashmir's every district is now having an indoor stadium and every village a play field, which itself speaks how the situation has taken a U-turn," he said. "More than 1500 Athletes will compete in 11 different winter sports disciplines in the five day mega sports event."

Speaking on the occasion, Jammu and Kashmir Lieutenant Governor Manoj Sinha said

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Vijay Kumar Bidhuri is new Div Com Kashmir as govt orders transfer, posting of 15 officers

J I NEWS DESK
SRINAGAR, FEB 10

The government on Friday ordered transfer and posting of 15 officers, seven of them IAS, in the interest of administration with immediate effect.

According to an order, a copy of which lies with the news agency, Vijay Kumar Bidhuri, IAS (AGMUT:2005) Commissioner/Secretary to the Government, Revenue Department, holding additional charge of Principal Resident Commissioner, J&K Government, New Delhi, has been transferred and posted as Divisional Commissioner, Kashmir.

The order states Dheeraj Gupta, IAS (AGMUT: 1993), Principal Secretary to the Government, Housing and Urban Development Department, holding additional charge of smart Cities and proposed new Jammu/Srinagar Metropolitan Regional Development, has been transferred and posted as Principal Secretary to the Government, Department of Forest, Ecology and Environment.

"H. Rajesh Prasad, IAS (AGMUT:1995), Principal Secre-

tary to the Government, Power Development Department, shall hold the charge of the post of Principal Secretary to the Government, Housing and Urban Development Department, in addition to his own duties, till further orders," reads the order.

It reads Sanjeev Verma, IAS (AGMUT:2001), Commissioner/Secretary to the Government, Department of Forest, Ecology and Environment, has been transferred and posted as Commissioner/Secretary to the Government, General Administration Department.

"Sarmad Hafeez, IAS (AGMUT:2009), Secretary to the Government, Tourism Department, holding additional charge of Administrative Secretary, Youth Services and Sports Department, has been transferred and posted as Secretary to the Government, Finance Department, holding additional charge of CEO, ERA & Mission Director, Jal Jeevan

Mission, J&K, has been transferred and posted as Administrative Secretary, Culture Department, relieving Zubair Ahmad, JKAS, of the additional charge of the post.

"He shall hold the charge of the post of Chief Executive Officer, Economic Reconstruction Agency, in addition to his own duties, till further orders."

It added Dr. Piyush Singla, IAS (AGMUT:2012), Administrative Secretary, General Administration Department, has been transferred and posted as Administrative Secretary, Revenue Department.

"Rakesh Minhas, IAS (AGMUT:2016), awaiting orders of adjustment in the General Administration Department, has been posted as Managing Director, SIDCO. He shall also hold the charge of the post of Managing Director, SICOP, in addition to his own duties, till further orders."

It further reads Raman Kumar Kesar, JKAS, Managing Director, SIDCO, holding additional charge of Managing Director, SICOP, has been transferred and posted

CONTINUED ON » PAGE 4

Indian teams working day and night as part of Operation Dost in Turkey: PM Modi



NEW DELHI, FEB 10

Prime Minister Narendra Modi on Friday said the Indian teams of NDRF personnel and doctors involved in rescue and relief operations in quake-hit Turkey are working day and night as part of 'Operation Dost' and would continue giving their best to save lives.

The Prime Minister said that India stands firmly with the people of Turkey, where a 7.8-Richter tremor on Monday has led to around 20,000 deaths and devastated cities.

His comments came as the Indian Army's 30-bedded field hospital in Iskenderun has so far treated 106 people in the Turkish city that has been hard hit in the earthquake.

"Our teams are working day and night as a part of 'Operation Dost'. They will keep giving their best to ensure maximum lives and property are saved. In this critical time, India stands firmly with the people of Turkey," the PM said in a tweet.

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After 2-day wet spell, MeT predicts improvement in weather from today

J I NEWS DESK
SRINAGAR, FEB 9

After two-day wet spell in Jammu & Kashmir, the weatherman here has predicted gradual improvement in weather conditions from tomorrow (Saturday), saying that there is no forecast of any major wet spell till February 17.

Reports reaching the news agency, said that a few higher reaches in Kashmir received light snowfall today while rains lashed the majority of areas including Srinagar today.

Deputy Director Meteorological department (MeT) said that the



weather conditions have started improving and from tomorrow it will gradually improve further. "Although there is a possibility of light rain at isolated places, overall the weather conditions will improve from tomorrow," he said.

He further added that the weather would remain mostly dry till February 17, saying that there is no possibility of any wet spell during the period from tomorrow. However, some of the areas in northern Kashmir have received snowfall with dust.

The MeT in a statement issued here classified the

CONTINUED ON » PAGE 4

Govt teacher arrested for allegedly misbehaving with girl students

J I NEWS DESK
POONCH, FEB 10

A Government teacher, posted in Middle School Dhargaloon in Balakote zone of Mendhar sub division of Poonch district, has been arrested by police for allegedly molesting and misbehaving with two girl students of his school. Per-

tinently, the teacher has also been placed under suspension by the education department.

The teacher identified as Mohammad Taj Nayazi was booked in a case under FIR number 10/2023 under sections 354, 8/10 POCSO Act in Police Station Cursal.

Police officials told

CONTINUED ON » PAGE 4

Avalanche hits Gurez, 2 women rescued

J I NEWS DESK
SRINAGAR, FEB 10

Two women were rescued after a snow avalanche hit the Manzang area of north Kashmir's Bandipora district on Friday, officials said.

Police said two women identified as Tabassum Bano and Shahzaba Begum went out to collect drinking water from a nearby tap when they came under a medium avalanche in Manzang area of Tulail Friday morning.

They said soon after the incident a rescue operation was launched by local residents and after strenuous efforts both were rescued alive. However, no damage has been reported in the incident so far, they added.

Upper reaches of Bandipora including Gurez valley received yet another fresh spell of snow on Thursday. The road remains closed with the rest of the

CONTINUED ON » PAGE 4

JKBOSE 10th, 11th, 12th Class Date Sheet Out

J I NEWS DESK
SRINAGAR, FEB 10

The JK Board of School Education (BOSE) on Friday notified the date sheet of annual (Regular 2023) examination for class 10th to 12th students enrolled in schools falling in soft zone areas of Jammu and Kashmir.

As per the date sheet issued by the Director Academics JKBOSE, the examination of class 10th students in soft zone areas will commence from March 9 of 2023 and will culminate on April 5.

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Rain in Ramban triggers landslides, blocks highway

J I NEWS DESK
JAMMU, FEB 10

The Jammu-Srinagar national highway was closed for traffic on Friday due to multiple landslides triggered by heavy rains in Ramban district, officials said.

The only all-weather 270-km highway linking Kashmir with the rest of the country, was blocked by the landslides at Panthiyal, Cafeteria Morh, and Dalwas areas with over 200 vehicles stranded at several points on the route.

CONTINUED ON » PAGE 4

J&K PSC now functions with only one member and chairman

J I NEWS DESK
SRINAGAR, FEB 10

With former IPS officer Aftad-ul-Mujtaba completing his term as a member of the Jammu & Kashmir Public Service Commission on Friday, the key recruitment body of the Union Territory is now left with only one member.

Mujtaba, an illustrious IPS officer, who was appointed as a member of the constitutional body on June 24, 2020, completed his term today, leaving the constitutional body with only one member now.

According to details available with news agency, the PSC is now left only with chairman Satish Chandra (former IAS officer) and

member Zubair Ahmed Raza (former judge).

As per the Constitution of India, a member of the State Public Service Commission shall hold the office for a term of six years or till the age of 62 years, whichever is earlier.

Before scrapping of the Article 370, the appointment and retirement of PSC members in J&K was governed by the Constitution of Jammu & Kashmir, which allowed members of the prestigious body to hold office for a term of five years or till the age of 65 years, whichever is earlier.

The Public Service Commission was made functional with J&K UT's administration with

CONTINUED ON » PAGE 4

India's technology-enabled governance model can meet unforeseen exigencies: Dr Jitendra

J I NEWS DESK
NEW DELHI, FEB 10

Union Minister of State (Independent Charge) Science & Technology; Minister of State (Independent Charge) Earth Sciences; MoS PMO, Personnel, Public Grievances, Pension, Atomic Energy and Space, Dr Jitendra Singh today said that Prime Minister Narendra Modi has given India a technology-enabled Governance Model, which can meet unforeseen exigencies and is perpetually prepared for it, as was evident during the Covid pandemic which took everybody by surprise but the government working did not get interrupted even for a single day because long before the pandemic came, we had almost completely shifted over to e-office,



online and virtual modes of working.

Speaking at the 4th Edition of National Governance Summit of Economic Times here, Dr Jitendra Singh said that Modi's Governance Model is not only sustainable but also resilient, using futuristic technologies and innovations.

The Minister said, the Modi model of governance evolved over the last 22 years has laid the foundation of the future road map

of India's progress. He said, in the next 25 years of Amrit Kaal, when India rises to the world pedestal, this will be primarily on the strength of our scientific prowess and capacity of our Start-Ups which will be essentially technology driven and a unique governance model taking effective care of 140 crores plus Indians.

Dr Jitendra Singh said, Modi, an avid follower of newer technologies and innovations is always ready

to adopt today, the technology of tomorrow. He said, Prime Minister is focusing on areas like Space Technology, Drone, A.I, Biotech, Geospatial, Ocean Mission or Blue Economy and Green technologies including the Hydrogen Revolution which will define the destiny of India tomorrow. The Minister added that COVID-19, the pandemic of the century, was turned into a virtue from the great adversity.

Dr Jitendra Singh said, the Tri-Ratna of this governance model are Out of Box Thinking, Breaking the Taboos of the Past and Converting Government Campaign into Mass Campaign. Giving one example of each of the three great ideas, the Minister said, soon after Modi came to power

CONTINUED ON » PAGE 4

Government takes action for better land, soil management with launch of pioneering project

J I NEWS DESK
JAMMU, FEB 10

Jammu and Kashmir government has approved an ambitious project envisaging creation a comprehensive soil and land resource information system.

The project, titled 'J&K Soil and Land Resource Information System (JKSLRI)', is designed to help in decision-making for sustainable use of soil and land resources in the region, which is being considered as ecologically fragile. With its goal of providing a scientific base for crop diversification and soil suitability,

the JKSLRI project is set to revolutionize the way we approach land use and soil management in the region.

"The problem of unscientific land conversions and poor soil health management practices has been causing a decline in soil health, leading to poor outputs and even enterprise failure. There is also lack of knowledge and poor extension on soil health management, which is leading to loss of soil biodiversity due to intense cultivation and soil pollution," said Atal Dulloo, Additional Chief Secretary, Agriculture Production Department.

He further said that the

JKSLRI project has been designed to provide the most comprehensive and up-to-date information on soil and land resources, making it an essential tool for decision-making when it comes to sustainable use of soil and land resources.

The prestigious project, which will initially be started in four districts of J&K, has several objectives including creation of a robust land use policy on agriculture and urbanization, crop-land suitability based on land evaluation, capacity building of farmers and other stakeholders on soil health management

besides establishment of one static and 25 mini soil testing laboratories in each selected district. The project has been designed to have a major impact on the region including creation of an authentic soil and land resource repository with two soil museums one each at Jammu and Srinagar. The project shall also provide support for efficient use of fertilizers and micronutrients, which is important for organic production systems.

These objectives will help lay the foundation for a robust land use policy on agriculture

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16 injured as bus skids off road in Udhampur



J I NEWS DESK
UDHAMPUR, FEB 10

At least 16 persons were injured after a bus met with an accident in Moungrin area of Udhampur district on Friday morning, an official said. An official told the news agency that the bus

was on way from Udhampur to Moungrin when it skidded off the road near Gulabnagar. He said 16 passengers who were aboard were injured in the accident.

The injured rescue teams have rushed to the spot and injured were being shifted to hospital for treatment. KNO

Professionals, Employees, Senior citizens play important role in society: Sat



JI NEWS SERVICE JAMMU, FEB 10: Gearing up organizational activities of the party in Poonch District at grass root level, a meeting of BJP's Professional Cell, Senior Citizen Cell and Retired Employees Cell and Budget Pe Charcha was conducted to take up the party activities and vision of PM Modi led BJP Government on ground concerning development of Jammu and Kashmir.

District Poonch under the leadership of its district president Rajesh Raina held the meeting which were mainly addressed by former Cabinet Minister, Sat Sharma (CA). He was also accompanied by CA Rajeev Gupta, UT BJP Spokesperson Sunil Gupta and several others.

Speaking on the occasion, Sat Sharma said that all these three cells have a very important role to build the organization and

take the vision of the party amongst the public. He said professionals, senior citizens and retired employees are the important sections of the society and their views hold major significance. He urged the activists present to create teams of the cells up to booth level and stated that it will definitely strengthen the vision of the party at grass root level. He also asked them to go door to door to spread the pro public policies of the party.

CA Rajeev Gupta talked about Budget 2023 and said that in order to cater the support of the more public the teams must be constituted at the earliest so that people's presence could be more involved in the mission which BJP has chosen to work for the betterment of society. He also stated that BJP is the only party which works for the people and has done a lot for their upliftment.

Rajesh Raina also spoke on the working of cells in Poonch district. He also said that the teams will be made as soon as possible in the coming days so that the organizational work can be paced up to grass root level.

Naresh Sharma, Parvinder Singh, Abhi, Mukesh Sharma, Paranjit Singh, Naresh Verma, Jyoti, Rajesh Sudan, Er. Sahil, Bhupinder Pal and several others were also present on the occasion.

SMVD Gurukul holds 31st Governing Council Meeting



JI NEWS SERVICE KATRA, FEB 10: The 31st meeting of the Governing Council of Shri Mata Vaishno Devi Gurukul, Charan Paduka was held here today at Spiritual Growth Centre, Katra.

The meeting presided by Mahamandleshwar Shri Swami Vishveshwaranand Girji Maharaj, Member of the Shri Mata Vaishno Devi Shrine Board and Chairman of the Governing Council for the Gurukul, was attended by Anshul Garg, Chief Executive Officer of the Shrine Board; Navnet Singh, Additional CEO; Prof Y.K. Mishra; Dr Jagdish Chander Mehra, Joint CEO, SMVDSB and Administrator of Gurukul; Mahesh Sharma, FA/Chief Accounts Officer; Gopal Dass Sharma, Head Pujari, Bhawan; Dr Dhanraj Mishra, Principal, and Dr. Devendra Rijal, Vice Principal of the Gurukul.

The Chairman and other Members of the Governing Council while expressing satisfaction at the functioning of the Gurukul emphasized the need for making continuing endeavours to develop it as a centre of excellence. The meeting also noted the outstanding achievements of the students of SMVD Gurukul in academics and co-curricular activities and participation of faculty and students for broadening their horizon at different Platforms, including in house events & those at State, Zonal as well as at National Level.

The Governing Council, while approving the annual budget of Gurukul for Financial Year 2023-24 also finalized the arrangements for organizing 3-day North Zone Youth Festival from 20th to 22nd of February in collaboration with Central Sanskrit University. The inaugural function will be held at the Spiritual Growth Centre of the Shrine Board at Katra. The events to be organised include Educational Short Film making, Rangoli, Painting, Competition, cultural programmes, co-curricular activities besides, sports events in different categories and around 10 institutes from 5 states & UTs including Himachal Pradesh, Haryana, Punjab, Delhi, Uttarakhand, UP and JKUT, with a total of 350 students are expected to participate in the festival. The council observed that the festival shall provide a learning platform to the students of SMVD Gurukul to showcase their talent & skills from their counterparts of other institutes besides, serving as an important medium to spread joy, promote Sanskrit awareness and protect our traditional and cultural heritage.

roadmap for 5 years of the functioning of the SMVD Gurukul and way forward for developing this institution as a centre of excellence for providing top quality education to the students.

The Governing Council while releasing the Annual School Magazine "Brahmi" tracing the achievement and contribution of the students and faculty during the year appreciated the efforts stating that a wonderful platform has been given to these young students to showcase their talent as writers and express themselves into a conglomerate.

Earlier, Mahamandleshwar visited SMVD Gurukul and inspected the Construction Work-in-Progress of New Dining cum Accommodation Complex. He also interacted with the students and faculty and enquired from them about their daily activities.

Besides, the Mahamandleshwar felicitated Master Varun Sharma, student of Shri Mata Vaishno Devi Gurukul for having secured first position in the entire University, in the annual examination of class 8th conducted in 2022 by Sampurnanand Sanskrit Vishwavidyalaya, Varanasi.

Mahamandleshwar, besides, highlighting the importance of imparting sanskars in one's life, asked the students to work hard to preserve their rich culture and achieve distinction in various fields in years to come. He congratulated the Hon'ble Lt. Governor, JK-UT who is also Chairman of Shri Mata Vaishno Devi Shrine Board for nurturing such institutes which has kept alive the Vedic and Sanatan traditions in the modern era.

The Meeting also desired that alumni meet of the Gurukul should be planned to benefit from their skills and experience besides, to devise a

The Governing Council observed that as per the new guidelines of NEP-2020, the age criteria of the curricular and pedagogical structure has been reconfigured for the different stages of admission. In line

Pt. Deendayal Upadhyay was a visionary par excellence: Parmod Kapahi



BJP District Jammu holds monthly meet

JI NEWS SERVICE JAMMU, FEB 10: Bharatiya Janata Party, District Jammu under the leadership of District President Parmod Kapahi held a monthly meeting at BJP office, Kachi Chawni, Jammu.

Senior BJP leader & District Jammu Prabhari Rajeev Charak, Seh-Parbhari Vikas Choudhary also addressed the meeting along with District

President Parmod Kapahi. District General Secretary Kuldeep Kandhari, District General Secretary Rajesh Gupta, Mandal President Keshav Chopra, Mandal President Parveen Kermi, Mandal President Raman Sharma, Atul Bakshi, Ajay Sharma, JMC Councillor Sucha Singh, Councilor Suneet Raina and other prominent political persons from District Jammu participated in the meeting.

Rajeev Charak, while addressing the BJP activists of District Jammu, asked them to visit every house of the region and apprise them of the achievements of the Modi governments and their specific benefits for the residents of Jammu & Kashmir. He also deliberated upon the highlights of the recently introduced 2023 Union government budget. He said that this

budget is a people friendly budget which has touched the lives of every segment of the society.

Parmod Kapahi, in his address, discussed upcoming programs of the party. He especially focused on the party's programme of 'Samarpan Diwas' on February 11, the day on which party ideologist Pandit Deendayal Upadhyay laid down his life in the service of humankind. He stressed that Pandit Deendayal Upadhyay was a visionary personality par excellence whose ideas will make the world a better place to live.

Vikas Choudhary, spoke on the booth Sashaktikaran, in which he stressed that the party activists should pay special attention to the strengthening of the booths in their respective areas allotted by the party. Rajesh Gupta conducted meeting proceedings whereas Kuldeep Kandhari thanked all the party leaders and activists for their active participation in the meeting.

Nation suffered most due to Nehru's blunders, Modi Govt determined to nullify the adverse effects: Kavinder

JI NEWS SERVICE JAMMU, FEB 10: Kavinder Gupta, senior Bharatiya Janata Party leader and former Deputy Chief Minister has asserted that the nation and its people have suffered the most due to the blunders committed by the late Prime Minister Nehru and his family who promoted their dynastic rule over seven decades.

He said that this family not only threw democracy to winds but also carried forward the 'Divide and Rule' policy of Britishers and 'Appeasement Policy' for its petty vested interest by playing vote bank politics.

The senior BJP leader, while recalling the Prime Minister Narendra Modi's speech in the Parliament the other day, said that he has rightly exposed the real face of the Nehru family and the Congress party

while slamming the opposition for leveling accusations against him (PM) based upon surmises and conjectures.

In a statement issued here today, Kavinder said that the Nehru Gandhi family including the Vadras has brazenly looted this nation to the hilt. He asserted that this stands proved beyond any iota of doubt from the fact more than 600 organizations have been registered in the name of the members of the so called Nehru Gandhi families.

and miseries for the people at large in J&K.

The former Deputy Chief Minister said that it is the Prime Minister Modi led BJP Govt that finally did justice with the people of Jammu and Kashmir by abrogating Articles 370 and 35A as only BJP had the strong will and determination to do so.

The results are on ground today with the Pak refugees, the category people besides others who used to be earlier deprived of some significant rights are today equally placed with others.

He said that BJP stands firmly determined to adopt all the requisite corrective measures to nullify the adverse effects of the blunders of Nehru family in the ultimate interest of the common people of not only in Jammu and Kashmir but across the nation.

Govt should fulfill demands of Kashmiri Hindu employees posted in Valley before Shivratri: Shiv Sena



Stop treating Hindus employees as bonded labourers: Sahni

JI NEWS SERVICE JAMMU, FEB 10: Shiv Sena J&K unit today demanded that the LG led administration should fulfill the demands of protesting Kashmiri Hindu employees posted in Valley before the upcoming Shivratri Festival.

The leaders of Shiv Sena (Uddhav Bala Sahab Thackeray) Jammu and Kashmir unit organized a press conference at the party's central office, Jammu, today demanding the safe posting of Kashmiri Pandits/Hindus working in Kashmir by implementing the transfer policy. State Chief Manish Sahni

said government should leave its stubbornness of making these employees scapegoats and transfer them to safer places in Jammu region.

Sahni said that Hindus working under the PM rojgar yojna in Kashmir were being treated like bonded labourers and forced to become scapegoats. On aug 5, 2019 the Center has abrogated Article 370, then the bonds included in SRO 412 should be treated as cancelled. Describing the government's claims of rehabilitating Kashmiri Pandits/Hindus as hollow sham, Sahni said that providing jobs and temporary

accommodation to only 4200 Kashmiri Pandits can never mean rehabilitating the entire community.

"Along with Kashmiri Pandits, Sikh / Muslim / Dogra communities were also given jobs under the PM package. But the BJP government is baking political bread by misleading the public by beating the name of Kashmiri Pandits. At the same time, for the last 6-7 months, the salaries of the employees are being withheld and they are being forced to go to the valley," he said.

Sahni demanded the Central Government and the Lieutenant Governor of

Jammu and Kashmir to implement the transfer policy and attach Kashmiri Hindus to various central departments. He said that, the PM package funds are provided directly by the Center so the administration deutes them to central departments like (Election Commission, NTPC, NHPC, etc.) or UT Ladakh.

Sahni said that some selected and influential employees have been attached to Jammu division. It is clear from the stand of the administration that it is not hesitating to sacrifice all the Hindu employees for the party of vote politics ambitions of the central government which is an unimaginable situation towards humanity. On this occasion, President Women's Wing Meenakshi Chhibber, General Secretary Vikas Bakshi, President Kamgar wing Raj Singh, Women Secretaries Sukhwinder Kaur, Yawar Habib were present.

Indian Army organises Lavender Farming and Processing Drive

JI NEWS SERVICE JAMMU, FEB 10: As part of welfare activities, Indian Army has been constantly undertaking a variety of events for the welfare of Awaam. In pursuance of this noble aim and in order to impart training on lavender farming and generate employment through it Indian Army organised 'Lavender Farming and Processing Drive' for youth and poor farmers from the socially and economically backward strata of the society at Bhalal in District Doda (J&K). Such initiatives will improve the environment of the surrounding area and will greatly help in generating

employment opportunities to people from socially and economically backward families and simultaneously engage the youth in some construc-

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BJP OBC Morcha working round the Clock for BJP Party: Vibodh Gupta

JJ NEWS SERVICE
JAMMU, FEB 10: BJP OBC Morcha JK-UT in collaboration with Red Cross Jammu held free medicines distribution camp at Municipal Park, Resham Garh Colony, Jammu.

Vibodh Gupta General Secretary BJP Jammu Kashmir and Sunil Prajapati President BJP OBC Morcha JK-UT were prominent to inaugurate the camp.

Speaking on the occasion, Vibodh Gupta congratulated the work done by BJP OBC Morcha and said BJP OBC Morcha has done commendable work round the clock in the field of Sewa and helping Public in large.

Vibodh further thanked PM Modi for Increasing Medical Budget by 13% and said 157 new Nursing Colleges will be opened in the coming future. He asserted that the people of Jammu Kashmir are enjoying health insurance of Five Lakhs per family.



For this he thanked PM Narendra Modi for covering the whole state under health Insurance. Later Sunil Prajapati said that this Camp will benefit needy people at this time of extreme Weather Conditions and thanked Secretary Red Cross Sat Pal Sharma for Issuing Medical Camp.

He also thanked Dr. Aasia Noor (Medical Officer) and her team. Nearly 200 people were benefited by this camp and local people

applauded the working of BJP OBC Morcha. The Program was organized under guidance of Ashok Salgotra (District President BJP OBC Morcha Jammu) and others who organized the Program was Viren Satti (District Secretary BJP OBC Morcha), Raj Kumar (Mandal President OBC Morcha Bakshi Nagar).

Prominent among others who Present on occasion was Ravi Mehra (Vice President BJP OBC Morcha), Kewal Verma (State Secretary BJP OBC Morcha), Bal Krishan (State Social Media Secretary OBC Morcha), Gopal Sanotra (General Secretary BJP OBC Morcha), Parveen Badyal (Vice President BJP OBC Morcha), Rajesh Kumar (Vice President BJP OBC Morcha), Madan Verma (District Secretary BJP OBC Morcha), Ved Parkash (District Spokesperson OBC Morcha) and Budh Verma.

Kathua Campus (JU) organizes its 3rd Extension Outreach Programme

JJ NEWS SERVICE
KATHUA, FEB 10: Aiming to keep the children, youth and students away from the menace of drugs, Kathua Campus, University of Jammu today organized its 3rd Extension Outreach Activity on "Drug Abuse: Problem, Management and Prevention along with Stationery Distribution Drive at Government Higher Secondary School, Kathua. More than 400 students from Government Higher Secondary School, Kathua and Kathua Campus, University of Jammu participated in the said activity. The awareness programme was also attended by more than 100 people from Panchayat Kathua who were thrilled by the performance of the students of Kathua Campus, University of Jammu in the form of a play on Drug Abuse.

Further, a two-week stationary collection drive was launched by Kathua Campus, University of Jammu on 26th of January, 2023 in order to help the children of the adopted village Kathua and the stationery was distributed today to more than 350 students of Panchayat Kathua in order to channelise their energies to harness their potential in nation building and refrain them from bad habits so that they can focus harder on their studies. The esteemed speakers at the occasion were Sh. Kewal Krishan (District Education Planning Officer, Kathua), Dr. Rajesh Chandel (Assistant Professor, Psychiatry, Government Medical College, Kathua), Sh. Sanjeev Sharma (Inspector, Police Training School, Kathua), Mr. Varun Sharma (Sub Inspector, J&K Police, Poonch) and Sh. Devinder Kumar (Retd. Zonal Education Planning Officer, Hiranagar). While speaking on the



occasion, Sh. Kewal Krishan said that the drug menace is badly affecting the society in general and children in particular. Thus, there is an acute need to spread awareness among society especially children against this evil so that it can be uprooted. He further said organizing these types of awareness-oriented programmes at school level is quintessential for the teen age students. Dr. Rajesh Chandel opined that drug consumption is dangerous to the mental and physical health of everyone and thereby, drug abuse is destroying our future generation. He further underscored the psychological and medical aspects of drug abuse in tender age students. Sh. Sanjeev Sharma stressed on the need of involving students in cocurricular activities in addition to their academics so that they can utilize their time properly. Further, he advised the students to join sports to be mentally and physically fit. Mr. Varun Sharma advised the children to stay away from illegal drug consumption and also requested the public to inform Police about illegal drug consumption.

Further, he insisted the students to fight against this menace in their locality also. Sh. Devinder Kumar emphasized on the importance of such awareness programmes to safeguard children from drug abuse in any manner. He further highlighted the challenge of drug abuse in India and suggested the retired employees especially from the education sector to come forward to take initiatives for the welfare of the youth in particular and society as a whole.

Sh. Ashok Kumar, Principal, Government Higher Secondary School, Kathua appreciated the efforts of Kathua Campus, University of Jammu for organizing the awareness programme on Drug Abuse and for distributing stationery among the children of panchayat Kathua to focus more on studies. The Special Guests from Panchayat Kathua who attended the programme were Sh. Joginder Singh (Naib Sarpanch, Kathua), Sh. Mohinder Singh (Panch, Kathua) and Smt. Trishla Devi (Panch, Kathua).

Modi Govt's agri-friendly schemes have become real power of farmers: Johal

JJ NEWS SERVICE
JAMMU, FEB 10: The Modi government has done more work in eight years of its rule for making farmers self-reliant than was accomplished ever before and its agriculture-friendly schemes have become the real power of farmers.

This was stated by Sarabjit Singh Johal, President BJP Kissan Morcha, J&K and DDC Member while speaking at the programme in Bantala area of Jammu.

Johal asserted that the central government headed by the Prime Minister Narendra Modi has done more work in the last eight years than ever before for empowering farmers and making them self-reliant. He said the government at the Centre stands fully committed to the welfare of the farmers who deserve special attention especially in view of their being the food producers of the nation. He said the government is making every effort to double the farmers' income and boost agriculture economy.

Today, Sarabjit Singh Johal along with his entire Kisan Morcha team visited Maa Chandi Temple in Rajinder Nagar, Bantala area and prayed for the peace and prosperity of the Union Territory. State General Secretary of BJP Kisan Morcha Rakesh Pant, Vice President Kisan



Morcha Baba Chanchal Singh, Mandal President Vijaypur Ajay Sharma and Parveen Sharma accompanied the BJP Kissan Morcha President, J&K.

Johal said "Since the BJP led government came into power, it has been taking all necessary initiatives to boost and bolster the agricultural economy along with farmers' welfare schemes."

He said that the farmers' issues have been best addressed by PM Modi led Govt at the Centre. He mentioned that the schemes and initiatives by the government like Kissan Sammaan Nidhi, Kissan Credit Card, Kissan Fasal Bima, Soil Health Card, Pradhan Mantri Krishi Sinchayee Yojana (PMKSY), National Agriculture Market (e-NAM), SVAMITVA Yojana, and many more

such schemes have been providing benefits to all the farmers of the nation.

Johal asked the Kisan Morcha leaders and workers to establish a strong connect with the farmers'

community and ensure that they avail the benefits of the aforesaid schemes.

He asked them to take adequate measures to strengthen the base of the Party.

Indian Army organises lecture on Road Safety

JJ NEWS SERVICE

JAMMU, FEB 10: Indian Army organised a lecture on Road Safety at Govt Higher Secondary School, Bhowani in District Rajouri (J&K). Road accidents are a major concern in the region owing to hilly terrains and modern vehicles having lighter speed limits. Towards this end, the lecture aimed to create awareness amongst the locals to make the roads safer and prevent loss of life and limb. The lecture highlighted that roads in this region of the UT of J&K run through various hills and mountain ranges, which requires the drivers to be extra cautious and provide due allowance for the terrain and weather.

The gathering was also educated about various aspects contributing towards safe roads like, following traffic rules, importance of wearing seat belts/helmets, maintenance of vehicles etc.

BJP Minority Morcha J&K Organises Joining Program at Baribrahmana

JJ NEWS SERVICE
JAMMU, FEB 10: A programme was held at Bari Brahmana District Samba today by the District Unit of BJP Minority Morcha Jammu under the chairmanship of UT President Ranjodh Singh Nalwa.

The main motive of this meeting was to conduct briefing session in which BJP Minority Morcha Leadership was to be kept abreast of the latest developments and working of the organisation especially with reference to the upcoming Party Programmes. The aim of the meeting was on part of all the functionaries also to remain alert in their respective Districts, Constituencies, booth levels and work at the grass roots levels for welfare and benefits of common people. The purpose of the interactive session was to deliberate on the efforts to address the grievances of the masses specifically those who are marginal, helpless and resourceless as also to raise



voice of concern in favour of their genuine demands.

On this occasion, all the delegates under the leadership of UT president Ranjodh Singh Nalwa welcomed the entrants in to the party fold who joined the Morcha today. Speaking on this occasion, Nalwa while elaborating on the policies of BJP said that it is due to the people friendly programs and plans associated with the growing popularity of the party under the national leadership of Prime Minister Narendra

Modi that every passing day, number of people are embracing this organisation and have been expressing their full solidarity in the ensuing march on the path of progress and prosperity. He further stressed on the workers to strengthen the party at the ground level and be always inclined with the people and become a mouth piece for giving vent to their problems, he said adding further that it is the discipline of the party that attracts the people towards it.

District president Jammu BJP Minority Morcha Jaspal Singh also expressed his views on this occasion.

Other prominent participants include Vice President J&K Balvinder Singh, Amarjeet Singh, Santokh Singh (Gen. Secretary J&K), Pranvrat Singh, Pawanjeet Singh and other office bearers of BJP Minority Morcha.

Earlier, several people turned up the venue to join BJP Minority Morcha who were warmly welcome in the party folds.

One week student workshop concluded at TBS, JU



JJ NEWS SERVICE
JAMMU, FEB 10: The Business School organised one week workshop aimed to enhance the professional competencies of MBA students from 6th February to 10th February, 2023. The week long workshop included nine sessions. Two sessions daily comprising of one morning session and one afternoon session. Total nine sessions were conducted by various industry experts, leading academi-

cians and motivational speakers within and outside the university namely Mr. Priyankar, HDFC bank, Mr. Gautam, Chamber of Commerce and Industries, Ms. Swati Basotra, Talknasyatalknasya, Ms. Geetika Kohli, Thinksta, Prof. Vishav Rakscha, University of Jammu, Ms. Maansi Rattan, MG Design School, Mr. Akash Badi, Amazon India, Ms. Jasleen Kaur, Branding Elves, Mr. Aman Talla, Talla Jewellers and Mr. Satish Koul,

Emcure Pharmaceuticals Ltd.

A valedictory function was organised to conclude the workshop and Chief Guest for the occasion was Mr. Satish Kaul, Resident Director at Emcure Pharmaceutical Ltd.

The certificates were distributed to the participants and organisers of the workshop. Mr. Satish Kaul in his address expressed the need for the students to enhance soft skills besides academic knowledge. He motivated the students to be disciplined, ethical and work hard to achieve success in life.

He emphasized upon the need for such programs in The Business School. Prof. Sameer Gupta, Director, TBS while talking on the occasion gave special remarks about the workshop. He emphasized upon the need for such workshops for the MBA students that are under immense academic and competitive pressure.

Prof. Alka Sharma appraised the gathering that such workshops give an edge to the students in their employability profile.

Lawlessness unleashed by opposition done away with, India on progressive path: Raman Suri

JJ NEWS SERVICE
JAMMU, FEB 10: Bharatiya Janata Party (BJP) J&K Executive Member Raman Suri today said that those opposed to unfurling Tricolour in Jammu and Kashmir or doing away with redundant laws are now trying to protect the illegal encroachers of the UT and forest land by arriving at the Capital to protest. This is indicative enough that such political leaders never wanted order in the system of governance and allowed lawlessness to prevail in the erstwhile state.

He said, PDP chief Mehbooba Mufti's unrelenting support to encroachers, illegal occupations or land grabbers is

enough to understand how these leaders had unleashed a rein of lawlessness and made Jammu and Kashmir a jungle where everyone was having a free run when it came to grabbing land, occupying state or forest land and even building shops and houses on the land of development authorities.

Raman Suri said, Prime Minister Narendra Modi in his reply to the debate on Motion of Thanks to the President's address in Lok Sabha established that the days of such leaders or divisive and adverse policies are over. The Prime Minister united it clear by stating that peace is prevailing in J&K, separatists are gone forever,

Tricolour is unfurling everywhere and tourists besides investors are looking towards the new, potentially-viable Union Territory.

Raman Suri asked the youth to reap benefits of this atmosphere which is conducive enough to progress and contribute to nation building.

He said, Kashmir of serenity, when tourists used to flock there and enjoy every season, young boys and girls had ample opportunities, peace prevailed and no one ever created any trouble for anyone is now back. The leaders who created an unrest in Kashmir, made militancy a monster, encouraged separatism at

the cost of lives of youngsters and stalled progress of youth are themselves finding no space in the political arena now.

The recently concluded "Triranga Yatra", he said, has become a benchmark of peace for opposition where every leader, who once said that no one will unfurl Tricolour, walked miles to see the Indian Flag unfurl at historic Lal Chowk.

Raman Suri felt sorry for the opposition saying that they are unable to find any flaw in the functioning of the Union government, which is why they were speechless in the Parliament and couldn't muster courage to pinpoint on anything that affected the progress of our nation.

J&K Govt to give Rs 2.5 lakh incentive for every inter-caste marriage involving a dalit

SRINAGAR, FEB 10 The Jammu & Kashmir Government has unveiled a scheme to give Rs 2.5 lakh to every inter-caste marriage involving a dalit.

The other is a non-scheduled caste Hindu. As per guidelines of the scheme, the marriage should be valid as per the law and duly registered under the Hindu Marriage Act-1955 and a registration certificate to this effect issued by the competent authority must be furnished by the beneficiaries.

The order states that the age criteria of marriage should be as per prescribed law. The case for assistance shall only be valid if submitted strictly within six months from the date of marriage, as indicated on the marriage registration certificate produced at the time of submission of application.

FROM THE FRONT PAGE...

Not Stone...

Gulmarg is going to be the Centre of Excellence for the winter sports and efforts are on and soon "we will achieve the mission". Addressing the gathering during the inaugural ceremony of 3rd edition of Khelo India Winter Games at Gulmarg, LG Sinha as per KNO said that every effort is being made to bring the skills of J&K youth who are affiliated with the sports on a display as Gulmarg will soon be the Center of Excellence for the winter games.

'Zindagi': This helpline is giving hope to people in Kashmir

SRINAGAR, FEB 10 Amid rise in suicide cases in Kashmir, 'Zindagi' helpline in Kashmir is proving a boon for people having suicidal thoughts as such people are being counselled on phone.

As per news agency, the Institute of Mental Health and Neurosciences Kashmir along with SRO Kashmir issued the first suicide prevention helpline named 'Zindagi' last year, proving beneficial for hundreds of people.

The helpline number 9802701008 functional every day from 6 pm to 11 pm is playing an important role in curbing the number of suicide cases.

No traffic movement on Jmu-Sgr highway for 12 hours

ANANTNAG, FEB 10 The district administration Anantnag Friday said due to periodic overhaul at Shamsipora Crossing, no vehicular movement will be allowed on the stretch along Srinagar-Jammu highway.

An order issued by Additional Deputy Commissioner Anantnag, a copy of which lies with the news agency, reads that due to periodic overhaul at Level Crossing Gate No C2 (Shamsipora Crossing), no vehicular movement will be allowed on NH44 between Shamsipora and Bijbehara crossing between 20:00 on Sunday and 08:00 on Monday.

"We need to desensitize our children from early years of life about emotions and how to deal with failures and difficult times besides that educational institutions need to conduct awareness programmes for the same," she added.

Haj forms available on HCoI's official website from today

SRINAGAR, FEB 10 Haj 2023 forms will be available online free of cost from today onwards on the official website of Haj Committee of India (HCoI).

"Haj forms have been made available on the official website of HCoI: https://hajcommittee.gov.in/haj23," HCoI Member, Er Aijaz Hussain told news agency. He said the forms are absolutely free of cost as already announced by the HCoI under its Haj policy 2023.

Er Aijaz said all the steps will be taken to provide as much as possible relief to the pilgrims performing Haj 2023. He said that under the Haj policy 2023, 25 Haj Embankment points will be set up across country to facilitate the pilgrims by all means. This year, as per the bilateral agreement between Government of India and Saudi Government, over 1,75,000 pilgrims will perform the holy pilgrimage of Haj 2023. Pertinently, HCoI has already abolished the VIP quota under which 5 to 10 persons were allowed to perform the pilgrimage. This year, there is no such quota. Er Aijaz reiterated that this year, pilgrims above 70 years of age will be given priority.

Six years on, PHC building awaiting completion in Budgam's Khanshab

BUDGAM, FEB 10 About six years after the work on the new building of Primary Health Centre in Budgam's Khanshab was started, the hospital building is still incomplete.

Locals told news agency that work on the new building was started in 2017 and it has not been completed till now. They said that while the PHC is functional round the clock throughout the week, the health facility lacks basic amenities.

Mohammad Ayoub, a local, told KNO that the centre lacks USG machine, digital x-ray machine and an analyzer. In absence of the facilities, patients are presently forced to visit a sub district or district hospital taking a toll on them.

Locals said that around 80 percent of the work on the new building has been already completed but it has been left incomplete as of now.

"They demanded that the government must complete the pending work on the health centre at the earliest and should shift the centre to a new building where all kinds of facilities will be made available to the patients."

Ganderbal boy enters 'India Book of Records' for tech innovation

GANDERBAL, FEB 10 Eighteen-year-old boy from central Kashmir's Ganderbal district has brought laurels to the Union Territory by entering the 'India Book of Records' for tech innovation.

Aquib Ahmad Shah of Saporah has made the 'seat belt ignition' for cars that will ensure the safety of the people, particularly the drivers, thereby minimising the loss of precious human lives due to accidents.

Aquib, a 12th-class student at Government Higher Secondary School, is the first youth of Kashmir whose name has entered the 'India Book of Records' in the 'Innovation and Technology' category.

"Since childhood, I used to open up toys and other electronic devices at home, for which my parents used to scold me. However, this habit yielded positive results after the Manish Awards competition by the Department of Science and Technology, Government of India, was announced where I won the Inspire Award for four consecutive years," Aquib told the news agency.

Recently, Aquib applied for the innovation conclave at IIT Kanpur, where his idea was selected. He attended the recently-held 'Innovation Hunt' held at Sri Pratap College and also sent an innovative idea for review to the University of Kashmir's Incubation Centre.

Meanwhile, SSP Ganderbal Nikhil Borkar who was accompanied by DySP Hqrs G Jammu Hassan felicitated the Aquib at DPO Ganderbal.

Aquib "is an inspiration for his fellow students in the area," the SSP said.

He said police appreciated and felicitated the young boy with a aim to promote the local talent and encourage the positive and constructive activities of youth in the area.

The SSP appreciated the young innovator and assured full support for his future endeavours. KNO

Elderly man crushed under moving train in Budgam

BUDGAM, FEB 10 An elderly man was crushed under a moving train in Central Kashmir's Budgam district on Friday afternoon, officials said here.

An official told the news agency that the train mowed down the man between Mazham and Budgam section. He said the man died on the spot. "He has been identified as Mohammad Ismail Dar (70) son of Abdul Ahad Dar of Shaporah Wudwah, Budgam," KNO said.

Meanwhile, police have taken cognizance of the incident and registered a case in this regard. KNO

Govt teacher arrested...

The news agency that a complaint was registered in Gursai police station in which it was submitted that the teacher had molested and misbehaved with two minor girl students of the school after which a case was registered against him and was subsequently arrested.

"They said that further investigation into the matter is going on."

The teacher has already been suspended by Zonal Education Officer Bhatkote, who also visited the school after the incident. KNO

J&K PSC now...

appointment of its chairman and eight other members in 2020. Sharma, who completed his term, was replaced by Satish Chandra in 2022.

All other members excluding Zubair Ahmad Raza who were appointed in 2020 by the J&K administration have completed their tenures.

Those appointed in 2020 included Ahmad-ul-Mujtaba, Syed Iqbal Aga, Subash Gupta, Prof. Des Raj, Sameer Bharati, Prof. Showkat Ahmad Zargar, Dr. Farooq Ahmad Lone and Zubair Ahmad Raza.

It is pertinent to mention that the J & K government in May 2022 had appointed a committee headed by Chief Secretary for making suitable recommendations for selection of chairman and members of Jammu and Kashmir Public Service Commission.

The CS-led panel consisted of Financial Commissioner (Additional Chief Secretary), Agriculture Production Department, Financial Commissioner (Additional Chief Secretary), Home Department, Financial Commissioner (Additional Chief Secretary), Finance Department and Principal Secretary to the Government, General Administration Department. KNO

Government takes...

and urbanization, ensuring that the region remains sustainable and ecologically sound for generations to come.

"Developing J&K Soil and Land Resource Information (JKSLRI) system for Planning and Soil Health Information is one among the 26 projects, which were approved by the Jammu and Kashmir administration after being recommended by the UT Level Apex Committee for holistic development of agriculture and allied sectors in UT of J&K. The prestigious committee is being headed by Dr Mangla Rai, Former DG, ARS and has other luminaries in the field of Agriculture, Planning, Statistics and Administration like Ashok Dalwai, CEO NRAA, Dr. P. K. Joshi, Secretary, NAAS, Dr. Prabhat Kumar, Horticulture Commissioner MOA and F.W. Dr. H S Gupta, Former Director, IARI, Atal Dulloo, ACS, APD besides Vice Chancellors of twin Agriculture Universities of the UT."

The project will be executed in several phases, starting with intensive soil survey, soil sampling and analysis followed by ground truthing and data analysis. It will also include collection of soil monoliths and analysis of soil, water and plant samples. These interventions will result in generation of data at panchayat level, intensive soil mapping, creation of a web-based soil information system and land evaluation for crop suitability and alternate land use.

The JKSLRI project is expected to have a significant impact on the region by providing the most comprehensive and up-to-date information on soil and land resources. It will help in an efficient soil and land resource repository and make information accessible to all. The policy document on agriculture and urbanization will ensure a sustainable

ecosystem for generations to come, while the efficient use of fertilizers and micro-nutrients will lay the foundation for organic production.

This project is not only crucial for food security and achieving Sustainable Development Goals but also a testament to the government's commitment towards deploying cutting edge and future-ready technologies in the agriculture sector. The project will have far-reaching benefits for farmers, researchers, natural resource managers and other stakeholders in the region.

Avalanche hits Gurez...

Kashmir valley due to the accumulation of snow. State Disaster Management Authority (SDMA) have already issued an avalanche warning in Bandipora district and urged people living at upper reaches to remain cautious and not to venture out in slopes, hills areas, or avalanche-prone areas till the weather improves.

On January 12 this year two labourers working with a Hyderabad-based Mega Engineering & Infrastructure Limited (MEIL), which is executing the work on Zojila Tunnel under the snow avalanche in central Kashmir's Ganderbal district.

Two Polish skiers were killed while 19 other foreigners from Russia and Poland and two local guides were rescued on February 2 as a snow avalanche hit the Affarwat peak in the famous ski resort of Gulmarg in northern Kashmir.

JKBOSE 10th...

Similarly, the examination of class 11th students in soft zone areas will commence from March 6 of 2023 and will culminate on April 19 respectively.

Also, the examination of class 12th students will commence from March 8 and will culminate on April 2 of 2023.

Notably, this will be the first Board examination conducted in March month post adoption of National Academic Calendar and implementation of National Education Policy (NEP) 2020 by the Jammu and Kashmir government.

As already reported, the JK Board has already notified the soft and hard zone areas of Jammu and Kashmir division.

As per the BOSE figures, around 444 schools- 309 in Jammu and 135 in Kashmir division fall in hard zones while seven zones of Kargil district and whole Ladakh area fall in hard zones.

In Kashmir division, 43 schools of Anantnag, Bandipora 19, Kupwara 32, Kulgam 28 and 13 schools in Budgam fall in hard zones.

Rain in Ramban...

The fresh shooting stones badly damaged an iron tunnel setup at this point to facilitate traffic in Panthiala area, they said.

Indian teams working...

MEA spokesperson Arindam Bagchi in a tweet posted videos of Indian personnel treating patients at the field hospital and posted, "The Indian Army team of medical specialists is on the job 24x7, providing relief to those injured."

India's technology...

In May 2014, one of the first major decisions was to introduce self-attestation and do away with the practice of getting documents attested by gazetted officers.

Similarly, breaking the taboos of the past and doing away with the British legacy, the Prime Minister unlocked the Space killer for public-private participation, which led to over 130 Start-Ups registrations with ISRO and 8 of them even got seed funding from ISRO.

Referring to today's satellite launch by ISRO, Dr Jitendra Singh said, after the unlocking of the Space Sector in June 2020, now young boys and girls are visiting ISRO facilities and launching their own satellites. Today, the Indian Space Research Organisation (ISRO) successfully launched its second developmental flight of a Small Satellite Launch Vehicle - SSLV-D2 - and placed three satellites in its precise orbit on February 10 morning. The three satellites are ISRO's Earth Observation Satellite - EOS 07, U.S.-based Firm Amaris' Jas and Chennai-based space start-up SpaceKidz's zvaadISAAT.

Regarding turning the government campaign into a mass campaign, Dr Jitendra Singh said, an announcement from the Ramparts of the Red Fort in 2014 to build toilets in each household caught the imagination of the people and soon Swachhata became a true Jan Andolan.

Vijay Kumar Bidhuri...

Secretary in the Power Development Department. "Deepika Kumari Sharma, JKAS, Chief Operating Officer, Himayat, holding additional charge of Executive Director, Mubarak Mandi Heritage Society, has been transferred and posted as Secretary in the J&K Shakti Department. She shall also hold the charge of the post of Executive Director, Mubarak Mandi Heritage Society, in addition to her own duties, till further orders."

It added Dr. Ghulam Nabi Itoo, JKAS, Special Secretary to the Government, Jal Shakti Department, has been transferred and posted as Mission Director, Jal Jeevan Mission. "Shabir Hussain Bhat, JKAS, Special Secretary to the Government, General Administration Department, has been transferred and posted as Director, Rural Development, Kashmir, Imam Din, JKAS, Director, Rural Development, Kashmir, has been transferred and posted as Managing Director, J&K Horticulture, Produce, Marketing and Processing Corporation, in addition to her own duties, till further orders."

It reads Rajneesh Gupta, JKAS, Additional Secretary to the Government, Jal Shakti Department, has been transferred and posted as Chief Operating Officer, Himayat.

"Shafiq Sultan, Managing Director, J&K Horticulture, Produce, Marketing and Processing Corporation, has been transferred and shall await further orders of adjustment in the General Administration Department for further posting. Amit Vermani, JKAS, Member, J&K Services Selection Board, has been transferred and posted as Additional Secretary to the Government, General Administration Department," it reads. KNO

After 2-day wet...

yellowish snowfall" was due to dust carried out by winds from central parts of Pakistan and Southern Afghanistan.

"Analysis of 2nd Generation Weather Satellite (Meteosat-9) of EUMETSAT (European Operational Satellite Agency) confirms that Yesterday's Yellowish and Dusty Snowfall over some parts of north Kashmir was dust carried out by winds from Pakistan and Southern Afghanistan, which started around 7 PM IST," it said.

It further added that the dust travelled northeast wards

Apni Party registers its protest against bulldozing drive

Holds sit-in protests at the district headquarters across J&K



JI NEWS SERVICE JAMMU, FEB 10: Apni Party on Friday held sit-in protests – against the ongoing demolition drive by the administration – at the district headquarters across J&K. According to a press note released here, “Party’s district leaders and senior

workers led the sit-in protests at the district headquarters across the J&K. The sit-in protests at multiple places were meant to register a strong objection, on behalf of the party, against the administration’s ongoing demolition drive.” It further said, “Apni

Party demands the immediate stoppage of the bulldozing drive. The party is not against retrieving large chunks of land occupied by the land mafia, but we demand regularization of the small amount of State/Kacharai land, which has been in possession of common people for

decades or in some cases for more than a century.” “In the Valley, the senior party leaders – Usman Majid, Javid Mustafa Mir, Abdul Majeed Padder, Raja Manzoor, Khursheed Ahmad Khan, Noor Mohammad Sheikh, G M Mir, Tariq Ahmad Veeri, and Javid Ahmad Mir – led the sit-in protests respectively in Bandipora, Badgam, Kulgam, Kupwara, Baramulla, Srinagar, Pulwama, Anantnag, and Ganderbal,” the press note said. “While as in Jammu region, Manjit Singh led the sit-in protest in Jammu and Samba districts; Advocate Harpreet Singh in R S Pora; Pushap Dev Uppal in Jammu (Rural); Satpal Chalotra in Udhampur; Anil Kumar in Badmehar; Bashir Khaki in Poonch; Sofi Aslam in Rajouri, and in Kishtwar led by Umer Mingnoo,” the press note added.

Two-Day seminar on ‘India’s Pathways to next economic powerhouse by 2047’ concludes



JI NEWS SERVICE JAMMU, FEB 10: A two-day seminar on ‘India’s Pathways to Next Economic Powerhouse by 2047’ organized by Department of Economics sponsored by the Indian Council of Social Science Research, New Delhi concludes today at University of Jammu. In the valedictory function, Prof. Raj Kumar Mahajan, the Former Professor, Punjabi University, Patiala, Regional Centre Bathinda, Punjab, was the Chief Guest. He advocated that India has tremendous potential to grow using robust policies to address the challenges of poverty, inequality, unemployment and sustainability which will pave the way to become the next economic powerhouse by 2047. The Key Note Speakers of the inaugural function were Prof. (Dr.) Balwinder Singh Tiwana, the Former

Professor, Punjabi University, Patiala, Prof. Kuldip Kaur, Chairperson, Ambedkar Chair, and Former Professor, Punjab School of Economics, GND University, Amritsar, Punjab, and Prof. I. C. Awasthi, Former Professor, Institute for Human Development, New Delhi. Prof. Balwinder Singh Tiwana emphasized on building economic strength and to leverage the drivers of sustainable economic growth and to strengthen the India Rupee vis-à-vis Dollar. The continuous evaluation of short-term achievements of Indian economic performance is essential to plan for long-term goals. India has also to address the fluctuations in FDI and foreign exchange reserves to become the next economic powerhouse. Prof. Kuldip Kaur advocated reaping the demographic dividend and improving the labour productivity and

addressing the problem of climate change for sustainable agriculture. Prof. I. C. Awasthi argued that inclusive growth is necessary to address rampant problems of unemployment and inequalities over the long-term to build a strong economy. The seminar convener Prof. Falendra Kumar Sudan presented a brief summary of two-day seminar, while Dr. Tsering Yangzom presented the welcome remarks and Prof. Sunita Sharma, presented the vote of thanks. Prof. Jasbir Singh appreciated the Head of the Department for his all support to organise such type of events. Dr. Virender Koundal, Dr. Manoj Bhatt, and Dr. Shaluu Selhgal of the Department of Economics were also present. Today, the six parallel sessions were conducted in which well researched papers on various topics were presented including

the role of Foreign Direct Investment, Digital Educational Initiatives, Export and Import, Rural Governance and Entrepreneurship, Digitalizing Higher Education, Online University Teaching, Agrarian Change, Gender Dividend, Manufacturing Value Added, Corporate Governance, Sustainable Urban Transportation, Financial Development, Digital Empowerment, Digital Transformation of Agriculture, Human Development and Poverty Reduction, Renewable Energy, Nuclear Energy, Water Resilience, Land Sustainability, Food Security, Services Sector, Carbon-Neutral Cities, Fiscal Reforms, Inclusive Development, Entrepreneurship, Innovation, Investment, and R&D and many more topics in becoming the next economic powerhouse by 2047. The main speakers include Dr. J. N. Balya, Dr. Hemlata Mangani, Dr. K. Rajesh Kumar, Dr. R. Sai Kumar, Dr. Prashant Kumar Choudhary, Dr. Ritu Bakshi, Dr. Preeti Chawla, Dr. Reeti Debnath, Dr. Rajendra Prasad Meena, Dr. Om Raj Katoch, Dr. Neelam Choudhary, Dr. Shilpa Gupta, & Dr. Shayan Javed, Dr. Rashi Tuggar, Dr. Sandeep Kaur, Pabitra Kumar Jena.

One day workshop held at Jammu University



JI NEWS SERVICE JAMMU, FEB 10: A one day workshop was organized at Jammu University by Directorate of International Quality Assurance in collaboration with Mission Directorate RUSA & K the state nodal agency for AISHE scheme. The workshop was

attended by Nodal Officers (AISHE) all private and Govt Degree Colleges, Shri Mata Vaishno Devi University and experts from Higher Education Department Ministry of Education, New Delhi. The welcome address was given by Dr. Ginny

Dogra University Nodal Officer Aishe/Deputy Director DIQA, Jammu University. Director College Development Council Dr. Rajeev Rattan was Chief Guest on the occasion who hailed the organisers for conducting such program. Ms Anita Sirohiwal, Joint Director.

Mission Director RUSA J&K in his address Elaborated the role of AISHE data in RUSA funding. Joint Director, Planning and Monitoring from Ministry of Education in her speech deplated under the changes made in Web DCF to make it user friendly. The technical session of workshop was conducted by Mr. Shivam Panday, Research Assistant, Mr. Vikas Mehta, Data Analyst and Mr. Sanjeev Kumar, Data Analyst experts from Ministry of Education. Technical session was followed by queries session where technical issues faced by colleges with regard to uploading of data were resolved. Vote of thanks to participants and organisers was presented by Dr. Asif Iqbal coordinator AISHE, J&K.

Society must be driven by the principles of Antyodaya: BJP

Sham, Priya, Munish listen to public grievances

JI NEWS SERVICE JAMMU, FEB 10: Society will be healthy when it is driven by the principles of Antyodaya, which means the rise of the last person in the row stated senior BJP leaders, while they continue BJP’s mission to resolve the issues faced by the residents of Jammu & Kashmir.



J&K BJP Vice-President & former Minister Sham Choudhary, BJP NEM & former Minister Priya Sethi and BJP All Morcha Incharge Munish Sharma, listened to the public grievances and took up the same with the concerned department officials for their early solutions at BJP headquarters, Trikuta Nagar, Jammu. Numerous individuals and deputations visited the BJP office to meet the party leaders and narrate their woes & problems. The issues presented by common masses before the senior party leaders were related to PHE, PWD,

Rural Development, Revenue, Irrigation & Flood Control, Education, Agriculture etc. Presented issues were on the spot, taken up with the heads of these departments by Sham Choudhary, Priya Sethi and Munish Sharma telephonically and they were impressed with immediate solutions. Sham Choudhary, while

listening to the issues stressed that the leaders have tried sincerely to provide the best possible solutions presented by masses in the grievances camps. He said that BJP believes that a society could only be healthy when it ensures the rise of the last (deprived and neglected) person of the society. Priya Sethi, on the occasion, said that BJP holds the issues faced by the masses in high esteem and believes that they should be promptly taken care of for the realization of a healthy society. Munish Sharma stated that many of the issues presented today were solved on the spot whereas other issues are impressed for their early solutions.

DLC organises " Induction Programme for freshers of LL.B 3year (Prof.) Course

JI NEWS SERVICE JAMMU, FEB 10: Dogra Law College organized Induction programme to welcome the new entrants who have joined the college for the session 2022 - 23. Th.Gulchain Singh Charak, Chairman; Dogra Educational Trust was the Chief Guest on the occasion. The programme started with the lighting of the traditional lamp by the dignitaries followed by Saraswati Vandana. Prof. V.P. Magotra, Principal, Dogra Law College welcomed the students. He briefly highlighted the history of the Dogra Law College. He apprised the students about the rules of the college and the achievements of the students who have brought laurels to the college. Ms. Parema Bakshi, Faculty member of Dogra Law College made a PowerPoint presentation on the vision, mission, rules, values, curricular and co-curricular activities including the facilities available in the college. Prof. Darshana Sharma, Director, Dogra Group of Colleges and Campus Development addressed



the students and congratulated them for successfully qualifying the JUET Entrance Examination and becoming a part of the Dogra Law College. She threw light on the facilities and activities which are peculiar to the college and impressed upon the students to make use of those facilities. Special felicitation ceremony was also organised for NCC Cadets namely Junior Under Officer Abhishek Sharma, Student of B.A.L.L.B 5 Year Course 7th Semester for Lecture Conducted at Commando Insurgency

and Jungle Welfare School, Gwaldam, Uttarakhand and Cadet Gurbakshish Singh, Student of B.A.L.L.B 5 Year Course 7th Semester for representing J&K and Ladakh in Republic Day Parade 2023. Two senior students of Dogra Law College shared their experiences with the new entrants. The Esteemed Chief Guest Th.Gulchain Singh Charak, Chairman, Dogra Educational Trust emphasized on maintaining discipline by the students which will help them in their future life. He also

emphasized the importance and recognition of hidden talent of the students which always contribute to the development of self-confidence and self-actualization. He added that Dogra Law College is committed in its endeavor to impart education for the betterment of the society. The Programme concluded with the vote of thanks presented by Ms. Sumiksha Razdan, Faculty member of Dogra Law College followed by the National Anthem. In the end, sweets were distributed among the students.

‘Three star electronics’ of Blue Star ACs bags ‘Best distributor Award’ in North India

JI NEWS SERVICE JAMMU, FEB 10: Ved Sharma of Three Star Electronics, Shastri Nagar Jammu has bagged the ‘Best Distributor Award’ in North India during the Blue Star Product Launch cum Award Function organized at Chennai.



The award was presented to him during a glittering function attended by an august gathering comprising entrepreneurship doyens and celebrities from across the nation. The honours of award presentation were done by B Thiagarajan - Managing Director Blue Star in presence of Shashi Arora - President & COO, Cooling & Purification Appliances Group; Navneet Sharma and Haridas C-

Executive Vice Presidents. It is pertinent to mention here that M/5 Three Star Electronics is a name to reckon with not only in Jammu and Kashmir but across the northern region of the nation. The venture was launched by an enterprising and enthusiastic entrepreneur Ved Sharma. Sharma

by dint of his strong determination and hard work never looked back and is today considered as one of the leading entrepreneurs in J&K in the field of electronics especially in Blue Star air conditioners. The venture started many years back has today transformed into a very healthy business concern

not only providing profits and dividends to the owner but also creating a huge employment avenue for the unemployed youth. After receiving the award, Ved Sharma said there is no shortcut to success adding that strong determination, will and hard work are the only keys to success.

THOUGHT OF THE DAY

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

JINDRAH IMAGES

Harness solar energy potential to maximum level

To an utter dismay of the people of the erstwhile state of Jammu and Kashmir, now two Union Territories—J&K and Ladakh, least interest has been given to exploit the vast solar power potential over the years. The reports suggest that two UTs have performed dismally on account of electricity generation from solar energy as authorities have exploited less than one per cent of 111 Gigawatts (GWs) solar power potential during the last four years. This is notwithstanding the fact that the Central government has asked all states and the UTs to harness solar power potential to its maximum level. The installed solar capacity of Jammu and Kashmir is 48.90 MW, while Ladakh, which is considered as solar capital of the country, is having just 7.80 MW installed solar capacity. The erstwhile state of Jammu and Kashmir has a solar power potential of 111.05 GW and it is the second highest in the country after Rajasthan which has the solar energy potential of 142 GW. Ladakh has not generated even single additional Megawatt electricity during the last one year despite the fact that it has a large potential of 100GW solar energy alone, therefore failing to contribute in the country's total installed capacity, notwithstanding two major projects with potential of generating 7500 MW of solar power (now revised to 10,000 MW) were sanctioned for the region about eight years ago. On the other hand, Jammu and Kashmir has doubled its installed solar capacity from 24 MW to 48 MW in the last one year and it has shown some progress while exploiting its solar power potential. Jammu and Kashmir has been provided Rs 64 crore by the Union ministry of New and Renewable Energy from year 2019 to year 2021 under different schemes for harnessing the solar power potential. An amount of Rs 12.41 crore has been released to Ladakh under various schemes to increase its installed solar capacity for the period. The Central government has sanctioned two major projects with the total solar power generation capacity of 7500 Mega Watts for Ladakh region. After deliberations, the Central Government had planned to raise the capacity of this proposed solar park in Ladakh to 10 GW from 7.5 GW announced earlier. The Solar Energy Corporation of India (SECI) had issued a tender for development of 7500 MW Solar PV Projects in Leh and Kargil districts on December 31, 2018. As per the tender documents, implementation time for the project was 48 months from the effective date of Power Purchase Agreement. The projects were proposed because Ladakh, the cold desert of the country, received the 'best solar radiations' in the country but the projects have remained entangled in technical and administrative glitches. The Government of India should conduct a probe as to why these projects have failed to take off even after the lapse of eight years. The responsibility must be fixed while expediting measures to harness solar power potential.

BALLOON TURBULENCE DEEPENS US-CHINA DISCORD

By sending the balloon, China wanted to convey a message of strength that it was capable of reaching the heart of the US mainland and Washington would have to take into account Beijing's concerns if it sincerely wanted a dialogue on establishing peace and cooperation with it.

YOGESH GUPTA

ON February 3, US Secretary of State Antony Blinken called up Wang Yi, Director of the Chinese Communist Party's Central Foreign Affairs Commission, to tell him that he was postponing his scheduled trip to China as by sending a balloon over the US airspace, China had indulged in an "irresponsible act and this action is detrimental to the substantive discussions" that they were prepared to have. He said the trip would be rescheduled once the balloon turbulence was over.

However, Wang said it was a civilian airship sent for meteorological research and had accidentally strayed from its planned course into US airspace due to strong westerly winds and its limited self-steering capacity. "China is a responsible country and has always strictly abided by the international law," he added.

But the Americans found that the balloon, which entered the US air defence zone north of the Aleutian islands on January 28, moved largely over land across Alaska, Idaho, Montana, Carolinas and then towards the Atlantic Ocean. The balloon had flown over certain sensitive sites to collect information, including over Montana, which is home to about 150 inter-continental ballistic missile silos.

Typically, the balloons fly above 80,000 to 1,00,000 ft, but the one sent by China was flying low enough at about 60,000 ft to be noticed by the civilians. The journey of the balloon over so many days over the US landmass provoked widespread anger and many questions such as why it was detected so late by the defence authorities, were there gaps in the US security which permitted the balloon to fly undetected, why the Chinese took such a brazen step a few days ahead of Blinken's planned trip and what intelligence it had collected.

It is common for countries such as the US, China and others to conduct surveillance on their adversaries, but it is done discreetly. According to media reports, China had conducted similar surveillance on military assets of Japan, India, Vietnam, the Philippines and



Taiwan earlier.

US President Joe Biden's political adversaries, the Republicans, had a ready fodder to attack him asking why he had not shared the information with the people before the balloon was noticed by the civilians, why he had delayed its shooting, why the sensors in the US airspace had failed to detect this balloon and what if such balloons were used by the US's adversaries to send nuclear or other explosives into the country to cripple sensitive installations.

Pentagon's defence that there had been other instances of similar balloons flying over the US airspace during the Trump administration (matters were detected later) made matters worse, some saying that Biden was too soft towards China. There was a consensus that Blinken's visit could not be permitted till the investigation into the debris of the balloon shot down on February 6 was complete. Also, that China could not be allowed to violate the US sovereign territory without paying a cost.

The Chinese government was equally aggressive. China's vice foreign minister Xie Feng in a representation to the US Embassy in Beijing said this was "entirely an accident caused by force majeure and the US deliberately exaggerated it. Its armed attacks on the balloon were irresponsible and unacceptable". Also that Beijing reserved the right to respond similarly to future incidents of this

kind.

Various theories are doing rounds on why China indulged in such a brazen and risky adventure few days before Blinken's visit. Most plausible one is that China had got tired of aggressive actions by the US before each high-level meeting, sanctioning or blacklisting some Chinese organisations, companies and officials. There has been a sharp increase in the US provocations against China in recent days, including the sailing of the USS Chancellorsville, a guided missile cruiser, in the South China Sea to exercise the freedom of navigation, approval of \$10-billion weapon sales to Taiwan, setting up of a House Select Committee on China (which distinction even the old Soviet Union did not get) targeting Beijing. The USA's encouragement of Japan's militarisation, new alliance to prohibit the sale of microchips to China, setting up of a new military base in China's vicinity in Guam and acquiring four new bases in the Philippines had also come to Beijing's adverse notice.

Some Chinese leaders believed that the US had pushed China on the back foot by these military and economic initiatives and was trying to clip China's wings and even preparing for a war. There was a view that high-level meetings with US officials had become a ritual with glorified photo opportunities and Washington was not taking Beijing seriously. By sending the

balloon, China wanted to convey a message of strength that it was capable of reaching the heart of the US mainland and Washington would have to take into account China's concerns if it sincerely wanted a dialogue on establishing peace and cooperation with it.

As the US-China rivalry deepens, the asymmetry in their thinking and mutual perceptions has only worsened. While the US considers itself as the sole superpower and the guardian of the present international order, China considers itself to be an equal and wants enough space from Washington to accommodate its interests. The latter does not accept China's claim and believes that if Beijing wishes to benefit from its economic, trade and technological cooperation, it should stop behaving as a rival and accept its terms. Given the wide disparities in their outlook, the balloon incident will further strain the Sino-US relationship with growing political consensus in the US to pushback China in political, economic, technological and military realms. If the investigation into the debris of the balloon reveals that China had intended to collect sensitive information about the US strategic installations, there would be demands to make Beijing pay for indulging in this affront. Given that Chinese President Xi Jinping revels in aggressive policies, any further US sanctions would only harden China's opposition to US policies.

Neglecting MGNREGS undermines workers' rights

ZOYA HASAN

The words 'rights' and 'equity' are conspicuous by their absence from the numerous assertions and claims made by leaders of the National Democratic Alliance (NDA) with regard to their achievements in countless speeches and advertisements. A year ago, the Prime Minister stated that there was far too much emphasis on rights, and not enough on duties — even though the Constitution doesn't place them on an equal footing. The realignment of rights and duties is not just about giving greater attention to duties; it is about giving less importance to rights.

This is evident from the niggardly attitude towards the Mahatma Gandhi National Rural Employment Guarantee Scheme (MGNREGS) and the constantly abridged budgetary allocation for it, which is tantamount to a disregard of this right. This has consequences for the larger issue of rights as it affects the well-being of the most vulnerable sections of our society. The Mahatma Gandhi National Rural Employment Guarantee Act (MGNREGA), passed in 2005, was a path-breaking legislation aimed at providing guaranteed employment to rural citizens. It was the single largest rural employment scheme in independent India. It provided only 100 days of employment in a year and, that too, for just one member of a rural household, but the important thing is that it conferred an economic right, which means employment had to be provided on demand, and if the state could not deliver 100 days of work, then the person seeking employment had to be paid compensation.

The MGNREGS continues to be deeply relevant as millions of rural households have gained employment through it. It is particularly vital in times of economic stress and, hence, it is important to make a budgetary provision for the full 100 days and, perhaps, expand it to 150 days of work, given the prevailing dismal employment conditions in the country. The government violates workers' legal rights every time it does not match the funds to demand or does not pay wages on time.



However, this scheme has been hit hard by budgetary cuts. This started during the tenure of the Congress-led United Progressive Alliance (UPA) government itself, even though it had introduced the scheme; allocations practically froze during its second term, making no allowances for the rising prices or the increase in the number of job seekers.

But the NDA government has stretched the practice of making low budgetary allocations to the limit, which has weakened the legal guarantee of timely payment and employment. This comes at a time of rising unem-

ployment and increased inequality in India. Both the World Inequality Report-2022 and Oxford Inequality Report-2023 show India as one of the most unequal countries in the world in terms of incomes and assets. India registered the fastest increase in economic inequality in recent years, even as access to a number of social protection programmes has been severely undermined on the one hand, via restricting allocations and on the other, through the dilution of schemes, such as MGNREGS and even those that form part of the National Food Security Act.

This government has been lukewarm towards the MGNREGS in the last nine years. The Prime Minister spoke derisively about it in Parliament. The Finance Minister mentioned it only once (in the context of work for mangrove conservation) in her Budget speech this year. But the NDA government has not abolished the scheme; it has strangled it through low allocations. The budgetary allocation has been cut by 30 per cent to Rs 61,032.65 crore for 2022-23, the lowest in the past four years. It is lower than the budgetary estimate of Rs 73,000 crore for 2022-23. It is the second straight cut in the scheme's budgetary allocation as in the Budget-2022-23 also, the allocation had been cut by 25 per cent to Rs 73,000 crore from the revised estimate of Rs 98,000 crore.

The gradual decrease in the budgetary allocation for the MGNREGS has created doubts about the government's intentions. By cutting down the funds, the government sends out a signal that it wants to spend less on this scheme as opposed to the others, which means fewer initiatives can be undertaken under this scheme. Reduced funding also makes it difficult for the government to keep its promise of 100 days of employment, which is crucial for the survival of rural households. The average days of work offered is actually much below 100 days and, frequently, employees will not be able to get work even

for half a year.

By law, it is a demand-driven scheme but the continuous decrease of funds has reduced its potential effectiveness. The government has always claimed that the actual allocation would be increased if it was found that a large number of persons were asking for employment under the scheme. While supplementary allocations for the MGNREGS have been increased substantially at the revised estimates stage, a low initial outlay acts as a discouragement. It diminishes demand, in fact, chokes it, which becomes a justification for the low initial budgetary allocation for the scheme. Even if the allocation gets increased later because of higher demand, this increase takes time, which means that wage payments as well as material costs will be delayed and workers get pushed into 'forced labour' in the intervening period. Furthermore, almost half of the budget allocation is spent on clearing arrears. Consequently, the flagship scheme runs out of funds halfway through the financial year even for those who want work.

According to an analysis by Peoples' Action for Employment Guarantee (PAEG), a research and advocacy group, 21 per cent of the budget over the past five years has gone into clearing the arrears of previous years. In the current financial year 2022-23, the unpaid dues stand at Rs 16,070 crore. Hence, the PAEG demanded that the Centre allocate a

Samantha Ruth Prabhu's Shaakuntalam release postponed; reason for delay not revealed. Check out new date

Actor Samantha Ruth Prabhu's upcoming Telugu film Shaakuntalam, which was supposed to be released in cinemas on February 17, has been postponed by a couple of months. The film's makers on Friday confirmed that the film will now hit screens worldwide on April 14. Without revealing the exact reason for postponement, the makers unveiled a new poster with a release date.

In Shaakuntalam, Samantha plays the central character Shakuntala, daughter of Menaka and Viswamithra. The film, produced and directed by Gunasekhar, will be released in Hindi, Tamil, Malayalam and Kannada. This project marks Samantha's maiden collaboration with Gunasekhar.

In 2020, speaking at the launch of the movie recently, Samantha said that this will be her dream project and dream role. The trailer of Shaakuntalam was released in January. Speaking at the event, an emotional Samantha said her love for cinema hasn't changed amid all the recent life struggles. She said she gathered all her courage to attend

the event. In her speech, Samantha spoke about how her love for cinema hasn't changed amid all her life struggles in recent past. She was talking about her rare autoimmune disease called Myositis which she has been diagnosed with since last November.

"No matter how many struggles I face in life, one thing won't change. That's how much I love cinema and cinema loves me back. I strongly believe that this love will grow manifold with Shaakuntalam," she had said.

Samantha was last seen on screen in Telugu action-thriller Yashoda. In the film, Samantha played a surrogate mother who won't stop at anything to protect her child. The film turned out to be a hit at the box-office and had grossed around 740 crore during its theatrical run. Recently, Samantha joined the sets of the Indian adaptation of Amazon Prime's upcoming web series, Citadel. She will be sharing screen space with Varun Dhawan in the show, which is being co-created by Raj and DK.



6 Binge-Worthy Shows That You Just Cannot Miss



The year 2023 is here with a bang! With several promising web shows for both kids and adults, the OTT platforms are brimming with content. But to save you from the trouble of scrolling through a plethora of content to land on one particular show, we have curated a list of binge-worthy shows that you just can't stop watching.

'Class' (Netflix)

'Class' is the official India-based adaptation of the Spanish thriller series Elite, executive-produced and series directed by Ashim Ahluwalia. This adaptation by Ahluwalia is set in contemporary New Delhi and is a grimier, more realistic and socially-charged take. Produced by Future East Film (Ashim Ahluwalia and Niharika Singh) in association with Bodhi Tree and adapted by Ashim Ahluwalia, 'Class' explores the rise of the Indian rich and a world of extreme disparity, following the students through their struggles with sex, drugs, religious difference, homophobia, trauma, friendship and love. 'Class' Has opened to great reviews both in India and abroad with positive word of mouth since its release.

'Farzi' (Amazon Prime Video)

'Shrinking' (Apple TV)

'Marvel's Moon Girl And Devil Dinosaur' (Disney+ Hotstar)

'Trial By Fire' (Netflix) 'You 4' (Netflix)

KARAN TACKER RECALLS GOING THROUGH FINANCIAL CRISIS: WE HAD A TOUGH TIME MAKING ENDS MEET AS A FAMILY

It's been fifteen years since actor Karan Tacker entered the world of showbiz. While the actor has made a name for himself with his work on TV and OTT platform, he has never spoken about the days when he had to struggle. Not many are aware that before becoming an actor the Mumbai lad wanted to pursue his father's business.

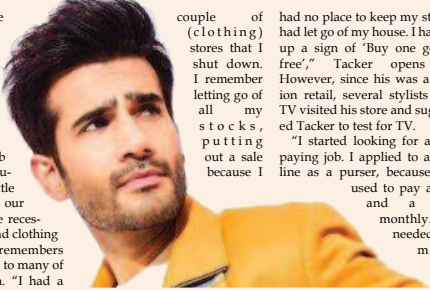
For the first time, Tacker talks about his life before he became an actor. "I had a business with my dad," he recalls, adding, "The world hit recession in 2008, and that's when my entire busi-

ness went down. We had a tough time making ends meet as a family. At that time I started scouting for jobs. From my education I would have probably gotten a job for twenty five thousand, which was little for the kind of debt our business faced in the recession." Tacker, who had clothing stores back then, remembers how the downfall led to many of them shutting down. "I had a

couple of had no place to keep my stock. I had let go of my house. I had put up a sign of 'Buy one get six free,'" Tacker opens up. However, since his was a fashion retail, several stylists from TV visited his store and suggested Tacker to test for TV. "I started looking for a high paying job. I applied to an airline as a purser, because they used to pay a lakh and a half monthly. I needed that money

to make ends meet at that time. But, I got an ad for a face cream brand which paid me a lot of money. I got 3 lakhs, 12 years back. 3 lakhs for 22 days was like... I told my Dad, that I should work this out because this will pull us out of misery," Tacker reveals. The Khakee: The Bihar Chapter actor shares he soon started doing advertisements in Gujarat for two to three thousand rupees per day.

"For five and six years I was only earning money to pay the debt of the business. After 6 odd years I started making and saving money," he ends.



DaDa review: Enjoyable coming-of-age drama about accidental parenthood



The subject of parenthood, especially in mainstream cinema, has mostly been told from the perspective of a woman. Rarely, we've had a film where the story has focused on a man dealing with parenthood and his sacrifices in becoming a good father. Ganesh K Babu's DaDa is an emotional drama about a young man dealing with becoming a parent, out of the blue, with a lot of maturity. This is also a moving coming-of-age drama of an aimless, college-going youngster thrust into embracing fatherhood when the entire world, including his family, has given up on him.

The film opens with the shot of Kavin and Aparna lying together. Kavin is still sleeping and Aparna just enjoys looking at him while we hear a couple in the neighboring flat arguing early in the morning. Cut to the next shot, Aparna is crying as learns that she's pregnant and Kavin suggests that she should abort the baby as they aren't ready to be parents yet. Aparna is against the idea of abortion. Kavin and Aparna decide to move in together and take refuge at a friend's house. As they get ready to embrace parenthood, living together becomes a hassle as they end fighting over little things. It reaches a point where Kavin blames Aparna for making their lives so miserable when he warned her about keeping the baby. Kavin is forced to raise the baby alone.

The most refreshing aspect of DaDa is that it sends out a very important message loud and clear - parenthood is gender neutral. Both father as well as the mother play key parts in raising a kid and their roles can't be weighed or compared.

As much as the film sheds light on Kavin raising his son alone and in turn becoming a better person as well as a father, it doesn't try to showcase the mother in poor light. This aspect of the film and the writing is highly appreciable. It also never tries to make the father raising a kid alone a big deal.

Tara Sutaria: I've Always Looked At Love With A Lot Of Love

Bollywood actress Tara Sutaria has spoken about what self love means to her and said that she has always loved the idea of love.

Tara has collaborated with Bumble, the women-first dating app, to launch a new campaign 'Before anyone else, there was you' ahead of Valentine's Day. To encourage self-love.

Asked about what self-love means to her, Tara said: "I think self-love or loving yourself means so many different things to different people. To me and to so many of us, I know that this will resonate because we all went through a pretty rough time recently when Covid hit the world and I think self-love took a new shape and meaning for all of us.

"All of us learnt to slow down and truly understand ourselves, begin to hear ourselves and therefore, love ourselves. I've always loved the idea of love - call it utopia, idealistic - and I've always looked at love with a lot of love, but I've never really looked at myself with that sort of love so it's taken me a lot to get to where I am today which is learning to really and truly understand every part of myself - the good, the bad, the ugly - everything that comes with being human, I suppose."



Sussanne Khan's sister Farah Khan Ali says she and DJ Aqeel are officially divorced, celebs react

Jewellery designer Farah Khan Ali took to her Instagram handle and confirmed her divorce from ex-husband DJ Aqeel as they finalised it. She is Hrithik Roshan's ex-wife Sussanne Khan's sister. In 2021, Farah announced the news of their separation and received support from her friends and family.

On Friday, Farah posted a couple of happy selfies with Aqeel. She tagged him and captioned it, "We have been declared officially divorced and are happy about it. We wish each other lots of love, happiness and luck in our onward journeys. We will always remain parents to our beautiful children Azaan and Fiza and nothing will change. Grateful for the journey we had together."

Aqeel re-posted the same on his Instagram Stories. Reacting to the post, Sussanne Khan commented, "Love u both" with lost of loved-up emojis. "It's such a beautiful new beginning note... you guys are both such amazing humans... like both of you are, ginormous hearts," Kubbra Sait added. Others such as Twinkle Khanna, Nandita Mahtani, Saisha Shinde, Dia Mirza, Bhavana Pandey, Moez Singh and Elnaaz Norouzi

among others sent their love. Last year, Farah shared on social media, "Sometimes two people grow apart. Sometimes they outgrow each other. It has been 9 years since my relationship with my husband Aqeel changed its status as a couple to just friends and to term it simply would be to state that we are 'Happily Separated'."

"We will always be best friends to each other and parents to our wonderful children Azaan and Fiza and nothing will change. Grateful for the journey we had together."

Aqeel re-posted the same on his Instagram Stories. Reacting to the post, Sussanne Khan commented, "Love u both" with lost of loved-up emojis. "It's such a beautiful new beginning note... you guys are both such amazing humans... like both of you are, ginormous hearts," Kubbra Sait added. Others such as Twinkle Khanna, Nandita Mahtani, Saisha Shinde, Dia Mirza, Bhavana Pandey, Moez Singh and Elnaaz Norouzi

involved. The reason we are announcing it publicly now, is so that the ones who know us accept our situation gracefully and always wish well for both of us especially because we hold no animosity of any kind towards one another and will always be there for each other. Aqeel is and will always be my family as I will be his. We hope that all our well wishers will accept our decision maturely and not judge us for it. It's important to be happy and we all, Aqeel and I including our children and families most definitely are.



Sherlyn Chopra slams Rakhi Sawant, supports her husband Adil: 'Don't know how he landed in this mess but...'

Rakhi Sawant and her husband Adil Khan Durrani's marriage has been making headlines in recent days. After Rakhi accused her husband of domestic violence and also alleged that he was having an extramarital affair, Sherlyn Chopra weighed in on the matter and sided with Adil. Sherlyn had filed a police complaint alleging defamation and sexual harassment against Rakhi last year, who was recently questioned by police in connection with the case.

Amid the ongoing Rakhi-Adil spat, Sherlyn has commented on the matter, accusing the two of doing everything they can to stay in limelight.

In a video shared by a paparazzo on Instagram on Thursday, Sherlyn Chopra shared her views on the ongoing fight between Rakhi Sawant and her husband Adil Khan Durrani. The actor said, "Mai kya bolu inn dono ke baare mein. Lekin itna mai keh sakti hu Adil ke sath kuch samay bitake - police station main - ki woh banda joh hai

shulja hua hai. Pata nahi kaise woh yeh pure jhamale mein fas gaya. But jitni dher maine usse baat ki aaise laga ki woh shulja hua banda hai (I am no one to say anything about Rakhi and Adil's matter, but from what I have learnt about Adil after spending time with him at a police station, he seems like a sorted person, but don't know how he landed in this whole mess)."

Sherlyn continued, "Aur maine boli bhi usko uske mum pe, tum toh suljhe hua lagte ho kaha aagaye tum? Kaisa fas

gaya yeh pure chakkar mein? Aur surkhiyo mein aane ke liye yeh zaroori nahi ki yeh log apas mein khitpit kare ya apne rishtey ka mazak banayee (I've told Adil he looks sorted so what was he doing with her? I feel they should not do such things just to stay in the limelight)."

She further said, "Mai kya bolu? Maine toh unke pati ko apne bhai mana hai. Bhai ke baare mein isi tarah ke baate sunn kar aacha bilkul nahi lag raha. Mai bus chahungi ki joh kuch bhi hai inn dono ke beech



Photo: Anshu Singh

Weight Loss Tips: These Carb-Rich Foods Might Actually Fasten Your Weight Loss



It turns out you should continue eating some carbohydrates despite what we've been told for years. The word "carbohydrate" has a terrible reputation. They are frequently linked to type 2 diabetes, weight gain, and a number of other health issues.

It is true that refined grains and processed diets high in sugar frequently lack necessary vitamins and minerals. Numerous nutrient-dense, fiber-rich meals, however, might really be highly beneficial for your health.

Although some people may benefit from low-carb diets, there is no need to completely exclude high-carb items. In this article, we share nutritious and healthy carb-rich foods that might actually

boost your weight loss. Add these carb-rich foods to your diet to fasten weight loss:

1. Oats
A very nutritious whole grain, oats are a fantastic source of numerous vitamins, minerals, and antioxidants. Furthermore, oats are a decent source of protein and have a higher protein content than most grains. According to research, eating oats may lower your cholesterol levels, hence lowering your risk of heart disease. In particular for those with type 2 diabetes, eating oats may lower blood sugar levels. Oats are also quite filling, which may aid with good weight management.

2. Barley
Barley, a cereal grain, may have the capacity to raise satiety-relat-

ed hormone levels. Boiling barley kernels can alter the microorganisms in your gut, which in turn can increase your metabolism, according to a Swedish study. This starch's high fibre content has also been reported to reduce hunger pangs, according to researchers.

3. Quinoa
Quinoa is a wholesome seed that has gained enormous popularity among consumers who are concerned about their health. It falls under the category of a pseudocereal, which is a seed that is processed and consumed like a grain. Quinoa cooked is a high-carb food since it has 70% carbohydrates. But it's also a fantastic source of fibre and protein. Quinoa has been linked to a num-

ber of health advantages, including better blood sugar control and heart health. Quinoa is high in numerous minerals and plant components.

corn. Being more content will probably cause you to eat less, which will result in consuming fewer calories. They are also a much better alternative to chips

Contrary to common belief, carbs are actually a beneficial addition to the diet if you're trying to lose weight. Try these 6 foods rich in healthy carbs.

Buckwheat

Buckwheat is regarded as a pseudocereal, similar to quinoa. Buckwheat is not linked to wheat, despite its name, and it does not contain gluten. As it contains both protein and fibre, buckwheat is particularly nutrient-dense. Compared to many other grains, it also contains more nutrients and antioxidants. Studies indicate that it might be especially advantageous for blood sugar control and heart health.

5. Popcorn
Next time you're hungry, try popcorn instead of crisps. Researchers from the food and health fields around the nation evaluated the short-term satiety of these two common snacks and discovered that most volunteers reported feeling less hungry and more satisfied after eating pop-

and other ultra-processed snacks.

6. Bananas

Bananas are a popular fruit that people enjoy using in a variety of ways. In addition to being rich in potassium and the vitamins B6 and C, bananas also contain a number of advantageous plant components. Bananas may help decrease blood pressure and enhance heart health due to their high potassium content. Green, unripe bananas have more starch. As the bananas ripen, this changes into natural sugars, which causes the bananas to turn yellow. Therefore, if you consume your bananas while they're less ripe, you'll often get more starch and less sugar.

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Instead of causing weight gain, these foods rich in carbs will help aid weight loss and boost your overall health.

HOW EATING FEWER CALORIES MAY HELP SLOW DOWN THE AGING PROCESS



Restricting calorie intake could help slow down the aging process, according to a study. Source published today in the journal Nature Aging.

Researchers, led by the Butler Columbia Aging Center at Columbia University Mailman School of Public Health in New York, used DNA analysis from blood samples to measure the rate of aging and reported that calorie restriction slowed the aging process.

Participants included 220 healthy men and women in three different sites in the United States. The participants either continued with their regular diet or had a 25% reduction in their consumed calories.

The scientists followed the participants' diet and health for two years and took blood samples at the start of the study and again at 12 months and 24 months.

What researchers found in calorie restriction study
The researchers reported a slowing aging process based on three DNA markers.

They said these results could provide a sense of what effects scientists can look for when completing trials for specific weight interventions, such as intermittent fasting.

"This study teaches us that keeping a person's body at a lean weight helps decrease the molecular changes on a cellular level that happen in response to aging," said Dr. David Selzer, an internal medicine specialist at NYU Langone Medical Associates in West Palm Beach and Delray Beach in Florida who was not involved in the study. "With that noted, life is not a test tube. People age for multifactorial reasons such as stress and anxiety, not just their diet."

"I agree that calorie restriction plays a role on the molecular level," Selzer told Healthline. "However, I think finding a healthy balance between caloric intake and daily exercise is more likely to lead to a longer lifespan."

Low calorie intake and healthy aging
The researchers are currently completing a follow-up study to see if calorie restriction has a long-term effect on healthy aging.

"The results make sense to me," said Dr. Raphael Kellman, an internist and functional medicine physician at Kellman Wellness Center in New York City. "However, nutrition studies are notoriously difficult to conduct, particularly long-term, as people naturally have trouble adhering to diets."

"I think you should take into consideration a few things," Kellman told Healthline. "One, what kind of diet was the control group on vs. the calorie-restricted group? If the control group is overeating or eating a lot of unhealthy foods and the calorie-restricted group is eating a healthier diet, are the results due to the calorie restriction, or would just eating a healthier diet also have a positive impact?"

"Also, it is hard to know whether people are truly adhering to a diet unless their food is strictly controlled and monitored," Kellman added.

Vitamin B12: Why do you need it, how should you take supplements?

A vital nutritional element, Vitamin B12, also referred to as cobalamin, plays a crucial role in supporting various processes in the body. The smooth functioning of the nervous system and the formation of red blood cells heavily depend on adequate supply of Vitamin B12. Furthermore, it prevents anemia, protects the eyes from macular degeneration, regulates DNA and produces energy. These are the reasons why people must ensure sufficient intake of this vitamin in order to maintain health.

A deficiency of this vitamin in the body leads to insufficient oxygen supply to the different parts of the body. It also causes memory problems, weight loss, skin pigmentation, menstruation issues and so on. The body needs a continuous supply of this vitamin to successfully meet all requirements. A pertinent question arises here, what is the exact quantity of Vitamin B12 our body requires every day?

The daily requirement of



Vitamin B12

People above 14 years of age need to consume 2.4 micrograms (mcg) every day. However, the requirement changes with the calorie our body needs at a particular time. For instance, a pregnant woman needs to ensure an intake of 2.6 mcg, and a lactating woman 2.8 mcg daily. In order to maintain health and provide the necessary amount of the vitamin to the body, people must adhere to these standards.

In cases of deficiency, people may notice symptoms such as fatigue, headache, difficulty in concentration and others. This condition can be avoided with the intake of Vitamin B12-rich

foods such as eggs, milk, fish, chicken, peanut, sweet potato, dairy products and so on. However, animal-sourced food products are considered the best source of Vitamin B12.

Deficiency of Vitamin B12
People who strictly follow a vegetarian diet remain at a risk of deficiency. Additionally, congenital diseases and genetic intrinsic factor abnormalities can cause severe vitamin B12 deficiency. Older adults, people with gastrointestinal conditions, and those on certain medications, including proton pump inhibitors and metformin, may need to take a supplement.
The noticeable signs of a lack of

Vitamin B12 in the body may include:

- Chronic fatigue
- Shortness of breath
- Pale skin
- Mouth sores
- Bleeding gums
- Constipation
- Diarrhoea
- Loss of appetite
- Joint pain
- Vision loss
- Dementia

So, the deficiency of Vitamin B12 is a serious issue and must be given due attention.

Sometimes, people need to provide this vitamin to the body through supplements, either orally or through Vitamin B12 injections. But the decision to take supplements must be taken after consultation with a doctor. The absorption of vitamin B12 can vary from 56 per cent of a dose of 1 mcg to 0.5 per cent of a dose of 1,000 mcg. Therefore, if someone consumes vitamin B12 less frequently, they will need a higher total amount to achieve desired

absorption.

Oral supplements

Depending upon the level of deficiency, a doctor may recommend a high dose of an oral supplement, up to 1,000 mcg. This can be extremely efficacious in dealing with the situation. Besides, oral supplements are cost-effective and leave almost no side effects.

Injection: In extreme situations and to deal with Vitamin B12-induced anaemia, injections are recommended. The doses depend on the level of deficiency in the body.

The overdose of this vitamin doesn't affect health. The body uses the required amount and excretes the excess amount through urine. An increase in water intake can help release the extra amount of this vitamin in the body. You must take care of your body and keep an eye on abnormal signs. You must adopt a healthy lifestyle and take a proper diet containing all the nutrients.

What Happens When You Cut Down On Sugar Completely? 5 Side Effects To Keep In Mind

We share a bittersweet relationship with sugar. While we love indulging in all things sweet and decadent, it is also touted as the main culprit for several lifestyle-related diseases including diabetes, obesity and more. Sugar and sugary foods are loaded with fat. As per popular belief, fat adds excess calories to our everyday diet. What if we say, it is not exactly how you think? Days of eating on fat are long gone. Now, there are multiple pieces of evidence to support the fact that fat (one of the major macronutrients) plays an essential role in our overall growth and nourishment. In fact, eliminating sugar from our diet completely might come with several side effects.

In this article, we will look into how cutting down on sugar affects your body and how effectively you can include it in your diet. Let's start with understanding what sugar is. What Is Sugar? Sugar, to most of us, is the food ingredient that we add to our meals. What we often fail to understand is the fact that sugar is actually a com-



ound, which when crystallised, turns into a food ingredient. According to www.sugar.org, sugar is sucrose (a mix of fructose and glucose), "a simple carbohydrate that is produced naturally in all plants, including fruits, vegetables and even nuts." For the unversed, carbohydrates help provide energy to your body and fuel the brain, organs and muscles to function and engage in everyday activi-

ties. Hence, experts from across the globe suggest, it is important to include sugar in our daily diet, but in moderation. "Sugar is simple, amazingly functional and it's part of a balanced diet," the website further reads. Photo Credit: iStock/What Is Added Sugar? Added sugar is any form of sweetener that undergoes processing, which further strips off the healthy nutrients from the food. According to

American Heart Organisation, added sugar includes white sugar, brown sugar, honey and all the foods that are manufactured chemically with these ingredients. 5 Side Effects Of Cutting Down On Sugar.1. Makes us feel low: A cake or chocolate instantly

glucose levels. When there is a lack of this fuel source, you might experience different cognition-related issues. As per studies, it might lead to a lack of concentration, focus and poor memory. 3. Sleep problem: Sleep pattern depends much on our cognitive

know, sugar is a potent source of glucose and glucose helps refuel us with energy. With quitting sugar, the body's glucose level gets affected. This often makes people feel tired and lack energy for work. How To Include Sugar In Your Diet Effectively? 1. Add fruits: Sugar is naturally produced in fruits (and some vegetables). Hence, it is always advised to replace cakes and candies (that have added sugar) with fruits and dry fruits to include healthy fats in your diet.

Photo Credit: iStock2. Swap sweetened drinks: Colas and packaged sweet drinks are also high in added sugar. You can always replace these drinks with freshly pressed fruit juices or simple soda (with mint, lemon etc for added flavours) to enjoy the benefits to the fullest. 3. Read labels before buying: Do you read the sugar content in packaged food every time you buy it? If not, then start doing now! Several foods and condiments sneak in added sugar that might affect our body negatively.

Sugar Effects: We often fail to understand the fact that sugar is actually a compound, which when crystallised, turns into a food ingredient.

uplifts our mood. Have you ever wondered why? As researchers, sugar is known to affect our brain's reward system, further affecting our mood. A study, published in the journal nutrient, finds that sugar triggers the release of dopamine, which instantly gives us a sense of pleasure. When we eliminate sugar from our diet, it often leads to depression, anxiety, untimely cravings and more. 2. Lack of concentration: Brain functions such as thinking, memory and learning are closely linked to the body's

health that is directly linked to the body's glucose level. According to a study, published in the American Journal of Lifestyle Medicine, people who are on a sugar detox diet, lack glucose (in the body) and often experience changes in their sleep pattern. 4. Nausea and dizziness: As mentioned earlier, sugar is fat, which is considered one of the macronutrients that our body needs. A lack of sugar often creates an imbalance, leading to weakness, nausea, dizziness and more. 5. Lack of energy: By now, we all

DC Kishtwar reviews patient care scenario at Rogi Kalyan Samiti meeting



JJ NEWS SERVICE
KISHITWAR, FEBRUARY 10: To review the functioning and patient care scenario in the district Hospital Kishtwar, Deputy Commissioner (DC) Dr. Devansh Yadav, today chaired a meeting of the Governing Body of "Rogi Kalyan Samiti" (RKS).

The meeting was attended by Chief Medical Officer, Dr. Mohammad Yaqoob Mir, EXEN PWD, Ravinder Kumar, EXEN, PHE Sanil Kumar Sharma, Medical Superintendent District Hospital, Dr

Javeda Qazi, BMOs, prominent persons and other RKS members. The DC took a detailed review of the functioning and fund flow of the District Hospital Kishtwar besides the progress of the institution under different indicators. A threadbare discussion was held on the measures required with respect to the up-gradation of the Hospital. The meeting was informed about various issues and requirements for the augmentation of health infrastructure and overall advancement of the

healthcare system in the Hospital. The DC assured all possible support from the Administration for infrastructure development of the Hospital to further improve patient care in the hospital. The Deputy Commissioner directed the concerned to follow the objectives as envisaged in RKS guidelines and stressed for resource generation and strengthening transparent mechanism in utilization of funds. He directed the concerned Tehsiladar to demarcate the land identified for Parking

space in the hospital premises. During the meeting the Samiti approved the enhancement of Honorarium Rs 2000 in favour of HDF employees on a pro-rata basis. The DC asked the officers to work with added zeal and dedication to ensure efficient and prompt health and patient care facilities to the people. The concerned EXENs were directed to ensure the completion of pending repair and construction works in various healthcare facilities including the Eye Block at DH Kishtwar, approaching road to Sub Centre Bhatat, allied works in SC Ligri and Galabgarh and PHC Afti, so that they can be handed over to the Health department for the better health care facilities being provided to the common masses on smooth basis.

2-day Int'l Conference "Science for Survival to Explore the Unexplored Dimensions" held at GCW Udhampur

UDHAMPUR, FEBRUARY 10: Government College for Women Udhampur organized a two day international conference on the theme "Science for Survival: To Explore the Unexplored Dimensions". Principal Secretary, Higher Education Department, Alok Kumar was the chief guest of the event, who joined the conference through virtual mode. Director Colleges, Prof. (Dr.) Yasmeen Ashai was the guest of honor and she also joined through virtual mode. The special guests of the event were Additional District Development Commissioner, Udhampur, Ghan Shyam Singh, Additional SP Anwar-ul-Haq; Dr. Udhay Bhanu, principal GDC Ramnagar, Rajinder Kumar Digra, District Information Officer, the Principals of various government colleges of Jammu division also graced the occasion with their presence. Dr. Monika Sharma, Principal of the college and convener of the conference presented a formal welcome address to the chief guest, guest of

honor, resource persons and other dignitaries. She also welcomed the resource persons who have joined this conference from overseas through virtual mode. In her welcome address, the principal raised the critical global issues and grand challenges such as climate change, pandemics, energy security, water management, and food shortage and she also hoped that the conference will put some light on these issues which eventually will lead to the solutions. Dr. Anita Sharma, co-convener of the conference gave introductory remarks on the theme of the conference. She asserted without science there is no human growth, no technological advances and no knowledge generation and she explained the significance of the conference by expressing her ideas on it. She believed that scientific knowledge, scientific processes are important avenues for researchers to share and discuss research findings. It also acts as a platform to exchange ideas and insights and to network for collaboration and career

development. It can benefit the student in so many ways. Dr. Kewal Kumar, organizing secretary of the conference, briefed the proceedings of the conference. He explained the motive behind organizing such a mega event. He stated that the institution is an undergraduate institute having girl students only and the students mostly belong to rural background. Most of the girls even don't know what a conference is, what happens in a conference? So, this conference is an attempt to ignite the young and budding minds towards scientific approach. The students through this conference shall learn the significance of the research and innovation. Keynote speaker, Dr. OP Vidyarthi (Retd. IFS), former principal chief conservator, Forest department, UT of J&K deliberated on the theme of the conference with the presentation entitled "Decade of Ecosystem Restoration: Challenges of Solution." He argued that there is a need to restore our nature & environment. He further discussed the bio-diversity of the region.

DC Kathua reviews functioning of Health Sector, implementation of govt Schemes

Calls for 100 % saturation of AB-PMJAY, ABHA registration, achieving target of Leprosy, TB free district

JJ NEWS SERVICE
KATHUA, FEBRUARY 10: Deputy Commissioner, Kathua Rahul Pandey today chaired a meeting to review the functioning of the health sector and patient care facilities in the district. The meeting was attended by Chief Medical Officer, Dy. CMO, Medical Superintendent, AH, GMC Kathua, District Tuberculosis Officer, BMOs, besides concerned officers and officials of health department. A threadbare discussion was held on various issues like Health Care achievements, Patient care, ABDM, RBSK, NCD, NVBDCP and other related issues. The CMO gave a detailed overview through

powerpoint presentation and projected various issues regarding present status of AB-PMJAY Cards, institutional deliveries, requirement of ambulances in remote blocks, NTCP, NMBRA, PCPNDT Act and other schemes and programmes of the health department. The DC also took feedback about the implementation of various schemes and programmes under the National Health Mission, including RBSK, Leprosy Mukti and TB Mukti Panchayats across the district. The DC asked for focusing on daily monitoring of progress made under AB-PMJAY besides registering beneficiaries under ABHA through door to door sur-

veys. He also laid focus on making a workable action plan to target saturation left out areas by putting in sincere efforts by concerned Block Medical Officers. Expressing his concern about low institutional delivery in the district, DC asked the concerned BMOs to encourage masses to opt for institutional delivery. He said efforts will be made to rationalize availability of the ambulances across the district to cater emergency cases in a better way. During the meeting detailed deliberations on issues like availability of online services, Addition Treatment Facility (ATF), aggressive Sampling of TB cases were also held.

Change of Land Use: DLC approves 02 cases in Rajouri

RAJOURI, FEBRUARY 10: District Level Committee on change of land use met here today under the chairmanship of the Deputy Commissioner Rajouri, Vikas Kundal to discuss and approve the applications received online from the applicants from across the district. The Committee, after a threadbare discussion, approved 2 cases of conversion of agricultural land for non agricultural purposes. The DC directed concerned departments to ensure timely issuance of NOCs to the applicants after proper verification of documents and rules under conversion Regulations, 2022. Officers who attended the meeting included ADC Rajouri, Sachin Dev Singh, CEO RDA, Vivek Puri, ACR, Imran Rashid, Kataria; CAO, Sohan Singh, SE PWD(R&B), Kamal Kishore, Ex:En STD Kalakote.

District Level Training Programme on development of Seed Multiplication Chain, Exotic Vegetables held at Kishtwar

JJ NEWS SERVICE
KISHITWAR, FEBRUARY 10: Continuing the series of training programmes under the Holistic Agriculture Development Programme, a District Level Training session was today conducted here in the Office premises of Chief Agriculture Officer, Kishtwar. The training programme was focused on the creation and development of certified Seed and Seed Multiplication chains, besides development of Vegetable particularly Exotic Vegetables in the district under Holistic Document. During the programme, the speakers highlighted the fact that owing to special agro-climatic conditions (Himalayan conditions) of the region there is vast potential for the pro-

duction of exotic as well as traditional vegetable sector and under holistic development of Agriculture and allied sectors a special focus has been shifted towards this field. Special lectures were delivered on "Promotion of Vegetable/ Exotic Vegetables in the training programme by various experts. The speakers and resource persons said that the vegetable sector has huge scope in the district and could generate a large number of employment opportunities. They said that under the holistic document a special programme has been designed for this purpose so that maximum opportunities under this sector could be explored. CAO asked the officers to work in close coordina-

tion so that the desired results could be achieved under all the projects of the Holistic Document. Besides, during the training programme, it was envisioned that there is a need for creating certified seed producers so that the seed multiplication chain is established as documented in a holistic document and such programmes are instrumental in the process to make the Kishtwar District seed sufficient. The training programme was conducted under the close supervision of Chief Agriculture Officer (CAO) Kishtwar Amjad Hussain Malik. **AHD staff conducts cleanliness drive in DC office complex Kishtwar**

GLIMMER OF HOPE:

Nowshera Forest Div strives to create Livelihood options under Green India Mission

JJ NEWS SERVICE
RAJOURI, FEBRUARY 10: A new ray of hope is shining bright towards the employment generation for the locals in Nowshera Forest Division as J&K Forest department is continuously working towards livelihood options and exploring employment generation under Green India Mission involving youth and women, especially in the Chir. Zone ecosystem of J&K UT. To cater to the employment demand of local people, Nowshera Forest Division has organised three local employment generating training programmes under the banner of Green India mission which includes high density Fruit plants, one month training course of tailoring & stitching, six month basic

computer course and all these aim to diversify the livelihood option of local peoples. In this programme a detailed demonstration of plantation of high density fruit plants was imparted to the locals by the experts and 250 high density fruit plants were distributed among farmers. In addition to this one month training course of tailoring and stitching were started and 10 sewing machines were distributed among local female trainees. In another event, Samriti Van at Dharpur Mandir Sunderbani was inaugurated in presence of Mandir Samiti and other Locals of the area. The programme was facilitated by Worthy Commissioner/Secretary to Government,

Department of Forest, Ecology and Environment, J&K Sanjeev Verma, Director, Department of Social Forestry Roshan Jaggi (PCCF), Addl. Pr. Chief Conservator of Forests, Jammu B.M Sharma, CF West Circle Rajouri, Vivek Verma (IFS), DFO Rajouri Dr. A.D Singh, DFO Nowshera Mrs. Neelima Shah, Kartar Singh, ADC Nowshera, Bodh Raj (BDC Chairman), Narinder Sharma, MC Chairman Nowshera, Rohit Kohli, Councillor Nowshera alongwith other PRI members and local peoples. The whole programme was organized by Anil Kumar Bhagat, Range Officer Nowshera, Rakesh Verma Range Officer Sunderbani, Sudesh Kumar, Range Officer Lamber.

District Employment & counselling Centre Poonch organises Job Fair-2023



JJ NEWS SERVICE
POONCH, FEBRUARY 10: District Employment and Counselling Centre (DE&CC) Poonch organized a Job Fair to provide job opportunities to the youth of the District. As many as 4 employers from different sectors participated in the event which included companies like SBI Life, HDFC, LIC of India and Am Hyundai. The event witnessed an overwhelming response from job seekers as over 250 unemployed youth from across the district participated in the event. More than 50 Job Seekers with varied skills were shortlisted by the companies for different jobs, while participating candidates were also registered on the employment portal. Deputy Director Employment Mohammad Rafiq, interacted with the Jobseekers and Job providers. He expressed satisfaction over the success of the Job fair. He added that such events would be made a regular feature to benefit the maximum number of local youth.

DC Kathua reviews functioning of Revenue Department

Asks officers to intensify anti-encroachment drive

JJ NEWS SERVICE
KATHUA, FEBRUARY 10: Deputy Commissioner Kathua, Rahul Pandey chaired a meeting of Revenue officers to discuss revenue matters here in the Conference Hall of the DC office complex, today. The DC took a comprehensive review of the ongoing anti-encroachment drives being carried out by the district administration. He laid emphasis on furnishing a daily report regarding removal of encroachments for appraising the higher authorities about the progress. Taking review of the SWAMITVA scheme, the DC exhorted the revenue officials to speed up the mapping process of the revenue villages besides expediting the

digitisation process of revenue records within the set timelines. The DC also directed the revenue officials to identify land in their respective Tehsil for creation of assets for important projects including parking spaces. The DC called upon the Tehsiladars to exercise due care in the appointment of Lambardar/ Chowkidar by ascertaining the character antecedents of applicants. The DC also emphasized upon revenue officers to dispose of the pending matters

regarding the Revenue Court Cases Monitoring System (RCCMS) on priority besides uploading their updated status on the prescribed portal regularly. Other issues such as digitization of cadastral maps, status of eviction of Roshni land, land acquisition cases, change of land use cases were also discussed at length wherein thrust was laid on regular monitoring and reporting of actions taken during the field visits. It was discussed that the EXN Divisions and AEE Subdivision will

DC Rajouri resolves issue hampering execution of work on sub-centre Chambi Trar

JJ NEWS SERVICE
RAJOURI, FEBRUARY 10: Deputy Commissioner Rajouri, Vikas Kundal today resolved bottlenecks impeding the construction of work on the sub-centre building at Chambi Trar. It is pertinent to mention here that there were some issues with the locals over the construction site of the

sub-centre building which was causing delay in the execution of work. Sensing the gravity of the situation and the importance of the health sub-centre, the Deputy Commissioner met with both parties and the issue was resolved amicably during a threadbare discussion held in a meeting attended

by ADC, CMO, BMO, and PRIs concerned. The Deputy Commissioner said that these constraints often lead to delays in construction and completion becomes tardy. He also said that we cannot afford to ignore the fact that timely completion of these vital projects is something where compromise may

have an adverse effect on the lives of the rural populace. He also said that boosting the health infrastructure is the priority of the Government and appealed to the public to shun these minor self interests over large community benefits and not create impediments on the way of development.

Rajouri: Newly created Chief Er, E-XN Offices all set to start function from April 2023

JJ NEWS SERVICE
RAJOURI, FEBRUARY 10: The newly created Executive Engineers PWD Divisions, AEE Subdivision and Office of the Chief Engineer PWD in the Rajouri district are all set to start function from April, 2023. To give a push towards their functioning, District Development Commissioner, Vikas Kundal discussed the necessities in this regard here in a meeting.

The meeting laid stress on early and smooth functioning of the newly established offices and the steps that need to be taken to make the offices operational from April 1, 2023 as per the date communicated by the Government. The District Development Commissioner stressed on the importance of these offices in addressing the infrastructure needs of the district and enhancing the overall develop-

ment of the region. The meeting was informed that the Government has sanctioned one Chief Engineer Office for Rajouri, three EXN Offices for Thanamandi, Kotranka, and Kalalote, and respective AEE subdivisions, and it is essential to make them functional as per the dates communicated by the Government. It was discussed that the EXN Divisions and AEE Subdivision will

J&K Bank awarded for promoting digital payments

Such recognition will drive us to achieve greater excellence: Baldev Prakash

JJ NEWS SERVICE
SRINAGAR, FEBRUARY 10: Achieving another feat in digital payment domain, J&K Bank bagged an award for its outstanding performance in promoting digital payments during FY 2021-22. The Bank has achieved 2nd highest percentage of digital payment transactions in Small and Micro Category of private sector banks.

MD & CEO J&K Bank, Baldev Prakash received the felicitations from Union Minister of Electronics & Information Technology, Railways, and Communications, Ashwini Vaishnav at "Digital Payments Utsav" celebrated by Ministry of Electronics and Information Technology (MeitY, GoI) at India Habitat Centre, New Delhi. Bank's Chief Digital Officer



Naveed Zargar was also present on the occasion.

While expressing his gratitude, Baldev Prakash attributed the reception of award to the persistent efforts of Bank's Staff. He said, "It is a moment of great satisfaction for all of us as we see our extra efforts to realise the vision of Digital India not only fruitifying but getting

acknowledged and awarded at the prestigious platforms of the country. I congratulate every member of J&K Bank Family for this wonderful accomplishment. "And I am sure, such recognition will drive us to achieve greater excellence not only in promoting digital payments but other aspects like digital lending as well", he added.

He further said, "To encourage digital banking in our operational geographies we have embarked on digital transformation journey. The digital mission of the Bank is to improve the customer experience by providing them digital banking services that are convenient, easy, affordable, quick and secure."

With the proactive measures taken to encourage digital payments, the Bank had successfully surpassed the Digital Payment Transaction target allocated by MeitY for the financial year 2021-22.

Pertinently, J&K Bank has bagged 'Utkarsh Puraskar - 2020-21' last year also for being one of the top two achievers in digital payment transactions under the category of Small and Micro banks.

JKHPMC to develop Shopian as 'Apple Cluster', with MoA&FW, NHB support

JJ NEWS SERVICE
SRINAGAR, FEBRUARY 10: JKHPMC has started the process of developing Shopian as an 'Apple Cluster', recently approved by Union Ministry of Agriculture and Farmers Welfare (MoA&FW) at an estimated cost of Rs. 138 crores, under Cluster Development Programme (CDP). The letter of acceptance issued by the Ministry in favour of JKHPMC with M/s. FIL Industries Limited, as the implementing Agency with technical support by National Horticulture Board's (NHB). In this regard, the NHB's team from New Delhi were on two-day visit to Srinagar and Shopian on 9th and 10th February, 2023 for finalizing the components to be set up by FIL Industries in



the Apple Cluster, under the programme. The team of HMB comprising Joint Director, NHB, R.K. Agarwal; Dy. Director NHB (J&K Chapter), Sansar Ahmad and other officers held a joint meeting with JKHPMC officers and representatives of FIL industries for finalizing the components. The team alongwith officers of JKHPMC, during the visit, also

visited Shopian and called on Deputy Commissioner Shopian and apprised him about the land required for developing nurseries in the Shopian Cluster. During the interaction, DC Shopian expressed satisfaction over the programme and assured JKHPMC that the district would make available the required land banks for the optimum implementation of the pro-

gramme. The NHB team also visited FIL Industries facilities at Rangreth, Srinagar and assessed the requirements under the CDP.

Pertinently, the programme has to be executed with respect to three end to end verticals, viz: Pre-production & production, post production & value addition and logistics & marketing in a span of four years.

Secretary H&ME reviews progress on implementation of RBSK in J&K

JJ NEWS SERVICE
SRINAGAR, FEBRUARY 10: Secretary, Health & Medical Education, Bhupinder Kumar, today reviewed implementation of Rashtriya Bai Swasthya Karyakam (RBSK) and functioning of District Early Intervention Centres in J&K in a meeting held at Civil Secretariat, here.

It was informed in the meeting that during the current financial year, 83.90 per cent of government schools and 80.11 per cent anganwadi centers have been visited by RBSK Mobile Health Teams for conducting Health Checkup of children till date.

Secretary directed all the Chief Medical Officers to complete the screening of children enrolled in government schools and anganwadi centers before the closing of financial year.

He directed that CMOs shall ensure that teams under RBSK carry out screening of all children in the pre-school age enrolled at Anganwadi centres at least twice a year besides screening of all children studying in government and government aided schools.

Secretary laid stress on making District Early Intervention Centers functional in all aspects for providing support to the referred children so that children diagnosed with identified health conditions

receive follow up including surgeries at tertiary level, free of cost so that the benefits reach to the needy people across the UT.

Ayushi Sudan, Mission Director, NHM J&K, informed that UT has started online portal for data capturing under RBSK and in the first phase uploading of screening data by the Mobile Health Teams on daily basis has been made functional and all MHT's are now uploading the data on the online portal.

Dr Mohammad Shafi Koka, State Nodal Officer NHM J&K, informed about the guidelines of branding for Ayushman Bharat Health and Wellness Centres and organizing of Health Melas at HWCs on monthly basis.

On the occasion, a presentation regarding RBSK was made by Dr Syed Gazala Nazki, Programme Manager, RBSK.

The meeting was attended by Director Health Services Kashmir, Dr Mushtaq Ahmad Rather, Chief Medical Officers, Medical Superintendents of Associated Hospitals of Government Medical Colleges and District Hospitals, Programme Manager RBSK, DEIC Managers and other officers from State Health Society, NHM in person and through video conference.

Power shutdown

JAMMU, FEBRUARY 10: Chief Engineer (Distribution) JPDC, Jammu has informed that the power supply to Gandhi Nagar, Nanak Nagar, Railhead Complex, Jammu University, DC Office, Boria PHE, Sunjwan, Narwal, Bathindi, Channi Himmat, Transport Nagar and the areas being fed from Grid Stations- Sidhra, Janipur, Jhajarikoti, BBI and BBI-II shall remain affected on February 12 from 10 am to 4 pm.

Similarly, the power supply to Jhajarikoti, Janipur, Lakad Mandi, Patoli, Janipur Colony, Pamposh Colony, Ambdhar Nagar, High Court, Daily Excelsior, Statistical Office, Upper Barnai, Lower Muthi, Paloura, Dogra Hall, Rehari, Resham Gar Colony, Bus stand, Jewel, Hari Market, Raghunath Bazar, Kaleeth Mohalla, Kanak Mandi, Mandia, New Plot, Sarwal, Part of Karan Nagar.

Secretary PD&MD visits Ganderbal, reviews development projects

JJ NEWS SERVICE
GANDERBAL, FEBRUARY 10: Secretary, Planning Development & Monitoring Department (PD&MD), Dr. Raghav Langer, today conducted extensive visit of Ganderbal district and reviewed progress on various development projects under implementation in the district.

In this regard, Secretary convened a review meeting in which all district and sectoral officers were present.

While taking department wise review, Secretary directed all the officers to work in tandem so that all set targets under various schemes are achieved in timely manner.

DDC presented a detailed profile about development scenario of the district through a power point presentation.

Secretary was apprised of the initiatives started by the district administration to achieve 100 per cent enrolment of out of school children. He asked to start bridge classes for the newly enrolled students under Mashal-e-Gaash programme, an initiative by the district administration

to achieve cent percent literacy rate in the district. He directed the officers to focus on learning outcomes for improvement of education standards at various levels in light of New Education Policy.

He stressed upon all the officers to further improve the service delivery mechanism in order to provide quality services to the common people. He asked the District Social Welfare Officer to conduct door to door campaign to make common people aware about the welfare schemes launched by the government. He also asked for displaying the help line numbers at main places so that the needy people can seek help from the departments as and when required. Raghav Langer directed Superintendent Engineer, Jal Shakti, Circle Ganderbal, to expedite the pace of work on approved Water Supply Schemes. He also asked for ensuring coverage of left out households under JJM. Secretary asked the officers of agriculture and allied sectors to put in all efforts for increasing the productivity and ensuring market linkages

in order to benefit the farming community. He directed the Chief Animal Husbandry Officer, Ganderbal, to coordinate with NRLM for formulation of dairy collection centres by registered Self Help Groups.

While reviewing Fisheries department, Secretary was informed that two units under FIDF (Fisheries Infrastructure Development Fund) are in progress in the district, one unit namely K2 Aquaculture (RAS) has been sanctioned for Rs. 47.00 crore while another unit with the project cost of Rs. 7.00 crore is likely to be sanctioned soon. He was apprised that the Trout Fish production, after the completion of the projects, is expected to increase by 1000 tonnes per annum in the district.

It was informed in the meeting that Ganderbal has been ranked as number one district in J&K in implementation of PMMSY scheme and efforts will be geared up to maintain the status and make the district capable of exporting regular consignments of frozen Rainbow Trout to various countries.

DC reviews status of works under Jal Jeevan Mission at Kulgam

DIRECTS TO SCALE UP PACE ON ONGOING WORKS; STRESSES ON CONDUCTING MORE IEC ACTIVITIES

JJ NEWS SERVICE
KULGAM, FEBRUARY 10: The Deputy Commissioner (DC) Kulgam Dr. Bilal Mohi-Ud-Din Bhat today convened a meeting of concerned Officers to review status of works under Jal Jeevan Mission (JJM) in the district.

During the meeting, the DC took detailed review of physical and financial progress made on various JJM Works.

Executive Engineers from Qazigund and Kulgam Divisions informed the chair that there are 218 works and 140 schemes/projects under JJM in the district.

Out of 218 works, 201 works stand tendered, 146

allotted and 108 works have been taken up while as 04 works stand completed.

The DC emphasized that every effort has to be made to ensure that the goal of tap water to all households must be achieved as per the projected timeline. He said that the Mission is envisioned to provide safe and adequate drinking water through individual household tap connections to all households.

He directed all the concerned officers to scale up pace on works under JJM so that the target can be achieved within the stipulated period.

He asked the officers to regularly monitor the

quality and progress on all allotted works for time-bound completion.

The DC said that information dissemination is an important component of the mission and stressed on conduct of more widespread IEC activities.

During the meeting, the DC also reviewed the functioning of Pani Samitis and it was informed that all Pani Samitis are functional in the district.

The meeting was attended by JD-Planning Zahid Sajad, ACD Mohammad Imran Khan, ACP Shurjeel Ali, CMO, Executive Engineers from Qazigund, Kulgam, AEs and other concerned Officers.

'SHE IS A CHANGE MAKER PROJECT'

IMPARD to organize CBPs for ULB women members of Kashmir Valley from Feb 13

JJ NEWS SERVICE
SRINAGAR, FEBRUARY 10: As part of Capacity Building Programmes (CBPs) being held under ambitious "She is a Change Maker" project, the third programme would be held from February 13 to 15 at IMPARD, main campus, Srinagar, for women members of Urban Local Bodies and office bearers from all districts of Kashmir Valley.

Pertinently, Jammu and Kashmir Institute of Management, Public Administration and Rural Development (IMPARD) in collaboration with National

Commission for Women is organizing a series of CBPs for women members of Panchayats, Zilla Parishads, Urban Local Bodies and Office Bearers of J&K under "She is a Change Maker Project".

In this regard, two programmes have already been conducted for the women representatives of Panchayats, Block Development Councils and District Development Councils.

The series is being fully sponsored by the National Commission for Women to foster Gender Responsive Governance in the system.

Orientation/ Training programme under holistic development of Agriculture & allied sectors held at Anantnag

To create Agri-skilled Human Resource, Department's priority: Chowdhury Iqbal

JJ NEWS SERVICE
SRINAGAR, FEBRUARY 10: The Director Agriculture, Kashmir, Chowdhury Mohammad Iqbal today inaugurated district level orientation cum training programme under the holistic development of agriculture and allied sectors at DAK Banglow Khanabal, here.

Addressing the participants, the Director Agriculture highlighted the importance of projects under holistic document. He said under the holistic document, the department is aiming to create an Agri-skilled human resource so that the implementation of different projects could be done in a more comprehensive manner.

He said that this document (holistic document) will be a game changer in the overall development of the agriculture sector in the UT of Jammu and Kashmir. He said the projects have been designed in such a way that the potential in all the allied wings would be explored to their capacity.

Director Agriculture impressed upon

the officers of agriculture and allied departments to work in close coordination so that the set targets under different projects, the desired results could be achieved.

He said the orientation cum training programme under holistic document is aimed to raise awareness among the officers regarding various approved projects so that the same could be implemented on ground in a comprehensive manner.

The Training Programme was attended by Chief Agriculture Officer Anantnag, Chief Horticulture Officer, District Agriculture Officer Extension Anantnag, Mushroom Development Officer Anantnag, Area Development Officer, Anantnag, District Level SMSs and SD level officers also participated in the programme.

Earlier, Director Agriculture visited Ganderbal and addressed the officers of agriculture and allied departments in a district level orientation cum Training programme.

Fisheries, Agriculture departments organise training programme at Kupwara

JJ NEWS SERVICE
KUPWARA, FEBRUARY 10: An orientation cum training program under holistic agriculture development with the theme "Technological interventions in Fish seed and Trout production" was today organised by the Fisheries department in collaboration with the Agriculture Production department at Kupwara.

The main aim of this training programme was the capacity building of

field functionaries and farmers in order to improve the socio-economic condition of farmers. Programme was attended by officers and field functionaries of fisheries, agriculture department, progressive farmers and scientists from Chief agriculture officer Kupwara, Gulham Mohammad Dhoi while inaugurating the training programme said that schemes related to agriculture, Fisheries, and allied sector are welfare oriented

schemes and their benefits are reaching to eligible and deserving farmers across the district. On this occasion, Assistant Director (AD) Fisheries Kupwara, Sajad Hussain said imparting training to field functionaries and farmers is of pivotal importance.

He said there is no dearth of water bodies in Kupwara district, but there is need to increase the fish productivity with sustainable approach, and innovative methods.

DSW, ICDS Kulgam organize Awareness/ Enrollment drive for Sukanya Samridhi Yojana Account scheme

JJ NEWS SERVICE
KULGAM, FEBRUARY 10: The Department of Social Welfare (DSW) Kulgam in collaboration with ICDS and Department of Posts Kulgam today organised a day-long awareness cum enrollment drive for Sukanya Samridhi Yojana Account scheme at Town Hall, here.

The program was held under the theme 'Beti Bachao Beti Padhao' (BBBP), to address the issue of declining child sex ratio along with related issues of empowerment of Women.

Present on the occasion were Tehsil Social Welfare Officers, Officials of District Hub for Empowerment of Women

(DHEW), One Stop Centre for Women (OSC) Kulgam, Officials from Post Office Kulgam and Field Officials from Social Welfare Department and ICDS Kulgam. Speaking on the occasion, Tehsil Social Welfare Officer Kulgam (Hq) Muzaffer Ahmad Rather gave a detailed introduction about

Sukanya Samridhi Yojana and Beti Bachao Beti Padhao campaign. District Mission Coordinator DHEW Kulgam, Tanseena Nazir highlighted the features as well as benefits of the scheme. Gender specialist Saba Mogul from DHEW stressed on the financial empowerment of Women.

Prerna Puri inaugurates JaKeGAs' workshop on e-Office



JI NEWS SERVICE
JAMMU, FEBRUARY 09: J&K e-Governance Agency (JaKeGA) in collaboration with National Informatics Centre, J&K, today organized one day workshop to sensitize and train the officers and officials regarding e-Office implementation up to tehsil level.

Addressing the inaugural session, Commissioner Secretary, Information Technology Department, Prerna Puri, lauded the efforts of technical agencies for educating the participants about the significance of e-Office in present era of technological advancements. She highlighted that e-Office is crucial for increasingly digital nature of governance at all levels.

Commissioner Secretary emphasized the need for imparting requisite master training to the District Level Nodal Officers for ensuring e-Office expansion up to the tehsil level. Chief Executive Officer, JaKeGA, Abhishek Sharma, in his address, briefed the importance of e-Office in ensuring a more responsive, accountable and

transparent dispensation to people. He also highlighted a descriptive detail about achievements recorded, so far, under e-Office initiative. He exhorted upon the district level nodal officers to share information about all officials up to tehsil level to onboard all employees on e-Office. During the workshop, a presentation was given by JaKeGA project team while technical demonstration session was also conducted which was attended by about 150 officers and officials of various district and tehsil administrations. Among others, the workshop was attended by State Informatics Officer Informatomics Centre, Saleem Khan and his team besides the project implementation team of JaKeGA.

Handicrafts & Handloom Jammu signs MoU with NIFT Srinagar on designing, branding

PPJ1 NEWS SERVICE
JAMMU, FEBRUARY 09: Directorate of Handicrafts and Handloom, Jammu and National Institute of Fashion Technology, Srinagar today signed a Memorandum of Understanding (MoU) here at Udyog Bhawan.

The MoU was signed in presence of Prashant Goyal, Principal Secretary, Industries & Commerce Department, J&K and Rohit Kansal, Union Additional Secretary, Ministry of Textiles, (Director General NIFT).

The MoU was signed between the two parties under the project titled "DESIGNING INNOVATIVE AND SUSTAINABLE PACKAGING AS A BRANDING INITIATIVE FOR HANDICRAFTS AND HANDLOOM SECTOR OF JAMMU".

The MoU document was signed by Dr. Vikas Gupta, Director Handicrafts and Handloom, Jammu, and Dr Javid Ahmed Wani, Director National Institute of Fashion Technology, Srinagar.

Secretary Industries & Commerce Department, Smita Sethi, MD JKTIPO,

Khalid Jahangir; MD Handicrafts & Handloom Corporation, Atul Sharma and other officers of Industries and Commerce Department were present on the occasion.

The objective of the MoU is to create a strategic and attractive packaging design solution for branding Jammu Handicraft and Handloom items in view of enormous potential of this sector for growth, export and wealth creation and also employment generation.

Speaking on the occasion, Prashant Goyal appreciated the effort of entering into MoU with NIFT Srinagar as having professionally designed packaging prototypes, in tune with the market-demand, would definitely increase the sales of products viz-aviz wage earnings of our artisans and weavers. Union Additional Secretary, Ministry of Textiles, Rohit Kansal, who is also DG NIFT, said that the Government of India is willing to support the artisans and weavers of Jammu and Kashmir in any capacity.

He said they can offer courses to these craftsmen to upgrade and

enhance their skills so that the products of these artisans will have value addition for better marketing.

The project envisages evolving of a roadmap to create unique and sustainable packaging to add value to the artefacts of the Jammu cottage industry. This will give a unique packaging presentation having international standards besides determining the unique selling point of chosen Jammu Handicraft and Handloom goods.

As part of the MoU, packaging prototypes for products such as Basohli Paintings, Basohli Pashmina, Phulkari embroidery, Lathu Cum Lacquer products and Calico printing products are expected in the first phase.

The artisans and weavers present on the occasion gave their feedback regarding packaging and branding initiatives to the dignitaries present in the event. Besides, prototypes packaging along with the trims that give product data and product care instructions for specified crafts will also be among the deliverables.

Sensitisation Workshop on NEET & JEE-IIT coaching held for parents, teachers at Kishtwar

JI NEWS SERVICE
KISHTWAR, FEBRUARY 09: District Administration Kishtwar, in collaboration with office of Chief Education Officer today organised a day long workshop to sensitize the parents, teachers and the aspirants about Online-Offline NEET JEE-IIT coaching programme being rolled out by it.

Deputy Commissioner Dr. Devansh Yadav presided over the workshop in presence of Chief Education Officer, Sudarshan Kumar Sharma; ACD, Atul Dutt Sharma; AO DC office, Imran Ahmed Kichloo, Principals, lecturers, teachers. Aspirants from various government and private institutions participated in the workshop.

At the outset, the participants were apprised about the initiative of the

district administration to conduct the online-offline coaching classes in the district being provided by the renowned teachers/coaching guides of the country.

The participants gave suggestions and feedback about the coaching programme and the same were noted down for consideration to create an enabling environment for the proposed coaching programme.

Speaking on the occasion, Deputy Commissioner Kishtwar stressed teachers and parents to work together with district Administration and make the proposed coaching programme a great success.

He also urged parents and teachers to spread mass awareness to enrol maximum number of the students for the coaching.

He said the aspirants can apply on the link: <https://forms.gle/y2dtdJXk9qJHJ7>

He further informed that aspirants can visit District Administration Kishtwar Facebook page and register themselves on the link, besides the aspirants and parents can contact the administration for any help and avail the golden opportunity at their home town with minimal charge.

The CEO asked the aspirants to avail this great opportunity by utilizing the services of prominent coaching institutes/tutors in their home town. Parents and teachers evinced a positive response and thanked District Administration Kishtwar for their valuable efforts and showing great concern for the future of their children.

Kushwaha's revolt to benefit NDA in Bihar says Union minister Pashupati Kumar

PATNA, FEB 9: Union minister Pashupati Kumar Paras on Thursday asserted that the rebellion of JD(U) leader Upendra Kushwaha will "benefit the BJP-led NDA" in Bihar which has been lying low since being stripped of power in the state last year.

Paras was responding to queries from journalists about the current political situation in the state where the NDA which includes his Rashtriya Lok Janshakti Party, is supported by a rival group headed by his nephew Chirag, and is pitted against the seven-party ruling "Mahagath bandhan". "The NDA will win in the general elections next year.

You can take it from me. There is no counter to the charisma and popularity of Prime Minister Narendra Modi, while the Mahagathbandhan is in disarray as evident from the notes of discord struck by Kushwaha," Paras said.

Replying to a query, he said, "Kushwaha's revolt will definitely benefit the BJP and its allies in Bihar," However, he became guarded when asked whether Kushwaha, a former Union minister who had served in Modi's first

administration, will be welcomed into the NDA. "Let him (Kushwaha) make the move. A decision will be taken at that time", said Paras, who represents Hajipur Lok Sabha seat, a pocket borough of his late brother Ram Vilas Paswan.

710 Works under DDC, BDC, PRI grants completed at Bandipora

ADDC reviews RDD works; stresses on target completion at earliest

JI NEWS SERVICE
BANDIPORA, FEBRUARY 09: The Additional District Development Commissioner (ADDC) Bandipora, Ali Afzar Khan on Thursday chaired a meeting of officers to review the functioning of the Rural Development Department and implementation of various schemes by the department.

On the occasion, officers informed the chair about the ongoing works including works taken up under Area Development Fund for Panchayat Raj Institutions including BDC and PRI grants.

The meeting was informed that 1026 works costing Rs. 37.44 Cr have been approved including 839 works under PRI grants, 94 under BDC grants and 93 under DDC grants.

Giving an update about the implementation, officers informed that 710 works have been completed that amounts to 80 percent of the financial expenditure costing about Rs. 22 cr. On the occasion, ADC also reviewed all the pending works and discussed the bottlenecks that hinder the progress of works including the works under Swachh Bharat Mission, PMJAY scheme, MGNREGA, Aspirational blocks, ODF plus villages.

He directed the officers to complete all works well in time and remove all the bottlenecks including land disputes at earliest. He also asked the officers to utilize the manpower under MGNREGA so that the target of 100 days job to unskilled and unemployed youth of the villages is also met.

NSE phone tapping : Delhi HC grants bail to Chitra Ramkrishna in money laundering case

NEW DELHI, FEB 9: The Delhi High Court on Thursday granted bail to Chitra Ramkrishna in the money laundering case related to alleged illegal phone tapping and snooping of the National Stock Exchange (NSE) employees, saying prima facie there are reasonable grounds to believe she is not guilty. Justice Jasmeet Singh granted bail to the former NSE managing director on a personal bond of Rs one lakh and two sureties of the like amount. "Prima facie there are reasonable grounds to believe that the applicant is not guilty of the offence and she is not likely to commit any offence while on bail...the application is allowed and the applicant is granted bail," the court said.

Ramkrishna was in custody for almost seven months in the matter. "In the present case there is no allegation that the applicant has derived or obtained any property or proceeds of crime. Additionally, there is no allegation or evidence produced before me to suggest that the applicant has concealed, possessed, used, projected or claimed any proceeds of crime as untainted property," the court also observed.

She was granted bail in the CBI case by the high court in September last year after

being in custody for approximately seven months post her arrest in March 2022. Ramkrishna, who was earlier arrested by the CBI in the alleged NSE co-location scam, was arrested in the present case by the Enforcement Directorate on July 14 last year. The Enforcement Directorate (ED) had opposed her bail plea in the present case on grounds that she was the "mastermind" behind the conspiracy.

The phone tapping case, according to the ED, pertains to a period from 2009 to 2017 when former NSE CEO Ravi Narain, Ramkrishna, Executive Vice-President Ravi Varanasi, and Head (Premises) Mahesh Haldirpur and others conspired to cheat NSE and its employees and for the purpose, engaged iSEC Services Pvt Ltd for illegal interception of phone calls of employees of the NSE in the guise of doing periodic study of cyber vulnerabilities of the NSE. In the 38-page order, Justice Singh said prima facie no scheduled offences, including those under the Indian Penal Code or the Prevention of Corruption Act, against Ramkrishna are established and thus the provisions of Prevention of Money Laundering Act cannot be attracted.

JAMMU POWER DISTRIBUTION CORPORATION LIMITED OFFICE OF THE EXECUTIVE ENGINEER, ELECTRIC DIVISION-II, JPDCI GANDHINAGAR JAMMU

CIN No: U40300JK2013SGC003898
E-mail: emmed2@gmail.com/Tel/Fax: 0191-248521

TENDER NOTICE

E-NIT No: 64 of 2022-23

Dated: 06.02.2023

For and on behalf of the Lieutenant Governor of the UT of Jammu and Kashmir, the Executive Engineer (Distribution), Electric Division-II, JPDCI Jammu, hereinafter referred as 'Employer', invites online e-bids from reputed Companies of Class 'A' registered/Electrical Contractors for Fixing the Job Contract (Labour) for Repair/Reclamation of Damaged Distribution Transformers (11KV/6.6KV/0.44KV) of different capacities viz 25 KVA, 50/63 KVA, 100 KVA, 200/250 KVA, 300 KVA, 400 KVA, 500 KVA, 630 KVA at Divisional Workshop Miran Sahib during the Financial Year 2023-24.

A	Tender Document Sale/Download Start Date	06.02.2023; 12:00 Hrs.
B <td>Tender Document Sale/Download End Date</td> <td>27.02.2023; 16:00 Hrs.</td>	Tender Document Sale/Download End Date	27.02.2023; 16:00 Hrs.
C <td>e-Bid submission (start) date & time</td> <td>06.02.2023; 12:00 Hrs.</td>	e-Bid submission (start) date & time	06.02.2023; 12:00 Hrs.
D <td>e-Bid submission (end) date & time</td> <td>27.02.2023; 16:00 Hrs.</td>	e-Bid submission (end) date & time	27.02.2023; 16:00 Hrs.
E <td>Submission of Hard Copy of Tender Fee</td> <td>06.02.2023; 12:00 Hrs. to 27.02.2023; 16:00 Hrs.</td>	Submission of Hard Copy of Tender Fee	06.02.2023; 12:00 Hrs. to 27.02.2023; 16:00 Hrs.
F <td>Pre-Bid Meeting</td> <td>14.02.2023; 14:00 Hrs.</td>	Pre-Bid Meeting	14.02.2023; 14:00 Hrs.
G <td>Commercial and Technical Bid opening date & time</td> <td>28.02.2023; 16:00 Hrs.</td>	Commercial and Technical Bid opening date & time	28.02.2023; 16:00 Hrs.
H <td>Online financial e-Bid opening date & time (Only of the technically qualified Bidders)</td> <td>Will be communicated to the Technically Qualified Bidders.</td>	Online financial e-Bid opening date & time (Only of the technically qualified Bidders)	Will be communicated to the Technically Qualified Bidders.
I <td>Venue of opening of techno-commercial Bids</td> <td>Executive Engineer Electric Division-II JPDCI Gandhi Nagar Jammu</td>	Venue of opening of techno-commercial Bids	Executive Engineer Electric Division-II JPDCI Gandhi Nagar Jammu
J <td>Cost of e-Bid document</td> <td>Rs. 3000 (Non-Refundable)</td>	Cost of e-Bid document	Rs. 3000 (Non-Refundable)
K <td>Amount of Earnest Money Deposit (EMD)</td> <td>Rs. 25000/-</td>	Amount of Earnest Money Deposit (EMD)	Rs. 25000/-

Note: The Tender has been floated for deriving the L1 rates for repair of Distribution transformers of various capacities at Divisional Workshop Miran Sahib of Electric Division-II JPDCI, Jammu for the year 2023-24.

- Bidders are advised to study the Bidding Document carefully. Submission of e-Bid against this SNO shall be deemed to have been done after careful study and examination of the procedures, terms and conditions of the Standard Bidding Document with full understanding of its implications.
- The tender document is available at website <http://jtenders.gov.in>. Interested bidders may view, download the e-Bid document, seek clarification and submit their e-Bids online up to the date and time mentioned in the table in SNO.
- Bidders shall have to pay the e-Bid document fee in the shape of Demand Draft / (Non-refundable) or a Cheque in favour of the Executive Engineer Electric Division-II JPDCI, Gandhi Nagar Jammu of any nationalized bank or e-Challan, treasury Challan/receipt, in favour of Executive Engineer Electric Division-II JPDCI Gandhi Nagar Jammu (Cost of Tender to be credited to Head: 0901/Non-refundable) on or at least one day before opening of commercial and technical e-Bid.
- No Bidder, unless or otherwise specified in the terms and conditions, shall be exempted from depositing Earnest Money. Tenders not accompanied with the requisite amount of earnest money shall be rejected.

No: ED-II/TS/3220-22
Dated: 06-02-2023

DIP/J-5188-P/22

SD/-
EXECUTIVE ENGINEER
JPDCI ELECTRIC DIVISION-II
JAMMU

G2 **NORTHERN RAILWAY** **75**
Azadi Ka Amrit Mahotsav

E-TENDER NOTICE

Sr.DEN-IVFZR acting for and on behalf of The President of India invites open tenders (E-Tenders) against below titled tenders and available on www.reps.gov.in with closing date 27.02.2023 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 manual offer received shall be ignored. Contractors are allowed to make payments against this tender towards tender document cost and earnest money only against only payment modes available on www.reps.gov.in portal like net banking, debit card, credit card etc. Manual payments through Demand draft, Banker cheque, Deposit receipts, FDR etc. are not allowed. For more information login to www.reps.gov.in

Tender Type	Tendering Section	Bidding System
Open	Works	Single Bid System

Date of Uploading Tenders	Bid Starting Date	Bid Closing Date/Time
02.02.2023	13.02.2023	27.02.2023 / 15:00 Hrs.

S.No.	Tender No.	Details of Tender
1.	423-2022-23-UHP-DRM-FZR	Installation and Commissioning of effluent treatment plant of 50 KLD at SVDK railway station on J&K-SVDK section under ADENUHP.

Advertised Value (Rs.)	Earnest Money	Validity of offer	Period of completion
86,75,892.49/-	1,73,500/-	60 Days	12 Months

Similar Nature of work: "Supply, design, erection and commissioning of sewage or effluent treatment plant".

Note: 1. Before bidding, bidders to check for any corrigendum issued against tender No. 770-W/169/WAFZR/2022-23 Date: 04.02.2023

SERVING CUSTOMERS WITH A SMILE 398/23

OFFICE OF THE EXECUTIVE ENGINEER PWD(R&B) DIVISION SAMBA

ABBREVIATED NOTICE INVITING TENDER

E-NIT No. 107 of 2022-23 Dated: 07-02-2023

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

S. No	Name of Work	Advertised Value (Rs. in Lacs)	Cost of document (in Rs.)	(Earnest Money) in shape of GDR (PDR) (in Rs.)	Time allowed for completion	Time and date of opening of tender	Class of Contractor
1	2	3	4	5	6	7	8
1	Repair / Renovation of Bamuchak Temple an additional works at District Samba. (4* cell)	77.36	1500/-	2 % of adv. Cost	08 Months	21-02-2023 (1400 Hours)	"A"

Position of AAA: Major Head: Accorded Sanctioned 4202: Education

1/ Date of Publishing = 07/02/2023
2/ Pre bid meeting = 11/02/2023 at 1300 Hrs
3/ Date of downloading = 1000 hours on 12/02/2023 to 20/02/2023 upto 1800 hours
3/ Date of submission / Uploading = 1000 hours on 12/02/2023 to 20/02/2023 upto 1800 hours
4/ Date of opening of bids = 21/02/2023 at 1400 hours.

The tender is available at website <http://jtenders.gov.in> all other terms & conditions can be seen on the above website.

No. 13203-19
Dt. 07.02.2023
DIP/J-19304/22
SD/-
EXECUTIVE ENGINEER
PWD (R&B) DIVISION
SAMBA

National Commission for Women, SWD, TISS hold meeting on strengthening of response to gender-based violence in J&K, Ladakh

JI NEWS SERVICE
JAMMU, FEBRUARY 10: National Commission for Women in collaboration with Social Welfare Department and Tata Institute of Social Sciences, Mumbai, organized a meeting of stakeholders of Union Territories of Jammu and Kashmir and Ladakh regarding strengthening of response towards gender-based violence through greater coordination.

The meeting, chaired by Chairperson, National Commission for Women, Rekha Sharma, was attended



by Commissioner for Women, Family Counselling Centre, One Stop Centres, 181 Helpline, District Hub for Empowerment of Women and Family Counselling Centres along with senior police officials responding to violence against women in both UTs were also part of the meeting. Speaking during the

meeting, Chairperson, Rekha Sharma said, "We need to respond collaboratively, if we want to tackle this huge problem of violence against women." Sheetal Nanda, encouraged all stakeholders to equip themselves with knowledge of laws pertaining to women for better implementation of the initiative. She asked them to recognize the multiplicity of services for cross-referrals and comprehensive response to survivors seeking support. She added, "Law is the backbone of the work we do."

It was decided in the meeting that awareness programmes on cyber-crime with varied population of youth, social workers and police will be organized. Besides training of Protection Officers under the Protection of Women from Domestic Violence will also be planned. Also, Social Workers will be trained on responding to human trafficking.

The meeting also decided that a portal will be developed to create a directory of available resources for survivors of violence.

DC Doda asks for strict enforcement of notified rates for online services

JI NEWS SERVICE
DODA, FEBRUARY 10: Information Technology Department, J&K has recently notified/fixed rates for delivery of all online services to be charged/received from the citizens/customers of entire Union Territory of Jammu & Kashmir for Government to Citizens (G2C) and Government to Business (G2B) services.

In this regard, Deputy Commissioner Doda, Vishesh Paul Mahajan has issued instructions to all the Tehsildars to check the availability of Common Service Centres (CSCs) in all pockets in their respective jurisdictions for the convenience of the general public.

The Tehsildars and District Manager Common Service Centres (DM-CSC) have been asked to ensure that the CSCs do not charge more than the rates notified by the government for different online services. District Manager CSC has been instructed to issue necessary directions to all the VLEs of Common Service Centres (CSCs) of District Doda for pasting the Notification at their respective CSCs and the rates so notified in the said Notification be implemented in letter and spirit.

JKPCC conducts workshop on "Implementation of EPR under E-waste, Plastic Waste Management Rules, 2022"



JI NEWS SERVICE
JAMMU, FEBRUARY 10: Jammu & Kashmir Pollution Control Committee today conducted an interactive workshop on "Implementation of EPR under E-waste (Management) Rules, 2022 and Plastic Waste Management (Second Amendment) Rules, 2022" here at Convention Centre, Jammu.

The objective of the workshop was to provide a common platform for an interaction with concerned stakeholders and implementing departments on various aspects of EPR Rules.

Commissioner Secretary, Department of Forest, Ecology and Environment, Sanjeev Verma, was the chief guest while Chairperson, J&K Pollution Control Committee Dr. Neelu Gera, was the guest of honour on the occasion.

Workshop started with visiting of exhibits by the dignitaries which were displayed by various organizations like Shalimar Thermoforming Private Limited Samba, Indian Pollution Control Association, Lifecycle Management Private

Limited, Saahas Zero Waste, Self Help Group (NRLM) Block Dhansal, Himalaya Green Himachal Pradesh and VRG Groups, Ganguly.

Sanjeev Verma appreciated the efforts of JKPCC for organizing such type of events and stressed upon the stakeholders including district administration to ensure effective implementation of relevant provisions laid under both E waste and Plastic Waste Rules. He emphasized the need to link growing menace of Plastic and E-waste pollution with unpredictable disaster, owing to release of toxic gases in the environment through unscientific dumping and disposal of such waste.

Dr. Neelu Gera pointed out in her address regarding the need for an urgent action to be taken up by stakeholder departments like Urban Local Bodies to facilitate separate and safe collection of such wastes with publicizing the collection points for public awareness. She also requested Rural Development Department to ensure implementation of Rules in letter and spirit at Panchayat levels as rural areas are also now identified as

equally accountable for both types of waste generation.

Regional Director, JKPCC, Sat Paul, briefed about the objective of the interactive workshop.

Member Secretary JKPCC, K Ramesh Kumar, informed the gathering that as per new E-waste and Plastic waste Rules, responsibility of the respective Producers and Recyclers have risen manifold and appealed for adherence to the stipulated rules by them in this regard.

During the workshop, Shoba Raghavan, Director and COO, Saa has Zero Waste made a detailed presentation on Producer's Responsibility for implementation of EPR as per E-waste (Management) Rules, 2022 and Co-founder CEO, Abhishek Agshe, Lifecycle Management Private Limited made a presentation on responsibility of recyclers laid under E-waste Rules.

Director, Indian Pollution Control Association, Ashish Jain deliberated on the EPR Policies for Plastic Waste Management.

The program was attended by officers and officials from Department of Industries and Commerce, Nodal Officers from Central University, Jammu University, SKUAST, SMVDU, concerned Nodal Officers from Jammu Municipal Corporation and Srinagar Municipal Corporation, CEOs from Department of Urban Local Bodies Jammu and Kashmir, Jammu Chamber of Commerce and Industry, National Rural Livelihood Mission, Divisional Officers and Scientists from JKPCC, Nodal Officer E-waste, JKPCC, Jammu, besides DISHA organization and Global Human Rights Trust.

Nehru Yuva Kendra Sangathan J&K, GCW Parade organise National Youth Parliament Festival

JI NEWS SERVICE
JAMMU, FEBRUARY 10: Nehru Yuva Kendra Sangathan J&K, in collaboration with Government College for Women Parade Ground organized a state level National Youth Parliament on the College Campus.

As many as 46 youth from districts of Jammu & Kashmir UT and Ladakh UT, all being the winners and first runners up of District Level National Youth Parliament, participated in the State Level event.

Nisar Ahmed Butt, SD NYKS J&K and Ladakh was the chief guest, while Dr. Deepak Pathania, Assistant professor, Environmental Sciences, Dr. Seema Jamwal, Assistant Professor Political Science, Dr. Musavir Ahmad, NSS Program Coordinator, Kashmir University, Dr. Seema Zargar, Senior Officer, School Education Department

and Dr. Shubra Janwal, Assistant professor, English were the jury members.

Anmol Sharma from NYKS Jammu got the first rank, Faiza Basharat from GDC Poonch got the second rank and Quyima Aslam from S P College Srinagar got the third rank in the state level event.

The first three winners of state Youth Parliament shall participate at national level NYPF in New Delhi where 87 Winners from all States and UTs will participate in the National Youth Parliament Festival in person at 29 venues.

Out of them, 29 first position holders will speak on the given topics while the remaining 58 will attend the proceedings. Dr Gurpreet Kour, NSS Program Officer, GCW Parade and Organizing Secretary of the program both at Nodal Jammu level and state

level took the initiative for organizing National Youth Parliament Festival.

The main objective of the programme is to hear the voice of youth between 18-25 years of age through deliberations in Youth Parliaments at District, State and National levels and to encourage the youth to engage with public issues, understand the common man's point of view, form their opinions and express it in an articulate manner, to develop and enhance decision making abilities, to develop in them respect and tolerance for the views of others, to develop in them an understanding that respect for rules is essential for conducting any discussion systematically and effectively, to obtain and document their opinions on Vision of New India and to make available their views to policy makers and implementers to take it forward.

Saurabh Bhagat meets MNRE; Discusses modalities for implementation of Biomass Programme in J&K

JI NEWS SERVICE
NEW DELHI, FEBRUARY 10: Commissioner Secretary, Science and Technology, Saurabh Bhagat, today discussed modalities for implementation of newly launched Biomass Programme of Ministry of New and Renewable Energy (MNRE), approved under the umbrella scheme of National Bioenergy Programme Phase-I, in Jammu and Kashmir.

During his visit to the Capital, MNRE, Saurabh Bhagat had detailed discussion with S R Meena, Incharge Bio-energy, on several issues regarding setting up of one Bioenergy Pilot

Project each in Jammu and Kashmir regions of the UT.

Pertinent to mention here that the National Bio-energy Programme comprises of sub schemes like 'Waste to Energy Programme (Programme on Energy from Urban, Industrial and Agricultural Wastes/Residues), Biomass Programme (Scheme to Support Manufacturing of Briquettes and Pellets and Promotion of Biomass (non-bagasse) based cogeneration in Industries) and Biogas Programme.

Commissioner Secretary also met in-charge Rooftop Solar Division,

MNRE, Hiren Bora and updated the Ministry with the progress on implementation of 20 MW and 200 MW cumulative capacities Rooftop Solar sanctions of MNRE and stressed for timely release of Central Financial Assistance (CFA) under the schemes.

During the discussion, Saurabh Bhagat updated the Ministry regarding various challenges and impediments being faced by JAKEDA in implementation of the schemes. He requested the Union Ministry for allowing empanelment of more vendors under the two sanctions as the targets to be achieved are huge.

PSPS PG College NCC Cadets shine in RDC-2023

JI NEWS SERVICE
JAMMU, FEBRUARY 10: Republic Day Camp is not just a camp, it is an emotion; emotion for the cadets who strive to be a part of Republic Day Contingent and step in DGCC to transform.

Securing 4th position for the first time in the history, the ten cadet NCC contingent of Padma Shri Padma Sachdeva Government PG College for Women, Gandhi Nagar attended this prestigious camp and brought laurels to the College. Two cadets from 1 J&K Naval Unit; 04 cadets from 1 J&K Girls Battalion, NCC Srinagar and 04 from 2 J&K Girls BN, NCC Jammu were part of the team that attended the Republic

Day Camp 2023 at New Delhi.

The cadets were well trained at various Pre-RDC camps at Nagrota, Jammu over a two month period, prior to their departure to New Delhi. They added sheen to the Prestige of College by participating in various events and competitions like Drill, Cultural Programmes, Flag Area etc. From 1 J&K GIRLS BN, Senior Cadet Captain Parul Sharma was selected for Kartavyapath for which she received ADG Commendation. Cadet Captain Kiran Choudhary participated in cultural events and also achieved ADG Commendation. SUO Tania Chib and JUO Marjam from 1 J&K Girls Battalion, NCC Srinagar, were a part of Kartavyapath

Contingent whereas JUO Riya Kaith was a part of PM Rally and JUO Ankeeta Langhe participated in cultural events. From 2 J&K GIRLS BN, NCC JAMMU, SUO Shakshi formed a part of the PM Rally contingent and JUO Anma Khan marched Kartavyapath. JUO Manshi Sharma was selected for All India Guard of Honor showcasing salami to Honorable PM Shri Narendra Modi whereas Sergeant Rakshika Sharma was a part of cultural events. Principal of the College Prof. Minu Mahajan, congratulated and applauded the Cadets for the hard work, dedication and strenuous efforts for bringing laurels to the College for representing at National Level.



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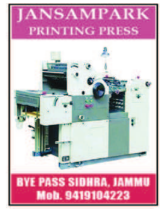
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Not Stone pelting Kashmir now sports hub: Anurag Thakur

Says Admin changed Valley situation in just 3 years; More than 1500 Athletes from Country to participate in 11 different winter-sports disciplines; Gulmarg to be Centre of Excellence for winter games soon: LG Manoj Sinha

J I NEWS DESK
BARAMULLA, FEB 10

Union Minister Anurag Thakur on Friday said that the Kashmir Valley that was earlier known for stone pelting incidents is now famous for Football and other sports activities.

Addressing a gathering at the inaugural function of Khelo India Winter Games at Gulmarg, Thakur, as per the news agency said the youth who were holding stones in their hands are now indulging in sports activities, thereby making the nation proud.

While appreciating the role of the Jammu and Kashmir government, he said the government made it possible to change the Kashmir situation in just 3 years, which earlier could not be done in 75 years.

"It is really a proud movement for all of us that Jammu and Kashmir is hosting the Khelo India Games for the third time, which other states failed to," he said.

He said that they will soon have a number of star athletes, as the youth are highly involved



in games, be it Football, Wushu, Cricket, Skiing or other sports activities.

The Union Minister assured full support and cooperation in developing the Center of Excellence for Winter Games in the UT. "It is the vision of our Prime Minister Narendra Modi to create sporting infrastructure across India. The setting up of a National Centre of Excellence in the valley will support the athletes of J&K," he said.

"Jammu and Kashmir's every district is now having an indoor stadium and every village a play field, which itself speaks how the situation has taken a U-turn," he said. "More than 1500 Athletes will compete in 11 different winter sports disciplines in the five day mega sports event."

Speaking on the occasion, Jammu and Kashmir Lieutenant Governor Manoj Sinha said

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Vijay Kumar Bidhuri is new Div Com Kashmir as govt orders transfer, posting of 15 officers

J I NEWS DESK
SRINAGAR, FEB 10

The government on Friday ordered transfer and posting of 15 officers, seven of them IAS, in the interest of administration with immediate effect.

According to an order, a copy of which lies with the news agency, Vijay Kumar Bidhuri, IAS (AGMUT:2005) Commissioner/Secretary to the Government, Revenue Department, holding additional charge of Principal Resident Commissioner, J&K Government, New Delhi, has been transferred and posted as Divisional Commissioner, Kashmir.

The order states Dheeraj Gupta, IAS (AGMUT: 1993), Principal Secretary to the Government, Housing and Urban Development Department, holding additional charge of smart Cities and proposed new Jammu/Srinagar Metropolitan Regional Development, has been transferred and posted as Principal Secretary to the Government, Department of Forest, Ecology and Environment.

"H. Rajesh Prasad, IAS (AGMUT:1995), Principal Secre-

tary to the Government, Power Development Department, shall hold the charge of the post of Principal Secretary to the Government, Housing and Urban Development Department, in addition to his own duties, till further orders," reads the order.

It reads Sanjeev Verma, IAS (AGMUT:2001), Commissioner/Secretary to the Government, Department of Forest, Ecology and Environment, has been transferred and posted as Commissioner/Secretary to the Government, General Administration Department.

"Sarmad Hafeez, IAS (AGMUT:2009), Secretary to the Government, Tourism Department, holding additional charge of Administrative Secretary, Youth Services and Sports Department, has been transferred and posted as Secretary to the Government, Finance Department, holding additional charge of CEO, ERA & Mission Director, Jal Jeevan

Mission, J&K, has been transferred and posted as Administrative Secretary, Culture Department, relieving Zubair Ahmad, JKAS, of the additional charge of the post.

"He shall hold the charge of the post of Chief Executive Officer, Economic Reconstruction Agency, in addition to his own duties, till further orders."

It added Dr. Piyush Singla, IAS (AGMUT:2012), Administrative Secretary, General Administration Department, has been transferred and posted as Administrative Secretary, Revenue Department.

"Rakesh Minhas, IAS (AGMUT:2016), awaiting orders of adjustment in the General Administration Department, has been posted as Managing Director, SIDCO. He shall also hold the charge of the post of Managing Director, SICOP, in addition to his own duties, till further orders."

It further reads Raman Kumar Kesar, JKAS, Managing Director, SIDCO, holding additional charge of Managing Director, SICOP, has been transferred and posted

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Indian teams working day and night as part of Operation Dost in Turkey: PM Modi



NEW DELHI, FEB 10

Prime Minister Narendra Modi on Friday said the Indian teams of NDRF personnel and doctors involved in rescue and relief operations in quake-hit Turkey are working day and night as part of 'Operation Dost' and would continue giving their best to save lives.

The Prime Minister said that India stands firmly with the people of Turkey, where a 7.8-Richter tremor on Monday has led to around 20,000 deaths and devastated cities.

His comments came as the Indian Army's 30-bedded field hospital in Iskenderun has so far treated 106 people in the Turkish city that has been hard hit in the earthquake.

"Our teams are working day and night as a part of 'Operation Dost.' They will keep giving their best to ensure maximum lives and property are saved. In this critical time, India stands firmly with the people of Turkey," the PM said in a tweet.

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After 2-day wet spell, MeT predicts improvement in weather from today

J I NEWS DESK
SRINAGAR, FEB 9

After two-day wet spell in Jammu & Kashmir, the weatherman here has predicted gradual improvement in weather conditions from tomorrow (Saturday), saying that there is no forecast of any major wet spell till February 17.

Reports reaching the news agency, said that a few higher reaches in Kashmir received light snowfall today while rains lashed the majority of areas including Srinagar today.

Deputy Director Meteorological department (MeT) said that the



weather conditions have started improving and from tomorrow it will gradually improve further. "Although there is a possibility of light rain at isolated places, overall the weather conditions will improve from tomorrow," he said.

He further added that the weather would remain mostly dry till February 17, saying that there is no possibility of any wet spell during the period from tomorrow. However, some of the areas in northern Kashmir have received snowfall with dust.

The MeT in a statement issued here classified the

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Govt teacher arrested for allegedly misbehaving with girl students

J I NEWS DESK
POONCH, FEB 10

A Government teacher, posted in Middle School Dhargaloon in Balakote zone of Mendhar sub division of Poonch district, has been arrested by police for allegedly molesting and misbehaving with two girl students of his school. Per-

tinently, the teacher has also been placed under suspension by the education department.

The teacher identified as Mohammad Taj Nayazi was booked in a case under FIR number 10/2023 under sections 354, 8/10 POCSO Act in Police Station Cursal.

Police officials told

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Avalanche hits Gurez, 2 women rescued

J I NEWS DESK
SRINAGAR, FEB 10

Two women were rescued after a snow avalanche hit the Manzang area of north Kashmir's Bandipora district on Friday, officials said.

Police said two women identified as Tabassum Bano and Shahzaba Begum went out to collect drinking water from a nearby tap when they came under a medium avalanche in Manzang area of Tulail Friday morning.

They said soon after the incident a rescue operation was launched by local residents and after strenuous efforts both were rescued alive. However, no damage has been reported in the incident so far, they added.

Upper reaches of Bandipora including Gurez valley received yet another fresh spell of snow on Thursday. The road remains closed with the rest of the

CONTINUED ON ► PAGE 4

JKBOSE 10th, 11th, 12th Class Date Sheet Out

J I NEWS DESK
SRINAGAR, FEB 10

The JK Board of School Education (BOSE) on Friday notified the date sheet of annual (Regular 2023) examination for class 10th to 12th students enrolled in schools falling in soft zone areas of Jammu and Kashmir.

As per the date sheet issued by the Director Academics JKBOSE, the examination of class 10th students in soft zone areas will commence from March 9 of 2023 and will culminate on April 5.

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Rain in Ramban triggers landslides, blocks highway

J I NEWS DESK
JAMMU, FEB 10

The Jammu-Srinagar national highway was closed for traffic on Friday due to multiple landslides triggered by heavy rains in Ramban district, officials said.

The only all-weather 270-km highway linking Kashmir with the rest of the country, was blocked by the landslides at Panthiyal, Cafeteria Morh, and Dalwas areas with over 200 vehicles stranded at several points on the route.

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J&K PSC now functions with only one member and chairman

J I NEWS DESK
SRINAGAR, FEB 10

With former IPS officer Aftab-ul-Mujtaba completing his term as a member of the Jammu & Kashmir Public Service Commission on Friday, the key recruitment body of the Union Territory is now left with only one member.

Mujtaba, an illustrious IPS officer, who was appointed as a member of the constitutional body on June 24, 2020, completed his term today, leaving the constitutional body with only one member now.

According to details available with news agency, the PSC is now left only with chairman Satish Chandra (former IAS officer) and

member Zubair Ahmed Raza (former judge).

As per the Constitution of India, a member of the State Public Service Commission shall hold the office for a term of six years or till the age of 62 years, whichever is earlier.

Before scrapping of the Article 370, the appointment and retirement of PSC members in J&K was governed by the Constitution of Jammu & Kashmir, which allowed members of the prestigious body to hold office for a term of five years or till the age of 65 years, whichever is earlier.

The Public Service Commission was made functional with J&K UT's administration with

CONTINUED ON ► PAGE 4

India's technology-enabled governance model can meet unforeseen exigencies: Dr Jitendra

J I NEWS DESK
NEW DELHI, FEB 10

Union Minister of State (Independent Charge) Science & Technology; Minister of State (Independent Charge) Earth Sciences; MoS PMO, Personnel, Public Grievances, Pension, Atomic Energy and Space, Dr Jitendra Singh today said that Prime Minister Narendra Modi has given India a technology-enabled Governance Model, which can meet unforeseen exigencies and is perpetually prepared for it, as was evident during the Covid pandemic which took everybody by surprise but the government working did not get interrupted even for a single day because long before the pandemic came, we had almost completely shifted over to e-office,



online and virtual modes of working.

Speaking at the 4th Edition of National Governance Summit of Economic Times here, Dr Jitendra Singh said that Modi's Governance Model is not only sustainable but also resilient, using futuristic technologies and innovations.

The Minister said, the Modi model of governance evolved over the last 22 years has laid the foundation of the future road map

of India's progress. He said, in the next 25 years of Amrit Kaal, when India rises to the world pedestal, this will be primarily on the strength of our scientific prowess and capacity of our Start-Ups which will be essentially technology driven and a unique governance model taking effective care of 140 crores plus Indians.

Dr Jitendra Singh said, Modi, an avid follower of newer technologies and innovations is always ready

to adopt today, the technology of tomorrow. He said, Prime Minister is focusing on areas like Space Technology, Drone, A.I, Biotech, Geospatial, Ocean Mission or Blue Economy and Green technologies including the Hydrogen Revolution which will define the destiny of India tomorrow. The Minister added that COVID-19, the pandemic of the century, was turned into a virtue from the great adversity.

Dr Jitendra Singh said, the Tri-Ratna of this governance model are Out of Box Thinking, Breaking the Taboos of the Past and Converting Government Campaign into Mass Campaign. Giving one example of each of the three great ideas, the Minister said, soon after Modi came to power

CONTINUED ON ► PAGE 4

Government takes action for better land, soil management with launch of pioneering project

J I NEWS DESK
JAMMU, FEB 10

Jammu and Kashmir government has approved an ambitious project envisaging creation a comprehensive soil and land resource information system.

The project, titled 'J&K Soil and Land Resource Information System (JKSLRI)', is designed to help in decision-making for sustainable use of soil and land resources in the region, which is being considered as ecologically fragile. With its goal of providing a scientific base for crop diversification and soil suitability,

the JKSLRI project is set to revolutionize the way we approach land use and soil management in the region.

"The problem of unscientific land conversions and poor soil health management practices has been causing a decline in soil health, leading to poor outputs and even enterprise failure. There is also lack of knowledge and poor extension on soil health management, which is leading to loss of soil biodiversity due to intense cultivation and soil pollution," said Atal Dulloo, Additional Chief Secretary, Agriculture Production Department.

He further said that the

JKSLRI project has been designed to provide the most comprehensive and up-to-date information on soil and land resources, making it an essential tool for decision-making when it comes to sustainable use of soil and land resources.

The prestigious project, which will initially be started in four districts of J&K, has several objectives including creation of a robust land use policy on agriculture and urbanization, crop-land suitability based on land evaluation, capacity building of farmers and other stakeholders on soil health management

besides establishment of one static and 25 mini soil testing laboratories in each selected district. The project has been designed to have a major impact on the region including creation of an authentic soil and land resource repository with two soil museums one each at Jammu and Srinagar. The project shall also provide support for efficient use of fertilizers and micro-nutrients, which is important for organic production systems.

These objectives will help lay the foundation for a robust land use policy on agriculture

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16 injured as bus skids off road in Udhampur



was on way from Udhampur to Moungring when it skidded off the road near Gulabnagar.

He said 16 passengers who were aboard were injured in the accident.

The injured rescue teams have rushed to the spot and injured were being shifted to hospital for treatment. KNO

was on way from Udhampur to Moungring when it skidded off the road near Gulabnagar.

He said 16 passengers who were aboard were injured in the accident.

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Professionals, Employees, Senior citizens play important role in society: Sat



JJ NEWS SERVICE JAMMU, FEB 10: Gearing up organizational activities of the party in Poonch District at grass root level, a meeting of BJP's Professional Cell, Senior Citizen Cell and Retired Employees Cell and Budget Pe Charcha was conducted to take up the party activities and vision of PM Modi led BJP Government on ground concerning development of Jammu and Kashmir.

District Poonch under the leadership of its district president Rajesh Raina held the meeting which were mainly addressed by former Cabinet Minister, Sat Sharma (CA). He was also accompanied by CA Rajeev Gupta, UT BJP Spokesperson Sunil Gupta and several others.

Speaking on the occasion, Sat Sharma said that all these three cells have a very important role to build the organization and

take the vision of the party amongst the public. He said professionals, senior citizens and retired employees are the important sections of the society and their views hold major significance. He urged the activists present to create teams of the cells up to booth level and stated that it will definitely strengthen the vision of the party at grass root level. He also asked them to go door to door to spread the pro public policies of the party.

CA Rajeev Gupta talked about Budget 2023 and said that in order to cater the support of the more public the teams must be constituted at the earliest so that people's presence could be more involved in the mission which BJP has chosen to work for the betterment of society. He also stated that BJP is the only party which works for the people and has done a lot for their upliftment.

Rajesh Raina also spoke on the working of cells in Poonch district. He also said that the teams will be made as soon as possible in the coming days so that the organizational work can be paced up to grass root level.

Naresh Sharma, Parvinder Singh, Abhi, Mukesh Sharma, Paranjit Singh, Naresh Verma, Jyoti, Rajesh Sudan, Er. Sahil, Bhupinder Pal and several others were also present on the occasion.

SMVD Gurukul holds 31st Governing Council Meeting



JJ NEWS SERVICE KATRA, FEB 10: The 31st meeting of the Governing Council of Shri Mata Vaishno Devi Gurukul, Charan Paduka was held here today at Spiritual Growth Centre, Katra.

The meeting presided by Mahamandleshwar Shri Swami Vishveshwaranand Giri Maharaj, Member of the Shri Mata Vaishno Devi Shrine Board and Chairman of the Governing Council for the Gurukul, was attended by Anshul Garg, Chief Executive Officer of the Shrine Board; Navnet Singh, Additional CEO; Prof. Y.K. Mishra; Dr Jagdish Chander Mehra, Joint CEO, SMVDSB and Administrator of Gurukul; Mahesh Sharma, FA/Chief Accounts Officer; Gopal Dass Sharma, Head Pujari, Bhawan; Dr Dhanraj Mishra, Principal, and Dr. Devendra Rijal, Vice Principal of the Gurukul.

The Chairman and other Members of the Governing Council while expressing satisfaction at the functioning of the Gurukul emphasized the need for making continuing endeavours to develop it as a centre of excellence. The meeting also noted the outstanding achievements of the students of SMVD Gurukul in academics and co-curricular activities and participation of faculty and students for broadening their horizon at different Platforms, including in house events & those at State, Zonal as well as at National Level.

The Governing Council, while approving the annual budget of Gurukul for Financial Year 2023-24 also finalized the arrangements for organizing 3-day North Zone Youth Festival from 20th to 22nd of February in collaboration with Central Sanskrit University. The inaugural function will be held at the Spiritual Growth Centre of the Shrine Board at Katra. The events to be organised include Educational Short Film making, Rangoli, Painting, Competition, cultural programmes, co-curricular activities besides, sports events in different categories and around 10 institutes from 5 states & UTs including Himachal Pradesh, Haryana, Punjab, Delhi, Uttarakhand, UP and JKUT, with a total of 350 students are expected to participate in the festival. The council observed that the festival shall provide a learning platform to the students of SMVD Gurukul to showcase their talent & skills from their counterparts of other institutes besides, serving as an important medium to spread joy, promote Sanskrit awareness and protect our traditional and cultural heritage.

roadmap for 5 years of the functioning of the SMVD Gurukul and way forward for developing this institution as a centre of excellence for providing top quality education to the students.

The Governing Council while releasing the Annual School Magazine "Brahmi" tracing the achievement and contribution of the students and faculty during the year appreciated the efforts stating that a wonderful platform has been given to these young students to showcase their talent as writers and express themselves into a conglomerate.

Earlier, Mahamandleshwar visited SMVD Gurukul and inspected the Construction Work-in-Progress of New Dining cum Accommodation Complex. He also interacted with the students and faculty and enquired from them about their daily activities.

Besides, the Mahamandleshwar felicitated Master Varun Sharma, student of Shri Mata Vaishno Devi Gurukul for having secured first position in the entire University, in the annual examination of class 8th conducted in 2022 by Sampurnanand Sanskrit Vishwavidyalaya, Varanasi.

Mahamandleshwar, besides highlighting the importance of imparting sanskars in one's life, asked the students to work hard to preserve their rich culture and achieve distinction in various fields in years to come. He congratulated the Hon'ble Lt. Governor, JK-UT who is also Chairman of Shri Mata Vaishno Devi Shrine Board for nurturing such institutes which has kept alive the Vedic and Sanatan traditions in the modern era.

Pt. Deendayal Upadhyay was a visionary par excellence: Parmod Kapahi



BJP District Jammu holds monthly meet

JJ NEWS SERVICE JAMMU, FEB 10: Bharatiya Janata Party, District Jammu under the leadership of District President Parmod Kapahi held a monthly meeting at BJP office, Kachi Chawni, Jammu.

Senior BJP leader & District Jammu Prabhari Rajeev Charak, Seh-Parbhari Vikas Choudhary also addressed the meeting along with District

President Parmod Kapahi. District General Secretary Kuldeep Kandhari, District General Secretary Rajesh Gupta, Mandal President Keshav Chopra, Mandal President Parveen Kermi, Mandal President Raman Sharma, Atul Bakshi, Ajay Sharma, JMC Councillor Sucha Singh, Councilor Suneet Raina and other prominent political persons from District Jammu participated in the meeting.

Rajeev Charak, while addressing the BJP activists of District Jammu, asked them to visit every house of the region and apprise them of the achievements of the Modi governments and their specific benefits for the residents of Jammu & Kashmir. He also deliberated upon the highlights of the recently introduced 2023 Union government budget. He said that this

budget is a people friendly budget which has touched the lives of every segment of the society.

Parmod Kapahi, in his address, discussed upcoming programs of the party. He especially focused on the party's programme of 'Samarpan Diwas' on February 11, the day on which party ideologist Pandit Deendayal Upadhyay laid down his life in the service of humankind. He stressed that Pandit Deendayal Upadhyay was a visionary personality par excellence whose ideas will make the world a better place to live.

Vikas Choudhary, spoke on the booth Sashaktikaran, in which he stressed that the party activists should pay special attention to the strengthening of the booths in their respective areas allotted by the party. Rajesh Gupta conducted meeting proceedings whereas Kuldeep Kandhari thanked all the party leaders and activists for their active participation in the meeting.

Nation suffered most due to Nehru's blunders, Modi Govt determined to nullify the adverse effects: Kavinder

JJ NEWS SERVICE JAMMU, FEB 10: Kavinder Gupta, senior Bharatiya Janata Party leader and former Deputy Chief Minister has asserted that the nation and its people have suffered the most due to the blunders committed by the late Prime Minister Nehru and his family who promoted their dynastic rule over seven decades.

He said that this family not only threw democracy to winds but also carried forward the 'Divide and Rule' policy of Britishers and 'Appeasement Policy' for its petty vested interest by playing vote bank politics.

The senior BJP leader, while recalling the Prime Minister Narendra Modi's speech in the Parliament the other day, said that he has rightly exposed the real face of the Nehru family and the Congress party while slamming the opposition for leveling accusations against him (PM) based upon surmises and conjectures.

In a statement issued here today, Kavinder said that the Nehru Gandhi family including the Vadras has brazenly looted this nation to the hilt. He asserted that this stands proved beyond any iota of doubt from the fact more than 600 organizations have been registered in the name of the members of the so called Nehru Gandhi families.

These organizations have been used to siphon off the tax payers' money and most of the companies established by these people are bogus companies to facilitate the siphoning of the nation's funds.

The senior BJP leader said that it is because of such blunders of Nehru and his kin that the people of Jammu and Kashmir continued to suffer unabated for over seven decades. He said that the biggest blunder of Nehru as PM was that after Pak aggression in Kashmir, he took the matter to UN and allowed to station its MOC (Military Observers' Group) in J&K and PoK.

He said that giving long rope to the favourites like Sheikh Abdullah was yet another blunder committed by them as Sheikh too promoted his dynastic rule like Nehru.

Kavinder said that the worst phase began in J&K with signing of Rajiv-Farooq accord after which the terrorism and secessionism received a big boost with a tacit support of the J&K Administration the results of which led to peak terrorism in J&K bringing death, destruction and miseries for the people at large in J&K.

Govt should fulfill demands of Kashmiri Hindu employees posted in Valley before Shivratri: Shiv Sena



Stop treating Hindus employees as bonded labourers: Sahni

JJ NEWS SERVICE JAMMU, FEB 10: Shiv Sena J&K unit today demanded that the LG led administration should fulfill the demands of protesting Kashmiri Hindu employees posted in Valley before the upcoming Shivratri Festival.

The leaders of Shiv Sena (Uddhav Bala Sahab Thackeray) Jammu and Kashmir unit organized a press conference at the party's central office, Jammu, today demanding the safe posting of Kashmiri Pandits/Hindus working in Kashmir by implementing the transfer policy. State Chief Manish Sahni

said government should leave its stubbornness of making these employees scapegoats and transfer them to safer places in Jammu region.

Sahni said that Hindus working under the PM rojgar yojna in Kashmir were being treated like bonded labourers and forced to become scapegoats. On aug 5, 2019 the Center has abrogated Article 370, then the bonds included in SRO 412 should be treated as cancelled. Describing the government's claims of rehabilitating Kashmiri Pandits/Hindus as hollow sham, Sahni said that providing jobs and temporary

accommodation to only 4200 Kashmiri Pandits can never mean rehabilitating the entire community.

"Along with Kashmiri Pandits, Sikh / Muslim / Dogra communities were also given jobs under the PM package. But the BJP government is baking political bread by misleading the public by beating the name of Kashmiri Pandits. At the same time, for the last 6-7 months, the salaries of the employees are being withheld and they are being forced to go to the valley," he said.

Sahni demanded the Central Government and the Lieutenant Governor of

Jammu and Kashmir to implement the transfer policy and attach Kashmiri Hindus to various central departments. He said that, the PM package funds are provided directly by the Center so the administration deutes them to central departments like (Election Commission, NTPC, NHPC, etc.) or UT Ladakh.

Sahni said that some selected and influential employees have been attached to Jammu division. It is clear from the stand of the administration that it is not hesitating to sacrifice all the Hindu employees for the party of vote politics ambitions of the central government which is an unimaginable situation towards humanity. On this occasion, President Women's Wing Meenakshi Chhibber, General Secretary Vikas Bakshi, President Kamgar wing Raj Singh, Women Secretaries Sukhwinder Kaur, Yawar Habib were present.

Indian Army organises Lavender Farming and Processing Drive

JJ NEWS SERVICE JAMMU, FEB 10: As part of welfare activities, Indian Army has been constantly undertaking a variety of events for the welfare of Awaam. In pursuance of this noble aim and in order to impart training on lavender farming and generate employment through it Indian Army organised 'Lavender Farming and Processing Drive' for youth and poor farmers from the socially and economically backward strata of the society at Bhalal in District Doda (J&K). Such initiatives will improve the environment of the surrounding area and will greatly help in generating



employment opportunities to people from socially and economically backward families and simultaneously engage the youth in some construc-

tive activity which is beneficial to them in multiple ways. The locals expressed their gratitude towards the Indian Army for organising the event.

BJP OBC Morcha working round the Clock for BJP Party: Vibodh Gupta

JJ NEWS SERVICE
JAMMU, FEB 10: BJP OBC Morcha JK-UT in collaboration with Red Cross Jammu held free medicines distribution camp at Municipal Park, Resham Garh Colony, Jammu.

Vibodh Gupta General Secretary BJP Jammu Kashmir and Sunil Prajapati President BJP OBC Morcha JK-UT were prominent to inaugurate the camp.

Speaking on the occasion, Vibodh Gupta congratulated the work done by BJP OBC Morcha and said BJP OBC Morcha has done commendable work round the clock in the field of Sewa and helping Public in large.

Vibodh further thanked PM Modi for Increasing Medical Budget by 13% and said 157 new Nursing Colleges will be opened in the coming future. He asserted that the people of Jammu Kashmir are enjoying health insurance of Five Lakhs per family.



For this he thanked PM Narendra Modi for covering the whole state under health Insurance. Later Sunil Prajapati said that this Camp will benefit needy people at this time of extreme Weather Conditions and thanked Secretary Red Cross Sat Pal Sharma for Issuing Medical Camp.

He also thanked Dr. Aasia Noor (Medical Officer) and her team. Nearly 200 people were benefited by this camp and local people

applauded the working of BJP OBC Morcha. The Program was organized under guidance of Ashok Salgotra (District President BJP OBC Morcha Jammu) and others who organized the Program was Viren Satti (District Secretary BJP OBC Morcha), Raj Kumar (Mandal President OBC Morcha Bakshi Nagar).

Prominent among others who Present on occasion was Ravi Mehra (Vice President BJP OBC Morcha), Kewal Verma (State Secretary BJP OBC Morcha), Bal Krishan (State Social Media Secretary OBC Morcha), Gopal Sanotra (General Secretary BJP OBC Morcha), Parveen Badyal (Vice President BJP OBC Morcha), Rajesh Kumar (Vice President BJP OBC Morcha), Madan Verma (District Secretary BJP OBC Morcha), Ved Parkash (District Spokesperson OBC Morcha) and Budh Verma.

Kathua Campus (JU) organizes its 3rd Extension Outreach Programme

JJ NEWS SERVICE
KATHUA, FEB 10: Aiming to keep the children, youth and students away from the menace of drugs, Kathua Campus, University of Jammu today organized its 3rd Extension Outreach Activity on "Drug Abuse: Problem, Management and Prevention along with Stationery Distribution Drive at Government Higher Secondary School, Kathua. More than 400 students from Government Higher Secondary School, Kathua and Kathua Campus, University of Jammu participated in the said activity. The awareness programme was also attended by more than 100 people from Panchayat Kathua who were thrilled by the performance of the students of Kathua Campus, University of Jammu in the form of a play on Drug Abuse.

Further, a two-week stationary collection drive was launched by Kathua Campus, University of Jammu on 26th of January, 2023 in order to help the children of the adopted village Kathua and the stationery was distributed today to more than 350 students of Panchayat Kathua in order to channelise their energies to harness their potential in nation building and refrain them from bad habits so that they can focus harder on their studies. The esteemed speakers at the occasion were Sh. Kewal Krishan (District Education Planning Officer, Kathua), Dr. Rajesh Chandel (Assistant Professor, Psychiatry, Government Medical College, Kathua), Sh. Sanjeev Sharma (Inspector, Police Training School, Kathua), Mr. Varun Sharma (Sub Inspector, J&K Police, Poonch) and Sh. Devinder Kumar (Retd. Zonal Education Planning Officer, Hiranagar). While speaking on the



occasion, Sh. Kewal Krishan said that the drug menace is badly affecting the society in general and children in particular. Thus, there is an acute need to spread awareness among society especially children against this evil so that it can be uprooted. He further said organizing these types of awareness-oriented programmes at school level is quintessential for the teen age students. Dr. Rajesh Chandel opined that drug consumption is dangerous to the mental and physical health of everyone and thereby, drug abuse is destroying our future generation. He further underscored the psychological and medical aspects of drug abuse in tender age students. Sh. Sanjeev Sharma stressed on the need of involving students in cocurricular activities in addition to their academics so that they can utilize their time properly. Further, he advised the students to join sports to be mentally and physically fit. Mr. Varun Sharma advised the children to stay away from illegal drug consumption and also requested the public to inform Police about illegal drug consumption.

Further, he insisted the students to fight against this menace in their locality also. Sh. Devinder Kumar emphasized on the importance of such awareness programmes to safeguard children from drug abuse in any manner. He further highlighted the challenge of drug abuse in India and suggested the retired employees especially from the education sector to come forward to take initiatives for the welfare of the youth in particular and society as a whole.

Sh. Ashok Kumar, Principal, Government Higher Secondary School, Kathua appreciated the efforts of Kathua Campus, University of Jammu for organizing the awareness programme on Drug Abuse and for distributing stationery among the children of panchayat Kathua to focus more on studies. The Special Guests from Panchayat Kathua who attended the programme were Sh. Joginder Singh (Naib Sarpanch, Kathua), Sh. Mohinder Singh (Panch, Kathua) and Smt. Trishla Devi (Panch, Kathua).

Modi Govt's agri-friendly schemes have become real power of farmers: Johal

JJ NEWS SERVICE
JAMMU, FEB 10: The Modi government has done more work in eight years of its rule for making farmers self-reliant than was accomplished ever before and its agriculture-friendly schemes have become the real power of farmers.

This was stated by Sarabjit Singh Johal, President BJP Kissan Morcha, J&K and DDC Member while speaking at the programme in Bantala area of Jammu.

Johal asserted that the central government headed by the Prime Minister Narendra Modi has done more work in the last eight years than ever before for empowering farmers and making them self-reliant. He said the government at the Centre stands fully committed to the welfare of the farmers who deserve special attention especially in view of their being the food producers of the nation. He said the government is making every effort to double the farmers' income and boost agriculture economy.

Today, Sarabjit Singh Johal along with his entire Kisan Morcha team visited Maa Chandi Temple in Rajinder Nagar, Bantala area and prayed for the peace and prosperity of the Union Territory. State General Secretary of BJP Kisan Morcha Rakesh Pant, Vice President Kisan



Morcha Baba Chanchal Singh, Mandal President Vijaypur Ajay Sharma and Parveen Sharma accompanied the BJP Kissan Morcha President, J&K.

Johal said "Since the BJP led government came into power, it has been taking all necessary initiatives to boost and bolster the agricultural economy along with farmers' welfare schemes."

He said that the farmers' issues have been best addressed by PM Modi led Govt at the Centre. He mentioned that the schemes and initiatives by the government like Kissan Sammaan Nidhi, Kissan Credit Card, Kissan Fasal Bima, Soil Health Card, Pradhan Mantri Krishi Sinchayee Yojana (PMKSY), National Agriculture Market (e-NAM), SVAMITVA Yojana, and many more

such schemes have been providing benefits to all the farmers of the nation.

Johal asked the Kissan Morcha leaders and workers to establish a strong connect with the farmers'

community and ensure that they avail the benefits of the aforesaid schemes.

He asked them to take adequate measures in strengthen the base of the Party.

Indian Army organises lecture on Road Safety

JJ NEWS SERVICE
JAMMU, FEB 10: Indian Army organised a lecture on Road Safety at Govt Higher Secondary School, Bhowani in District Rajouri (J&K). Road accidents are a major concern in the region owing to hilly terrains and modern vehicles having lighter speed limits. Towards this end, the lecture aimed to create awareness amongst the locals to make the roads safer and prevent loss of life and limb. The lecture highlighted that roads in this region of the UT of J&K run through various hills and mountain ranges, which requires the drivers to be extra cautious and provide due allowance for the terrain and weather.

The gathering was also educated about various aspects contributing towards safe roads like, following traffic rules, importance of wearing seat belts/helmets, maintenance of vehicles etc.

BJP Minority Morcha J&K Organises Joining Program at Baribrahmana

JJ NEWS SERVICE
JAMMU, FEB 10: A programme was held at Bari Brahmana District Samba today by the District Unit of BJP Minority Morcha Jammu under the chairmanship of UT President Ranjodh Singh Nalwa.

The main motive of this meeting was to conduct briefing session in which BJP Minority Morcha Leadership was to be kept abreast of the latest developments and working of the organisation especially with reference to the upcoming Party Programmes. The aim of the meeting was on part of all the functionaries also to remain alert in their respective Districts, Constituencies, booth levels and work at the grass roots levels for welfare and benefits of common people. The purpose of the interactive session was to deliberate on the efforts to address the grievances of the masses specifically those who are marginal, helpless and resourceless as also to raise



voice of concern in favour of their genuine demands.

On this occasion, all the delegates under the leadership of UT president Ranjodh Singh Nalwa welcomed the entrants in the party fold who joined the Morcha today. Speaking on this occasion, Nalwa while elaborating on the policies of BJP said that it is due to the people friendly programs and plans associated with the growing popularity of the party under the national leadership of Prime Minister Narendra

Modi that every passing day, number of people are embracing this organisation and have been expressing their full solidarity in the ensuing march on the path of progress and prosperity.

He further stressed on the workers to strengthen the party at the ground level and be always inclined with the people and become a mouth piece for giving vent to their problems, he said adding further that it is the discipline of the party that attracts the people towards it.

District president Jammu BJP Minority Morcha Jaspal Singh also expressed his views on this occasion.

Other prominent participants include Vice President J&K Balvinder Singh, Amarjeet Singh, Santokh Singh (Gen. Secretary J&K), Pranvrat Singh, Pawanjeet Singh and other office bearers of BJP Minority Morcha.

Earlier, several people turned up the venue to join BJP Minority Morcha who were warmly welcome in the party folds.

One week student workshop concluded at TBS, JU



JJ NEWS SERVICE
JAMMU, FEB 10: The Business School organised one week workshop aimed to enhance the professional competencies of MBA students from 6th February to 10th February, 2023. The week long workshop included nine sessions. Two sessions daily comprising of one morning session and one afternoon session. Total nine sessions were conducted by various industry experts, leading academi-

cians and motivational speakers within and outside the university namely Mr. Priyanker, HDFC bank, Mr. Gautam, Chamber of Commerce and Industries, Ms. Swati Basotra, Talknasyatalknasya, Ms. Geetika Kohli, Thinksta, Prof. Vishav Rakscha, University of Jammu, Ms. Maansi Rattan, MG Design School, Mr. Akash Badi, Amazon India, Ms. Jasleen Kaur, Branding Elves, Mr. Aman Talla, Talla Jewellers and Mr. Satish Koul,

Emcure Pharmaceuticals Ltd. A valedictory function was organised to conclude the workshop and Chief Guest for the occasion was Mr. Satish Kaul, Resident Director at Emcure Pharmaceutical Ltd. The certificates were distributed to the participants and organisers of the workshop. Mr. Satish Kaul in his address expressed the need for the students to enhance soft skills besides academic knowledge. He motivated the students to be disciplined, ethical and work hard to achieve success in life.

He emphasized upon the need for such programs in The Business School. Prof. Sameer Gupta, Director, TBS while talking on the occasion gave special remarks about the workshop. He emphasized upon the need for such workshops for the MBA students that are under immense academic and competitive pressure.

Prof. Alka Sharma appraised the gathering that such workshops give an edge to the students in their employability profile.

Lawlessness unleashed by opposition done away with, India on progressive path: Raman Suri

JJ NEWS SERVICE
JAMMU, FEB 10: Bharatiya Janata Party (BJP) J&K Executive Member Raman Suri today said that those opposed to unfurling Tricolour in Jammu and Kashmir or doing away with redundant laws are now trying to protect the illegal encroachers of the UT and forest land by arriving at the Capital to protest. This is indicative enough that such political leaders never wanted order in the system of governance and allowed lawlessness to prevail in the erstwhile state.

He said, PDP chief Mehbooba Mufti's unrelenting support to encroachers, illegal occupations or land grabbers is

enough to understand how these leaders had unleashed a rein of lawlessness and made Jammu and Kashmir a jungle where everyone was having a free run when it came to grabbing land, occupying state or forest land and even building shops and houses on the land of development authorities.

Raman Suri said, Prime Minister Narendra Modi in his reply to the debate on Motion of Thanks to the President's address in Lok Sabha established that the days of such leaders or divisive and adverse policies are over. The Prime Minister united it clear by stating that peace is prevailing in J&K, separatists are gone forever,

Tricolour is unfurling everywhere and tourists besides investors are looking towards the new, potentially-viable Union Territory.

Raman Suri asked the youth to reap benefits of this atmosphere which is conducive enough to progress and contribute to nation building.

He said, Kashmir of serenity, when tourists used to flock there and enjoy every season, young boys and girls had ample opportunities, peace prevailed and no one ever created any trouble for anyone is now back. The leaders who created an unrest in Kashmir, made militancy a monster, encouraged separatism at

the cost of lives of youngsters and stalled progress of youth are themselves finding no space in the political arena now.

The recently concluded "Triranga Yatra", he said, has become a benchmark of peace for opposition where every leader, who once said that no one will unfurl Tricolour, walked miles to see the Indian Flag unfurl at historic Lal Chowk.

Raman Suri felt sorry for the opposition saying that they are unable to find any flaw in the functioning of the Union government, which is why they were speechless in the Parliament and couldn't muster courage to pinpoint on anything that affected the progress of our nation.

J&K Govt to give Rs 2.5 lakh incentive for every inter-caste marriage involving a dalit

SRINAGAR, FEB 10

The Jammu & Kashmir Government has unveiled a scheme to give Rs 2.5 lakh to every inter-caste marriage involving a dalit.

An order in possession of news agency reveals that UT administration has come up with a scheme to incentivize inter-caste marriage involving a dalit.

The scheme has been unveiled after the Administrative Council gave a go-ahead for the same. The Centre had also unveiled a similar scheme in 2017.

The scheme has been framed for implementation of the Protection of Civil Rights Act, 1955 and the Scheduled Castes and the Scheduled Tribes (Prevention of Atrocities), Act 1989.

To avail benefits of the scheme, one of the spouses in the inter-marriage caste should be from the scheduled caste community. The other spouse should be from Scheduled Caste List (out of 13 Castes) specified in The Constitution (Scheduled Castes) Order, 1950 C.O.19 for Jammu and Kashmir and

the other is a non-scheduled caste Hindu.

As per guidelines of the scheme, the marriage should be valid as per the law and duly registered under the Hindu Marriage Act-1955 and a registration certificate to this effect issued by the competent authority must be furnished by the beneficiaries.

The order states that the age criteria of marriage should be as per prescribed law. The case for assistance shall only be valid if submitted strictly within six months from the date of marriage, as indicated on the marriage registration certificate produced at the time of submission of application.

"The couples who have already received incentive from the Dr. Ambedkar Foundation, Ministry of Social Justice & Empowerment or any other State/Centre shall not be eligible for incentive under this scheme," the guidelines state.

The guidelines further state that the total amount of incentive will be released

to the eligible couple in a single instalment through Direct Benefit Transfer (DBT) mode to the joint account of the couple in any government/nationalized bank in the form of fixed deposit (FD) with a lock-in period of three years.

"At the time of maturity of the fixed deposit i.e. after completion of 3 years the couple has to submit a joint undertaking to the bank regarding the successful sustenance of marriage clearly depicting that no marital dispute or legal proceedings are going on between the couple after which the bank will provide them the option of withdrawing the amount or continuing the fixed deposit under an intimation to the sanctioning authority. In case the beneficiary couple fails to produce the joint undertaking regarding the same it will be the responsibility of the Bank concerned to return and remit the total amount along with interest to Government account under intimation to sanctioning authority," the order further states. KNO

'Zindagi': This helpline is giving hope to people in Kashmir

SRINAGAR, FEB 10

Amid rise in suicide cases in Kashmir, 'Zindagi' helpline in Kashmir is proving a boon for people having suicidal thoughts as such people are being counselled on phone.

As per news agency, the Institute of Mental Health and Neurosciences Kashmir along with SRO Kashmir issued the first suicide prevention helpline named 'Zindagi' last year, proving beneficial for hundreds of people.

The helpline number 01922701008 functional every day from 6 pm to 11 pm is playing an important role in curbing the number of suicide cases.

Dr Zoya, a clinical psychologist who is part of this initiative, told news agency-Kashmir News Observer (KNO) that the helpline receives around five to six calls every day.

Initially, the number of distress calls were higher but now it is primarily people who have suicidal thoughts who call.

She said that suicide is an act of killing oneself

intentionally when the pain becomes unbearable. "They don't want to die but they just want to kill the pain. This pain can be caused due to many factors. The most common factors that invoke thoughts of suicide are public humiliation, financial stress, emotional disturbances caused due to family, work pressures, failures and constant domestic abuse," Dr Zoya said.

According to her, adolescents have become more vulnerable for thoughts of suicide as their prefrontal cortex that is responsible for rational thinking is not well developed. When they go through chronic and consistent stressors they resort to suicidal behaviours, she added.

"The helpline has proved to be beneficial to deal with the stigma as the help is a call away. It is a free number where anyone can call and you will be connected to a suicide first responder. The responder provides immediate help to deal with thoughts of suicide at that moment and also connects the person with mental

health professionals for a holistic treatment," she said.

Many people consider an act of suicide as a weakness of moral and religious character and that is why people don't uprightly talk about thoughts of suicide which leads to aggravation of symptoms to an extent that they lose control and make an attempt, the doctor said.

"We need to look at suicide or thoughts of suicide as a mental health illness and help our loved ones to connect to the right help available i.e. connecting to mental health professionals," Dr Zoya said.

"We need to desensitise our children from early years of life about emotions and how to deal with failures and difficult times besides that educational institutions need to conduct awareness programmes for the same," she added.

Suicide cases are on rise in J&K and experts consider irresponsible media reporting as one of the causes of suicide contagion who have called for giving the least space to such acts so as to minimise the cases.

No traffic movement on Jmu-Sgr highway for 12 hours

ANANTNAG, FEB 10

The district administration Anantnag Friday said due to periodic overhaul at Shamsipora Crossing, no vehicular movement will be allowed on the stretch along Srinagar-Jammu highway.

An order issued by Additional Deputy Commissioner Anantnag, a copy of which lies with the news agency, reads that due to periodic overhaul at Level Crossing Gate No C2 (Shamsipora Crossing), no vehicular movement will be allowed on NH44 between Shamsipora and Bijbehara crossing between 20:00 on Sunday and 08:00 on Monday.

"In order to carry out some immediate repairs by Railway Authorities on Level Crossing Gate No. C-2 at KM 19/54 (Shamsipora Crossing), it is hereby ordered that no traffic/vehicular movement will be allowed on National Highway (NH44) between Shamsipora Crossing and Bijbehara Crossing from 20:00 hours (Sunday) 12th February 2023 to 08:00 hours (Monday) 13th February 2023," it said.

The traffic shall be diverted through old National Highway from Hamzapora Crossing to Alstrop Crossing and vice-versa during the period, it further reads. KNO

Haj forms available on HCoI's official website from today

SRINAGAR, FEB 10

Haj 2023 forms will be available online free of cost from today onwards on the official website of Haj Committee of India (HCoI).

"Haj forms have been made available on the official website of HCoI: <https://hajcommittee.gov.in/haj23>," HCoI Member, Er Aijaz Hussain told news agency. He said the forms are absolutely free of cost as already announced by the HCoI under its Haj policy 2023.

Er Aijaz said all the steps will be taken to provide as much as possible relief to the pilgrims performing Haj 2023. He said that under the Haj policy 2023, 25 Haj Embankment points will be set up across country to facilitate the pilgrims by all means. This year, as per the bilateral agreement between Government of India and Saudi Government, over 1,75,000 pilgrims will perform the holy pilgrimage of Haj 2023. Pertinently, HCoI has already abolished the VIP quota under which 5 to 10 persons were allowed to perform the pilgrimage. This year, there is no such quota. Er Aijaz reiterated that this year, pilgrims above 70 years of age will be given priority.

He said HCoI is taking every step to make Haj 2023 cheaper with all possible best facilities available for the pilgrims visiting both holy cities of Makkah and Medina. KNO

Six years on, PHC building awaiting completion in Budgam's Khanshab

BUDGAM, FEB 10

About six years after the work on the new building of Primary Health Centre in Budgam's Khanshab was started, the hospital building is still incomplete.

Currently, the Primary Health Centre Hardu Panzoo in Khanshab catering about 30 villages is functional from an old building with less space causing hardships to staff as well as patients.

Locals told news agency that work on the new building was started in 2017 and it has not been completed till now.

"They said that while the PHC is functional round the clock throughout the week, the health facility lacks basic amenities."

Mohammad Ayoub, a local, told KNO that the centre lacks USG machine, digital x-ray machine and an analyzer. In absence of the facilities, patients are presently forced to visit a sub district or district hospital taking a toll on them.

Locals said that around 80 percent of the work on the new building has been already completed but it has been left incomplete as of now.

"They demanded that the government must complete the pending work on the health centre at the earliest and should shift the centre to a new building where all kinds of facilities will be made available to the patients."

They requested Deputy Commissioner Budgam and CMO concerned to look into the matter at the earliest and take immediate steps regarding this issue. KNO

Ganderbal boy enters 'India Book of Records' for tech innovation

GANDERBAL FEB 10

Eighteen-year-old boy from central Kashmir's Ganderbal district has brought laurels to the Union Territory by entering the 'India Book of Records' for tech innovation.

Aquib Ahmad Shah of Safapora has made the 'seat belt ignition' for cars that will ensure the safety of the people, particularly the drivers, thereby minimising the loss of precious human lives due to accidents.

Aquib, a 12th-class student at Government Higher Secondary School, is the first youth of Kashmir whose name has entered the 'India Book of Records' in the 'Innovation and Technology' category.

"Since childhood, I used to open up toys and other electronic devices at home, for which my parents used to scold me. However, this habit yielded positive results after the Mankh Awards competition by the Department of Science and Technology, Government of India, was announced where I won the Inspire Award for four consecutive years," Aquib told the news agency.

Recently, Aquib applied for the innovation conclave at IIT Kanpur, where his idea was selected. He attended the recently-held 'Innovation Hunt' held at Sri Pratap College and also sent an innovative idea for review to the University of Kashmir's Incubation Centre.

Meanwhile, SSP Ganderbal Nikhil Borkar who was accompanied by DySP Hqrs G Jammu Hassan felicitated the Aquib at DPO Ganderbal.

Aquib "is an inspiration for his fellow students in the area," the SSP said.

He said police appreciated and felicitated the young boy with a aim to promote the local talent and encourage the positive and constructive activities of youth in the area.

The SSP appreciated the young innovator and assured full support for his future endeavours. KNO

Elderly man crushed under moving train in Budgam

BUDGAM, FEB 10

An elderly man was crushed under a moving train in Central Kashmir's Budgam district on Friday afternoon, officials said here.

An official told the news agency that the train mowed down the man between Mazhom and Budgam section.

He said the man died on the spot. "He has been identified as Mohammad Ismail Dar (70) son of Abdul Ahad Dar of Shapora Wadwar, Budgam," he said.

Meanwhile, police have taken cognizance of the incident and registered a case in this regard. KNO

FROM THE FRONT PAGE...

Not Stone...

Gulmarg is going to be the Centre of Excellence for the winter sports and efforts are on and soon "we will achieve the mission"

Addressing the gathering during the inaugural ceremony of 3rd edition of Khelo India Winter Games at Gulmarg, LG Sinha as per KNO said that every effort is being made to bring the skills of J&K youth who are affiliated with the sports on a display as Gulmarg will soon be the Center of Excellence for the winter games.

While congratulating the organizers for making efforts in conducting the mega event, the LG said that it is a proud moment for the Union Territory of Jammu and Kashmir. "I convey my greetings to each member including the Ministry of Youth Affairs and Sports, High Altitude Warfare School Jawahar Institute of mountaineering, J&K Sport's council and the athletes. They are not eligible for incentive under this scheme," the guidelines state.

He said Gulmarg will celebrate the sporting excellence on snow covered slopes and will witness the contests of skill, courage and character of the athletes in as many as 11 disciplines. "We transform the sports tournament into really spectacular event at Gulmarg."

He said that the second Khelo India was a huge success and today on the 3rd National Winter Games event, the whole country is united, and the next five days are going to be a great occasion to strive for the greatest victory to uphold sportsmanship, equality, friendship and respect for the competitors.

"Sports is such a medium which can change everything and it will not change the athletes' behaviour but can change the whole scenario of the world. Just after three months we are going to hold the G20 meeting in Jammu and Kashmir," he said.

He also said Jammu and Kashmir's top sports infrastructure in the whole country as "we have stadiums and play fields in every village." "Our country was deprived of the soft power of sports from last 60 years but fortunately, the efforts of PM Modi paved the way and we are now at the stage of holding the mega sports events. PM Modi gave youth a Naya Asmaan and Naya Panikh," he said.

The LG said that over the years the country has produced a number of sports heroes and it's all because of PM Modi. "Sports can give a new birth to sustainable development and the Sports ministry left no stone unturned to make Jammu and Kashmir a Sports centre of the country."

The LG said J&K Sports Council is doing its best to promote the sports and have covered almost every district and every village.

"The budget for Jammu and Kashmir's sports sector is higher as compared to other states of the country. Maharashtra is known for the highest budget for education and youth sports and if we combine both we are just 49 crores away from that highest budgeting state," the LG said.

The athletes are the role models for the youth across the country, we are looking for the young people to bring an honor to sports field and the country, he said. KNO

Vijay Kumar Bidhuri...

Secretary in the Power Development Department.

Deepika Kumari Sharma, JKAS, Chief Operating Officer, Himayat, holding additional charge of Executive Director, Mubarak Mandi Heritage Society, has been transferred and posted as Secretary in the J&K Shakti Department. She shall also hold the charge of the post of Executive Director, Mubarak Mandi Heritage Society, in addition to her own duties, till further orders."

It added Dr. Ghulam Nabi Htoo, JKAS, Special Secretary to the Government, J&K Shakti Department, has been transferred and posted as Mission Director, Jal Jeevan Mission.

Shahib Hussain Bhat, JKAS, Special Secretary to the Government, General Administration Department, has been transferred and posted as Director, Rural Development, Kashmir, Imam Din, JKAS, Director, Rural Development, Kashmir, has been transferred and posted as Managing Director, J&K Horticulture, Produce, Marketing and Processing Corporation.

It reads Rajneesh Gupta, JKAS, Additional Secretary to the Government, Jal Shakti Department, has been transferred and posted as Chief Operating Officer, Himayat.

"Shafiq Sultan, Managing Director, J&K Horticulture, Produce, Marketing and Processing Corporation, has been transferred and shall await further orders of adjustment in the General Administration Department for further posting. Amit Vermani, JKAS, Member, J&K Services Selection Board, has been transferred and posted as Additional Secretary to the Government, General Administration Department," it reads. KNO

After 2-day wet...

Yellowish snowfall was due to dust carried out by winds from central parts of Pakistan and Southern Afghanistan.

"Analysis of 2nd Generation Weather Satellite (Meteosat-9) of EUMETSAT (European Operational Satellite Agency) confirms that Yesterday's Yellowish and Dusty Snowfall over some parts of north Kashmir was dust carried out by winds from Pakistan and Southern Afghanistan, which started around 7 PM IST," it said.

It further added that the dust travelled northeast wards

and reached north Kashmir around 02:00 AM.

Moreover, over 1000 vehicles have been stranded along the 270-km-long Srinagar-Jammu highway since last night after the authorities decided to close the vehicular movement due to landslides and shooting stones, triggered by heavy rainfall in several places in Ramban district, officials said.

An official told KNO that due to heavy rainfall, mudslides at Cafeteria-Mehar, Ramban and shooting stones at Panthyal and other locations, the traffic was suspended approximately on Thursday 06:00 pm.

North-east tunnel at Pantiyhal has suffered much damage due to continuous shooting stones," he said. He said around 1000 vehicles both heavy motor vehicles and light motor vehicles, are stranded on the highway.

He said if weather permits, the stranded vehicles will be allowed to move to their destinations only.

Nonetheless, the passengers complained of inconvenience along the road.

"Thousands of passengers are facing grave inconvenience due to the closure of the highway. One can only hope that the weather improves and the road is safe for vehicular traffic," said a passenger stranded at Levadora Qazigund.

Meanwhile, people have been advised to undertake journeys on the highway only after confirming the status of the road from TCU Jammu, TCU Srinagar, and TCU Ramban.

It is worth to mention here that Srinagar-LCU Highway and Mughal Road continues to remain closed since the first week of January in view of the snowfall. KNO

Govt teacher arrested...

The news agency that a complaint was registered in Gursai police station in which it was submitted that the teacher had molested and misbehaved with two minor girl students of the school after which a case was registered against him and was subsequently arrested.

They said that further investigation into the matter is going on.

The teacher has already been suspended by Zonal Education Officer Bhalakote, who also visited the school after the incident. KNO

J&K PSC now...

appointment of its chairman and eight other members in 2020. Sharma, who completed his term, was replaced by Satish Chandra in 2022.

All other members excluding Zubair Ahmad Raza who were appointed in 2020 by the J&K administration have completed their tenures.

Those appointed in 2020 included Ahad-ul-Mujtaba, Syed Iqbal Aga, Subash Gupta, Prof. Des Raj, Sameer Bhattari, Prof. Showkat Ahmad Zargar, Dr. Farooq Ahmad Lone and Zubair Ahmad Raza.

It is pertinent to mention that the J & K government in May 2022 had appointed a committee headed by Chief Secretary for making suitable recommendations for selection of chairman and members of Jammu and Kashmir Public Service Commission.

The CS-led panel consisted of Financial Commissioner (Additional Chief Secretary), Agriculture Production Department, Financial Commissioner (Additional Chief Secretary), Home Department, Financial Commissioner (Additional Chief Secretary), Finance Department and Principal Secretary to the Government, General Administration Department. KNO

Government takes...

and urbanization, ensuring that the region remains sustainable and ecologically sound for generations to come.

"Developing J&K Soil and Land Resource Information (JKSLRI) system for Planning and Soil Health Management is one among the 29 projects, which were approved by the Jammu and Kashmir administration after being recommended by the UT Level Apex Committee for holistic development of agriculture and allied sectors in UT of J&K. The prestigious committee is being headed by Dr Mangala Rai, Former DG, AR and has other luminaries in the field of Agriculture, Planning, Statistics and Administration like Ashok Dalwai, CEO NRAA, Dr. P. K. Joshi, Secretary, NAAS, Dr. Prabhat Kumar, Horticulture Commissioner MOA and F.W. Dr. H S Gupta, Former Director, IARI, ATIL Dulloo, ACS, APD besides Vice Chancellors of twin Agriculture Universities of the UT."

The project will be executed in several phases, starting with intensive soil survey, soil sampling and analysis followed by ground truthing and data analysis. It will also include collection of soil monoliths and analysis of soil, water and plant samples. These interventions will result in generation of data at panchayat level, intensive soil mapping, creation of a web-based soil information system and land evaluation for crop suitability and alternate land use.

The JKSLRI project is expected to have a significant impact on the region by providing the most comprehensive and up-to-date information on soil and land resources. It will be an indispensable soil and land resource repository and make information accessible to all. The policy document on agriculture and urbanization will ensure a sustainable

ecosystem for generations to come, while the efficient use of fertilizers and micro-nutrients will lay the foundation for organic production.

This project is not only crucial for food security and achieving Sustainable Development Goals but also a testament to the government's commitment towards deploying cutting edge and future-ready technologies in the agriculture sector. The project will have far-reaching benefits for farmers, researchers, natural resource managers and other stakeholders in the region.

Avalanche hits Gurez...

Kashmir valley due to the accumulation of snow.

State Disaster Management Authority (SDMA) have already issued an avalanche warning in Bandipora district and urged people living at upper reaches to remain cautious and not to venture out in slopes, hilvy areas, or avalanche-prone areas till the weather improves.

On January 12 this year two labourers working with a Hyderabad-based Mega Engineering & Infrastructure Limited (MEIL), which is executing the work on Zojila Tunnel road killed 12 people and a snow avalanche in central Kashmir's Ganderbal district.

Two Polish skiers were killed while 19 other foreigners from Russia and Poland and two local guides were rescued on February 2 as a snow avalanche hit the Affarwat peak in the famous ski resort of Gulmarg in northern Kashmir.

JKBOSE 10th...

Similarly, the examination of class 11th students in soft zone areas will commence from March 6 of 2023 and will culminate on April 19 respectively.

Also, the examination of class 12th students will commence from March 8 and will culminate on April 2 of 2023.

Notably, this will be the first Board examination conducted in March month post adoption of National Academic Calendar and implementation of National Education Policy (NEP) 2020 by the Jammu and Kashmir government.

As already reported, the JK Board has already notified the soft and hard zone areas of Jammu and Kashmir division.

As per the BOSE figures, around 444 schools- 309 in Jammu and 135 in Kashmir division fall in hard zones while seven zones of Kargil district and whole Ladakh area fall in hard zones.

In Kashmir division, 43 schools of Anantnag, Bandipora 19, Kupwara 32, Kulgam 28 and 13 schools in Budgam fall in hard zones.

In Jammu division 50 schools of Kishtwar, Reasi 47, Rajouri 7, Poonch 20, Doda 56, Ramban 64 and 65 schools of Udhampur fall in hard zones.

The examination of students in hard zone areas is scheduled to commence from April, 2023.

Rain in Ramban...

The fresh shooting stones badly damaged an iron tunnel setup at this point to facilitate traffic in Panthiyhal area, they said.

Efforts are underway to remove the debris from the landslides, they added.

Indian teams working...

MEA spokesperson Arindam Bagchi in a tweet posted videos of Indian personnel treating patients at the field hospital and posted, "The Indian Army team of medical specialists is on the job 24x7, providing relief to those injured."

India's technology...

In May 2014, one of the first major decisions was to introduce self-attestation and do away with the practice of getting documents attested by gazetted officers.

Similarly, breaking the taboos of the past and doing away with the British legacy, the Prime Minister unlocked the Space killer for public-private participation, which led to over 130 Start-Ups registrations with ISRO and 8 of them even got seed funding from ISRO.

Referring to today's satellite launch by ISRO, Dr Jitendra Singh said, after the unlocking of the Space Sector in June 2020, now young boys and girls are visiting ISRO facilities and launching their own satellites. Today, the Indian Space Research Organisation (ISRO) successfully launched its second development flight of a Small Satellite Launch Vehicle - SSLV-D2 -- and placed three satellites in its precise orbit on February 10 morning. The three satellites are ISRO's Earth Observation Satellite - EOS 07, U.S.-based firm Amaris' Jas and Chennai-based space start-up SpaceKidz's zvaadISAAT.

Regarding triumph the government campaign into a mass campaign, Dr Jitendra Singh said, an announcement from the Ramparts of the Red Fort in 2014 to build toilets in each household caught the imagination of the people and soon Swachhata became a true Jan Andolan.

Apni Party registers its protest against bulldozing drive

Holds sit-in protests at the district headquarters across J&K



JI NEWS SERVICE JAMMU, FEB 10: Apni Party on Friday held sit-in protests – against the ongoing demolition drive by the administration – at the district headquarters across J&K.

According to a press note released here, "Party's district leaders and senior

workers led the sit-in protests at the district headquarters across the J&K. The sit-in protests at multiple places were meant to register a strong objection, on behalf of the party, against the administration's ongoing demolition drive."

It further said, "Apni

Party demands the immediate stoppage of the bulldozing drive. The party is not against retrieving large chunks of land occupied by the land mafia, but we demand regularization of the small amount of State/Kacharai land, which has been in possession of common people for

decades or in some cases for more than a century."

"In the Valley, the senior party leaders – Usman Majid, Javid Mustafa Mir, Abdul Majeed Padder, Raja Manzoor, Khursheed Ahmad Khan, Noor Mohammad Sheikh, G M Mir, Tariq Ahmad Veeri, and Javid Ahmad Mir – led the sit-in protests respectively in Bandipora, Badgam, Kulgam, Kupwara, Baramulla, Srinagar, Pulwama, Anantnag, and Ganderbal," the press note said.

"While as in Jammu region, Manjit Singh led the sit-in protest in Jammu and Samba districts; Advocate Harpreet Singh in R S Pora; Pushap Dev Uppal in Jammu (Rural); Satpal Chalotra in Udhampur; Anil Kumar in Badnawah; Bashir Khaki in Poonch; Sofi Aslam in Rajouri, and in Kishtwar led by Umer Mingnoo," the press note added.

Two-Day seminar on 'India's Pathways to next economic powerhouse by 2047' concludes



JI NEWS SERVICE JAMMU, FEB 10: A two-day seminar on 'India's Pathways to Next Economic Powerhouse by 2047' organized by Department of Economics sponsored by the Indian Council of Social Science Research, New Delhi concludes today at University of Jammu. In the valedictory function, Prof. Raj Kumar Mahajan, the Former Professor, Punjabi University, Patiala, Regional Centre Bathinda, Punjab, was the Chief Guest. He advocated that India has tremendous potential to grow using robust policies to address the challenges of poverty, inequality, unemployment and sustainability which will pave the way to become the next economic powerhouse by 2047.

The Key Note Speakers of the inaugural function were Prof. (Dr.) Balwinder Singh Tiwana, the Former

Professor, Punjabi University, Patiala, Prof. Kuldip Kaur, Chairperson, Ambedkar Chair, and Former Professor, Punjab School of Economics, GND University, Amritsar, Punjab, and Prof. I. C. Awasthi, Former Professor, Institute for Human Development, New Delhi.

Prof. Balwinder Singh Tiwana emphasized on building economic strength and to leverage the drivers of sustainable economic growth and to strengthen the India Rupee vis-à-vis Dollar. The continuous evaluation of short-term achievements of Indian economic performance is essential to plan for long-term goals. India has also to address the fluctuations in FDI and foreign exchange reserves to become the next economic powerhouse.

The Key Note Speakers of the inaugural function were Prof. (Dr.) Balwinder Singh Tiwana, the Former

addressing the problem of climate change for sustainable agriculture. Prof. I. C. Awasthi argued that inclusive growth is necessary to address rampant problems of unemployment and inequalities over the long-term to build a strong economy. The seminar convener Prof. Falendra Kumar Sudan presented a brief summary of two-day seminar, while Dr. Tsering Yangzom presented the welcome remarks and Prof. Sunita Sharma, presented the vote of thanks. Prof. Jasbir Singh appreciated the Head of the Department for his all support to organise such type of events. Dr. Virender Koundal, Dr. Manoj Bhatt, and Dr. Shaluu Selhgal of the Department of Economics were also present.

Today, the six parallel sessions were conducted in which well researched papers on various topics were presented including

the role of Foreign Direct Investment, Digital Educational Initiatives, Export and Import, Rural Governance and Entrepreneurship, Digitalizing Higher Education, Online University Teaching, Agrarian Change, Gender Dividend, Manufacturing Value Added, Corporate Governance, Sustainable Urban Transportation, Financial Development, Digital Empowerment, Digital Transformation of Agriculture, Human Development and Poverty Reduction, Renewable Energy, Nuclear Energy, Water Resilience, Land Sustainability, Food Security, Services Sector, Carbon-Neutral Cities, Fiscal Reforms, Inclusive Development, Entrepreneurship, Innovation, Investment, and R&D and many more topics in becoming the next economic powerhouse by 2047.

The main speakers include Dr. J. N. Balya, Dr. Hemlata Mangani, Dr. K. Rajesh Kumar, Dr. R. Sai Kumar, Dr. Prashant Kumar Choudhary, Dr. Ritu Bakshi, Dr. Preeti Chawla, Dr. Reeti Debnath, Dr. Rajendra Prasad Meena, Dr. Om Raj Katoch, Dr. Neelam Choudhary, Dr. Shilpa Gupta, & Dr. Shayan Javed, Dr. Rashi Tuggar, Dr. Sandeep Kaur, Pabitra Kumar Jena.

One day workshop held at Jammu University



JI NEWS SERVICE JAMMU, FEB 10: A one day workshop was organized at Jammu University by Directorate of International Quality Assurance in collaboration with Mission Directorate RUSA & K the state nodal agency for AISHE scheme.

The workshop was

attended by Nodal Officers (AISHE) all private and Govt Degree Colleges, Shri Mata Vaishno Devi University and experts from Higher Education Department Ministry of Education, New Delhi.

The welcome address was given by Dr. Ginny

Dogra University Nodal Officer Aishe/Deputy Director DIQA, Jammu University. Director College Development Council Dr. Rajeev Rattan was Chief Guest on the occasion who hailed the organisers for conducting such program. Ms Anita Sirohiwal, Joint Director.

Mission Director RUSA J&K in his address Elaborated the role of AISHE data in RUSA funding.

Joint Director, Planning and Monitoring from Ministry of Education in her speech deplated upon the changes made in Web DCF to make it user friendly.

The technical session of workshop was conducted by Mr. Shivam Panday, Research Assistant, Mr. Vikas Mehta, Data Analyst and Mr. Sanjeev Kumar, Data Analyst experts from Ministry of Education.

Technical session was followed by queries session where technical issues faced by colleges with regard to uploading of data were resolved. Vote of thanks to participants and organisers was presented by Dr. Asif Iqbal coordinator AISHE, J&K.

Society must be driven by the principles of Antyodaya: BJP

Sham, Priya, Munish listen to public grievances

JI NEWS SERVICE JAMMU, FEB 10: Society will be healthy when it is driven by the principles of Antyodaya, which means the rise of the last person in the row stated senior BJP leaders, while they continue BJP's mission to resolve the issues faced by the residents of Jammu & Kashmir.

J&K BJP Vice-President & former Minister Sham Choudhary, BJP NEM & former Minister Priya Sethi and BJP All Morcha Incharge Munish Sharma, listened to the public grievances and took up the same with the concerned department officials for their early solutions at BJP headquarters, Trikuta Nagar, Jammu.

Numerous individuals and deputations visited the BJP office to meet the party leaders and narrate their woes & problems. The issues presented by common masses before the senior party leaders were related to PHE, PWD,



Rural Development, Revenue, Irrigation & Flood Control, Education, Agriculture etc.

Presented issues were on the spot, taken up with the heads of these departments by Sham Choudhary, Priya Sethi and Munish Sharma telephonically and they were impressed with immediate solutions.

Sham Choudhary, while

listening to the issues stressed that the leaders have tried sincerely to provide the best possible solutions presented by masses in the grievances camps. He said that BJP believes that a society could only be healthy when it ensures the rise of the last (deprived and neglected) person of the society.

Priya Sethi, on the occasion,

said that BJP holds the issues faced by the masses in high esteem and believes that they should be promptly taken care of for the realization of a healthy society.

Munish Sharma stated that many of the issues presented today were solved on the spot whereas other issues are impressed for their early solutions.

DLC organises " Induction Programme for freshers of LL.B 3year (Prof.) Course

JI NEWS SERVICE JAMMU, FEB 10: Dogra Law College organized Induction programme to welcome the new entrants who have joined the college for the session 2022 - 23. Th.Gulchain Singh Charak, Chairman; Dogra Educational Trust was the Chief Guest on the occasion. The programme started with the lighting of the traditional lamp by the dignitaries followed by Saraswati Vandana.

Prof. V.P. Magotra, Principal, Dogra Law College welcomed the students. He briefly highlighted the history of the Dogra Law College. He apprised the students about the rules of the college and the achievements of the students who have brought laurels to the college.

Ms. Parema Bakshi, Faculty member of Dogra Law College made a PowerPoint presentation on the vision, mission, rules, values, curricular and co-curricular activities including the facilities available in the college. Prof. Darshana Sharma, Director, Dogra Group of Colleges and Campus Development addressed



the students and congratulated them for successfully qualifying the JUET Entrance Examination and becoming a part of the Dogra Law College. She threw light on the facilities and activities which are peculiar to the college and impressed upon the students to make use of these facilities. Special felicitation ceremony was also organised for NCC Cadets namely Junior Under Officer Abhishek Sharma, Student of B.A.L.L.B 5 Year Course 7th Semester for Lecture Conducted at Commando Insurgency

and Jungle Welfare School, Gwaldam, Uttarakhand and Cadet Gurbakshish Singh, Student of B.A.L.L.B 5 Year Course 7th Semester for representing J&K and Ladakh in Republic Day Parade 2023.

Two senior students of Dogra Law College shared their experiences with the new entrants. The Esteemed Chief Guest Th.Gulchain Singh Charak, Chairman, Dogra Educational Trust emphasized on maintaining discipline by the students which will help them in their future life. He also

emphasized the importance and recognition of hidden talent of the students which always contribute to the development of self-confidence and self-actualization. He added that Dogra Law College is committed in its endeavor to impart education for the betterment of the society.

The Programme concluded with the vote of thanks presented by Ms. Sumiksha Razdan, Faculty member of Dogra Law College followed by the National Anthem. In the end, sweets were distributed among the students.

'Three star electronics' of Blue Star ACs bags 'Best distributor Award' in North India

JI NEWS SERVICE JAMMU, FEB 10: Ved Sharma of Three Star Electronics, Shastri Nagar Jammu has bagged the 'Best Distributor Award' in North India during the Blue Star Product Launch cum Award Function organized at Chennai.

The award was presented to him during a glittering function attended by an august gathering comprising entrepreneurship doyens and celebrities from across the nation. The honours of award presentation were done by B Thiagarajan - Managing Director Blue Star in presence of Shashi Arora - President & COO, Cooling & Purification Appliances Group; Navneet Sharma and Haridas C-



Executive Vice Presidents. It is pertinent to mention here that M/5 Three Star Electronics is a name to reckon with not only in Jammu and Kashmir but across the northern region of the nation.

The venture was launched by an enterprising and enthusiastic entrepreneur Ved Sharma. Sharma

not only providing profits and dividends to the owner but also creating a huge employment avenue for the unemployed youth.

After receiving the award, Ved Sharma said there is no shortcut to success adding that strong determination, will and hard work are the only keys to success.

THOUGHT OF THE DAY

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

JINDRAH IMAGES

Harness solar energy potential to maximum level

To an utter dismay of the people of the erstwhile state of Jammu and Kashmir, now two Union Territories—J&K and Ladakh, least interest has been given to exploit the vast solar power potential over the years. The reports suggest that two UTs have performed dismally on account of electricity generation from solar energy as authorities have exploited less than one per cent of 111 Gigawatts (GWs) solar power potential during the last four years. This is notwithstanding the fact that the Central government has asked all states and the UTs to harness solar power potential to its maximum level. The installed solar capacity of Jammu and Kashmir is 48.90 MW, while Ladakh, which is considered as solar capital of the country, is having just 7.80 MW installed solar capacity. The erstwhile state of Jammu and Kashmir has a solar power potential of 111.05 GW and it is the second highest in the country after Rajasthan which has the solar energy potential of 142 GW. Ladakh has not generated even single additional Megawatt electricity during the last one year despite the fact that it has a large potential of 100GW solar energy alone, therefore failing to contribute in the country's total installed capacity, notwithstanding two major projects with potential of generating 7500 MW of solar power (now revised to 10,000 MW) were sanctioned for the region about eight years ago. On the other hand, Jammu and Kashmir has doubled its installed solar capacity from 24 MW to 48 MW in the last one year and it has shown some progress while exploiting its solar power potential. Jammu and Kashmir has been provided Rs 64 crore by the Union ministry of New and Renewable Energy from year 2019 to year 2021 under different schemes for harnessing the solar power potential. An amount of Rs 12.41 crore has been released to Ladakh under various schemes to increase its installed solar capacity for the period. The Central government has sanctioned two major projects with the total solar power generation capacity of 7500 Mega Watts for Ladakh region. After deliberations, the Central Government had planned to raise the capacity of this proposed solar park in Ladakh to 10 GW from 7.5 GW announced earlier. The Solar Energy Corporation of India (SECI) had issued a tender for development of 7500 MW Solar PV Projects in Leh and Kargil districts on December 31, 2018. As per the tender documents, implementation time for the project was 48 months from the effective date of Power Purchase Agreement. The projects were proposed because Ladakh, the cold desert of the country, received the 'best solar radiations' in the country but the projects have remained entangled in technical and administrative glitches. The Government of India should conduct a probe as to why these projects have failed to take off even after the lapse of eight years. The responsibility must be fixed while expediting measures to harness solar power potential.

BALLOON TURBULENCE DEEPENS US-CHINA DISCORD

By sending the balloon, China wanted to convey a message of strength that it was capable of reaching the heart of the US mainland and Washington would have to take into account Beijing's concerns if it sincerely wanted a dialogue on establishing peace and cooperation with it.

YOGESH GUPTA

ON February 3, US Secretary of State Antony Blinken called up Wang Yi, Director of the Chinese Communist Party's Central Foreign Affairs Commission, to tell him that he was postponing his scheduled trip to China as by sending a balloon over the US airspace, China had indulged in an "irresponsible act and this action is detrimental to the substantive discussions" that they were prepared to have. He said the trip would be rescheduled once the balloon turbulence was over.

However, Wang said it was a civilian airship sent for meteorological research and had accidentally strayed from its planned course into US airspace due to strong westerly winds and its limited self-steering capacity. "China is a responsible country and has always strictly abided by the international law," he added.

But the Americans found that the balloon, which entered the US air defence zone north of the Aleutian islands on January 28, moved largely over land across Alaska, Idaho, Montana, Carolinas and then towards the Atlantic Ocean. The balloon had flown over certain sensitive sites to collect information, including over Montana, which is home to about 150 inter-continental ballistic missile silos.

Typically, the balloons fly above 80,000 to 1,00,000 ft, but the one sent by China was flying low enough at about 60,000 ft to be noticed by the civilians. The journey of the balloon over so many days over the US landmass provoked widespread anger and many questions such as why it was detected so late by the defence authorities, were there gaps in the US security which permitted the balloon to fly undetected, why the Chinese took such a brazen step a few days ahead of Blinken's planned trip and what intelligence it had collected.

It is common for countries such as the US, China and others to conduct surveillance on their adversaries, but it is done discreetly. According to media reports, China had conducted similar surveillance on military assets of Japan, India, Vietnam, the Philippines and



Taiwan earlier.

US President Joe Biden's political adversaries, the Republicans, had a ready fodder to attack him asking why he had not shared the information with the people before the balloon was noticed by the civilians, why he had delayed its shooting, why the sensors in the US airspace had failed to detect this balloon and what if such balloons were used by the US's adversaries to send nuclear or other explosives into the country to cripple sensitive installations.

Pentagon's defence that there had been other instances of similar balloons flying over the US airspace during the Trump administration (which were detected later) made matters worse, some saying that Biden was too soft towards China. There was a consensus that Blinken's visit could not be permitted till the investigation into the debris of the balloon shot down on February 6 was complete. Also, that China could not be allowed to violate the US sovereign territory without paying a cost.

The Chinese government was equally aggressive. China's vice foreign minister Xie Feng in a representation to the US Embassy in Beijing said this was "entirely an accident caused by force majeure and the US deliberately exaggerated it. Its armed attacks on the balloon were irresponsible and unacceptable". Also that Beijing reserved the right to respond similarly to future incidents of this

kind.

Various theories are doing rounds on why China indulged in such a brazen and risky adventure few days before Blinken's visit.

Most plausible one is that China had got tired of aggressive actions by the US before each high-level meeting, sanctioning or blacklisting some Chinese organisations, companies and officials. There has been a sharp increase in the US provocations against China in recent days, including the sailing of the USS Chancellorsville, a guided missile cruiser, in the South China Sea to exercise the freedom of navigation, approval of \$10-billion weapon sales to Taiwan, setting up of a House Select Committee on China (which distinguishes even the old Soviet Union did not get) targeting Beijing. The USA's encouragement of Japan's militarisation, new alliance to prohibit the sale of microchips to China, setting up of a new military base in China's vicinity in Guam and acquiring four new bases in the Philippines had also come to Beijing's adverse notice.

Some Chinese leaders believed that the US had pushed China on the back foot by these military and economic initiatives and was trying to clip China's wings and even preparing for a war. There was a view that high-level meetings with US officials had become a ritual with glorified photo opportunities and Washington was not taking Beijing seriously. By sending the

balloon, China wanted to convey a message of strength that it was capable of reaching the heart of the US mainland and Washington would have to take into account China's concerns if it sincerely wanted a dialogue on establishing peace and cooperation with it.

As the US-China rivalry deepens, the asymmetry in their thinking and mutual perceptions has only worsened. While the US considers itself as the sole superpower and the guardian of the present international order, China considers itself to be an equal and wants enough space from Washington to accommodate its interests. The latter does not accept China's claim and believes that if Beijing wishes to benefit from its economic, trade and technological cooperation, it should stop behaving as a rival and accept its terms. Given the wide disparities in their outlook, the balloon incident will further strain the Sino-US relationship with growing political consensus in the US to pushback China in political, economic, technological and military realms. If the investigation into the debris of the balloon reveals that China had intended to collect sensitive information about the US strategic installations, there would be demands to make Beijing pay for indulging in this affront. Given that Chinese President Xi Jinping revels in aggressive policies, any further US sanctions would only harden China's opposition to US policies.

Neglecting MGNREGS undermines workers' rights

ZOYA HASAN

The words 'rights' and 'equity' are conspicuous by their absence from the numerous assertions and claims made by leaders of the National Democratic Alliance (NDA) with regard to their achievements in countless speeches and advertisements. A year ago, the Prime Minister stated that there was far too much emphasis on rights, and not enough on duties — even though the Constitution doesn't place them on an equal footing. The realignment of rights and duties is not just about giving greater attention to duties; it is about giving less importance to rights.

This is evident from the niggardly attitude towards the Mahatma Gandhi National Rural Employment Guarantee Scheme (MGNREGS) and the constantly abridged budgetary allocation for it, which is tantamount to a disregard of this right. This has consequences for the larger issue of rights as it affects the well-being of the most vulnerable sections of our society. The Mahatma Gandhi National Rural Employment Guarantee Act (MGNREGA), passed in 2005, was a path-breaking legislation aimed at providing guaranteed employment to rural citizens. It was the single largest rural employment scheme in independent India. It provided only 100 days of employment in a year and, that too, for just one member of a rural household, but the important thing is that it conferred an economic right, which means employment had to be provided on demand, and if the state could not deliver 100 days of work, then the person seeking employment had to be paid compensation.

The MGNREGS continues to be deeply relevant as millions of rural households have gained employment through it. It is particularly vital in times of economic stress and, hence, it is important to make a budgetary provision for the full 100 days and, perhaps, expand it to 150 days of work, given the prevailing dismal employment conditions in the country. The government violates workers' legal rights every time it does not match the funds to demand or does not pay wages on time.



However, this scheme has been hit hard by budgetary cuts. This started during the tenure of the Congress-led United Progressive Alliance (UPA) government itself, even though it had introduced the scheme; allocations practically froze during its second term, making no allowances for the rising prices or the increase in the number of job seekers.

But the NDA government has stretched the practice of making low budgetary allocations to the limit, which has weakened the legal guarantee of timely payment and employment. This comes at a time of rising unem-

ployment and increased inequality in India. Both the World Inequality Report-2022 and Oxford Inequality Report-2023 show India as one of the most unequal countries in the world in terms of incomes and assets. India registered the fastest increase in economic inequality in recent years, even as access to a number of social protection programmes has been severely undermined on the one hand, via restricting allocations and on the other, through the dilution of schemes, such as MGNREGS and even those that form part of the National Food Security Act.

This government has been lukewarm towards the MGNREGS in the last nine years. The Prime Minister spoke derisively about it in Parliament. The Finance Minister mentioned it only once (in the context of work for mangrove conservation) in her Budget speech this year. But the NDA government has not abolished the scheme; it has strangled it through low allocations. The budgetary allocation has been cut by 30 per cent to Rs 61,032.65 crore for 2022-23, the lowest in the past four years. It is lower than the budgetary estimate of Rs 73,000 crore for 2022-23. It is the second straight cut in the scheme's budgetary allocation as in the Budget-2022-23 also, the allocation had been cut by 25 per cent to Rs 73,000 crore from the revised estimate of Rs 98,000 crore.

The gradual decrease in the budgetary allocation for the MGNREGS has created doubts about the government's intentions. By cutting down the funds, the government sends out a signal that it wants to spend less on this scheme as opposed to the others, which means fewer initiatives can be undertaken under this scheme. Reduced funding also makes it difficult for the government to keep its promise of 100 days of employment, which is crucial for the survival of rural households. The average days of work offered is actually much below 100 days and, frequently, employees will not be able to get work even

for half a year.

By law, it is a demand-driven scheme but the continuous decrease of funds has reduced its potential effectiveness. The government has always claimed that the actual allocation would be increased if it was found that a large number of persons were asking for employment under the scheme. While supplementary allocations for the MGNREGS have been increased substantially at the revised estimates stage, a low initial outlay acts as a discouragement. It diminishes demand, in fact, chokes it, which becomes a justification for the low initial budgetary allocation for the scheme. Even if the allocation gets increased later because of higher demand, this increase takes time, which means that wage payments as well as material costs will be delayed and workers get pushed into 'forced labour' in the intervening period. Furthermore, almost half of the budget allocation is spent on clearing arrears. Consequently, the flagship scheme runs out of funds halfway through the financial year even for those who want work.

According to an analysis by Peoples' Action for Employment Guarantee (PAEG), a research and advocacy group, 21 per cent of the budget over the past five years has gone into clearing the arrears of previous years. In the current financial year 2022-23, the unpaid dues stand at Rs 16,070 crore. Hence, the PAEG demanded that the Centre allocate a

Samantha Ruth Prabhu's Shaakuntalam release postponed; reason for delay not revealed. Check out new date

Actor Samantha Ruth Prabhu's upcoming Telugu film Shaakuntalam, which was supposed to be released in cinemas on February 17, has been postponed by a couple of months. The film's makers on Friday confirmed that the film will now hit screens worldwide on April 14. Without revealing the exact reason for postponement, the makers unveiled a new poster with a release date.

In Shaakuntalam, Samantha plays the central character Shakuntala, daughter of Menaka and Viswamithra. The film, produced and directed by Gunasekhar, will be released in Hindi, Tamil, Malayalam and Kannada. This project marks Samantha's maiden collaboration with Gunasekhar.

In 2020, speaking at the launch of the movie recently, Samantha said that this will be her dream project and dream role. The trailer of Shaakuntalam was released in January. Speaking at the event, an emotional Samantha said her love for cinema hasn't changed amid all the recent life struggles. She said she gathered all her courage to attend

the event. In her speech, Samantha spoke about how her love for cinema hasn't changed amid all her life struggles in recent past. She was talking about her rare autoimmune disease called Myositis which she has been diagnosed with since last November.

"No matter how many struggles I face in life, one thing won't change. That's how much I love cinema and cinema loves me back. I strongly believe that this love will grow manifold with Shaakuntalam," she had said.

Samantha was last seen on screen in Telugu action-thriller Yashoda. In the film, Samantha played a surrogate mother who won't stop at anything to protect her child. The film turned out to be a hit at the box-office and had grossed around 740 crore during its theatrical run. Recently, Samantha joined the sets of the Indian adaptation of Amazon Prime's upcoming web series, Citadel. She will be sharing screen space with Varun Dhawan in the show, which is being co-created by Raj and DK.



6 Binge-Worthy Shows That You Just Cannot Miss



The year 2023 is here with a bang! With several promising web shows for both kids and adults, the OTT platforms are brimming with content. But to save you from the trouble of scrolling through a plethora of content to land on one particular show, we have curated a list of binge-worthy shows that you just can't stop watching.

'Class' (Netflix)

'Class' is the official India-based adaptation of the Spanish thriller series Elite, executive-produced and series directed by Ashim Ahluwalia. This adaptation by Ahluwalia is set in contemporary New Delhi and is a grimier, more realistic and socially-charged take. Produced by Future East Film (Ashim Ahluwalia and Niharika Singh) in association with Bodhi Tree and adapted by Ashim Ahluwalia, 'Class' explores the rise of the Indian rich and a world of extreme disparity, following the students through their struggles with sex, drugs, religious difference, homophobia, trauma, friendship and love. 'Class' Has opened to great reviews both in India and abroad with positive word of mouth since its release.

'Farzi' (Amazon Prime Video)

'Shrinking' (Apple TV)

'Marvel's Moon Girl And Devil Dinosaur' (Disney+ Hotstar)

'Trial By Fire' (Netflix) 'You 4' (Netflix)

KARAN TACKER RECALLS GOING THROUGH FINANCIAL CRISIS: WE HAD A TOUGH TIME MAKING ENDS MEET AS A FAMILY

It's been fifteen years since actor Karan Tacker entered the world of showbiz. While the actor has made a name for himself with his work on TV and OTT platform, he has never spoken about the days when he had to struggle. Not many are aware that before becoming an actor the Mumbai lad wanted to pursue his father's business.

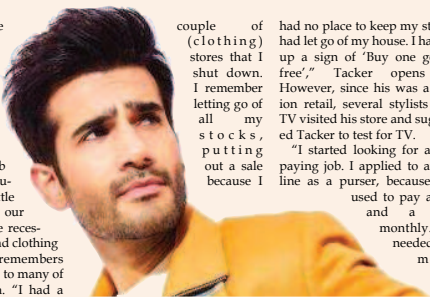
For the first time, Tacker talks about his life before he became an actor. "I had a business with my dad," he recalls, adding, "The world hit recession in 2008, and that's when my entire busi-

ness went down. We had a tough time making ends meet as a family. At that time I started scouting for jobs. From my education I would have probably gotten a job for twenty five thousand, which was little for the kind of debt our business faced in the recession." Tacker, who had clothing stores back then, remembers how the downfall led to many of them shutting down. "I had a

couple of had no place to keep my stock. I had let go of my house. I had put up a sign of 'Buy one get six free,'" Tacker opens up. However, since his was a fashion retail, several stylists from TV visited his store and suggested Tacker to test for TV. "I started looking for a high paying job. I applied to an airline as a purser, because they used to pay a lakh and a half, monthly. I needed that money

to make ends meet at that time. But, I got an ad for a face cream brand which paid me a lot of money. I got 3 lakhs, 12 years back. 3 lakhs for 22 days was like... I told my Dad, that I should work this out because this will pull us out of misery," Tacker reveals. The Khakee: The Bihar Chapter actor shares he soon started doing advertisements in Gujarat for two to three thousand rupees per day.

"For five and six years I was only earning money to pay the debt of the business. After 6 odd years I started making and saving money," he ends.



DaDa review: Enjoyable coming-of-age drama about accidental parenthood



The subject of parenthood, especially in mainstream cinema, has mostly been told from the perspective of a woman. Rarely, we've had a film where the story has focused on a man dealing with parenthood and his sacrifices in becoming a good father. Ganesh K Babu's DaDa is an emotional drama about a young man dealing with becoming a parent, out of the blue, with a lot of maturity. This is also a moving coming-of-age drama of an aimless, college-going youngster thrust into embracing fatherhood when the entire world, including his family, has given up on him.

The film opens with the shot of Kavin and Aparna lying together. Kavin is still sleeping and Aparna just enjoys looking at him while we hear a couple in the neighboring flat arguing early in the morning. Cut to the next shot, Aparna is crying as learns that she's pregnant and Kavin suggests that she should abort the baby as they aren't ready to be parents yet. Aparna is against the idea of abortion. Kavin and Aparna decide to move in together and take refuge at a friend's house. As they get ready to embrace parenthood, living together becomes a hassle as they end fighting over little things. It reaches a point where Kavin blames Aparna for making their lives so miserable when he warned her about keeping the baby. Kavin is forced to raise the baby alone.

The most refreshing aspect of DaDa is that it sends out a very important message loud and clear - parenthood is gender neutral. Both father as well as the mother play key parts in raising a kid and their roles can't be weighed or compared.

As much as the film sheds light on Kavin raising his son alone and in turn becoming a better person as well as a father, it doesn't try to showcase the mother in poor light. This aspect of the film and the writing is highly appreciable. It also never tries to make the father raising a kid alone a big deal.

Tara Sutaria: I've Always Looked At Love With A Lot Of Love

Bollywood actress Tara Sutaria has spoken about what self-love means to her and said that she has always loved the idea of love.

Tara has collaborated with Bumble, the women-first dating app, to launch a new campaign 'Before anyone else, there was you' ahead of Valentine's Day. To encourage self-love.

Asked about what self-love means to her, Tara said: "I think self-love or loving yourself means so many different things to different people. To me and to so many of us, I know that this will resonate because we all went through a pretty rough time recently when Covid hit the world and I think self-love took a new shape and meaning for all of us.

"All of us learnt to slow down and truly understand ourselves, begin to hear ourselves and therefore, love ourselves. I've always loved the idea of love - call it utopia, idealistic - and I've always looked at love with a lot of love, but I've never really looked at myself with that sort of love so it's taken me a lot to get to where I am today which is learning to really and truly understand every part of myself - the good, the bad, the ugly - everything that comes with being human, I suppose."



Sussanne Khan's sister Farah Khan Ali says she and DJ Aqeel are officially divorced, celebs react

Jewellery designer Farah Khan Ali took to her Instagram handle and confirmed her divorce from ex-husband DJ Aqeel as they finalised it. She is Hrithik Roshan's ex-wife Sussanne Khan's sister. In 2021, Farah announced the news of their separation and received support from her friends and family.

On Friday, Farah posted a couple of happy selfies with Aqeel. She tagged him and captioned it, "We have been declared officially divorced and are happy about it. We wish each other lots of love, happiness and luck in our onward journeys. We will always remain parents to our beautiful children Azaan and Fiza and nothing will change. Grateful for the journey we had together."

Aqeel re-posted the same on his Instagram Stories. Reacting to the post, Sussanne Khan commented, "Love u both" with lost of loved-up emojis. "It's such a beautiful new beginning note... you guys are both such amazing humans... like both of you are, ginormous hearts," Kubbra Sait added. Others such as Twinkle Khanna, Nandita Mahtani, Saisha Shinde, Dia Mirza, Bhavana Pandey, Moez Singh and Elnaaz Norouzi

among others sent their love.

Last year, Farah shared on social media, "Sometimes two people grow apart. Sometimes they outgrow each other. It has been 9 years since my relationship with my husband Aqeel changed its status as a couple to just friends and to term it simply would be to state that we are 'Happily Separated'."

"We will always be best friends to each other and parents to our wonderful children Azaan and Fiza and nothing will change. Grateful for the journey we had together."

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involved. The reason we are announcing it publicly now, is so that the ones who know us accept our situation gracefully and always wish well for both of us especially because we hold no animosity of any kind towards one another and will always be there for each other. Aqeel is and will always be my family as I will be his. We hope that all our well wishers will accept our decision maturely and not judge us for it. It's important to be happy and we all, Aqeel and I including our children and families most definitely are.



Sherlyn Chopra slams Rakhi Sawant, supports her husband Adil: 'Don't know how he landed in this mess but...'

Rakhi Sawant and her husband Adil Khan Durrani's marriage has been making headlines in recent days. After Rakhi accused her husband of domestic violence and also alleged that he was having an extramarital affair, Sherlyn Chopra weighed in on the matter and sided with Adil. Sherlyn had filed a police complaint alleging defamation and sexual harassment against Rakhi last year, who was recently questioned by police in connection with the case.

Amid the ongoing Rakhi-Adil spat, Sherlyn has commented on the matter, accusing the two of doing everything they can to stay in limelight.

In a video shared by a paparazzo on Instagram on Thursday, Sherlyn Chopra shared her views on the ongoing fight between Rakhi Sawant and her husband Adil Khan Durrani. The actor said, "Mai kya bolu inn dono ke baare mein. Lekin itna mai keh sakti hu Adil ke sath kuch samay bitake - police station main - ki woh banda joh hai

shulja hua hai. Pata nahi kaise woh yeh pure jhamale mein fas gaya. But jitni dher maine usse baat ki aaise laga ki woh shulja hua banda hai (I am no one to say anything about Rakhi and Adil's matter, but from what I have learnt about Adil after spending time with him at a police station, he seems like a sorted person, but don't know how he landed in this whole mess)."

Sherlyn continued, "Aur maine boli bhi usko uske mum pe, tum toh suljhe hua lagte ho kaha aagaye tum? Kaisa fas

gaya yeh pure chakkar mein? Aur surkhiyo mein aane ke liye yeh zaroori nahi ki yeh log apas mein khitpit kare ya apne rishtey ka mazak banayee (I've told Adil he looks sorted so what was he doing with her? I feel they should not do such things just to stay in the limelight)."

She further said, "Mai kya bolu? Maine toh unke pati ko apne bhai mana hai. Bhai ke baare mein isi tarah ke baate sunn kar aacha bilkul nahi lag raha. Mai bus chahungi ki joh kuch bhi hai inn dono ke beech



Photo: Anshu Singh

Weight Loss Tips: These Carb-Rich Foods Might Actually Fasten Your Weight Loss



It turns out you should continue eating some carbohydrates despite what we've been told for years. The word "carbohydrate" has a terrible reputation. They are frequently linked to type 2 diabetes, weight gain, and a number of other health issues.

It is true that refined grains and processed diets high in sugar frequently lack necessary vitamins and minerals. Numerous nutrient-dense, fiber-rich meals, however, might really be highly beneficial for your health.

Although some people may benefit from low-carb diets, there is no need to completely exclude high-carb items. In this article, we share nutritious and healthy carb-rich foods that might actually

boost your weight loss. Add these carb-rich foods to your diet to fasten weight loss:

1. Oats
A very nutritious whole grain, oats are a fantastic source of numerous vitamins, minerals, and antioxidants. Furthermore, oats are a decent source of protein and have a higher protein content than most grains. According to research, eating oats may lower your cholesterol levels, hence lowering your risk of heart disease. In particular for those with type 2 diabetes, eating oats may lower blood sugar levels. Oats are also quite filling, which may aid with good weight management.

2. Barley
Barley, a cereal grain, may have the capacity to raise satiety-related

hormone levels. Boiling barley kernels can alter the microorganisms in your gut, which in turn can increase your metabolism, according to a Swedish study. This starch's high fibre content has also been reported to reduce hunger pangs, according to researchers.

3. Quinoa
Quinoa is a wholesome seed that has gained enormous popularity among consumers who are concerned about their health. It falls under the category of a pseudocereal, which is a seed that is processed and consumed like a grain. Quinoa cooked is a high-carb food since it has 70% carbohydrates. But it's also a fantastic source of fibre and protein. Quinoa has been linked to a num-

ber of health advantages, including better blood sugar control and heart health. Quinoa is high in numerous minerals and plant components.

corn. Being more content will probably cause you to eat less, which will result in consuming fewer calories. They are also a much better alternative to chips

Contrary to common belief, carbs are actually a beneficial addition to the diet if you're trying to lose weight. Try these 6 foods rich in healthy carbs.

Buckwheat

Buckwheat is regarded as a pseudocereal, similar to quinoa. Buckwheat is not linked to wheat, despite its name, and it does not contain gluten. As it contains both protein and fibre, buckwheat is particularly nutrient-dense. Compared to many other grains, it also contains more nutrients and antioxidants. Studies indicate that it might be especially advantageous for blood sugar control and heart health.

5. Popcorn

Next time you're hungry, try popcorn instead of crisps. Researchers from the food and health fields around the nation evaluated the short-term satiety of these two common snacks and discovered that most volunteers reported feeling less hungry and more satisfied after eating pop-

corn. Being more content will probably cause you to eat less, which will result in consuming fewer calories. They are also a much better alternative to chips

and other ultra-processed snacks.
6. Bananas
Bananas are a popular fruit that people enjoy using in a variety of ways. In addition to being rich in potassium and the vitamins B6 and C, bananas also contain a number of advantageous plant components. Bananas may help decrease blood pressure and enhance heart health due to their high potassium content. Green, unripe bananas have more starch. As the bananas ripen, this changes into natural sugars, which causes the bananas to turn yellow. Therefore, if you consume your bananas while they're less ripe, you'll often get more starch and less sugar.

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Instead of causing weight gain, these foods rich in carbs will help aid weight loss and boost your overall health.

HOW EATING FEWER CALORIES MAY HELP SLOW DOWN THE AGING PROCESS



Restricting calorie intake could help slow down the aging process, according to a study. Source published today in the journal Nature Aging.

Researchers, led by the Butler Columbia Aging Center at Columbia University Mailman School of Public Health in New York, used DNA analysis from blood samples to measure the rate of aging and reported that calorie restriction slowed the aging process.

Participants included 220 healthy men and women in three different sites in the United States. The participants either continued with their regular diet or had a 25% reduction in their consumed calories.

The scientists followed the participants' diet and health for two years and took blood samples at the start of the study and again at 12 months and 24 months.

What researchers found in calorie restriction study
The researchers reported a slowing aging process based on three DNA markers.

They said these results could provide a sense of what effects scientists can look for when completing trials for specific weight interventions, such as intermittent fasting.

"This study teaches us that keeping a person's body at a lean weight helps decrease the molecular changes on a cellular level that happen in response to aging," said Dr. David Selzer, an internal medicine specialist at NYU Langone Medical Associates in West Palm Beach and Delray Beach in Florida who was not involved in the study. "With that noted, life is not a test tube. People age for multifactorial reasons such as stress and anxiety, not just their diet."

"I agree that calorie restriction plays a role on the molecular level," Selzer told Healthline. "However, I think finding a healthy balance between caloric intake and daily exercise is more likely to lead to a longer lifespan."

Low calorie intake and healthy aging
The researchers are currently completing a follow-up study to see if calorie restriction has a long-term effect on healthy aging.

"The results make sense to me," said Dr. Raphael Kellman, an internist and functional medicine physician at Kellman Wellness Center in New York City. "However, nutrition studies are notoriously difficult to conduct, particularly long-term, as people naturally have trouble adhering to diets."

"I think you should take into consideration a few things," Kellman told Healthline. "One, what kind of diet was the control group on vs. the calorie-restricted group? If the control group is overeating or eating a lot of unhealthy foods and the calorie-restricted group is eating a healthier diet, are the results due to the calorie restriction, or would just eating a healthier diet also have a positive impact?"

"Also, it is hard to know whether people are truly adhering to a diet unless their food is strictly controlled and monitored," Kellman added.

Vitamin B12: Why do you need it, how should you take supplements?

A vital nutritional element, Vitamin B12, also referred to as cobalamin, plays a crucial role in supporting various processes in the body. The smooth functioning of the nervous system and the formation of red blood cells heavily depend on adequate supply of Vitamin B12. Furthermore, it prevents anemia, protects the eyes from macular degeneration, regulates DNA and produces energy. These are the reasons why people must ensure sufficient intake of this vitamin in order to maintain health.

A deficiency of this vitamin in the body leads to insufficient oxygen supply to the different parts of the body. It also causes memory problems, weight loss, skin pigmentation, menstruation issues and so on. The body needs a continuous supply of this vitamin to successfully meet all requirements. A pertinent question arises here, what is the exact quantity of Vitamin B12 our body requires every day?

The daily requirement of



Vitamin B12

People above 14 years of age need to consume 2.4 micrograms (mcg) every day. However, the requirement changes with the calorie our body needs at a particular time. For instance, a pregnant woman needs to ensure an intake of 2.6 mcg, and a lactating woman 2.8 mcg daily. In order to maintain health and provide the necessary amount of the vitamin to the body, people must adhere to these standards.

In cases of deficiency, people may notice symptoms such as fatigue, headache, difficulty in concentration and others. This condition can be avoided with the intake of Vitamin B12-rich

foods such as eggs, milk, fish, chicken, peanut, sweet potato, dairy products and so on. However, animal-sourced food products are considered the best source of Vitamin B12.

Deficiency of Vitamin B12
People who strictly follow a vegetarian diet remain at a risk of deficiency. Additionally, congenital diseases and genetic intrinsic factor abnormalities can cause severe vitamin B12 deficiency. Older adults, people with gastrointestinal conditions, and those on certain medications, including proton pump inhibitors and metformin, may need to take a supplement.
The noticeable signs of a lack of

Vitamin B12 in the body may include:

- Chronic fatigue
- Shortness of breath
- Pale skin
- Mouth sores
- Bleeding gums
- Constipation
- Diarrhoea
- Loss of appetite
- Joint pain
- Vision loss
- Dementia

So, the deficiency of Vitamin B12 is a serious issue and must be given due attention.

Sometimes, people need to provide this vitamin to the body through supplements, either orally or through Vitamin B12 injections. But the decision to take supplements must be taken after consultation with a doctor. The absorption of vitamin B12 can vary from 56 per cent of a dose of 1 mcg to 0.5 per cent of a dose of 1,000 mcg. Therefore, if someone consumes vitamin B12 less frequently, they will need a higher total amount to achieve desired

absorption.

Oral supplements

Depending upon the level of deficiency, a doctor may recommend a high dose of an oral supplement, up to 1,000 mcg. This can be extremely efficacious in dealing with the situation. Besides, oral supplements are cost-effective and leave almost no side effects.

Injection: In extreme situations and to deal with Vitamin B12-induced anaemia, injections are recommended. The doses depend on the level of deficiency in the body.

The overdose of this vitamin doesn't affect health. The body uses the required amount and excretes the excess amount through urine. An increase in water intake can help release the extra amount of this vitamin in the body. You must take care of your body and keep an eye on abnormal signs. You must adopt a healthy lifestyle and take a proper diet containing all the nutrients.

What Happens When You Cut Down On Sugar Completely? 5 Side Effects To Keep In Mind

We share a bittersweet relationship with sugar. While we love indulging in all things sweet and decadent, it is also touted as the main culprit for several lifestyle-related diseases including diabetes, obesity and more. Sugar and sugary foods are loaded with fat. As per popular belief, fat adds excess calories to our everyday diet. What if we say, it is not exactly how you think? Days of eating on fat are long gone. Now, there are multiple pieces of evidence to support the fact that fat (one of the major macronutrients) plays an essential role in our overall growth and nourishment. In fact, eliminating sugar from our diet completely might come with several side effects.

In this article, we will look into how cutting down on sugar affects your body and how effectively you can include it in your diet. Let's start with understanding what sugar is. What Is Sugar? Sugar, to most of us, is the food ingredient that we add to our meals. What we often fail to understand is the fact that sugar is actually a com-



ound, which when crystallised, turns into a food ingredient. According to www.sugar.org, sugar is sucrose (a mix of fructose and glucose), "a simple carbohydrate that is produced naturally in all plants, including fruits, vegetables and even nuts." Photo Credit: iStock/What Is Added Sugar? Added sugar is any form of sweetener that undergoes processing, which further strips off the healthy nutrients from the food. According to

ties. Hence, experts from across the globe suggest, it is important to include sugar in our daily diet, but in moderation. "Sugar is simple, amazingly functional and it's part of a balanced diet," the website further reads.

American Heart Organisation, added sugar includes white sugar, brown sugar, honey and all the foods that are manufactured chemically with these ingredients. 5 Side Effects Of Cutting Down On Sugar. 1. Makes us feel low: A cake or chocolate instantly

Sugar Effects: We often fail to understand the fact that sugar is actually a compound, which when crystallised, turns into a food ingredient.

lifts our mood. Have you ever wondered why? As researchers, sugar is known to affect our brain's reward system, further affecting our mood. A study, published in the journal nutrient, finds that sugar triggers the release of dopamine, which instantly gives us a sense of pleasure. When we eliminate sugar from our diet, it often leads to depression, anxiety, untimely cravings and more. 2. Lack of concentration: Brain functions such as thinking, memory and learning are closely linked to the body's

glucose levels. When there is a lack of this fuel source, you might experience different cognition-related issues. As per studies, it might lead to a lack of concentration, focus and poor memory. 3. Sleep problem: Sleep pattern depends much on our cognitive

health that is directly linked to the body's glucose level. According to a study, published in the American Journal of Lifestyle Medicine, people who are on a sugar detox diet, lack glucose (in the body) and often experience changes in their sleep pattern. 4. Nausea and dizziness: As mentioned earlier, sugar is fat, which is considered one of the macronutrients that our body needs. A lack of sugar often creates an imbalance, leading to weakness, nausea, dizziness and more. 5. Lack of energy: By now, we all

know, sugar is a potent source of glucose and glucose helps refuel us with energy. With quitting sugar, the body's glucose level gets affected. This often makes people feel tired and lack energy for work. How To Include Sugar In Your Diet Effectively? 1. Add fruits: Sugar is naturally produced in fruits (and some vegetables). Hence, it is always advised to replace cakes and candies (that have added sugar) with fruits and dry fruits to include healthy fats in your diet.

Photo Credit: iStock2. Swap sweetened drinks: Colas and packaged sweet drinks are also high in added sugar. You can always replace these drinks with freshly pressed fruit juices or simple soda (with mint, lemon etc for added flavours) to enjoy the benefits to the fullest.

3. Read labels before buying: Do you read the sugar content in packaged food every time you buy it? If not, then start doing now! Several foods and condiments sneak in added sugar that might affect our body negatively.

DC Kishtwar reviews patient care scenario at Rogi Kalyan Samiti meeting



JJ NEWS SERVICE
KISHITWAR, FEBRUARY 10: To review the functioning and patient care scenario in the district Hospital Kishtwar, Deputy Commissioner (DC) Dr. Devansh Yadav, today chaired a meeting of the Governing Body of "Rogi Kalyan Samiti" (RKS).

The meeting was attended by Chief Medical Officer, Dr. Mohammad Yaqoob Mir, EXEN PWD, Ravinder Kumar, EXEN, PHE Sanil Kumar Sharma, Medical Superintendent District Hospital, Dr

Javeda Qazi, BMOs, prominent persons and other RKS members. The DC took a detailed review of the functioning and fund flow of the District Hospital Kishtwar besides the progress of the institution under different indicators. A threadbare discussion was held on the measures required with respect to the up-gradation of the Hospital. The meeting was informed about various issues and requirements for the augmentation of health infrastructure and overall advancement of the

healthcare system in the Hospital. The DC assured all possible support from the Administration for infrastructure development of the Hospital to further improve patient care in the hospital. The Deputy Commissioner directed the concerned to follow the objectives as envisaged in RKS guidelines and stressed for resource generation and strengthening transparent mechanism in utilization of funds. He directed the concerned Tehsiladar to demarcate the land identified for Parking

space in the hospital premises. During the meeting the Samiti approved the enhancement of Honorarium Rs 2000 in favour of HDF employees on a pro-rata basis. The DC asked the officers to work with added zeal and dedication to ensure efficient and prompt health and patient care facilities to the people. The concerned EXENs were directed to ensure the completion of pending repair and construction works in various healthcare facilities including the Eye Block at DH Kishtwar, approaching road to Sub Centre Bhadat, allied works in SC Ligri and Galabgarh and PHC Afti, so that they can be handed over to the Health department for the better health care facilities being provided to the common masses on smooth basis.

2-day Int'l Conference "Science for Survival to Explore the Unexplored Dimensions" held at GCW Udhampur

UDHAMPUR, FEBRUARY 10: Government College for Women Udhampur organized a two day international conference on the theme "Science for Survival: To Explore the Unexplored Dimensions".

Principal Secretary, Higher Education Department, Alok Kumar was the chief guest of the event, who joined the conference through virtual mode. Director Colleges, Prof. (Dr.) Yasmeen Ashai was the guest of honor and she also joined through virtual mode.

The special guests of the event were Additional District Development Commissioner, Udhampur, Ghan Shyam Singh, Additional SP Anwar-ul-Haq; Dr. Udhay Bhanu, principal GDC Ramnagar, Rajinder Kumar Digra, District Information Officer, the Principals of various government colleges of Jammu division also graced the occasion with their presence.

Dr. Monika Sharma, Principal of the college and convener of the conference presented a formal welcome address to the chief guest, guest of

honor, resource persons and other dignitaries. She also welcomed the resource persons who have joined this conference from overseas through virtual mode. In her welcome address, the principal raised the critical global issues and grand challenges such as climate change, pandemics, energy security, water management, and food shortage and she also hoped that the conference will put some light on these issues which eventually will lead to the solutions.

Dr. Anita Sharma, co-convener of the conference gave introductory remarks on the theme of the conference. She asserted without science there is no human growth, no technological advances and no knowledge generation and she explained the significance of the conference by expressing her ideas on it. She believed that scientific knowledge, scientific processes are important avenues for researchers to share and discuss research findings.

It also acts as a platform to exchange ideas and insights and to network for collaboration and career

development. It can benefit the student in so many ways.

Dr. Kewal Kumar, organizing secretary of the conference, briefed the proceedings of the conference. He explained the motive behind organizing such a mega event. He stated that the institution is an undergraduate institute having girl students only and the students mostly belong to rural background. Most of the girls even don't know what a conference is, what happens in a conference? So, this conference is an attempt to ignite the young and budding minds towards scientific approach. The students through this conference shall learn the significance of the research and innovation.

Keynote speaker, Dr. OP Vidyarthi (Retd. IFS), former principal chief conservator, Forest department, UT of J&K deliberated on the theme of the conference with the presentation entitled "Decade of Ecosystem Restoration: Challenges of Solution." He argued that there is a need to restore our nature & environment. He further discussed the bio-diversity of the region.

DC Kathua reviews functioning of Health Sector, implementation of govt Schemes

Calls for 100 % saturation of AB-PMJAY, ABHA registration, achieving target of Leprosy, TB free district

JJ NEWS SERVICE
KATHUA, FEBRUARY 10: Deputy Commissioner, Kathua Rahul Pandey today chaired a meeting to review the functioning of the health sector and patient care facilities in the district.

The meeting was attended by Chief Medical Officer, Dy. CMO, Medical Superintendent, AH, GMC Kathua, District Tuberculosis Officer, BMOs, besides concerned officers and officials of health department.

A threadbare discussion was held on various issues like Health Care achievements, Patient care, ABDM, RBSK, NCD, NVBDCP and other related issues.

The CMO gave a detailed overview through

powerpoint presentation and projected various issues regarding present status of AB-PMJAY Cards, institutional deliveries, requirement of ambulances in remote blocks, NTCP, NMBA, PCPNDT Act and other schemes and programmes of the health department.

The DC also took feedback about the implementation of various schemes and programmes under the National Health Mission, including RBSK, Leprosy Mukht and TB Mukht Panchayats across the district.

The DC asked for focusing on daily monitoring of progress made under AB-PMJAY besides registering beneficiaries under ABHA through door to door sur-

veys. He also laid focus on making a workable action plan to target saturation left out areas by putting in sincere efforts by concerned Block Medical Officers.

Expressing his concern about low institutional delivery in the district, DC asked the concerned BMOs to encourage masses to opt for institutional delivery. He said efforts will be made to rationalize availability of the ambulances across the district to cater emergency cases in a better way.

During the meeting detailed deliberations on issues like availability of online services, Addition Treatment Facility (ATF), aggressive Sampling of TB cases were also held.

Change of Land Use: DLC approves 02 cases in Rajouri

DC approves 02 cases in Rajouri

RAJOURI, FEBRUARY 10: District Level Committee on change of land use met here today under the chairmanship of the Deputy Commissioner Rajouri, Vikas Kundal to discuss and approve the applications received online from the applicants from across the district. The Committee, after a threadbare discussion, approved 2 cases of conversion of agricultural land for non agricultural purposes. The DC directed concerned departments to ensure timely issuance of NOCs to the applicants after proper verification of documents and rules under conversion Regulations, 2022. Officers who attended the meeting included ADC Rajouri, Sachin Dev Singh, CEO RDA, Vivek Puri, ACR, Imran Rashid, Kataria; CAO, Sohan Singh, SE PWD(R&B), Kamal Kishore, Ex:En STD Kalakote.

District Level Training Programme on development of Seed Multiplication Chain, Exotic Vegetables held at Kishtwar

JJ NEWS SERVICE
KISHITWAR, FEBRUARY 10: Continuing the series of training programmes under the Holistic Agriculture Development Programme, a District Level Training session was today conducted here in the Office premises of Chief Agriculture Officer, Kishtwar.

The training programme was focused on the creation and development of certified Seed and Seed Multiplication chains, besides development of Vegetable particularly Exotic Vegetables in the district under Holistic Document.

During the programme, the speakers highlighted the fact that owing to special agro-climatic conditions (Himalayan conditions) of the region there is vast potential for the pro-

motion of exotic as well as traditional vegetable sector and under holistic development of Agriculture and allied sectors a special focus has been shifted towards this field.

Special lectures were delivered on "Promotion of Vegetable/ Exotic Vegetables in the training programme by various experts. The speakers and resource persons said that the vegetable sector has huge scope in the district and could generate a large number of employment opportunities.

They said that under the holistic document a special programme has been designed for this purpose so that maximum opportunities under this sector could be explored.

CAO asked the officers to work in close coordina-

tion so that the desired results could be achieved under all the projects of the Holistic Document.

Besides, during the training programme, it was envisioned that there is a need for creating certified seed producers so that the seed multiplication chain is established as documented

in a holistic document and such programmes are instrumental in the process to make the Kishtwar District seed sufficient.

The training programme was conducted under the close supervision of Chief Agriculture Officer (CAO) Kishtwar Amjad Hussain Malik.

AHD staff conducts cleanliness drive in DC office complex Kishtwar

JJ NEWS SERVICE
KISHITWAR, FEBRUARY 10: An intensive cleanliness drive was carried out by an Intensive Husbandry Department in Block 3 of New DC Office, Complex Mini Secretariat under the banner Swachh Bharat Abhiyan - and in consonance with Azadi Ka Amrit Mahotsav. The Drive was led by Chief Animal Husbandry Officer (CAHO), Dr. Sanjay Kumar Sen.

Staff of the Animal Husbandry Department enthusiastically participated in the cleanliness drive. They collected Bags of garbage (paper waste/Plastic waste/Plastic bottles) and cleaned the area inside the Mini Secretariat Complex.

digitisation process of revenue records within the set timelines.

The DC also directed the revenue officials to identify land in their respective Tehsil for creation of assets for important projects including parking spaces.

The DC called upon the Tehsiladars to exercise due care in the appointment of Lambardar/ Chowkidar by ascertaining the character antecedents of applicants.

The DC also emphasized upon revenue officers to dispose of the pending matters

regarding the Revenue Court Cases Monitoring System (RCMS) on priority besides uploading their updated status on the prescribed portal regularly.

Other issues such as digitization of cadastral maps, status of eviction of Roshni land, land acquisition cases, change of land use cases were also discussed at length wherein thrust was laid on regular monitoring and reporting of actions taken during the period.

It was discussed that the EXN Divisions and AEE Subdivision will

the meeting laid stress on early and smooth functioning of the newly established offices and the steps that need to be taken to make the offices operational from April 1, 2023 as per the date communicated by the Government.

The District Development Commissioner stressed on the importance of these offices in addressing the infrastructure needs of the district and enhancing the overall develop-

ment of the region.

The meeting was informed that the Government has sanctioned one Chief Engineer Office for Rajouri, three EXN Offices for Thanamandi, Kotranka, and Kalalote, and respective AEE subdivisions, and it is essential to make them functional as per the dates communicated by the Government.

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ment of the region.

GLIMMER OF HOPE:

Nowshera Forest Div strives to create Livelihood options under Green India Mission

JJ NEWS SERVICE
RAJOURI, FEBRUARY 10: A new ray of hope is shining bright towards the employment generation for the locals in Nowshera Forest Division as J&K Forest department is continuously working towards livelihood options and exploring employment generation under Green India Mission involving youth and women, especially in the Chir. Zone ecosystem of J&K UT.

To cater to the employment demand of local people, Nowshera Forest Division has organised three local employment generating training programmes under the banner of Green India mission which includes high density Fruit plants, one month training course of tailoring & stitching, six month basic

computer course and all these aim to diversify the livelihood option of local peoples.

In this programme a detailed demonstration of plantation of high density fruit plants was imparted to the locals by the experts and 250 high density fruit plants were distributed among farmers. In addition to this one month training course of tailoring and stitching were started and 10 sewing machines were distributed among local female trainees.

In another event, Samriti Van at Dharpur Mandir Sunderbani was inaugurated in presence of Mandir Samiti and other Locals of the area.

The programme was facilitated by Worthy Commissioner/Secretary to Government,

Department of Forest, Ecology and Environment, J&K Sanjeev Verma, Director, Department of Social Forestry Roshan Jaggi (PCCF), Addl. Pr. Chief Conservator of Forests, Jammu B.M Sharma, CF West Circle Rajouri, Vivek Verma (IFS), DFO Rajouri Dr. A.D Singh, DFO Nowshera Mrs. Neelima Shah, Kartar Singh, ADC Nowshera, Bodh Raj (BDC Chairman), Narinder Sharma, MC Chairman Nowshera, Rohit Kohli, Councillor Nowshera alongwith other PRI members and local peoples. The whole programme was organized by Anil Kumar Bhagat, Range Officer Nowshera, Rakesh Verma Range Officer Sunderbani, Sudesh Kumar, Range Officer Lamberi.

District Employment & counselling Centre Poonch organises Job Fair-2023



JJ NEWS SERVICE
POONCH, FEBRUARY 10: District Employment and Counselling Centre (DE&CC) Poonch organized a Job Fair to provide job opportunities to the youth of the District.

As many as 4 employers from different sectors participated in the event which included companies like SBI Life, HDFC, LIC of India and Am Hyundai. The event witnessed an overwhelming response from job seekers as over 250 unemployed youth from across the district participated in the event. More than 50 Job Seekers with varied skills were shortlisted by the companies for different jobs, while participating candidates were also registered on the employment portal. Deputy Director Employment Mohammad Rafiq, interacted with the Jobseekers and Job providers. He expressed satisfaction over the success of the Job fair. He added that such events would be made a regular feature to benefit the maximum number of local youth.

have an adverse effect on the lives of the rural populace. He also said that boosting the health infrastructure is the priority of the Government and appealed to the public to shun these minor self interests over large community benefits and not create impediments on the way of development.

Rajouri: Newly created Chief Er, E-XN Offices all set to start function from April 2023

JJ NEWS SERVICE
RAJOURI, FEBRUARY 10: The newly created Executive Engineers PWD Divisions, AEE Subdivision and Office of the Chief Engineer PWD in the Rajouri district are all set to start function from April, 2023.

To give a push towards their functioning, District Development Commissioner, Vikas Kundal discussed the necessities in this regard here in a meeting.

The meeting laid stress on early and smooth functioning of the newly established offices and the steps that need to be taken to make the offices operational from April 1, 2023 as per the date communicated by the Government.

The District Development Commissioner stressed on the importance of these offices in addressing the infrastructure needs of the district and enhancing the overall develop-

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DC Rajouri resolves issue hampering execution of work on sub-centre Chambi Trar

JJ NEWS SERVICE
RAJOURI, FEBRUARY 10: Deputy Commissioner Rajouri, Vikas Kundal today resolved bottlenecks impeding the construction of work on the sub-centre building at Chambi Trar.

It is pertinent to mention here that there were some issues with the locals over the construction site of the

sub-centre building which was causing delay in the execution of work.

Sensing the gravity of the situation and the importance of the health sub-centre, the Deputy Commissioner met with both parties and the issue was resolved amicably during a threadbare discussion held in a meeting attended

by ADC, CMO, BMO, and PRIs concerned. The Deputy Commissioner said that these constraints often lead to delays in construction and completion becomes tardy. He also said that we cannot afford to ignore the fact that timely completion of these vital projects is something where compromise may

be avoided. He assured all possible support from the Administration for infrastructure development of the Hospital to further improve patient care in the hospital. The Deputy Commissioner directed the concerned to follow the objectives as envisaged in RKS guidelines and stressed for resource generation and strengthening transparent mechanism in utilization of funds. He directed the concerned Tehsiladar to demarcate the land identified for Parking

space in the hospital premises. During the meeting the Samiti approved the enhancement of Honorarium Rs 2000 in favour of HDF employees on a pro-rata basis.

The DC asked the officers to work with added zeal and dedication to ensure efficient and prompt health and patient care facilities to the people. The concerned EXENs were directed to ensure the completion of pending repair and construction works in various healthcare facilities including the Eye Block at DH Kishtwar, approaching road to Sub Centre Bhadat, allied works in SC Ligri and Galabgarh and PHC Afti, so that they can be handed over to the Health department for the better health care facilities being provided to the common masses on smooth basis.

J&K Bank awarded for promoting digital payments

Such recognition will drive us to achieve greater excellence: Baldev Prakash

JJ NEWS SERVICE
SRINAGAR, FEBRUARY 10: Achieving another feat in digital payment domain, J&K Bank bagged an award for its outstanding performance in promoting digital payments during FY 2021-22. The Bank has achieved 2nd highest percentage of digital payment transactions in Small and Micro Category of private sector banks.

MD & CEO J&K Bank, Baldev Prakash received the felicitations from Union Minister of Electronics & Information Technology, Railways, and Communications, Ashwini Vaishnav at "Digital Payments Utsav" celebrated by Ministry of Electronics and Information Technology (MeitY, GoI) at India Habitat Centre, New Delhi. Bank's Chief Digital Officer



Naveed Zargar was also present on the occasion.

While expressing his gratitude, Baldev Prakash attributed the reception of award to the persistent efforts of Bank's Staff. He said, "It is a moment of great satisfaction for all of us as we see our extra efforts to realise the vision of Digital India not only fruitifying but getting

acknowledged and awarded at the prestigious platforms of the country. I congratulate every member of J&K Bank Family for this wonderful accomplishment. "And I am sure, such recognition will drive us to achieve greater excellence not only in promoting digital payments but other aspects like digital lending as well", he added.

He further said, "To encourage digital banking in our operational geographies we have embarked on digital transformation journey. The digital mission of the Bank is to improve the customer experience by providing them digital banking services that are convenient, easy, affordable, quick and secure."

With the proactive measures taken to encourage digital payments, the Bank had successfully surpassed the Digital Payment Transaction target allocated by MeitY for the financial year 2021-22.

Pertinently, J&K Bank has bagged 'Utarkash Puraskar - 2020-21' last year also for being one of the top two achievers in digital payment transactions under the category of Small and Micro banks.

JKHPMC to develop Shopian as 'Apple Cluster', with MoA&FW, NHB support

JJ NEWS SERVICE
SRINAGAR, FEBRUARY 10: JKHPMC has started the process of developing Shopian as an 'Apple Cluster', recently approved by Union Ministry of Agriculture and Farmers Welfare (MoA&FW) at an estimated cost of Rs. 138 crores, under Cluster Development Programme (CDP). The letter of acceptance issued by the Ministry in favour of JKHPMC with M/s. FIL Industries Limited, as the implementing Agency with technical support by National Horticulture Board's (NHB). In this regard, the NHB's team from New Delhi were on two-day visit to Srinagar and Shopian on 9th and 10th February, 2023 for finalizing the components to be set up by FIL Industries in



the Apple Cluster, under the programme. The team of HMB comprising Joint Director, NHB, R.K. Agarwal; Dy. Director NHB (J&K Chapter), Sansar Ahmad and other officers held a joint meeting with JKHPMC officers and representatives of FIL industries for finalizing the components. The team alongwith officers of JKHPMC, during the visit, also

visited Shopian and called on Deputy Commissioner Shopian and apprised him about the land required for developing nurseries in the Shopian Cluster. During the interaction, DC Shopian expressed satisfaction over the programme and assured JKHPMC that the district would make available the required land banks for the optimum implementation of the pro-

gramme. The NHB team also visited FIL Industries facilities at Rangreth, Srinagar and assessed the requirements under the CDP.

Pertinently, the programme has to be executed with respect to three end to end verticals, viz: Pre-production & production, post production & value addition and logistics & marketing in a span of four years.

Secretary H&ME reviews progress on implementation of RBSK in J&K

JJ NEWS SERVICE
SRINAGAR, FEBRUARY 10: Secretary, Health & Medical Education, Bhupinder Kumar, today reviewed implementation of Rashtriya Bai Swasthya Karyakam (RBSK) and functioning of District Early Intervention Centers in J&K in a meeting held at Civil Secretariat, here.

It was informed in the meeting that during the current financial year, 83.90 per cent of government schools and 80.11 per cent anganwadi centers have been visited by RBSK Mobile Health Teams for conducting Health Checkup of children till date.

Secretary directed all the Chief Medical Officers to complete the screening of children enrolled in government schools and anganwadi centers before the closing of financial year.

He directed that CMOs shall ensure that teams under RBSK carry out screening of all children in the pre-school age enrolled at Anganwadi centres at least twice a year besides screening of all children studying in government and government aided schools.

Secretary laid stress on making District Early Intervention Centers functional in all aspects for providing support to the referred children so that children diagnosed with identified health conditions

receive follow up including surgeries at tertiary level, free of cost so that the benefits reach to the needy people across the UT.

Ayushi Sudan, Mission Director, NHM J&K, informed that UT has started online portal for data capturing under RBSK and in the first phase uploading of screening data by the Mobile Health Teams on daily basis has been made functional and all MHT's are now uploading the data on the online portal.

Dr Mohammad Shafi Koka, State Nodal Officer NHM J&K, informed about the guidelines of branding for Ayushman Bharat Health and Wellness Centers and organizing of Health Melas at HWCs on monthly basis.

On the occasion, a presentation regarding RBSK was made by Dr Syed Gazala Nazki, Programme Manager, RBSK.

The meeting was attended by Director Health Services Kashmir, Dr Mushtaq Ahmad Rather, Chief Medical Officers, Medical Superintendents of Associated Hospitals of Government Medical Colleges and District Hospitals, Programme Manager RBSK, DEIC Managers and other officers from State Health Society, NHM in person and through video conference.

Power shutdown

JAMMU, FEBRUARY 10: Chief Engineer (Distribution) JPDC, Jammu has informed that the power supply to Gandhi Nagar, Nanak Nagar, Railhead Complex, Jammu University, DC Office, Boria PHE, Sunjwan, Narwal, Bathindi, Channi Himmat, Transport Nagar and the areas being fed from Grid Stations- Sidhra, Janipur, Jhajarikoti, BBI and BBI-II shall remain affected on February 12 from 10 am to 4 pm.

Similarly, the power supply to Jhajarikoti, Janipur, Lakad Mandi, Patoli, Janipur Colony, Pamposh Colony, Ambdhar Nagar, High Court, Daily Excelsior, Statistical Office, Upper Barnai, Lower Muthi, Paloura, Dogra Hall, Rehari, Resham Gar Colony, Bus stand, Jewel, Hari Market, Raghunath Bazar, Kaleeth Mohalla, Kanak Mandi, Mandia, New Plot, Sarwal, Part of Karan Nagar.

Secretary PD&MD visits Ganderbal, reviews development projects

JJ NEWS SERVICE
GANDERBAL, FEBRUARY 10: Secretary, Planning Development & Monitoring Department (PD&MD), Dr. Raghav Langer, today conducted extensive visit of Ganderbal district and reviewed progress on various development projects under implementation in the district.

In this regard, Secretary convened a review meeting in which all district and sectoral officers were present.

While taking department wise review, Secretary directed all the officers to work in tandem so that all set targets under various schemes are achieved in timely manner.

DDC presented a detailed profile about development scenario of the district through a power point presentation.

Secretary was apprised of the initiatives started by the district administration to achieve 100 per cent enrolment of out of school children. He asked to start bridge classes for the newly enrolled students under Mashal-e-Gaash programme, an initiative by the district administration

to achieve cent percent literacy rate in the district. He directed the officers to focus on learning outcomes for improvement of education standards at various levels in light of New Education Policy.

He stressed upon all the officers to further improve the service delivery mechanism in order to provide quality services to the common people. He asked the District Social Welfare Officer to conduct door to door campaign to make common people aware about the welfare schemes launched by the government. He also asked for displaying the help line numbers at main places so that the needy people can seek help from the departments as and when required. Raghav Langer directed Superintending Engineer, Jal Shakti, Circle Ganderbal, to expedite the pace of work on approved Water Supply Schemes. He also asked for ensuring coverage of left out households under JJM. Secretary asked the officers of agriculture and allied sectors to put in all efforts for increasing the productivity and ensuring market linkages

in order to benefit the farming community. He directed the Chief Animal Husbandry Officer, Ganderbal, to coordinate with NRLM for formulation of dairy collection centres by registered Self Help Groups.

While reviewing Fisheries department, Secretary was informed that two units under FIDF (Fisheries Infrastructure Development Fund) are in progress in the district, one unit namely K2 Aquaculture (RAS) has been sanctioned for Rs. 47.00 crore while another unit with the project cost of Rs. 7.00 crore is likely to be sanctioned soon. He was apprised that the Trout Fish production, after the completion of the projects, is expected to increase by 1000 tonnes per annum in the district.

It was informed in the meeting that Ganderbal has been ranked as number one district in J&K in implementation of PMMSY scheme and efforts will be geared up to maintain the status and make the district capable of exporting regular consignments of frozen Rainbow Trout to various countries.

DC reviews status of works under Jal Jeevan Mission at Kulgam

DIRECTS TO SCALE UP PACE ON ONGOING WORKS; STRESSES ON CONDUCTING MORE IEC ACTIVITIES

JJ NEWS SERVICE
KULGAM, FEBRUARY 10: The Deputy Commissioner (DC) Kulgam Dr. Bilal Mohi-Ud-Din Bhat today convened a meeting of concerned Officers to review status of works under Jal Jeevan Mission (JJM) in the district.

During the meeting, the DC took detailed review of physical and financial progress made on various JJM Works.

Executive Engineers from Qazigund and Kulgam Divisions informed the chair that there are 218 works and 140 schemes/projects under JJM in the district.

Out of 218 works, 201 works stand tendered, 146

Allotted and 108 works have been taken up while as 04 works stand completed.

The DC emphasized that every effort has to be made to ensure that the goal of tap water to all households must be achieved as per the projected timeline. He said that the Mission is envisioned to provide safe and adequate drinking water through individual household tap connections to all households.

He directed all the concerned officers to scale up pace on works under JJM so that the target can be achieved within the stipulated period.

He asked the officers to regularly monitor the

quality and progress on all allotted works for time-bound completion.

The DC said that information dissemination is an important component of the mission and stressed on conduct of more widespread IEC activities.

During the meeting, the DC also reviewed the functioning of Pani Samitis and it was informed that all Pani Samitis are functional in the district.

The meeting was attended by JD-Planning Zahid Sajad, ACD Mohammad Imran Khan, ACP Shurjeel Ali, CMO, Executive Engineers from Qazigund, Kulgam, AEs and other concerned Officers.

'SHE IS A CHANGE MAKER PROJECT'

IMPARD to organize CBPs for ULB women members of Kashmir Valley from Feb 13

JJ NEWS SERVICE
SRINAGAR, FEBRUARY 10: As part of Capacity Building Programmes (CBPs) being held under ambitious "She is a Change Maker" project, the third programme would be held from February 13 to 15 at IMPARD, main campus, Srinagar, for women members of Urban Local Bodies and office bearers from all districts of Kashmir Valley.

Pertinently, Jammu and Kashmir Institute of Management, Public Administration and Rural Development (IMPARD) in collaboration with National

Commission for Women is organizing a series of CBPs for women members of Panchayats, Zilla Parishads, Urban Local Bodies and Office Bearers of J&K under "She is a Change Maker Project".

In this regard, two programmes have already been conducted for the women representatives of Panchayats, Block Development Councils and District Development Councils.

The series is being fully sponsored by the National Commission for Women to foster Gender Responsive Governance in the system.

Orientation/ Training programme under holistic development of Agriculture & allied sectors held at Anantnag

To create Agri-skilled Human Resource, Department's priority: Chowdhury Iqbal

JJ NEWS SERVICE
SRINAGAR, FEBRUARY 10: The Director Agriculture, Kashmir, Chowdhury Mohammad Iqbal today inaugurated district level orientation cum training programme under the holistic development of agriculture and allied sectors at DAK Banglow Khanabal, here.

Addressing the participants, the Director Agriculture highlighted the importance of projects under holistic document. He said under the holistic document, the department is aiming to create an Agri-skilled human resource so that the implementation of different projects could be done in a more comprehensive manner.

He said that this document (holistic document) will be a game changer in the overall development of the agriculture sector in the UT of Jammu and Kashmir. He said the projects have been designed in such a way that the potential in all the allied wings would be explored to their capacity.

Director Agriculture impressed upon

the officers of agriculture and allied departments to work in close coordination so that the set targets under different projects, the desired results could be achieved.

He said the orientation cum training programme under holistic document is aimed to raise awareness among the officers regarding various approved projects so that the same could be implemented on ground in a comprehensive manner.

The Training Programme was attended by Chief Agriculture Officer Anantnag, Chief Horticulture Officer, District Agriculture Officer Extension Anantnag, Mushroom Development Officer Anantnag, Area Development Officer, Anantnag, District Level SMSs and SD level officers also participated in the programme.

Earlier, Director Agriculture visited Ganderbal and addressed the officers of agriculture and allied departments in a district level orientation cum Training programme.

Fisheries, Agriculture departments organise training programme at Kupwara

JJ NEWS SERVICE
KUPWARA, FEBRUARY 10: An orientation cum training program under holistic agriculture development with the theme "Technological interventions in Fish seed and Trout production" was today organised by the Fisheries department in collaboration with the Agriculture Production department at Kupwara.

The main aim of this training programme was the capacity building of

field functionaries and farmers in order to improve the socio-economic condition of farmers. Programme was attended by officers and field functionaries of fisheries, agriculture department, progressive farmers and scientists from Chief agriculture officer Kupwara, Gulham Mohammad Dhoi while inaugurating the training programme said that schemes related to agriculture, Fisheries, and allied sector are welfare oriented

schemes and their benefits are reaching to eligible and deserving farmers across the district. On this occasion, Assistant Director (AD) Fisheries Kupwara, Sajad Hussain said imparting training to field functionaries and farmers is of pivotal importance.

He said there is no dearth of water bodies in Kupwara district, but there is need to increase the fish productivity with sustainable approach, and innovative methods.

DSW, ICDS Kulgam organize Awareness/ Enrollment drive for Sukanya Samridhi Yojana Account scheme

JJ NEWS SERVICE
KULGAM, FEBRUARY 10: The Department of Social Welfare (DSW) Kulgam in collaboration with ICDS and Department of Posts Kulgam today organised a day-long awareness cum enrollment drive for Sukanya Samridhi Yojana Account scheme at Town Hall, here.

The program was held under the theme 'Beti Bachao Beti Padhao' (BBBP), to address the issue of declining child sex ratio along with related issues of empowerment of Women.

Present on the occasion were Tehsil Social Welfare Officers, Officials of District Hub for Empowerment of Women

(DHEW), One Stop Centre for Women (OSC) Kulgam, Officials from Post Office Kulgam and Field Officials from Social Welfare Department and ICDS Kulgam. Speaking on the occasion, Tehsil Social Welfare Officer Kulgam (Hq) Muzaffer Ahmad Rather gave a detailed introduction about

Sukanya Samridhi Yojana and Beti Bachao Beti Padhao campaign. District Mission Coordinator DHEW Kulgam, Tanseena Nazir highlighted the features as well as benefits of the scheme. Gender specialist Saba Mogul from DHEW stressed on the financial empowerment of Women.

Prerna Puri inaugurates JaKeGAs' workshop on e-Office



JJ NEWS SERVICE
JAMMU, FEBRUARY 09: J&K e-Governance Agency (JaKeGA) in collaboration with National Informatics Centre, J&K, today organized one day workshop to sensitize and train the officers and officials regarding e-Office implementation up to tehsil level.

Addressing the inaugural session, Commissioner Secretary, Information Technology Department, Prerna Puri, lauded the efforts of technical agencies for educating the participants about the significance of e-Office in present era of technological advancements. She highlighted that e-Office is crucial for increasingly digital nature of governance at all levels.

Commissioner Secretary emphasized the need for imparting requisite master training to the District Level Nodal Officers for ensuring e-Office expansion up to the tehsil level. Chief Executive Officer, JaKeGA, Abhishek Sharma, in his address, briefed the importance of e-Office in ensuring a more responsive, accountable and

transparent dispensation to people. He also highlighted a descriptive detail about achievements recorded, so far, under e-Office initiative. He exhorted upon the district level nodal officers to share information about all officials up to tehsil level to onboard all employees on e-Office.

During the workshop, a presentation was given by JaKeGA project team while technical demonstration session was also conducted which was attended by about 150 officers and officials of various district and tehsil administrations. Among others, the workshop was attended by State Informatics Officer Informatomics Centre, Saleem Khan and his team besides the project implementation team of JaKeGA.

Handicrafts & Handloom Jammu signs MoU with NIFT Srinagar on designing, branding

PPJ1 NEWS SERVICE
JAMMU, FEBRUARY 09: Directorate of Handicrafts and Handloom, Jammu and National Institute of Fashion Technology, Srinagar today signed a Memorandum of Understanding (MoU) here at Udyog Bhawan.

The MoU was signed in presence of Prashant Goyal, Principal Secretary, Industries & Commerce Department, J&K and Rohit Kansal, Union Additional Secretary, Ministry of Textiles, (Director General NIFT).

The MoU was signed between the two parties under the project titled "DESIGNING INNOVATIVE AND SUSTAINABLE PACKAGING AS A BRANDING INITIATIVE FOR HANDICRAFTS AND HANDLOOM SECTOR OF JAMMU".

The MoU document was signed by Dr. Vikas Gupta, Director Handicrafts and Handloom, Jammu, and Dr Javid Ahmed Wani, Director National Institute of Fashion Technology, Srinagar.

Secretary Industries & Commerce Department, Smita Sethi, MD JKTIPO,

Khalid Jahangir; MD Handicrafts & Handloom Corporation, Atul Sharma and other officers of Industries and Commerce Department were present on the occasion.

The objective of the MoU is to create a strategic and attractive packaging design solution for branding Jammu Handicraft and Handloom items in view of enormous potential of this sector for growth, export and wealth creation and also employment generation.

Speaking on the occasion, Prashant Goyal appreciated the effort of entering into MoU with NIFT Srinagar as having professionally designed packaging prototypes, in tune with the market-demand, would definitely increase the sales of products viz-aviz wage earnings of our artisans and weavers. Union Additional Secretary, Ministry of Textiles, Rohit Kansal, who is also DG NIFT, said that the Government of India is willing to support the artisans and weavers of Jammu and Kashmir in any capacity.

He said they can offer courses to these craftsmen to upgrade and

enhance their skills so that the products of these artisans will have value addition for better marketing.

The project envisages evolving of a roadmap to create unique and sustainable packaging to add value to the artefacts of the Jammu cottage industry. This will give a unique packaging presentation having international standards besides determining the unique selling point of chosen Jammu Handicraft and Handloom goods.

As part of the MoU, packaging prototypes for products such as Basohli Paintings, Basohli Pashmina, Phulkari embroidery, Lathu Cum Lacquer products and Calico printing products are expected in the first phase.

The artisans and weavers present on the occasion gave their feedback regarding packaging and branding initiatives to the dignitaries present in the event. Besides, prototypes packaging along with the trims that give product data and product care instructions for specified crafts will also be among the deliverables.

Sensitisation Workshop on NEET & JEE-IIT coaching held for parents, teachers at Kishtwar

JJ NEWS SERVICE
KISHTWAR, FEBRUARY 09: District Administration Kishtwar, in collaboration with office of Chief Education Officer today organised a day long workshop to sensitize the parents, teachers and the aspirants about Online-Offline NEET JEE-IIT coaching programme being rolled out by it.

Deputy Commissioner Dr. Devansh Yadav presided over the workshop in presence of Chief Education Officer, Sudarshan Kumar Sharma; ACD, Atul Dutt Sharma; AO DC office, Imran Ahmed Kichloo, Principals, lecturers, teachers. Aspirants from various government and private institutions participated in the workshop.

At the outset, the participants were apprised about the initiative of the district administration to conduct the online-offline coaching classes in the district being provided by the renowned teachers/coaching guides of the country.

The participants gave suggestions and feedback about the coaching programme and the same were noted down for consideration to create an enabling environment for the proposed coaching programme.

Speaking on the occasion, Deputy Commissioner Kishtwar stressed teachers and parents to work together with district Administration and make the proposed coaching programme a great success.

He also urged parents and teachers to spread mass awareness to enrol maximum number of the students for the coaching.

He said the aspirants can apply on the link: <https://forms.gle/y2dtdJXk9qJHJ7>

He further informed that aspirants can visit District Administration Kishtwar Facebook page and register themselves on the link, besides the aspirants and parents can contact the administration for any help and avail the golden opportunity at their home town with minimal charge.

The CEO asked the aspirants to avail this great opportunity by utilizing the services of prominent coaching institutes/tutors in their home town. Parents and teachers evinced a positive response and thanked District Administration Kishtwar for their valuable efforts and showing great concern for the future of their children.

Kushwaha's revolt to benefit NDA in Bihar says Union minister Pashupati Kumar

PATNA, FEB 9: Union minister Pashupati Kumar Paras on Thursday asserted that the rebellion of JD(U) leader Upendra Kushwaha will "benefit the BJP-led NDA" in Bihar which has been lying low since being stripped of power in the state last year.

Paras was responding to queries from journalists about the current political situation in the state where the NDA which includes his Rashtriya Lok Janshakti Party, is supported by a rival group headed by his nephew Chirag, and is pitted against the seven-party ruling "Mahagath bandhan".

"The NDA will win all the 40 Lok Sabha seats in the general elections next year. You can take it from me. There is no counter to the charisma and popularity of Prime Minister Narendra Modi, while the Mahagathbandhan is in disarray as evident from the notes of discord struck by Kushwaha," Paras said.

Replying to a query, he said, "Kushwaha's revolt will definitely benefit the BJP and its allies in Bihar". However, he became guarded when asked whether Kushwaha, a former Union minister who had served in Modi's first administration, will be welcomed into the NDA. "Let him (Kushwaha) make the move. A decision will be taken at that time", said Paras, who represents Hajipur Lok Sabha seat, a pocket borough of his late brother Ram Vilas Paswan.

710 Works under DDC, BDC, PRI grants completed at Bandipora

ADDC reviews RDD works; stresses on target completion at earliest

JJ NEWS SERVICE
BANDIPORA, FEBRUARY 09: The Additional District Development Commissioner (ADDC) Bandipora, Ali Afzar Khan on Thursday chaired a meeting of officers to review the functioning of the Rural Development Department and implementation of various schemes by the department.

On the occasion, officers informed the chair about the ongoing works including works taken up under Area Development Fund for Panchayat Raj Institutions including BDC and PRI grants.

The meeting was informed that 1026 works costing Rs. 37.44 Cr have been approved including 839 works under PRI grants, 94 under BDC grants and 93 under DDC grants.

Giving an update about the implementation, officers informed that 710 works have been completed that amounts to 80 percent of the financial expenditure costing about Rs. 22 cr. On the occasion, ADC also reviewed all the pending works and discussed the bottlenecks that hinder the progress of works including the works under Swachh Bharat Mission, PMJAY scheme, MGNREGA, Aspirational blocks, ODF plus villages.

He directed the officers to complete all works well in time and remove all the bottlenecks including land disputes at earliest. He also asked the officers to utilize the manpower under MGNREGA so that the target of 100 days job to unskilled and unemployed youth of the villages is also met.

NSE phone tapping : Delhi HC grants bail to Chitra Ramkrishna in money laundering case

NEW DELHI, FEB 9: The Delhi High Court on Thursday granted bail to Chitra Ramkrishna in the money laundering case related to alleged illegal phone tapping and snooping of the National Stock Exchange (NSE) employees, saying prima facie there are reasonable grounds to believe she is not guilty. Justice Jasmeet Singh granted bail to the former NSE managing director on a personal bond of Rs one lakh and two sureties of the like amount. "Prima facie there are reasonable grounds to believe that the applicant is not guilty of the offence and she is not likely to commit any offence while on bail...the application is allowed and the applicant is granted bail," the court said.

Ramkrishna was in custody for almost seven months in the matter. "In the present case there is no allegation that the applicant has derived or obtained any property or proceeds of crime. Additionally, there is no allegation or evidence produced before me to suggest that the applicant has concealed, possessed, used, projected or claimed any proceeds of crime as unaccounted property," the court also observed.

She was granted bail in the CBI case by the high court in September last year after

being in custody for approximately seven months post her arrest in March 2022. Ramkrishna, who was earlier arrested by the CBI in the alleged NSE co-location scam, was arrested in the present case by the Enforcement Directorate on July 14 last year. The Enforcement Directorate (ED) had opposed her bail plea in the present case on grounds that she was the "mastermind" behind the conspiracy.

The phone tapping case, according to the ED, pertains to a period from 2009 to 2017 when former NSE CEO Ravi Narain, Ramkrishna, Executive Vice-President Ravi Varanasi, and Head (Premises) Mahesh Haldirpur and others conspired to cheat NSE and its employees and for the purpose, engaged iSEC Services Pvt Ltd for illegal interception of phone calls of employees of the NSE in the guise of doing periodic study of cyber vulnerabilities of the NSE. In the 38-page order, Justice Singh said prima facie no scheduled offences, including those under the Indian Penal Code or the Prevention of Corruption Act, against Ramkrishna are established and thus the provisions of Prevention of Money Laundering Act cannot be attracted.

JAMMU POWER DISTRIBUTION CORPORATION LIMITED OFFICE OF THE EXECUTIVE ENGINEER, ELECTRIC DIVISION-II, JPDCI GANDHINAGAR JAMMU

CIN No: U40300JK2013SGC003898
E-mail: emeed2@gmail.com/Tel/Fax: 0191-248521

TENDER NOTICE

E-NIT No: 64 of 2022-23 Dated: 06.02.2023

For and on behalf of the Lieutenant Governor of the UT of Jammu and Kashmir, the Executive Engineer (Distribution), Electric Division-II, JPDCI Jammu, hereinafter referred as 'Employer', invites online e-bids from reputed Companies of Class 'A' registered/Electrical Contractors for Fixing the Job Contract (Labour) for Repair/Reclamation of Damaged Distribution Transformers (11KV/6.6KV/0.44KV) of different capacities viz 25 KVA, 50/63 KVA, 100 KVA, 200/250 KVA, 300 KVA, 400 KVA, 500 KVA, 630 KVA at Divisional Workshop Miran Sahib during the Financial Year 2023-24.

A	Tender Document Sale/Download Start Date	06.02.2023; 12:00 Hrs.
B <td>Tender Document Sale/Download End Date</td> <td>27.02.2023; 16:00 Hrs.</td>	Tender Document Sale/Download End Date	27.02.2023; 16:00 Hrs.
C <td>e-Bid submission (start) date & time</td> <td>06.02.2023; 12:00 Hrs.</td>	e-Bid submission (start) date & time	06.02.2023; 12:00 Hrs.
D <td>e-Bid submission (end) date & time</td> <td>27.02.2023; 16:00 Hrs.</td>	e-Bid submission (end) date & time	27.02.2023; 16:00 Hrs.
E <td>Submission of Hard Copy of Tender Fee</td> <td>06.02.2023; 12:00 Hrs. to 27.02.2023; 16:00 Hrs.</td>	Submission of Hard Copy of Tender Fee	06.02.2023; 12:00 Hrs. to 27.02.2023; 16:00 Hrs.
F <td>Pre-Bid Meeting</td> <td>14.02.2023; 14:00 Hrs.</td>	Pre-Bid Meeting	14.02.2023; 14:00 Hrs.
G <td>Commercial and Technical Bid opening date & time</td> <td>28.02.2023; 16:00 Hrs.</td>	Commercial and Technical Bid opening date & time	28.02.2023; 16:00 Hrs.
H <td>Online financial e-Bid opening date & time (Only of the technically qualified Bidders)</td> <td>Will be communicated to the Technically Qualified Bidders.</td>	Online financial e-Bid opening date & time (Only of the technically qualified Bidders)	Will be communicated to the Technically Qualified Bidders.
I <td>Venue of opening of techno-commercial Bids</td> <td>Executive Engineer Electric Division-II JPDCI Gandhi Nagar Jammu</td>	Venue of opening of techno-commercial Bids	Executive Engineer Electric Division-II JPDCI Gandhi Nagar Jammu
J <td>Cost of e-Bid document</td> <td>Rs. 3000 (Non-Refundable)</td>	Cost of e-Bid document	Rs. 3000 (Non-Refundable)
K <td>Amount of Earnest Money Deposit (EMD)</td> <td>Rs. 25000/-</td>	Amount of Earnest Money Deposit (EMD)	Rs. 25000/-

Note: The Tender has been floated for deriving the L1 rates for repair of Distribution transformers of various capacities at Divisional Workshop Miran Sahib of Electric Division-II JPDCI, Jammu for the year 2023-24.

- Bidders are advised to study the Bidding Document carefully. Submission of e-Bid against this SNO shall be deemed to have been done after careful study and examination of the procedures, terms and conditions of the Standard Bidding Document with full understanding of its implications.
- The tender document is available at website <http://jtenders.gov.in>. Interested bidders may view, download the e-Bid document, seek clarification and submit their e-Bids online up to the date and time mentioned in the table in SNO.
- Bidders shall have to pay the e-Bid document fee in the shape of Demand Draft / (Non-refundable) or a Cheque in favour of the Executive Engineer Electric Division-II JPDCI, Gandhi Nagar Jammu of any nationalized bank or e-Challan, treasury Challan/receipt, in favour of Executive Engineer Electric Division-II JPDCI Gandhi Nagar Jammu (Cost of Tender to be credited to Head: 0901/Non-refundable) on or at least one day before opening of commercial and technical e-Bid.
- No Bidder, unless or otherwise specified in the terms and conditions, shall be exempted from depositing Earnest Money. Tenders not accompanied with the requisite amount of earnest money shall be rejected.

No: ED-II/TS/3220-22
Dated: 06-02-2023
DIP/J-5188-P/22 SD- EXECUTIVE ENGINEER JPDCI ELECTRIC DIVISION-II JAMMU

NORTHERN RAILWAY
E-TENDER NOTICE

Azadi Ka Amrit Mahotsav

Sr.DEN-IVFZR acting for and on behalf of The President of India invites open tenders (E-Tenders) against below titled tenders and available on www.reps.gov.in with closing date 27.02.2023 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 manual offer received shall be ignored. Contractors are allowed to make payments against this tender towards tender document cost and earnest money only against only payment modes available on www.reps.gov.in portal like net banking, debit card, credit card etc. Manual payments through Demand draft, Banker cheque, Deposit receipts, FDR etc. are not allowed. For more information login to www.reps.gov.in

Tender Type	Tendering Section	Bidding System
Open	Works	Single Bid System

Date of Uploading Tenders	Bid Starting Date	Bid Closing Date/Time
02.02.2023	13.02.2023	27.02.2023 / 15:00 Hrs.

S.No.	Tender No.	Details of Tender
1.	423-2022-23-UHP-DRM-FZR	Installation and Commissioning of effluent treatment plant of 50 KLD at SVDK railway station on J&K-SVDK section under ADENUHP.

Advertised Value (Rs.)	Earnest Money	Validity of offer	Period of completion
86,75,892.49/-	1,73,500/-	60 Days	12 Months

Similar Nature of work: "Supply, design, erection and commissioning of sewage or effluent treatment plant".

Note: 1. Before bidding, bidders to check for any corrigendum issued against tender No. 770-W/169/WAFZR/2022-23 Date: 04.02.2023

SERVING CUSTOMERS WITH A SMILE 398/23

OFFICE OF THE EXECUTIVE ENGINEER PWD(R&B) DIVISION SAMBA
ABBREVIATED NOTICE INVITING TENDER

E-NIT No. 107 of 2022-23 Dated: 07-02-2023

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

S. No.	Name of Work	Advertised Value (Rs. in Lacs)	Cost of document (In Rs.)	(Earnest Money) in shape of GDR (PDR) (In Rs.)	Time allowed for completion	Time and date of opening of tender	Class of Contractor
1	2	3	4	5	6	7	8
1	Repair / Renovation of Bamuchak Temple an additional works at District Samba. (4* call)	77.36	1500/-	2% of adv. Cost	08 Months	21-02-2023 (1400 Hours)	"A"

Position of AAA: Accorded
Position of T.S: Sanctioned
Major Head: 4202: Education

1/ Date of Publishing = 07/02/2023
2/ Pre bid meeting = 11/02/2023 at 1300 Hrs
3/ Date of downloading = 1000 hours on 12/02/2023 to 20/02/2023 upto 1800 hours
3/ Date of submission / Uploading = 1000 hours on 12/02/2023 to 20/02/2023 upto 1800 hours
4/ Date of opening of bids = 21/02/2023 at 1400 hours

The tender is available at website <http://jtenders.gov.in> all other terms & conditions can be seen on the above website.

No. 13203-19
Dt. 07.02.2023
DIP/J-19304/22 SD- EXECUTIVE ENGINEER PWD (R&B) DIVISION SAMBA

Kwar HE Project, CVPPPL organise follow up Medical Camp at village Padyarna

JJ NEWS SERVICE
KISHTWAR, FEBRUARY 09: Kwar HE Project, CVPPPL, in association with District Administration Kishtwar and District Health department organized a follow up medical camp at the village Padyarna, of block Nagseni under CSR 2022-23.

Follow up Medical Camp was inaugurated by S K Giri, General Manager (Civil), Kwar HEP. Previously, two free health checkup camps (A General Checkup Camp and a specialized Gynecology medical camp) were also conducted by Kwar HE Project under CSR at the village Padyarna on 16th Jan 2023.

A medical team from District Hospital Kishtwar checked up about 150 persons from the Project affected villages and nearby areas. They were provided free medical consultation and medicines alongwith menstrual hygiene material.

National Commission for Women, SWD, TISS hold meeting on strengthening of response to gender-based violence in J&K, Ladakh

JI NEWS SERVICE
JAMMU, FEBRUARY 10: National Commission for Women in collaboration with Social Welfare Department and Tata Institute of Social Sciences, Mumbai, organized a meeting of stakeholders of Union Territories of Jammu and Kashmir and Ladakh regarding strengthening of response towards gender-based violence through greater coordination.

The meeting, chaired by Chairperson, National Commission for Women, Rekha Sharma, was attended



ed by Commissioner for Women, Family Counselling Centre, One Stop Centres, 181 helpline, District Hub for Empowerment of Women and Family Counselling Centres along with senior police officials responding to violence against women in both UTs were also part of the meeting. Speaking during the

meeting, Chairperson, Rekha Sharma said, "We need to respond collaboratively, if we want to tackle this huge problem of violence against women." Sheetal Nanda, encouraged all stakeholders to equip themselves with knowledge of laws pertaining to women for better implementation of the initiative. She asked them to recognize the multiplicity of services for cross-referrals and comprehensive response to survivors seeking support. She added, "Law is the backbone of the work we do."

It was decided in the meeting that awareness programmes on cyber-crime with varied population of youth, social workers and police will be organized. Besides training of Protection Officers under the Protection of Women from Domestic Violence will also be planned. Also, Social Workers will be trained on responding to human trafficking.

The meeting also decided that a portal will be developed to create a directory of available resources for survivors of violence.

DC Doda asks for strict enforcement of notified rates for online services

JI NEWS SERVICE
DODA, FEBRUARY 10: Information Technology Department, J&K has recently notified/fixed rates for delivery of all online services to be charged/received from the citizens/customers of entire Union Territory of Jammu & Kashmir for Government to Citizens (G2C) and Government to Business (G2B) services.

In this regard, Deputy Commissioner Doda, Vishesh Paul Mahajan has issued instructions to all the Tehsildars to check the availability of Common Service Centres (CSCs) in all pockets in their respective jurisdictions for the convenience of the general public.

The Tehsildars and District Manager Common Service Centres (DM-CSC) have been asked to ensure that the CSCs do not charge more than the rates notified by the government for different online services. District Manager CSC has been instructed to issue necessary directions to all the VLEs of Common Service Centres (CSCs) of District Doda for pasting the Notification at their respective CSCs and the rates so notified in the said Notification be implemented in letter and spirit.

JKPCC conducts workshop on "Implementation of EPR under E-waste, Plastic Waste Management Rules, 2022"



JI NEWS SERVICE
JAMMU, FEBRUARY 10: Jammu & Kashmir Pollution Control Committee today conducted an interactive workshop on "Implementation of EPR under E-waste (Management) Rules, 2022 and Plastic Waste Management (Second Amendment) Rules, 2022" here at Convention Centre, Jammu.

The objective of the workshop was to provide a common platform for an interaction with concerned stakeholders and implementing departments on various aspects of EPR Rules.

Commissioner Secretary, Department of Forest, Ecology and Environment, Sanjeev Verma, was the chief guest while Chairperson, J&K Pollution Control Committee Dr. Neelu Gera, was the guest of honour on the occasion.

Workshop started with visiting of exhibits by the dignitaries which were displayed by various organizations like Shalimar Thermoforming Private Limited Samba, Indian Pollution Control Association, Lifecycle Management Private

Limited, Saahas Zero Waste, Self Help Group (NRLM) Block Dhansal, Himalaya Green Himachal Pradesh and VRG Groups, Ganguly.

Sanjeev Verma appreciated the efforts of JKPCC for organizing such type of events and stressed upon the stakeholders including district administration to ensure effective implementation of relevant provisions laid under both E waste and Plastic Waste Rules. He emphasized the need to link growing menace of Plastic and E-waste pollution with unpredictable disaster, owing to release of toxic gases in the environment through unscientific dumping and disposal of such waste.

Dr. Neelu Gera pointed out in her address regarding the need for an urgent action to be taken up by stakeholder departments like Urban Local Bodies to facilitate separate and safe collection of such wastes with publicizing the collection points for public awareness. She also requested Rural Development Department to ensure implementation of Rules in letter and spirit at Panchayat levels as rural areas are also now identified as

equally accountable for both types of waste generation.

Regional Director, JKPCC, Sat Paul, briefed about the objective of the interactive workshop.

Member Secretary JKPCC, K Ramesh Kumar, informed the gathering that as per new E-waste and Plastic waste Rules, responsibility of the respective Producers and Recyclers have risen manifold and appealed for adherence to the stipulated rules by them in this regard.

During the workshop, Shoba Raghavan, Director and COO, Saa has Zero Waste made a detailed presentation on Producer's Responsibility for implementation of EPR as per E-waste (Management) Rules, 2022 and Co-founder CEO, Abhishek Agshe, Lifecycle Management Private Limited made a presentation on responsibility of recyclers laid under E-waste Rules.

Director, Indian Pollution Control Association, Ashish Jain deliberated on the EPR Policies for Plastic Waste Management.

The program was attended by officers and officials from Department of Industries and Commerce, Nodal Officers from Central University, Jammu University, SKUAST, SMVDU, concerned Nodal Officers from Jammu Municipal Corporation and Srinagar Municipal Corporation, CEOs from Department of Urban Local Bodies Jammu and Kashmir, Jammu Chamber of Commerce and Industry, National Rural Livelihood Mission, Divisional Officers and Scientists from JKPCC, Nodal Officer E-waste, JKPCC, Jammu, besides DISHA organization and Global Human Rights Trust.

Nehru Yuva Kendra Sangathan J&K, GCW Parade organise National Youth Parliament Festival

JI NEWS SERVICE
JAMMU, FEBRUARY 10: Nehru Yuva Kendra Sangathan J&K, in collaboration with Government College for Women Parade Ground organized a state level National Youth Parliament on the College Campus.

As many as 46 youth from districts of Jammu & Kashmir UT and Ladakh UT, all being the winners and first runners up of District Level National Youth Parliament, participated in the State Level event.

Nisar Ahmed Butt, SD NYKS J&K and Ladakh was the chief guest, while Dr. Deepak Pathania, Assistant professor, Environmental Sciences, Dr. Seema Jamwal, Assistant Professor Political Science, Dr. Musavir Ahmad, NSS Program Coordinator, Kashmir University, Dr. Seema Zargar, Senior Officer, School Education Department

and Dr. Shubra Janwal, Assistant professor, English were the jury members.

Anmol Sharma from NYKS Jammu got the first rank, Faiza Basharat from GDC Poonch got the second rank and Quyima Aslam from S P College Srinagar got the third rank in the state level event.

The first three winners of state Youth Parliament shall participate at national level NYPP in New Delhi where 87 Winners from all States and UTs will participate in the National Youth Parliament Festival in person at 29 venues.

Out of them, 29 first position holders will speak on the given topics while the remaining 58 will attend the proceedings. Dr Gurpreet Kour, NSS Program Officer, GCW Parade and Organizing Secretary of the program both at Nodal Jammu level and state

level took the initiative for organizing National Youth Parliament Festival.

The main objective of the programme is to hear the voice of youth between 18-25 years of age through deliberations in Youth Parliaments at District, State and National levels and to encourage the youth to engage with public issues, understand the common man's point of view, form their opinions and express it in an articulate manner, to develop and enhance decision making abilities, to develop in them respect and tolerance for the views of others, to develop in them an understanding that respect for rules is essential for conducting any discussion systematically and effectively, to obtain and document their opinions on Vision of New India and to make available their views to policy makers and implementers to take it forward.

Saurabh Bhagat meets MNRE; Discusses modalities for implementation of Biomass Programme in J&K

JI NEWS SERVICE
NEW DELHI, FEBRUARY 10: Commissioner Secretary, Science and Technology, Saurabh Bhagat, today discussed modalities for implementation of newly launched Biomass Programme of Ministry of New and Renewable Energy (MNRE), approved under the umbrella scheme of National Bioenergy Programme Phase-I, in Jammu and Kashmir.

During his visit to the Capital, MNRE, Saurabh Bhagat had detailed discussion with S R Meena, Incharge Bio-energy, on several issues regarding setting up of one Bioenergy Pilot

Project each in Jammu and Kashmir regions of the UT.

Pertinent to mention here that the National Bio-energy Programme comprises of sub schemes like 'Waste to Energy Programme (Programme on Energy from Urban, Industrial and Agricultural Wastes/Residues), Biomass Programme (Scheme to Support Manufacturing of Briquettes and Pellets and Promotion of Biomass (non-bagasse) based cogeneration in Industries) and Biogas Programme.

Commissioner Secretary also met in-charge Rooftop Solar Division,

MNRE, Hiren Bora and updated the Ministry with the progress on implementation of 20 MW and 200 MW cumulative capacities Rooftop Solar sanctions of MNRE and stressed for timely release of Central Financial Assistance (CFA) under the schemes.

During the discussion, Saurabh Bhagat updated the Ministry regarding various challenges and impediments being faced by JAKEDA in implementation of the schemes. He requested the Union Ministry for allowing empanelment of more vendors under the two sanctions as the targets to be achieved are huge.

PSPS PG College NCC Cadets shine in RDC-2023

JI NEWS SERVICE
JAMMU, FEBRUARY 10: Republic Day Camp is not just a camp, it is an emotion; emotion for the cadets who strive to be a part of Republic Day Contingent and step in DGNCC to transform.

Securing 4th position for the first time in the history, the ten cadet NCC contingent of Padma Shri Padma Sachdeva Government PG College for Women, Gandhi Nagar attended this prestigious camp and brought laurels to the College. Two cadets from 1 J&K Naval Unit; 04 cadets from 1 J&K Girls Battalion, NCC Srinagar and 04 from 2 J&K Girls BN, NCC Jammu were part of the team that attended the Republic

Day Camp 2023 at New Delhi.

The cadets were well trained at various Pre-RDC camps at Nagrota, Jammu over a two month period, prior to their departure to New Delhi. They added sheen to the Prestige of College by participating in various events and competitions like Drill, Cultural Programmes, Flag Area etc. From 1 J&K GIRLS BN, Senior Cadet Captain Parul Sharma was selected for Kartavyapath for which she received ADG Commendation. Cadet Captain Kiran Choudhary participated in cultural events and also achieved ADG Commendation. SUO Tania Chib and JUO Marjam from 1 J&K Girls Battalion, NCC Srinagar, were a part of Kartavyapath

Contingent whereas JUO Riya Kaith was a part of PM Rally and JUO Ankeeta Langhe participated in cultural events. From 2 J&K GIRLS BN, NCC JAMMU, SUO Shakshi formed a part of the PM Rally contingent and JUO Anma Khan marched Kartavyapath. JUO Manshi Sharma was selected for All India Guard of Honor showcasing salami to Honorable PM Shri Narendra Modi whereas Sergeant Rakshika Sharma was a part of cultural events. Principal of the College Prof. Minu Mahajan, congratulated and applauded the Cadets for the hard work, dedication and strenuous efforts for bringing laurels to the College for representing at National Level.



Department of Industries and Commerce, J&K

invites applications for

Exhibition cum Sale

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From 1st March to 31st March, 2023



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	For Government/PMEGP/Small/Micro Units Registered with Industries Department	For Non-Government Entities
Small Stalls (Less than 40 sqm.)	Rs. 1500 per month	Rs. 5000 per month
Big Stalls (More than 40 sqm.)	Rs. 2000 per month	Rs. 6000 per month
Exhibition Area (Area 200x75 sqm.)	Rs. 2000 per day	Rs. 4000 per day
	Rs. 25000 per month	Rs. 50000 per month
Auditorium : Conference Hall (Area 300,864 sqm.)	Rs. 15000 per day	Rs. 25000 per day

OFFICE OF THE GENERAL MANAGER, DISTRICT INDUSTRIES CENTRE

Exhibition Ground, Jammu.

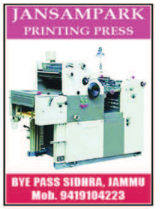
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Not Stone pelting Kashmir now sports hub: Anurag Thakur

Says Admin changed Valley situation in just 3 years; More than 1500 Athletes from Country to participate in 11 different winter-sports disciplines; Gulmarg to be Centre of Excellence for winter games soon: LG Manoj Sinha

J I NEWS DESK
BARAMULLA, FEB 10

Union Minister Anurag Thakur on Friday said that the Kashmir Valley that was earlier known for stone pelting incidents is now famous for Football and other sports activities.

Addressing a gathering at the inaugural function of Khelo India Winter Games at Gulmarg, Thakur, as per the news agency said the youth who were holding stones in their hands are now indulging in sports activities, thereby making the nation proud.

While appreciating the role of the Jammu and Kashmir government, he said the government made it possible to change the Kashmir situation in just 3 years, which earlier could not be done in 75 years.

"It is really a proud movement for all of us that Jammu and Kashmir is hosting the Khelo India Games for the third time, which other states failed to," he said.

He said that they will soon have a number of star athletes, as the youth are highly involved



in games, be it Football, Wushu, Cricket, Skiing or other sports activities.

The Union Minister assured full support and cooperation in developing the Center of Excellence for Winter Games in the UT. "It is the vision of our Prime Minister Narendra Modi to create sporting infrastructure across India. The setting up of a National Centre of Excellence in the valley will support the athletes of J&K," he said.

"Jammu and Kashmir's every district is now having an indoor stadium and every village a play field, which itself speaks how the situation has taken a U-turn," he said. "More than 1500 Athletes will compete in 11 different winter sports disciplines in the five day mega sports event."

Speaking on the occasion, Jammu and Kashmir Lieutenant Governor Manoj Sinha said

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Vijay Kumar Bidhuri is new Div Com Kashmir as govt orders transfer, posting of 15 officers

J I NEWS DESK
SRINAGAR, FEB 10

The government on Friday ordered transfer and posting of 15 officers, seven of them IAS, in the interest of administration with immediate effect.

According to an order, a copy of which lies with the news agency, Vijay Kumar Bidhuri, IAS (AGMUT:2005) Commissioner/Secretary to the Government, Revenue Department, holding additional charge of Principal Resident Commissioner, J&K Government, New Delhi, has been transferred and posted as Divisional Commissioner, Kashmir.

The order states Dheeraj Gupta, IAS (AGMUT: 1993), Principal Secretary to the Government, Housing and Urban Development Department, holding additional charge of smart Cities and proposed new Jammu/Srinagar Metropolitan Regional Development, has been transferred and posted as Principal Secretary to the Government, Department of Forest, Ecology and Environment.

"H. Rajesh Prasad, IAS (AGMUT:1995), Principal Secre-

tary to the Government, Power Development Department, shall hold the charge of the post of Principal Secretary to the Government, Housing and Urban Development Department, in addition to his own duties, till further orders," reads the order.

It reads Sanjeev Verma, IAS (AGMUT:2001), Commissioner/Secretary to the Government, Department of Forest, Ecology and Environment, has been transferred and posted as Commissioner/Secretary to the Government, General Administration Department.

"Sarmad Hafeez, IAS (AGMUT:2009), Secretary to the Government, Tourism Department, holding additional charge of Administrative Secretary, Youth Services and Sports Department, has been transferred and posted as Secretary to the Government, Finance Department, holding additional charge of CEO, ERA & Mission Director, Jal Jeevan

Mission, J&K, has been transferred and posted as Administrative Secretary, Culture Department, relieving Zubair Ahmad, JKAS, of the additional charge of the post.

"He shall hold the charge of the post of Chief Executive Officer, Economic Reconstruction Agency, in addition to his own duties, till further orders."

It added Dr. Piyush Singla, IAS (AGMUT:2012), Administrative Secretary, General Administration Department, has been transferred and posted as Administrative Secretary, Revenue Department.

"Rakesh Minhas, IAS (AGMUT:2016), awaiting orders of adjustment in the General Administration Department, has been posted as Managing Director, SIDCO. He shall also hold the charge of the post of Managing Director, SICOP, in addition to his own duties, till further orders."

It further reads Raman Kumar Kesar, JKAS, Managing Director, SIDCO, holding additional charge of Managing Director, SICOP, has been transferred and posted

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Indian teams working day and night as part of Operation Dost in Turkey: PM Modi



NEW DELHI, FEB 10

Prime Minister Narendra Modi on Friday said the Indian teams of NDRF personnel and doctors involved in rescue and relief operations in quake-hit Turkey are working day and night as part of 'Operation Dost' and would continue giving their best to save lives.

The Prime Minister said that India stands firmly with the people of Turkey, where a 7.8-Richter tremor on Monday has led to around 20,000 deaths and devastated cities.

His comments came as the Indian Army's 30-bedded field hospital in Iskenderun has so far treated 106 people in the Turkish city that has been hard hit in the earthquake.

"Our teams are working day and night as a part of 'Operation Dost.' They will keep giving their best to ensure maximum lives and property are saved. In this critical time, India stands firmly with the people of Turkey," the PM said in a tweet.

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After 2-day wet spell, MeT predicts improvement in weather from today

J I NEWS DESK
SRINAGAR, FEB 9

After two-day wet spell in Jammu & Kashmir, the weatherman here has predicted gradual improvement in weather conditions from tomorrow (Saturday), saying that there is no forecast of any major wet spell till February 17.

Reports reaching the news agency, said that a few higher reaches in Kashmir received light snowfall today while rains lashed the majority of areas including Srinagar today.

Deputy Director Meteorological department (MeT) said that the



weather conditions have started improving and from tomorrow it will gradually improve further. "Although there is a possibility of light rain at isolated places, overall the weather conditions will improve from tomorrow," he said.

He further added that the weather would remain mostly dry till February 17, saying that there is no possibility of any wet spell during the period from tomorrow. However, some of the areas in northern Kashmir have received snowfall with dust.

The MeT in a statement issued here classified the

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Govt teacher arrested for allegedly misbehaving with girl students

J I NEWS DESK
POONCH, FEB 10

A Government teacher, posted in Middle School Dhargaloon in Balakote zone of Mendhar sub division of Poonch district, has been arrested by police for allegedly molesting and misbehaving with two girl students of his school. Per-

tinently, the teacher has also been placed under suspension by the education department.

The teacher identified as Mohammad Taj Nayazi was booked in a case under FIR number 10/2023 under sections 354, 8/10 POCSO Act in Police Station Cursal.

Police officials told

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Avalanche hits Gurez, 2 women rescued

J I NEWS DESK
SRINAGAR, FEB 10

Two women were rescued after a snow avalanche hit the Manzung area of north Kashmir's Bandipora district on Friday, officials said.

Police said two women identified as Tabassum Bano and Shahnaa Begum went out to collect drinking water from a nearby tap when they came under a medium avalanche in Manzung area of Tulail Friday morning.

They said soon after the incident a rescue operation was launched by local residents and after strenuous efforts both were rescued alive. However, no damage has been reported in the incident so far, they added.

Upper reaches of Bandipora including Gurez valley received yet another fresh spell of snow on Thursday. The road remains closed with the rest of the

CONTINUED ON » PAGE 4

JKBOSE 10th, 11th, 12th Class Date Sheet Out

J I NEWS DESK
SRINAGAR, FEB 10

The JK Board of School Education (BOSE) on Friday notified the date sheet of annual (Regular 2023) examination for class 10th to 12th students enrolled in schools falling in soft zone areas of Jammu and Kashmir.

As per the date sheet issued by the Director Academics JKBOSE, the examination of class 10th students in soft zone areas will commence from March 9 of 2023 and will culminate on April 5.

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Rain in Ramban triggers landslides, blocks highway

J I NEWS DESK
JAMMU, FEB 10

The Jammu-Srinagar national highway was closed for traffic on Friday due to multiple landslides triggered by heavy rains in Ramban district, officials said.

The only all-weather 270-km highway linking Kashmir with the rest of the country, was blocked by the landslides at Panthiyal, Cafeteria Morh, and Dalwas areas with over 200 vehicles stranded at several points on the route.

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J&K PSC now functions with only one member and chairman

J I NEWS DESK
SRINAGAR, FEB 10

With former IPS officer Aftad-ul-Mujtaba completing his term as a member of the Jammu & Kashmir Public Service Commission on Friday, the key recruitment body of the Union Territory is now left with only one member.

Mujtaba, an illustrious IPS officer, who was appointed as a member of the constitutional body on June 24, 2020, completed his term today, leaving the constitutional body with only one member now.

According to details available with news agency, the PSC is now left only with chairman Satish Chandra (former IAS officer) and

member Zubair Ahmed Raza (former judge).

As per the Constitution of India, a member of the State Public Service Commission shall hold the office for a term of six years or till the age of 62 years, whichever is earlier.

Before scrapping of the Article 370, the appointment and retirement of PSC members in J&K was governed by the Constitution of Jammu & Kashmir, which allowed members of the prestigious body to hold office for a term of five years or till the age of 65 years, whichever is earlier.

The Public Service Commission was made functional with J&K UT's administration with

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India's technology-enabled governance model can meet unforeseen exigencies: Dr Jitendra

J I NEWS DESK
NEW DELHI, FEB 10

Union Minister of State (Independent Charge) Science & Technology; Minister of State (Independent Charge) Earth Sciences; MoS PMO, Personnel, Public Grievances, Pension, Atomic Energy and Space, Dr Jitendra Singh today said that Prime Minister Narendra Modi has given India a technology-enabled Governance Model, which can meet unforeseen exigencies and is perpetually prepared for it, as was evident during the Covid pandemic which took everybody by surprise but the government working did not get interrupted even for a single day because long before the pandemic came, we had almost completely shifted over to e-office,



online and virtual modes of working.

Speaking at the 4th Edition of National Governance Summit of Economic Times here, Dr Jitendra Singh said that Modi's Governance Model is not only sustainable but also resilient, using futuristic technologies and innovations.

The Minister said, the Modi model of governance evolved over the last 22 years has laid the foundation of the future road map

of India's progress. He said, in the next 25 years of Amrit Kaal, when India rises to the world pedestal, this will be primarily on the strength of our scientific prowess and capacity of our Start-Ups which will be essentially technology driven and a unique governance model taking effective care of 140 crores plus Indians.

Dr Jitendra Singh said, Modi, an avid follower of newer technologies and innovations is always ready

to adopt today, the technology of tomorrow. He said, Prime Minister is focusing on areas like Space Technology, Drone, A.I, Biotech, Geospatial, Ocean Mission or Blue Economy and Green technologies including the Hydrogen Revolution which will define the destiny of India tomorrow. The Minister added that COVID-19, the pandemic of the century, was turned into a virtue from the great adversity.

Dr Jitendra Singh said, the Tri-Ratna of this governance model are Out of Box Thinking, Breaking the Taboos of the Past and Converting Government Campaign into Mass Campaign. Giving one example of each of the three great ideas, the Minister said, soon after Modi came to power

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Government takes action for better land, soil management with launch of pioneering project

J I NEWS DESK
JAMMU, FEB 10

Jammu and Kashmir government has approved an ambitious project envisaging creation a comprehensive soil and land resource information system.

The project, titled 'J&K Soil and Land Resource Information (JKSLRI)' system, has been designed to help in decision-making for sustainable use of soil and land resources in the region, which is being considered as ecologically fragile. With its goal of providing a scientific base for crop diversification and soil suitability,

the JKSLRI project is set to revolutionize the way we approach land use and soil management in the region.

"The problem of unscientific land conversions and poor soil health management practices has been causing a decline in soil health, leading to poor outputs and even enterprise failure. There is also lack of knowledge and poor extension on soil health management, which is leading to loss of soil biodiversity due to intense cultivation and soil pollution," said Atal Dulloo, Additional Chief Secretary, Agriculture Production Department.

He further said that the

JKSLRI project has been designed to provide the most comprehensive and up-to-date information on soil and land resources, making it an essential tool for decision-making when it comes to sustainable use of soil and land resources.

The prestigious project, which will initially be started in four districts of J&K, has several objectives including creation of a robust land use policy on agriculture and urbanization, crop-land suitability based on land evaluation, capacity building of farmers and other stakeholders on soil health management

besides establishment of one static and 25 mini soil testing laboratories in each selected district. The project has been designed to have a major impact on the region including creation of an authentic soil and land resource repository with two soil museums one each at Jammu and Srinagar. The project shall also provide support for efficient use of fertilizers and micro-nutrients, which is important for organic production systems.

These objectives will help lay the foundation for a robust land use policy on agriculture

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16 injured as bus skids off road in Udhampur



J I NEWS DESK
UDHAMPUR, FEB 10

At least 16 persons were injured after a bus met with an accident in Moungrin area of Udhampur district on Friday morning, an official said. An official told the news agency that the bus

was on way from Udhampur to Moungrin when it skidded off the road near Gulabnagar. He said 16 passengers who were aboard were injured in the accident.

The injured rescue teams have rushed to the spot and injured were being shifted to hospital for treatment. KNO

Professionals, Employees, Senior citizens play important role in society: Sat



JI NEWS SERVICE JAMMU, FEB 10: Gearing up organizational activities of the party in Poonch District at grass root level, a meeting of BJP's Professional Cell, Senior Citizen Cell and Retired Employees Cell and Budget Pe Charcha was conducted to take up the party activities and vision of PM Modi led BJP Government on ground concerning development of Jammu and Kashmir.

District Poonch under the leadership of its district president Rajesh Raina held the meeting which were mainly addressed by former Cabinet Minister, Sat Sharma (CA). He was also accompanied by CA Rajeev Gupta, UT BJP Spokesperson Sunil Gupta and several others.

Speaking on the occasion, Sat Sharma said that all these three cells have a very important role to build the organization and

take the vision of the party amongst the public. He said professionals, senior citizens and retired employees are the important sections of the society and their views hold major significance. He urged the activists present to create teams of the cells up to booth level and stated that it will definitely strengthen the vision of the party at grass root level. He also asked them to go door to door to spread the pro public policies of the party.

CA Rajeev Gupta talked about Budget 2023 and said that in order to cater the support of the more public the teams must be constituted at the earliest so that people's presence could be more involved in the mission which BJP has chosen to work for the betterment of society. He also stated that BJP is the only party which works for the people and has done a lot for their upliftment.

Rajesh Raina also spoke on the working of cells in Poonch district. He also said that the teams will be made as soon as possible in the coming days so that the organizational work can be paced up to grass root level.

Naresh Sharma, Parvinder Singh, Abhi, Mukesh Sharma, Paranjit Singh, Naresh Verma, Jyoti, Rajesh Sudan, Er. Sahil, Bhupinder Pal and several others were also present on the occasion.

SMVD Gurukul holds 31st Governing Council Meeting



JI NEWS SERVICE KATRA, FEB 10: The 31st meeting of the Governing Council of Shri Mata Vaishno Devi Gurukul, Charan Paduka was held here today at Spiritual Growth Centre, Katra.

The meeting presided by Mahamandleshwar Shri Swami Vishveshwaranand Giri Maharaj, Member of the Shri Mata Vaishno Devi Shrine Board and Chairman of the Governing Council for the Gurukul, was attended by Anshul Garg, Chief Executive Officer of the Shrine Board; Navnet Singh, Additional CEO; Prof. Y.K. Mishra; Dr Jagdish Chander Mehra, Joint CEO, SMVDSB and Administrator of Gurukul; Mahesh Sharma, FA/Chief Accounts Officer; Gopal Dass Sharma, Head Pujari, Bhawan; Dr Dhanraj Mishra, Principal, and Dr. Devendra Rijal, Vice Principal of the Gurukul.

The Chairman and other Members of the Governing Council while expressing satisfaction at the functioning of the Gurukul emphasized the need for making continuing endeavours to develop it as a centre of excellence. The meeting also noted the outstanding achievements of the students of SMVD Gurukul in academics and co-curricular activities and participation of faculty and students for broadening their horizon at different Platforms, including in house events & those at State, Zonal as well as at National Level.

The Governing Council, while approving the annual budget of Gurukul for Financial Year 2023-24 also finalized the arrangements for organizing 3-day North Zone Youth Festival from 20th to 22nd of February in collaboration with Central Sanskrit University. The inaugural function will be held at the Spiritual Growth Centre of the Shrine Board at Katra. The events to be organised include Educational Short Film making, Rangoli, Painting, Competition, cultural programmes, co-curricular activities besides, sports events in different categories and around 10 institutes from 5 states & UTs including Himachal Pradesh, Haryana, Punjab, Delhi, Uttarakhand, UP and JKUT, with a total of 350 students are expected to participate in the festival. The council observed that the festival shall provide a learning platform to the students of SMVD Gurukul to showcase their talent & skills from their counterparts of other institutes besides, serving as an important medium to spread joy, promote Sanskrit awareness and protect our traditional and cultural heritage.

roadmap for 5 years of the functioning of the SMVD Gurukul and way forward for developing this institution as a centre of excellence for providing top quality education to the students.

The Governing Council while releasing the Annual School Magazine "Brahmi" tracing the achievement and contribution of the students and faculty during the year appreciated the efforts stating that a wonderful platform has been given to these young students to showcase their talent as writers and express themselves into a conglomerate.

Earlier, Mahamandleshwar visited SMVD Gurukul and inspected the Construction Work-in-Progress of New Dining cum Accommodation Complex. He also interacted with the students and faculty and enquired from them about their daily activities.

Besides, the Mahamandleshwar felicitated Master Varun Sharma, student of Shri Mata Vaishno Devi Gurukul for having secured first position in the entire University, in the annual examination of class 8th conducted in 2022 by Sampurnanand Sanskrit Vishwavidyalaya, Varanasi.

Mahamandleshwar, besides, highlighting the importance of imparting sanskars in one's life, asked the students to work hard to preserve their rich culture and achieve distinction in various fields in years to come. He congratulated the Hon'ble Lt. Governor, JK-UT who is also Chairman of Shri Mata Vaishno Devi Shrine Board for nurturing such institutes which has kept alive the Vedic and Sanatan traditions in the modern era.

The Meeting also desired that alumni meet of the Gurukul should be planned to benefit from their skills and experience besides, to devise a

The Governing Council observed that as per the new guidelines of NEP-2020, the age criteria of the curricular and pedagogical structure has been reconfigured for the different stages of admission. In line with the age criteria for the applicants / students desirous of seeking admission in class 6th of SMVD Gurukul has been revised to 10-12 years from session 2023-24. Besides, to bring parity with the CSU in all respects, GC approved revision of the daily time table, weekly off and syllabus of SMVD Gurukul.

The Council also observed that planning and creation of Navagrah Vatika on Tarakot Marg not only helps students in adding to their knowledge of plants but is a very important source of energy if planted anywhere as these plants represent different planets of celestial forces. Besides, being on Yatra track the devotees who opt this Marg for reaching to Holy Shrine inhale clean air and boost their physical immunity with spiritual enlightenment.

Pt. Deendayal Upadhyay was a visionary par excellence: Parmod Kapahi



BJP District Jammu holds monthly meet

JI NEWS SERVICE JAMMU, FEB 10: President Parmod Kapahi, District General Secretary Bharatiya Janata Party, District Jammu under the leadership of District President Parmod Kapahi held a monthly meeting at BJP office, Kachi Chawni, Jammu.

Senior BJP leader & District Jammu Prabhari Rajeev Charak, Seh-Parbhari Vikas Choudhary also addressed the meeting along with District

District General Secretary Kulddeep Kandhari, District General Secretary Rajesh Gupta, Mandal President Keshav Chopra, Mandal President Parveen Kermi, Mandal President Raman Sharma, Atul Bakshi, Ajay Sharma, JMC Councillor Sucha Singh, Councilor Suneet Raina and other prominent political persons from District Jammu participated in the meeting.

Rajeev Charak, while addressing the BJP activists of District Jammu, asked them to visit every house of the region and apprise them of the achievements of the Modi governments and their specific benefits for the residents of Jammu & Kashmir. He also deliberated upon the highlights of the recently introduced 2023 Union government budget. He said that this

budget is a people friendly budget which has touched the lives of every segment of the society.

Parmod Kapahi, in his address, discussed upcoming programs of the party. He especially focused on the party's programme of 'Samarpan Diwas' on February 11, the day on which party ideologist Pandit Deendayal Upadhyay laid down his life in the service of humankind. He stressed that Pandit Deendayal Upadhyay was a visionary personality par excellence whose ideas will make the world a better place to live.

Vikas Choudhary, spoke on the booth Sashaktikaran, in which he stressed that the party activists should pay special attention to the strengthening of the booths in their respective areas allotted by the party. Rajesh Gupta conducted meeting proceedings whereas Kulddeep Kandhari thanked all the party leaders and activists for their active participation in the meeting.

Nation suffered most due to Nehru's blunders, Modi Govt determined to nullify the adverse effects: Kavinder

JI NEWS SERVICE JAMMU, FEB 10: Kavinder Gupta, senior Bharatiya Janata Party leader and former Deputy Chief Minister has asserted that the nation and its people have suffered the most due to the blunders committed by the late Prime Minister Nehru and his family who promoted their dynastic rule over seven decades.

He said that this family not only threw democracy to winds but also carried forward the 'Divide and Rule' policy of Britishers and 'Appeasement Policy' for its petty vested interest by playing vote bank politics.

The senior BJP leader, while recalling the Prime Minister Narendra Modi's speech in the Parliament the other day, said that he has rightly exposed the real face of the Nehru family and the Congress party while slamming the opposition for leveling accusations against him (PM) based upon surmises and conjectures.

In a statement issued here today, Kavinder said that the Nehru Gandhi family including the Vadras has brazenly looted this nation to the hilt. He asserted that this stands proved beyond any iota of doubt from the fact more than 600 organizations have been registered in the name of the members of the so called Nehru Gandhi families.

These organizations have been used to siphon off the tax payers' money and most of the companies established by these people are bogus companies to facilitate the siphoning of the nation's funds.

The senior BJP leader said that it is because of such blunders of Nehru and his kin that the people of Jammu and Kashmir continued to suffer unabated for over seven decades. He said that the biggest blunder of Nehru as PM was that after Pak aggression in Kashmir, he took the matter to UN and allowed to station its MOC (Military Observers' Group) in J&K and PoK.

He said that giving long rope to the favourites like Sheikh Abdullah was yet another blunder committed by them as Sheikh too promoted his dynastic rule like Nehru.

Kavinder said that the worst phase began in J&K with signing of Rajiv-Farooq accord after which the terrorism and secessionism received a big boost with a tacit support of the J&K Administration the results of which led to peak terrorism in J&K bringing death, destruction and miseries for the people at large in J&K.

The former Deputy Chief Minister said that it is the Prime Minister Modi led BJP Govt that finally did justice with the people of Jammu and Kashmir by abrogating Articles 370 and 35A as only BJP had the strong will and determination to do so.

The results are on ground today with the Pak refugees, the category people besides others who used to be earlier deprived of some significant rights are today equally placed with others.

He said that BJP stands firmly determined to adopt all the requisite corrective measures to nullify the adverse effects of the blunders of Nehru family in the ultimate interest of the common people of not only in Jammu and Kashmir but across the nation.

Govt should fulfill demands of Kashmiri Hindu employees posted in Valley before Shivratri: Shiv Sena



Stop treating Hindus employees as bonded labourers: Sahni

JI NEWS SERVICE JAMMU, FEB 10: Shiv Sena J&K unit today demanded that the LG led administration should fulfill the demands of protesting Kashmiri Hindu employees posted in Valley before the upcoming Shivratri Festival.

The leaders of Shiv Sena (Uddhav Bala Sahab Thackeray) Jammu and Kashmir unit organized a press conference at the party's central office, Jammu, today demanding the safe posting of Kashmiri Pandits/Hindus working in Kashmir by implementing the transfer policy. State Chief Manish Sahni

said government should leave its stubbornness of making these employees scapegoats and transfer them to safer places in Jammu region.

Sahni said that Hindus working under the PM rogar yojna in Kashmir were being treated like bonded labourers and forced to become scapegoats. On aug 5, 2019 the Center has abrogated Article 370, then the bonds included in SRO 412 should be treated as cancelled. Describing the government's claims of rehabilitating Kashmiri Pandits/Hindus as hollow sham, Sahni said that providing jobs and temporary

accommodation to only 4200 Kashmiri Pandits can never mean rehabilitating the entire community.

"Along with Kashmiri Pandits, Sikh / Muslim / Dogra communities were also given jobs under the PM package. But the BJP government is baking political bread by misleading the public by beating the name of Kashmiri Pandits. At the same time, for the last 6-7 months, the salaries of the employees are being withheld and they are being forced to go to the valley," he said.

Sahni demanded the Central Government and the Lieutenant Governor of

Jammu and Kashmir to implement the transfer policy and attach Kashmiri Hindus to various central departments. He said that, the PM package funds are provided directly by the Center so the administration deutes them to central departments like (Election Commission, India, NTPC, NHPC, etc.) or UT Ladakh.

Sahni said that some selected and influential employees have been attached to Jammu division. It is clear from the stand of the administration that it is not hesitating to sacrifice all the Hindu employees for the party of vote politics ambitions of the central government which is an unimaginable situation towards humanity. On this occasion, President Women's Wing Meenakshi Chhibber, General Secretary Vikas Bakshi, President Kamgar wing Raj Singh, Women Secretaries Sukhwinder Kaur, Yawar Habib were present.

Indian Army organises Lavender Farming and Processing Drive

JI NEWS SERVICE JAMMU, FEB 10: As part of welfare activities, Indian Army has been constantly undertaking a variety of events for the welfare of Awaam. In pursuance of this noble aim and in order to impart training on lavender farming and generate employment through it Indian Army organised 'Lavender Farming and Processing Drive' for youth and poor farmers from the socially and economically backward strata of the society at Bhalal in District Doda (J&K). Such initiatives will improve the environment of the surrounding area and will greatly help in generating



employment opportunities to people from socially and economically backward families and simultaneously engage the youth in some construc-

tive activity which is beneficial to them in multiple ways. The locals expressed their gratitude towards the Indian Army for organising the event.

BJP OBC Morcha working round the Clock for BJP Party: Vibodh Gupta

JJ NEWS SERVICE
JAMMU, FEB 10: BJP OBC Morcha JK-UT in collaboration with Red Cross Jammu held free medicines distribution camp at Municipal Park, Resham Garh Colony, Jammu.

Vibodh Gupta General Secretary BJP Jammu Kashmir and Sunil Prajapati President BJP OBC Morcha JK-UT were prominent to inaugurate the camp.

Speaking on the occasion, Vibodh Gupta congratulated the work done by BJP OBC Morcha and said BJP OBC Morcha has done commendable work round the clock in the field of Sewa and helping Public in large.

Vibodh further thanked PM Modi for Increasing Medical Budget by 13% and said 157 new Nursing Colleges will be opened in the coming future. He asserted that the people of Jammu Kashmir are enjoying health insurance of Five Lakhs per family.



For this he thanked PM Narendra Modi for covering the whole state under health Insurance. Later Sunil Prajapati said that this Camp will benefit needy people at this time of extreme Weather Conditions and thanked Secretary Red Cross Sat Pal Sharma for Issuing Medical Camp.

He also thanked Dr. Aasia Noor (Medical Officer) and her team. Nearly 200 people were benefited by this camp and local people

applauded the working of BJP OBC Morcha. The Program was organized under guidance of Ashok Salgotra (District President BJP OBC Morcha Jammu) and others who organized the Program was Viren Satti (District Secretary BJP OBC Morcha), Raj Kumar (Mandal President OBC Morcha Bakshi Nagar).

Prominent among others who Present on occasion was Ravi Mehra (Vice President BJP OBC Morcha), Kewal Verma (State Secretary BJP OBC Morcha), Bal Krishan (State Social Media Secretary OBC Morcha), Gopal Sanotra (General Secretary BJP OBC Morcha), Parveen Badyal (Vice President BJP OBC Morcha), Rajesh Kumar (Vice President BJP OBC Morcha), Madan Verma (District Secretary BJP OBC Morcha), Ved Parkash (District Spokesperson OBC Morcha) and Budh Verma.

Kathua Campus (JU) organizes its 3rd Extension Outreach Programme

JJ NEWS SERVICE
KATHUA, FEB 10: Aiming to keep the children, youth and students away from the menace of drugs, Kathua Campus, University of Jammu today organized its 3rd Extension Outreach Activity on "Drug Abuse: Problem, Management and Prevention along with Stationery Distribution Drive at Government Higher Secondary School, Kathua. More than 400 students from Government Higher Secondary School, Kathua and Kathua Campus, University of Jammu participated in the said activity. The awareness programme was also attended by more than 100 people from Panchayat Kathua who were thrilled by the performance of the students of Kathua Campus, University of Jammu in the form of a play on Drug Abuse.

Further, a two-week stationary collection drive was launched by Kathua Campus, University of Jammu on 26th of January, 2023 in order to help the children of the adopted village Kathua and the stationery was distributed today to more than 350 students of Panchayat Kathua in order to channelise their energies to harness their potential in nation building and refrain them from bad habits so that they can focus harder on their studies. The esteemed speakers at the occasion were Sh. Kewal Krishan (District Education Planning Officer, Kathua), Dr. Rajesh Chandel (Assistant Professor, Psychiatry, Government Medical College, Kathua), Sh. Sanjeev Sharma (Inspector, Police Training School, Kathua), Mr. Varun Sharma (Sub Inspector, J&K Police, Poonch) and Sh. Devinder Kumar (Retd. Zonal Education Planning Officer, Hiranagar). While speaking on the



occasion, Sh. Kewal Krishan said that the drug menace is badly affecting the society in general and children in particular. Thus, there is an acute need to spread awareness among society especially children against this evil so that it can be uprooted. He further said organizing these types of awareness-oriented programmes at school level is quintessential for the teen age students. Dr. Rajesh Chandel opined that drug consumption is dangerous to the mental and physical health of everyone and thereby, drug abuse is destroying our future generation. He further underscored the psychological and medical aspects of drug abuse in tender age students. Sh. Sanjeev Sharma stressed on the need of involving students in cocurricular activities in addition to their academics so that they can utilize their time properly. Further, he advised the students to join sports to be mentally and physically fit. Mr. Varun Sharma advised the children to stay away from illegal drug consumption and also requested the public to inform Police about illegal drug consumption.

Further, he insisted the students to fight against this menace in their locality also. Sh. Devinder Kumar emphasized on the importance of such awareness programmes to safeguard children from drug abuse in any manner. He further highlighted the challenge of drug abuse in India and suggested the retired employees especially from the education sector to come forward to take initiatives for the welfare of the youth in particular and society as a whole.

Sh. Ashok Kumar, Principal, Government Higher Secondary School, Kathua appreciated the efforts of Kathua Campus, University of Jammu for organizing the awareness programme on Drug Abuse and for distributing stationery among the children of panchayat Kathua to focus more on studies. The Special Guests from Panchayat Kathua who attended the programme were Sh. Joginder Singh (Naib Sarpanch, Kathua), Sh. Mohinder Singh (Panch, Kathua) and Smt. Trishla Devi (Panch, Kathua).

Modi Govt's agri-friendly schemes have become real power of farmers: Johal

JJ NEWS SERVICE
JAMMU, FEB 10: The Modi government has done more work in eight years of its rule for making farmers self-reliant than was accomplished ever before and its agriculture-friendly schemes have become the real power of farmers.

This was stated by Sarabjit Singh Johal, President BJP Kissan Morcha, J&K and DDC Member while speaking at the programme in Bantala area of Jammu.

Johal asserted that the central government headed by the Prime Minister Narendra Modi has done more work in the last eight years than ever before for empowering farmers and making them self-reliant. He said the government at the Centre stands fully committed to the welfare of the farmers who deserve special attention especially in view of their being the food producers of the nation. He said the government is making every effort to double the farmers' income and boost agriculture economy.

Today, Sarabjit Singh Johal along with his entire Kisan Morcha team visited Maa Chandi Temple in Rajinder Nagar, Bantala area and prayed for the peace and prosperity of the Union Territory. State General Secretary of BJP Kisan Morcha Rakesh Pant, Vice President Kisan



Morcha Baba Chanchal Singh, Mandal President Vijaypur Ajay Sharma and Parveen Sharma accompanied the BJP Kissan Morcha President, J&K.

Johal said "Since the BJP led government came into power, it has been taking all necessary initiatives to boost and bolster the agricultural economy along with farmers' welfare schemes."

He said that the farmers' issues have been best addressed by PM Modi led Govt at the Centre. He mentioned that the schemes and initiatives by the government like Kissan Sammaan Nidhi, Kissan Credit Card, Kissan Fasal Bima, Soil Health Card, Pradhan Mantri Krishi Sinchayee Yojana (PMKSY), National Agriculture Market (e-NAM), SVAMITVA Yojana, and many more

such schemes have been providing benefits to all the farmers of the nation.

Johal asked the Kisan Morcha leaders and workers to establish a strong connect with the farmers'

community and ensure that they avail the benefits of the aforesaid schemes.

He asked them to take adequate measures to strengthen the base of the Party.

Indian Army organises lecture on Road Safety

JJ NEWS SERVICE

JAMMU, FEB 10: Indian Army organised a lecture on Road Safety at Govt Higher Secondary School, Bhowani in District Rajouri (J&K). Road accidents are a major concern in the region owing to hilly terrains and modern vehicles having lighter speed limits. Towards this end, the lecture aimed to create awareness amongst the locals to make the roads safer and prevent loss of life and limb. The lecture highlighted that roads in this region of the UT of J&K run through various hills and mountain ranges, which requires the drivers to be extra cautious and provide due allowance for the terrain and weather.

The gathering was also educated about various aspects contributing towards safe roads like, following traffic rules, importance of wearing seat belts/helmets, maintenance of vehicles etc.

BJP Minority Morcha J&K Organises Joining Program at Baribrahmana

JJ NEWS SERVICE
JAMMU, FEB 10: A programme was held at Bari Brahmana District Samba today by the District Unit of BJP Minority Morcha Jammu under the chairmanship of UT President Ranjodh Singh Nalwa.

The main motive of this meeting was to conduct briefing session in which BJP Minority Morcha Leadership was to be kept abreast of the latest developments and working of the organisation especially with reference to the upcoming Party Programmes. The aim of the meeting was on part of all the functionaries also to remain alert in their respective Districts, Constituencies, booth levels and work at the grass roots levels for welfare and benefits of common people. The purpose of the interactive session was to deliberate on the efforts to address the grievances of the masses specifically those who are marginal, helpless and resourceless as also to raise



voice of concern in favour of their genuine demands.

On this occasion, all the delegates under the leadership of UT president Ranjodh Singh Nalwa welcomed the entrants in to the party fold who joined the Morcha today. Speaking on this occasion, Nalwa while elaborating on the policies of BJP said that it is due to the people friendly programs and plans associated with the growing popularity of the party under the national leadership of Prime Minister Narendra

Modi that every passing day, number of people are embracing this organisation and have been expressing their full solidarity in the ensuing march on the path of progress and prosperity.

He further stressed on the workers to strengthen the party at the ground level and be always inclined with the people and become a mouth piece for giving vent to their problems, he said adding further that it is the discipline of the party that attracts the people towards it.

District president Jammu BJP Minority Morcha Jaspal Singh also expressed his views on this occasion.

Other prominent participants include Vice President J&K Balvinder Singh, Amarjeet Singh, Santokh Singh (Gen. Secretary J&K), Pranvrat Singh, Pawanjeet Singh and other office bearers of BJP Minority Morcha.

Earlier, several people turned up the venue to join BJP Minority Morcha who were warmly welcome in the party folds.

One week student workshop concluded at TBS, JU



JJ NEWS SERVICE
JAMMU, FEB 10: The Business School organised one week workshop aimed to enhance the professional competencies of MBA students from 6th February to 10th February, 2023. The week long workshop included nine sessions. Two sessions daily comprising of one morning session and one afternoon session. Total nine sessions were conducted by various industry experts, leading academi-

cians and motivational speakers within and outside the university namely Mr. Priyankar, HDFC bank, Mr. Gautam, Chamber of Commerce and Industries, Ms. Swati Basotra, Talknasyatalknasya, Ms. Geetika Kohli, Thinksta, Prof. Vishav Rakscha, University of Jammu, Ms. Maansi Rattan, MG Design School, Mr. Akash Badi, Amazon India, Ms. Jasleen Kaur, Branding Elves, Mr. Aman Talla, Talla Jewellers and Mr. Satish Koul,

Emcure Pharmaceuticals Ltd.

A valedictory function was organised to conclude the workshop and Chief Guest for the occasion was Mr. Satish Kaul, Resident Director at Emcure Pharmaceutical Ltd.

The certificates were distributed to the participants and organisers of the workshop. Mr. Satish Kaul in his address expressed the need for the students to enhance soft skills besides academic knowledge. He motivated the students to be disciplined, ethical and work hard to achieve success in life.

He emphasized upon the need for such programs in The Business School. Prof. Sameer Gupta, Director, TBS while talking on the occasion gave special remarks about the workshop. He emphasized upon the need for such workshops for the MBA students that are under immense academic and competitive pressure.

Prof. Alka Sharma appraised the gathering that such workshops give an edge to the students in their employability profile.

Lawlessness unleashed by opposition done away with, India on progressive path: Raman Suri

JJ NEWS SERVICE
JAMMU, FEB 10: Bharatiya Janata Party (BJP) J&K Executive Member Raman Suri today said that those opposed to unfurling Tricolour in Jammu and Kashmir or doing away with redundant laws are now trying to protect the illegal encroachers of the UT and forest land by arriving at the Capital to protest. This is indicative enough that such political leaders never wanted order in the system of governance and allowed lawlessness to prevail in the erstwhile state.

He said, PDP chief Mehbooba Mufti's unrelenting support to encroachers, illegal occupations or land grabbers is

enough to understand how these leaders had unleashed a rein of lawlessness and made Jammu and Kashmir a jungle where everyone was having a free run when it came to grabbing land, occupying state or forest land and even building shops and houses on the land of development authorities.

Raman Suri said, Prime Minister Narendra Modi in his reply to the debate on Motion of Thanks to the President's address in Lok Sabha established that the days of such leaders or divisive and adverse policies are over. The Prime Minister united it clear by stating that peace is prevailing in J&K, separatists are gone forever,

Tricolour is unfurling everywhere and tourists besides investors are looking towards the new, potentially-viable Union Territory.

Raman Suri asked the youth to reap benefits of this atmosphere which is conducive enough to progress and contribute to nation building.

He said, Kashmir of serenity, when tourists used to flock there and enjoy every season, young boys and girls had ample opportunities, peace prevailed and no one ever created any trouble for anyone is now back. The leaders who created an unrest in Kashmir, made militancy a monster, encouraged separatism at

the cost of lives of youngsters and stalled progress of youth are themselves finding no space in the political arena now.

The recently concluded "Triranga Yatra", he said, has become a benchmark of peace for opposition where every leader, who once said that no one will unfurl Tricolour, walked miles to see the Indian Flag unfurl at historic Lal Chowk.

Raman Suri felt sorry for the opposition saying that they are unable to find any flaw in the functioning of the Union government, which is why they were speechless in the Parliament and couldn't muster courage to pinpoint on anything that affected the progress of our nation.

J&K Govt to give Rs 2.5 lakh incentive for every inter-caste marriage involving a dalit

SRINAGAR, FEB 10

The Jammu & Kashmir Government has unveiled a scheme to give Rs 2.5 lakh to every inter-caste marriage involving a dalit.

An order in possession of news agency reveals that UT administration has come up with a scheme to incentivize inter-caste marriage involving a dalit.

The scheme has been unveiled after the Administrative Council gave a go-ahead for the same. The Centre had also unveiled a similar scheme in 2017.

The scheme has been framed for implementation of the Protection of Civil Rights Act, 1955 and the Scheduled Castes and the Scheduled Tribes (Prevention of Atrocities), Act 1989.

To avail benefits of the scheme, one of the spouses in the inter-caste marriage should be a dalit, schedule caste community or a person mentioned under Scheduled Caste List (out of 13 Castes) specified in The Constitution (Scheduled Castes) Order, 1950. C.O.19 for Jammu and Kashmir and

the other is a non-scheduled caste Hindu.

As per guidelines of the scheme, the marriage should be valid as per the law and duly registered under the Hindu Marriage Act-1955 and a registration certificate to this effect issued by the competent authority must be furnished by the beneficiaries.

The order states that the age criteria of marriage should be as per prescribed law. The case for assistance shall only be valid if submitted strictly within six months from the date of marriage, as indicated on the marriage registration certificate produced at the time of submission of application.

"The couples who have already received incentive from the Dr. Ambedkar Foundation, Ministry of Social Justice & Empowerment or any other State/UT should not be eligible for incentive under this scheme," the guidelines state.

The guidelines further state that the total amount of incentive will be released

to the eligible couple in a single instalment through Direct Benefit Transfer (DBT) mode to the joint account of the couple in any government/nationalized bank in the form of fixed deposit (FD) with a lock-in period of three years.

"At the time of maturity of the fixed deposit i.e. after completion of 3 years the couple has to submit a joint undertaking to the bank regarding the successful sustenance of marriage clearly depicting that no marital dispute or legal proceedings are going on between the couple after which the bank will provide them the option of withdrawing the amount or continuing the fixed deposit under an intimation to the sanctioning authority. In case the beneficiary couple fails to produce the joint undertaking regarding the same it will be the responsibility of the Bank concerned to return and remit the total amount along with interest to Government account under intimation to sanctioning authority," the order further states. KNO

'Zindagi': This helpline is giving hope to people in Kashmir

SRINAGAR, FEB 10

Amid rise in suicide cases in Kashmir, 'Zindagi' helpline in Kashmir is proving a boon for people having suicidal thoughts as such people are being counselled on phone.

As per news agency, the Institute of Mental Health and Neurosciences Kashmir along with SRO Kashmir issued the first suicide prevention helpline named 'Zindagi' last year, proving beneficial for hundreds of people.

The helpline number 9002701068 functional every day from 6 pm to 11 pm is playing an important role in curbing the number of suicide cases.

Dr Zoya, a clinical psychologist who is part of this initiative, told news agency-Kashmir News Observer (KNO) that the helpline receives around five to six calls every day.

Initially, the number of distress calls were higher but now it is primarily people who have suicidal thoughts who call.

She said that suicide is an act of killing oneself

intentionally when the pain becomes unbearable. "They don't want to die but they just want to kill the pain. This pain can be caused due to many factors. The most common factors that invoke thoughts of suicide are public humiliation, financial stress, emotional disturbances caused due to family, work pressures, failures and constant domestic abuse," Dr Zoya said.

According to her, adolescents have become more vulnerable for thoughts of suicide as their prefrontal cortex that is responsible for rational thinking is not well developed. When they go through chronic and consistent stressors they resort to suicidal behaviours, she added.

"The helpline has proved to be beneficial to deal with the stigma as the help is a call away. It is a free number where anyone can call and you will be connected to a suicide first aid responder. The responder provides immediate help to deal with thoughts of suicide at that moment and also connects the person with mental

health professionals for a holistic treatment," she said.

Many people consider an act of suicide as a weakness of moral and religious character and that is why people don't uprightly talk about thoughts of suicide which leads to aggravation of symptoms to an extent that they lose control and make an attempt, the doctor said.

"We need to look at suicide or thoughts of suicide as a mental health illness and help our loved ones to connect to the right help available i.e. connecting to mental health professionals," Dr Zoya said.

"We need to desensitize our children from early years of life about emotions and how to deal with failures and difficult times besides that educational institutions need to conduct awareness programmes for the same," she added.

Suicide cases are on rise in J&K and experts consider irresponsible media reporting as one of the causes of suicide contagion who have called for giving the least space to such acts so as to minimise the cases.

No traffic movement on Jmu-Sgr highway for 12 hours

ANANTNAG, FEB 10

The district administration Anantnag Friday said due to periodic overhaul at Shamsipora Crossing, no vehicular movement will be allowed on the stretch along Srinagar-Jammu highway.

An order issued by Additional Deputy Commissioner Anantnag, a copy of which lies with the news agency, reads that due to periodic overhaul at Level Crossing Gate No C2 (Shamsipora Crossing), no vehicular movement will be allowed on NH44 between Shamsipora and Bijbehara crossing between 20:00 on Sunday and 08:00 on Monday.

"In order to carry out some immediate repairs by Railway Authorities on Level Crossing Gate No. C-2 at KM 19/54 (Shamsipora Crossing), it is hereby ordered that no traffic/vehicular movement will be allowed on National Highway (NH44) between Shamsipora Crossing and Bijbehara Crossing from 20:00 hours (Sunday) 12th February 2023 to 08:00 hours (Monday) 13th February 2023," it said.

The traffic shall be diverted through old National Highway from Hamzapora Crossing to Alstop Crossing and vice-versa during the period, it further reads. KNO

Haj forms available on HCoI's official website from today

SRINAGAR, FEB 10

Haj 2023 forms will be available online free of cost from today onwards on the official website of Haj Committee of India (HCoI).

"Haj forms have been made available on the official website of HCoI: <https://hajcommittee.gov.in/haj23>," HCoI Member, Er Aijaz Hussain told news agency. He said the forms are absolutely free of cost as already announced by the HCoI under its Haj policy 2023.

Er Aijaz said all the steps will be taken to provide as much as possible relief to the pilgrims performing Haj 2023. He said that under the Haj policy 2023, 25 Haj Embankment points will be set up across country to facilitate the pilgrims by all means. This year, as per the bilateral agreement between Government of India and Saudi Government, over 1,75,000 pilgrims will perform the holy pilgrimage of Haj 2023. Pertinently, HCoI has already abolished the VIP quota under which 5 to 10 persons were allowed to perform the pilgrimage. This year, there is no such quota. Er Aijaz reiterated that this year, pilgrims above 70 years of age will be given priority.

He said HCoI is taking every step to make Haj 2023 cheaper with all possible best facilities available for the pilgrims visiting both holy cities of Makkah and Madina. KNO

Six years on, PHC building awaiting completion in Budgam's Khanshab

BUDGAM, FEB 10

About six years after the work on the new building of Primary Health Centre in Budgam's Khanshab was started, the hospital building is still incomplete.

Currently, the Primary Health Centre Hardu Panzoo in Khanshab catering about 30 villages is functional from an old building with less space causing hardships to staff as well as patients.

Locals told news agency that work on the new building was started in 2017 and it has not been completed till now. They said that while the PHC is functional round the clock throughout the week, the health facility lacks basic amenities.

Mohammad Ayoub, a local, told KNO that the centre lacks USG machine, digital x-ray machine and an analyzer. In absence of the facilities, patients are presently forced to visit a sub district or district hospital taking a toll on them.

Locals said that around 80 percent of the work on the new building has been already completed but it has been left incomplete as of now.

"They demanded that the government must complete the pending work on the health centre at the earliest and should shift the centre to a new building where all kinds of facilities will be made available to the patients."

They requested Deputy Commissioner Budgam and CMO concerned to look into the matter at the earliest and take immediate steps regarding this issue. KNO

Ganderbal boy enters 'India Book of Records' for tech innovation

GANDERBAL, FEB 10

Eighteen-year-old boy from central Kashmir's Ganderbal district has brought laurels to the Union Territory by entering the 'India Book of Records' for tech innovation.

Aquib Ahmad Shah of Safapora has made the 'seat belt ignition' for cars that will ensure the safety of the people, particularly the drivers, thereby minimising the loss of precious human lives due to accidents.

Aquib, a 12th-class student of Government Higher Secondary School, is the first youth of Kashmir whose name has entered the 'India Book of Records' in the 'Innovation and Technology' category.

"Since childhood, I used to open up toys and other electronic devices at home, for which my parents used to scold me. However, this habit yielded positive results after the Mankh Awards competition by the Department of Science and Technology, Government of India, was announced where I won the Inspire Award for four consecutive years," Aquib told the news agency.

Recently, Aquib applied for the innovation conclave at IIT Kanpur, where his idea was selected. He attended the recently-held 'Innovation Hunt' held at Sri Pratap College and also sent an innovative idea for review to the University of Kashmir's Incubation Centre.

Meanwhile, SSP Ganderbal Nikhil Borkar who was accompanied by DySP Hqrs G J Hassan felicitated the Aquib at DPO Ganderbal.

Aquib "is an inspiration for his fellow students in the area," the SSP said.

He said police appreciated and felicitated the young boy with a aim to promote the local talent and encourage the positive and constructive activities of youth in the area.

The SSP appreciated the young innovator and assured full support for his future endeavours. KNO

Elderly man crushed under moving train in Budgam

BUDGAM, FEB 10

An elderly man was crushed under a moving train in Central Kashmir's Budgam district on Friday afternoon, officials said here.

An official told the news agency that the train mowed down the man between Mazhoom and Budgam section.

He said the man died on the spot. "He has been identified as Mohammad Ismail Dar (70) son of Abdul Ahad Dar of Shapora Wadwar, Budgam," he said.

Meanwhile, police have taken cognizance of the incident and registered a case in this regard. KNO

FROM THE FRONT PAGE...

Not Stone...

Gulmarg is going to be the Centre of Excellence for the winter sports and efforts are on soon "we will achieve the mission"

Addressing the gathering during the inaugural ceremony of 3rd edition of Khelo India Winter Games at Gulmarg, LG Sinha as per KNO said that every effort is being made to bring the skills of J&K youth who are affiliated with the sports on a display as Gulmarg will soon be the Center of Excellence for the winter games.

While congratulating the organizers for making efforts in conducting the mega event, the LG said that it is a proud movement for the Union Territory of Jammu and Kashmir. "I convey my greetings to each member including the Ministry of Youth Affairs and Sports, High Altitude Warfare School Jawahar Institute of mountaineering, J&K Sport's council and the athletes. They are not eligible for incentive under this scheme," the guidelines state.

He said Gulmarg will celebrate the sporting excellence on snow covered slopes and will witness the contests of skill, courage and character of the athletes in as many as 11 disciplines. "We transform the sports tournament into really spectacular event at Gulmarg."

He said that the second Khelo India was a huge success and today on the 3rd National Winter Games event, the whole country is united, and the next five days are going to be a great occasion to strive for the greatest victory to uphold sportsmanship, equality, friendship and respect for the competitors.

"Sports is such a medium which can change everything and it will not change the athletes' behaviour but can change the whole scenario of the world. Just after three months we are going to hold the G20 meeting in Jammu and Kashmir," he said.

He also said Jammu and Kashmir's top sports infrastructure in the whole country as "we have stadiums and play fields in every village." "Our country was deprived of the soft power of sports from last 60 years but fortunately, the efforts of PM Modi paved the way and we are now at the stage of holding the mega sports events. PM Modi gave youth a Naya Asmaan and Naya Panikh," he said.

The LG said that over the years the country has produced a number of sports heroes and it's all because of PM Modi. "Sports can give a new birth to sustainable development and the Sports ministry left no stone unturned to make Jammu and Kashmir a Sports centre of the country."

The LG said J&K Sports Council is doing its best to promote the sports and have covered almost every district and every village.

"The budget for Jammu and Kashmir's sports sector is higher as compared to other states of the country. Maharashtra is known for the highest budget for education and youth sports and if we combine both we are just 49 crores away from that highest budgeting state," the LG said.

The athletes are the role models for the youth across the country, we are looking for the young people to bring an honor to sports field and the country, he said. KNO

Vijay Kumar Bidhuri...

Secretary in the Power Development Department.

Deepika Kumari Sharma, JKAS, Chief Operating Officer, Himayat, holding additional charge of Executive Director, Mubarak Mandi Heritage Society, has been transferred and posted as Secretary in the J&K Shakti Department. She shall also hold the charge of the post of Executive Director, Mubarak Mandi Heritage Society, in addition to her own duties, till further orders.

It added Dr. Ghulam Nabi Itoo, JKAS, Special Secretary to the Government, J&K Shakti Department, has been transferred and posted as Mission Director, Jal Jeevan Mission.

Shahib Hussain Bhat, JKAS, Special Secretary to the Government, General Administration Department, has been transferred and posted as Director, Rural Development, Kashmir. Imam Din, JKAS, Director, Rural Development, Kashmir, has been transferred and posted as Managing Director, J&K Horticulture, Produce, Marketing and Processing Corporation.

It reads Rajneesh Gupta, JKAS, Additional Secretary to the Government, Jal Shakti Department, has been transferred and posted as Chief Operating Officer, Himayat.

Shafiq Sultan, Managing Director, J&K Horticulture, Produce, Marketing and Processing Corporation, has been transferred and shall await further orders of adjustment in the General Administration Department for further posting. Amit Vermani, JKAS, Member, J&K Services Selection Board, has been transferred and posted as Additional Secretary to the Government, General Administration Department," it reads. KNO

After 2-day wet...

Yellowish snowfall was due to dust carried out by winds from central parts of Pakistan and Southern Afghanistan.

"Analysis of 2nd Generation Weather Satellite (Meteosat-9) of EUMETSAT (European Operational Satellite Agency) confirms that Yesterday's Yellowish and Dusty Snowfall over some parts of north Kashmir was dust carried out by winds from Pakistan and Southern Afghanistan, which started around 7 PM IST," it said.

It further added that the dust travelled northeast wards

and reached north Kashmir around 02:00 AM.

Moreover, over 1000 vehicles have been stranded along the 270-km-long Srinagar-Jammu highway since last night after the authorities decided to close the vehicular movement due to landslides and shooting stones, triggered by heavy rainfall in several places in Ramban district, officials said.

An official told KNO that due to heavy rainfall, mudslides at Cafeteria-Mehar, Ramban and shooting stones at Panthyal and other locations, the traffic was suspended approximately on Thursday 06:00 pm.

Meanwhile, people stranded at Panthiyhal has suffered much damage due to continuous shooting stones," he said. He said around 1000 vehicles both heavy motor vehicles and light motor vehicles, are stranded on the highway.

He said if weather permits, the stranded vehicles will be allowed to move to their destinations only.

Nonetheless, the passengers complained of inconvenience along the road.

"Thousands of passengers are facing grave inconvenience due to the closure of the highway. One can only hope that the weather improves and the road is safe for vehicular traffic," said a passenger stranded at Levadora Qazigund.

Meanwhile, people have been advised to undertake journeys on the highway only after confirming the status of the road from TCU Jammu, TCU Srinagar, and TCU Ramban.

It is worth to mention here that Srinagar-LCU highway and Mughal Road continues to remain closed since the first week of January in view of the snowfall. KNO

Govt teacher arrested...

The news agency that a complaint was registered in Gursai police station in which it was submitted that the teacher had molested and misbehaved with two minor girl students of the school after which a case was registered against him and was subsequently arrested.

They said that further investigation into the matter is going on.

The teacher has already been suspended by Zonal Education Officer Bhatkote, who also visited the school after the incident. KNO

J&K PSC now...

appointment of its chairman and eight other members in 2020. Sharma, who completed his term, was replaced by Satish Chandra in 2022.

All other members excluding Zubair Ahmad Raza who were appointed in 2020 by the J&K administration have completed their tenures.

Those appointed in 2020 included Ahad-ul-Mujtaba, Syed Iqbal Aga, Subash Gupta, Prof. Des Raj, Sameer Bhattari, Prof. Showkat Ahmad Zargar, Dr. Farooq Ahmad Lone and Zubair Ahmad Raza.

It is pertinent to mention that the J & K government in May 2022 had appointed a committee headed by Chief Secretary for making suitable recommendations for selection of chairman and members of Jammu and Kashmir Public Service Commission.

The CS-led panel consisted of Financial Commissioner (Additional Chief Secretary), Agriculture Production Department, Financial Commissioner (Additional Chief Secretary), Home Department, Financial Commissioner (Additional Chief Secretary), Finance Department and Principal Secretary to the Government, General Administration Department. KNO

Government takes...

and urbanization, ensuring that the region remains sustainable and ecologically sound for generations to come.

"Developing J&K Soil and Land Resource Information (JKSLRI) system for Planning and Soil Health Information is one among the 26 projects, which were approved by the Jammu and Kashmir administration after being recommended by the UT Level Apex Committee for holistic development of agriculture and allied sectors in UT of J&K. The prestigious committee is being headed by Dr Mangala Rai, Former DG, AR&H and has other luminaries in the field of Agriculture, Planning, Statistics and Administration like Ashok Dalwai, CEO NRAA, Dr. P. K. Joshi, Secretary, NAAS, Dr. Prabhat Kumar, Horticulture Commissioner MOA and F.W, Dr. H S Gupta, Former Director, IARI, Atal Dulloo, ACS, APD besides Vice Chancellors of twin Agriculture Universities of the UT."

The project will be executed in several phases, starting with intensive soil survey, soil sampling and analysis followed by ground truthing and data analysis. It will also include collection of soil monoliths and analysis of soil, water and plant samples. These interventions will result in generation of data at panchayat level, intensive soil mapping, creation of a web-based soil information system and land evaluation for crop suitability and alternate land use.

The JKSLRI project is expected to have a significant impact on the region by providing the most comprehensive and up-to-date information on soil and land resources. It will also create an atlas of soil and land resources repository and make information accessible to all. The policy document on agriculture and urbanization will ensure a sustainable

ecosystem for generations to come, while the efficient use of fertilizers and micro-nutrients will lay the foundation for organic production.

This project is not only crucial for food security and achieving Sustainable Development Goals but also a testament to the government's commitment towards deploying cutting edge and future-ready technologies in the agriculture sector. The project will have far-reaching benefits for farmers, researchers, natural resource managers and other stakeholders in the region.

Avalanche hits Gurez...

Kashmir valley due to the accumulation of snow.

State Disaster Management Authority (SDMA) have already issued an avalanche warning in Bandipora district and urged people living at upper reaches to remain cautious and not to venture out in slopes, hills areas, or avalanche-prone areas till the weather improves.

On January 12 this year two labourers working with a Hyderabad-based Mega Engineering & Infrastructure Limited (MEIL), which is executing the work on Zojila Tunnel under a hill, died in a snow avalanche in central Kashmir's Ganderbal district.

Two Polish skiers were killed while 19 other foreigners from Russia and Poland and two local guides were rescued on February 2 as a snow avalanche hit the Affarwat peak in the famous ski resort of Gulmarg in northern Kashmir.

JKBOSE 10th...

Similarly, the examination of class 11th students in soft zone areas will commence from March 6 of 2023 and will culminate on April 19 respectively.

Also, the examination of class 12th students will commence from March 8 and will culminate on April 2 of 2023.

Notably, this will be the first Board examination conducted in March month post adoption of National Academic Calendar and implementation of National Education Policy (NEP) 2020 by the Jammu and Kashmir government.

As already reported, the JK Board has already notified the soft and hard zone areas of Jammu and Kashmir division.

As per the BOSE figures, around 444 schools- 309 in Jammu and 135 in Kashmir division fall in hard zones while seven zones of Kargil district and whole Ladakh area fall in hard zones.

In Kashmir division, 43 schools of Anantnag, Bandipora 19, Kupwara 32, Kulgam 28 and 13 schools in Budgam fall in hard zones.

In Jammu division 50 schools of Kishtwar, Reasi 47, Rajouri 7, Poonch 20, Doda 56, Ramban 64 and 65 schools of Udhampur fall in hard zones.

The examination of students in hard zone areas is scheduled to commence from April, 2023.

Rain in Ramban...

The fresh shooting stones badly damaged an iron tunnel setup at this point to facilitate traffic in Panthiyhal area, they said.

Efforts are underway to remove the debris from the landslides, they added.

Indian teams working...

MEA spokesperson Arindam Bagchi in a tweet posted videos of Indian personnel treating patients at the field hospital and posted, "The Indian Army team of medical specialists is on the job 24x7, providing relief to those injured."

India's technology...

In May 2014, one of the first major decisions was to introduce self-attestation and do away with the practice of getting documents attested by gazetted officers.

Similarly, breaking the taboos of the past and doing away with the British legacy, the Prime Minister unlocked the Space killer for public-private participation, which led to over 130 Start-Ups registrations with ISRO and 8 of them even got seed funding from ISRO.

Referring to today's satellite launch by ISRO, Dr Jitendra Singh said, after the unlocking of the Space Sector in June 2020, now young boys and girls are visiting ISRO facilities and launching their own satellites. Today, the Indian Space Research Organisation (ISRO) successfully launched its second developmental flight of a Small Satellite Launch Vehicle - SSLV-D2 - and placed three satellites in its precise orbit on February 10 morning. The three satellites are ISRO's Earth Observation Satellite - EOS 07, U.S.-based firm Amaris' Jas and Chennai-based space start-up SpaceKidz's zvaadISAAT.

Regarding triggering the government campaign into a mass campaign, Dr Jitendra Singh said, an announcement from the Ramparts of the Red Fort in 2014 to build toilets in each household caught the imagination of the people and soon Swachhata became a true Jan Andolan.

Apni Party registers its protest against bulldozing drive

Holds sit-in protests at the district headquarters across J&K



JI NEWS SERVICE JAMMU, FEB 10: Apni Party on Friday held sit-in protests – against the ongoing demolition drive by the administration – at the district headquarters across J&K.

According to a press note released here, "Party's district leaders and senior

workers led the sit-in protests at the district headquarters across the J&K. The sit-in protests at multiple places were meant to register a strong objection, on behalf of the party, against the administration's ongoing demolition drive."

It further said, "Apni

Party demands the immediate stoppage of the bulldozing drive. The party is not against retrieving large chunks of land occupied by the land mafia, but we demand regularization of the small amount of State/Kacharai land, which has been in possession of common people for

decades or in some cases for more than a century."

"In the Valley, the senior party leaders – Usman Majid, Javid Mustafa Mir, Abdul Majeed Padder, Raja Manzoor, Khursheed Ahmad Khan, Noor Mohammad Sheikh, G M Mir, Tariq Ahmad Veeri, and Javid Ahmad Mir – led the sit-in protests respectively in Bandipora, Badgam, Kulgam, Kupwara, Baramulla, Srinagar, Pulwama, Anantnag, and Ganderbal," the press note said.

"While as in Jammu region, Manjit Singh led the sit-in protest in Jammu and Samba districts; Advocate Harpreet Singh in R S Pora; Pushap Dev Uppal in Jammu (Rural); Satpal Chalotra in Udhampur; Anil Kumar in Badhawah; Bashir Khaki in Poonch; Sofi Aslam in Rajouri, and in Kishtwar led by Umer Mingnoo," the press note added.

Two-Day seminar on 'India's Pathways to next economic powerhouse by 2047' concludes



JI NEWS SERVICE JAMMU, FEB 10: A two-day seminar on 'India's Pathways to Next Economic Powerhouse by 2047' organized by Department of Economics sponsored by the Indian Council of Social Science Research, New Delhi concludes today at University of Jammu. In the valedictory function, Prof. Raj Kumar Mahajan, the Former Professor, Punjabi University, Patiala, Regional Centre Bathinda, Punjab, was the Chief Guest. He advocated that India has tremendous potential to grow using robust policies to address the challenges of poverty, inequality, unemployment and sustainability which will pave the way to become the next economic powerhouse by 2047.

The Key Note Speakers of the inaugural function were Prof. (Dr.) Balwinder Singh Tiwana, the Former

Professor, Punjabi University, Patiala, Prof. Kuldip Kaur, Chairperson, Ambedkar Chair, and Former Professor, Punjab School of Economics, GND University, Amritsar, Punjab, and Prof. I. C. Awasthi, Former Professor, Institute for Human Development, New Delhi.

Prof. Balwinder Singh Tiwana emphasized on building economic strength and to leverage the drivers of sustainable economic growth and to strengthen the India Rupee vis-à-vis Dollar. The continuous evaluation of short-term achievements of Indian economic performance is essential to plan for long-term goals. India has also to address the fluctuations in FDI and foreign exchange reserves to become the next economic powerhouse.

The Key Note Speakers of the inaugural function were Prof. (Dr.) Balwinder Singh Tiwana, the Former

addressing the problem of climate change for sustainable agriculture. Prof. I. C. Awasthi argued that inclusive growth is necessary to address rampant problems of unemployment and inequalities over the long-term to build a strong economy. The seminar convener Prof. Falendra Kumar Sudan presented a brief summary of two-day seminar, while Dr. Tsering Yangzom presented the welcome remarks and Prof. Sunita Sharma, presented the vote of thanks. Prof. Jasbir Singh appreciated the Head of the Department for his all support to organise such type of events. Dr. Virender Koundal, Dr. Manoj Bhatt, and Dr. Shaluu Selhgal of the Department of Economics were also present.

Today, the six parallel sessions were conducted in which well researched papers on various topics were presented including

the role of Foreign Direct Investment, Digital Educational Initiatives, Export and Import, Rural Governance and Entrepreneurship, Digitalizing Higher Education, Online University Teaching, Agrarian Change, Gender Dividend, Manufacturing Value Added, Corporate Governance, Sustainable Urban Transportation, Financial Development, Digital Empowerment, Digital Transformation of Agriculture, Human Development and Poverty Reduction, Renewable Energy, Nuclear Energy, Water Resilience, Land Sustainability, Food Security, Services Sector, Carbon-Neutral Cities, Fiscal Reforms, Inclusive Development, Entrepreneurship, Innovation, Investment, and R&D and many more topics in becoming the next economic powerhouse by 2047.

The main speakers include Dr. J. N. Balya, Dr. Hemlata Mangani, Dr. K. Rajesh Kumar, Dr. R. Sai Kumar, Dr. Prashant Kumar Choudhary, Dr. Ritu Bakshi, Dr. Preeti Chawla, Dr. Reeti Debnath, Dr. Rajendra Prasad Meena, Dr. Om Raj Katoch, Dr. Neelam Choudhary, Dr. Shilpa Gupta, & Dr. Shayan Javed, Dr. Rashi Tuggar, Dr. Sandeep Kaur, Pabitra Kumar Jena.

One day workshop held at Jammu University



JI NEWS SERVICE JAMMU, FEB 10: A one day workshop was organized at Jammu University by Directorate of International Quality Assurance in collaboration with Mission Directorate RUSA & K the state nodal agency for AISHE scheme.

The workshop was

attended by Nodal Officers (AISHE) all private and Govt Degree Colleges, Shri Mata Vaishno Devi University and experts from Higher Education Department Ministry of Education, New Delhi.

The welcome address was given by Dr. Ginny

Dogra University Nodal Officer Aishe/Deputy Director DIQA, Jammu University. Director College Development Council Dr. Rajeev Rattan was Chief Guest on the occasion who hailed the organisers for conducting such program. Ms Anita Sirohiwal, Joint Director.

Mission Director RUSA J&K in his address Elaborated the role of AISHE data in RUSA funding.

Joint Director, Planning and Monitoring from Ministry of Education in her speech deplated upon the changes made in Web DCF to make it user friendly.

The technical session of workshop was conducted by Mr. Shivam Panday, Research Assistant, Mr. Vikas Mehta, Data Analyst and Mr. Sanjeev Kumar, Data Analyst experts from Ministry of Education.

Technical session was followed by queries session where technical issues faced by colleges with regard to uploading of data were resolved. Vote of thanks to participants and organisers was presented by Dr. Asif Iqbal coordinator AISHE, J&K.

Society must be driven by the principles of Antyodaya: BJP

Sham, Priya, Munish listen to public grievances

JI NEWS SERVICE JAMMU, FEB 10: Society will be healthy when it is driven by the principles of Antyodaya, which means the rise of the last person in the row stated senior BJP leaders, while they continue BJP's mission to resolve the issues faced by the residents of Jammu & Kashmir.

J&K BJP Vice-President & former Minister Sham Choudhary, BJP NEM & former Minister Priya Sethi and BJP All Morcha Incharge Munish Sharma, listened to the public grievances and took up the same with the concerned department officials for their early solutions at BJP headquarters, Trikuta Nagar, Jammu.

Numerous individuals and deputations visited the BJP office to meet the party leaders and narrate their woes & problems. The issues presented by common masses before the senior party leaders were related to PHE, PWD,



Rural Development, Revenue, Irrigation & Flood Control, Education, Agriculture etc.

Presented issues were on the spot, taken up with the heads of these departments by Sham Choudhary, Priya Sethi and Munish Sharma telephonically and they were impressed with immediate solutions.

Sham Choudhary, while

listening to the issues stressed that the leaders have tried sincerely to provide the best possible solutions presented by masses in the grievances camps. He said that BJP believes that a society could only be healthy when it ensures the rise of the last (deprived and neglected) person of the society.

Priya Sethi, on the occasion,

said that BJP holds the issues faced by the masses in high esteem and believes that they should be promptly taken care of for the realization of a healthy society.

Munish Sharma stated that many of the issues presented today were solved on the spot whereas other issues are impressed for their early solutions.

DLC organises " Induction Programme for freshers of LL.B 3year (Prof.) Course

JI NEWS SERVICE JAMMU, FEB 10: Dogra Law College organized Induction programme to welcome the new entrants who have joined the college for the session 2022 - 23. Th. Gulchain Singh Charak, Chairman; Dogra Educational Trust was the Chief Guest on the occasion. The programme started with the lighting of the traditional lamp by the dignitaries followed by Saraswati Vandana.

Prof. V.P. Magotra, Principal, Dogra Law College welcomed the students. He briefly highlighted the history of the Dogra Law College. He apprised the students about the rules of the college and the achievements of the students who have brought laurels to the college.

Ms. Parema Bakshi, Faculty member of Dogra Law College made a PowerPoint presentation on the vision, mission, rules, values, curricular and co-curricular activities including the facilities available in the college. Prof. Darshana Sharma, Director, Dogra Group of Colleges and Campus Development addressed



the students and congratulated them for successfully qualifying the JUET Entrance Examination and becoming a part of the Dogra Law College. She threw light on the facilities and activities which are peculiar to the college and impressed upon the students to make use of these facilities. Special felicitation ceremony was also organised for NCC Cadets namely Junior Under Officer Abhishek Sharma, Student of B.A.L.L.B 5 Year Course 7th Semester for Lecture Conducted at Commando Insurgency

and Jungle Welfare School, Gwaldam, Uttarakhand and Cadet Gurbakshish Singh, Student of B.A.L.L.B 5 Year Course 7th Semester for representing J&K and Ladakh in Republic Day Parade 2023.

Two senior students of Dogra Law College shared their experiences with the new entrants. The Esteemed Chief Guest Th. Gulchain Singh Charak, Chairman, Dogra Educational Trust emphasized on maintaining discipline by the students which will help them in their future life. He also

emphasized the importance and recognition of hidden talent of the students which always contribute to the development of self-confidence and self-actualization. He added that Dogra Law College is committed in its endeavor to impart education for the betterment of the society.

The Programme concluded with the vote of thanks presented by Ms. Sumiksha Razdan, Faculty member of Dogra Law College followed by the National Anthem. In the end, sweets were distributed among the students.

'Three star electronics' of Blue Star ACs bags 'Best distributor Award' in North India

JI NEWS SERVICE JAMMU, FEB 10: Ved Sharma of Three Star Electronics, Shastri Nagar Jammu has bagged the 'Best Distributor Award' in North India during the Blue Star Product Launch cum Award Function organized at Chennai.

The award was presented to him during a glittering function attended by an august gathering comprising entrepreneurship doyens and celebrities from across the nation. The honours of award presentation were done by B Thiagarajan - Managing Director Blue Star in presence of Shashi Arora - President & COO, Cooling & Purification Appliances Group; Navneet Sharma and Haridas C-



Executive Vice Presidents. It is pertinent to mention here that M/5 Three Star Electronics is a name to reckon with not only in Jammu and Kashmir but across the northern region of the nation.

The venture was launched by an enterprising and enthusiastic entrepreneur Ved Sharma. Sharma

not only providing profits and dividends to the owner but also creating a huge employment avenue for the unemployed youth.

After receiving the award, Ved Sharma said there is no shortcut to success adding that strong determination, will and hard work are the only keys to success.

THOUGHT OF THE DAY

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

JINDRAH IMAGES

Harness solar energy potential to maximum level

To an utter dismay of the people of the erstwhile state of Jammu and Kashmir, now two Union Territories—J&K and Ladakh, least interest has been given to exploit the vast solar power potential over the years. The reports suggest that two UTs have performed dismally on account of electricity generation from solar energy as authorities have exploited less than one per cent of 111 Gigawatts (GWs) solar power potential during the last four years. This is notwithstanding the fact that the Central government has asked all states and the UTs to harness solar power potential to its maximum level. The installed solar capacity of Jammu and Kashmir is 48.90 MW, while Ladakh, which is considered as solar capital of the country, is having just 7.80 MW installed solar capacity. The erstwhile state of Jammu and Kashmir has a solar power potential of 111.05 GW and it is the second highest in the country after Rajasthan which has the solar energy potential of 142 GW. Ladakh has not generated even single additional Megawatt electricity during the last one year despite the fact that it has a large potential of 100GW solar energy alone, therefore failing to contribute in the country's total installed capacity, notwithstanding two major projects with potential of generating 7500 MW of solar power (now revised to 10,000 MW) were sanctioned for the region about eight years ago. On the other hand, Jammu and Kashmir has doubled its installed solar capacity from 24 MW to 48 MW in the last one year and it has shown some progress while exploiting its solar power potential. Jammu and Kashmir has been provided Rs 64 crore by the Union ministry of New and Renewable Energy from year 2019 to year 2021 under different schemes for harnessing the solar power potential. An amount of Rs 12.41 crore has been released to Ladakh under various schemes to increase its installed solar capacity for the period. The Central government has sanctioned two major projects with the total solar power generation capacity of 7500 Mega Watts for Ladakh region. After deliberations, the Central Government had planned to raise the capacity of this proposed solar park in Ladakh to 10 GW from 7.5 GW announced earlier. The Solar Energy Corporation of India (SECI) had issued a tender for development of 7500 MW Solar PV Projects in Leh and Kargil districts on December 31, 2018. As per the tender documents, implementation time for the project was 48 months from the effective date of Power Purchase Agreement. The projects were proposed because Ladakh, the cold desert of the country, received the 'best solar radiations' in the country but the projects have remained entangled in technical and administrative glitches. The Government of India should conduct a probe as to why these projects have failed to take off even after the lapse of eight years. The responsibility must be fixed while expediting measures to harness solar power potential.

BALLOON TURBULENCE DEEPENS US-CHINA DISCORD

By sending the balloon, China wanted to convey a message of strength that it was capable of reaching the heart of the US mainland and Washington would have to take into account Beijing's concerns if it sincerely wanted a dialogue on establishing peace and cooperation with it.

YOGESH GUPTA

ON February 3, US Secretary of State Antony Blinken called up Wang Yi, Director of the Chinese Communist Party's Central Foreign Affairs Commission, to tell him that he was postponing his scheduled trip to China as by sending a balloon over the US airspace, China had indulged in an "irresponsible act and this action is detrimental to the substantive discussions" that they were prepared to have. He said the trip would be rescheduled once the balloon turbulence was over.

However, Wang said it was a civilian airship sent for meteorological research and had accidentally strayed from its planned course into US airspace due to strong westerly winds and its limited self-steering capacity. "China is a responsible country and has always strictly abided by the international law," he added.

But the Americans found that the balloon, which entered the US air defence zone north of the Aleutian islands on January 28, moved largely over land across Alaska, Idaho, Montana, Carolinas and then towards the Atlantic Ocean. The balloon had flown over certain sensitive sites to collect information, including over Montana, which is home to about 150 inter-continental ballistic missile silos.

Typically, the balloons fly above 80,000 to 1,00,000 ft, but the one sent by China was flying low enough at about 60,000 ft to be noticed by the civilians. The journey of the balloon over so many days over the US landmass provoked widespread anger and many questions such as why it was detected so late by the defence authorities, were there gaps in the US security which permitted the balloon to fly undetected, why the Chinese took such a brazen step a few days ahead of Blinken's planned trip and what intelligence it had collected.

It is common for countries such as the US, China and others to conduct surveillance on their adversaries, but it is done discreetly. According to media reports, China had conducted similar surveillance on military assets of Japan, India, Vietnam, the Philippines and



Taiwan earlier.

US President Joe Biden's political adversaries, the Republicans, had a ready fodder to attack him asking why he had not shared the information with the people before the balloon was noticed by the civilians, why he had delayed its shooting, why the sensors in the US airspace had failed to detect this balloon and what if such balloons were used by the US's adversaries to send nuclear or other explosives into the country to cripple sensitive installations.

Pentagon's defence that there had been other instances of similar balloons flying over the US airspace during the Trump administration (matters were detected later) made matters worse, some saying that Biden was too soft towards China. There was a consensus that Blinken's visit could not be permitted till the investigation into the debris of the balloon shot down on February 6 was complete. Also, that China could not be allowed to violate the US sovereign territory without paying a cost.

The Chinese government was equally aggressive. China's vice foreign minister Xie Feng in a representation to the US Embassy in Beijing said this was "entirely an accident caused by force majeure and the US deliberately exaggerated it. Its armed attacks on the balloon were irresponsible and unacceptable". Also that Beijing reserved the right to respond similarly to future incidents of this

kind.

Various theories are doing rounds on why China indulged in such a brazen and risky adventure few days before Blinken's visit. Most plausible one is that China had got tired of aggressive actions by the US before each high-level meeting, sanctioning or blacklisting some Chinese organisations, companies and officials. There has been a sharp increase in the US provocations against China in recent days, including the sailing of the USS Chancellorsville, a guided missile cruiser, in the South China Sea to exercise the freedom of navigation, approval of \$10-billion weapon sales to Taiwan, setting up of a House Select Committee on China (which distinction even the old Soviet Union did not get) targeting Beijing. The USA's encouragement of Japan's militarisation, new alliance to prohibit the sale of microchips to China, setting up of a new military base in China's vicinity in Guam and acquiring four new bases in the Philippines had also come to Beijing's adverse notice.

Some Chinese leaders believed that the US had pushed China on the back foot by these military and economic initiatives and was trying to clip China's wings and even preparing for a war. There was a view that high-level meetings with US officials had become a ritual with glorified photo opportunities and Washington was not taking Beijing seriously. By sending the

balloon, China wanted to convey a message of strength that it was capable of reaching the heart of the US mainland and Washington would have to take into account China's concerns if it sincerely wanted a dialogue on establishing peace and cooperation with it.

As the US-China rivalry deepens, the asymmetry in their thinking and mutual perceptions has only worsened. While the US considers itself as the sole superpower and the guardian of the present international order, China considers itself to be an equal and wants enough space from Washington to accommodate its interests. The latter does not accept China's claim and believes that if Beijing wishes to benefit from its economic, trade and technological cooperation, it should stop behaving as a rival and accept its terms. Given the wide disparities in their outlook, the balloon incident will further strain the Sino-US relationship with growing political consensus in the US to pushback China in political, economic, technological and military realms. If the investigation into the debris of the balloon reveals that China had intended to collect sensitive information about the US strategic installations, there would be demands to make Beijing pay for indulging in this affront. Given that Chinese President Xi Jinping revels in aggressive policies, any further US sanctions would only harden China's opposition to US policies.

Neglecting MGNREGS undermines workers' rights

ZOYA HASAN

The words 'rights' and 'equity' are conspicuous by their absence from the numerous assertions and claims made by leaders of the National Democratic Alliance (NDA) with regard to their achievements in countless speeches and advertisements. A year ago, the Prime Minister stated that there was far too much emphasis on rights, and not enough on duties — even though the Constitution doesn't place them on an equal footing. The realignment of rights and duties is not just about giving greater attention to duties; it is about giving less importance to rights.

This is evident from the niggardly attitude towards the Mahatma Gandhi National Rural Employment Guarantee Scheme (MGNREGS) and the constantly abridged budgetary allocation for it, which is tantamount to a disregard of this right. This has consequences for the larger issue of rights as it affects the well-being of the most vulnerable sections of our society. The Mahatma Gandhi National Rural Employment Guarantee Act (MGNREGA), passed in 2005, was a path-breaking legislation aimed at providing guaranteed employment to rural citizens. It was the single largest rural employment scheme in independent India. It provided only 100 days of employment in a year and, that too, for just one member of a rural household, but the important thing is that it conferred an economic right, which means employment had to be provided on demand, and if the state could not deliver 100 days of work, then the person seeking employment had to be paid compensation.

The MGNREGS continues to be deeply relevant as millions of rural households have gained employment through it. It is particularly vital in times of economic stress and, hence, it is important to make a budgetary provision for the full 100 days and, perhaps, expand it to 150 days of work, given the prevailing dismal employment conditions in the country. The government violates workers' legal rights every time it does not match the funds to demand or does not pay wages on time.



However, this scheme has been hit hard by budgetary cuts. This started during the tenure of the Congress-led United Progressive Alliance (UPA) government itself, even though it had introduced the scheme; allocations practically froze during its second term, making no allowances for the rising prices or the increase in the number of job seekers.

But the NDA government has stretched the practice of making low budgetary allocations to the limit, which has weakened the legal guarantee of timely payment and employment. This comes at a time of rising unem-

ployment and increased inequality in India. Both the World Inequality Report-2022 and Oxford Inequality Report-2023 show India as one of the most unequal countries in the world in terms of incomes and assets. India registered the fastest increase in economic inequality in recent years, even as access to a number of social protection programmes has been severely undermined on the one hand, via restricting allocations and on the other, through the dilution of schemes, such as MGNREGS and even those that form part of the National Food Security Act.

This government has been lukewarm towards the MGNREGS in the last nine years. The Prime Minister spoke derisively about it in Parliament. The Finance Minister mentioned it only once (in the context of work for mangrove conservation) in her Budget speech this year. But the NDA government has not abolished the scheme; it has strangled it through low allocations. The budgetary allocation has been cut by 30 per cent to Rs 61,032.65 crore for 2022-23, the lowest in the past four years. It is lower than the budgetary estimate of Rs 73,000 crore for 2022-23. It is the second straight cut in the scheme's budgetary allocation as in the Budget-2022-23 also, the allocation had been cut by 25 per cent to Rs 73,000 crore from the revised estimate of Rs 98,000 crore.

The gradual decrease in the budgetary allocation for the MGNREGS has created doubts about the government's intentions. By cutting down the funds, the government sends out a signal that it wants to spend less on this scheme as opposed to the others, which means fewer initiatives can be undertaken under this scheme. Reduced funding also makes it difficult for the government to keep its promise of 100 days of employment, which is crucial for the survival of rural households. The average days of work offered is actually much below 100 days and, frequently, employees will not be able to get work even

for half a year.

By law, it is a demand-driven scheme but the continuous decrease of funds has reduced its potential effectiveness. The government has always claimed that the actual allocation would be increased if it was found that a large number of persons were asking for employment under the scheme. While supplementary allocations for the MGNREGS have been increased substantially at the revised estimates stage, a low initial outlay acts as a discouragement. It diminishes demand, in fact, chokes it, which becomes a justification for the low initial budgetary allocation for the scheme. Even if the allocation gets increased later because of higher demand, this increase takes time, which means that wage payments as well as material costs will be delayed and workers get pushed into 'forced labour' in the intervening period. Furthermore, almost half of the budget allocation is spent on clearing arrears. Consequently, the flagship scheme runs out of funds halfway through the financial year even for those who want work.

According to an analysis by Peoples' Action for Employment Guarantee (PAEG), a research and advocacy group, 21 per cent of the budget over the past five years has gone into clearing the arrears of previous years. In the current financial year 2022-23, the unpaid dues stand at Rs 16,070 crore. Hence, the PAEG demanded that the Centre allocate a

Samantha Ruth Prabhu's Shaakuntalam release postponed; reason for delay not revealed. Check out new date

Actor Samantha Ruth Prabhu's upcoming Telugu film Shaakuntalam, which was supposed to be released in cinemas on February 17, has been postponed by a couple of months. The film's makers on Friday confirmed that the film will now hit screens worldwide on April 14. Without revealing the exact reason for postponement, the makers unveiled a new poster with a release date.

In Shaakuntalam, Samantha plays the central character Shakuntala, daughter of Menaka and Viswamithra. The film, produced and directed by Gunasekhar, will be released in Hindi, Tamil, Malayalam and Kannada. This project marks Samantha's maiden collaboration with Gunasekhar.

In 2020, speaking at the launch of the movie recently, Samantha said that this will be her dream project and dream role. The trailer of Shaakuntalam was released in January. Speaking at the event, an emotional Samantha said her love for cinema hasn't changed amid all the recent life struggles. She said she gathered all her courage to attend

the event. In her speech, Samantha spoke about how her love for cinema hasn't changed amid all her life struggles in recent past. She was talking about her rare autoimmune disease called Myositis which she has been diagnosed with since last November.

"No matter how many struggles I face in life, one thing won't change. That's how much I love cinema and cinema loves me back. I strongly believe that this love will grow manifold with Shaakuntalam," she had said.

Samantha was last seen on screen in Telugu action-thriller Yashoda. In the film, Samantha played a surrogate mother who won't stop at anything to protect her child. The film turned out to be a hit at the box-office and had grossed around 740 crore during its theatrical run. Recently, Samantha joined the sets of the Indian adaptation of Amazon Prime's upcoming web series, Citadel. She will be sharing screen space with Varun Dhawan in the show, which is being co-created by Raj and DK.



6 Binge-Worthy Shows That You Just Cannot Miss



The year 2023 is here with a bang! With several promising web shows for both kids and adults, the OTT platforms are brimming with content. But to save you from the trouble of scrolling through a plethora of content to land on one particular show, we have curated a list of binge-worthy shows that you just can't stop watching.

'Class' (Netflix)

'Class' is the official India-based adaptation of the Spanish thriller series Elite, executive-produced and series directed by Ashim Ahluwalia. This adaptation by Ahluwalia is set in contemporary New Delhi and is a grimier, more realistic and socially-charged take. Produced by Future East Film (Ashim Ahluwalia and Niharika Singh) in association with Bodhi Tree and adapted by Ashim Ahluwalia, 'Class' explores the rise of the Indian rich and a world of extreme disparity, following the students through their struggles with sex, drugs, religious difference, homophobia, trauma, friendship and love. 'Class' Has opened to great reviews both in India and abroad with positive word of mouth since its release.

'Farzi' (Amazon Prime Video)

'Shrinking' (Apple TV)

'Marvel's Moon Girl And Devil Dinosaur' (Disney+ Hotstar)

'Trial By Fire' (Netflix) 'You 4' (Netflix)

KARAN TACKER RECALLS GOING THROUGH FINANCIAL CRISIS: WE HAD A TOUGH TIME MAKING ENDS MEET AS A FAMILY

It's been fifteen years since actor Karan Tacker entered the world of showbiz. While the actor has made a name for himself with his work on TV and OTT platform, he has never spoken about the days when he had to struggle. Not many are aware that before becoming an actor the Mumbai lad wanted to pursue his father's business.

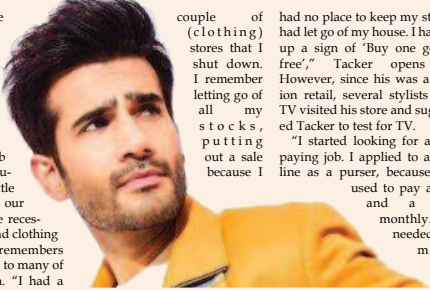
For the first time, Tacker talks about his life before he became an actor. "I had a business with my dad," he recalls, adding, "The world hit recession in 2008, and that's when my entire busi-

ness went down. We had a tough time making ends meet as a family. At that time I started scouting for jobs. From my education I would have probably gotten a job for twenty five thousand, which was little for the kind of debt our business faced in the recession." Tacker, who had clothing stores back then, remembers how the downfall led to many of them shutting down. "I had a

couple of had no place to keep my stock. I had let go of my house. I had put up a sign of 'Buy one get six free,'" Tacker opens up. However, since his was a fashion retail, several stylists from TV visited his store and suggested Tacker to test for TV. "I started looking for a high paying job. I applied to an airline as a purser, because they used to pay a lakh and a half, monthly. I needed that money

to make ends meet at that time. But, I got an ad for a face cream brand which paid me a lot of money. I got 3 lakhs, 12 years back. 3 lakhs for 22 days was like... I told my Dad, that I should work this out because this will pull us out of misery," Tacker reveals. The Khakee: The Bihar Chapter actor shares he soon started doing advertisements in Gujarat for two to three thousand rupees per day.

"For five and six years I was only earning money to pay the debt of the business. After 6 odd years I started making and saving money," he ends.



DaDa review: Enjoyable coming-of-age drama about accidental parenthood



The subject of parenthood, especially in mainstream cinema, has mostly been told from the perspective of a woman. Rarely, we've had a film where the story has focused on a man dealing with parenthood and his sacrifices in becoming a good father. Ganesh K Babu's DaDa is an emotional drama about a young man dealing with becoming a parent, out of the blue, with a lot of maturity. This is also a moving coming-of-age drama of an aimless, college-going youngster thrust into embracing fatherhood when the entire world, including his family, has given up on him.

The film opens with the shot of Kavin and Aparna lying together. Kavin is still sleeping and Aparna just enjoys looking at him while we hear a couple in the neighboring flat arguing early in the morning. Cut to the next shot, Aparna is crying as learns that she's pregnant and Kavin suggests that she should abort the baby as they aren't ready to be parents yet. Aparna is against the idea of abortion. Kavin and Aparna decide to move in together and take refuge at a friend's house. As they get ready to embrace parenthood, living together becomes a hassle as they end fighting over little things. It reaches a point where Kavin blames Aparna for making their lives so miserable when he warned her about keeping the baby. Kavin is forced to raise the baby alone.

The most refreshing aspect of DaDa is that it sends out a very important message loud and clear - parenthood is gender neutral. Both father as well as the mother play key parts in raising a kid and their roles can't be weighed or compared.

As much as the film sheds light on Kavin raising his son alone and in turn becoming a better person as well as a father, it doesn't try to showcase the mother in poor light. This aspect of the film and the writing is highly appreciable. It also never tries to make the father raising a kid alone a big deal.

Tara Sutaria: I've Always Looked At Love With A Lot Of Love

Bollywood actress Tara Sutaria has spoken about what self-love means to her and said that she has always loved the idea of love.

Tara has collaborated with Bumble, the women-first dating app, to launch a new campaign 'Before anyone else, there was you' ahead of Valentine's Day. To encourage self-love.

Asked about what self-love means to her, Tara said: "I think self-love or loving yourself means so many different things to different people. To me and to so many of us, I know that this will resonate because we all went through a pretty rough time recently when Covid hit the world and I think self-love took a new shape and meaning for all of us.

"All of us learnt to slow down and truly understand ourselves, begin to hear ourselves and therefore, love ourselves. I've always loved the idea of love - call it utopia, idealistic - and I've always looked at love with a lot of love, but I've never really looked at myself with that sort of love so it's taken me a lot to get to where I am today which is learning to really and truly understand every part of myself - the good, the bad, the ugly - everything that comes with being human, I suppose."



Sussanne Khan's sister Farah Khan Ali says she and DJ Aqeel are officially divorced, celebs react

Jewellery designer Farah Khan Ali took to her Instagram handle and confirmed her divorce from ex-husband DJ Aqeel as they finalised it. She is Hrithik Roshan's ex-wife Sussanne Khan's sister. In 2021, Farah announced the news of their separation and received support from her friends and family.

On Friday, Farah posted a couple of happy selfies with Aqeel. She tagged him and captioned it, "We have been declared officially divorced and are happy about it. We wish each other lots of love, happiness and luck in our onward journeys. We will always remain parents to our beautiful children Azaan and Fiza and nothing will change. Grateful for the journey we had together."

Aqeel re-posted the same on his Instagram Stories. Reacting to the post, Sussanne Khan commented, "Love u both" with lost of loved-up emojis. "It's such a beautiful new beginning note... you guys are both such amazing humans... like both of you are, ginormous hearts," Kubbra Sait added. Others such as Twinkle Khanna, Nandita Mahtani, Saisha Shinde, Dia Mirza, Bhavana Pandey, Moez Singh and Elnaaz Norouzi

among others sent their love. Last year, Farah shared on social media, "Sometimes two people grow apart. Sometimes they outgrow each other. It has been 9 years since my relationship with my husband Aqeel changed its status as a couple to just friends and to term it simply would be to state that we are 'Happily Separated'."

"We will always be best friends to each other and parents to our wonderful children Azaan and Fiza and nothing will change. Grateful for the journey we had together."

Aqeel re-posted the same on his Instagram Stories. Reacting to the post, Sussanne Khan commented, "Love u both" with lost of loved-up emojis. "It's such a beautiful new beginning note... you guys are both such amazing humans... like both of you are, ginormous hearts," Kubbra Sait added. Others such as Twinkle Khanna, Nandita Mahtani, Saisha Shinde, Dia Mirza, Bhavana Pandey, Moez Singh and Elnaaz Norouzi

involved. The reason we are announcing it publicly now, is so that the ones who know us accept our situation gracefully and always wish well for both of us especially because we hold no animosity of any kind towards one another and will always be there for each other. Aqeel is and will always be my family as I will be his. We hope that all our well wishers will accept our decision maturely and not judge us for it. It's important to be happy and we all, Aqeel and I including our children and families most definitely are.



Sherlyn Chopra slams Rakhi Sawant, supports her husband Adil: 'Don't know how he landed in this mess but...'

Rakhi Sawant and her husband Adil Khan Durrani's marriage has been making headlines in recent days. After Rakhi accused her husband of domestic violence and also alleged that he was having an extramarital affair, Sherlyn Chopra weighed in on the matter and sided with Adil. Sherlyn had filed a police complaint alleging defamation and sexual harassment against Rakhi last year, who was recently questioned by police in connection with the case.

Amid the ongoing Rakhi-Adil spat, Sherlyn has commented on the matter, accusing the two of doing everything they can to stay in limelight.

In a video shared by a paparazzo on Instagram on Thursday, Sherlyn Chopra shared her views on the ongoing fight between Rakhi Sawant and her husband Adil Khan Durrani. The actor said, "Mai kya bolu inn dono ke baare mein. Lekin itna mai keh sakti hu Adil ke sath kuch samay bitake - police station main - ki woh banda joh hai

shulja hua hai. Pata nahi kaise woh yeh pure jhamale mein fas gaya. But jitni dher maine usse baat ki aaise laga ki woh shulja hua banda hai (I am no one to say anything about Rakhi and Adil's matter, but from what I have learnt about Adil after spending time with him at a police station, he seems like a sorted person, but don't know how he landed in this whole mess)."

Sherlyn continued, "Aur maine boli bhi usko uske mum pe, tum toh suljhe hua lagte ho kaha aagaye tum? Kaisa fas

gaya yeh pure chakkar mein? Aur surkhiyo mein aane ke liye yeh zaroori nahi ki yeh log apas mein khitpit kare ya apne rishtey ka mazak banayee (I even told Adil he looks sorted so what was he doing with her? I feel they should not do such things just to stay in the limelight)."

She further said, "Mai kya bolu? Maine toh unke pati ko apne bhai mana hai. Bhai ke baare mein isi tarah ke baate sunn kar aacha bilkul nahi lag raha. Mai bus chahungi ki joh kuch bhi hai inn dono ke beech



Photo: Anshu Singh

Weight Loss Tips: These Carb-Rich Foods Might Actually Fasten Your Weight Loss



It turns out you should continue eating some carbohydrates despite what we've been told for years. The word "carbohydrate" has a terrible reputation. They are frequently linked to type 2 diabetes, weight gain, and a number of other health issues.

It is true that refined grains and processed diets high in sugar frequently lack necessary vitamins and minerals. Numerous nutrient-dense, fiber-rich meals, however, might really be highly beneficial for your health.

Although some people may benefit from low-carb diets, there is no need to completely exclude high-carb items. In this article, we share nutritious and healthy carb-rich foods that might actually

boost your weight loss.

Add these carb-rich foods to your diet to fasten weight loss:

1. Oats

A very nutritious whole grain, oats are a fantastic source of numerous vitamins, minerals, and antioxidants. Furthermore, oats are a decent source of protein and have a higher protein content than most grains. According to research, eating oats may lower your cholesterol levels, hence lowering your risk of heart disease. In particular for those with type 2 diabetes, eating oats may lower blood sugar levels. Oats are also quite filling, which may aid with good weight management.

2. Barley

Barley, a cereal grain, may have the capacity to raise satiety-related

hormone levels. Boiling barley kernels can alter the microorganisms in your gut, which in turn can increase your metabolism, according to a Swedish study. This starch's high fibre content has also been reported to reduce hunger pangs, according to researchers.

3. Quinoa

Quinoa is a wholesome seed that has gained enormous popularity among consumers who are concerned about their health. It falls under the category of a pseudocereal, which is a seed that is processed and consumed like a grain. Quinoa cooked is a high-carb food since it has 70% carbohydrates. But it's also a fantastic source of fibre and protein. Quinoa has been linked to a num-

ber of health advantages, including better blood sugar control and heart health. Quinoa is high in numerous minerals and plant components.

corn. Being more content will probably cause you to eat less, which will result in consuming fewer calories. They are also a much better alternative to chips

Contrary to common belief, carbs are actually a beneficial addition to the diet if you're trying to lose weight. Try these 6 foods rich in healthy carbs.

Buckwheat

Buckwheat is regarded as a pseudocereal, similar to quinoa. Buckwheat is not linked to wheat, despite its name, and it does not contain gluten. As it contains both protein and fibre, buckwheat is particularly nutrient-dense. Compared to many other grains, it also contains more nutrients and antioxidants. Studies indicate that it might be especially advantageous for blood sugar control and heart health.

5. Popcorn

Next time you're hungry, try popcorn instead of crisps. Researchers from the food and health fields around the nation evaluated the short-term satiety of these two common snacks and discovered that most volunteers reported feeling less hungry and more satisfied after eating pop-

and other ultra-processed snacks.

6. Bananas

Bananas are a popular fruit that people enjoy using in a variety of ways. In addition to being rich in potassium and the vitamins B6 and C, bananas also contain a number of advantageous plant components. Bananas may help decrease blood pressure and enhance heart health due to their high potassium content. Green, unripe bananas have more starch. As the bananas ripen, this changes into natural sugars, which causes the bananas to turn yellow. Therefore, if you consume your bananas while they're less ripe, you'll often get more starch and less sugar.

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Instead of causing weight gain, these foods rich in carbs will help aid weight loss and boost your overall health.

HOW EATING FEWER CALORIES MAY HELP SLOW DOWN THE AGING PROCESS



Restricting calorie intake could help slow down the aging process, according to a study Trusted Source published today in the journal Nature Aging.

Researchers, led by the Butler Columbia Aging Center at Columbia University Mailman School of Public Health in New York, used DNA analysis from blood samples to measure the rate of aging and reported that calorie restriction slowed the aging process.

Participants included 220 healthy men and women in three different sites in the United States. The participants either continued with their regular diet or had a 25% reduction in their consumed calories.

The scientists followed the participants' diet and health for two years and took blood samples at the start of the study and again at 12 months and 24 months.

What researchers found in calorie restriction study The researchers reported a slowing aging process based on three DNA markers.

They said these results could provide a sense of what effects scientists can look for when completing trials for specific weight interventions, such as intermittent fasting.

"This study teaches us that keeping a person's body at a lean weight helps decrease the molecular changes on a cellular level that happen in response to aging," said Dr. David Selzer, an internal medicine specialist at NYU Langone Medical Associates in West Palm Beach and Delray Beach in Florida who was not involved in the study. "With that noted, life is not a test tube. People age for multifactorial reasons such as stress and anxiety, not just their diet."

"I agree that calorie restriction plays a role on the molecular level," Selzer told Healthline. "However, I think finding a healthy balance between caloric intake and daily exercise is more likely to lead to a longer lifespan."

Low calorie intake and healthy aging

The researchers are currently completing a follow-up study to see if calorie restriction has a long-term effect on healthy aging.

"The results make sense to me," said Dr. Raphael Kellman, an internist and functional medicine physician at Kellman Wellness Center in New York City. "However, nutrition studies are notoriously difficult to conduct, particularly long-term, as people naturally have trouble adhering to diets."

"I think you should take into consideration a few things," Kellman told Healthline.

"One, what kind of diet was the control group on vs. the calorie-restricted group? If the control group is overeating or eating a lot of unhealthy foods and the calorie-restricted group is eating a healthier diet, are the results due to the calorie restriction, or would just eating a healthier diet also have a positive impact?"

"Also, it is hard to know whether people are truly adhering to a diet unless their food is strictly controlled and monitored," Kellman added.

Vitamin B12: Why do you need it, how should you take supplements?

A vital nutritional element, Vitamin B12, also referred to as cobalamin, plays a crucial role in supporting various processes in the body. The smooth functioning of the nervous system and the formation of red blood cells heavily depend on adequate supply of Vitamin B12. Furthermore, it prevents anemia, protects the eyes from macular degeneration, regulates DNA and produces energy. These are the reasons why people must ensure sufficient intake of this vitamin in order to maintain health.

A deficiency of this vitamin in the body leads to insufficient oxygen supply to the different parts of the body. It also causes memory problems, weight loss, skin pigmentation, menstruation issues and so on. The body needs a continuous supply of this vitamin to successfully meet all requirements. A pertinent question arises here, what is the exact quantity of Vitamin B12 our body requires every day?

The daily requirement of



Vitamin B12

People above 14 years of age need to consume 2.4 micrograms (mcg) every day. However, the requirement changes with the calorie our body needs at a particular time. For instance, a pregnant woman needs to ensure an intake of 2.6 mcg, and a lactating woman 2.8 mcg daily. In order to maintain health and provide the necessary amount of the vitamin to the body, people must adhere to these standards.

In cases of deficiency, people may notice symptoms such as fatigue, headache, difficulty in concentration and others. This condition can be avoided with the intake of Vitamin B12-rich

foods such as eggs, milk, fish, chicken, peanut, sweet potato, dairy products and so on. However, animal-sourced food products are considered the best source of Vitamin B12.

Deficiency of Vitamin B12

People who strictly follow a vegetarian diet remain at a risk of deficiency. Additionally, congenital diseases and genetic intrinsic factor abnormalities can cause severe vitamin B12 deficiency. Older adults, people with gastrointestinal conditions, and those on certain medications, including proton pump inhibitors and metformin, may need to take a supplement. The noticeable signs of a lack of

Vitamin B12 in the body may include:

- Chronic fatigue
- Shortness of breath
- Pale skin
- Mouth sores
- Bleeding gums
- Constipation
- Diarrhoea
- Loss of appetite
- Joint pain
- Vision loss
- Dementia

So, the deficiency of Vitamin B12 is a serious issue and must be given due attention.

Sometimes, people need to provide this vitamin to the body through supplements, either orally or through Vitamin B12 injections. But the decision to take supplements must be taken after consultation with a doctor. The absorption of vitamin B12 can vary from 56 per cent of a dose of 1 mcg to 0.5 per cent of a dose of 1,000 mcg. Therefore, if someone consumes vitamin B12 less frequently, they will need a higher total amount to achieve desired

absorption.

Oral supplements

Depending upon the level of deficiency, a doctor may recommend a high dose of an oral supplement, up to 1,000 mcg. This can be extremely efficacious in dealing with the situation. Besides, oral supplements are cost-effective and leave almost no side effects.

Injection: In extreme situations and to deal with Vitamin B12-induced anaemia, injections are recommended. The doses depend on the level of deficiency in the body.

The overdose of this vitamin doesn't affect health. The body uses the required amount and excretes the excess amount through urine. An increase in water intake can help release the extra amount of this vitamin in the body. You must take care of your body and keep an eye on abnormal signs. You must adopt a healthy lifestyle and take a proper diet containing all the nutrients.

What Happens When You Cut Down On Sugar Completely? 5 Side Effects To Keep In Mind

We share a bittersweet relationship with sugar. While we love indulging in all things sweet and decadent, it is also touted as the main culprit for several lifestyle-related diseases including diabetes, obesity and more. Sugar and sugary foods are loaded with fat. As per popular belief, fat adds excess calories to our everyday diet. What if we say, it is not exactly how you think? Days of eating on fat are long gone. Now, there are multiple pieces of evidence to support the fact that fat (one of the major macronutrients) plays an essential role in our overall growth and nourishment. In fact, eliminating sugar from our diet completely might come with several side effects.

In this article, we will look into how cutting down on sugar affects your body and how effectively you can include it in your diet. Let's start with understanding what sugar is. What Is Sugar? Sugar, to most of us, is the food ingredient that we add to our meals. What we often fail to understand is the fact that sugar is actually a com-



ound, which when crystallised, turns into a food ingredient. According to www.sugar.org, sugar is sucrose (a mix of fructose and glucose), "a simple carbohydrate that is produced naturally in all plants, including fruits, vegetables and even nuts." For the unversed, carbohydrates help provide energy to your body and fuel the brain, organs and muscles to function and engage in everyday activi-

ties. Hence, experts from across the globe suggest, it is important to include sugar in our daily diet, but in moderation. "Sugar is simple, amazingly functional and it's part of a balanced diet," the website further reads. Photo Credit: iStock/What Is Added Sugar? Added sugar is any form of sweetener that undergoes processing, which further strips off the healthy nutrients from the food. According to

American Heart Organisation, added sugar includes white sugar, brown sugar, honey and all the foods that are manufactured chemically with these ingredients. 5 Side Effects Of Cutting Down On Sugar. 1. Makes us feel low: A cake or chocolate instantly

glucose levels. When there is a lack of this fuel source, you might experience different cognition-related issues. As per studies, it might lead to a lack of concentration, focus and poor memory. 3. Sleep problem: Sleep pattern depends much on our cognitive

know, sugar is a potent source of glucose and glucose helps refuel us with energy. With quitting sugar, the body's glucose level gets affected. This often makes people feel tired and lack energy for work. How To Include Sugar In Your Diet Effectively? 1. Add fruits: Sugar is naturally produced in fruits (and some vegetables). Hence, it is always advised to replace cakes and candies (that have added sugar) with fruits and dry fruits to include healthy fats in your diet.

Photo Credit: iStock2. Swap sweetened drinks: Colas and packaged sweet drinks are also high in added sugar. You can always replace these drinks with freshly pressed fruit juices or simple soda (with mint, lemon etc for added flavours) to enjoy the benefits to the fullest.

3. Read labels before buying: Do you read the sugar content in packaged food every time you buy it? If not, then start doing now! Several foods and condiments sneak in added sugar that might affect our body negatively.

Sugar Effects: We often fail to understand the fact that sugar is actually a compound, which when crystallised, turns into a food ingredient.

uplifts our mood. Have you ever wondered why? As researchers, sugar is known to affect our brain's reward system, further affecting our mood. A study, published in the journal nutrient, finds that sugar triggers the release of dopamine, which instantly gives us a sense of pleasure. When we eliminate sugar from our diet, it often leads to depression, anxiety, untimely cravings and more. 2. Lack of concentration: Brain functions such as thinking, memory and learning are closely linked to the body's

health that is directly linked to the body's glucose level. According to a study, published in the American Journal of Lifestyle Medicine, people who are on a sugar detox diet, lack glucose (in the body) and often experience changes in their sleep pattern. 4. Nausea and dizziness: As mentioned earlier, sugar is fat, which is considered one of the macronutrients that our body needs. A lack of sugar often creates an imbalance, leading to weakness, nausea, dizziness and more. 5. Lack of energy: By now, we all

DC Kishtwar reviews patient care scenario at Rogi Kalyan Samiti meeting



JJ NEWS SERVICE
KISHITWAR, FEBRUARY 10: To review the functioning and patient care scenario in the district Hospital Kishtwar, Deputy Commissioner (DC) Dr. Devansh Yadav, today chaired a meeting of the Governing Body of "Rogi Kalyan Samiti" (RKS).

The meeting was attended by Chief Medical Officer, Dr. Mohammad Yaqoob Mir, EXEN PWD, Ravinder Kumar, EXEN, PHE Sanil Kumar Sharma, Medical Superintendent District Hospital, Dr

Javeda Qazi, BMOs, prominent persons and other RKS members. The DC took a detailed review of the functioning and fund flow of the District Hospital Kishtwar besides the progress of the institution under different indicators. A threadbare discussion was held on the measures required with respect to the up-gradation of the Hospital. The meeting was informed about various issues and requirements for the augmentation of health infrastructure and overall advancement of the

healthcare system in the Hospital. The DC assured all possible support from the Administration for infrastructure development of the Hospital to further improve patient care in the hospital. The Deputy Commissioner directed the concerned to follow the objectives as envisaged in RKS guidelines and stressed for resource generation and strengthening transparent mechanism in utilization of funds. He directed the concerned Tehsiladar to demarcate the land identified for Parking

space in the hospital premises. During the meeting the Samiti approved the enhancement of Honorarium Rs 2000 in favour of HDF employees on a pro-rata basis. The DC asked the officers to work with added zeal and dedication to ensure efficient and prompt health and patient care facilities to the people. The concerned EXENs were directed to ensure the completion of pending repair and construction works in various healthcare facilities including the Eye Block at DH Kishtwar, approaching road to Sub Centre Bhatat, allied works in SC Ligri and Galabgarh and PHC Afti, so that they can be handed over to the Health department for the better health care facilities being provided to the common masses on smooth basis.

2-day Int'l Conference "Science for Survival to Explore the Unexplored Dimensions" held at GCW Udhampur

UDHAMPUR, FEBRUARY 10: Government College for Women Udhampur organized a two day international conference on the theme "Science for Survival: To Explore the Unexplored Dimensions". Principal Secretary, Higher Education Department, Alok Kumar was the chief guest of the event, who joined the conference through virtual mode. Director Colleges, Prof. (Dr.) Yasmeen Ashai was the guest of honor and she also joined through virtual mode. The special guests of the event were Additional District Development Commissioner, Udhampur, Ghan Shyam Singh, Additional SP Anwar-ul-Haq; Dr. Udhay Bhanu, principal GDC Ramnagar, Rajinder Kumar Digra, District Information Officer, the Principals of various government colleges of Jammu division also graced the occasion with their presence. Dr. Monika Sharma, Principal of the college and convener of the conference presented a formal welcome address to the chief guest, guest of

honor, resource persons and other dignitaries. She also welcomed the resource persons who have joined this conference from overseas through virtual mode. In her welcome address, the principal raised the critical global issues and grand challenges such as climate change, pandemics, energy security, water management, and food shortage and she also hoped that the conference will put some light on these issues which eventually will lead to the solutions. Dr. Anita Sharma, co-convener of the conference gave introductory remarks on the theme of the conference. She asserted without science there is no human growth, no technological advances and no knowledge generation and she explained the significance of the conference by expressing her ideas on it. She believed that scientific knowledge, scientific processes are important avenues for researchers to share and discuss research findings. It also acts as a platform to exchange ideas and insights and to network for collaboration and career

development. It can benefit the student in so many ways. Dr. Kewal Kumar, organizing secretary of the conference, briefed the proceedings of the conference. He explained the motive behind organizing such a mega event. He stated that the institution is an undergraduate institute having girl students only and the students mostly belong to rural background. Most of the girls even don't know what a conference is, what happens in a conference? So, this conference is an attempt to ignite the young and budding minds towards scientific approach. The students through this conference shall learn the significance of the research and innovation. Keynote speaker, Dr. OP Vidyarthi (Retd. IFS), former principal chief conservator, Forest department, UT of J&K deliberated on the theme of the conference with the presentation entitled "Decade of Ecosystem Restoration: Challenges of Solution." He argued that there is a need to restore our nature & environment. He further discussed the bio-diversity of the region.

DC Kathua reviews functioning of Health Sector, implementation of govt Schemes

Calls for 100 % saturation of AB-PMJAY, ABHA registration, achieving target of Leprosy, TB free district

JJ NEWS SERVICE
KATHUA, FEBRUARY 10: Deputy Commissioner, Kathua Rahul Pandey today chaired a meeting to review the functioning of the health sector and patient care facilities in the district. The meeting was attended by Chief Medical Officer, Dy. CMO, Medical Superintendent, AH, GMC Kathua, District Tuberculosis Officer, BMOs, besides concerned officers and officials of health department. A threadbare discussion was held on various issues like Health Care achievements, Patient care, ABDM, RBSK, NCD, NVBDCP and other related issues. The CMO gave a detailed overview through

powerpoint presentation and projected various issues regarding present status of AB-PMJAY Cards, institutional deliveries, requirement of ambulances in remote blocks, NTCP, NMBA, PCPNDT Act and other schemes and programmes of the health department. The DC also took feedback about the implementation of various schemes and programmes under the National Health Mission, including RBSK, Leprosy Mukht and TB Mukht Panchayats across the district. The DC asked for focusing on daily monitoring of progress made under AB-PMJAY besides registering beneficiaries under ABHA through door to door sur-

veys. He also laid focus on making a workable action plan to target saturation left out areas by putting in sincere efforts by concerned Block Medical Officers. Expressing his concern about low institutional delivery in the district, DC asked the concerned BMOs to encourage masses to opt for institutional delivery. He said efforts will be made to rationalize availability of the ambulances across the district to cater emergency cases in a better way. During the meeting detailed deliberations on issues like availability of online services, Addition Treatment Facility (ATF), aggressive Sampling of TB cases were also held.

Change of Land Use: DLC approves 02 cases in Rajouri

RAJOURI, FEBRUARY 10: District Level Committee on change of land use met here today under the chairmanship of the Deputy Commissioner Rajouri, Vikas Kundal to discuss and approve the applications received online from the applicants from across the district. The Committee, after a threadbare discussion, approved 2 cases of conversion of agricultural land for non agricultural purposes. The DC directed concerned departments to ensure timely issuance of NOCs to the applicants after proper verification of documents and rules under conversion Regulations, 2022. Officers who attended the meeting included ADC Rajouri, Sachin Dev Singh, CEO RDA, Vivek Puri, ACR, Imran Rashid, Kataria; CAO, Sohan Singh, SE PWD(R&B), Kamal Kishore, Ex:En STD Kalakote.

District Level Training Programme on development of Seed Multiplication Chain, Exotic Vegetables held at Kishtwar

JJ NEWS SERVICE
KISHITWAR, FEBRUARY 10: Continuing the series of training programmes under the Holistic Agriculture Development Programme, a District Level Training session was today conducted here in the Office premises of Chief Agriculture Officer, Kishtwar. The training programme was focused on the creation and development of certified Seed and Seed Multiplication chains, besides development of Vegetable particularly Exotic Vegetables in the district under Holistic Document. During the programme, the speakers highlighted the fact that owing to special agro-climatic conditions (Himalayan conditions) of the region there is vast potential for the pro-

duction of exotic as well as traditional vegetable sector and under holistic development of Agriculture and allied sectors a special focus has been shifted towards this field. Special lectures were delivered on "Promotion of Vegetable/ Exotic Vegetables in the training programme by various experts. The speakers and resource persons said that the vegetable sector has huge scope in the district and could generate a large number of employment opportunities. They said that under the holistic document a special programme has been designed for this purpose so that maximum opportunities under this sector could be explored. CAO asked the officers to work in close coordina-

tion so that the desired results could be achieved under all the projects of the Holistic Document. Besides, during the training programme, it was envisioned that there is a need for creating certified seed producers so that the seed multiplication chain is established as documented in a holistic document and such programmes are instrumental in the process to make the Kishtwar District seed sufficient. The training programme was conducted under the close supervision of Chief Agriculture Officer (CAO) Kishtwar Amjad Hussain Malik. **AHD staff conducts cleanliness drive in DC office complex Kishtwar**

GLIMMER OF HOPE:

Nowshera Forest Div strives to create Livelihood options under Green India Mission

JJ NEWS SERVICE
RAJOURI, FEBRUARY 10: A new ray of hope is shining bright towards the employment generation for the locals in Nowshera Forest Division as J&K Forest department is continuously working towards livelihood options and exploring employment generation under Green India Mission involving youth and women, especially in the Chir. Zone ecosystem of J&K UT. To cater to the employment demand of local people, Nowshera Forest Division has organised three local employment generating training programmes under the banner of Green India mission which includes high density Fruit plants, one month training course of tailoring & stitching, six month basic

computer course and all these aim to diversify the livelihood option of local peoples. In this programme a detailed demonstration of plantation of high density fruit plants was imparted to the locals by the experts and 250 high density fruit plants were distributed among farmers. In addition to this one month training course of tailoring and stitching were started and 10 sewing machines were distributed among local female trainees. In another event, Samriti Van at Dharpur Mandir Sunderbani was inaugurated in presence of Mandir Samiti and other Locals of the area. The programme was facilitated by Worthy Commissioner/Secretary to Government,

Department of Forest, Ecology and Environment, J&K Sanjeev Verma, Director, Department of Social Forestry Roshan Jaggi (PCCF), Addl. Pr. Chief Conservator of Forests, Jammu B.M Sharma, CF West Circle Rajouri, Vivek Verma (IFS), DFO Rajouri Dr. A.D Singh, DFO Nowshera Mrs. Neelima Shah, Kartar Singh, ADC Nowshera, Bodh Raj (BDC Chairman), Narinder Sharma, MC Chairman Nowshera, Rohit Kohli, Councillor Nowshera alongwith other PRI members and local peoples. The whole programme was organized by Anil Kumar Bhagat, Range Officer Nowshera, Rakesh Verma Range Officer Sunderbani, Sudesh Kumar, Range Officer Lamberi.

District Employment & counselling Centre Poonch organises Job Fair-2023



JJ NEWS SERVICE
POONCH, FEBRUARY 10: District Employment and Counselling Centre (DE&CC) Poonch organized a Job Fair to provide job opportunities to the youth of the District. As many as 4 employers from different sectors participated in the event which included companies like SBI Life, HDFC, LIC of India and Am Hyundai. The event witnessed an overwhelming response from job seekers as over 250 unemployed youth from across the district participated in the event. More than 50 Job Seekers with varied skills were shortlisted by the companies for different jobs, while participating candidates were also registered on the employment portal. Deputy Director Employment Mohammad Rafiq, interacted with the Jobseekers and Job providers. He expressed satisfaction over the success of the Job fair. He added that such events would be made a regular feature to benefit the maximum number of local youth.

DC Kathua reviews functioning of Revenue Department

Asks officers to intensify anti-encroachment drive

JJ NEWS SERVICE
KATHUA, FEBRUARY 10: Deputy Commissioner Kathua, Rahul Pandey chaired a meeting of Revenue officers to discuss revenue matters here in the Conference Hall of the DC office complex, today. The DC took a comprehensive review of the ongoing anti-encroachment drives being carried out by the district administration. He laid emphasis on furnishing a daily report regarding removal of encroachments for appraising the higher authorities about the progress. Taking review of the SWAMITVA scheme, the DC exhorted the revenue officials to speed up the mapping process of the revenue villages besides expediting the



digitisation process of revenue records within the set timelines. The DC also directed the revenue officials to identify land in their respective Tehsil for creation of assets for important projects including parking spaces. The DC called upon the Tehsiladars to exercise due care in the appointment of Lambardar/ Chowkidar by ascertaining the character antecedents of applicants. The DC also emphasized upon revenue officers to dispose of the pending matters

regarding the Revenue Court Cases Monitoring System (RCCMS) on priority besides uploading their updated status on the prescribed portal regularly. Other issues such as digitization of cadastral maps, status of eviction of Roshni land, land acquisition cases, change of land use cases were also discussed at length wherein thrust was laid on regular monitoring and reporting of action taken during the period. It was discussed that the EXN Divisions and AEE Subdivision will

DC Rajouri resolves issue hampering execution of work on sub-centre Chambi Trar

JJ NEWS SERVICE
RAJOURI, FEBRUARY 10: Deputy Commissioner Rajouri, Vikas Kundal today resolved bottlenecks impeding the construction of work on the sub-centre building at Chambi Trar. It is pertinent to mention here that there were some issues with the locals over the construction site of the

sub-centre building which was causing delay in the execution of work. Sensing the gravity of the situation and the importance of the health sub-centre, the Deputy Commissioner met with both parties and the issue was resolved amicably during a threadbare discussion held in a meeting attended

by ADC, CMO, BMO, and PRIs concerned. The Deputy Commissioner said that these constraints often lead to delays in construction and completion becomes tardy. He also said that we cannot afford to ignore the fact that timely completion of these vital projects is something which projects compromise may

have an adverse effect on the lives of the rural populace. He also said that boosting the health infrastructure is the priority of the Government and appealed to the public to shun these minor self interests over large community benefits and not create impediments on the way of development.

Rajouri: Newly created Chief Er, E-XN Offices all set to start function from April 2023

JJ NEWS SERVICE
RAJOURI, FEBRUARY 10: The newly created Executive Engineers PWD Divisions, AEE Subdivision and Office of the Chief Engineer PWD in the Rajouri district are all set to start function from April, 2023. To give a push towards their functioning, District Development Commissioner, Vikas Kundal discussed the necessities in this regard here in a meeting.

The meeting laid stress on early and smooth functioning of the newly established offices and the steps that need to be taken to make the offices operational from April 1, 2023 as per the date communicated by the Government. The District Development Commissioner stressed on the importance of these offices in addressing the infrastructure needs of the district and enhancing the overall develop-

ment of the region. The meeting was informed that the Government has sanctioned one Chief Engineer Office for Rajouri, three EXN Offices for Thanamandi, Kotranka, and Kalalote, and respective AEE subdivisions, and it is essential to make them functional as per the dates communicated by the Government. It was discussed that the EXN Divisions and AEE Subdivision will

J&K Bank awarded for promoting digital payments

Such recognition will drive us to achieve greater excellence: Baldev Prakash

JJ NEWS SERVICE
SRINAGAR, FEBRUARY 10: Achieving another feat in digital payment domain, J&K Bank bagged an award for its outstanding performance in promoting digital payments during FY 2021-22. The Bank has achieved 2nd highest percentage of digital payment transactions in Small and Micro Category of private sector banks.

MD & CEO J&K Bank, Baldev Prakash received the felicitations from Union Minister of Electronics & Information Technology, Railways, and Communications, Ashwini Vaishnav at "Digital Payments Utsav" celebrated by Ministry of Electronics and Information Technology (MeitY, GoI) at India Habitat Centre, New Delhi. Bank's Chief Digital Officer



Naveed Zargar was also present on the occasion.

While expressing his gratitude, Baldev Prakash attributed the reception of award to the persistent efforts of Bank's Staff. He said, "It is a moment of great satisfaction for all of us as we see our extra efforts to realise the vision of Digital India not only fruitifying but getting

acknowledged and awarded at the prestigious platforms of the country. I congratulate every member of J&K Bank Family for this wonderful accomplishment. "And I am sure, such recognition will drive us to achieve greater excellence not only in promoting digital payments but other aspects like digital lending as well", he added.

He further said, "To encourage digital banking in our operational geographies we have embarked on digital transformation journey. The digital mission of the Bank is to improve the customer experience by providing them digital banking services that are convenient, easy, affordable, quick and secure."

With the proactive measures taken to encourage digital payments, the Bank had successfully surpassed the Digital Payment Transaction target allocated by MeitY for the financial year 2021-22.

Pertinently, J&K Bank has bagged 'Utarkash Puraskar - 2020-21' last year also for being one of the top two achievers in digital payment transactions under the category of Small and Micro banks.

JKHPMC to develop Shopian as 'Apple Cluster', with MoA&FW, NHB support

JJ NEWS SERVICE
SRINAGAR, FEBRUARY 10: JKHPMC has started the process of developing Shopian as an 'Apple Cluster', recently approved by Union Ministry of Agriculture and Farmers Welfare (MoA&FW) at an estimated cost of Rs. 138 crores, under Cluster Development Programme (CDP). The letter of acceptance issued by the Ministry in favour of JKHPMC with M/s. FIL Industries Limited, as the implementing Agency with technical support by National Horticulture Board's (NHB). In this regard, the NHB's team from New Delhi were on two-day visit to Srinagar and Shopian on 9th and 10th February, 2023 for finalizing the components to be set up by FIL Industries in



the Apple Cluster, under the programme. The team of HMB comprising Joint Director, NHB, R.K. Agarwal; Dy. Director NHB (J&K Chapter), Sansar Ahmad and other officers held a joint meeting with JKHPMC officers and representatives of FIL industries for finalizing the components. The team alongwith officers of JKHPMC, during the visit, also

visited Shopian and called on Deputy Commissioner Shopian and apprised him about the land required for developing nurseries in the Shopian Cluster. During the interaction, DC Shopian expressed satisfaction over the programme and assured JKHPMC that the district would make available the required land banks for the optimum implementation of the pro-

gramme. The NHB team also visited FIL Industries facilities at Rangreth, Srinagar and assessed the requirements under the CDP.

Pertinently, the programme has to be executed with respect to three end to end verticals, viz: Pre-production & production, post production & value addition and logistics & marketing in a span of four years.

Secretary H&ME reviews progress on implementation of RBSK in J&K

JJ NEWS SERVICE
SRINAGAR, FEBRUARY 10: Secretary, Health & Medical Education, Bhupinder Kumar, today reviewed implementation of Rashtriya Bai Swasthya Karyakam (RBSK) and functioning of District Early Intervention Centres in J&K in a meeting held at Civil Secretariat, here.

It was informed in the meeting that during the current financial year, 83.90 per cent of government schools and 80.11 per cent anganwadi centers have been visited by RBSK Mobile Health Teams for conducting Health Checkup of children till date.

Secretary directed all the Chief Medical Officers to complete the screening of children enrolled in government schools and anganwadi centers before the closing of financial year.

He directed that CMOs shall ensure that teams under RBSK carry out screening of all children in the pre-school age enrolled at Anganwadi centres at least twice a year besides screening of all children studying in government and government aided schools.

Secretary laid stress on making District Early Intervention Centers functional in all aspects for providing support to the referred children so that children diagnosed with identified health conditions

receive follow up including surgeries at tertiary level, free of cost so that the benefits reach to the needy people across the UT.

Ayushi Sudan, Mission Director, NHM J&K, informed that UT has started online portal for data capturing under RBSK and in the first phase uploading of screening data by the Mobile Health Teams on daily basis has been made functional and all MHT's are now uploading the data on the online portal.

Dr Mohammad Shafi Koka, State Nodal Officer NHM J&K, informed about the guidelines of branding for Ayushman Bharat Health and Wellness Centres and organizing of Health Melas at HWCs on monthly basis.

On the occasion, a presentation regarding RBSK was made by Dr Syed Gazala Nazki, Programme Manager, RBSK.

The meeting was attended by Director Health Services Kashmir, Dr Mushtaq Ahmad Rather, Chief Medical Officers, Medical Superintendents of Associated Hospitals of Government Medical Colleges and District Hospitals, Programme Manager RBSK, DEIC Managers and other officers from State Health Society, NHM in person and through video conference.

Power shutdown

JAMMU, FEBRUARY 10: Chief Engineer (Distribution) JPDC, Jammu has informed that the power supply to Gandhi Nagar, Nanak Nagar, Railhead Complex, Jammu University, DC Office, Boria PHE, Sunjwan, Narwal, Bathindi, Channi Himmat, Transport Nagar and the areas being fed from Grid Stations- Sidhra, Janipur, Jhajarikoti, BBI and BBI-II shall remain affected on February 12 from 10 am to 4 pm.

Similarly, the power supply to Jhajarikoti, Janipur, Lakad Mandi, Patoli, Janipur Colony, Pamposh Colony, Ambdhar Nagar, High Court, Daily Excelsior, Statistical Office, Upper Barnai, Lower Muthi, Paloura, Dogra Hall, Rehari, Resham Gar Colony, Bus stand, Jewel, Hari Market, Raghunath Bazar, Kaleeth Mohalla, Kanak Mandi, Mandia, New Plot, Sarwal, Part of Karan Nagar.

Secretary PD&MD visits Ganderbal, reviews development projects

JJ NEWS SERVICE
GANDERBAL, FEBRUARY 10: Secretary, Planning Development & Monitoring Department (PD&MD), Dr. Raghav Langer, today conducted extensive visit of Ganderbal district and reviewed progress on various development projects under implementation in the district.

In this regard, Secretary convened a review meeting in which all district and sectoral officers were present.

While taking department wise review, Secretary directed all the officers to work in tandem so that all set targets under various schemes are achieved in timely manner.

DDC presented a detailed profile about development scenario of the district through a power point presentation.

Secretary was apprised of the initiatives started by the district administration to achieve 100 per cent enrolment of out of school children. He asked to start bridge classes for the newly enrolled students under Mashal-e-Gaash programme, an initiative by the district administration

to achieve cent percent literacy rate in the district. He directed the officers to focus on learning outcomes for improvement of education standards at various levels in light of New Education Policy.

He stressed upon all the officers to further improve the service delivery mechanism in order to provide quality services to the common people. He asked the District Social Welfare Officer to conduct door to door campaign to make common people aware about the welfare schemes launched by the government. He also asked for displaying the help line numbers at main places so that the needy people can seek help from the departments as and when required. Raghav Langer directed Superintending Engineer, Jal Shakti, Circle Ganderbal, to expedite the pace of work on approved Water Supply Schemes. He also asked for ensuring coverage of left out households under JJM. Secretary asked the officers of agriculture and allied sectors to put in all efforts for increasing the productivity and ensuring market linkages

in order to benefit the farming community. He directed the Chief Animal Husbandry Officer, Ganderbal, to coordinate with NRLM for formulation of dairy collection centres by registered Self Help Groups.

While reviewing Fisheries department, Secretary was informed that two units under FIDF (Fisheries Infrastructure Development Fund) are in progress in the district, one unit namely K2 Aquaculture (RAS) has been sanctioned for Rs. 47.00 crore while another unit with the project cost of Rs. 7.00 crore is likely to be sanctioned soon. He was apprised that the Trout Fish production, after the completion of the projects, is expected to increase by 1000 tonnes per annum in the district.

It was informed in the meeting that Ganderbal has been ranked as number one district in J&K in implementation of PMMSY scheme and efforts will be geared up to maintain the status and make the district capable of exporting regular consignments of frozen Rainbow Trout to various countries.

DC reviews status of works under Jal Jeevan Mission at Kulgam

DIRECTS TO SCALE UP PACE ON ONGOING WORKS; STRESSES ON CONDUCTING MORE IEC ACTIVITIES

JJ NEWS SERVICE
KULGAM, FEBRUARY 10: The Deputy Commissioner (DC) Kulgam Dr. Bilal Mohi-Ud-Din Bhat today convened a meeting of concerned Officers to review status of works under Jal Jeevan Mission (JJM) in the district.

During the meeting, the DC took detailed review of physical and financial progress made on various JJM Works.

Executive Engineers from Qazigund and Kulgam Divisions informed the chair that there are 218 works and 140 schemes/projects under JJM in the district.

Out of 218 works, 201 works stand tendered, 146

Allotted and 108 works have been taken up while as 04 works stand completed.

The DC emphasized that every effort has to be made to ensure that the goal of tap water to all households must be achieved as per the projected timeline. He said that the Mission is envisioned to provide safe and adequate drinking water through individual household tap connections to all households.

He directed all the concerned officers to scale up pace on works under JJM so that the target can be achieved within the stipulated period.

He asked the officers to regularly monitor the

quality and progress on all allotted works for time-bound completion.

The DC said that information dissemination is an important component of the mission and stressed on conduct of more widespread IEC activities.

During the meeting, the DC also reviewed the functioning of Pani Samitis and it was informed that all Pani Samitis are functional in the district.

The meeting was attended by JD-Planning Zahid Sajad, ACD Mohammad Imran Khan, ACP Shurjeel Ali, CMO, Executive Engineers from Qazigund, Kulgam, AEs and other concerned Officers.

'SHE IS A CHANGE MAKER PROJECT'

IMPARD to organize CBPs for ULB women members of Kashmir Valley from Feb 13

JJ NEWS SERVICE
SRINAGAR, FEBRUARY 10: As part of Capacity Building Programmes (CBPs) being held under ambitious "She is a Change Maker" project, the third programme would be held from February 13 to 15 at IMPARD, main campus, Srinagar, for women members of Urban Local Bodies and office bearers from all districts of Kashmir Valley.

Pertinently, Jammu and Kashmir Institute of Management, Public Administration and Rural Development (IMPARD) in collaboration with National

Commission for Women is organizing a series of CBPs for women members of Panchayats, Zilla Parishads, Urban Local Bodies and Office Bearers of J&K under "She is a Change Maker Project".

In this regard, two programmes have already been conducted for the women representatives of Panchayats, Block Development Councils and District Development Councils.

The series is being fully sponsored by the National Commission for Women to foster Gender Responsive Governance in the system.

Orientation/ Training programme under holistic development of Agriculture & allied sectors held at Anantnag

To create Agri-skilled Human Resource, Department's priority: Chowdhury Iqbal

JJ NEWS SERVICE
SRINAGAR, FEBRUARY 10: The Director Agriculture, Kashmir, Chowdhury Mohammad Iqbal today inaugurated district level orientation cum training programme under the holistic development of agriculture and allied sectors at DAK Banglow Khanabal, here.

Addressing the participants, the Director Agriculture highlighted the importance of projects under holistic document. He said under the holistic document, the department is aiming to create an Agri-skilled human resource so that the implementation of different projects could be done in a more comprehensive manner.

He said that this document (holistic document) will be a game changer in the overall development of the agriculture sector in the UT of Jammu and Kashmir. He said the projects have been designed in such a way that the potential in all the allied wings would be explored to their capacity.

Director Agriculture impressed upon

the officers of agriculture and allied departments to work in close coordination so that the set targets under different projects, the desired results could be achieved.

He said the orientation cum training programme under holistic document is aimed to raise awareness among the officers regarding various approved projects so that the same could be implemented on ground in a comprehensive manner.

The Training Programme was attended by Chief Agriculture Officer Anantnag, Chief Horticulture Officer, District Agriculture Officer Extension Anantnag, Mushroom Development Officer Anantnag, Area Development Officer, Anantnag, District Level SMOs and SD level officers also participated in the programme.

Earlier, Director Agriculture visited Ganderbal and addressed the officers of agriculture and allied departments in a district level orientation cum Training programme.

Fisheries, Agriculture departments organise training programme at Kupwara

JJ NEWS SERVICE
KUPWARA, FEBRUARY 10: An orientation cum training program under holistic agriculture development with the theme "Technological interventions in Fish seed and Trout production" was today organised by the Fisheries department in collaboration with the Agriculture Production department at Kupwara.

The main aim of this training programme was the capacity building of

field functionaries and farmers in order to improve the socio-economic condition of farmers. Programme was attended by officers and field functionaries of fisheries, agriculture department, progressive farmers and scientists from Chief agriculture officer Kupwara, Gulham Mohammad Dhoi while inaugurating the training programme said that schemes related to agriculture, Fisheries, and allied sector are welfare oriented

schemes and their benefits are reaching to eligible and deserving farmers across the district. On this occasion, Assistant Director (AD) Fisheries Kupwara, Sajad Hussain said imparting training to field functionaries and farmers is of pivotal importance.

He said there is no dearth of water bodies in Kupwara district, but there is need to increase the fish productivity with sustainable approach, and innovative methods.

DSW, ICDS Kulgam organize Awareness/ Enrollment drive for Sukanya Samridhi Yojana Account scheme

JJ NEWS SERVICE
KULGAM, FEBRUARY 10: The Department of Social Welfare (DSW) Kulgam in collaboration with ICDS and Department of Posts Kulgam today organised a day-long awareness cum enrollment drive for Sukanya Samridhi Yojana Account scheme at Town Hall, here.

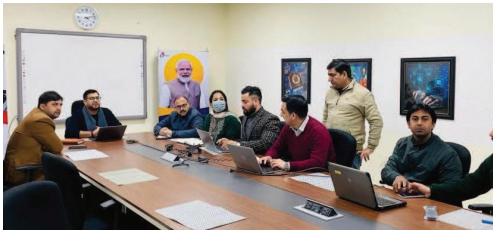
The program was held under the theme 'Beti Bachao Beti Padhao' (BBBP), to address the issue of declining child sex ratio along with related issues of empowerment of Women.

Present on the occasion were Tehsil Social Welfare Officers, Officials of District Hub for Empowerment of Women

(DHEW), One Stop Centre for Women (OSC) Kulgam, Officials from Post Office Kulgam and Field Officials from Social Welfare Department and ICDS Kulgam. Speaking on the occasion, Tehsil Social Welfare Officer Kulgam (Hq) Muzaffer Ahmad Rather gave a detailed introduction about

Sukanya Samridhi Yojana and Beti Bachao Beti Padhao campaign. District Mission Coordinator DHEW Kulgam, Tanseena Nazir highlighted the features as well as benefits of the scheme. Gender specialist Saba Mogul from DHEW stressed on the financial empowerment of Women.

Prerna Puri inaugurates JaKeGAs' workshop on e-Office



JI NEWS SERVICE
JAMMU, FEBRUARY 09: J&K e-Governance Agency (JaKeGA) in collaboration with National Informatics Centre, J&K, today organized one day workshop to sensitize and train the officers and officials regarding e-Office implementation up to tehsil level.

Addressing the inaugural session, Commissioner Secretary, Information Technology Department, Prerna Puri, lauded the efforts of technical agencies for educating the participants about the significance of e-Office in present era of technological advancements. She highlighted that e-Office is crucial for increasingly digital nature of governance at all levels.

Commissioner Secretary emphasized the need for imparting requisite master training to the District Level Nodal Officers for ensuring e-Office expansion up to the tehsil level. Chief Executive Officer, JaKeGA, Abhishek Sharma, in his address, briefed the importance of e-Office in ensuring a more responsive, accountable and

transparent dispensation to people. He also highlighted a descriptive detail about achievements recorded, so far, under e-Office initiative. He exhorted upon the district level nodal officers to share information about all officials up to tehsil level to onboard all employees on e-Office. During the workshop, a presentation was given by JaKeGA project team while technical demonstration session was also conducted which was attended by about 150 officers and officials of various district and tehsil administrations. Among others, the workshop was attended by State Informatics Officer Informatomics Centre, Saleem Khan and his team besides the project implementation team of JaKeGA.

Handicrafts & Handloom Jammu signs MoU with NIFT Srinagar on designing, branding

PPJ1 NEWS SERVICE
JAMMU, FEBRUARY 09: Directorate of Handicrafts and Handloom, Jammu and National Institute of Fashion Technology, Srinagar today signed a Memorandum of Understanding (MoU) here at Udyog Bhawan.

The MoU was signed in presence of Prashant Goyal, Principal Secretary, Industries & Commerce Department, J&K and Rohit Kansal, Union Additional Secretary, Ministry of Textiles, (Director General NIFT). The MoU was signed between the two parties under the project titled "DESIGNING INNOVATIVE AND SUSTAINABLE PACKAGING AS A BRANDING INITIATIVE FOR HANDICRAFTS AND HANDLOOM SECTOR OF JAMMU".

The MoU document was signed by Dr. Vikas Gupta, Director Handicrafts and Handloom, Jammu, and Dr Javid Ahmed Wani, Director National Institute of Fashion Technology, Srinagar. Secretary Industries & Commerce Department, Smita Sethi, MD JKTIPO, Khalid Jahangir; MD Handicrafts & Handloom Corporation, Atul Sharma and other officers of Industries and Commerce Department were present on the occasion. The objective of the MoU is to create a strategic and attractive packaging design solution for branding Jammu Handicraft and Handloom items in view of enormous potential of this sector for growth, export and wealth creation and also employment generation. Speaking on the occasion, Prashant Goyal appreciated the effort of entering into MoU with NIFT Srinagar as having professionally designed packaging prototypes, in tune with the market-demand, would definitely increase the sales of products viz-aviz wage earnings of our artisans and weavers. Union Additional Secretary, Ministry of Textiles, Rohit Kansal, who is also DG NIFT, said that the Government of India is willing to support the artisans and weavers of Jammu and Kashmir in any capacity. He said they can offer courses to these craftsmen to upgrade and

enhance their skills so that the products of these artisans will have value addition for better marketing. The project envisages evolving of a roadmap to create unique and sustainable packaging to add value to the artefacts of the Jammu cottage industry. This will give a unique packaging presentation having international standards besides determining the unique selling point of chosen Jammu Handicraft and Handloom goods. As part of the MoU, packaging prototypes for products such as Basohli Paintings, Basohli Pashmina, Phulkari embroidery, Lathu Cum Lacquer products and Calico printing products are expected in the first phase. The artisans and weavers present on the occasion gave their feedback regarding packaging and branding initiatives to the dignitaries present in the event. Besides, prototypes packaging along with the trims that give product data and product care instructions for specified crafts will also be among the deliverables.

Sensitisation Workshop on NEET & JEE-IIT coaching held for parents, teachers at Kishtwar

JI NEWS SERVICE
KISHTWAR, FEBRUARY 09: District Administration Kishtwar, in collaboration with office of Chief Education Officer today organised a day long workshop to sensitize the parents, teachers and the aspirants about Online-Offline NEET JEE-IIT coaching programme being rolled out by it. Deputy Commissioner Dr. Devansh Yadav presided over the workshop in presence of Chief Education Officer, Sudarshan Kumar Sharma; ACD, Atul Dutt Sharma; AO DC office, Imran Ahmed Kichloo, Principals, lecturers, teachers. Aspirants from various government and private institutions participated in the workshop.

At the outset, the participants were apprised about the initiative of the district administration to conduct the online-offline coaching classes in the district being provided by the renowned teachers/coaching guides of the country. The participants gave suggestions and feedback about the coaching programme and the same were noted down for consideration to create an enabling environment for the proposed coaching programme. Speaking on the occasion, Deputy Commissioner Kishtwar stressed teachers and parents to work together with district Administration and make the proposed coaching programme a great success. He also urged parents and teachers to spread mass awareness to enrol maximum number of the students for the coaching.

He said the aspirants can apply on the link: <https://forms.gle/y2dtdJXk9qJHJ7>. He further informed that aspirants can visit District Administration Kishtwar Facebook page and register themselves on the link, besides the aspirants and parents can contact the administration for any help and avail the golden opportunity at their home town with minimal charge. The CEO asked the aspirants to avail this great opportunity by utilizing the services of prominent coaching institutes/tutors in their home town. Parents and teachers evinced a positive response and thanked District Administration Kishtwar for their valuable efforts and showing great concern for the future of their children.

Kushwaha's revolt to benefit NDA in Bihar says Union minister Pashupati Kumar

PATNA, FEB 9: Union minister Pashupati Kumar Paras on Thursday asserted that the rebellion of JD(U) leader Upendra Kushwaha will "benefit the BJP-led NDA" in Bihar which has been lying low since being stripped of power in the state last year. Paras was responding to queries from journalists about the current political situation in the state where the NDA which includes his Rashtriya Lok Janshakti Party, is supported by a rival group headed by his nephew Chirag, and is pitted against the seven-party ruling "Mahagath bandhan". "The NDA will win in the general elections next year. You can take it from me. There is no counter to the charisma and popularity of Prime Minister Narendra Modi, while the Mahagathbandhan is in disarray as evident from the notes of discord struck by Kushwaha," Paras said.

Replying to a query, he said, "Kushwaha's revolt will definitely benefit the BJP and its allies in Bihar". However, he became guarded when asked whether Kushwaha, a former Union minister who had served in Modi's first administration, will be welcomed into the NDA. "Let him (Kushwaha) make the move. A decision will be taken at that time", said Paras, who represents Hajipur Lok Sabha seat, a pocket borough of his late brother Ram Vilas Paswan.

administration, will be welcomed into the NDA. "Let him (Kushwaha) make the move. A decision will be taken at that time", said Paras, who represents Hajipur Lok Sabha seat, a pocket borough of his late brother Ram Vilas Paswan.

710 Works under DDC, BDC, PRI grants completed at Bandipora

ADDC reviews RDD works; stresses on target completion at earliest

JI NEWS SERVICE
BANDIPORA, FEBRUARY 09: The Additional District Development Commissioner (ADDC) Bandipora, Ali Afzar Khan on Thursday chaired a meeting of officers to review the functioning of the Rural Development Department and implementation of various schemes by the department.

On the occasion, officers informed the chair about the ongoing works including works taken up under Area Development Fund for Panchayat Raj Institutions including BDC and PRI grants. The meeting was informed that 1026 works costing Rs. 37.44 Cr have been approved including 839 works under PRI grants, 94 under BDC grants and 93 under DDC grants. Giving an update about the implementation, officers informed that 710 works have been completed that amounts to 80 percent of the financial expenditure costing about Rs. 22 cr. On the occasion, ADC also reviewed all the pending works and discussed the bottlenecks that hinder the progress of works including the works under Swachh Bharat Mission, PMJAY scheme, MGNREGA, Aspirational blocks, ODF plus villages. He directed the officers to complete all works well in time and remove all the bottlenecks including land disputes at earliest. He also asked the officers to utilize the manpower under MGNREGA so that the target of 100 days job to unskilled and unemployed youth of the villages is also met.

NSE phone tapping : Delhi HC grants bail to Chitra Ramkrishna in money laundering case

NEW DELHI, FEB 9: The Delhi High Court on Thursday granted bail to Chitra Ramkrishna in the money laundering case related to alleged illegal phone tapping and snooping of the National Stock Exchange (NSE) employees, saying prima facie there are reasonable grounds to believe she is not guilty. Justice Jasmeet Singh granted bail to the former NSE managing director on a personal bond of Rs one lakh and two sureties of the like amount. "Prima facie there are reasonable grounds to believe that the applicant is not guilty of the offence and she is not likely to commit any offence while on bail...the application is allowed and the applicant is granted bail," the court said. Ramkrishna was in custody for almost seven months in the matter. "In the present case there is no allegation that the applicant has derived or obtained any property or proceeds of crime. Additionally, there is no allegation or evidence produced before me to suggest that the applicant has concealed, possessed, used, projected or claimed any proceeds of crime as untainted property," the court also observed. She was granted bail in the CBI case by the high court in September last year after being in custody for approximately seven months post her arrest in March 2022. Ramkrishna, who was earlier arrested by the CBI in the alleged NSE co-location scam, was arrested in the present case by the Enforcement Directorate on July 14 last year. The Enforcement Directorate (ED) had opposed her bail plea in the present case on grounds that she was the "mastermind" behind the conspiracy. The phone tapping case, according to the ED, pertains to a period from 2009 to 2017 when former NSE CEO Ravi Narain, Ramkrishna, Executive Vice-President Ravi Varanasi, and Head (Premises) Mahesh Haldirpur and others conspired to cheat NSE and its employees and for the purpose, engaged iSEC Services Pvt Ltd for illegal interception of phone calls of employees of the NSE in the guise of doing periodic study of cyber vulnerabilities of the NSE. In the 38-page order, Justice Singh said prima facie no scheduled offences, including those under the Indian Penal Code or the Prevention of Corruption Act, against Ramkrishna are established and thus the provisions of Prevention of Money Laundering Act cannot be attracted.

JAMMU POWER DISTRIBUTION CORPORATION LIMITED OFFICE OF THE EXECUTIVE ENGINEER, ELECTRIC DIVISION-II, JPDCI GANDHINAGAR JAMMU

CIN No: U40300JK2013SGC003898
E-mail: emeed2@gmail.com/Tel/Fax: 0191-2485821

TENDER NOTICE

E-NIT No: 64 of 2022-23 Dated: 06.02.2023

For and on behalf of the Lieutenant Governor of the UT of Jammu and Kashmir, the Executive Engineer (Distribution), Electric Division-II, JPDCI Jammu, hereinafter referred as 'Employer', invites online e-bids from reputed Companies of Class 'A' registered/Electrical Contractors for Fixing the Job Contract (Labour) for Repair/Reclamation of Damaged Distribution Transformers (11KV/6.6KV/0.44KV) of different capacities viz 25 KVA, 50/63 KVA, 100 KVA, 200/250 KVA, 300 KVA, 400 KVA, 500 KVA, 630 KVA at Divisional Workshop Miran Sahib during the Financial Year 2023-24.

A	Tender Document Sale/Download Start Date	06.02.2023; 12:00 Hrs.
B	Tender Document Sale/Download End Date	27.02.2023; 16:00 Hrs.
C	e-Bid submission (start) date & time	06.02.2023; 12:00 Hrs.
D	e-Bid submission (end) date & time	27.02.2023; 16:00 Hrs.
E	Submission of Hard Copy of Tender Fee	06.02.2023; 12:00 Hrs. to 27.02.2023; 16:00 Hrs.
F	Pre-Bid Meeting	14.02.2023; 14:00 Hrs.
G	Commercial and Technical Bid opening date & time	28.02.2023; 16:00 Hrs.
H	Online financial e-Bid opening date & time (Only of the technically qualified Bidders)	Will be communicated to the Technically Qualified Bidders.
I	Venue of opening of techno-commercial Bids	Executive Engineer Electric Division-II JPDCI Gandhi Nagar Jammu
J	Cost of e-Bid document	Rs. 3000 (Non-Refundable)
K	Amount of Earnest Money Deposit (EMD)	Rs. 25000/-

- Note: The Tender has been floated for deriving the L1 rates for repair of Distribution transformers of various capacities at Divisional Workshop Miran Sahib of Electric Division-II JPDCI, Jammu for the year 2023-24.*
- Bidders are advised to study the Bidding Document carefully. Submission of e-Bid against this SNO shall be deemed to have been done after careful study and examination of the procedures, terms and conditions of the Standard Bidding Document with full understanding of its implications.
 - The tender document is available at website <http://jtenders.gov.in>. Interested bidders may view, download the e-Bid document, seek clarification and submit their e-Bids online up to the date and time mentioned in the table in SNO.
 - Bidders shall have to pay the e-Bid document fee in the shape of Demand Draft / (Non-refundable) or a Cheque in favour of the Executive Engineer Electric Division-II JPDCI, Gandhi Nagar Jammu of any nationalized bank or e-Challan, treasury Challan/receipt, in favour of Executive Engineer Electric Division-II JPDCI Gandhi Nagar Jammu (Cost of Tender to be credited to Head: 0901/Non-refundable) on or at least one day before opening of commercial and technical e-Bid.
 - No Bidder, unless or otherwise specified in the terms and conditions, shall be exempted from depositing Earnest Money. Tenders not accompanied with the requisite amount of earnest money shall be rejected.

No: ED-II/TS/3220-22
Dated: 06-02-2023
DIP/J-5188-P/22 SD- EXECUTIVE ENGINEER JPDCI ELECTRIC DIVISION-II JAMMU

G20 **NORTHERN RAILWAY** **75**
Azadi Ka Amrit Mahotsav

E-TENDER NOTICE

Sr.DEN-IVFZR acting for and on behalf of The President of India invites open tenders (E-Tenders) against below titled tenders and available on www.reps.gov.in with closing date 27.02.2023 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 manual offer received shall be ignored. Contractors are allowed to make payments against this tender towards tender document cost and earnest money only through only payment modes available on www.reps.gov.in portal like net banking, debit card, credit card etc. Manual payments through Demand draft, Banker cheque, Deposit receipts, FDR etc. are not allowed. For more information login to www.reps.gov.in

Tender Type	Tendering Section	Bidding System
Open	Works	Single Bid System

Date of Uploading Tenders	Bid Starting Date	Bid Closing Date/Time
02.02.2023	13.02.2023	27.02.2023 / 15:00 Hrs.

S.No.	Tender No.	Details of Tender
1.	423-2022-23-UHP-DRM-FZR	Installation and Commissioning of effluent treatment plant of 50 KLD at SVDK railway station on J&K-SVDK section under ADENUHP.

Advertised Value (Rs.)	Earnest Money	Validity of offer	Period of completion
86,75,892.49/-	1,73,500/-	60 Days	12 Months

Similar Nature of work: "Supply, design, erection and commissioning of sewage or effluent treatment plant".

Note: 1. Before bidding, bidders to check for any corrigendum issued against tender No. 770-W/169/WAFZR/2022-23 Date: 04.02.2023

SERVING CUSTOMERS WITH A SMILE 398/23

OFFICE OF THE EXECUTIVE ENGINEER PWD(R&B) DIVISION SAMBA

ABBREVIATED NOTICE INVITING TENDER

E-NIT No. 107 of 2022-23 Dated: 07-02-2023

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

S. No	Name of Work	Advertised Value (Rs. in Lacs)	Cost of document (In Rs.)	(Earnest Money) in shape of GDR (PDR) (In Rs.)	Time allowed for completion	Time and date of opening of tender	Class of Contractor
1	2	3	4	5	6	7	8
1	Repair / Renovation of Bamuchak Temple an additional works at District Samba. (4* call)	77.36	1500/-	2% of adv. Cost	08 Months	21-02-2023 (1400 Hours)	"A"

Position of AAA: Major Head: Accorded Sanctioned 4202: Education

1/ Date of Publishing = 07/02/2023
2/ Pre bid meeting = 11/02/2023 at 1300 Hrs
3/ Date of downloading = 1000 hours on 12/02/2023 to 20/02/2023 upto 1800 hours
3/ Date of submission / Uploading = 1000 hours on 12/02/2023 to 20/02/2023 upto 1800 hours
4/ Date of opening of bids = 21/02/2023 at 1400 hours

The tender is available at website <http://jtenders.gov.in> all other terms & conditions can be seen on the above website.

No. 13203-19
Dt. 07.02.2023 DIP/J-19304/22 SD- EXECUTIVE ENGINEER PWD (R&B) DIVISION SAMBA

Kwar HE Project, CVPPPL organise follow up Medical Camp at village Padyarna

JI NEWS SERVICE
KISHTWAR, FEBRUARY 09: Kwar HE Project, CVPPPL, in association with District Administration Kishtwar and District Health department organized a follow up medical camp at the village Padyarna, of block Nagseni under CSR 2022-23. Follow up Medical Camp was inaugurated by S K Giri, General Manager (Civil), Kwar HEP. Previously, two free health checkup camps (A General Checkup Camp and a specialized Gynecology medical camp) were also conducted by Kwar HE Project under CSR at the village Padyarna on 16th Jan 2023. A medical team from District Hospital Kishtwar checked up about 150 persons from the Project affected villages and nearby areas. They were provided free medical consultation and medicines alongwith menstrual hygiene material.

National Commission for Women, SWD, TISS hold meeting on strengthening of response to gender-based violence in J&K, Ladakh

JI NEWS SERVICE
JAMMU, FEBRUARY 10: National Commission for Women in collaboration with Social Welfare Department and Tata Institute of Social Sciences, Mumbai, organized a meeting of stakeholders of Union Territories of Jammu and Kashmir and Ladakh regarding strengthening of response towards gender-based violence through greater coordination.

The meeting, chaired by Chairperson, National Commission for Women, Rekha Sharma, was attended



by Commissioner for Women, Family Counselling Centre, One Stop Centres, 181 helpline, District Hub for Empowerment of Women and Family Counselling Centres along with senior police officials responding to violence against women in both UTs were also part of the meeting. Speaking during the

meeting, Chairperson, Rekha Sharma said, "We need to respond collaboratively, if we want to tackle this huge problem of violence against women." Sheetal Nanda, encouraged all stakeholders to equip themselves with knowledge of laws pertaining to women for better implementation of the initiative. She asked them to recognize the multiplicity of services for cross-referrals and comprehensive response to survivors seeking support. She added, "Law is the backbone of the work we do."

It was decided in the meeting that awareness programmes on cyber-crime with varied population of youth, social workers and police will be organized. Besides training of Protection Officers under the Protection of Women from Domestic Violence will also be planned. Also, Social Workers will be trained on responding to human trafficking.

The meeting also decided that a portal will be developed to create a directory of available resources for survivors of violence.

DC Doda asks for strict enforcement of notified rates for online services

JI NEWS SERVICE
DODA, FEBRUARY 10: Information Technology Department, J&K has recently notified/fixed rates for delivery of all online services to be charged/received from the citizens/customers of entire Union Territory of Jammu & Kashmir for Government to Citizens (G2C) and Government to Business (G2B) services.

In this regard, Deputy Commissioner Doda, Vishesh Paul Mahajan has issued instructions to all the Tehsildars to check the availability of Common Service Centres (CSCs) in all pockets in their respective jurisdictions for the convenience of the general public.

The Tehsildars and District Manager Common Service Centres (DM-CSC) have been asked to ensure that the CSCs do not charge more than the rates notified by the government for different online services. District Manager CSC has been instructed to issue necessary directions to all the VLEs of Common Service Centres (CSCs) of District Doda for pasting the Notification at their respective CSCs and the rates so notified in the said Notification be implemented in letter and spirit.

JKPCC conducts workshop on "Implementation of EPR under E-waste, Plastic Waste Management Rules, 2022"



JI NEWS SERVICE
JAMMU, FEBRUARY 10: Jammu & Kashmir Pollution Control Committee today conducted an interactive workshop on "Implementation of EPR under E-waste (Management) Rules, 2022 and Plastic Waste Management (Second Amendment) Rules, 2022" here at Convention Centre, Jammu.

The objective of the workshop was to provide a common platform for an interaction with concerned stakeholders and implementing departments on various aspects of EPR Rules.

Commissioner Secretary, Department of Forest, Ecology and Environment, Sanjeev Verma, was the chief guest while Chairperson, J&K Pollution Control Committee Dr. Neelu Gera, was the guest of honour on the occasion.

Workshop started with visiting of exhibits by the dignitaries which were displayed by various organizations like Shalimar Thermoforming Private Limited Samba, Indian Pollution Control Association, Lifecycle Management Private

Limited, Saahas Zero Waste, Self Help Group (NRLM) Block Dhansal, Himalaya Green Himachal Pradesh and VRG Groups, Ganguly.

Sanjeev Verma appreciated the efforts of JKPCC for organizing such type of events and stressed upon the stakeholders including district administration to ensure effective implementation of relevant provisions laid under both E waste and Plastic Waste Rules. He emphasized the need to link growing menace of Plastic and E-waste pollution with unpredictable disaster, owing to release of toxic gases in the environment through unscientific dumping and disposal of such waste.

Dr. Neelu Gera pointed out in her address regarding the need for an urgent action to be taken up by stakeholder departments like Urban Local Bodies to facilitate separate and safe collection of such wastes with publicizing the collection points for public awareness. She also requested Rural Development Department to ensure implementation of Rules in letter and spirit at Panchayat levels as rural areas are also now identified as

equally accountable for both types of waste generation.

Regional Director, JKPCC, Sat Paul, briefed about the objective of the interactive workshop.

Member Secretary JKPCC, K Ramesh Kumar, informed the gathering that as per new E-waste and Plastic waste Rules, responsibility of the respective Producers and Recyclers have risen manifold and appealed for adherence to the stipulated rules by them in this regard.

During the workshop, Shoba Raghavan, Director and COO, Saa has Zero Waste made a detailed presentation on Producer's Responsibility for implementation of EPR as per E-waste (Management) Rules, 2022 and Co-founder CEO, Abhishek Agshe, Lifecycle Management Private Limited made a presentation on responsibility of recyclers laid under E-waste Rules.

Director, Indian Pollution Control Association, Ashish Jain deliberated on the EPR Policies for Plastic Waste Management.

The program was attended by officers and officials from Department of Industries and Commerce, Nodal Officers from Central University, Jammu University, SKUAST, SMVDU, concerned Nodal Officers from Jammu Municipal Corporation and Srinagar Municipal Corporation, CEOs from Department of Urban Local Bodies Jammu and Kashmir, Jammu Chamber of Commerce and Industry, National Rural Livelihood Mission, Divisional Officers and Scientists from JKPCC, Nodal Officer E-waste, JKPCC, Jammu, besides DISHA organization and Global Human Rights Trust.

Nehru Yuva Kendra Sangathan J&K, GCW Parade organise National Youth Parliament Festival

JI NEWS SERVICE
JAMMU, FEBRUARY 10: Nehru Yuva Kendra Sangathan J&K, in collaboration with Government College for Women Parade Ground organized a state level National Youth Parliament on the College Campus.

As many as 46 youth from districts of Jammu & Kashmir UT and Ladakh UT, all being the winners and first runners up of District Level National Youth Parliament, participated in the State Level event.

Nisar Ahmed Butt, SD NYKS J&K and Ladakh was the chief guest, while Dr. Deepak Pathania, Assistant professor, Environmental Sciences, Dr. Seema Jamwal, Assistant Professor Political Science, Dr. Musavir Ahmad, NSS Program Coordinator, Kashmir University, Dr. Seema Zargar, Senior Officer, School Education Department

and Dr. Shubra Janwal, Assistant professor, English were the jury members.

Anmol Sharma from NYKS Jammu got the first rank, Faiza Basharat from GDC Poonch got the second rank and Quyima Aslam from S P College Srinagar got the third rank in the state level event.

The first three winners of state Youth Parliament shall participate at national level NYPP in New Delhi where 87 Winners from all States and UTs will participate in the National Youth Parliament Festival in person at 29 venues.

Out of them, 29 first position holders will speak on the given topics while the remaining 58 will attend the proceedings. Dr Gurpreet Kour, NSS Program Officer, GCW Parade and Organizing Secretary of the program both at Nodal Jammu level and state

level took the initiative for organizing National Youth Parliament Festival.

The main objective of the programme is to hear the voice of youth between 18-25 years of age through deliberations in Youth Parliaments at District, State and National levels and to encourage the youth to engage with public issues, understand the common man's point of view, form their opinions and express it in an articulate manner, to develop and enhance decision making abilities, to develop in them respect and tolerance for the views of others, to develop in them an understanding that respect for rules is essential for conducting any discussion systematically and effectively, to obtain and document their opinions on Vision of New India and to make available their views to policy makers and implementers to take it forward.

Saurabh Bhagat meets MNRE; Discusses modalities for implementation of Biomass Programme in J&K

JI NEWS SERVICE
NEW DELHI, FEBRUARY 10: Commissioner Secretary, Science and Technology, Saurabh Bhagat, today discussed modalities for implementation of newly launched Biomass Programme of Ministry of New and Renewable Energy (MNRE), approved under the umbrella scheme of National Bioenergy Programme Phase-I, in Jammu and Kashmir.

During his visit to the Capital, MNRE, Saurabh Bhagat had detailed discussion with S R Meena, Incharge Bio-energy, on several issues regarding setting up of one Bioenergy Pilot

Project each in Jammu and Kashmir regions of the UT.

Pertinent to mention here that the National Bio-energy Programme comprises of sub schemes like 'Waste to Energy Programme (Programme on Energy from Urban, Industrial and Agricultural Wastes/Residues), Biomass Programme (Scheme to Support Manufacturing of Briquettes and Pellets and Promotion of Biomass (non-bagasse) based cogeneration in Industries) and Biogas Programme.

Commissioner Secretary also met in-charge Rooftop Solar Division,

MNRE, Hiren Bora and updated the Ministry with the progress on implementation of 20 MW and 200 MW cumulative capacities Rooftop Solar sanctions of MNRE and stressed for timely release of Central Financial Assistance (CFA) under the schemes.

During the discussion, Saurabh Bhagat updated the Ministry regarding various challenges and impediments being faced by JAKEDA in implementation of the schemes. He requested the Union Ministry for allowing empanelment of more vendors under the two sanctions as the targets to be achieved are huge.

PSPS PG College NCC Cadets shine in RDC-2023

JI NEWS SERVICE
JAMMU, FEBRUARY 10: Republic Day Camp is not just a camp, it is an emotion; emotion for the cadets who strive to be a part of Republic Day Contingent and step in DGCC to transform.

Securing 4th position for the first time in the history, the ten cadet NCC contingent of Padma Shri Padma Sachdeva Government PG College for Women, Gandhi Nagar attended this prestigious camp and brought laurels to the College. Two cadets from 1 J&K Naval Unit; 04 cadets from 1 J&K Girls Battalion, NCC Srinagar and 04 from 2 J&K Girls BN, NCC Jammu were part of the team that attended the Republic

Day Camp 2023 at New Delhi.

The cadets were well trained at various Pre-RDC camps at Nagrota, Jammu over a two month period, prior to their departure to New Delhi. They added sheen to the Prestige of College by participating in various events and competitions like Drill, Cultural Programmes, Flag Area etc. From 1 J&K GIRLS BN, Senior Cadet Captain Parul Sharma was selected for Kartavyapath for which she received ADG Commendation. Cadet Captain Kiran Choudhary participated in cultural events and also achieved ADG Commendation. SUO Tania Chib and JUO Marjam from 1 J&K Girls Battalion, NCC Srinagar, were a part of Kartavyapath

Contingent whereas JUO Riya Kaith was a part of PM Rally and JUO Ankeeta Langhe participated in cultural events. From 2 J&K GIRLS BN, NCC JAMMU, SUO Shakshi formed a part of the PM Rally contingent and JUO Anma Khan marched Kartavyapath. JUO Manshi Sharma was selected for All India Guard of Honor showcasing salami to Honorable PM Shri Narendra Modi whereas Sergeant Rakshika Sharma was a part of cultural events. Principal of the College Prof. Minu Mahajan, congratulated and applauded the Cadets for the hard work, dedication and strenuous efforts for bringing laurels to the College for representing at National Level.



75
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Exhibition Area (Area 200x75 sqm.)	Rs. 2000 per day	Rs. 4000 per day
	Rs. 25000 per month	Rs. 50000 per month
Auditorium : Conference Hall (Area 300,864 sqm.)	Rs. 15000 per day	Rs. 25000 per day

OFFICE OF THE GENERAL MANAGER, DISTRICT INDUSTRIES CENTRE

Exhibition Ground, Jammu.

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DIP/J-15383/22

Professionals, Employees, Senior citizens play important role in society: Sat



JJ NEWS SERVICE JAMMU, FEB 10: Gearing up organizational activities of the party in Poonch District at grass root level, a meeting of BJP's Professional Cell, Senior Citizen Cell and Retired Employees Cell and Budget Pe Charcha was conducted to take up the party activities and vision of PM Modi led BJP Government on ground concerning development of Jammu and Kashmir.

District Poonch under the leadership of its district president Rajesh Raina held the meeting which were mainly addressed by former Cabinet Minister, Sat Sharma (CA). He was also accompanied by CA Rajeev Gupta, UT BJP Spokesperson Sunil Gupta and several others. Speaking on the occasion, Sat Sharma said that all these three cells have a very important role to build the organization and

take the vision of the party amongst the public. He said professionals, senior citizens and retired employees are the important sections of the society and their views hold major significance. He urged the activists present to create teams of the cells up to booth level and stated that it will definitely strengthen the vision of the party at grass root level. He also asked them to go door to door to spread the pro public policies of the party.

CA Rajeev Gupta talked about Budget 2023 and said that in order to cater the support of the more public the teams must be constituted at the earliest so that people's presence could be more involved in the mission which BJP has chosen to work for the betterment of society. He also stated that BJP is the only party which works for the people and has done a lot for their upliftment.

Rajesh Raina also spoke on the working of cells in Poonch district. He also said that the teams will be made as soon as possible in the coming days so that the organizational work can be paced up to grass root level. Naresh Sharma, Parvinder Singh, Abhi, Mukesh Sharma, Paranjit Singh, Naresh Verma, Jyoti, Rajesh Sudan, Er. Sahil, Bhupinder Pal and several others were also present on the occasion.

SMVD Gurukul holds 31st Governing Council Meeting



JJ NEWS SERVICE KATRA, FEB 10: The 31st meeting of the Governing Council of Shri Mata Vaishno Devi Gurukul, Charan Paduka was held here today at Spiritual Growth Centre, Katra. The meeting presided by Mahamandleshwar Shri Swami Vishveshwaranand Giri Maharaj, Member of the Shri Mata Vaishno Devi Shrine Board and Chairman of the Governing Council for the Gurukul, was attended by Anshul Garg, Chief Executive Officer of the Shrine Board; Navnet Singh, Additional CEO; Prof. Y.K. Mishra; Dr Jagdish Chander Mehra, Joint CEO, SMVDSB and Administrator of Gurukul; Mahesh Sharma, FA/Chief Accounts Officer; Gopal Dass Sharma, Head Pujari, Bhawan; Dr Dhanraj Mishra, Principal, and Dr. Devendra Rijal, Vice Principal of the Gurukul.

The Chairman and other Members of the Governing Council while expressing satisfaction at the functioning of the Gurukul emphasized the need for making continuing endeavours to develop it as a centre of excellence. The meeting also noted the outstanding achievements of the students of SMVD Gurukul in academics and co-curricular activities and participation of faculty and students for broadening their horizon at different Platforms, including in house events & those at State, Zonal as well as at National Level.

The Governing Council, while approving the annual budget of Gurukul for Financial Year 2023-24 also finalized the arrangements for organizing 3-day North Zone Youth Festival from 20th to 22nd of February in collaboration with Central Sanskrit University. The inaugural function will be held at the Spiritual Growth Centre of the Shrine Board at Katra. The events to be organised include Educational Short Film making, Rangoli, Painting, Competition, cultural programmes, co-curricular activities besides, sports events in different categories and around 10 institutes from 5 states & UTs including Himachal Pradesh, Haryana, Punjab, Delhi, Uttarakhand, UP and JKUT, with a total of 350 students are expected to participate in the festival. The council observed that the festival shall provide a learning platform to the students of SMVD Gurukul to showcase their talent & skills from their counterparts of other institutes besides, serving as an important medium to spread joy, promote Sanskrit awareness and protect our traditional and cultural heritage.

The Governing Council while releasing the Annual School Magazine "Brahmi" tracing the achievement and contribution of the students and faculty during the year appreciated the efforts stating that a wonderful platform has been given to these young students to showcase their talent as writers and express themselves into a conglomerate.

Earlier, Mahamandleshwar visited SMVD Gurukul and inspected the Construction Work-in-Progress of New Dining cum Accommodation Complex. He also interacted with the students and faculty and enquired from them about their daily activities. Besides, the Mahamandleshwar felicitated Master Varun Sharma, student of Shri Mata Vaishno Devi Gurukul for having secured first position in the entire University, in the annual examination of class 8th conducted in 2022 by Sampurnanand Sanskrit Vishwavidyalaya, Varanasi. Mahamandleshwar, besides highlighting the importance of imparting sanskars in one's life, asked the students to work hard to preserve their rich culture and achieve distinction in various fields in years to come. He congratulated the Hon'ble Lt. Governor, JK-UT who is also Chairman of Shri Mata Vaishno Devi Shrine Board for nurturing such institutes which has kept alive the Vedic and Sanatan traditions in the modern era.

The Council also observed that planning and creation of Navagrah Vatika on Tarakot Marg not only helps students in adding to their knowledge of plants but is a very important source of energy if planted anywhere as these plants represent different planets of celestial forces. Besides, being on Yatra track the devotees who opt this Marg for reaching to Holy Shrine inhale clean air and boost their physical immunity with spiritual enlightenment.

GC also approved Internship programme for candidates obtaining Shastri degree from SMVD Gurukul and their engagement as Prashikshu in Shri Mata Vaishno Devi Shrine Board for the contribution in the Pujan rituals besides engagement of Yuga expert in SMVD Gurukul for boosting physical and mental health of the students.

The Meeting also desired that alumni meet of the Gurukul should be planned to benefit from their skills and experience besides, to devise a

Pt. Deendayal Upadhyay was a visionary par excellence: Parmod Kapahi



BJP District Jammu holds monthly meet

JJ NEWS SERVICE JAMMU, FEB 10: Bharatiya Janata Party, District Jammu under the leadership of District President Parmod Kapahi held a monthly meeting at BJP office, Kachi Chawni, Jammu. Senior BJP leader & District Jammu Prabhari Rajeev Charak, Seh-Parbhari Vikas Choudhary also addressed the meeting along with District

President Parmod Kapahi. District General Secretary Kuldeep Kandhari, District General Secretary Rajesh Gupta, Mandal President Keshav Chopra, Mandal President Parveen Kermi, Mandal President Raman Sharma, Atul Bakshi, Ajay Sharma, JMC Councillor Sucha Singh, Councilor Suneet Raina and other prominent political persons from District Jammu participated in the meeting.

Rajeev Charak, while addressing the BJP activists of District Jammu, asked them to visit every house of the region and apprise them of the achievements of the Modi governments and their specific benefits for the residents of Jammu & Kashmir. He also deliberated upon the highlights of the recently introduced 2023 Union government budget. He said that this

budget is a people friendly budget which has touched the lives of every segment of the society. Parmod Kapahi, in his address, discussed upcoming programs of the party. He especially focused on the party's programme of 'Samarpan Diwas' on February 11, the day on which party ideologist Pandit Deendayal Upadhyay laid down his life in the service of humankind. He stressed that Pandit Deendayal Upadhyay was a visionary personality par excellence whose ideas will make the world a better place to live.

Vikas Choudhary, spoke on the booth Sashaktikaran, in which he stressed that the party activists should pay special attention to the strengthening of the booths in their respective areas allotted by the party. Rajesh Gupta conducted meeting proceedings whereas Kuldeep Kandhari thanked all the party leaders and activists for their active participation in the meeting.

Nation suffered most due to Nehru's blunders, Modi Govt determined to nullify the adverse effects: Kavinder

JJ NEWS SERVICE JAMMU, FEB 10: Kavinder Gupta, senior Bharatiya Janata Party leader and former Deputy Chief Minister has asserted that the nation and its people have suffered the most due to the blunders committed by the late Prime Minister Nehru and his family who promoted their dynastic rule over seven decades. He said that this family not only threw democracy to winds but also carried forward the 'Divide and Rule' policy of Britishers and 'Appeasement Policy' for its petty vested interest by playing vote bank politics.

The senior BJP leader, while recalling the Prime Minister Narendra Modi's speech in the Parliament the other day, said that he has rightly exposed the real face of the Nehru family and the Congress party while slamming the opposition for leveling accusations against him (PM) based upon surmises and conjectures. In a statement issued here today, Kavinder said that the Nehru Gandhi family including the Vadras has brazenly looted this nation to the hilt. He asserted that this stands proved beyond any iota of doubt from the fact more than 600 organizations have been registered in the name of the members of the so called Nehru Gandhi families.

These organizations have been used to siphon off the tax payers' money and most of the companies established by these people are bogus companies to facilitate the siphoning of the nation's funds. The senior BJP leader said that it is because of such blunders of Nehru

and his kin that the people of Jammu and Kashmir continued to suffer unabated for over seven decades. He said that the biggest blunder of Nehru as PM was that after Pak aggression in Kashmir, he took the matter to UN and allowed to station its MOC (Military Observers' Group) in J&K and PoK. He said that giving long rope to the favourites like Sheikh Abdullah was yet another blunder committed by them as Sheikh too promoted his dynastic rule like Nehru.

Kavinder said that the worst phase began in J&K with signing of Rajiv-Farooq accord after which the terrorism and secessionism received a big boost with a tacit support of the J&K Administration the results of which led to peak terrorism in J&K bringing death, destruction

Govt should fulfill demands of Kashmiri Hindu employees posted in Valley before Shivratri: Shiv Sena



Stop treating Hindus employees as bonded labourers: Sahni

JJ NEWS SERVICE JAMMU, FEB 10: Shiv Sena J&K unit today demanded that the LG led administration should fulfill the demands of protesting Kashmiri Hindu employees posted in Valley before the upcoming Shivratri Festival. The leaders of Shiv Sena (Uddhav Bala Sahab Thackeray) Jammu and Kashmir unit organized a press conference at the party's central office, Jammu, today demanding the safe posting of Kashmiri Pandits/Hindus working in Kashmir by implementing the transfer policy. State Chief Manish Sahni

said government should leave its stubbornness of making these employees scapegoats and transfer them to safer places in Jammu region. Sahni said that Hindus working under the PM rojgar yojna in Kashmir were being treated like bonded labourers and forced to become scapegoats. On aug 5, 2019 the Center has abrogated Article 370, then the bonds included in SRO 412 should be treated as cancelled. Describing the government's claims of rehabilitating Kashmiri Pandits/Hindus as hollow sham, Sahni said that providing jobs and temporary

accommodation to only 4200 Kashmiri Pandits can never mean rehabilitating the entire community. "Along with Kashmiri Pandits, Sikh / Muslim / Dogra communities were also given jobs under the PM package. But the BJP government is baking political bread by misleading the public by beating the name of Kashmiri Pandits. At the same time, for the last 6-7 months, the salaries of the employees are being withheld and they are being forced to go to the valley," he said. Sahni demanded the Central Government and the Lieutenant Governor of

Jammu and Kashmir to implement the transfer policy and attach Kashmiri Hindus to various central departments. He said that, the PM package funds are provided directly by the Center so the administration deutes them to central departments like (Election Commission, India, NTPC, NHPC, etc.) or UT Ladakh.

Sahni said that some selected and influential employees have been attached to Jammu division. It is clear from the stand of the administration that it is not hesitating to sacrifice all the Hindu employees for the party of vote politics ambitions of the central government which is an unimaginable situation towards humanity. On this occasion, President Women's Wing Meenakshi Chhibber, General Secretary Vikas Bakshi, President Kamgar wing Raj Singh, Women Secretaries Sukhwinder Kaur, Yawar Habib were present.

Indian Army organises Lavender Farming and Processing Drive

JJ NEWS SERVICE JAMMU, FEB 10: As part of welfare activities, Indian Army has been constantly undertaking a variety of events for the welfare of Awaam. In pursuance of this noble aim and in order to impart training on lavender farming and generate employment through it Indian Army organised 'Lavender Farming and Processing Drive' for youth and poor farmers from the socially and economically backward strata of the society at Bhalal in District Doda (J&K). Such initiatives will improve the environment of the surrounding area and will greatly help in generating



employment opportunities to people from socially and economically backward families and simultaneously engage the youth in some construc-

tive activity which is beneficial to them in multiple ways. The locals expressed their gratitude towards the Indian Army for organising the event.

BJP OBC Morcha working round the Clock for BJP Party: Vibodh Gupta

JJ NEWS SERVICE
JAMMU, FEB 10: BJP OBC Morcha JK-UT in collaboration with Red Cross Jammu held free medicines distribution camp at Municipal Park, Resham Garh Colony, Jammu.

Vibodh Gupta General Secretary BJP Jammu Kashmir and Sunil Prajapati President BJP OBC Morcha JK-UT were prominent to inaugurate the camp.

Speaking on the occasion, Vibodh Gupta congratulated the work done by BJP OBC Morcha and said BJP OBC Morcha has done commendable work round the clock in the field of Sewa and helping Public in large.

Vibodh further thanked PM Modi for Increasing Medical Budget by 13% and said 157 new Nursing Colleges will be opened in the coming future. He asserted that the people of Jammu Kashmir are enjoying health insurance of Five Lakhs per family.



For this he thanked PM Narendra Modi for covering the whole state under health Insurance. Later Sunil Prajapati said that this Camp will benefit needy people at this time of extreme Weather Conditions and thanked Secretary Red Cross Sat Pal Sharma for Issuing Medical Camp.

He also thanked Dr. Aasia Noor (Medical Officer) and her team. Nearly 200 people were benefited by this camp and local people

applauded the working of BJP OBC Morcha. The Program was organized under guidance of Ashok Salgotra (District President BJP OBC Morcha Jammu) and others who organized the Program was Viren Satti (District Secretary BJP OBC Morcha), Raj Kumar (Mandal President OBC Morcha Bakshi Nagar).

Prominent among others who Present on occasion was Ravi Mehra (Vice President BJP OBC

Morcha), Kewal Verma (State Secretary BJP OBC Morcha), Bal Krishan (State Social Media Secretary OBC Morcha), Gopal Sanotra (General Secretary BJP OBC Morcha), Parveen Badyal (Vice President BJP OBC Morcha), Rajesh Kumar (Vice President BJP OBC Morcha), Madan Verma (District Secretary BJP OBC Morcha), Ved Parkash (District Spokesperson OBC Morcha) and Budh Verma.

Kathua Campus (JU) organizes its 3rd Extension Outreach Programme

JJ NEWS SERVICE
KATHUA, FEB 10: Aiming to keep the children, youth and students away from the menace of drugs, Kathua Campus, University of Jammu today organized its 3rd Extension Outreach Activity on "Drug Abuse: Problem, Management and Prevention along with Stationery Distribution Drive at Government Higher Secondary School, Kathua. More than 400 students from Government Higher Secondary School, Kathua and Kathua Campus, University of Jammu participated in the said activity. The awareness programme was also attended by more than 100 people from Panchayat Kathua who were thrilled by the performance of the students of Kathua Campus, University of Jammu in the form of a play on Drug Abuse.

Further, a two-week stationary collection drive was launched by Kathua Campus, University of Jammu on 26th of January, 2023 in order to help the children of the adopted village Kathua and the stationery was distributed today to more than 350 students of Panchayat Kathua in order to channelise their energies to harness their potential in nation building and refrain them from bad habits so that they can focus harder on their studies. The esteemed speakers at the occasion were Sh. Kewal Krishan (District Education Planning Officer, Kathua), Dr. Rajesh Chandel (Assistant Professor, Psychiatry, Government Medical College, Kathua), Sh. Sanjeev Sharma (Inspector, Police Training School, Kathua), Mr. Varun Sharma (Sub Inspector, J&K Police, Poonch) and Sh. Devinder Kumar (Retd. Zonal Education Planning Officer, Hiranagar). While speaking on the



occasion, Sh. Kewal Krishan said that the drug menace is badly affecting the society in general and children in particular. Thus, there is an acute need to spread awareness among society especially children against this evil so that it can be uprooted. He further said organizing these types of awareness-oriented programmes at school level is quintessential for the teen age students. Dr. Rajesh Chandel opined that drug consumption is dangerous to the mental and physical health of everyone and thereby, drug abuse is destroying our future generation. He further underscored the psychological and medical aspects of drug abuse in tender age students. Sh. Sanjeev Sharma stressed on the need of involving students in cocurricular activities in addition to their academics so that they can utilize their time properly. Further, he advised the students to join sports to be mentally and physically fit. Mr. Varun Sharma advised the children to stay away from illegal drug consumption and also requested the public to inform Police about illegal drug consumption.

Further, he insisted the students to fight against this menace in their locality also. Sh. Devinder Kumar emphasized on the importance of such awareness programmes to safeguard children from drug abuse in any manner. He further highlighted the challenge of drug abuse in India and suggested the retired employees especially from the education sector to come forward to take initiatives for the welfare of the youth in particular and society as a whole.

Sh. Ashok Kumar, Principal, Government Higher Secondary School, Kathua appreciated the efforts of Kathua Campus, University of Jammu for organizing the awareness programme on Drug Abuse and for distributing stationery among the children of panchayat Kathua to focus more on studies. The Special Guests from Panchayat Kathua who attended the programme were Sh. Joginder Singh (Naib Sarpanch, Kathua), Sh. Mohinder Singh (Panch, Kathua) and Smt. Trishla Devi (Panch, Kathua).

Modi Govt's agri-friendly schemes have become real power of farmers: Johal

JJ NEWS SERVICE
JAMMU, FEB 10: The Modi government has done more work in eight years of its rule for making farmers self-reliant than was accomplished ever before and its agriculture-friendly schemes have become the real power of farmers.

This was stated by Sarabjit Singh Johal, President BJP Kissan Morcha, J&K and DDC Member while speaking at the programme in Bantala area of Jammu.

Johal asserted that the central government headed by the Prime Minister Narendra Modi has done more work in the last eight years than ever before for empowering farmers and making them self-reliant. He said the government at the Centre stands fully committed to the welfare of the farmers who deserve special attention especially in view of their being the food producers of the nation. He said the government is making every effort to double the farmers' income and boost agriculture economy.

Today, Sarabjit Singh Johal along with his entire Kisan Morcha team visited Maa Chandi Temple in Rajinder Nagar, Bantala area and prayed for the peace and prosperity of the Union Territory. State General Secretary of BJP Kisan Morcha Rakesh Pant, Vice President Kisan



Morcha Baba Chanchal Singh, Mandal President Vijaypur Ajay Sharma and Parveen Sharma accompanied the BJP Kissan Morcha President, J&K.

Johal said "Since the BJP led government came into power, it has been taking all necessary initiatives to boost and bolster the agricultural economy along with farmers' welfare schemes."

He said that the farmers' issues have been best addressed by PM Modi led Govt at the Centre. He mentioned that the schemes and initiatives by the government like Kissan Sammaan Nidhi, Kissan Credit Card, Kissan Fasal Bima, Soil Health Card, Pradhan Mantri Krishi Sinchayee Yojana (PMKSY), National Agriculture Market (e-NAM), SVAMITVA Yojana, and many more

such schemes have been providing benefits to all the farmers of the nation.

Johal asked the Kissan Morcha leaders and workers to establish a strong connect with the farmers'

community and ensure that they avail the benefits of the aforesaid schemes.

He asked them to take adequate measures to strengthen the base of the Party.

Indian Army organises lecture on Road Safety

JJ NEWS SERVICE

JAMMU, FEB 10: Indian Army organised a lecture on Road Safety at Govt Higher Secondary School, Bhowani in District Rajouri (J&K). Road accidents are a major concern in the region owing to hilly terrains and modern vehicles having lighter speed limits. Towards this end, the lecture aimed to create awareness amongst the locals to make the roads safer and prevent loss of life and limb. The lecture highlighted that roads in this region of the UT of J&K run through various hills and mountain ranges, which requires the drivers to be extra cautious and provide due allowance for the terrain and weather.

The gathering was also educated about various aspects contributing towards safe roads like, following traffic rules, importance of wearing seat belts/helmets, maintenance of vehicles etc.

BJP Minority Morcha J&K Organises Joining Program at Baribrahmana

JJ NEWS SERVICE
JAMMU, FEB 10: A programme was held at Bari Brahmana District Samba today by the District Unit of BJP Minority Morcha Jammu under the chairmanship of UT President Ranjodh Singh Nalwa.

The main motive of this meeting was to conduct briefing session in which BJP Minority Morcha Leadership was to be kept abreast of the latest developments and working of the organisation especially with reference to the upcoming Party Programmes. The aim of the meeting was on part of all the functionaries also to remain alert in their respective Districts, Constituencies, booth levels and work at the grass roots levels for welfare and benefits of common people. The purpose of the interactive session was to deliberate on the efforts to address the grievances of the masses specifically those who are marginal, helpless and resourceless as also to raise



voice of concern in favour of their genuine demands.

On this occasion, all the delegates under the leadership of UT president Ranjodh Singh Nalwa welcomed the entrants in the party fold who joined the Morcha today. Speaking on this occasion, Nalwa while elaborating on the policies of BJP said that it is due to the people friendly programs and plans associated with the growing popularity of the party under the national leadership of Prime Minister Narendra

Modi that every passing day, number of people are embracing this organisation and have been expressing their full solidarity in the ensuing march on the path of progress and prosperity. He further stressed on the workers to strengthen the party at the ground level and be always inclined with the people and become a mouth piece for giving vent to their problems, he said adding further that it is the discipline of the party that attracts the people towards it.

District president Jammu BJP Minority Morcha Jaspal Singh also expressed his views on this occasion.

Other prominent participants include Vice President J&K Balvinder Singh, Amarjeet Singh, Santokh Singh (Gen. Secretary J&K), Pranvrat Singh, Pawanjeet Singh and other office bearers of BJP Minority Morcha.

Earlier, several people turned up the venue to join BJP Minority Morcha who were warmly welcome in the party folds.

One week student workshop concluded at TBS, JU



JJ NEWS SERVICE
JAMMU, FEB 10: The Business School organised one week workshop aimed to enhance the professional competencies of MBA students from 6th February to 10th February, 2023. The week long workshop included nine sessions. Two sessions daily comprising of one morning session and one afternoon session. Total nine sessions were conducted by various industry experts, leading academi-

cians and motivational speakers within and outside the university namely Mr. Priyankar, HDFC bank, Mr. Gautam, Chamber of Commerce and Industries, Ms. Swati Basotra, Talknasyatalknasya, Ms. Geetika Kohli, Thinksta, Prof. Vishav Rakscha, University of Jammu, Ms. Maansi Rattan, MG Design School, Mr. Akash Badi, Amazon India, Ms. Jasleen Kaur, Branding Elves, Mr. Aman Talla, Talla Jewellers and Mr. Satish Koul,

Emcure Pharmaceuticals Ltd.

A valedictory function was organised to conclude the workshop and Chief Guest for the occasion was Mr. Satish Kaul, Resident Director at Emcure Pharmaceutical Ltd.

The certificates were distributed to the participants and organisers of the workshop. Mr. Satish Kaul in his address expressed the need for the students to enhance soft skills besides academic knowledge. He motivated the students to be disciplined, ethical and work hard to achieve success in life.

He emphasized upon the need for such programs in The Business School. Prof. Sameer Gupta, Director, TBS while talking on the occasion gave special remarks about the workshop. He emphasized upon the need for such workshops for the MBA students that are under immense academic and competitive pressure.

Prof. Alka Sharma appraised the gathering that such workshops give an edge to the students in their employability profile.

Lawlessness unleashed by opposition done away with, India on progressive path: Raman Suri

JJ NEWS SERVICE
JAMMU, FEB 10: Bharatiya Janata Party (BJP) J&K Executive Member Raman Suri today said that those opposed to unfurling Tricolour in Jammu and Kashmir or doing away with redundant laws are now trying to protect the illegal encroachers of the UT and forest land by arriving at the Capital to protest. This is indicative enough that such political leaders never wanted order in the system of governance and allowed lawlessness to prevail in the erstwhile state.

He said, PDP chief Mehbooba Mufti's unrelenting support to encroachers, illegal occupations or land grabbers is

enough to understand how these leaders had unleashed a rein of lawlessness and made Jammu and Kashmir a jungle where everyone was having a free run when it came to grabbing land, occupying state or forest land and even building shops and houses on the land of development authorities.

Raman Suri said, Prime Minister Narendra Modi in his reply to the debate on Motion of Thanks to the President's address in Lok Sabha established that the days of such leaders or divisive and adverse policies are over. The Prime Minister united it clear by stating that peace is prevailing in J&K, separatists are gone forever,

Tricolour is unfurling everywhere and tourists besides investors are looking towards the new, potentially-viable Union Territory.

Raman Suri asked the youth to reap benefits of this atmosphere which is conducive enough to progress and contribute to nation building.

He said, Kashmir of serenity, when tourists used to flock there and enjoy every season, young boys and girls had ample opportunities, peace prevailed and no one ever created any trouble for anyone is now back. The leaders who created an unrest in Kashmir, made militancy a monster, encouraged separatism at

the cost of lives of youngsters and stalled progress of youth are themselves finding no space in the political arena now.

The recently concluded "Triranga Yatra", he said, has become a benchmark of peace for opposition where every leader, who once said that no one will unfurl Tricolour, walked miles to see the Indian Flag unfurl at historic Lal Chowk.

Raman Suri felt sorry for the opposition saying that they are unable to find any flaw in the functioning of the Union government, which is why they were speechless in the Parliament and couldn't muster courage to pinpoint on anything that affected the progress of our nation.

Apni Party registers its protest against bulldozing drive

Holds sit-in protests at the district headquarters across J&K



JI NEWS SERVICE JAMMU, FEB 10: Apni Party on Friday held sit-in protests – against the ongoing demolition drive by the administration – at the district headquarters across J&K.

According to a press note released here, "Party's district leaders and senior

workers led the sit-in protests at the district headquarters across the J&K. The sit-in protests at multiple places were meant to register a strong objection, on behalf of the party, against the administration's ongoing demolition drive."

It further said, "Apni

Party demands the immediate stoppage of the bulldozing drive. The party is not against retrieving large chunks of land occupied by the land mafia, but we demand regularization of the small amount of State/Kacharai land, which has been in possession of common people for

decades or in some cases for more than a century." "In the Valley, the senior party leaders – Usman Majid, Javid Mustafa Mir, Abdul Majeed Padder, Raja Manzoor, Khursheed Ahmad Khan, Noor Mohammad Sheikh, G M Mir, Tariq Ahmad Veeri, and Javid Ahmad Mir – led the sit-in protests respectively in Bandipora, Badgam, Kulgam, Kupwara, Baramulla, Srinagar, Pulwama, Anantnag, and Ganderbal," the press note said.

"While as in Jammu region, Manjit Singh led the sit-in protest in Jammu and Samba districts; Advocate Harpreet Singh in R S Pora; Pushap Dev Uppal in Jammu (Rural); Satpal Chalotra in Udhampur; Anil Kumar in Badnawah; Bashir Khaki in Poonch; Sofi Aslam in Rajouri, and in Kishtwar led by Umer Mingnoo," the press note added.

Two-Day seminar on 'India's Pathways to next economic powerhouse by 2047' concludes



JI NEWS SERVICE JAMMU, FEB 10: A two-day seminar on 'India's Pathways to Next Economic Powerhouse by 2047' organized by Department of Economics sponsored by the Indian Council of Social Science Research, New Delhi concludes today at University of Jammu. In the valedictory function, Prof. Raj Kumar Mahajan, the Former Professor, Punjabi University, Patiala, Regional Centre Bathinda, Punjab, was the Chief Guest. He advocated that India has tremendous potential to grow using robust policies to address the challenges of poverty, inequality, unemployment and sustainability which will pave the way to become the next economic powerhouse by 2047.

The Key Note Speakers of the inaugural function were Prof. (Dr.) Balwinder Singh Tiwana, the Former

Professor, Punjabi University, Patiala, Prof. Kuldip Kaur, Chairperson, Ambedkar Chair, and Former Professor, Punjab School of Economics, GND University, Amritsar, Punjab, and Prof. I. C. Awasthi, Former Professor, Institute for Human Development, New Delhi. Prof. Balwinder Singh Tiwana emphasized on building economic strength and to leverage the drivers of sustainable economic growth and to strengthen the India Rupee vis-à-vis Dollar. The continuous evaluation of short-term achievements of Indian economic performance is essential to plan for long-term goals. India has also to address the fluctuations in FDI and foreign exchange reserves to become the next economic powerhouse.

addressing the problem of climate change for sustainable agriculture. Prof. I. C. Awasthi argued that inclusive growth is necessary to address rampant problems of unemployment and inequalities over the long-term to build a strong economy. The seminar convener Prof. Falendra Kumar Sudan presented a brief summary of two-day seminar, while Dr. Tsering Yangzom presented the welcome remarks and Prof. Sunita Sharma, presented the vote of thanks. Prof. Jasbir Singh appreciated the Head of the Department for his all support to organise such type of events. Dr. Virender Koundal, Dr. Manoj Bhatt, and Dr. Shaluu Selhgal of the Department of Economics were also present.

Today, the six parallel sessions were conducted in which well researched papers on various topics were presented including

the role of Foreign Direct Investment, Digital Educational Initiatives, Export and Import, Rural Governance and Entrepreneurship, Digitalizing Higher Education, Online University Teaching, Agrarian Change, Gender Dividend, Manufacturing Value Added, Corporate Governance, Sustainable Urban Transportation, Financial Development, Digital Empowerment, Digital Transformation of Agriculture, Human Development and Poverty Reduction, Renewable Energy, Nuclear Energy, Water Resilience, Land Sustainability, Food Security, Services Sector, Carbon-Neutral City, Fiscal Reforms, Inclusive Development, Entrepreneurship, Innovation, Investment, and R&D and many more topics in becoming the next economic powerhouse by 2047.

The main speakers include Dr. J. N. Balya, Dr. Hemlata Mangani, Dr. K. Rajesh Kumar, Dr. R. Sai Kumar, Dr. Prashant Kumar Choudhary, Dr. Ritu Bakshi, Dr. Preeti Chawla, Dr. Reeti Debnath, Dr. Rajendra Prasad Meena, Dr. Om Raj Katoch, Dr. Neelam Choudhary, Dr. Shilpa Gupta, & Dr. Shayan Javed, Dr. Rashi Tuggar, Dr. Sandeep Kaur, Pabitra Kumar Jena.

One day workshop held at Jammu University



JI NEWS SERVICE JAMMU, FEB 10: A one day workshop was organized at Jammu University by Directorate of International Quality Assurance in collaboration with Mission Directorate RUSA & K the state nodal agency for AISHE scheme.

The workshop was

attended by Nodal Officers (AISHE) all private and Govt Degree Colleges, Shri Mata Vaishno Devi University and experts from Higher Education Department Ministry of Education, New Delhi.

The welcome address was given by Dr. Ginny

Dogra University Nodal Officer Aishe/Deputy Director DIQA, Jammu University. Director College Development Council Dr. Rajeev Rattan was Chief Guest on the occasion who hailed the organisers for conducting such program. Ms Anita Sirohiwal, Joint Director.

Mission Director RUSA J&K in his address Elaborated the role of AISHE data in RUSA funding.

Joint Director, Planning and Monitoring from Ministry of Education in her speech celebrated upon the changes made in Web DCF to make it user friendly.

The technical session of workshop was conducted by Mr. Shivam Panday, Research Assistant, Mr. Vikas Mehta, Data Analyst and Mr. Sanjeev Kumar, Data Analyst experts from Ministry of Education.

Technical session was followed by queries session where technical issues faced by colleges with regard to uploading of data were resolved. Vote of thanks to participants and organisers was presented by Dr. Asif Iqbal coordinator AISHE, J&K.

Society must be driven by the principles of Antyodaya: BJP

Sham, Priya, Munish listen to public grievances

JI NEWS SERVICE JAMMU, FEB 10: Society will be healthy when it is driven by the principles of Antyodaya, which means the rise of the last person in the row stated senior BJP leaders, while they continue BJP's mission to resolve the issues faced by the residents of Jammu & Kashmir.

J&K BJP Vice-President & former Minister Sham Choudhary, BJP NEM & former Minister Priya Sethi and BJP All Morcha Incharge Munish Sharma, listened to the public grievances and took up the same with the concerned department officials for their early solutions at BJP headquarters, Trikuta Nagar, Jammu. Numerous individuals and deputations visited the BJP office to meet the party leaders and narrate their woes & problems. The issues presented by common masses before the senior party leaders were related to PHE, PWD,



Rural Development, Revenue, Irrigation & Flood Control, Education, Agriculture etc.

Presented issues were on the spot, taken up with the heads of these departments by Sham Choudhary, Priya Sethi and Munish Sharma telephonically and they were impressed with immediate solutions.

Sham Choudhary, while

listening to the issues stressed that the leaders have tried sincerely to provide the best possible solutions presented by masses in the grievances camps. He said that BJP believes that a society could only be healthy when it ensures the rise of the last (deprived and neglected) person of the society.

Priya Sethi, on the occasion,

said that BJP holds the issues faced by the masses in high esteem and believes that they should be promptly taken care of for the realization of a healthy society.

Munish Sharma stated that many of the issues presented today were solved on the spot whereas other issues are impressed for their early solutions.

DLC organises " Induction Programme for freshers of LL.B 3year (Prof.) Course

JI NEWS SERVICE JAMMU, FEB 10: Dogra Law College organized Induction programme to welcome the new entrants who have joined the college for the session 2022 - 23. Th. Gulchain Singh Charak, Chairman; Dogra Educational Trust was the Chief Guest on the occasion. The programme started with the lighting of the traditional lamp by the dignitaries followed by Saraswati Vandana.

Prof. V.P. Magotra, Principal, Dogra Law College welcomed the students. He briefly highlighted the history of the Dogra Law College. He apprised the students about the rules of the college and the achievements of the students who have brought laurels to the college.

Ms. Parema Bakshi, Faculty member of Dogra Law College made a PowerPoint presentation on the vision, mission, rules, values, curricular and co-curricular activities including the facilities available in the college. Prof. Darshana Sharma, Director, Dogra Group of Colleges and Campus Development addressed



the students and congratulated them for successfully qualifying the JUET Entrance Examination and becoming a part of the Dogra Law College. She threw light on the facilities and activities which are peculiar to the college and impressed upon the students to make use of those facilities. Special felicitation ceremony was also organised for NCC Cadets namely Junior Under Officer Abhishek Sharma, Student of B.A.L.L.B 5 Year Course 7th Semester for Lecture Conducted at Commando Insurgency

and Jungle Welfare School, Gwaldam, Uttarakhand and Cadet Gurbakshish Singh, Student of B.A.L.L.B 5 Year Course 7th Semester for representing J&K and Ladakh in Republic Day Parade 2023.

Two senior students of Dogra Law College shared their experiences with the new entrants. The Esteemed Chief Guest Th. Gulchain Singh Charak, Chairman, Dogra Educational Trust emphasized on maintaining discipline by the students which will help them in their future life. He also

emphasized the importance and recognition of hidden talent of the students which always contribute to the development of self-confidence and self-actualization. He added that Dogra Law College is committed in its endeavor to impart education for the betterment of the society.

The Programme concluded with the vote of thanks presented by Ms. Sumiksha Razdan, Faculty member of Dogra Law College followed by the National Anthem. In the end, sweets were distributed among the students.

'Three star electronics' of Blue Star ACs bags 'Best distributor Award' in North India

JI NEWS SERVICE JAMMU, FEB 10: Ved Sharma of Three Star Electronics, Shastri Nagar Jammu has bagged the 'Best Distributor Award' in North India during the Blue Star Product Launch cum Award Function organized at Chennai.

The award was presented to him during a glittering function attended by an august gathering comprising entrepreneurship doyens and celebrities from across the nation. The honours of award presentation were done by B Thiagarajan - Managing Director Blue Star in presence of Shashi Arora - President & COO, Cooling & Purification Appliances Group; Navneet Sharma and Haridas C-



Executive Vice Presidents. It is pertinent to mention here that M/5 Three Star Electronics is a name to reckon with not only in Jammu and Kashmir but across the northern region of the nation.

The venture was launched by an enterprising and enthusiastic entrepreneur Ved Sharma. Sharma

not only providing profits and dividends to the owner but also creating a huge employment avenue for the unemployed youth.

After receiving the award, Ved Sharma said there is no shortcut to success adding that strong determination, will and hard work are the only keys to success.

THOUGHT OF THE DAY

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

JINDRAH IMAGES

Harness solar energy potential to maximum level

To an utter dismay of the people of the erstwhile state of Jammu and Kashmir, now two Union Territories—J&K and Ladakh, least interest has been given to exploit the vast solar power potential over the years. The reports suggest that two UTs have performed dismally on account of electricity generation from solar energy as authorities have exploited less than one per cent of 111 Gigawatts (GWs) solar power potential during the last four years. This is notwithstanding the fact that the Central government has asked all states and the UTs to harness solar power potential to its maximum level. The installed solar capacity of Jammu and Kashmir is 48.90 MW, while Ladakh, which is considered as solar capital of the country, is having just 7.80 MW installed solar capacity. The erstwhile state of Jammu and Kashmir has a solar power potential of 111.05 GW and it is the second highest in the country after Rajasthan which has the solar energy potential of 142 GW. Ladakh has not generated even single additional Megawatt electricity during the last one year despite the fact that it has a large potential of 100GW solar energy alone, therefore failing to contribute in the country's total installed capacity, notwithstanding two major projects with potential of generating 7500 MW of solar power (now revised to 10,000 MW) were sanctioned for the region about eight years ago. On the other hand, Jammu and Kashmir has doubled its installed solar capacity from 24 MW to 48 MW in the last one year and it has shown some progress while exploiting its solar power potential. Jammu and Kashmir has been provided Rs 64 crore by the Union ministry of New and Renewable Energy from year 2019 to year 2021 under different schemes for harnessing the solar power potential. An amount of Rs 12.41 crore has been released to Ladakh under various schemes to increase its installed solar capacity for the period. The Central government has sanctioned two major projects with the total solar power generation capacity of 7500 Mega Watts for Ladakh region. After deliberations, the Central Government had planned to raise the capacity of this proposed solar park in Ladakh to 10 GW from 7.5 GW announced earlier. The Solar Energy Corporation of India (SECI) had issued a tender for development of 7500 MW Solar PV Projects in Leh and Kargil districts on December 31, 2018. As per the tender documents, implementation time for the project was 48 months from the effective date of Power Purchase Agreement. The projects were proposed because Ladakh, the cold desert of the country, received the 'best solar radiations' in the country but the projects have remained entangled in technical and administrative glitches. The Government of India should conduct a probe as to why these projects have failed to take off even after the lapse of eight years. The responsibility must be fixed while expediting measures to harness solar power potential.

BALLOON TURBULENCE DEEPENS US-CHINA DISCORD

By sending the balloon, China wanted to convey a message of strength that it was capable of reaching the heart of the US mainland and Washington would have to take into account Beijing's concerns if it sincerely wanted a dialogue on establishing peace and cooperation with it.

YOGESH GUPTA

ON February 3, US Secretary of State Antony Blinken called up Wang Yi, Director of the Chinese Communist Party's Central Foreign Affairs Commission, to tell him that he was postponing his scheduled trip to China as by sending a balloon over the US airspace, China had indulged in an "irresponsible act and this action is detrimental to the substantive discussions" that they were prepared to have. He said the trip would be rescheduled once the balloon turbulence was over.

However, Wang said it was a civilian airship sent for meteorological research and had accidentally strayed from its planned course into US airspace due to strong westerly winds and its limited self-steering capacity. "China is a responsible country and has always strictly abided by the international law," he added.

But the Americans found that the balloon, which entered the US air defence zone north of the Aleutian islands on January 28, moved largely over land across Alaska, Idaho, Montana, Carolinas and then towards the Atlantic Ocean. The balloon had flown over certain sensitive sites to collect information, including over Montana, which is home to about 150 inter-continental ballistic missile silos.

Typically, the balloons fly above 80,000 to 1,00,000 ft, but the one sent by China was flying low enough at about 60,000 ft to be noticed by the civilians. The journey of the balloon over so many days over the US landmass provoked widespread anger and many questions such as why it was detected so late by the defence authorities, were there gaps in the US security which permitted the balloon to fly undetected, why the Chinese took such a brazen step a few days ahead of Blinken's planned trip and what intelligence it had collected.

It is common for countries such as the US, China and others to conduct surveillance on their adversaries, but it is done discreetly. According to media reports, China had conducted similar surveillance on military assets of Japan, India, Vietnam, the Philippines and



Taiwan earlier.

US President Joe Biden's political adversaries, the Republicans, had a ready fodder to attack him asking why he had not shared the information with the people before the balloon was noticed by the civilians, why he had delayed its shooting, why the sensors in the US airspace had failed to detect this balloon and what if such balloons were used by the US's adversaries to send nuclear or other explosives into the country to cripple sensitive installations.

Pentagon's defence that there had been other instances of similar balloons flying over the US airspace during the Trump administration (which were detected later) made matters worse, some saying that Biden was too soft towards China. There was a consensus that Blinken's visit could not be permitted till the investigation into the debris of the balloon shot down on February 6 was complete. Also, that China could not be allowed to violate the US sovereign territory without paying a cost.

The Chinese government was equally aggressive. China's vice foreign minister Xie Feng in a representation to the US Embassy in Beijing said this was "entirely an accident caused by force majeure and the US deliberately exaggerated it. Its armed attacks on the balloon were irresponsible and unacceptable". Also that Beijing reserved the right to respond similarly to future incidents of this

kind.

Various theories are doing rounds on why China indulged in such a brazen and risky adventure few days before Blinken's visit.

Most plausible one is that China had got tired of aggressive actions by the US before each high-level meeting, sanctioning or blacklisting some Chinese organisations, companies and officials. There has been a sharp increase in the US provocations against China in recent days, including the sailing of the USS Chancellorsville, a guided missile cruiser, in the South China Sea to exercise the freedom of navigation, approval of \$10-billion weapon sales to Taiwan, setting up of a House Select Committee on China (which distinguishes even the old Soviet Union did not get) targeting Beijing. The USA's encouragement of Japan's militarisation, new alliance to prohibit the sale of microchips to China, setting up of a new military base in China's vicinity in Guam and acquiring four new bases in the Philippines had also come to Beijing's adverse notice.

Some Chinese leaders believed that the US had pushed China on the back foot by these military and economic initiatives and was trying to clip China's wings and even preparing for a war. There was a view that high-level meetings with US officials had become a ritual with glorified photo opportunities and Washington was not taking Beijing seriously. By sending the

balloon, China wanted to convey a message of strength that it was capable of reaching the heart of the US mainland and Washington would have to take into account China's concerns if it sincerely wanted a dialogue on establishing peace and cooperation with it.

As the US-China rivalry deepens, the asymmetry in their thinking and mutual perceptions has only worsened. While the US considers itself as the sole superpower and the guardian of the present international order, China considers itself to be an equal and wants enough space from Washington to accommodate its interests. The latter does not accept China's claim and believes that if Beijing wishes to benefit from its economic, trade and technological cooperation, it should stop behaving as a rival and accept its terms. Given the wide disparities in their outlook, the balloon incident will further strain the Sino-US relationship with growing political consensus in the US to pushback China in political, economic, technological and military realms. If the investigation into the debris of the balloon reveals that China had intended to collect sensitive information about the US strategic installations, there would be demands to make Beijing pay for indulging in this affront. Given that Chinese President Xi Jinping revels in aggressive policies, any further US sanctions would only harden China's opposition to US policies.

Neglecting MGNREGS undermines workers' rights

ZOYA HASAN

The words 'rights' and 'equity' are conspicuous by their absence from the numerous assertions and claims made by leaders of the National Democratic Alliance (NDA) with regard to their achievements in countless speeches and advertisements. A year ago, the Prime Minister stated that there was far too much emphasis on rights, and not enough on duties — even though the Constitution doesn't place them on an equal footing. The realignment of rights and duties is not just about giving greater attention to duties; it is about giving less importance to rights.

This is evident from the niggardly attitude towards the Mahatma Gandhi National Rural Employment Guarantee Scheme (MGNREGS) and the constantly abridged budgetary allocation for it, which is tantamount to a disregard of this right. This has consequences for the larger issue of rights as it affects the well-being of the most vulnerable sections of our society. The Mahatma Gandhi National Rural Employment Guarantee Act (MGNREGA), passed in 2005, was a path-breaking legislation aimed at providing guaranteed employment to rural citizens. It was the single largest rural employment scheme in independent India. It provided only 100 days of employment in a year and, that too, for just one member of a rural household, but the important thing is that it conferred an economic right, which means employment had to be provided on demand, and if the state could not deliver 100 days of work, then the person seeking employment had to be paid compensation.

The MGNREGS continues to be deeply relevant as millions of rural households have gained employment through it. It is particularly vital in times of economic stress and, hence, it is important to make a budgetary provision for the full 100 days and, perhaps, expand it to 150 days of work, given the prevailing dismal employment conditions in the country. The government violates workers' legal rights every time it does not match the funds to demand or does not pay wages on time.



However, this scheme has been hit hard by budgetary cuts. This started during the tenure of the Congress-led United Progressive Alliance (UPA) government itself, even though it had introduced the scheme; allocations practically froze during its second term, making no allowances for the rising prices or the increase in the number of job seekers.

But the NDA government has stretched the practice of making low budgetary allocations to the limit, which has weakened the legal guarantee of timely payment and employment. This comes at a time of rising unem-

ployment and increased inequality in India. Both the World Inequality Report-2022 and Oxford Inequality Report-2023 show India as one of the most unequal countries in the world in terms of incomes and assets. India registered the fastest increase in economic inequality in recent years, even as access to a number of social protection programmes has been severely undermined on the one hand, via restricting allocations and on the other, through the dilution of schemes, such as MGNREGS and even those that form part of the National Food Security Act.

This government has been lukewarm towards the MGNREGS in the last nine years. The Prime Minister spoke derisively about it in Parliament. The Finance Minister mentioned it only once (in the context of work for mangrove conservation) in her Budget speech this year. But the NDA government has not abolished the scheme; it has strangled it through low allocations. The budgetary allocation has been cut by 30 per cent to Rs 61,032.65 crore for 2022-23, the lowest in the past four years. It is lower than the budgetary estimate of Rs 73,000 crore for 2022-23. It is the second straight cut in the scheme's budgetary allocation as in the Budget-2022-23 also, the allocation had been cut by 25 per cent to Rs 73,000 crore from the revised estimate of Rs 98,000 crore.

The gradual decrease in the budgetary allocation for the MGNREGS has created doubts about the government's intentions. By cutting down the funds, the government sends out a signal that it wants to spend less on this scheme as opposed to the others, which means fewer initiatives can be undertaken under this scheme. Reduced funding also makes it difficult for the government to keep its promise of 100 days of employment, which is crucial for the survival of rural households. The average days of work offered is actually much below 100 days and, frequently, employees will not be able to get work even

for half a year.

By law, it is a demand-driven scheme but the continuous decrease of funds has reduced its potential effectiveness. The government has always claimed that the actual allocation would be increased if it was found that a large number of persons were asking for employment under the scheme. While supplementary allocations for the MGNREGS have been increased substantially at the revised estimates stage, a low initial outlay acts as a discouragement. It diminishes demand, in fact, chokes it, which becomes a justification for the low initial budgetary allocation for the scheme. Even if the allocation gets increased later because of higher demand, this increase takes time, which means that wage payments as well as material costs will be delayed and workers get pushed into 'forced labour' in the intervening period. Furthermore, almost half of the budget allocation is spent on clearing arrears. Consequently, the flagship scheme runs out of funds halfway through the financial year even for those who want work.

According to an analysis by Peoples' Action for Employment Guarantee (PAEG), a research and advocacy group, 21 per cent of the budget over the past five years has gone into clearing the arrears of previous years. In the current financial year 2022-23, the unpaid dues stand at Rs 16,070 crore. Hence, the PAEG demanded that the Centre allocate a

Samantha Ruth Prabhu's Shaakuntalam release postponed; reason for delay not revealed. Check out new date

Actor Samantha Ruth Prabhu's upcoming Telugu film Shaakuntalam, which was supposed to be released in cinemas on February 17, has been postponed by a couple of months. The film's makers on Friday confirmed that the film will now hit screens worldwide on April 14. Without revealing the exact reason for postponement, the makers unveiled a new poster with a release date.

In Shaakuntalam, Samantha plays the central character Shakuntala, daughter of Menaka and Viswamithra. The film, produced and directed by Gunasekhar, will be released in Hindi, Tamil, Malayalam and Kannada. This project marks Samantha's maiden collaboration with Gunasekhar.

In 2020, speaking at the launch of the movie recently, Samantha said that this will be her dream project and dream role. The trailer of Shaakuntalam was released in January. Speaking at the event, an emotional Samantha said her love for cinema hasn't changed amid all the recent life struggles. She said she gathered all her courage to attend

the event. In her speech, Samantha spoke about how her love for cinema hasn't changed amid all her life struggles in recent past. She was talking about her rare autoimmune disease called Myositis which she has been diagnosed with since last November.

"No matter how many struggles I face in life, one thing won't change. That's how much I love cinema and cinema loves me back. I strongly believe that this love will grow manifold with Shaakuntalam," she had said.

Samantha was last seen on screen in Telugu action-thriller Yashoda. In the film, Samantha played a surrogate mother who won't stop at anything to protect her child. The film turned out to be a hit at the box-office and had grossed around 740 crore during its theatrical run. Recently, Samantha joined the sets of the Indian adaptation of Amazon Prime's upcoming web series, Citadel. She will be sharing screen space with Varun Dhawan in the show, which is being co-created by Raj and DK.



6 Binge-Worthy Shows That You Just Cannot Miss



The year 2023 is here with a bang! With several promising web shows for both kids and adults, the OTT platforms are brimming with content. But to save you from the trouble of scrolling through a plethora of content to land on one particular show, we have curated a list of binge-worthy shows that you just can't stop watching.

'Class' (Netflix)

'Class' is the official India-based adaptation of the Spanish thriller series Elite, executive-produced and series directed by Ashim Ahluwalia. This adaptation by Ahluwalia is set in contemporary New Delhi and is a grimier, more realistic and socially-charged take. Produced by Future East Film (Ashim Ahluwalia and Niharika Singh) in association with Bodhi Tree and adapted by Ashim Ahluwalia, 'Class' explores the rise of the Indian rich and a world of extreme disparity, following the students through their struggles with sex, drugs, religious difference, homophobia, trauma, friendship and love. 'Class' Has opened to great reviews both in India and abroad with positive word of mouth since its release.

'Farzi' (Amazon Prime Video)

'Shrinking' (Apple TV)

'Marvel's Moon Girl And Devil Dinosaur' (Disney+ Hotstar)

'Trial By Fire' (Netflix) 'You 4' (Netflix)

KARAN TACKER RECALLS GOING THROUGH FINANCIAL CRISIS: WE HAD A TOUGH TIME MAKING ENDS MEET AS A FAMILY

It's been fifteen years since actor Karan Tacker entered the world of showbiz. While the actor has made a name for himself with his work on TV and OTT platform, he has never spoken about the days when he had to struggle. Not many are aware that before becoming an actor the Mumbai lad wanted to pursue his father's business.

For the first time, Tacker talks about his life before he became an actor. "I had a business with my dad," he recalls, adding, "The world hit recession in 2008, and that's when my entire busi-

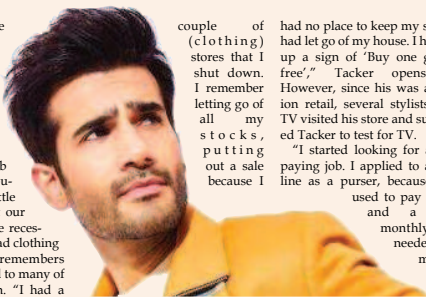
ness went down. We had a tough time making ends meet as a family. At that time I started scouting for jobs. From my education I would have probably gotten a job for twenty five thousand, which was little for the kind of debt our business faced in the recession." Tacker, who had clothing stores back then, remembers how the downfall led to many of them shutting down. "I had a

couple of (clothing) stores that I shut down. I remember letting go of all my stocks, putting out a sale because I had no place to keep my stock. I had let go of my house. I had put up a sign of 'Buy one get six free,'" Tacker opens up. However, since his was a fashion retail, several stylists from TV visited his store and suggested Tacker to test for TV.

"I started looking for a high paying job. I applied to an airline as a purser, because they used to pay a lakh and a half monthly. I needed that money

to make ends meet at that time. But, I got an ad for a face cream brand which paid me a lot of money. I got 3 lakhs, 12 years back. 3 lakhs for 22 days was like... I told my Dad, that I should work this out because this will pull us out of misery," Tacker reveals. The Khakee: The Bihar Chapter actor shares he soon started doing advertisements in Gujarat for two to three thousand rupees per day.

"For five and six years I was only earning money to pay the debt of the business. After 6 odd years I started making and saving money," he ends.



DaDa review: Enjoyable coming-of-age drama about accidental parenthood



The subject of parenthood, especially in mainstream cinema, has mostly been told from the perspective of a woman. Rarely, we've had a film where the story has focused on a man dealing with parenthood and his sacrifices in becoming a good father. Ganesh K Babu's DaDa is an emotional drama about a young man dealing with becoming a parent, out of the blue, with a lot of maturity. This is also a moving coming-of-age drama of an aimless, college-going youngster thrust into embracing fatherhood when the entire world, including his family, has given up on him.

The film opens with the shot of Kavin and Aparna lying together. Kavin is still sleeping and Aparna just enjoys looking at him while we hear a couple in the neighboring flat arguing early in the morning. Cut to the next shot, Aparna is crying as learns that she's pregnant and Kavin suggests that she should abort the baby as they aren't ready to be parents yet. Aparna is against the idea of abortion. Kavin and Aparna decide to move in together and take refuge at a friend's house. As they get ready to embrace parenthood, living together becomes a hassle as they end fighting over little things. It reaches a point where Kavin blames Aparna for making their lives so miserable when he warned her about keeping the baby. Kavin is forced to raise the baby alone.

The most refreshing aspect of DaDa is that it sends out a very important message loud and clear - parenthood is gender neutral. Both father as well as the mother play key parts in raising a kid and their roles can't be weighed or compared.

As much as the film sheds light on Kavin raising his son alone and in turn becoming a better person as well as a father, it doesn't try to showcase the mother in poor light. This aspect of the film and the writing is highly appreciable. It also never tries to make the father raising a kid alone a big deal.

Tara Sutaria: I've Always Looked At Love With A Lot Of Love

Bollywood actress Tara Sutaria has spoken about what self-love means to her and said that she has always loved the idea of love.

Tara has collaborated with Bumble, the women-first dating app, to launch a new campaign 'Before anyone else, there was you' ahead of Valentine's Day. To encourage self-



Asked about what self-love means to her, Tara said: "I think self-love or loving yourself means so many different things to different people. To me and to so many of us, I know that this will resonate because we all went through a pretty rough time recently when Covid hit the world and I think self-love took a new shape and meaning for all of us."

"All of us learnt to slow down and truly understand ourselves, begin to hear ourselves and therefore, love ourselves. I've always loved the idea of love - call it utopia, idealistic - and I've always looked at love with a lot of love, but I've never really looked at myself with that sort of love so it's taken me a lot to get to where I am today which is learning to really and truly understand every part of myself - the good, the bad, the ugly - everything that comes with being human, I suppose."

Sussanne Khan's sister Farah Khan Ali says she and DJ Aqeel are officially divorced, celebs react

Jewellery designer Farah Khan Ali took to her Instagram handle and confirmed her divorce from ex-husband DJ Aqeel as they finalised it. She is Hrithik Roshan's ex-wife Sussanne Khan's sister. In 2021, Farah announced the news of their separation and received support from her friends and family.

On Friday, Farah posted a couple of happy selfies with Aqeel. She tagged him and captioned it, "We have been declared officially divorced and are happy about it. We wish each other lots of love, happiness and luck in our onward journeys. We will always remain parents to our beautiful children Azaan and Fiza and nothing will change. Grateful for the journey we had together."

Aqeel re-posted the same on his Instagram Stories. Reacting to the post, Sussanne Khan commented, "Love u both" with lost of loved-up emojis. "It's such a beautiful new beginning note... you guys are both such amazing humans... like both of you are, ginormous hearts," Kubbra Sait added. Others such as Twinkle Khanna, Nandita Mahtani, Saisha Shinde, Dia Mirza, Bhavana Pandey, Moez Singh and Elnaaz Norouzi

among others sent their love. Last year, Farah shared on social media, "Sometimes two people grow apart. Sometimes they outgrow each other. It has been 9 years since my relationship with my husband Aqeel changed its status as a couple to just friends and to term it simply would be to state that we are 'Happily Separated'."

"We will always be best friends to each other and parents to our wonderful children Azaan and Fiza and nothing will change. Grateful for the journey we had together."

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involved. The reason we are announcing it publicly now, is so that the ones who know us accept our situation gracefully and always wish well for both of us especially because we hold no animosity of any kind towards one another and will always be there for each other. Aqeel is and will always be my family as I will be his. We hope that all our well wishers will accept our decision maturely and not judge us for it. It's important to be happy and we all, Aqeel and I including our children and families most definitely are.



Sherlyn Chopra slams Rakhi Sawant, supports her husband Adil: 'Don't know how he landed in this mess but...'

Rakhi Sawant and her husband Adil Khan Durrani's marriage has been making headlines in recent days. After Rakhi accused her husband of domestic violence and also alleged that he was having an extramarital affair, Sherlyn Chopra weighed in on the matter and sided with Adil. Sherlyn had filed a police complaint alleging defamation and sexual harassment against Rakhi last year, who was recently questioned by police in connection with the case.

Amid the ongoing Rakhi-Adil spat, Sherlyn has commented on the matter, accusing the two of doing everything they can to stay in limelight.

In a video shared by a paparazzo on Instagram on Thursday, Sherlyn Chopra shared her views on the ongoing fight between Rakhi Sawant and her husband Adil Khan Durrani. The actor said, "Mai kya bolu inn dono ke baare mein. Lekin itna mai keh sakti hu Adil ke sath kuch samay bitake - police station main - ki woh banda joh hai

shulja hua hai. Pata nahi kaise woh yeh pure jhamale mein fas gaya. But jitni dher maine usse baat ki aaise laga ki woh shulja hua banda hai (I am no one to say anything about Rakhi and Adil's matter, but from what I have learnt about Adil after spending time with him at a police station, he seems like a sorted person, but don't know how he landed in this whole mess)."

Sherlyn continued, "Aur maine boli bhi usko uske mum pe, tum toh suljhe hua lagte ho kaha aagaye tum? Kaisa fas

gaya yeh pure chakkar mein? Aur surkhiyo mein aane ke liye yeh zaroori nahi ki yeh log apas mein khitpit kare ya apne rishtey ka mazak banayee (I even told Adil he looks sorted so what was he doing with her? I feel they should not do such things just to stay in the limelight)."

She further said, "Mai kya bolu? Maine toh unke pati ko apne bhai mana hai. Bhai ke baare mein isi tarah ke baate sunn kar aacha bilkul nahi lag raha. Mai bus chahungi ki joh kuch bhi hai inn dono ke beech

mai, yeh khitpit jald se jald khatam ho jaye. Aur sach mein agar unke pati aise kuch kar rahe ho toh woh apne gali man le aur agar nahi kar rahe hai toh bataye ki yeh galat femi ki wajah kon hai aur yeh galat femi kaise paida hui (What else can I say about Adil, whom I consider my brother. I wish they resolve the matter soon, and if he is wrong he should accept his mistake. If he is not wrong and there is some misunderstanding than he should also clarify that)."



Weight Loss Tips: These Carb-Rich Foods Might Actually Fasten Your Weight Loss



It turns out you should continue eating some carbohydrates despite what we've been told for years. The word "carbohydrate" has a terrible reputation. They are frequently linked to type 2 diabetes, weight gain, and a number of other health issues.

It is true that refined grains and processed diets high in sugar frequently lack necessary vitamins and minerals. Numerous nutrient-dense, fiber-rich meals, however, might really be highly beneficial for your health.

Although some people may benefit from low-carb diets, there is no need to completely exclude high-carb items. In this article, we share nutritious and healthy carb-rich foods that might actually

boost your weight loss.

Add these carb-rich foods to your diet to fasten weight loss:

1. Oats

A very nutritious whole grain, oats are a fantastic source of numerous vitamins, minerals, and antioxidants. Furthermore, oats are a decent source of protein and have a higher protein content than most grains. According to research, eating oats may lower your cholesterol levels, hence lowering your risk of heart disease. In particular for those with type 2 diabetes, eating oats may lower blood sugar levels. Oats are also quite filling, which may aid with good weight management.

2. Barley

Barley, a cereal grain, may have the capacity to raise satiety-relat-

ed hormone levels. Boiling barley kernels can alter the microorganisms in your gut, which in turn can increase your metabolism, according to a Swedish study. This starch's high fibre content has also been reported to reduce hunger pangs, according to researchers.

3. Quinoa

Quinoa is a wholesome seed that has gained enormous popularity among consumers who are concerned about their health. It falls under the category of a pseudocereal, which is a seed that is processed and consumed like a grain. Quinoa cooked is a high-carb food since it has 70% carbohydrates. But it's also a fantastic source of fibre and protein. Quinoa has been linked to a num-

ber of health advantages, including better blood sugar control and heart health. Quinoa is high in numerous minerals and plant components.

corn. Being more content will probably cause you to eat less, which will result in consuming fewer calories. They are also a much better alternative to chips

Contrary to common belief, carbs are actually a beneficial addition to the diet if you're trying to lose weight. Try these 6 foods rich in healthy carbs.

Buckwheat

Buckwheat is regarded as a pseudocereal, similar to quinoa. Buckwheat is not linked to wheat, despite its name, and it does not contain gluten. As it contains both protein and fibre, buckwheat is particularly nutrient-dense. Compared to many other grains, it also contains more nutrients and antioxidants. Studies indicate that it might be especially advantageous for blood sugar control and heart health.

5. Popcorn

Next time you're hungry, try popcorn instead of crisps. Researchers from the food and health fields around the nation evaluated the short-term satiety of these two common snacks and discovered that most volunteers reported feeling less hungry and more satisfied after eating pop-

and other ultra-processed snacks.

6. Bananas

Bananas are a popular fruit that people enjoy using in a variety of ways. In addition to being rich in potassium and the vitamins B6 and C, bananas also contain a number of advantageous plant components. Bananas may help decrease blood pressure and enhance heart health due to their high potassium content. Green, unripe bananas have more starch. As the bananas ripen, this changes into natural sugars, which causes the bananas to turn yellow. Therefore, if you consume your bananas while they're less ripe, you'll often get more starch and less sugar.

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Instead of causing weight gain, these foods rich in carbs will help aid weight loss and boost your overall health.

HOW EATING FEWER CALORIES MAY HELP SLOW DOWN THE AGING PROCESS



Restricting calorie intake could help slow down the aging process, according to a study Trusted Source published today in the journal Nature Aging.

Researchers, led by the Butler Columbia Aging Center at Columbia University Mailman School of Public Health in New York, used DNA analysis from blood samples to measure the rate of aging and reported that calorie restriction slowed the aging process.

Participants included 220 healthy men and women in three different sites in the United States. The participants either continued with their regular diet or had a 25% reduction in their consumed calories.

The scientists followed the participants' diet and health for two years and took blood samples at the start of the study and again at 12 months and 24 months.

What researchers found in calorie restriction study The researchers reported a slowing aging process based on three DNA markers.

They said these results could provide a sense of what effects scientists can look for when completing trials for specific weight interventions, such as intermittent fasting.

"This study teaches us that keeping a person's body at a lean weight helps decrease the molecular changes on a cellular level that happen in response to aging," said Dr. David Selzer, an internal medicine specialist at NYU Langone Medical Associates in West Palm Beach and Delray Beach in Florida who was not involved in the study. "With that noted, life is not a test tube. People age for multifactorial reasons such as stress and anxiety, not just their diet."

"I agree that calorie restriction plays a role on the molecular level," Selzer told Healthline. "However, I think finding a healthy balance between caloric intake and daily exercise is more likely to lead to a longer lifespan."

Low calorie intake and healthy aging

The researchers are currently completing a follow-up study to see if calorie restriction has a long-term effect on healthy aging.

"The results make sense to me," said Dr. Raphael Kellman, an internist and functional medicine physician at Kellman Wellness Center in New York City. "However, nutrition studies are notoriously difficult to conduct, particularly long-term, as people naturally have trouble adhering to diets."

"I think you should take into consideration a few things," Kellman told Healthline.

"One, what kind of diet was the control group on vs. the calorie-restricted group? If the control group is overeating or eating a lot of unhealthy foods and the calorie-restricted group is eating a healthier diet, are the results due to the calorie restriction, or would just eating a healthier diet also have a positive impact?"

"Also, it is hard to know whether people are truly adhering to a diet unless their food is strictly controlled and monitored," Kellman added.

Vitamin B12: Why do you need it, how should you take supplements?

A vital nutritional element, Vitamin B12, also referred to as cobalamin, plays a crucial role in supporting various processes in the body. The smooth functioning of the nervous system and the formation of red blood cells heavily depend on adequate supply of Vitamin B12. Furthermore, it prevents anemia, protects the eyes from macular degeneration, regulates DNA and produces energy. These are the reasons why people must ensure sufficient intake of this vitamin in order to maintain health.

A deficiency of this vitamin in the body leads to insufficient oxygen supply to the different parts of the body. It also causes memory problems, weight loss, skin pigmentation, menstruation issues and so on. The body needs a continuous supply of this vitamin to successfully meet all requirements. A pertinent question arises here, what is the exact quantity of Vitamin B12 our body requires every day?

The daily requirement of



Vitamin B12

People above 14 years of age need to consume 2.4 micrograms (mcg) every day. However, the requirement changes with the calorie our body needs at a particular time. For instance, a pregnant woman needs to ensure an intake of 2.6 mcg, and a lactating woman 2.8 mcg daily. In order to maintain health and provide the necessary amount of the vitamin to the body, people must adhere to these standards.

In cases of deficiency, people may notice symptoms such as fatigue, headache, difficulty in concentration and others. This condition can be avoided with the intake of Vitamin B12-rich

foods such as eggs, milk, fish, chicken, peanut, sweet potato, dairy products and so on. However, animal-sourced food products are considered the best source of Vitamin B12.

Deficiency of Vitamin B12

People who strictly follow a vegetarian diet remain at a risk of deficiency. Additionally, congenital diseases and genetic intrinsic factor abnormalities can cause severe vitamin B12 deficiency. Older adults, people with gastrointestinal conditions, and those on certain medications, including proton pump inhibitors and metformin, may need to take a supplement. The noticeable signs of a lack of

Vitamin B12 in the body may include:

- Chronic fatigue
- Shortness of breath
- Pale skin
- Mouth sores
- Bleeding gums
- Constipation
- Diarrhoea
- Loss of appetite
- Joint pain
- Vision loss
- Dementia

So, the deficiency of Vitamin B12 is a serious issue and must be given due attention.

Sometimes, people need to provide this vitamin to the body through supplements, either orally or through Vitamin B12 injections. But the decision to take supplements must be taken after consultation with a doctor. The absorption of vitamin B12 can vary from 56 per cent of a dose of 1 mcg to 0.5 per cent of a dose of 1,000 mcg. Therefore, if someone consumes vitamin B12 less frequently, they will need a higher total amount to achieve desired

absorption.

Oral supplements

Depending upon the level of deficiency, a doctor may recommend a high dose of an oral supplement, up to 1,000 mcg. This can be extremely efficacious in dealing with the situation. Besides, oral supplements are cost-effective and leave almost no side effects.

Injection: In extreme situations and to deal with Vitamin B12-induced anaemia, injections are recommended. The doses depend on the level of deficiency in the body.

The overdose of this vitamin doesn't affect health. The body uses the required amount and excretes the excess amount through urine. An increase in water intake can help release the extra amount of this vitamin in the body. You must take care of your body and keep an eye on abnormal signs. You must adopt a healthy lifestyle and take a proper diet containing all the nutrients.

What Happens When You Cut Down On Sugar Completely? 5 Side Effects To Keep In Mind

We share a bittersweet relationship with sugar. While we love indulging in all things sweet and decadent, it is also touted as the main culprit for several lifestyle-related diseases including diabetes, obesity and more. Sugar and sugary foods are loaded with fat. As per popular belief, fat adds excess calories to our everyday diet. What if we say, it is not exactly how you think? Days of eating on fat are long gone. Now, there are multiple pieces of evidence to support the fact that fat (one of the major macronutrients) plays an essential role in our overall growth and nourishment. In fact, eliminating sugar from our diet completely might come with several side effects.

In this article, we will look into how cutting down on sugar affects your body and how effectively you can include it in your diet. Let's start with understanding what sugar is. What Is Sugar? Sugar, to most of us, is the food ingredient that we add to our meals. What we often fail to understand is the fact that sugar is actually a com-



ound, which when crystallised, turns into a food ingredient. According to www.sugar.org, sugar is sucrose (a mix of fructose and glucose), "a simple carbohydrate that is produced naturally in all plants, including fruits, vegetables and even nuts." For the unversed, carbohydrates help provide energy to your body and fuel the brain, organs and muscles to function and engage in everyday activi-

ties. Hence, experts from across the globe suggest, it is important to include sugar in our daily diet, but in moderation. "Sugar is simple, amazingly functional and it's part of a balanced diet," the website further reads. Photo Credit: iStock/What Is Added Sugar? Added sugar is any form of sweetener that undergoes processing, which further strips off the healthy nutrients from the food. According to

American Heart Organisation, added sugar includes white sugar, brown sugar, honey and all the foods that are manufactured chemically with these ingredients. 5 Side Effects Of Cutting Down On Sugar. 1. Makes us feel low: A cake or chocolate instantly

glucose levels. When there is a lack of this fuel source, you might experience different cognition-related issues. As per studies, it might lead to a lack of concentration, focus and poor memory. 3. Sleep problem: Sleep pattern depends much on our cognitive

know, sugar is a potent source of glucose and glucose helps refuel us with energy. With quitting sugar, the body's glucose level gets affected. This often makes people feel tired and lack energy for work. How To Include Sugar In Your Diet Effectively? 1. Add fruits: Sugar is naturally produced in fruits (and some vegetables). Hence, it is always advised to replace cakes and candies (that have added sugar) with fruits and dry fruits to include healthy fats in your diet.

Photo Credit: iStock2. Swap sweetened drinks: Colas and packaged sweet drinks are also high in added sugar. You can always replace these drinks with freshly pressed fruit juices or simple soda (with mint, lemon etc for added flavours) to enjoy the benefits to the fullest. 3. Read labels before buying: Do you read the sugar content in packaged food every time you buy it? If not, then start doing now! Several foods and condiments sneak in added sugar that might affect our body negatively.

Sugar Effects: We often fail to understand the fact that sugar is actually a compound, which when crystallised, turns into a food ingredient.

uplifts our mood. Have you ever wondered why? As researchers, sugar is known to affect our brain's reward system, further affecting our mood. A study, published in the journal nutrient, finds that sugar triggers the release of dopamine, which instantly gives us a sense of pleasure. When we eliminate sugar from our diet, it often leads to depression, anxiety, untimely cravings and more. 2. Lack of concentration: Brain functions such as thinking, memory and learning are closely linked to the body's

health that is directly linked to the body's glucose level. According to a study, published in the American Journal of Lifestyle Medicine, people, who are on a sugar detox diet, lack glucose (in the body) and often experience changes in their sleep pattern. 4. Nausea and dizziness: As mentioned earlier, sugar is fat, which is considered one of the macronutrients that our body needs. A lack of sugar often creates an imbalance, leading to weakness, nausea, dizziness and more. 5. Lack of energy: By now, we all

DC Kishtwar reviews patient care scenario at Rogi Kalyan Samiti meeting



JJ NEWS SERVICE
KISHITWAR, FEBRUARY 10: To review the functioning and patient care scenario in the district Hospital Kishtwar, Deputy Commissioner (DC) Dr. Devansh Yadav, today chaired a meeting of the Governing Body of "Rogi Kalyan Samiti" (RKS).

The meeting was attended by Chief Medical Officer, Dr. Mohammad Yaqoob Mir, EXEN PWD, Ravinder Kumar, EXEN, PHE Sanil Kumar Sharma, Medical Superintendent District Hospital, Dr

Javeda Qazi, BMOs, prominent persons and other RKS members. The DC took a detailed review of the functioning and fund flow of the District Hospital Kishtwar besides the progress of the institution under different indicators. A threadbare discussion was held on the measures required with respect to the up-gradation of the Hospital. The meeting was informed about various issues and requirements for the augmentation of health infrastructure and overall advancement of the

healthcare system in the Hospital. The DC assured all possible support from the Administration for infrastructure development of the Hospital to further improve patient care in the hospital. The Deputy Commissioner directed the concerned to follow the objectives as envisaged in RKS guidelines and stressed for resource generation and strengthening transparent mechanism in utilization of funds. He directed the concerned Tehsiladar to demarcate the land identified for Parking

space in the hospital premises. During the meeting the Samiti approved the enhancement of Honorarium Rs 2000 in favour of HDF employees on a pro-rata basis.

The DC asked the officers to work with added zeal and dedication to ensure efficient and prompt health and patient care facilities to the people. The concerned EXENs were directed to ensure the completion of pending repair and construction works in various healthcare facilities including the Eye Block at DH Kishtwar, approaching road to Sub Centre Bhatat, allied works in SC Ligri and Galabgarh and PHC Afti, so that they can be handed over to the Health department for the better health care facilities being provided to the common masses on smooth basis.

2-day Int'l Conference "Science for Survival to Explore the Unexplored Dimensions" held at GCW Udhampur

UDHAMPUR, FEBRUARY 10: Government College for Women Udhampur organized a two day international conference on the theme "Science for Survival: To Explore the Unexplored Dimensions".

Principal Secretary, Higher Education Department, Alok Kumar was the chief guest of the event, who joined the conference through virtual mode.

Director Colleges, Prof. (Dr.) Yasmeen Ashai was the guest of honor and she also joined through virtual mode.

The special guests of the event were Additional District Development Commissioner, Udhampur, Ghan Shyam Singh, Additional SP Anwar-ul-Haq; Dr. Udhay Bhanu, principal GDC Ramnagar, Rajinder Kumar Diga, District Information Officer, the Principals of various government colleges of Jammu division also graced the occasion with their presence.

Dr. Monika Sharma, Principal of the college and convener of the conference presented a formal welcome address to the chief guest, guest of

honor, resource persons and other dignitaries. She also welcomed the resource persons who have joined this conference from overseas through virtual mode. In her welcome address, the principal raised the critical global issues and grand challenges such as climate change, pandemics, energy security, water management, and food shortage and she also hoped that the conference will put some light on these issues which eventually will lead to the solutions.

Dr. Anita Sharma, co-convener of the conference gave introductory remarks on the theme of the conference. She asserted without science there is no human growth, no technological advances and no knowledge generation and she explained the significance of the conference by expressing her ideas on it. She believed that scientific knowledge, scientific processes are important avenues for researchers to share and discuss research findings.

It also acts as a platform to exchange ideas and insights and to network for collaboration and career

development. It can benefit the student in so many ways.

Dr. Kewal Kumar, organizing secretary of the conference, briefed the proceedings of the conference. He explained the motive behind organizing such a mega event. He stated that the institution is an undergraduate institute having girl students only and the students mostly belong to rural background. Most of the girls even don't know what a conference is, what happens in a conference? So, this conference is an attempt to ignite the young and budding minds towards scientific approach. The students through this conference shall learn the significance of the research and innovation.

Keynote speaker, Dr. OP Vidyarthi (Retd. IFS), former principal chief conservator, Forest department, UT of J&K deliberated on the theme of the conference with the presentation entitled "Decade of Ecosystem Restoration: Challenges of Solution." He argued that there is a need to restore our nature & environment. He further discussed the bio-diversity of the region.

DC Kathua reviews functioning of Health Sector, implementation of govt Schemes

Calls for 100 % saturation of AB-PMJAY, ABHA registration, achieving target of Leprosy, TB free district

JJ NEWS SERVICE
KATHUA, FEBRUARY 10: Deputy Commissioner, Kathua Rahul Pandey today chaired a meeting to review the functioning of the health sector and patient care facilities in the district.

The meeting was attended by Chief Medical Officer, Dy. CMO, Medical Superintendent, AH, GMC Kathua, District Tuberculosis Officer, BMOs, besides concerned officers and officials of health department.

A threadbare discussion was held on various issues like Health Care achievements, Patient care, ABDM, RBSK, NCD, NVBDCP and other related issues.

The CMO gave a detailed overview through

powerpoint presentation and projected various issues regarding present status of AB-PMJAY Cards, institutional deliveries, requirement of ambulances in remote blocks, NTCP, NMBR, PCPNDT Act and other schemes and programmes of the health department.

The DC also took feedback about the implementation of various schemes and programmes under the National Health Mission, including RBSK, Leprosy Mukht and TB Mukht Panchayats across the district.

The DC asked for focusing on daily monitoring of progress made under AB-PMJAY besides registering beneficiaries under ABHA through door to door sur-

veys. He also laid focus on making a workable action plan to target saturation left out areas by putting in sincere efforts by concerned Block Medical Officers.

Expressing his concern about low institutional delivery in the district, DC asked the concerned BMOs to encourage masses to opt for institutional delivery. He said efforts will be made to rationalize availability of the ambulances across the district to cater emergency cases in a better way.

During the meeting detailed deliberations on issues like availability of online services, Addition Treatment Facility (ATF), aggressive Sampling of TB cases were also held.

Change of Land Use: DLC approves 02 cases in Rajouri

RAJOURI, FEBRUARY 10: District Level Committee on change of land use met here today under the chairmanship of the Deputy Commissioner Rajouri, Vikas Kundal to discuss and approve the applications received online from the applicants from across the district. The Committee, after a threadbare discussion, approved 2 cases of conversion of agricultural land for non agricultural purposes. The DC directed concerned departments to ensure timely issuance of NOCs to the applicants after proper verification of documents and rules under land conversion Regulations, 2022. Officers who attended the meeting included ADC Rajouri, Sachin Dev Singh, CEO RDA, Vivek Puri, ACR, Imran Rashid, Kataria; CAO, Sohan Singh, SE PWD(R&B), Kamal Kishore, Ex:En STD Kalakote.

District Level Training Programme on development of Seed Multiplication Chain, Exotic Vegetables held at Kishtwar

JJ NEWS SERVICE
KISHITWAR, FEBRUARY 10: Continuing the series of training programmes under the Holistic Agriculture Development Programme, a District Level Training session was today conducted here in the Office premises of Chief Agriculture Officer, Kishtwar.

The training programme was focused on the creation and development of certified Seed and Seed Multiplication chains, besides development of Vegetable particularly Exotic Vegetables in the district under Holistic Document.

During the programme, the speakers highlighted the fact that owing to special agro-climatic conditions (Himalayan conditions) of the region there is vast potential for the pro-

motion of exotic as well as traditional vegetable sector and under holistic development of Agriculture and allied sectors a special focus has been shifted towards this field.

Special lectures were delivered on "Promotion of Vegetable/ Exotic Vegetables in the training programme by various experts.

The speakers and resource persons said that the vegetable sector has huge scope in the district and could generate a large number of employment opportunities.

They said that under the holistic document a special programme has been designed for this purpose so that maximum opportunities under this sector could be explored.

CAO asked the officers to work in close coordina-

tion so that the desired results could be achieved under all the projects of the Holistic Document.

Besides, during the training programme, it was envisioned that there is a need for creating certified seed producers so that the seed multiplication chain is established as documented in a holistic document and such programmes are instrumental in the process to make the Kishtwar District seed sufficient.

The training programme was conducted under the close supervision of Chief Agriculture Officer (CAO) Kishtwar Amjad Hussain Malik.

AHD staff conducts cleanliness drive in DC office complex Kishtwar

JJ NEWS SERVICE
KISHITWAR, FEBRUARY 10: An intensive cleanliness drive was carried out by an Intensive Husbandry Department in Block 3 of New DC Office, Complex Mini Secretariat under the banner Swachh Bharat Abhiyan - and in consonance with Azadi Ka Amrit Mahotsav. The Drive was led by Chief Animal Husbandry Officer (CAHO), Dr. Sanjay Kumar Sen.

Staff of the Animal Husbandry Department enthusiastically participated in the cleanliness drive. They collected Bags of garbage (paper waste/Plastic waste/Plastic bottles) and cleaned the area inside the Mini Secretariat Complex.

GLIMMER OF HOPE:

Nowshera Forest Div strives to create Livelihood options under Green India Mission

JJ NEWS SERVICE
RAJOURI, FEBRUARY 10: A new ray of hope is shining bright towards the employment generation for the locals in Nowshera Forest Division as J&K Forest department is continuously working towards livelihood options and exploring employment generation under Green India Mission involving youth and women, especially in the Chir. Zone ecosystem of J&K UT.

To cater to the employment demand of local people, Nowshera Forest Division has organised three local employment generating training programmes under the banner of Green India mission which includes high density Fruit plants, one month training course of tailoring & stitching, six month basic

computer course and all these aim to diversify the livelihood option of local peoples.

In this programme a detailed demonstration of plantation of high density fruit plants was imparted to the locals by the experts and 250 high density fruit plants were distributed among farmers. In addition to this one month training course of tailoring and stitching were started and 10 sewing machines were distributed among local female trainees.

In another event, Samriti Van at Dharpur Mandir Sunderbani was inaugurated in presence of Mandir Samiti and other Locals of the area.

The programme was facilitated by Worthy Commissioner/Secretary to Government,

Department of Forest, Ecology and Environment, J&K Sanjeev Verma, Director, Department of Social Forestry Roshan Jaggi (PCCF), Addl. Pr. Chief Conservator of Forests, Jammu B.M Sharma, CF West Circle Rajouri, Vivek Verma (IFS), DFO Rajouri Dr. A.D Singh, DFO Nowshera Mrs. Neelima Shah, Kartar Singh, ADC Nowshera, Bodh Raj (BDC Chairman), Narinder Sharma, MC Chairman Nowshera, Rohit Kohli, Councillor Nowshera alongwith other PRI members and local peoples. The whole programme was organized by Anil Kumar Bhagat, Range Officer Nowshera, Rakesh Verma Range Officer Sunderbani, Sudesh Kumar, Range Officer Lamberi.

District Employment & counselling Centre Poonch organises Job Fair-2023



JJ NEWS SERVICE
POONCH, FEBRUARY 10: District Employment and Counselling Centre (DE&CC) Poonch organized a Job Fair to provide job opportunities to the youth of the District.

As many as 4 employers from different sectors participated in the event which included companies like SBI Life, HDFC, LIC of India and Am Hyundai. The event witnessed an overwhelming response from job seekers as over 250 unemployed youth from across the district participated in the event. More than 50 Job Seekers with varied skills were shortlisted by the companies for different jobs, while participating candidates were also registered on the employment portal. Deputy Director Employment Mohammad Rafiq, interacted with the Jobseekers and Job providers. He expressed satisfaction over the success of the Job fair. He added that such events would be made a regular feature to benefit the maximum number of local youth.

DC Kathua reviews functioning of Revenue Department

Asks officers to intensify anti-encroachment drive

JJ NEWS SERVICE
KATHUA, FEBRUARY 10: Deputy Commissioner Kathua, Rahul Pandey chaired a meeting of Revenue officers to discuss revenue matters here in the Conference Hall of the DC office complex, today. The DC took a comprehensive review of the ongoing anti-encroachment drives being carried out by the district administration.

He laid emphasis on furnishing a daily report regarding removal of encroachments for appraising the higher authorities about the progress. Taking review of the SWAMITVA scheme, the DC exhorted the revenue officials to speed up the mapping process of the revenue villages besides expediting the



digitisation process of revenue records within the set timelines.

The DC also directed the revenue officials to identify land in their respective Tehsil for creation of assets for important projects including parking spaces.

The DC called upon the Tehsiladars to exercise due care in the appointment of Lambardar/ Chowkidar by ascertaining the character antecedents of applicants.

The DC also emphasized upon revenue officers to dispose of the pending matters regarding the Revenue Court Cases Monitoring System (RCCMS) on priority besides uploading their updated status on the prescribed portal regularly.

Other issues such as digitization of cadastral maps, status of eviction of Roshni land, land acquisition cases, change of land use cases were also discussed at length wherein thrust was laid on regular monitoring and reporting of actions taken during the field visits.

It was discussed that the EXN Divisions and AEE Subdivision will

DC Rajouri resolves issue hampering execution of work on sub-centre Chambi Trar

JJ NEWS SERVICE
RAJOURI, FEBRUARY 10: Deputy Commissioner Rajouri, Vikas Kundal today resolved bottlenecks impeding the construction of work on the sub-centre building at Chambi Trar.

It is pertinent to mention here that there were some issues with the locals over the construction site of the

sub-centre building which was causing delay in the execution of work.

Sensing the gravity of the situation and the importance of the health sub-centre, the Deputy Commissioner met with both parties and the issue was resolved amicably during a threadbare discussion held in a meeting attended

by ADC, CMO, BMO, and PRIs concerned. The Deputy Commissioner said that these constraints often lead to delays in construction and completion becomes tardy. He also said that we cannot afford to ignore the fact that timely completion of these vital projects is something which projects compromise may

have an adverse effect on the lives of the rural populace. He also said that boosting the health infrastructure is the priority of the Government and appealed to the public to shun these minor self interests over large community benefits and not create impediments on the way of development.

Rajouri: Newly created Chief Er, E-XN Offices all set to start function from April 2023

JJ NEWS SERVICE
RAJOURI, FEBRUARY 10: The newly created Executive Engineers PWD Divisions, AEE Subdivision and Office of the Chief Engineer PWD in the Rajouri district are all set to start function from April, 2023.

To give a push towards their functioning, District Development Commissioner, Vikas Kundal discussed the necessities in this regard here in a meeting.

The meeting laid stress on early and smooth functioning of the newly established offices and the steps that need to be taken to make the offices operational from April 1, 2023 as per the date communicated by the Government.

The District Development Commissioner stressed on the importance of these offices in addressing the infrastructure needs of the district and enhancing the overall develop-

ment of the region.

The meeting was informed that the Government has sanctioned one Chief Engineer Office for Rajouri, three EXN Offices for Thanamandi, Kotranka, and Kalalote, and respective AEE subdivisions, and it is essential to make them functional as per the dates communicated by the Government.

It was discussed that the EXN Divisions and AEE Subdivision will

J&K Bank awarded for promoting digital payments

Such recognition will drive us to achieve greater excellence: Baldev Prakash

JJ NEWS SERVICE
SRINAGAR, FEBRUARY 10: Achieving another feat in digital payment domain, J&K Bank bagged an award for its outstanding performance in promoting digital payments during FY 2021-22. The Bank has achieved 2nd highest percentage of digital payment transactions in Small and Micro Category of private sector banks.

MD & CEO J&K Bank, Baldev Prakash received the felicitations from Union Minister of Electronics & Information Technology, Railways, and Communications, Ashwini Vaishnav at "Digital Payments Utsav" celebrated by Ministry of Electronics and Information Technology (MeitY, GoI) at India Habitat Centre, New Delhi. Bank's Chief Digital Officer



Naveed Zargar was also present on the occasion.

While expressing his gratitude, Baldev Prakash attributed the reception of award to the persistent efforts of Bank's Staff. He said, "It is a moment of great satisfaction for all of us as we see our extra efforts to realise the vision of Digital India not only fruitifying but getting

acknowledged and awarded at the prestigious platforms of the country. I congratulate every member of J&K Bank Family for this wonderful accomplishment. "And I am sure, such recognition will drive us to achieve greater excellence not only in promoting digital payments but other aspects like digital lending as well", he added.

He further said, "To encourage digital banking in our operational geographies we have embarked on digital transformation journey. The digital mission of the Bank is to improve the customer experience by providing them digital banking services that are convenient, easy, affordable, quick and secure."

With the proactive measures taken to encourage digital payments, the Bank had successfully surpassed the Digital Payment Transaction target allocated by MeitY for the financial year 2021-22.

Pertinently, J&K Bank has bagged 'Utarkash Puraskar - 2020-21' last year also for being one of the top two achievers in digital payment transactions under the category of Small and Micro banks.

JKHPMC to develop Shopian as 'Apple Cluster', with MoA&FW, NHB support

JJ NEWS SERVICE
SRINAGAR, FEBRUARY 10: JKHPMC has started the process of developing Shopian as an 'Apple Cluster', recently approved by Union Ministry of Agriculture and Farmers Welfare (MoA&FW) at an estimated cost of Rs. 138 crores, under Cluster Development Programme (CDP). The letter of acceptance issued by the Ministry in favour of JKHPMC with M/s. FIL Industries Limited, as the implementing Agency with technical support by National Horticulture Board's (NHB). In this regard, the NHB's team from New Delhi were on two-day visit to Srinagar and Shopian on 9th and 10th February, 2023 for finalizing the components to be set up by FIL Industries in



the Apple Cluster, under the programme. The team of HMB comprising Joint Director, NHB, R.K. Agarwal; Dy. Director NHB (J&K Chapter), Sansar Ahmad and other officers held a joint meeting with JKHPMC officers and representatives of FIL industries for finalizing the components. The team alongwith officers of JKHPMC, during the visit, also

visited Shopian and called on Deputy Commissioner Shopian and apprised him about the land required for developing nurseries in the Shopian Cluster. During the interaction, DC Shopian expressed satisfaction over the programme and assured JKHPMC that the district would make available the required land banks for the optimum implementation of the pro-

gramme. The NHB team also visited FIL Industries facilities at Rangreth, Srinagar and assessed the requirements under the CDP.

Pertinently, the programme has to be executed with respect to three end to end verticals, viz: Pre-production & production, post production & value addition and logistics & marketing in a span of four years.

Secretary H&ME reviews progress on implementation of RBSK in J&K

JJ NEWS SERVICE
SRINAGAR, FEBRUARY 10: Secretary, Health & Medical Education, Bhupinder Kumar, today reviewed implementation of Rashtriya Bai Swasthya Karyakam (RBSK) and functioning of District Early Intervention Centres in J&K in a meeting held at Civil Secretariat, here.

It was informed in the meeting that during the current financial year, 83.90 per cent of government schools and 80.11 per cent anganwadi centers have been visited by RBSK Mobile Health Teams for conducting Health Checkup of children till date.

Secretary directed all the Chief Medical Officers to complete the screening of children enrolled in government schools and anganwadi centers before the closing of financial year.

He directed that CMOs shall ensure that teams under RBSK carry out screening of all children in the pre-school age enrolled at Anganwadi centres at least twice a year besides screening of all children studying in government and government aided schools.

Secretary laid stress on making District Early Intervention Centers functional in all aspects for providing support to the referred children so that children diagnosed with identified health conditions

receive follow up including surgeries at tertiary level, free of cost so that the benefits reach to the needy people across the UT.

Ayushi Sudan, Mission Director, NHM J&K, informed that UT has started online portal for data capturing under RBSK and in the first phase uploading of screening data by the Mobile Health Teams on daily basis has been made functional and all MHT's are now uploading the data on the online portal.

Dr Mohammad Shafi Koka, State Nodal Officer NHM J&K, informed about the guidelines of branding for Ayushman Bharat Health and Wellness Centres and organizing of Health Melas at HWCs on monthly basis.

On the occasion, a presentation regarding RBSK was made by Dr Syed Gazala Nazki, Programme Manager, RBSK.

The meeting was attended by Director Health Services Kashmir, Dr Mushtaq Ahmad Rather, Chief Medical Officers, Medical Superintendents of Associated Hospitals of Government Medical Colleges and District Hospitals, Programme Manager RBSK, DEIC Managers and other officers from State Health Society, NHM in person and through video conference.

Power shutdown

JAMMU, FEBRUARY 10: Chief Engineer (Distribution) JPDC, Jammu has informed that the power supply to Gandhi Nagar, Nanak Nagar, Railhead Complex, Jammu University, DC Office, Boria PHE, Sunjwan, Narwal, Bathindi, Channi Himmat, Transport Nagar and the areas being fed from Grid Stations- Sidhra, Janipur, Jhajarikoti, BBI and BBI-II shall remain affected on February 12 from 10 am to 4 pm.

Similarly, the power supply to Jhajarikoti, Janipur, Lakad Mandi, Patoli, Janipur Colony, Pamposh Colony, Ambdhar Nagar, High Court, Daily Excelsior, Statistical Office, Upper Barnai, Lower Muthi, Paloura, Dogra Hall, Rehari, Resham Gar Colony, Bus stand, Jewel, Hari Market, Raghunath Bazar, Kaleeth Mohalla, Kanak Mandi, Mandia, New Plot, Sarwal, Part of Karan Nagar.

Secretary PD&MD visits Ganderbal, reviews development projects

JJ NEWS SERVICE
GANDERBAL, FEBRUARY 10: Secretary, Planning Development & Monitoring Department (PD&MD), Dr. Raghav Langer, today conducted extensive visit of Ganderbal district and reviewed progress on various development projects under implementation in the district.

In this regard, Secretary convened a review meeting in which all district and sectoral officers were present.

While taking department wise review, Secretary directed all the officers to work in tandem so that all set targets under various schemes are achieved in timely manner.

DDC presented a detailed profile about development scenario of the district through a power point presentation.

Secretary was apprised of the initiatives started by the district administration to achieve 100 per cent enrolment of out of school children. He asked to start bridge classes for the newly enrolled students under Mashal-e-Gaash programme, an initiative by the district administration

to achieve cent percent literacy rate in the district. He directed the officers to focus on learning outcomes for improvement of education standards at various levels in light of New Education Policy.

He stressed upon all the officers to further improve the service delivery mechanism in order to provide quality services to the common people. He asked the District Social Welfare Officer to conduct door to door campaign to make common people aware about the welfare schemes launched by the government. He also asked for displaying the help line numbers at main places so that the needy people can seek help from the departments as and when required. Raghav Langer directed Superintendent Engineer, Jal Shakti, Circle Ganderbal, to expedite the pace of work on approved Water Supply Schemes. He also asked for ensuring coverage of left out households under JJM. Secretary asked the officers of agriculture and allied sectors to put in all efforts for increasing the productivity and ensuring market linkages

in order to benefit the farming community. He directed the Chief Animal Husbandry Officer, Ganderbal, to coordinate with NRLM for formulation of dairy collection centres by registered Self Help Groups.

While reviewing Fisheries department, Secretary was informed that two units under FIDF (Fisheries Infrastructure Development Fund) are in progress in the district, one unit namely K2 Aquaculture (RAS) has been sanctioned for Rs. 47.00 crore while another unit with the project cost of Rs. 7.00 crore is likely to be sanctioned soon. He was apprised that the Trout Fish production, after the completion of the projects, is expected to increase by 1000 tonnes per annum in the district.

It was informed in the meeting that Ganderbal has been ranked as number one district in J&K in implementation of PMMSY scheme and efforts will be geared up to maintain the status and make the district capable of exporting regular consignments of frozen Rainbow Trout to various countries.

DC reviews status of works under Jal Jeevan Mission at Kulgam

DIRECTS TO SCALE UP PACE ON ONGOING WORKS; STRESSES ON CONDUCTING MORE IEC ACTIVITIES

JJ NEWS SERVICE
KULGAM, FEBRUARY 10: The Deputy Commissioner (DC) Kulgam Dr. Bilal Mohi-Ud-Din Bhat today convened a meeting of concerned Officers to review status of works under Jal Jeevan Mission (JJM) in the district.

During the meeting, the DC took detailed review of physical and financial progress made on various JJM Works.

Executive Engineers from Qazigund and Kulgam Divisions informed the chair that there are 218 works and 140 schemes/projects under JJM in the district.

Out of 218 works, 201 works stand tendered, 146

Allotted and 108 works have been taken up while as 04 works stand completed.

The DC emphasized that every effort has to be made to ensure that the goal of tap water to all households must be achieved as per the projected timeline. He said that the Mission is envisioned to provide safe and adequate drinking water through individual household tap connections to all households.

He directed all the concerned officers to scale up pace on works under JJM so that the target can be achieved within the stipulated period.

He asked the officers to regularly monitor the

quality and progress on all allotted works for time-bound completion.

The DC said that information dissemination is an important component of the mission and stressed on conduct of more widespread IEC activities.

During the meeting, the DC also reviewed the functioning of Pani Samitis and it was informed that all Pani Samitis are functional in the district.

The meeting was attended by JD-Planning Zahid Sajad, ACD Mohammad Imran Khan, ACP Shurjeel Ali, CMO, Executive Engineers from Qazigund, Kulgam, AEs and other concerned Officers.

'SHE IS A CHANGE MAKER PROJECT'

IMPARD to organize CBPs for ULB women members of Kashmir Valley from Feb 13

JJ NEWS SERVICE
SRINAGAR, FEBRUARY 10: As part of Capacity Building Programmes (CBPs) being held under ambitious "She is a Change Maker" project, the third programme would be held from February 13 to 15 at IMPARD, main campus, Srinagar, for women members of Urban Local Bodies and office bearers from all districts of Kashmir Valley.

Pertinently, Jammu and Kashmir Institute of Management, Public Administration and Rural Development (IMPARD) in collaboration with National

Commission for Women is organizing a series of CBPs for women members of Panchayats, Zilla Parishads, Urban Local Bodies and Office Bearers of J&K under "She is a Change Maker Project".

In this regard, two programmes have already been conducted for the women representatives of Panchayats, Block Development Councils and District Development Councils.

The series is being fully sponsored by the National Commission for Women to foster Gender Responsive Governance in the system.

Orientation/ Training programme under holistic development of Agriculture & allied sectors held at Anantnag

To create Agri-skilled Human Resource, Department's priority: Chowdhury Iqbal

JJ NEWS SERVICE
SRINAGAR, FEBRUARY 10: The Director Agriculture, Kashmir, Chowdhury Mohammad Iqbal today inaugurated district level orientation cum training programme under the holistic development of agriculture and allied sectors at DAK Banglow Khanabal, here.

Addressing the participants, the Director Agriculture highlighted the importance of projects under holistic document. He said under the holistic document, the department is aiming to create an Agri-skilled human resource so that the implementation of different projects could be done in a more comprehensive manner.

He said that this document (holistic document) will be a game changer in the overall development of the agriculture sector in the UT of Jammu and Kashmir. He said the projects have been designed in such a way that the potential in all the allied wings would be explored to their capacity.

Director Agriculture impressed upon

the officers of agriculture and allied departments to work in close coordination so that the set targets under different projects, the desired results could be achieved.

He said the orientation cum training programme under holistic document is aimed to raise awareness among the officers regarding various approved projects so that the same could be implemented on ground in a comprehensive manner.

The Training Programme was attended by Chief Agriculture Officer Anantnag, Chief Horticulture Officer, District Agriculture Officer Extension Anantnag, Mushroom Development Officer Anantnag, Area Development Officer, Anantnag, District Level SMSs and SD level officers also participated in the programme.

Earlier, Director Agriculture visited Ganderbal and addressed the officers of agriculture and allied departments in a district level orientation cum Training programme.

Fisheries, Agriculture departments organise training programme at Kupwara

JJ NEWS SERVICE
KUPWARA, FEBRUARY 10: An orientation cum training program under holistic agriculture development with the theme "Technological interventions in Fish seed and Trout production" was today organised by the Fisheries department in collaboration with the Agriculture Production department at Kupwara.

The main aim of this training programme was the capacity building of

field functionaries and farmers in order to improve the socio-economic condition of farmers. Programme was attended by officers and field functionaries of fisheries, agriculture department, progressive farmers and scientists from Chief agriculture officer Kupwara, Gulham Mohammad Dhoi while inaugurating the training programme said that schemes related to agriculture, Fisheries, and allied sector are welfare oriented

schemes and their benefits are reaching to eligible and deserving farmers across the district. On this occasion, Assistant Director (AD) Fisheries Kupwara, Sajad Hussain said imparting training to field functionaries and farmers is of pivotal importance.

He said there is no dearth of water bodies in Kupwara district, but there is need to increase the fish productivity with sustainable approach, and innovative methods.

DSW, ICDS Kulgam organize Awareness/ Enrollment drive for Sukanya Samridhi Yojana Account scheme

JJ NEWS SERVICE
KULGAM, FEBRUARY 10: The Department of Social Welfare (DSW) Kulgam in collaboration with ICDS and Department of Posts Kulgam today organised a day-long awareness cum enrollment drive for Sukanya Samridhi Yojana Account scheme at Town Hall, here.

The program was held under the theme 'Beti Bachao Beti Padhao' (BBBP), to address the issue of declining child sex ratio along with related issues of empowerment of Women.

Present on the occasion were Tehsil Social Welfare Officers, Officials of District Hub for Empowerment of Women

(DHEW), One Stop Centre for Women (OSC) Kulgam, Officials from Post Office Kulgam and Field Officials from Social Welfare Department and ICDS Kulgam. Speaking on the occasion, Tehsil Social Welfare Officer Kulgam (Hq) Muzaffer Ahmad Rather gave a detailed introduction about

Sukanya Samridhi Yojana and Beti Bachao Beti Padhao campaign. District Mission Coordinator DHEW Kulgam, Tanseena Nazir highlighted the features as well as benefits of the scheme. Gender specialist Saba Mogul from DHEW stressed on the financial empowerment of Women.

Prerna Puri inaugurates JaKeGAs' workshop on e-Office



JI NEWS SERVICE
JAMMU, FEBRUARY 09: J&K e-Governance Agency (JaKeGA) in collaboration with National Informatics Centre, J&K, today organized one day workshop to sensitize and train the officers and officials regarding e-Office implementation up to tehsil level.

Addressing the inaugural session, Commissioner Secretary, Information Technology Department, Prerna Puri, lauded the efforts of technical agencies for educating the participants about the significance of e-Office in present era of technological advancements. She highlighted that e-Office is crucial for increasingly digital nature of governance at all levels.

Commissioner Secretary emphasized the need for imparting requisite master training to the District Level Nodal Officers for ensuring e-Office expansion up to the tehsil level. Chief Executive Officer, JaKeGA, Abhishek Sharma, in his address, briefed the importance of e-Office in ensuring a more responsive, accountable and

transparent dispensation to people. He also highlighted a descriptive detail about achievements recorded, so far, under e-Office initiative. He exhorted upon the district level nodal officers to share information about all officials up to tehsil level to onboard all employees on e-Office.

During the workshop, a presentation was given by JaKeGA project team while technical demonstration session was also conducted which was attended by about 150 officers and officials of various district and tehsil administrations.

Among others, the workshop was attended by State Informatics Officer Informatomics Centre, Saleem Khan and his team besides the project implementation team of JaKeGA.

Handicrafts & Handloom Jammu signs MoU with NIFT Srinagar on designing, branding

PPJ1 NEWS SERVICE
JAMMU, FEBRUARY 09: Directorate of Handicrafts and Handloom, Jammu and National Institute of Fashion Technology, Srinagar today signed a Memorandum of Understanding (MoU) here at Udyog Bhawan.

The MoU was signed in presence of Prashant Goyal, Principal Secretary, Industries & Commerce Department, J&K and Rohit Kansal, Union Additional Secretary, Ministry of Textiles, (Director General NIFT).

The MoU was signed between the two parties under the project titled "DESIGNING INNOVATIVE AND SUSTAINABLE PACKAGING AS A BRANDING INITIATIVE FOR HANDICRAFTS AND HANDLOOM SECTOR OF JAMMU".

The MoU document was signed by Dr. Vikas Gupta, Director Handicrafts and Handloom, Jammu, and Dr Javid Ahmed Wani, Director National Institute of Fashion Technology, Srinagar.

Secretary Industries & Commerce Department, Smita Sethi, MD JKTIPO,

Khalid Jahangir; MD Handicrafts & Handloom Corporation, Atul Sharma and other officers of Industries and Commerce Department were present on the occasion.

The objective of the MoU is to create a strategic and attractive packaging design solution for branding Jammu Handicraft and Handloom items in view of enormous potential of this sector for growth, export and wealth creation and also employment generation.

Speaking on the occasion, Prashant Goyal appreciated the effort of entering into MoU with NIFT Srinagar as having professionally designed packaging prototypes, in tune with the market-demand, would definitely increase the sales of products viz-aviz wage earnings of our artisans and weavers. Union Additional Secretary, Ministry of Textiles, Rohit Kansal, who is also DG NIFT, said that the Government of India is willing to support the artisans and weavers of Jammu and Kashmir in any capacity.

He said they can offer courses to these craftsmen to upgrade and

enhance their skills so that the products of these artisans will have value addition for better marketing.

The project envisages evolving of a roadmap to create unique and sustainable packaging to add value to the artefacts of the Jammu cottage industry. This will give a unique packaging presentation having international standards besides determining the unique selling point of chosen Jammu Handicraft and Handloom goods.

As part of the MoU, packaging prototypes for products such as Basohli Paintings, Basohli Pashmina, Phulkari embroidery, Lathu Cum Lacquer products and Calico printing products are expected in the first phase.

The artisans and weavers present on the occasion gave their feedback regarding packaging and branding initiatives to the dignitaries present in the event. Besides, prototypes packaging along with the trims that give product data and product care instructions for specified crafts will also be among the deliverables.

Sensitisation Workshop on NEET & JEE-IIT coaching held for parents, teachers at Kishtwar

JI NEWS SERVICE

KISHTWAR, FEBRUARY 09: District Administration Kishtwar, in collaboration with office of Chief Education Officer today organised a day long workshop to sensitize the parents, teachers and the aspirants about Online-Offline NEET JEE-IIT coaching programme being rolled out by it.

Deputy Commissioner Dr. Devansh Yadav presided over the workshop in presence of Chief Education Officer, Sudarshan Kumar Sharma; ACD, Atul Dutt Sharma; AO DC office, Imran Ahmed Kichloo, Principals, lecturers, teachers. Aspirants from various government and private institutions participated in the workshop.

At the outset, the participants were apprised about the initiative of the

district administration to conduct the online-offline coaching classes in the district being provided by the renowned teachers/coaching guides of the country.

The participants gave suggestions and feedback about the coaching programme and the same were noted down for consideration to create an enabling environment for the proposed coaching programme.

Speaking on the occasion, Deputy Commissioner Kishtwar stressed teachers and parents to work together with district Administration and make the proposed coaching programme a great success.

He also urged parents and teachers to spread mass awareness to enrol maximum number of the students for the coaching.

He said the aspirants can apply on the link: <https://forms.gle/y2dtdJXk9qJHJ7>

He further informed that aspirants can visit District Administration Kishtwar Facebook page and register themselves on the link, besides the aspirants and parents can contact the administration for any help and avail the golden opportunity at their home town with minimal charge.

The CEO asked the aspirants to avail this great opportunity by utilizing the services of prominent coaching institutes/tutors in their home town. Parents and teachers evinced a positive response and thanked District Administration Kishtwar for their valuable efforts and showing great concern for the future of their children.

Kushwaha's revolt to benefit NDA in Bihar says Union minister Pashupati Kumar

PATNA, FEB 9 : Union minister Pashupati Kumar Paras on Thursday asserted that the rebellion of JD(U) leader Upendra Kushwaha will "benefit the BJP-led NDA" in Bihar which has been lying low since being stripped of power in the state last year.

Paras was responding to queries from journalists about the current political situation in the state where the NDA which includes his Rashtriya Lok Janshakti Party, is supported by a rival group headed by his nephew Chirag, and is pitted against the seven-party ruling "Mahagath bandhan". "The NDA will win in the general elections next year.

You can take it from me. There is no counter to the charisma and popularity of Prime Minister Narendra Modi, while the Mahagathbandhan is in disarray as evident from the notes of discord struck by Kushwaha," Paras said.

Replying to a query, he said, "Kushwaha's revolt will definitely benefit the BJP and its allies in Bihar," However, he became guarded when asked whether Kushwaha, a former Union minister who had served in Modi's first

administration, will be welcomed into the NDA. "Let him (Kushwaha) make the move. A decision will be taken at that time", said Paras, who represents Hajipur Lok Sabha seat, a pocket borough of his late brother Ram Vilas Paswan.

710 Works under DDC, BDC, PRI grants completed at Bandipora

ADDC reviews RDD works; stresses on target completion at earliest

JI NEWS SERVICE

BANDIPORA, FEBRUARY 09: The Additional District Development Commissioner (ADDC) Bandipora, Ali Afzar Khan on Thursday chaired a meeting of officers to review the functioning of the Rural Development Department and implementation of various schemes by the department.

On the occasion, officers informed the chair about the ongoing works including works taken up under Area Development Fund for Panchayat Raj Institutions including BDC and PRI grants.

The meeting was informed that 1026 works costing Rs. 37.44 Cr have been approved including 839 works under PRI grants, 94 under BDC grants and 93 under DDC grants.

Giving an update about the implementation, officers informed that 710 works have been completed that amounts to 80 percent of the financial expenditure costing about Rs. 22 cr. On the occasion, ADC also reviewed all the pending works and discussed the bottlenecks that hinder the progress of works including the works under Swachh Bharat Mission, PMJAY scheme, MGNREGA, Aspirational blocks, ODF plus villages.

He directed the officers to complete all works well in time and remove all the bottlenecks including land disputes at earliest. He also asked the officers to utilize the manpower under MGNREGA so that the target of 100 days job to unskilled and unemployed youth of the villages is also met.

NSE phone tapping : Delhi HC grants bail to Chitra Ramkrishna in money laundering case

NEW DELHI, FEB 9 : The Delhi High Court on Thursday granted bail to Chitra Ramkrishna in the money laundering case related to alleged illegal phone tapping and snooping of the National Stock Exchange (NSE) employees, saying prima facie there are reasonable grounds to believe she is not guilty. Justice Jasmeet Singh granted bail to the former NSE managing director on a personal bond of Rs one lakh and two sureties of the like amount. "Prima facie there are reasonable grounds to believe that the applicant is not guilty of the offence and she is not likely to commit any offence while on bail...the application is allowed and the applicant is granted bail," the court said.

Ramkrishna was in custody for almost seven months in the matter. "In the present case there is no allegation that the applicant has derived or obtained any property or proceeds of crime. Additionally, there is no allegation or evidence produced before me to suggest that the applicant has concealed, possessed, used, projected or claimed any proceeds of crime as untainted property," the court also observed.

She was granted bail in the CBI case by the high court in September last year after

being in custody for approximately seven months post her arrest in March 2022. Ramkrishna, who was earlier arrested by the CBI in the alleged NSE co-location scam, was arrested in the present case by the Enforcement Directorate on July 14 last year. The Enforcement Directorate (ED) had opposed her bail plea in the present case on grounds that she was the "mastermind" behind the conspiracy.

The phone tapping case, according to the ED, pertains to a period from 2009 to 2017 when former NSE CEO Ravi Narain, Ramkrishna, Executive Vice-President Ravi Varanasi, and Head (Premises) Mahesh Haldirpur and others conspired to cheat NSE and its employees and for the purpose, engaged iSEC Services Pvt Ltd for illegal interception of phone calls of employees of the NSE in the guise of doing periodic study of cyber vulnerabilities of the NSE. In the 38-page order, Justice Singh said prima facie no scheduled offences, including those under the Indian Penal Code or the Prevention of Corruption Act, against Ramkrishna are established and thus the provisions of Prevention of Money Laundering Act cannot be attracted.

JAMMU POWER DISTRIBUTION CORPORATION LIMITED OFFICE OF THE EXECUTIVE ENGINEER, ELECTRIC DIVISION-II, JPDCI GANDHINAGAR JAMMU

CIN No: U43000JK2013SGC003898
E-mail: emeed2@gmail.com/Tel/Fax: 0191-2485821

TENDER NOTICE

E-NIT No: 64 of 2022-23 Dated: 06.02.2023

For and on behalf of the Lieutenant Governor of the UT of Jammu and Kashmir, the Executive Engineer (Distribution), Electric Division-II, JPDCI Jammu, hereinafter referred as 'Employer', invites online e-bids from reputed Companies of Class 'A' registered/Electrical Contractors for Fixing the Job Contract (Labour) for Repair/Reclamation of Damaged Distribution Transformers (11KV/6.6KV/0.44KV) of different capacities viz 25 KVA, 50/63 KVA, 100 KVA, 200/250 KVA, 300 KVA, 400 KVA, 500 KVA, 630 KVA at Divisional Workshop Miran Sahib during the Financial Year 2023-24.

A	Tender Document Sale/Download Start Date	06.02.2023; 12:00 Hrs.
B <td>Tender Document Sale/Download End Date</td> <td>27.02.2023; 16:00 Hrs.</td>	Tender Document Sale/Download End Date	27.02.2023; 16:00 Hrs.
C <td>e-Bid submission (start) date & time</td> <td>06.02.2023; 12:00 Hrs.</td>	e-Bid submission (start) date & time	06.02.2023; 12:00 Hrs.
D <td>e-Bid submission (end) date & time</td> <td>27.02.2023; 16:00 Hrs.</td>	e-Bid submission (end) date & time	27.02.2023; 16:00 Hrs.
E <td>Submission of Hard Copy of Tender Fee</td> <td>06.02.2023; 12:00 Hrs. to 27.02.2023; 16:00 Hrs.</td>	Submission of Hard Copy of Tender Fee	06.02.2023; 12:00 Hrs. to 27.02.2023; 16:00 Hrs.
F <td>Pre-Bid Meeting</td> <td>14.02.2023; 14:00 Hrs.</td>	Pre-Bid Meeting	14.02.2023; 14:00 Hrs.
G <td>Commercial and Technical Bid opening date & time</td> <td>28.02.2023; 16:00 Hrs.</td>	Commercial and Technical Bid opening date & time	28.02.2023; 16:00 Hrs.
H <td>Online financial e-Bid opening date & time (Only of the technically qualified Bidders)</td> <td>Will be communicated to the Technically Qualified Bidders.</td>	Online financial e-Bid opening date & time (Only of the technically qualified Bidders)	Will be communicated to the Technically Qualified Bidders.
I <td>Venue of opening of techno-commercial Bids</td> <td>Executive Engineer Electric Division-II JPDCI Gandhi Nagar Jammu</td>	Venue of opening of techno-commercial Bids	Executive Engineer Electric Division-II JPDCI Gandhi Nagar Jammu
J <td>Cost of e-Bid document</td> <td>Rs. 3000 (Non-Refundable)</td>	Cost of e-Bid document	Rs. 3000 (Non-Refundable)
K <td>Amount of Earnest Money Deposit (EMD)</td> <td>Rs. 25000/-</td>	Amount of Earnest Money Deposit (EMD)	Rs. 25000/-

Note: The Tender has been floated for deriving the L1 rates for repair of Distribution transformers of various capacities at Divisional Workshop Miran Sahib of Electric Division-II JPDCI, Jammu for the year 2023-24.

- Bidders are advised to study the Bidding Document carefully. Submission of e-Bid against this SNO shall be deemed to have been done after careful study and examination of the procedures, terms and conditions of the Standard Bidding Document with full understanding of its implications.
- The tender document is available at website <http://jtenders.gov.in>. Interested bidders may view, download the e-Bid document, seek clarification and submit their e-Bids online up to the date and time mentioned in the table in SNO.
- Bidders shall have to pay the e-Bid document fee in the shape of Demand Draft / (Non-refundable) or a Cheque in favour of the Executive Engineer Electric Division-II JPDCI, Gandhi Nagar Jammu of any nationalized bank or e-Challan, treasury Challan/receipt, in favour of Executive Engineer Electric Division-II JPDCI Gandhi Nagar Jammu (Cost of Tender to be credited to Head: 0901/Non-refundable) on or at least one day before opening of commercial and technical e-Bid.
- No Bids/er, unless or otherwise specified in the terms and conditions, shall be exempted from depositing Earnest Money. Tenders not accompanied with the requisite amount of earnest money shall be rejected.

No: ED-II/TS/3220-22
Dated: 06-02-2023
DIP/J-5188-P/22

SD/-
EXECUTIVE ENGINEER
JPDCI ELECTRIC DIVISION-II
JAMMU

NORTHERN RAILWAY
E-TENDER NOTICE

Azadi Ka Amrit Mahotsav

Sr.DEN-IVFZR acting for and on behalf of The President of India invites open tenders (E-Tenders) against below titled tenders and available on www.reps.gov.in with closing date 27.02.2023 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 manual offer received shall be ignored. Contractors are allowed to make payments against this tender towards tender document cost and earnest money only against only payment modes available on www.reps.gov.in portal like net banking, debit card, credit card etc. Manual payments through Demand draft, Banker cheque, Deposit receipts, FDR etc. are not allowed. For more information login to www.reps.gov.in

Tender Type	Tendering Section	Bidding System
Open	Works	Single Bid System

Date of Uploading Tenders	Bid Starting Date	Bid Closing Date/Time
02.02.2023	13.02.2023	27.02.2023 / 15:00 Hrs.

S.No.	Tender No.	Details of Tender
1.	423-2022-23-UHP-DRM-FZR	Installation and Commissioning of effluent treatment plant of 50 KLD at SVDK railway station on J&K-SVDK section under ADENUHP.

Advertised Value (Rs.)	Earnest Money	Validity of offer	Period of completion
86,75,892.49/-	1,73,500/-	60 Days	12 Months

Similar Nature of work: "Supply, design, erection and commissioning of sewage or effluent treatment plant".

Note : 1. Before bidding, bidders to check for any corrigendum issued against tender No. 770-W/169/WAFZR/2022-23 Date: 04.02.2023

SERVING CUSTOMERS WITH A SMILE 398/23

OFFICE OF THE EXECUTIVE ENGINEER PWD(R&B) DIVISION SAMBA
ABBREVIATED NOTICE INVITING TENDER

E-NIT No. 107 of 2022-23 Dated: 07-02-2023

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

S. No	Name of Work	Advertised Value (Rs. in Lacs)	Cost of document (In Rs.)	(Earnest Money) in shape of GDR (PDR) (In Rs.)	Time allowed for completion	Time and date of opening of tender	Class of Contractor
1	2	3	4	5	6	7	8
1	Repair / Renovation of Bamuchak Temple an additional works at District Samba. (4* cell)	77.36	1500/-	2 % of adv. Cost	08 Months	21-02-2023 (1400 Hours)	"A"

Position of AAA: Major Head: Accorded Sanctioned 4202: Education

1/ Date of Publishing = 07/02/2023
2/ Pre bid meeting = 11/02/2023 at 1300 Hrs
3/ Date of downloading = 1000 hours on 12/02/2023 to 20/02/2023 upto 1800 hours
3/ Date of submission / Uploading = 1000 hours on 12/02/2023 to 20/02/2023 upto 1800 hours
4/ Date of opening of bids = 21/02/2023 at 1400 hours

The tender is available at website <http://jtenders.gov.in> all other terms & conditions can be seen on the above website.

No. 13203-19
Dt. 07.02.2023
DIP/J-19304/22

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

Kwar HE Project, CVPPPL organise follow up Medical Camp at village Padyarna

JI NEWS SERVICE

KISHTWAR, FEBRUARY 09: Kwar HE Project, CVPPPL, in association with District Administration Kishtwar and District Health department organized a follow up medical camp at the village Padyarna, of block Nagseni under CSR 2022-23.

Follow up Medical Camp was inaugurated by S K Giri, General Manager (Civil), Kwar HEP. Previously, two free health checkup camps (A General Checkup Camp and a specialized Gynecology medical camp) were also conducted by Kwar HE Project under CSR at the village Padyarna on 16th Jan 2023.

A medical team from District Hospital Kishtwar checked up about 150 persons from the Project affected villages and nearby areas. They were provided free medical consultation and medicines alongwith menstrual hygiene material.

National Commission for Women, SWD, TISS hold meeting on strengthening of response to gender-based violence in J&K, Ladakh

JI NEWS SERVICE
JAMMU, FEBRUARY 10: National Commission for Women in collaboration with Social Welfare Department and Tata Institute of Social Sciences, Mumbai, organized a meeting of stakeholders of Union Territories of Jammu and Kashmir and Ladakh regarding strengthening of response towards gender-based violence through greater coordination.

The meeting, chaired by Chairperson, National Commission for Women, Rekha Sharma, was attended



by Commissioner for Women, Family Counselling Centre, One Stop Centres, 181 helpline, District Hub for Empowerment of Women and Family Counselling Centres along with senior police officials responding to violence against women in both UTs were also part of the meeting. Speaking during the

meeting, Chairperson, Rekha Sharma said, "We need to respond collaboratively, if we want to tackle this huge problem of violence against women." Sheetal Nanda, encouraged all stakeholders to equip themselves with knowledge of laws pertaining to women for better implementation of the initiative. She asked them to recognize the multiplicity of services for cross-referrals and comprehensive response to survivors seeking support. She added, "Law is the backbone of the work we do."

It was decided in the meeting that awareness programmes on cyber-crime with varied population of youth, social workers and police will be organized. Besides training of Protection Officers under the Protection of Women from Domestic Violence will also be planned. Also, Social Workers will be trained on responding to human trafficking.

The meeting also decided that a portal will be developed to create a directory of available resources for survivors of violence.

DC Doda asks for strict enforcement of notified rates for online services

JI NEWS SERVICE
DODA, FEBRUARY 10: Information Technology Department, J&K has recently notified/fixed rates for delivery of all online services to be charged/received from the citizens/customers of entire Union Territory of Jammu & Kashmir for Government to Citizens (G2C) and Government to Business (G2B) services.

In this regard, Deputy Commissioner Doda, Vishesh Paul Mahajan has issued instructions to all the Tehsildars to check the availability of Common Service Centres (CSCs) in all pockets in their respective jurisdictions for the convenience of the general public.

The Tehsildars and District Manager Common Service Centres (DM-CSC) have been asked to ensure that the CSCs do not charge more than the rates notified by the government for different online services. District Manager CSC has been instructed to issue necessary directions to all the VLEs of Common Service Centres (CSCs) of District Doda for pasting the Notification at their respective CSCs and the rates so notified in the said Notification be implemented in letter and spirit.

JKPCC conducts workshop on "Implementation of EPR under E-waste, Plastic Waste Management Rules, 2022"



JI NEWS SERVICE
JAMMU, FEBRUARY 10: Jammu & Kashmir Pollution Control Committee today conducted an interactive workshop on "Implementation of EPR under E-waste (Management) Rules, 2022 and Plastic Waste Management (Second Amendment) Rules, 2022" here at Convention Centre, Jammu.

The objective of the workshop was to provide a common platform for an interaction with concerned stakeholders and implementing departments on various aspects of EPR Rules.

Commissioner Secretary, Department of Forest, Ecology and Environment, Sanjeev Verma, was the chief guest while Chairperson, J&K Pollution Control Committee Dr. Neelu Gera, was the guest of honour on the occasion.

Workshop started with visiting of exhibits by the dignitaries which were displayed by various organizations like Shalimar Thermoforming Private Limited Samba, Indian Pollution Control Association, Lifecycle Management Private

Limited, Saahas Zero Waste, Self Help Group (NRLM) Block Dhansal, Himalaya Green Himachal Pradesh and VRG Groups, Ganguly.

Sanjeev Verma appreciated the efforts of JKPCC for organizing such type of events and stressed upon the stakeholders including district administration to ensure effective implementation of relevant provisions laid under both E waste and Plastic Waste Rules. He emphasized the need to link growing menace of Plastic and E-waste pollution with unpredictable disaster, owing to release of toxic gases in the environment through unscientific dumping and disposal of such waste.

Dr. Neelu Gera pointed out in her address regarding the need for an urgent action to be taken up by stakeholder departments like Urban Local Bodies to facilitate separate and safe collection of such wastes with publicizing the collection points for public awareness. She also requested Rural Development Department to ensure implementation of Rules in letter and spirit at Panchayat levels as rural areas are also now identified as

equally accountable for both types of waste generation.

Regional Director, JKPCC, Sat Paul, briefed about the objective of the interactive workshop.

Member Secretary JKPCC, K Ramesh Kumar, informed the gathering that as per new E-waste and Plastic waste Rules, responsibility of the respective Producers and Recyclers have risen manifold and appealed for adherence to the stipulated rules by them in this regard.

During the workshop, Shoba Raghavan, Director and COO, Saa has Zero Waste made a detailed presentation on Producer's Responsibility for implementation of EPR as per E-waste (Management) Rules, 2022 and Co-founder CEO, Abhishek Agshe, Lifecycle Management Private Limited made a presentation on responsibility of recyclers laid under E-waste Rules.

Director, Indian Pollution Control Association, Ashish Jain deliberated on the EPR Policies for Plastic Waste Management.

The program was attended by officers and officials from Department of Industries and Commerce, Nodal Officers from Central University, Jammu University, SKUAST, SMVDU, concerned Nodal Officers from Jammu Municipal Corporation and Srinagar Municipal Corporation, CEOs from Department of Urban Local Bodies Jammu and Kashmir, Jammu Chamber of Commerce and Industry, National Rural Livelihood Mission, Divisional Officers and Scientists from JKPCC, Nodal Officer E-waste, JKPCC, Jammu, besides DISHA organization and Global Human Rights Trust.

Nehru Yuva Kendra Sangathan J&K, GCW Parade organise National Youth Parliament Festival

JI NEWS SERVICE
JAMMU, FEBRUARY 10: Nehru Yuva Kendra Sangathan J&K, in collaboration with Government College for Women Parade Ground organized a state level National Youth Parliament on the College Campus.

As many as 46 youth from districts of Jammu & Kashmir UT and Ladakh UT, all being the winners and first runners up of District Level National Youth Parliament, participated in the State Level event.

Nisar Ahmed Butt, SD NYKS J&K and Ladakh was the chief guest, while Dr. Deepak Pathania, Assistant professor, Environmental Sciences, Dr. Seema Jamwal, Assistant Professor Political Science, Dr. Musavir Ahmad, NSS Program Coordinator, Kashmir University, Dr. Seema Zargar, Senior Officer, School Education Department

and Dr. Shubra Janwal, Assistant professor, English were the jury members.

Anmol Sharma from NYKS Jammu got the first rank, Faiza Basharat from GDC Poonch got the second rank and Quyima Aslam from S P College Srinagar got the third rank in the state level event.

The first three winners of state Youth Parliament shall participate at national level NYPF in New Delhi where 87 Winners from all States and UTs will participate in the National Youth Parliament Festival in person at 29 venues.

Out of them, 29 first position holders will speak on the given topics while the remaining 58 will attend the proceedings. Dr Gurpreet Kour, NSS Program Officer, GCW Parade and Organizing Secretary of the program both at Nodal Jammu level and state

level took the initiative for organizing National Youth Parliament Festival.

The main objective of the programme is to hear the voice of youth between 18-25 years of age through deliberations in Youth Parliaments at District, State and National levels and to encourage the youth to engage with public issues, understand the common man's point of view, form their opinions and express it in an articulate manner, to develop and enhance decision making abilities, to develop in them respect and tolerance for the views of others, to develop in them an understanding that respect for rules is essential for conducting any discussion systematically and effectively, to obtain and document their opinions on Vision of New India and to make available their views to policy makers and implementers to take it forward.

Saurabh Bhagat meets MNRE; Discusses modalities for implementation of Biomass Programme in J&K

JI NEWS SERVICE
NEW DELHI, FEBRUARY 10: Commissioner Secretary, Science and Technology, Saurabh Bhagat, today discussed modalities for implementation of newly launched Biomass Programme of Ministry of New and Renewable Energy (MNRE), approved under the umbrella scheme of National Bioenergy Programme Phase-I, in Jammu and Kashmir.

During his visit to the Capital, MNRE, Saurabh Bhagat had detailed discussion with S R Meena, Incharge Bio-energy, on several issues regarding setting up of one Bioenergy Pilot

Project each in Jammu and Kashmir regions of the UT.

Pertinent to mention here that the National Bio-energy Programme comprises of sub schemes like 'Waste to Energy Programme (Programme on Energy from Urban, Industrial and Agricultural Wastes/Residues), Biomass Programme (Scheme to Support Manufacturing of Briquettes and Pellets and Promotion of Biomass (non-bagasse) based cogeneration in Industries) and Biogas Programme.

Commissioner Secretary also met in-charge Rooftop Solar Division,

MNRE, Hiren Bora and updated the Ministry with the progress on implementation of 20 MW and 200 MW cumulative capacities Rooftop Solar sanctions of MNRE and stressed for timely release of Central Financial Assistance (CFA) under the schemes.

During the discussion, Saurabh Bhagat updated the Ministry regarding various challenges and impediments being faced by JAKEDA in implementation of the schemes. He requested the Union Ministry for allowing empanelment of more vendors under the two sanctions as the targets to be achieved are huge.

PSPS PG College NCC Cadets shine in RDC-2023

JI NEWS SERVICE
JAMMU, FEBRUARY 10: Republic Day Camp is not just a camp, it is an emotion; emotion for the cadets who strive to be a part of Republic Day Contingent and step in DGCC to transform.

Securing 4th position for the first time in the history, the ten cadet NCC contingent of Padma Shri Padma Sachdeva Government PG College for Women, Gandhi Nagar attended this prestigious camp and brought laurels to the College. Two cadets from 1 J&K Naval Unit; 04 cadets from 1 J&K Girls Battalion, NCC Srinagar and 04 from 2 J&K Girls BN, NCC Jammu were part of the team that attended the Republic

Day Camp 2023 at New Delhi.

The cadets were well trained at various Pre-RDC camps at Nagrota, Jammu over a two month period, prior to their departure to New Delhi. They added sheen to the Prestige of College by participating in various events and competitions like Drill, Cultural Programmes, Flag Area etc. From 1 J&K GIRLS BN, Senior Cadet Captain Parul Sharma was selected for Kartavyapath for which she received ADG Commendation. Cadet Captain Kiran Choudhary participated in cultural events and also achieved ADG Commendation. SUO Tania Chib and JUO Marjam from 1 J&K Girls Battalion, NCC Srinagar, were a part of Kartavyapath

Contingent whereas JUO Riya Kaith was a part of PM Rally and JUO Ankeeta Langhe participated in cultural events. From 2 J&K GIRLS BN, NCC JAMMU, SUO Shakshi formed a part of the PM Rally contingent and JUO Anma Khan marched Kartavyapath. JUO Manshi Sharma was selected for All India Guard of Honor showcasing salami to Honorable PM Shri Narendra Modi whereas Sergeant Rakshika Sharma was a part of cultural events. Principal of the College Prof. Minu Mahajan, congratulated and applauded the Cadets for the hard work, dedication and strenuous efforts for bringing laurels to the College for representing at National Level.



75
Azadi Ka
Amrit Mahotsav

Department of Industries and Commerce, J&K

invites applications for

Exhibition cum Sale

at

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(A platform for Entrepreneurs, Buyers, Sellers and Exporters)

From 1st March to 31st March, 2023



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Papier Mache



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Professionals, Employees, Senior citizens play important role in society: Sat



JI NEWS SERVICE JAMMU, FEB 10: Gearing up organizational activities of the party in Poonch District at grass root level, a meeting of BJP's Professional Cell, Senior Citizen Cell and Retired Employees Cell and Budget Pe Charcha was conducted to take up the party activities and vision of PM Modi led BJP Government on ground concerning development of Jammu and Kashmir.

District Poonch under the leadership of its district president Rajesh Raina held the meeting which were mainly addressed by former Cabinet Minister, Sat Sharma (CA). He was also accompanied by CA Rajeev Gupta, UT BJP Spokesperson Sunil Gupta and several others.

Speaking on the occasion, Sat Sharma said that all these three cells have a very important role to build the organization and

take the vision of the party amongst the public. He said professionals, senior citizens and retired employees are the important sections of the society and their views hold major significance. He urged the activists present to create teams of the cells up to booth level and stated that it will definitely strengthen the vision of the party at grass root level. He also asked them to go door to door to spread the pro public policies of the party.

CA Rajeev Gupta talked about Budget 2023 and said that in order to cater the support of the more public the teams must be constituted at the earliest so that people's presence could be more involved in the mission which BJP has chosen to work for the betterment of society. He also stated that BJP is the only party which works for the people and has done a lot for their upliftment.

Rajesh Raina also spoke on the working of cells in Poonch district. He also said that the teams will be made as soon as possible in the coming days so that the organizational work can be paced up to grass root level.

Naresh Sharma, Parvinder Singh, Abhi, Mukesh Sharma, Paranjit Singh, Naresh Verma, Jyoti, Rajesh Sudan, Er. Sahil, Bhupinder Pal and several others were also present on the occasion.

SMVD Gurukul holds 31st Governing Council Meeting



JI NEWS SERVICE KATRA, FEB 10: The 31st meeting of the Governing Council of Shri Mata Vaishno Devi Gurukul, Charan Paduka was held here today at Spiritual Growth Centre, Katra.

The meeting presided by Mahamandleshwar Shri Swami Vishveshwaranand Giri Maharaj, Member of the Shri Mata Vaishno Devi Shrine Board and Chairman of the Governing Council for the Gurukul, was attended by Anshul Garg, Chief Executive Officer of the Shrine Board; Navnet Singh, Additional CEO; Prof. Y.K. Mishra; Dr Jagdish Chander Mehra, Joint CEO, SMVDSB and Administrator of Gurukul; Mahesh Sharma, FA/Chief Accounts Officer; Gopal Dass Sharma, Head Pujari, Bhawan; Dr Dhanraj Mishra, Principal; and Dr. Devendra Rijal, Vice Principal of the Gurukul.

The Chairman and other Members of the Governing Council while expressing satisfaction at the functioning of the Gurukul emphasized the need for making continuing endeavours to develop it as a centre of excellence. The meeting also noted the outstanding achievements of the students of SMVD Gurukul in academics and co-curricular activities and participation of faculty and students for broadening their horizon at different Platforms, including in house events & those at State, Zonal as well as at National Level.

The Governing Council, while approving the annual budget of Gurukul for Financial Year 2023-24 also finalized the arrangements for organizing 3-day North Zone Youth Festival from 20th to 22nd of February in collaboration with Central Sanskrit University. The inaugural function will be held at the Spiritual Growth Centre of the Shrine Board at Katra. The events to be organised include Educational Short Film making, Rangoli, Painting, Competition, cultural programmes, co-curricular activities besides, sports events in different categories and around 10 institutes from 5 states & UTs including Himachal Pradesh, Haryana, Punjab, Delhi, Uttarakhand, UP and JKUT, with a total of 350 students are expected to participate in the festival. The council observed that the festival shall provide a learning platform to the students of SMVD Gurukul to showcase their talent & skills from their counterparts of other institutes besides, serving as an important medium to spread joy, promote Sanskrit awareness and protect our traditional and cultural heritage.

roadmap for 5 years of the functioning of the SMVD Gurukul and way forward for developing this institution as a centre of excellence for providing top quality education to the students.

The Governing Council while releasing the Annual School Magazine "Brahmi" tracing the achievement and contribution of the students and faculty during the year appreciated the efforts stating that a wonderful platform has been given to these young students to showcase their talent as writers and express themselves into a conglomerate.

Earlier, Mahamandleshwar visited SMVD Gurukul and inspected the Construction Work-in-Progress of New Dining cum Accommodation Complex. He also interacted with the students and faculty and enquired from them about their daily activities.

Besides, the Mahamandleshwar felicitated Master Varun Sharma, student of Shri Mata Vaishno Devi Gurukul for having secured first position in the entire University, in the annual examination of class 8th conducted in 2022 by Sampurnanand Sanskrit Vishwavidyalaya, Varanasi.

Mahamandleshwar, besides, highlighting the importance of imparting sanskars in one's life, asked the students to work hard to preserve their rich culture and achieve distinction in various fields in years to come. He congratulated the Hon'ble Lt. Governor, JK-UT who is also Chairman of Shri Mata Vaishno Devi Shrine Board for nurturing such institutes which has kept alive the Vedic and Sanatan traditions in the modern era.

The Meeting also desired that alumni meet of the Gurukul should be planned to benefit from their skills and experience besides, to devise a

The Governing Council observed that as per the new guidelines of NEP-2020, the age criteria of the curricular and pedagogical structure has been reconfigured for the different stages of admission. In line

Pt. Deendayal Upadhyay was a visionary par excellence: Parmod Kapahi



BJP District Jammu holds monthly meet

JI NEWS SERVICE JAMMU, FEB 10: President Parmod Kapahi, District General Secretary Bharatiya Janata Party, District Jammu under the leadership of District President Parmod Kapahi held a monthly meeting at BJP office, Kachi Chawni, Jammu.

Senior BJP leader & District Jammu Prabhari Rajeev Charak, Seh-Parbhari Vikas Choudhary also addressed the meeting along with District

District General Secretary Kulddeep Kandhari, District General Secretary Rajesh Gupta, Mandal President Keshav Chowna, Mandal President Parveen Korni, Mandal President Raman Sharma, Atul Bakshi, Ajay Sharma, JMC Councillor Sucha Singh, Councilor Suneet Raina and other prominent political persons from District Jammu participated in the meeting.

Rajeev Charak, while addressing the BJP activists of District Jammu, asked them to visit every house of the region and apprise them of the achievements of the Modi governments and their specific benefits for the residents of Jammu & Kashmir. He also deliberated upon the highlights of the recently introduced 2023 Union government budget. He said that this

budget is a people friendly budget which has touched the lives of every segment of the society.

Parmod Kapahi, in his address, discussed upcoming programs of the party. He especially focused on the party's programme of 'Samarpan Diwas' on February 11, the day on which party ideologist Pandit Deendayal Upadhyay laid down his life in the service of humankind. He stressed that Pandit Deendayal Upadhyay was a visionary personality par excellence whose ideas will make the world a better place to live.

Vikas Choudhary, spoke on the booth Sashaktikaran, in which he stressed that the party activists should pay special attention to the strengthening of the booths in their respective areas allotted by the party. Rajesh Gupta conducted meeting proceedings whereas Kulddeep Kandhari thanked all the party leaders and activists for their active participation in the meeting.

Nation suffered most due to Nehru's blunders, Modi Govt determined to nullify the adverse effects: Kavinder

JI NEWS SERVICE JAMMU, FEB 10: Kavinder Gupta, senior Bharatiya Janata Party leader and former Deputy Chief Minister has asserted that the nation and its people have suffered the most due to the blunders committed by the late Prime Minister Nehru and his family who promoted their dynastic rule over seven decades.

He said that this family not only threw democracy to winds but also carried forward the 'Divide and Rule' policy of Britishers and 'Appeasement Policy' for its petty vested interest by playing vote bank politics.

while slamming the opposition for leveling accusations against him (PM) based upon surmises and conjectures.

In a statement issued here today, Kavinder said that the Nehru Gandhi family including the Vadras has brazenly looted this nation to the hilt. He asserted that this stands proved beyond any iota of doubt from the fact more than 600 organizations have been registered in the name of the members of the so called Nehru Gandhi families.

These organizations have been used to siphon off the tax payers' money and most of the companies established by these people are bogus companies to facilitate the siphoning of the nation's funds.

The senior BJP leader said that it is because of such blunders of Nehru

and miseries for the people at large in J&K.

The former Deputy Chief Minister said that it is the Prime Minister Modi led BJP Govt that finally did justice with the people of Jammu and Kashmir by abrogating Articles 370 and 35A as only BJP had the strong will and determination to do so.

The results are on ground today with the Pak refugees, the category people besides others who used to be earlier deprived of some significant rights are today equally placed with others.

He said that BJP stands firmly determined to adopt all the requisite corrective measures to nullify the adverse effects of the blunders of Nehru family in the ultimate interest of the common people of not only in Jammu and Kashmir but across the nation.

Govt should fulfill demands of Kashmiri Hindu employees posted in Valley before Shivratri: Shiv Sena



Stop treating Hindus employees as bonded labourers: Sahni

JI NEWS SERVICE JAMMU, FEB 10: Shiv Sena J&K unit today demanded that the LG led administration should fulfill the demands of protesting Kashmiri Hindu employees posted in Valley before the upcoming Shivratri Festival.

The leaders of Shiv Sena (Uddhav Bala Sahab Thackeray) Jammu and Kashmir unit organized a press conference at the party's central office, Jammu, today demanding the safe posting of Kashmiri Pandits/Hindus working in Kashmir by implementing the transfer policy. State Chief Manish Sahni

said government should leave its stubbornness of making these employees scapegoats and transfer them to safer places in Jammu region.

Sahni said that Hindus working under the PM rojgar yojna in Kashmir were being treated like bonded labourers and forced to become scapegoats. On aug 5, 2019 the Center has abrogated Article 370, then the bonds included in SRO 412 should be treated as cancelled. Describing the government's claims of rehabilitating Kashmiri Pandits/Hindus as hollow sham, Sahni said that providing jobs and temporary

accommodation to only 4200 Kashmiri Pandits can never mean rehabilitating the entire community.

"Along with Kashmiri Pandits, Sikh / Muslim / Dogra communities were also given jobs under the PM package. But the BJP government is baking political bread by misleading the public by beating the name of Kashmiri Pandits. At the same time, for the last 6-7 months, the salaries of the employees are being withheld and they are being forced to go to the valley," he said.

Sahni demanded the Central Government and the Lieutenant Governor of

Jammu and Kashmir to implement the transfer policy and attach Kashmiri Hindus to various central departments. He said that, the PM package funds are provided directly by the Center so the administration deutes them to central departments like (Election Commission, NTPC, NHPC, etc.) or UT Ladakh.

Sahni said that some selected and influential employees have been attached to Jammu division. It is clear from the stand of the administration that it is not hesitating to sacrifice all the Hindu employees for the party of vote politics ambitions of the central government which is an unimaginable situation towards humanity. On this occasion, President Women's Wing Meenakshi Chhibber, General Secretary Vikas Bakshi, President Kamgar wing Raj Singh, Women Secretaries Sukhwinder Kaur, Yawar Habib were present.

Indian Army organises Lavender Farming and Processing Drive

JI NEWS SERVICE JAMMU, FEB 10: As part of welfare activities, Indian Army has been constantly undertaking a variety of events for the welfare of Awaam. In pursuance of this noble aim and in order to impart training on lavender farming and generate employment through it Indian Army organised 'Lavender Farming and Processing Drive' for youth and poor farmers from the socially and economically backward strata of the society at Bhalal in District Doda (J&K). Such initiatives will improve the environment of the surrounding area and will greatly help in generating



employment opportunities to people from socially and economically backward families and simultaneously engage the youth in some construc-

tive activity which is beneficial to them in multiple ways. The locals expressed their gratitude towards the Indian Army for organising the event.

BJP OBC Morcha working round the Clock for BJP Party: Vibodh Gupta

JJ NEWS SERVICE
JAMMU, FEB 10: BJP OBC Morcha JK-UT in collaboration with Red Cross Jammu held free medicines distribution camp at Municipal Park, Resham Garh Colony, Jammu.

Vibodh Gupta General Secretary BJP Jammu Kashmir and Sunil Prajapati President BJP OBC Morcha JK-UT were prominent to inaugurate the camp.

Speaking on the occasion, Vibodh Gupta congratulated the work done by BJP OBC Morcha and said BJP OBC Morcha has done commendable work round the clock in the field of Sewa and helping Public in large.

Vibodh further thanked PM Modi for Increasing Medical Budget by 13% and said 157 new Nursing Colleges will be opened in the coming future. He asserted that the people of Jammu Kashmir are enjoying health insurance of Five Lakhs per family.



For this he thanked PM Narendra Modi for covering the whole state under health Insurance. Later Sunil Prajapati said that this Camp will benefit needy people at this time of extreme Weather Conditions and thanked Secretary Red Cross Sat Pal Sharma for Issuing Medical Camp.

He also thanked Dr. Aasia Noor (Medical Officer) and her team. Nearly 200 people were benefited by this camp and local people

applauded the working of BJP OBC Morcha. The Program was organized under guidance of Ashok Salgotra (District President BJP OBC Morcha Jammu) and others who organized the Program was Viren Satti (District Secretary BJP OBC Morcha), Raj Kumar (Mandal President OBC Morcha Bakshi Nagar).

Prominent among others who Present on occasion was Ravi Mehra (Vice President BJP OBC Morcha), Kewal Verma (State Secretary BJP OBC Morcha), Bal Krishan (State Social Media Secretary OBC Morcha), Gopal Sanotra (General Secretary BJP OBC Morcha), Parveen Badyal (Vice President BJP OBC Morcha), Rajesh Kumar (Vice President BJP OBC Morcha), Madan Verma (District Secretary BJP OBC Morcha), Ved Parkash (District Spokesperson OBC Morcha) and Budh Verma.

Kathua Campus (JU) organizes its 3rd Extension Outreach Programme

JJ NEWS SERVICE
KATHUA, FEB 10: Aiming to keep the children, youth and students away from the menace of drugs, Kathua Campus, University of Jammu today organized its 3rd Extension Outreach Activity on "Drug Abuse: Problem, Management and Prevention along with Stationery Distribution Drive at Government Higher Secondary School, Kathua. More than 400 students from Government Higher Secondary School, Kathua and Kathua Campus, University of Jammu participated in the said activity. The awareness programme was also attended by more than 100 people from Panchayat Kathua who were thrilled by the performance of the students of Kathua Campus, University of Jammu in the form of a play on Drug Abuse.

Further, a two-week stationary collection drive was launched by Kathua Campus, University of Jammu on 26th of January, 2023 in order to help the children of the adopted village Kathua and the stationery was distributed today to more than 350 students of Panchayat Kathua in order to channelise their energies to harness their potential in nation building and refrain them from bad habits so that they can focus harder on their studies. The esteemed speakers at the occasion were Sh. Kewal Krishan (District Education Planning Officer, Kathua), Dr. Rajesh Chandel (Assistant Professor, Psychiatry, Government Medical College, Kathua), Sh. Sanjeev Sharma (Inspector, Police Training School, Kathua), Mr. Varun Sharma (Sub Inspector, J&K Police, Poonch) and Sh. Devinder Kumar (Retd. Zonal Education Planning Officer, Hiranagar). While speaking on the



occasion, Sh. Kewal Krishan said that the drug menace is badly affecting the society in general and children in particular. Thus, there is an acute need to spread awareness among society especially children against this evil so that it can be uprooted. He further said organizing these types of awareness-oriented programmes at school level is quintessential for the teen age students. Dr. Rajesh Chandel opined that drug consumption is dangerous to the mental and physical health of everyone and thereby, drug abuse is destroying our future generation. He further underscored the psychological and medical aspects of drug abuse in tender age students. Sh. Sanjeev Sharma stressed on the need of involving students in cocurricular activities in addition to their academics so that they can utilize their time properly. Further, he advised the students to join sports to be mentally and physically fit. Mr. Varun Sharma advised the children to stay away from illegal drug consumption and also requested the public to inform Police about illegal drug consumption.

Further, he insisted the students to fight against this menace in their locality also. Sh. Devinder Kumar emphasized on the importance of such awareness programmes to safeguard children from drug abuse in any manner. He further highlighted the challenge of drug abuse in India and suggested the retired employees especially from the education sector to come forward to take initiatives for the welfare of the youth in particular and society as a whole.

Sh. Ashok Kumar, Principal, Government Higher Secondary School, Kathua appreciated the efforts of Kathua Campus, University of Jammu for organizing the awareness programme on Drug Abuse and for distributing stationery among the children of panchayat Kathua to focus more on studies. The Special Guests from Panchayat Kathua who attended the programme were Sh. Joginder Singh (Naib Sarpanch, Kathua), Sh. Mohinder Singh (Panch, Kathua) and Smt. Trishla Devi (Panch, Kathua).

Modi Govt's agri-friendly schemes have become real power of farmers: Johal

JJ NEWS SERVICE
JAMMU, FEB 10: The Modi government has done more work in eight years of its rule for making farmers self-reliant than was accomplished ever before and its agriculture-friendly schemes have become the real power of farmers.

This was stated by Sarabjit Singh Johal, President BJP Kissan Morcha, J&K and DDC Member while speaking at the programme in Bantala area of Jammu.

Johal asserted that the central government headed by the Prime Minister Narendra Modi has done more work in the last eight years than ever before for empowering farmers and making them self-reliant. He said the government at the Centre stands fully committed to the welfare of the farmers who deserve special attention especially in view of their being the food producers of the nation. He said the government is making every effort to double the farmers' income and boost agriculture economy.

Today, Sarabjit Singh Johal along with his entire Kisan Morcha team visited Maa Chandi Temple in Rajinder Nagar, Bantala area and prayed for the peace and prosperity of the Union Territory. State General Secretary of BJP Kisan Morcha Rakesh Pant, Vice President Kisan



Morcha Baba Chanchal Singh, Mandal President Vijaypur Ajay Sharma and Parveen Sharma accompanied the BJP Kissan Morcha President, J&K.

Johal said "Since the BJP led government came into power, it has been taking all necessary initiatives to boost and bolster the agricultural economy along with farmers' welfare schemes."

He said that the farmers' issues have been best addressed by PM Modi led Govt at the Centre. He mentioned that the schemes and initiatives by the government like Kissan Sammaan Nidhi, Kissan Credit Card, Kissan Fasal Bima, Soil Health Card, Pradhan Mantri Krishi Sinchayee Yojana (PMKSY), National Agriculture Market (e-NAM), SVAMITVA Yojana, and many more

such schemes have been providing benefits to all the farmers of the nation.

Johal asked the Kissan Morcha leaders and workers to establish a strong connect with the farmers'

community and ensure that they avail the benefits of the aforesaid schemes.

He asked them to take adequate measures to strengthen the base of the Party.

Indian Army organises lecture on Road Safety

JJ NEWS SERVICE

JAMMU, FEB 10: Indian Army organised a lecture on Road Safety at Govt Higher Secondary School, Bhowani in District Rajouri (J&K). Road accidents are a major concern in the region owing to hilly terrains and modern vehicles having lighter speed limits. Towards this end, the lecture aimed to create awareness amongst the locals to make the roads safer and prevent loss of life and limb. The lecture highlighted that roads in this region of the UT of J&K run through various hills and mountain ranges, which requires the drivers to be extra cautious and provide due allowance for the terrain and weather.

The gathering was also educated about various aspects contributing towards safe roads like, following traffic rules, importance of wearing seat belts/helmets, maintenance of vehicles etc.

BJP Minority Morcha J&K Organises Joining Program at Baribrahmana

JJ NEWS SERVICE
JAMMU, FEB 10: A programme was held at Bari Brahmana District Samba today by the District Unit of BJP Minority Morcha Jammu under the chairmanship of UT President Ranjodh Singh Nalwa.

The main motive of this meeting was to conduct briefing session in which BJP Minority Morcha Leadership was to be kept abreast of the latest developments and working of the organisation especially with reference to the upcoming Party Programmes. The aim of the meeting was on part of all the functionaries also to remain alert in their respective Districts, Constituencies, booth levels and work at the grass roots levels for welfare and benefits of common people. The purpose of the interactive session was to deliberate on the efforts to address the grievances of the masses specifically those who are marginal, helpless and resourceless as also to raise



voice of concern in favour of their genuine demands.

On this occasion, all the delegates under the leadership of UT president Ranjodh Singh Nalwa welcomed the entrants in to the party fold who joined the Morcha today. Speaking on this occasion, Nalwa while elaborating on the policies of BJP said that it is due to the people friendly programs and plans associated with the growing popularity of the party under the national leadership of Prime Minister Narendra

Modi that every passing day, number of people are embracing this organisation and have been expressing their full solidarity in the ensuing march on the path of progress and prosperity. He further stressed on the workers to strengthen the party at the ground level and be always inclined with the people and become a mouth piece for giving vent to their problems, he said adding further that it is the discipline of the party that attracts the people towards it.

District president Jammu BJP Minority Morcha Jaspal Singh also expressed his views on this occasion.

Other prominent participants include Vice President J&K Balvinder Singh, Amarjeet Singh, Santokh Singh (Gen. Secretary J&K), Pranvrat Singh, Pawanjeet Singh and other office bearers of BJP Minority Morcha.

Earlier, several people turned up the venue to join BJP Minority Morcha who were warmly welcome in the party folds.

One week student workshop concluded at TBS, JU



JJ NEWS SERVICE
JAMMU, FEB 10: The Business School organised one week workshop aimed to enhance the professional competencies of MBA students from 6th February to 10th February, 2023. The week long workshop included nine sessions. Two sessions daily comprising of one morning session and one afternoon session. Total nine sessions were conducted by various industry experts, leading academi-

cians and motivational speakers within and outside the university namely Mr. Priyankar, HDFC bank, Mr. Gautam, Chamber of Commerce and Industries, Ms. Swati Basotra, Talknasyatalknasya, Ms. Geetika Kohli, Thinksta, Prof. Vishav Rakscha, University of Jammu, Ms. Maansi Rattan, MG Design School, Mr. Akash Badi, Amazon India, Ms. Jasleen Kaur, Branding Elves, Mr. Aman Talla, Talla Jewellers and Mr. Satish Koul,

Emcure Pharmaceuticals Ltd.

A valedictory function was organised to conclude the workshop and Chief Guest for the occasion was Mr. Satish Kaul, Resident Director at Emcure Pharmaceutical Ltd.

The certificates were distributed to the participants and organisers of the workshop. Mr. Satish Kaul in his address expressed the need for the students to enhance soft skills besides academic knowledge. He motivated the students to be disciplined, ethical and work hard to achieve success in life.

He emphasized upon the need for such programs in The Business School. Prof. Sameer Gupta, Director, TBS while talking on the occasion gave special remarks about the workshop. He emphasized upon the need for such workshops for the MBA students that are under immense academic and competitive pressure.

Prof. Alka Sharma appraised the gathering that such workshops give an edge to the students in their employability profile.

Lawlessness unleashed by opposition done away with, India on progressive path: Raman Suri

JJ NEWS SERVICE
JAMMU, FEB 10: Bharatiya Janata Party (BJP) J&K Executive Member Raman Suri today said that those opposed to unfurling Tricolour in Jammu and Kashmir or doing away with redundant laws are now trying to protect the illegal encroachers of the UT and forest land by arriving at the Capital to protest. This is indicative enough that such political leaders never wanted order in the system of governance and allowed lawlessness to prevail in the erstwhile state.

He said, PDP chief Mehbooba Mufti's unrelenting support to encroachers, illegal occupations or land grabbers is

enough to understand how these leaders had unleashed a rein of lawlessness and made Jammu and Kashmir a jungle where everyone was having a free run when it came to grabbing land, occupying state or forest land and even building shops and houses on the land of development authorities.

Raman Suri said, Prime Minister Narendra Modi in his reply to the debate on Motion of Thanks to the President's address in Lok Sabha established that the days of such leaders or divisive and adverse policies are over. The Prime Minister united it clear by stating that peace is prevailing in J&K, separatists are gone forever,

Tricolour is unfurling everywhere and tourists besides investors are looking towards the new, potentially-viable Union Territory.

Raman Suri asked the youth to reap benefits of this atmosphere which is conducive enough to progress and contribute to nation building.

He said, Kashmir of serenity, when tourists used to flock there and enjoy every season, young boys and girls had ample opportunities, peace prevailed and no one ever created any trouble for anyone is now back. The leaders who created an unrest in Kashmir, made militancy a monster, encouraged separatism at

the cost of lives of youngsters and stalled progress of youth are themselves finding no space in the political arena now.

The recently concluded "Triranga Yatra", he said, has become a benchmark of peace for opposition where every leader, who once said that no one will unfurl Tricolour, walked miles to see the Indian Flag unfurl at historic Lal Chowk.

Raman Suri felt sorry for the opposition saying that they are unable to find any flaw in the functioning of the Union government, which is why they were speechless in the Parliament and couldn't muster courage to pinpoint on anything that affected the progress of our nation.

Apni Party registers its protest against bulldozing drive

Holds sit-in protests at the district headquarters across J&K



JI NEWS SERVICE JAMMU, FEB 10: Apni Party on Friday held sit-in protests – against the ongoing demolition drive by the administration – at the district headquarters across J&K.

According to a press note released here, "Party's district leaders and senior

workers led the sit-in protests at the district headquarters across the J&K. The sit-in protests at multiple places were meant to register a strong objection, on behalf of the party, against the administration's ongoing demolition drive."

It further said, "Apni

Party demands the immediate stoppage of the bulldozing drive. The party is not against retrieving large chunks of land occupied by the land mafia, but we demand regularization of the small amount of State/Kacharai land, which has been in possession of common people for

decades or in some cases for more than a century."

"In the Valley, the senior party leaders – Usman Majid, Javid Mustafa Mir, Abdul Majeed Padder, Raja Manzoor, Khursheed Ahmad Khan, Noor Mohammad Sheikh, G M Mir, Tariq Ahmad Veeri, and Javid Ahmad Mir – led the sit-in protests respectively in Bandipora, Badgam, Kulgam, Kupwara, Baramulla, Srinagar, Pulwama, Anantnag, and Ganderbal," the press note said.

"While as in Jammu region, Manjit Singh led the sit-in protest in Jammu and Samba districts; Advocate Harpreet Singh in R S Pora; Pushap Dev Uppal in Jammu (Rural); Satpal Chalotra in Udhampur; Anil Kumar in Badnawah; Bashir Khaki in Poonch; Sofi Aslam in Rajouri, and in Kishtwar led by Umer Mingnoo," the press note added.

Two-Day seminar on 'India's Pathways to next economic powerhouse by 2047' concludes



JI NEWS SERVICE JAMMU, FEB 10: A two-day seminar on 'India's Pathways to Next Economic Powerhouse by 2047' organized by Department of Economics sponsored by the Indian Council of Social Science Research, New Delhi concludes today at University of Jammu. In the valedictory function, Prof. Raj Kumar Mahajan, the Former Professor, Punjabi University, Patiala, Regional Centre Bathinda, Punjab, was the Chief Guest. He advocated that India has tremendous potential to grow using robust policies to address the challenges of poverty, inequality, unemployment and sustainability which will pave the way to become the next economic powerhouse by 2047.

The Key Note Speakers of the inaugural function were Prof. (Dr.) Balwinder Singh Tiwana, the Former

Professor, Punjabi University, Patiala, Prof. Kuldip Kaur, Chairperson, Ambedkar Chair, and Former Professor, Punjab School of Economics, GND University, Amritsar, Punjab, and Prof. I. C. Awasthi, Former Professor, Institute for Human Development, New Delhi.

Prof. Balwinder Singh Tiwana emphasized on building economic strength and to leverage the drivers of sustainable economic growth and to strengthen the India Rupee vis-à-vis Dollar. The continuous evaluation of short-term achievements of Indian economic performance is essential to plan for long-term goals. India has also to address the fluctuations in FDI and foreign exchange reserves to become the next economic powerhouse by 2047.

The Key Note Speakers of the inaugural function were Prof. (Dr.) Balwinder Singh Tiwana, the Former

addressing the problem of climate change for sustainable agriculture. Prof. I. C. Awasthi argued that inclusive growth is necessary to address rampant problems of unemployment and inequalities over the long-term to build a strong economy. The seminar convener Prof. Falendra Kumar Sudan presented a brief summary of two-day seminar, while Dr. Tsering Yangzom presented the welcome remarks and Prof. Sunita Sharma, presented the vote of thanks. Prof. Jasbir Singh appreciated the Head of the Department for his all support to organise such type of events. Dr. Virender Koundal, Dr. Manoj Bhatt, and Dr. Shaluu Selhgal of the Department of Economics were also present.

Today, the six parallel sessions were conducted in which well researched papers on various topics were presented including

the role of Foreign Direct Investment, Digital Educational Initiatives, Export and Import, Rural Governance and Entrepreneurship, Digitalizing Higher Education, Online University Teaching, Agrarian Change, Gender Dividend, Manufacturing Value Added, Corporate Governance, Sustainable Urban Transportation, Financial Development, Digital Empowerment, Digital Transformation of Agriculture, Human Development and Poverty Reduction, Renewable Energy, Nuclear Energy, Water Resilience, Land Sustainability, Food Security, Services Sector, Carbon-Neutral Cities, Fiscal Reforms, Inclusive Development, Entrepreneurship, Innovation, Investment, and R&D and many more topics in becoming the next economic powerhouse by 2047.

The main speakers include Dr. J. N. Balya, Dr. Hemlata Mangani, Dr. K. Rajesh Kumar, Dr. R. Sai Kumar, Dr. Prashant Kumar Choudhary, Dr. Ritu Bakshi, Dr. Preeti Chawla, Dr. Reeti Debnath, Dr. Rajendra Prasad Meena, Dr. Om Raj Katoch, Dr. Neelam Choudhary, Dr. Shilpa Gupta, & Dr. Shayan Javed, Dr. Rashi Tuggar, Dr. Sandeep Kaur, Pabitra Kumar Jena.

One day workshop held at Jammu University



JI NEWS SERVICE JAMMU, FEB 10: A one day workshop was organized at Jammu University by Directorate of International Quality Assurance in collaboration with Mission Directorate RUSA & K the state nodal agency for AISHE scheme.

The workshop was

attended by Nodal Officers (AISHE) all private and Govt Degree Colleges, Shri Mata Vaishno Devi University and experts from Higher Education Department Ministry of Education, New Delhi.

The welcome address was given by Dr. Ginny

Dogra University Nodal Officer Aishe/Deputy Director DIQA, Jammu University. Director College Development Council Dr. Rajeev Rattan was Chief Guest on the occasion who hailed the organisers for conducting such program. Ms Anita Sirohiwal, Joint Director.

Mission Director RUSA J&K in his address Elaborated the role of AISHE data in RUSA funding.

Joint Director, Planning and Monitoring from Ministry of Education in her speech deplated upon the changes made in Web DCF to make it user friendly.

The technical session of workshop was conducted by Mr. Shivam Panday, Research Assistant, Mr. Vikas Mehta, Data Analyst and Mr. Sanjeev Kumar, Data Analyst experts from Ministry of Education.

Technical session was followed by queries session where technical issues faced by colleges with regard to uploading of data were resolved. Vote of thanks to participants and organisers was presented by Dr. Asif Iqbal coordinator AISHE, J&K.

Society must be driven by the principles of Antyodaya: BJP

Sham, Priya, Munish listen to public grievances

JI NEWS SERVICE JAMMU, FEB 10: Society will be healthy when it is driven by the principles of Antyodaya, which means the rise of the last person in the row stated senior BJP leaders, while they continue BJP's mission to resolve the issues faced by the residents of Jammu & Kashmir.

J&K BJP Vice-President & former Minister Sham Choudhary, BJP NEM & former Minister Priya Sethi and BJP All Morcha Incharge Munish Sharma, listened to the public grievances and took up the same with the concerned department officials for their early solutions at BJP headquarters, Trikuta Nagar, Jammu.

Numerous individuals and deputations visited the BJP office to meet the party leaders and narrate their woes & problems. The issues presented by common masses before the senior party leaders were related to PHE, PWD,



Rural Development, Revenue, Irrigation & Flood Control, Education, Agriculture etc.

Presented issues were on the spot, taken up with the heads of these departments by Sham Choudhary, Priya Sethi and Munish Sharma telephonically and they were impressed with immediate solutions.

Sham Choudhary, while

listening to the issues stressed that the leaders have tried sincerely to provide the best possible solutions presented by masses in the grievances camps. He said that BJP believes that a society could only be healthy when it ensures the rise of the last (deprived and neglected) person of the society.

Priya Sethi, on the occasion,

said that BJP holds the issues faced by the masses in high esteem and believes that they should be promptly taken care of for the realization of a healthy society.

Munish Sharma stated that many of the issues presented today were solved on the spot whereas other issues are impressed for their early solutions.

DLC organises " Induction Programme for freshers of LL.B 3year (Prof.) Course

JI NEWS SERVICE JAMMU, FEB 10: Dogra Law College organized Induction programme to welcome the new entrants who have joined the college for the session 2022 - 23. Th. Gulchain Singh Charak, Chairman; Dogra Educational Trust was the Chief Guest on the occasion. The programme started with the lighting of the traditional lamp by the dignitaries followed by Saraswati Vandana.

Prof. V.P. Magotra, Principal, Dogra Law College welcomed the students. He briefly highlighted the history of the Dogra Law College. He apprised the students about the rules of the college and the achievements of the students who have brought laurels to the college.

Ms. Parema Bakshi, Faculty member of Dogra Law College made a PowerPoint presentation on the vision, mission, rules, values, curricular and co-curricular activities including the facilities available in the college. Prof. Darshana Sharma, Director, Dogra Group of Colleges and Campus Development addressed



the students and congratulated them for successfully qualifying the JUET Entrance Examination and becoming a part of the Dogra Law College. She threw light on the facilities and activities which are peculiar to the college and impressed upon the students to make use of these facilities. Special felicitation ceremony was also organised for NCC Cadets namely Junior Under Officer Abhishek Sharma, Student of B.A.L.L.B 5 Year Course 7th Semester for Lecture Conducted at Commando Insurgency

and Jungle Welfare School, Gwaldam, Uttarakhand and Cadet Gurbakshish Singh, Student of B.A.L.L.B 5 Year Course 7th Semester for representing J&K and Ladakh in Republic Day Parade 2023.

Two senior students of Dogra Law College shared their experiences with the new entrants. The Esteemed Chief Guest Th. Gulchain Singh Charak, Chairman, Dogra Educational Trust emphasized on maintaining discipline by the students which will help them in their future life. He also

emphasized the importance and recognition of hidden talent of the students which always contribute to the development of self-confidence and self-actualization. He added that Dogra Law College is committed in its endeavor to impart education for the betterment of the society.

The Programme concluded with the vote of thanks presented by Ms. Sumiksha Razdan, Faculty member of Dogra Law College followed by the National Anthem. In the end, sweets were distributed among the students.

'Three star electronics' of Blue Star ACs bags 'Best distributor Award' in North India

JI NEWS SERVICE JAMMU, FEB 10: Ved Sharma of Three Star Electronics, Shastri Nagar Jammu has bagged the 'Best Distributor Award' in North India during the Blue Star Product Launch cum Award Function organized at Chennai.

The award was presented to him during a glittering function attended by an august gathering comprising entrepreneurship doyens and celebrities from across the nation. The honours of award presentation were done by B Thiagarajan - Managing Director Blue Star in presence of Shashi Arora - President & COO, Cooling & Purification Appliances Group; Navneet Sharma and Haridas C-



Executive Vice Presidents. It is pertinent to mention here that M/5 Three Star Electronics is a name to reckon with not only in Jammu and Kashmir but across the northern region of the nation.

The venture was launched by an enterprising and enthusiastic entrepreneur Ved Sharma. Sharma

not only providing profits and dividends to the owner but also creating a huge employment avenue for the unemployed youth.

After receiving the award, Ved Sharma said there is no shortcut to success adding that strong determination, will and hard work are the only keys to success.

THOUGHT OF THE DAY

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

JINDRAH IMAGES

Harness solar energy potential to maximum level

To an utter dismay of the people of the erstwhile state of Jammu and Kashmir, now two Union Territories—J&K and Ladakh, least interest has been given to exploit the vast solar power potential over the years. The reports suggest that two UTs have performed dismally on account of electricity generation from solar energy as authorities have exploited less than one percent of 111 Gigawatts (GWs) solar power potential during the last four years. This is notwithstanding the fact that the Central government has asked all states and the UTs to harness solar power potential to its maximum level. The installed solar capacity of Jammu and Kashmir is 48.90 MW, while Ladakh, which is considered as solar capital of the country, is having just 7.80 MW installed solar capacity. The erstwhile state of Jammu and Kashmir has a solar power potential of 111.05 GW and it is the second highest in the country after Rajasthan which has the solar energy potential of 142 GW. Ladakh has not generated even single additional Megawatt electricity during the last one year despite the fact that it has a large potential of 100GW solar energy alone, therefore failing to contribute in the country's total installed capacity, notwithstanding two major projects with potential of generating 7500 MW of solar power (now revised to 10,000 MW) were sanctioned for the region about eight years ago. On the other hand, Jammu and Kashmir has doubled its installed solar capacity from 24 MW to 48 MW in the last one year and it has shown some progress while exploiting its solar power potential. Jammu and Kashmir has been provided Rs 64 crore by the Union ministry of New and Renewable Energy from year 2019 to year 2021 under different schemes for harnessing the solar power potential. An amount of Rs 12.41 crore has been released to Ladakh under various schemes to increase its installed solar capacity for the period. The Central government has sanctioned two major projects with the total solar power generation capacity of 7500 Mega Watts for Ladakh region. After deliberations, the Central Government had planned to raise the capacity of this proposed solar park in Ladakh to 10 GW from 7.5 GW announced earlier. The Solar Energy Corporation of India (SECI) had issued a tender for development of 7500 MW Solar PV Projects in Leh and Kargil districts on December 31, 2018. As per the tender documents, implementation time for the project was 48 months from the effective date of Power Purchase Agreement. The projects were proposed because Ladakh, the cold desert of the country, received the 'best solar radiations' in the country but the projects have remained entangled in technical and administrative glitches. The Government of India should conduct a probe as to why these projects have failed to take off even after the lapse of eight years. The responsibility must be fixed while expediting measures to harness solar power potential.

BALLOON TURBULENCE DEEPENS US-CHINA DISCORD

By sending the balloon, China wanted to convey a message of strength that it was capable of reaching the heart of the US mainland and Washington would have to take into account Beijing's concerns if it sincerely wanted a dialogue on establishing peace and cooperation with it.

YOGESH GUPTA

ON February 3, US Secretary of State Antony Blinken called up Wang Yi, Director of the Chinese Communist Party's Central Foreign Affairs Commission, to tell him that he was postponing his scheduled trip to China as by sending a balloon over the US airspace, China had indulged in an "irresponsible act and this action is detrimental to the substantive discussions" that they were prepared to have. He said the trip would be rescheduled once the balloon turbulence was over.

However, Wang said it was a civilian airship sent for meteorological research and had accidentally strayed from its planned course into US airspace due to strong westerly winds and its limited self-steering capacity. "China is a responsible country and has always strictly abided by the international law," he added.

But the Americans found that the balloon, which entered the US air defence zone north of the Aleutian islands on January 28, moved largely over land across Alaska, Idaho, Montana, Carolinas and then towards the Atlantic Ocean. The balloon had flown over certain sensitive sites to collect information, including over Montana, which is home to about 150 inter-continental ballistic missile silos.

Typically, the balloons fly above 80,000 to 1,00,000 ft, but the one sent by China was flying low enough at about 60,000 ft to be noticed by the civilians. The journey of the balloon over so many days over the US landmass provoked widespread anger and many questions such as why it was detected so late by the defence authorities, were there gaps in the US security which permitted the balloon to fly undetected, why the Chinese took such a brazen step a few days ahead of Blinken's planned trip and what intelligence it had collected.

It is common for countries such as the US, China and others to conduct surveillance on their adversaries, but it is done discreetly. According to media reports, China had conducted similar surveillance on military assets of Japan, India, Vietnam, the Philippines and



Taiwan earlier.

US President Joe Biden's political adversaries, the Republicans, had a ready fodder to attack him asking why he had not shared the information with the people before the balloon was noticed by the civilians, why he had delayed its shooting, why the sensors in the US airspace had failed to detect this balloon and what if such balloons were used by the US's adversaries to send nuclear or other explosives into the country to cripple sensitive installations.

Pentagon's defence that there had been other instances of similar balloons flying over the US airspace during the Trump administration (matters were detected later) made matters worse, some saying that Biden was too soft towards China. There was a consensus that Blinken's visit could not be permitted till the investigation into the debris of the balloon shot down on February 6 was complete. Also, that China could not be allowed to violate the US sovereign territory without paying a cost.

The Chinese government was equally aggressive. China's vice foreign minister Xie Feng in a representation to the US Embassy in Beijing said this was "entirely an accident caused by force majeure and the US deliberately exaggerated it. Its armed attacks on the balloon were irresponsible and unacceptable". Also that Beijing reserved the right to respond similarly to future incidents of this

kind.

Various theories are doing rounds on why China indulged in such a brazen and risky adventure few days before Blinken's visit.

Most plausible one is that China had got tired of aggressive actions by the US before each high-level meeting, sanctioning or blacklisting some Chinese organisations, companies and officials. There has been a sharp increase in the US provocations against China in recent days, including the sailing of the USS Chancellorsville, a guided missile cruiser, in the South China Sea to exercise the freedom of navigation, approval of \$10-billion weapon sales to Taiwan, setting up of a House Select Committee on China (which distinguishes even the old Soviet Union did not get) targeting Beijing. The USA's encouragement of Japan's militarisation, new alliance to prohibit the sale of microchips to China, setting up of a new military base in China's vicinity in Guam and acquiring four new bases in the Philippines had also come to Beijing's adverse notice.

Some Chinese leaders believed that the US had pushed China on the back foot by these military and economic initiatives and was trying to clip China's wings and even preparing for a war. There was a view that high-level meetings with US officials had become a ritual with glorified photo opportunities and Washington was not taking Beijing seriously. By sending the

balloon, China wanted to convey a message of strength that it was capable of reaching the heart of the US mainland and Washington would have to take into account China's concerns if it sincerely wanted a dialogue on establishing peace and cooperation with it.

As the US-China rivalry deepens, the asymmetry in their thinking and mutual perceptions has only worsened. While the US considers itself as the sole superpower and the guardian of the present international order, China considers itself to be an equal and wants enough space from Washington to accommodate its interests. The latter does not accept China's claim and believes that if Beijing wishes to benefit from its economic, trade and technological cooperation, it should stop behaving as a rival and accept its terms. Given the wide disparities in their outlook, the balloon incident will further strain the Sino-US relationship with growing political consensus in the US to pushback China in political, economic, technological and military realms. If the investigation into the debris of the balloon reveals that China had intended to collect sensitive information about the US strategic installations, there would be demands to make Beijing pay for indulging in this affront. Given that Chinese President Xi Jinping revels in aggressive policies, any further US sanctions would only harden China's opposition to US policies.

Neglecting MGNREGS undermines workers' rights

ZOYA HASAN

The words 'rights' and 'equity' are conspicuous by their absence from the numerous assertions and claims made by leaders of the National Democratic Alliance (NDA) with regard to their achievements in countless speeches and advertisements. A year ago, the Prime Minister stated that there was far too much emphasis on rights, and not enough on duties — even though the Constitution doesn't place them on an equal footing. The realignment of rights and duties is not just about giving greater attention to duties; it is about giving less importance to rights.

This is evident from the niggardly attitude towards the Mahatma Gandhi National Rural Employment Guarantee Scheme (MGNREGS) and the constantly abridged budgetary allocation for it, which is tantamount to a disregard of this right. This has consequences for the larger issue of rights as it affects the well-being of the most vulnerable sections of our society. The Mahatma Gandhi National Rural Employment Guarantee Act (MGNREGA), passed in 2005, was a path-breaking legislation aimed at providing guaranteed employment to rural citizens. It was the single largest rural employment scheme in independent India. It provided only 100 days of employment in a year and, that too, for just one member of a rural household, but the important thing is that it conferred an economic right, which means employment had to be provided on demand, and if the state could not deliver 100 days of work, then the person seeking employment had to be paid compensation.

The MGNREGS continues to be deeply relevant as millions of rural households have gained employment through it. It is particularly vital in times of economic stress and, hence, it is important to make a budgetary provision for the full 100 days and, perhaps, expand it to 150 days of work, given the prevailing dismal employment conditions in the country. The government violates workers' legal rights every time it does not match the funds to demand or does not pay wages on time.



However, this scheme has been hit hard by budgetary cuts. This started during the tenure of the Congress-led United Progressive Alliance (UPA) government itself, even though it had introduced the scheme; allocations practically froze during its second term, making no allowances for the rising prices or the increase in the number of job seekers.

But the NDA government has stretched the practice of making low budgetary allocations to the limit, which has weakened the legal guarantee of timely payment and employment. This comes at a time of rising unem-

ployment and increased inequality in India. Both the World Inequality Report-2022 and Oxford Inequality Report-2023 show India as one of the most unequal countries in the world in terms of incomes and assets. India registered the fastest increase in economic inequality in recent years, even as access to a number of social protection programmes has been severely undermined on the one hand, via restricting allocations and on the other, through the dilution of schemes, such as MGNREGS and even those that form part of the National Food Security Act.

This government has been lukewarm towards the MGNREGS in the last nine years. The Prime Minister spoke derisively about it in Parliament. The Finance Minister mentioned it only once (in the context of work for mangrove conservation) in her Budget speech this year. But the NDA government has not abolished the scheme; it has strangled it through low allocations. The budgetary allocation has been cut by 30 per cent to Rs 61,032.65 crore for 2022-23, the lowest in the past four years. It is lower than the budgetary estimate of Rs 73,000 crore for 2022-23. It is the second straight cut in the scheme's budgetary allocation as in the Budget-2022-23 also, the allocation had been cut by 25 per cent to Rs 73,000 crore from the revised estimate of Rs 98,000 crore.

The gradual decrease in the budgetary allocation for the MGNREGS has created doubts about the government's intentions. By cutting down the funds, the government sends out a signal that it wants to spend less on this scheme as opposed to the others, which means fewer initiatives can be undertaken under this scheme. Reduced funding also makes it difficult for the government to keep its promise of 100 days of employment, which is crucial for the survival of rural households. The average days of work offered is actually much below 100 days and, frequently, employees will not be able to get work even

for half a year.

By law, it is a demand-driven scheme but the continuous decrease of funds has reduced its potential effectiveness. The government has always claimed that the actual allocation would be increased if it was found that a large number of persons were asking for employment under the scheme. While supplementary allocations for the MGNREGS have been increased substantially at the revised estimates stage, a low initial outlay acts as a discouragement. It diminishes demand, in fact, chokes it, which becomes a justification for the low initial budgetary allocation for the scheme. Even if the allocation gets increased later because of higher demand, this increase takes time, which means that wage payments as well as material costs will be delayed and workers get pushed into 'forced labour' in the intervening period. Furthermore, almost half of the budget allocation is spent on clearing arrears. Consequently, the flagship scheme runs out of funds halfway through the financial year even for those who want work.

According to an analysis by Peoples' Action for Employment Guarantee (PAEG), a research and advocacy group, 21 per cent of the budget over the past five years has gone into clearing the arrears of previous years. In the current financial year 2022-23, the unpaid dues stand at Rs 16,070 crore. Hence, the PAEG demanded that the Centre allocate a

Samantha Ruth Prabhu's Shaakuntalam release postponed; reason for delay not revealed. Check out new date

Actor Samantha Ruth Prabhu's upcoming Telugu film Shaakuntalam, which was supposed to be released in cinemas on February 17, has been postponed by a couple of months. The film's makers on Friday confirmed that the film will now hit screens worldwide on April 14. Without revealing the exact reason for postponement, the makers unveiled a new poster with a release date.

In Shaakuntalam, Samantha plays the central character Shakuntala, daughter of Menaka and Viswamithra. The film, produced and directed by Gunasekhar, will be released in Hindi, Tamil, Malayalam and Kannada. This project marks Samantha's maiden collaboration with Gunasekhar.

In 2020, speaking at the launch of the movie recently, Samantha said that this will be her dream project and dream role. The trailer of Shaakuntalam was released in January. Speaking at the event, an emotional Samantha said her love for cinema hasn't changed amid all the recent life struggles. She said she gathered all her courage to attend

the event. In her speech, Samantha spoke about how her love for cinema hasn't changed amid all her life struggles in recent past. She was talking about her rare autoimmune disease called Myositis which she has been diagnosed with since last November.

"No matter how many struggles I face in life, one thing won't change. That's how much I love cinema and cinema loves me back. I strongly believe that this love will grow manifold with Shaakuntalam," she had said.

Samantha was last seen on screen in Telugu action-thriller Yashoda. In the film, Samantha played a surrogate mother who won't stop at anything to protect her child. The film turned out to be a hit at the box-office and had grossed around 740 crore during its theatrical run. Recently, Samantha joined the sets of the Indian adaptation of Amazon Prime's upcoming web series, Citadel. She will be sharing screen space with Varun Dhawan in the show, which is being co-created by Raj and DK.



6 Binge-Worthy Shows That You Just Cannot Miss



The year 2023 is here with a bang! With several promising web shows for both kids and adults, the OTT platforms are brimming with content. But to save you from the trouble of scrolling through a plethora of content to land on one particular show, we have curated a list of binge-worthy shows that you just can't stop watching.

'Class' (Netflix)

'Class' is the official India-based adaptation of the Spanish thriller series Elite, executive-produced and series directed by Ashim Ahluwalia. This adaptation by Ahluwalia is set in contemporary New Delhi and is a grimier, more realistic and socially-charged take. Produced by Future East Film (Ashim Ahluwalia and Niharika Singh) in association with Bodhi Tree and adapted by Ashim Ahluwalia, 'Class' explores the rise of the Indian rich and a world of extreme disparity, following the students through their struggles with sex, drugs, religious difference, homophobia, trauma, friendship and love. 'Class' Has opened to great reviews both in India and abroad with positive word of mouth since its release.

'Farzi' (Amazon Prime Video)

'Shrinking' (Apple TV)

'Marvel's Moon Girl And Devil Dinosaur' (Disney+ Hotstar)

'Trial By Fire' (Netflix) 'You 4' (Netflix)

KARAN TACKER RECALLS GOING THROUGH FINANCIAL CRISIS: WE HAD A TOUGH TIME MAKING ENDS MEET AS A FAMILY

It's been fifteen years since actor Karan Tacker entered the world of showbiz. While the actor has made a name for himself with his work on TV and OTT platform, he has never spoken about the days when he had to struggle. Not many are aware that before becoming an actor the Mumbai lad wanted to pursue his father's business.

For the first time, Tacker talks about his life before he became an actor. "I had a business with my dad," he recalls, adding, "The world hit recession in 2008, and that's when my entire busi-

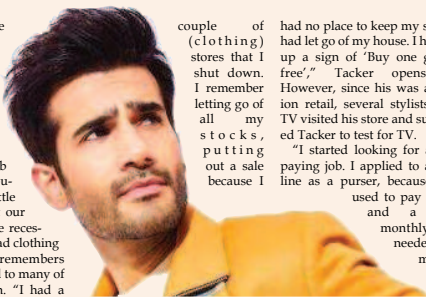
ness went down. We had a tough time making ends meet as a family. At that time I started scouting for jobs. From my education I would have probably gotten a job for twenty five thousand, which was little for the kind of debt our business faced in the recession." Tacker, who had clothing stores back then, remembers how the downfall led to many of them shutting down. "I had a

couple of (clothing) stores that I shut down. I remember letting go of all my stocks, putting out a sale because I had no place to keep my stock. I had let go of my house. I had put up a sign of 'Buy one get six free,'" Tacker opens up. However, since his was a fashion retail, several stylists from TV visited his store and suggested Tacker to test for TV.

"I started looking for a high paying job. I applied to an airline as a purser, because they used to pay a lakh and a half monthly. I needed that money

to make ends meet at that time. But, I got an ad for a face cream brand which paid me a lot of money. I got 3 lakhs, 12 years back. 3 lakhs for 22 days was like... I told my Dad, that I should work this out because this will pull us out of misery," Tacker reveals. The Khakee: The Bihar Chapter actor shares he soon started doing advertisements in Gujarat for two to three thousand rupees per day.

"For five and six years I was only earning money to pay the debt of the business. After 6 odd years I started making and saving money," he ends.



DaDa review: Enjoyable coming-of-age drama about accidental parenthood



The subject of parenthood, especially in mainstream cinema, has mostly been told from the perspective of a woman. Rarely, we've had a film where the story has focused on a man dealing with parenthood and his sacrifices in becoming a good father. Ganesh K Babu's DaDa is an emotional drama about a young man dealing with becoming a parent, out of the blue, with a lot of maturity. This is also a moving coming-of-age drama of an aimless, college-going youngster thrust into embracing fatherhood when the entire world, including his family, has given up on him.

The film opens with the shot of Kavin and Aparna lying together. Kavin is still sleeping and Aparna just enjoys looking at him while we hear a couple in the neighboring flat arguing early in the morning. Cut to the next shot, Aparna is crying as learns that she's pregnant and Kavin suggests that she should abort the baby as they aren't ready to be parents yet. Aparna is against the idea of abortion. Kavin and Aparna decide to move in together and take refuge at a friend's house. As they get ready to embrace parenthood, living together becomes a hassle as they end fighting over little things. It reaches a point where Kavin blames Aparna for making their lives so miserable when he warned her about keeping the baby. Kavin is forced to raise the baby alone.

The most refreshing aspect of DaDa is that it sends out a very important message loud and clear - parenthood is gender neutral. Both father as well as the mother play key parts in raising a kid and their roles can't be weighed or compared.

As much as the film sheds light on Kavin raising his son alone and in turn becoming a better person as well as a father, it doesn't try to showcase the mother in poor light. This aspect of the film and the writing is highly appreciable. It also never tries to make the father raising a kid alone a big deal.

Tara Sutaria: I've Always Looked At Love With A Lot Of Love

Bollywood actress Tara Sutaria has spoken about what self-love means to her and said that she has always loved the idea of love.

Tara has collaborated with Bumble, the women-first dating app, to launch a new campaign 'Before anyone else, there was you' ahead of Valentine's Day. To encourage self-



Asked about what self-love means to her, Tara said: "I think self-love or loving yourself means so many different things to different people. To me and to so many of us, I know that this will resonate because we all went through a pretty rough time recently when Covid hit the world and I think self-love took a new shape and meaning for all of us."

"All of us learnt to slow down and truly understand ourselves, begin to hear ourselves and therefore, love ourselves. I've always loved the idea of love - call it utopia, idealistic - and I've always looked at love with a lot of love, but I've never really looked at myself with that sort of love so it's taken me a lot to get to where I am today which is learning to really and truly understand every part of myself - the good, the bad, the ugly - everything that comes with being human, I suppose."

Sussanne Khan's sister Farah Khan Ali says she and DJ Aqeel are officially divorced, celebs react

Jewellery designer Farah Khan Ali took to her Instagram handle and confirmed her divorce from ex-husband DJ Aqeel as they finalised it. She is Hrithik Roshan's ex-wife Sussanne Khan's sister. In 2021, Farah announced the news of their separation and received support from her friends and family.

On Friday, Farah posted a couple of happy selfies with Aqeel. She tagged him and captioned it, "We have been declared officially divorced and are happy about it. We wish each other lots of love, happiness and luck in our onward journeys. We will always remain parents to our beautiful children Azaan and Fiza and nothing will change. Grateful for the journey we had together."

Aqeel re-posted the same on his Instagram Stories. Reacting to the post, Sussanne Khan commented, "Love u both" with lost of loved-up emojis. "It's such a beautiful new beginning note... you guys are both such amazing humans... like both of you are, ginormous hearts," Kubbra Sait added. Others such as Twinkle Khanna, Nandita Mahtani, Saisha Shinde, Dia Mirza, Bhavana Pandey, Moze Singh and Elnaaz Norouzi

among others sent their love. Last year, Farah shared on social media, "Sometimes two people grow apart. Sometimes they outgrow each other. It has been 9 years since my relationship with my husband Aqeel changed its status as a couple to just friends and to term it simply would be to state that we are 'Happily Separated'."

"We will always be best friends to each other and parents to our wonderful children Azaan and Fiza and nothing will change. Grateful for the journey we had together."

Aqeel re-posted the same on his Instagram Stories. Reacting to the post, Sussanne Khan commented, "Love u both" with lost of loved-up emojis. "It's such a beautiful new beginning note... you guys are both such amazing humans... like both of you are, ginormous hearts," Kubbra Sait added. Others such as Twinkle Khanna, Nandita Mahtani, Saisha Shinde, Dia Mirza, Bhavana Pandey, Moze Singh and Elnaaz Norouzi

involved. The reason we are announcing it publicly now, is so that the ones who know us accept our situation gracefully and always wish well for both of us especially because we hold no animosity of any kind towards one another and will always be there for each other. Aqeel is and will always be my family as I will be his. We hope that all our well wishers will accept our decision maturely and not judge us for it. It's important to be happy and we all, Aqeel and I including our children and families most definitely are.



Sherlyn Chopra slams Rakhi Sawant, supports her husband Adil: 'Don't know how he landed in this mess but...'

Rakhi Sawant and her husband Adil Khan Durrani's marriage has been making headlines in recent days. After Rakhi accused her husband of domestic violence and also alleged that he was having an extramarital affair, Sherlyn Chopra weighed in on the matter and sided with Adil. Sherlyn had filed a police complaint alleging defamation and sexual harassment against Rakhi last year, who was recently questioned by police in connection with the case.

Amid the ongoing Rakhi-Adil spat, Sherlyn has commented on the matter, accusing the two of doing everything they can to stay in limelight.

In a video shared by a paparazzo on Instagram on Thursday, Sherlyn Chopra shared her views on the ongoing fight between Rakhi Sawant and her husband Adil Khan Durrani. The actor said, "Mai kya bolu inn dono ke baare mein. Lekin itna mai keh sakti hu Adil ke sath kuch samay bitake - police station main - ki woh banda joh hai

shulja hua hai. Pata nahi kaise woh yeh pure jhamale mein fas gaya. But jitni dher maine usse baat ki aaise laga ki woh shulja hua banda hai (I am no one to say anything about Rakhi and Adil's matter, but from what I have learnt about Adil after spending time with him at a police station, he seems like a sorted person, but don't know how he landed in this whole mess)."

Sherlyn continued, "Aur maine boli bhi usko uske mum pe, tum toh suljhe hua lagte ho kaha aagaye tum? Kaisa fas

gaya yeh pure chakkar mein? Aur surkhiyo mein aane ke liye yeh zaroori nahi ki yeh log apas mein khitpit kare ya apne rishtey ka mazak banayee (I even told Adil he looks sorted so what was he doing with her? I feel they should not do such things just to stay in the limelight)."

She further said, "Mai kya bolu? Maine toh unke pati ko apne bhai mana hai. Bhai ke baare mein isi tarah ke baate sunn kar aacha bilkul nahi lag raha. Mai bus chahungi ki joh kuch bhi hai inn dono ke beech

mai, yeh khitpit jald se jald khatam ho jaye. Aur sach mein agar unke pati aise kuch kar rahe ho toh woh apne gali man le aur agar nahi kar rahe hai toh bataye ki yeh galat femi ki wajah kon hai aur yeh galat femi kaise paida hui (What else can I say about Adil, whom I consider my brother. I wish they resolve the matter soon, and if he is wrong he should accept his mistake. If he is not wrong and there is some misunderstanding than he should also clarify that)."



Weight Loss Tips: These Carb-Rich Foods Might Actually Fasten Your Weight Loss



It turns out you should continue eating some carbohydrates despite what we've been told for years. The word "carbohydrate" has a terrible reputation. They are frequently linked to type 2 diabetes, weight gain, and a number of other health issues.

It is true that refined grains and processed diets high in sugar frequently lack necessary vitamins and minerals. Numerous nutrient-dense, fiber-rich meals, however, might really be highly beneficial for your health.

Although some people may benefit from low-carb diets, there is no need to completely exclude high-carb items. In this article, we share nutritious and healthy carb-rich foods that might actually

boost your weight loss.

Add these carb-rich foods to your diet to fasten weight loss:

1. Oats

A very nutritious whole grain, oats are a fantastic source of numerous vitamins, minerals, and antioxidants. Furthermore, oats are a decent source of protein and have a higher protein content than most grains. According to research, eating oats may lower your cholesterol levels, hence lowering your risk of heart disease. In particular for those with type 2 diabetes, eating oats may lower blood sugar levels. Oats are also quite filling, which may aid with good weight management.

2. Barley

Barley, a cereal grain, may have the capacity to raise satiety-relat-

ed hormone levels. Boiling barley kernels can alter the microorganisms in your gut, which in turn can increase your metabolism, according to a Swedish study. This starch's high fibre content has also been reported to reduce hunger pangs, according to researchers.

3. Quinoa

Quinoa is a wholesome seed that has gained enormous popularity among consumers who are concerned about their health. It falls under the category of a pseudocereal, which is a seed that is processed and consumed like a grain. Quinoa cooked is a high-carb food since it has 70% carbohydrates. But it's also a fantastic source of fibre and protein. Quinoa has been linked to a num-

ber of health advantages, including better blood sugar control and heart health. Quinoa is high in numerous minerals and plant components.

corn. Being more content will probably cause you to eat less, which will result in consuming fewer calories. They are also a much better alternative to chips

Contrary to common belief, carbs are actually a beneficial addition to the diet if you're trying to lose weight. Try these 6 foods rich in healthy carbs.

Buckwheat

Buckwheat is regarded as a pseudocereal, similar to quinoa. Buckwheat is not linked to wheat, despite its name, and it does not contain gluten. As it contains both protein and fibre, buckwheat is particularly nutrient-dense. Compared to many other grains, it also contains more nutrients and antioxidants. Studies indicate that it might be especially advantageous for blood sugar control and heart health.

5. Popcorn

Next time you're hungry, try popcorn instead of crisps. Researchers from the food and health fields around the nation evaluated the short-term satiety of these two common snacks and discovered that most volunteers reported feeling less hungry and more satisfied after eating pop-

and other ultra-processed snacks.

6. Bananas

Bananas are a popular fruit that people enjoy using in a variety of ways. In addition to being rich in potassium and the vitamins B6 and C, bananas also contain a number of advantageous plant components. Bananas may help decrease blood pressure and enhance heart health due to their high potassium content. Green, unripe bananas have more starch. As the bananas ripen, this changes into natural sugars, which causes the bananas to turn yellow. Therefore, if you consume your bananas while they're less ripe, you'll often get more starch and less sugar.

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Instead of causing weight gain, these foods rich in carbs will help aid weight loss and boost your overall health.

HOW EATING FEWER CALORIES MAY HELP SLOW DOWN THE AGING PROCESS



Restricting calorie intake could help slow down the aging process, according to a study Trusted Source published today in the journal Nature Aging.

Researchers, led by the Butler Columbia Aging Center at Columbia University Mailman School of Public Health in New York, used DNA analysis from blood samples to measure the rate of aging and reported that calorie restriction slowed the aging process.

Participants included 220 healthy men and women in three different sites in the United States. The participants either continued with their regular diet or had a 25% reduction in their consumed calories.

The scientists followed the participants' diet and health for two years and took blood samples at the start of the study and again at 12 months and 24 months.

What researchers found in calorie restriction study The researchers reported a slowing aging process based on three DNA markers.

They said these results could provide a sense of what effects scientists can look for when completing trials for specific weight interventions, such as intermittent fasting.

"This study teaches us that keeping a person's body at a lean weight helps decrease the molecular changes on a cellular level that happen in response to aging," said Dr. David Selzer, an internal medicine specialist at NYU Langone Medical Associates in West Palm Beach and Delray Beach in Florida who was not involved in the study. "With that noted, life is not a test tube. People age for multifactorial reasons such as stress and anxiety, not just their diet."

"I agree that calorie restriction plays a role on the molecular level," Selzer told Healthline. "However, I think finding a healthy balance between caloric intake and daily exercise is more likely to lead to a longer lifespan."

Low calorie intake and healthy aging

The researchers are currently completing a follow-up study to see if calorie restriction has a long-term effect on healthy aging.

"The results make sense to me," said Dr. Raphael Kellman, an internist and functional medicine physician at Kellman Wellness Center in New York City. "However, nutrition studies are notoriously difficult to conduct, particularly long-term, as people naturally have trouble adhering to diets."

"I think you should take into consideration a few things," Kellman told Healthline.

"One, what kind of diet was the control group on vs. the calorie-restricted group? If the control group is overeating or eating a lot of unhealthy foods and the calorie-restricted group is eating a healthier diet, are the results due to the calorie restriction, or would just eating a healthier diet also have a positive impact?"

"Also, it is hard to know whether people are truly adhering to a diet unless their food is strictly controlled and monitored," Kellman added.

Vitamin B12: Why do you need it, how should you take supplements?

A vital nutritional element, Vitamin B12, also referred to as cobalamin, plays a crucial role in supporting various processes in the body. The smooth functioning of the nervous system and the formation of red blood cells heavily depend on adequate supply of Vitamin B12. Furthermore, it prevents anemia, protects the eyes from macular degeneration, regulates DNA and produces energy. These are the reasons why people must ensure sufficient intake of this vitamin in order to maintain health.

A deficiency of this vitamin in the body leads to insufficient oxygen supply to the different parts of the body. It also causes memory problems, weight loss, skin pigmentation, menstruation issues and so on. The body needs a continuous supply of this vitamin to successfully meet all requirements. A pertinent question arises here, what is the exact quantity of Vitamin B12 our body requires every day?

The daily requirement of



Vitamin B12

People above 14 years of age need to consume 2.4 micrograms (mcg) every day. However, the requirement changes with the calorie our body needs at a particular time. For instance, a pregnant woman needs to ensure an intake of 2.6 mcg, and a lactating woman 2.8 mcg daily. In order to maintain health and provide the necessary amount of the vitamin to the body, people must adhere to these standards.

In cases of deficiency, people may notice symptoms such as fatigue, headache, difficulty in concentration and others. This condition can be avoided with the intake of Vitamin B12-rich

foods such as eggs, milk, fish, chicken, peanut, sweet potato, dairy products and so on. However, animal-sourced food products are considered the best source of Vitamin B12.

Deficiency of Vitamin B12

People who strictly follow a vegetarian diet remain at a risk of deficiency. Additionally, congenital diseases and genetic intrinsic factor abnormalities can cause severe vitamin B12 deficiency. Older adults, people with gastrointestinal conditions, and those on certain medications, including proton pump inhibitors and metformin, may need to take a supplement. The noticeable signs of a lack of

Vitamin B12 in the body may include:

- Chronic fatigue
- Shortness of breath
- Pale skin
- Mouth sores
- Bleeding gums
- Constipation
- Diarrhoea
- Loss of appetite
- Joint pain
- Vision loss
- Dementia

So, the deficiency of Vitamin B12 is a serious issue and must be given due attention.

Sometimes, people need to provide this vitamin to the body through supplements, either orally or through Vitamin B12 injections. But the decision to take supplements must be taken after consultation with a doctor. The absorption of vitamin B12 can vary from 56 per cent of a dose of 1 mcg to 0.5 per cent of a dose of 1,000 mcg. Therefore, if someone consumes vitamin B12 less frequently, they will need a higher total amount to achieve desired

absorption.

Oral supplements

Depending upon the level of deficiency, a doctor may recommend a high dose of an oral supplement, up to 1,000 mcg. This can be extremely efficacious in dealing with the situation. Besides, oral supplements are cost-effective and leave almost no side effects.

Injection: In extreme situations and to deal with Vitamin B12-induced anaemia, injections are recommended. The doses depend on the level of deficiency in the body.

The overdose of this vitamin doesn't affect health. The body uses the required amount and excretes the excess amount through urine. An increase in water intake can help release the extra amount of this vitamin in the body. You must take care of your body and keep an eye on abnormal signs. You must adopt a healthy lifestyle and take a proper diet containing all the nutrients.

What Happens When You Cut Down On Sugar Completely? 5 Side Effects To Keep In Mind

We share a bittersweet relationship with sugar. While we love indulging in all things sweet and decadent, it is also touted as the main culprit for several lifestyle-related diseases including diabetes, obesity and more. Sugar and sugary foods are loaded with fat. As per popular belief, fat adds excess calories to our everyday diet. What if we say, it is not exactly how you think? Days of eating on fat are long gone. Now, there are multiple pieces of evidence to support the fact that fat (one of the major macronutrients) plays an essential role in our overall growth and nourishment. In fact, eliminating sugar from our diet completely might come with several side effects.

In this article, we will look into how cutting down on sugar affects your body and how effectively you can include it in your diet. Let's start with understanding what sugar is. What Is Sugar? Sugar, to most of us, is the food ingredient that we add to our meals. What we often fail to understand is the fact that sugar is actually a com-



ound, which when crystallised, turns into a food ingredient. According to www.sugar.org, sugar is sucrose (a mix of fructose and glucose), "a simple carbohydrate that is produced naturally in all plants, including fruits, vegetables and even nuts." For the unversed, carbohydrates help provide energy to your body and fuel the brain, organs and muscles to function and engage in everyday activi-

ties. Hence, experts from across the globe suggest, it is important to include sugar in our daily diet, but in moderation. "Sugar is simple, amazingly functional and it's part of a balanced diet," the website further reads. Photo Credit: iStock/What Is Added Sugar? Added sugar is any form of sweetener that undergoes processing, which further strips off the healthy nutrients from the food. According to

American Heart Organisation, added sugar includes white sugar, brown sugar, honey and all the foods that are manufactured chemically with these ingredients. 5 Side Effects Of Cutting Down On Sugar. 1. Makes us feel low: A cake or chocolate instantly

glucose levels. When there is a lack of this fuel source, you might experience different cognition-related issues. As per studies, it might lead to a lack of concentration, focus and poor memory. 3. Sleep problem: Sleep pattern depends much on our cognitive

know, sugar is a potent source of glucose and glucose helps refuel us with energy. With quitting sugar, the body's glucose level gets affected. This often makes people feel tired and lack energy for work. How To Include Sugar In Your Diet Effectively? 1. Add fruits: Sugar is naturally produced in fruits (and some vegetables). Hence, it is always advised to replace cakes and candies (that have added sugar) with fruits and dry fruits to include healthy fats in your diet.

Photo Credit: iStock2. Swap sweetened drinks: Colas and packaged sweet drinks are also high in added sugar. You can always replace these drinks with freshly pressed fruit juices or simple soda (with mint, lemon etc for added flavours) to enjoy the benefits to the fullest. 3. Read labels before buying: Do you read the sugar content in packaged food every time you buy it? If not, then start doing now! Several foods and condiments sneak in added sugar that might affect our body negatively.

Sugar Effects: We often fail to understand the fact that sugar is actually a compound, which when crystallised, turns into a food ingredient.

uplifts our mood. Have you ever wondered why? As researchers, sugar is known to affect our brain's reward system, further affecting our mood. A study, published in the journal nutrient, finds that sugar triggers the release of dopamine, which instantly gives us a sense of pleasure. When we eliminate sugar from our diet, it often leads to depression, anxiety, untimely cravings and more. 2. Lack of concentration: Brain functions such as thinking, memory and learning are closely linked to the body's

health that is directly linked to the body's glucose level. According to a study, published in the American Journal of Lifestyle Medicine, people who are on a sugar detox diet, lack glucose (in the body) and often experience changes in their sleep pattern. 4. Nausea and dizziness: As mentioned earlier, sugar is fat, which is considered one of the macronutrients that our body needs. A lack of sugar often creates an imbalance, leading to weakness, nausea, dizziness and more. 5. Lack of energy: By now, we all

DC Kishtwar reviews patient care scenario at Rogi Kalyan Samiti meeting



JJ NEWS SERVICE
KISHITWAR, FEBRUARY 10: To review the functioning and patient care scenario in the district Hospital Kishtwar, Deputy Commissioner (DC) Dr. Devansh Yadav, today chaired a meeting of the Governing Body of "Rogi Kalyan Samiti" (RKS).

The meeting was attended by Chief Medical Officer, Dr. Mohammad Yaqoob Mir, EXEN PWD, Ravinder Kumar, EXEN, PHE Sanil Kumar Sharma, Medical Superintendent District Hospital, Dr

Javeda Qazi, BMOs, prominent persons and other RKS members. The DC took a detailed review of the functioning and fund flow of the District Hospital Kishtwar besides the progress of the institution under different indicators. A threadbare discussion was held on the measures required with respect to the up-gradation of the Hospital. The meeting was informed about various issues and requirements for the augmentation of health infrastructure and overall advancement of the

healthcare system in the Hospital. The DC assured all possible support from the Administration for infrastructure development of the Hospital to further improve patient care in the hospital. The Deputy Commissioner directed the concerned to follow the objectives as envisaged in RKS guidelines and stressed for resource generation and strengthening transparent mechanism in utilization of funds. He directed the concerned Tehsiladar to demarcate the land identified for Parking

space in the hospital premises. During the meeting the Samiti approved the enhancement of Honorarium Rs 2000 in favour of HDF employees on a pro-rata basis.

The DC asked the officers to work with added zeal and dedication to ensure efficient and prompt health and patient care facilities to the people. The concerned EXENs were directed to ensure the completion of pending repair and construction works in various healthcare facilities including the Eye Block at DH Kishtwar, approaching road to Sub Centre Bhadat, allied works in SC Ligri and Galabgarh and PHC Afti, so that they can be handed over to the Health department for the better health care facilities being provided to the common masses on smooth basis.

2-day Int'l Conference "Science for Survival to Explore the Unexplored Dimensions" held at GCW Udhampur

UDHAMPUR, FEBRUARY 10: Government College for Women Udhampur organized a two day international conference on the theme "Science for Survival: To Explore the Unexplored Dimensions".

Principal Secretary, Higher Education Department, Alok Kumar was the chief guest of the event, who joined the conference through virtual mode.

Director Colleges, Prof. (Dr.) Yasmeen Ashai was the guest of honor and she also joined through virtual mode.

The special guests of the event were Additional District Development Commissioner, Udhampur, Ghan Shyam Singh, Additional SP Anwar-ul-Haq; Dr. Udhay Bhanu, principal GDC Ramnagar, Rajinder Kumar Digra, District Information Officer, the Principals of various government colleges of Jammu division also graced the occasion with their presence.

Dr. Monika Sharma, Principal of the college and convener of the conference presented a formal welcome address to the chief guest, guest of

honor, resource persons and other dignitaries. She also welcomed the resource persons who have joined this conference from overseas through virtual mode. In her welcome address, the principal raised the critical global issues and grand challenges such as climate change, pandemics, energy security, water management, and food shortage and she also hoped that the conference will put some light on these issues which eventually will lead to the solutions.

Dr. Anita Sharma, co-convener of the conference gave introductory remarks on the theme of the conference. She asserted without science there is no human growth, no technological advances and no knowledge generation and she explained the significance of the conference by expressing her ideas on it. She believed that scientific knowledge, scientific processes are important avenues for researchers to share and discuss research findings.

It also acts as a platform to exchange ideas and insights and to network for collaboration and career

development. It can benefit the student in so many ways.

Dr. Kewal Kumar, organizing secretary of the conference, briefed the proceedings of the conference. He explained the motive behind organizing such a mega event. He stated that the institution is an undergraduate institute having girl students only and the students mostly belong to rural background. Most of the girls even don't know what a conference is, what happens in a conference? So, this conference is an attempt to ignite the young and budding minds towards scientific approach. The students through this conference shall learn the significance of the research and innovation.

Keynote speaker, Dr. OP Vidyaarthi (Retd. IFS), former principal chief conservator, Forest department, UT of J&K deliberated on the theme of the conference with the presentation entitled "Decade of Ecosystem Restoration: Challenges of Solution." He argued that there is a need to restore our nature & environment. He further discussed the bio-diversity of the region.

DC Kathua reviews functioning of Health Sector, implementation of govt Schemes

Calls for 100 % saturation of AB-PMJAY, ABHA registration, achieving target of Leprosy, TB free district

JJ NEWS SERVICE
KATHUA, FEBRUARY 10: Deputy Commissioner, Kathua Rahul Pandey today chaired a meeting to review the functioning of the health sector and patient care facilities in the district.

The meeting was attended by Chief Medical Officer, Dy. CMO, Medical Superintendent, AH, GMC Kathua, District Tuberculosis Officer, BMOs, besides concerned officers and officials of health department.

A threadbare discussion was held on various issues like Health Care achievements, Patient care, ABDM, RBSK, NCD, NVBDCP and other related issues.

The CMO gave a detailed overview through

powerpoint presentation and projected various issues regarding present status of AB-PMJAY Cards, institutional deliveries, requirement of ambulances in remote blocks, NTCP, NMBRA, PCPNDT Act and other schemes and programmes of the health department.

The DC also took feedback about the implementation of various schemes and programmes under the National Health Mission, including RBSK, Leprosy Mukti and TB Mukti Panchayats across the district.

The DC asked for focusing on daily monitoring of progress made under AB-PMJAY besides registering beneficiaries under ABHA through door to door sur-

veys. He also laid focus on making a workable action plan to target saturation left out areas by putting in sincere efforts by concerned Block Medical Officers.

Expressing his concern about low institutional delivery in the district, DC asked the concerned BMOs to encourage masses to opt for institutional delivery. He said efforts will be made to rationalize availability of the ambulances across the district to cater emergency cases in a better way.

During the meeting detailed deliberations on issues like availability of online services, Addition Treatment Facility (ATF), aggressive Sampling of TB cases were also held.

Change of Land Use: DLC approves 02 cases in Rajouri

RAJOURI, FEBRUARY 10: District Level Committee on change of land use met here today under the chairmanship of the Deputy Commissioner Rajouri, Vikas Kundal to discuss and approve the applications received online from the applicants from across the district. The Committee, after a threadbare discussion, approved 2 cases of conversion of agricultural land for non agricultural purposes. The DC directed concerned departments to ensure timely issuance of NOCs to the applicants after proper verification of documents and rules under land conversion Regulations, 2022. Officers who attended the meeting included ADC Rajouri, Sachin Dev Singh; CEO RDA, Vivek Puri; ACR, Imran Rashid; Kataria; CAO, Sohan Singh; SE PWD(R&B), Kamal Kishore; Ex:En STD Kalakote.

District Level Training Programme on development of Seed Multiplication Chain, Exotic Vegetables held at Kishtwar

JJ NEWS SERVICE
KISHITWAR, FEBRUARY 10: Continuing the series of training programmes under the Holistic Agriculture Development Programme, a District Level Training session was today conducted here in the Office premises of Chief Agriculture Officer, Kishtwar.

The training programme was focused on the creation and development of certified Seed and Seed Multiplication chains, besides development of Vegetable particularly Exotic Vegetables in the district under Holistic Document.

During the programme, the speakers highlighted the fact that owing to special agro-climatic conditions (Himalayan conditions) of the region there is vast potential for the pro-

motion of exotic as well as traditional vegetable sector and under holistic development of Agriculture and allied sectors a special focus has been shifted towards this field.

Special lectures were delivered on "Promotion of Vegetable/ Exotic Vegetables in the training programme by various experts.

The speakers and resource persons said that the vegetable sector has huge scope in the district and could generate a large number of employment opportunities.

They said that under the holistic document a special programme has been designed for this purpose so that maximum opportunities under this sector could be explored.

CAO asked the officers to work in close coordina-

tion so that the desired results could be achieved under all the projects of the Holistic Document.

Besides, during the training programme, it was envisioned that there is a need for creating certified seed producers so that the seed multiplication chain is established as documented in a holistic document and such programmes are instrumental in the process to make the Kishtwar District seed sufficient.

The training programme was conducted under the close supervision of Chief Agriculture Officer (CAO) Kishtwar Amjad Hussain Malik.

AHD staff conducts cleanliness drive in DC office complex Kishtwar

JJ NEWS SERVICE
KISHITWAR, FEBRUARY 10: An intensive cleanliness drive was carried out by an Intensive Husbandry Department in Block 3 of New DC Office, Complex Mini Secretariat under the banner Swachh Bharat Abhiyan - and in consonance with Azadi Ka Amrit Mahotsav. The Drive was led by Chief Animal Husbandry Officer (CAHO), Dr. Sanjay Kumar Sen.

Staff of the Animal Husbandry Department enthusiastically participated in the cleanliness drive. They collected Bags of garbage (paper waste/Plastic waste/Plastic bottles) and cleaned the area inside the Mini Secretariat Complex.

GLIMMER OF HOPE:

Nowshera Forest Div strives to create Livelihood options under Green India Mission

JJ NEWS SERVICE
RAJOURI, FEBRUARY 10: A new ray of hope is shining bright towards the employment generation for the locals in Nowshera Forest Division as J&K Forest department is continuously working towards livelihood options and exploring employment generation under Green India Mission involving youth and women, especially in the Chir. Zone ecosystem of J&K UT.

To cater to the employment demand of local people, Nowshera Forest Division has organised three local employment generating training programmes under the banner of Green India mission which includes high density Fruit plants, one month training course of tailoring & stitching, six month basic

computer course and all these aim to diversify the livelihood option of local peoples.

In this programme a detailed demonstration of plantation of high density fruit plants was imparted to the locals by the experts and 250 high density fruit plants were distributed among farmers. In addition to this one month training course of tailoring and stitching were started and 10 sewing machines were distributed among local female trainees.

In another event, Samriti Van at Dharpur Mandir Sunderbani was inaugurated in presence of Mandir Samiti and other Locals of the area.

The programme was facilitated by Worthy Commissioner/Secretary to Government,

Department of Forest, Ecology and Environment, J&K Sanjeev Verma, Director, Department of Social Forestry Roshan Jaggi (PCCF), Addl. Pr. Chief Conservator of Forests, Jammu B.M Sharma, CF West Circle Rajouri, Vivek Verma (IFS), DFO Rajouri Dr. A.D Singh, DFO Nowshera Mrs. Neelima Shah, Kartar Singh, ADC Nowshera, Bodh Raj (BDC Chairman), Narinder Sharma, MC Chairman Nowshera, Rohit Kohli, Councillor Nowshera alongwith other PRI members and local peoples. The whole programme was organized by Anil Kumar Bhagat, Range Officer Nowshera, Rakesh Verma Range Officer Sunderbani, Sudesh Kumar, Range Officer Lamberi.

District Employment & counselling Centre Poonch organises Job Fair-2023



JJ NEWS SERVICE
POONCH, FEBRUARY 10: District Employment and Counselling Centre (DE&CC) Poonch organized a Job Fair to provide job opportunities to the youth of the District.

As many as 4 employers from different sectors participated in the event which included companies like SBI Life, HDFC, LIC of India and Am Hyundai. The event witnessed an overwhelming response from job seekers as over 250 unemployed youth from across the district participated in the event. More than 50 Job Seekers with varied skills were shortlisted by the companies for different jobs, while participating candidates were also registered on the employment portal. Deputy Director Employment Mohammad Rafiq, interacted with the Jobseekers and Job providers. He expressed satisfaction over the success of the Job fair. He added that such events would be made a regular feature to benefit the maximum number of local youth.

DC Kathua reviews functioning of Revenue Department

Asks officers to intensify anti-encroachment drive

JJ NEWS SERVICE
KATHUA, FEBRUARY 10: Deputy Commissioner Kathua, Rahul Pandey chaired a meeting of Revenue officers to discuss revenue matters here in the Conference Hall of the DC office complex, today. The DC took a comprehensive review of the ongoing anti-encroachment drives being carried out by the district administration.

He laid emphasis on furnishing a daily report regarding removal of encroachments for appraising the higher authorities about the progress. Taking review of the SWAMITVA scheme, the DC exhorted the revenue officials to speed up the mapping process of the revenue villages besides expediting the



digitisation process of revenue records within the set timelines.

The DC also directed the revenue officials to identify land in their respective Tehsil for creation of assets for important projects including parking spaces.

The DC called upon the Tehsiladars to exercise due care in the appointment of Lambardar/ Chowkidar by ascertaining the character antecedents of applicants.

The DC also emphasized upon revenue officers to dispose of the pending matters

regarding the Revenue Court Cases Monitoring System (RCCMS) on priority besides uploading their updated status on the prescribed portal regularly.

Other issues such as digitization of cadastral maps, status of eviction of Roshni land, land acquisition cases, change of land use cases were also discussed at length wherein thrust was laid on regular monitoring and reporting of action taken reports at the district headquarters.

DC Rajouri resolves issue hampering execution of work on sub-centre Chambi Trar

JJ NEWS SERVICE
RAJOURI, FEBRUARY 10: Deputy Commissioner Rajouri, Vikas Kundal today resolved bottlenecks impeding the construction of work on the sub-centre building at Chambi Trar.

It is pertinent to mention here that there were some issues with the locals over the construction site of the

sub-centre building which was causing delay in the execution of work.

Sensing the gravity of the situation and the importance of the health sub-centre, the Deputy Commissioner met with both parties and the issue was resolved amicably during a threadbare discussion held in a meeting attended

by ADC, CMO, BMO, and PRIs concerned. The Deputy Commissioner said that these constraints often lead to delays in construction and completion becomes tardy. He also said that we cannot afford to ignore the fact that timely completion of these vital projects is something which projects compromise may

have an adverse effect on the lives of the rural populace. He also said that boosting the health infrastructure is the priority of the Government and appealed to the public to shun these minor self interests over large community benefits and not create impediments on the way of development.

Rajouri: Newly created Chief Er, E-XN Offices all set to start function from April 2023

JJ NEWS SERVICE
RAJOURI, FEBRUARY 10: The newly created Executive Engineers PWD Divisions, AEE Subdivision and Office of the Chief Engineer PWD in the Rajouri district are all set to start function from April, 2023.

To give a push towards their functioning, District Development Commissioner, Vikas Kundal discussed the necessities in this regard here in a meeting.

The meeting laid stress on early and smooth functioning of the newly established offices and the steps that need to be taken to make the offices operational from April 1, 2023 as per the date communicated by the Government.

The District Development Commissioner stressed on the importance of these offices in addressing the infrastructure needs of the district and enhancing the overall develop-

ment of the region.

The meeting was informed that the Government has sanctioned one Chief Engineer Office for Rajouri, three EXN Offices for Thanamandi, Kotranka, and Kalalote, and respective AEE subdivisions, and it is essential to make them functional as per the dates communicated by the Government.

It was discussed that the EXN Divisions and AEE Subdivision will

National Commission for Women, SWD, TISS hold meeting on strengthening of response to gender-based violence in J&K, Ladakh

JI NEWS SERVICE
JAMMU, FEBRUARY 10: National Commission for Women in collaboration with Social Welfare Department and Tata Institute of Social Sciences, Mumbai, organized a meeting of stakeholders of Union Territories of Jammu and Kashmir and Ladakh regarding strengthening of response towards gender-based violence through greater coordination.

The meeting, chaired by Chairperson, National Commission for Women, Rekha Sharma, was attended



ed by Commissioner for Women, Family Counselling Centre, One Stop Centres, 181 helpline, District Hub for Empowerment of Women and Family Counselling Centres along with senior police officials responding to violence against women in both UTs were also part of the meeting. Speaking during the

meeting, Chairperson, Rekha Sharma said, "We need to respond collaboratively, if we want to tackle this huge problem of violence against women." Sheetal Nanda, encouraged all stakeholders to equip themselves with knowledge of laws pertaining to women for better implementation of the initiative. She asked them to recognize the multiplicity of services for cross-referrals and comprehensive response to survivors seeking support. She added, "Law is the backbone of the work we do."

It was decided in the meeting that awareness programmes on cyber-crime with varied population of youth, social workers and police will be organized. Besides training of Protection Officers under the Protection of Women from Domestic Violence will also be planned. Also, Social Workers will be trained on responding to human trafficking.

The meeting also decided that a portal will be developed to create a directory of available resources for survivors of violence.

DC Doda asks for strict enforcement of notified rates for online services

JI NEWS SERVICE
DODA, FEBRUARY 10: Information Technology Department, J&K has recently notified/fixed rates for delivery of all online services to be charged/received from the citizens/customers of entire Union Territory of Jammu & Kashmir for Government to Citizens (G2C) and Government to Business (G2B) services.

In this regard, Deputy Commissioner Doda, Vishesh Paul Mahajan has issued instructions to all the Tehsildars to check the availability of Common Service Centres (CSCs) in all pockets in their respective jurisdictions for the convenience of the general public.

The Tehsildars and District Manager Common Service Centres (DM-CSC) have been asked to ensure that the CSCs do not charge more than the rates notified by the government for different online services. District Manager CSC has been instructed to issue necessary directions to all the VLEs of Common Service Centres (CSCs) of District Doda for pasting the Notification at their respective CSCs and the rates so notified in the said Notification be implemented in letter and spirit.

JKPCC conducts workshop on "Implementation of EPR under E-waste, Plastic Waste Management Rules, 2022"



JI NEWS SERVICE
JAMMU, FEBRUARY 10: Jammu & Kashmir Pollution Control Committee today conducted an interactive workshop on "Implementation of EPR under E-waste (Management) Rules, 2022 and Plastic Waste Management (Second Amendment) Rules, 2022" here at Convention Centre, Jammu.

The objective of the workshop was to provide a common platform for an interaction with concerned stakeholders and implementing departments on various aspects of EPR Rules.

Commissioner Secretary, Department of Forest, Ecology and Environment, Sanjeev Verma, was the chief guest while Chairperson, J&K Pollution Control Committee Dr. Neelu Gera, was the guest of honour on the occasion.

Workshop started with visiting of exhibits by the dignitaries which were displayed by various organizations like Shalimar Thermoforming Private Limited Samba, Indian Pollution Control Association, Lifecycle Management Private

Limited, Saahas Zero Waste, Self Help Group (NRLM) Block Dhansal, Himalaya Green Himachal Pradesh and VRG Groups, Ganguly.

Sanjeev Verma appreciated the efforts of JKPCC for organizing such type of events and stressed upon the stakeholders including district administration to ensure effective implementation of relevant provisions laid under both E waste and Plastic Waste Rules. He emphasized the need to link growing menace of Plastic and E-waste pollution with unpredictable disaster, owing to release of toxic gases in the environment through unscientific dumping and disposal of such waste.

Dr. Neelu Gera pointed out in her address regarding the need for an urgent action to be taken up by stakeholder departments like Urban Local Bodies to facilitate separate and safe collection of such wastes with publicizing the collection points for public awareness. She also requested Rural Development Department to ensure implementation of Rules in letter and spirit at Panchayat levels as rural areas are also now identified as

equally accountable for both types of waste generation.

Regional Director, JKPCC, Sat Paul, briefed about the objective of the interactive workshop.

Member Secretary JKPCC, K Ramesh Kumar, informed the gathering that as per new E-waste and Plastic waste Rules, responsibility of the respective Producers and Recyclers have risen manifold and appealed for adherence to the stipulated rules by them in this regard.

During the workshop, Shoba Raghavan, Director and COO, Saa has Zero Waste made a detailed presentation on Producer's Responsibility for implementation of EPR as per E-waste (Management) Rules, 2022 and Co-founder CEO, Abhishek Agshe, Lifecycle Management Private Limited made a presentation on responsibility of recyclers laid under E-waste Rules.

Director, Indian Pollution Control Association, Ashish Jain deliberated on the EPR Policies for Plastic Waste Management.

The program was attended by officers and officials from Department of Industries and Commerce, Nodal Officers from Central University, Jammu University, SKUAST, SMVDU, concerned Nodal Officers from Jammu Municipal Corporation and Srinagar Municipal Corporation, CEOs from Department of Urban Local Bodies Jammu and Kashmir, Jammu Chamber of Commerce and Industry, National Rural Livelihood Mission, Divisional Officers and Scientists from JKPCC, Nodal Officer E-waste, JKPCC, Jammu, besides DISHA organization and Global Human Rights Trust.

Nehru Yuva Kendra Sangathan J&K, GCW Parade organise National Youth Parliament Festival

JI NEWS SERVICE
JAMMU, FEBRUARY 10: Nehru Yuva Kendra Sangathan J&K, in collaboration with Government College for Women Parade Ground organized a state level National Youth Parliament on the College Campus.

As many as 46 youth from districts of Jammu & Kashmir UT and Ladakh UT, all being the winners and first runners up of District Level National Youth Parliament, participated in the State Level event.

Nisar Ahmed Butt, SD NYKS J&K and Ladakh was the chief guest, while Dr. Deepak Pathania, Assistant professor, Environmental Sciences, Dr. Seema Jamwal, Assistant Professor Political Science, Dr. Musavir Ahmad, NSS Program Coordinator, Kashmir University, Dr. Seema Zargar, Senior Officer, School Education Department

and Dr. Shubra Janwal, Assistant professor, English were the jury members.

Anmol Sharma from NYKS Jammu got the first rank, Faiza Basharat from GDC Poonch got the second rank and Quyima Aslam from S P College Srinagar got the third rank in the state level event.

The first three winners of state Youth Parliament shall participate at national level NYPF in New Delhi where 87 Winners from all States and UTs will participate in the National Youth Parliament Festival in person at 29 venues.

Out of them, 29 first position holders will speak on the given topics while the remaining 58 will attend the proceedings. Dr Gurpreet Kour, NSS Program Officer, GCW Parade and Organizing Secretary of the program both at Nodal Jammu level and state

level took the initiative for organizing National Youth Parliament Festival.

The main objective of the programme is to hear the voice of youth between 18-25 years of age through deliberations in Youth Parliaments at District, State and National levels and to encourage the youth to engage with public issues, understand the common man's point of view, form their opinions and express it in an articulate manner, to develop and enhance decision making abilities, to develop in them respect and tolerance for the views of others, to develop in them an understanding that respect for rules is essential for conducting any discussion systematically and effectively, to obtain and document their opinions on Vision of New India and to make available their views to policy makers and implementers to take it forward.

Saurabh Bhagat meets MNRE; Discusses modalities for implementation of Biomass Programme in J&K

JI NEWS SERVICE
NEW DELHI, FEBRUARY 10: Commissioner Secretary, Science and Technology, Saurabh Bhagat, today discussed modalities for implementation of newly launched Biomass Programme of Ministry of New and Renewable Energy (MNRE), approved under the umbrella scheme of National Bioenergy Programme Phase-I, in Jammu and Kashmir.

During his visit to the Capital, MNRE, Saurabh Bhagat had detailed discussion with S R Meena, Incharge Bio-energy, on several issues regarding setting up of one Bioenergy Pilot

Project each in Jammu and Kashmir regions of the UT.

Pertinent to mention here that the National Bio-energy Programme comprises of sub schemes like 'Waste to Energy Programme (Programme on Energy from Urban, Industrial and Agricultural Wastes/Residues), Biomass Programme (Scheme to Support Manufacturing of Briquettes and Pellets and Promotion of Biomass (non-bagasse) based cogeneration in Industries) and Biogas Programme.

Commissioner Secretary also met in-charge Rooftop Solar Division,

MNRE, Hiren Bora and updated the Ministry with the progress on implementation of 20 MW and 200 MW cumulative capacities Rooftop Solar sanctions of MNRE and stressed for timely release of Central Financial Assistance (CFA) under the schemes.

During the discussion, Saurabh Bhagat updated the Ministry regarding various challenges and impediments being faced by JAKEDA in implementation of the schemes. He requested the Union Ministry for allowing empanelment of more vendors under the two sanctions as the targets to be achieved are huge.

PSPS PG College NCC Cadets shine in RDC-2023

JI NEWS SERVICE
JAMMU, FEBRUARY 10: Republic Day Camp is not just a camp, it is an emotion; emotion for the cadets who strive to be a part of Republic Day Contingent and step in DGNCC to transform.

Securing 4th position for the first time in the history, the ten cadet NCC contingent of Padma Shri Padma Sachdeva Government PG College for Women, Gandhi Nagar attended this prestigious camp and brought laurels to the College. Two cadets from 1 J&K Naval Unit; 04 cadets from 1 J&K Girls Battalion, NCC Srinagar and 04 from 2 J&K Girls BN, NCC Jammu were part of the team that attended the Republic

Day Camp 2023 at New Delhi.

The cadets were well trained at various Pre-RDC camps at Nagrota, Jammu over a two month period, prior to their departure to New Delhi. They added sheen to the Prestige of College by participating in various events and competitions like Drill, Cultural Programmes, Flag Area etc. From 1 J&K GIRLS BN, Senior Cadet Captain Parul Sharma was selected for Kartavyapath for which she received ADG Commendation. Cadet Captain Kiran Choudhary participated in cultural events and also achieved ADG Commendation. SUO Tania Chib and JUO Marjam from 1 J&K Girls Battalion, NCC Srinagar, were a part of Kartavyapath

Contingent whereas JUO Riya Kaith was a part of PM Rally and JUO Ankeeta Langhe participated in cultural events. From 2 J&K GIRLS BN, NCC JAMMU, SUO Shakshi formed a part of the PM Rally contingent and JUO Anna Khan marched Kartavyapath. JUO Manshi Sharma was selected for All India Guard of Honor showcasing salami to Honorable PM Shri Narendra Modi whereas Sergeant Rakshika Sharma was a part of cultural events. Principal of the College Prof. Minu Mahajan, congratulated and applauded the Cadets for the hard work, dedication and strenuous efforts for bringing laurels to the College for representing at National Level.



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Professionals, Employees, Senior citizens play important role in society: Sat



JI NEWS SERVICE JAMMU, FEB 10: Gearing up organizational activities of the party in Poonch District at grass root level, a meeting of BJP's Professional Cell, Senior Citizen Cell and Retired Employees Cell and Budget Pe Charcha was conducted to take up the party activities and vision of PM Modi led BJP Government on ground concerning development of Jammu and Kashmir.

District Poonch under the leadership of its district president Rajesh Raina held the meeting which were mainly addressed by former Cabinet Minister, Sat Sharma (CA). He was also accompanied by CA Rajeev Gupta, UT BJP Spokesperson Sunil Gupta and several others. Speaking on the occasion, Sat Sharma said that all these three cells have a very important role to build the organization and

take the vision of the party amongst the public. He said professionals, senior citizens and retired employees are the important sections of the society and their views hold major significance. He urged the activists present to create teams of the cells up to booth level and stated that it will definitely strengthen the vision of the party at grass root level. He also asked them to go door to door to spread the pro public policies of the party.

CA Rajeev Gupta talked about Budget 2023 and said that in order to cater the support of the more public the teams must be constituted at the earliest so that people's presence could be more involved in the mission which BJP has chosen to work for the betterment of society. He also stated that BJP is the only party which works for the people and has done a lot for their upliftment.

Rajesh Raina also spoke on the working of cells in Poonch district. He also said that the teams will be made as soon as possible in the coming days so that the organizational work can be paced up to grass root level. Naresh Sharma, Parvinder Singh, Abhi, Mukesh Sharma, Paranjit Singh, Naresh Verma, Jyoti, Rajesh Sudan, Er. Sahil, Bhupinder Pal and several others were also present on the occasion.

SMVD Gurukul holds 31st Governing Council Meeting



JI NEWS SERVICE KATRA, FEB 10: The 31st meeting of the Governing Council of Shri Mata Vaishno Devi Gurukul, Charan Paduka was held here today at Spiritual Growth Centre, Katra. The meeting presided by Mahamandleshwar Shri Swami Vishveshwaranand Giri Maharaj, Member of the Shri Mata Vaishno Devi Shrine Board and Chairman of the Governing Council for the Gurukul, was attended by Anshul Garg, Chief Executive Officer of the Shrine Board; Navnet Singh, Additional CEO; Prof Y.K. Mishra; Dr Jagdish Chander Mehra, Joint CEO, SMVDSB and Administrator of Gurukul; Mahesh Sharma, FA/Chief Accounts Officer; Gopal Dass Sharma, Head Pujari, Bhawan; Dr Dhanraj Mishra, Principal; and Dr. Devendra Rijal, Vice Principal of the Gurukul.

The Chairman and other Members of the Governing Council while expressing satisfaction at the functioning of the Gurukul emphasized the need for making continuing endeavours to develop it as a centre of excellence. The meeting also noted the outstanding achievements of the students of SMVD Gurukul in academics and co-curricular activities and participation of faculty and students for broadening their horizon at different Platforms, including in house events & those at State, Zonal as well as at National Level.

The Governing Council, while approving the annual budget of Gurukul for Financial Year 2023-24 also finalized the arrangements for organizing 3-day North Zone Youth Festival from 20th to 22nd of February in collaboration with Central Sanskrit University. The inaugural function will be held at the Spiritual Growth Centre of the Shrine Board at Katra. The events to be organised include Educational Short Film making, Rangoli, Painting, Competition, cultural programmes, co-curricular activities besides, sports events in different categories and around 10 institutes from 5 states & UTs including Himachal Pradesh, Haryana, Punjab, Delhi, Uttarakhand, UP and JKUT, with a total of 350 students are expected to participate in the festival. The council observed that the festival shall provide a learning platform to the students of SMVD Gurukul to showcase their talent & skills from their counterparts of other institutes besides, serving as an important medium to spread joy, promote Sanskrit awareness and protect our traditional and cultural heritage.

The Governing Council while releasing the Annual School Magazine "Brahmi" tracing the achievement and contribution of the students and faculty during the year appreciated the efforts stating that a wonderful platform has been given to these young students to showcase their talent as writers and express themselves into a conglomerate.

Earlier, Mahamandleshwar visited SMVD Gurukul and inspected the Construction Work-in-Progress of New Dining cum Accommodation Complex. He also interacted with the students and faculty and enquired from them about their daily activities. Besides, the Mahamandleshwar felicitated Master Varun Sharma, student of Shri Mata Vaishno Devi Gurukul for having secured first position in the entire University, in the annual examination of class 8th conducted in 2022 by Sampurnanand Sanskrit Vishwavidyalaya, Varanasi.

Mahamandleshwar, besides, highlighted the importance of imparting sanskars in one's life, asked the students to work hard to preserve their rich culture and achieve distinction in various fields in years to come. He congratulated the Hon'ble Lt. Governor, JK-UT who is also Chairman of Shri Mata Vaishno Devi Shrine Board for nurturing such institutes which has kept alive the Vedic and Sanatan traditions in the modern era.

GC also approved Internship programme for candidates obtaining Shastri degree from SMVD Gurukul and their engagement as Prashikshu in Shri Mata Vaishno Devi Shrine Board for the contribution in the Pujan rituals besides engagement of Yuga expert in SMVD Gurukul for boosting physical and mental health of the students.

The Meeting also desired that alumni meet of the Gurukul should be planned to benefit from their skills and experience besides, to devise a roadmap for 5 years of the functioning of the SMVD Gurukul and way forward for developing this institution as a centre of excellence for providing top quality education to the students.

Pt. Deendayal Upadhyay was a visionary par excellence: Parmod Kapahi



BJP District Jammu holds monthly meet

JI NEWS SERVICE JAMMU, FEB 10: Bharatiya Janata Party, District Jammu under the leadership of District President Parmod Kapahi held a monthly meeting at BJP office, Kachi Chawni, Jammu. Senior BJP leader & District Jammu Prabhari Rajeev Charak, Seh-Parbhari Vikas Choudhary also addressed the meeting along with District

President Parmod Kapahi. District General Secretary Kuldeep Kandhari, District General Secretary Rajesh Gupta, Mandal President Keshav Chopra, Mandal President Parveen Kermi, Mandal President Raman Sharma, Atul Bakshi, Ajay Sharma, JMC Councillor Sucha Singh, Councilor Suneet Raina and other prominent political persons from District Jammu participated in the meeting.

Rajeev Charak, while addressing the BJP activists of District Jammu, asked them to visit every house of the region and apprise them of the achievements of the Modi governments and their specific benefits for the residents of Jammu & Kashmir. He also deliberated upon the highlights of the recently introduced 2023 Union government budget. He said that this

budget is a people friendly budget which has touched the lives of every segment of the society. Parmod Kapahi, in his address, discussed upcoming programs of the party. He especially focused on the party's programme of 'Samarpan Diwas' on February 11, the day on which party ideologist Pandit Deendayal Upadhyay laid down his life in the service of humankind. He stressed that Pandit Deendayal Upadhyay was a visionary personality par excellence whose ideas will make the world a better place to live.

Vikas Choudhary, spoke on the booth Sashaktikaran, in which he stressed that the party activists should pay special attention to the strengthening of the booths in their respective areas allotted by the party. Rajesh Gupta conducted meeting proceedings whereas Kuldeep Kandhari thanked all the party leaders and activists for their active participation in the meeting.

Nation suffered most due to Nehru's blunders, Modi Govt determined to nullify the adverse effects: Kavinder

JI NEWS SERVICE JAMMU, FEB 10: Kavinder Gupta, senior Bharatiya Janata Party leader and former Deputy Chief Minister has asserted that the nation and its people have suffered the most due to the blunders committed by the late Prime Minister Nehru and his family who promoted their dynastic rule over seven decades. He said that this family not only threw democracy to winds but also carried forward the 'Divide and Rule' policy of Britishers and 'Appeasement Policy' for its petty vested interest by playing vote bank politics.

The senior BJP leader, while recalling the Prime Minister Narendra Modi's speech in the Parliament the other day, said that he has rightly exposed the real face of the Nehru family and the Congress party while slamming the opposition for leveling accusations against him (PM) based upon surmises and conjectures.

In a statement issued here today, Kavinder said that the Nehru Gandhi family including the Vadras has brazenly looted this nation to the hilt. He asserted that this stands proved beyond any iota of doubt from the fact more than 600 organizations have been registered in the name of the members of the so called Nehru Gandhi families. These organizations have been used to siphon off the tax payers' money and most of the companies established by these people are bogus companies to facilitate the siphoning of the nation's funds.

The senior BJP leader said that it is because of such blunders of Nehru and his kin that the people of Jammu and Kashmir continued to suffer unabated for over seven decades. He said that the biggest blunder of Nehru as PM was that after Pak aggression in Kashmir, he took the matter to UN and allowed to station its MOC (Military Observers' Group) in J&K and PoK. He said that giving long rope to the favourites like Sheikh Abdullah was yet another blunder committed by them as Sheikh too promoted his dynastic rule like Nehru. Kavinder said that the worst phase began in J&K with signing of Rajiv-Farooq accord after which the terrorism and secessionism received a big boost with a tacit support of the J&K Administration the results of which led to peak terrorism in J&K bringing death, destruction

Govt should fulfill demands of Kashmiri Hindu employees posted in Valley before Shivratri: Shiv Sena



Stop treating Hindus employees as bonded labourers: Sahni

JI NEWS SERVICE JAMMU, FEB 10: Shiv Sena J&K unit today demanded that the LG led administration should fulfill the demands of protesting Kashmiri Hindu employees posted in Valley before the upcoming Shivratri Festival. The leaders of Shiv Sena (Uddhav Bala Sahab Thackeray) Jammu and Kashmir unit organized a press conference at the party's central office, Jammu, today demanding the safe posting of Kashmiri Pandits/Hindus working in Kashmir by implementing the transfer policy. State Chief Manish Sahni

said government should leave its stubbornness of making these employees scapegoats and transfer them to safer places in Jammu region. Sahni said that Hindus working under the PM rogar vojna in Kashmir were being treated like bonded labourers and forced to become scapegoats. On aug 5, 2019 the Center has abrogated Article 370, then the bonds included in SRO 412 should be treated as cancelled. Describing the government's claims of rehabilitating Kashmiri Pandits/Hindus as hollow sham, Sahni said that providing jobs and temporary

accommodation to only 4200 Kashmiri Pandits can never mean rehabilitating the entire community. "Along with Kashmiri Pandits, Sikh / Muslim / Dogra communities were also given jobs under the PM package. But the BJP government is baking political bread by misleading the public by beating the name of Kashmiri Pandits. At the same time, for the last 6-7 months, the salaries of the employees are being withheld and they are being forced to go to the valley," he said. Sahni demanded the Central Government and the Lieutenant Governor of

Jammu and Kashmir to implement the transfer policy and attach Kashmiri Hindus to various central departments. He said that, the PM package funds are provided directly by the Center so the administration deutes them to central departments like (Election Commission, India, NTPC, NHPC, etc.) or UT Ladakh. Sahni said that some selected and influential employees have been attached to Jammu division. It is clear from the stand of the administration that it is not hesitating to sacrifice all the Hindu employees for the party of vote politics ambitions of the central government which is an unimaginable situation towards humanity. On this occasion, President Women's Wing Meenakshi Chhibber, General Secretary Vikas Bakshi, President Kamgar wing Raj Singh, Women Secretaries Sukhwinder Kaur, Yawar Habib were present.

Indian Army organises Lavender Farming and Processing Drive

JI NEWS SERVICE JAMMU, FEB 10: As part of welfare activities, Indian Army has been constantly undertaking a variety of events for the welfare of Awaam. In pursuance of this noble aim and in order to impart training on lavender farming and generate employment through it Indian Army organised 'Lavender Farming and Processing Drive' for youth and poor farmers from the socially and economically backward strata of the society at Bhalu in District Doda (J&K). Such initiatives will improve the environment of the surrounding area and will greatly help in generating employment opportunities to people from socially and economically backward families and simultaneously engage the youth in some constructive activity which is beneficial to them in multiple ways. The locals expressed their gratitude towards the Indian Army for organising the event.



employment opportunities to people from socially and economically backward families and simultaneously engage the youth in some constructive activity which is beneficial to them in multiple ways. The locals expressed their gratitude towards the Indian Army for organising the event.

BJP OBC Morcha working round the Clock for BJP Party: Vibodh Gupta

JJ NEWS SERVICE
JAMMU, FEB 10: BJP OBC Morcha JK-UT in collaboration with Red Cross Jammu held free medicines distribution camp at Municipal Park, Resham Garh Colony, Jammu.



Vibodh Gupta General Secretary BJP Jammu Kashmir and Sunil Prajapati President BJP OBC Morcha JK-UT were prominent to inaugurate the camp.

Speaking on the occasion, Vibodh Gupta congratulated the work done by BJP OBC Morcha and said BJP OBC Morcha has done commendable work round the clock in the field of Sewa and helping Public in large.

Vibodh further thanked PM Modi for Increasing Medical Budget by 13% and said 157 new Nursing Colleges will be opened in the coming future. He asserted that the people of Jammu Kashmir are enjoying health insurance of Five Lakhs per family.

For this he thanked PM Narendra Modi for covering the whole state under health Insurance. Later Sunil Prajapati said that this Camp will benefit needy people at this time of extreme Weather Conditions and thanked Secretary Red Cross Sat Pal Sharma for Issuing Medical Camp.

He also thanked Dr. Aasia Noor (Medical Officer) and her team. Nearly 200 people were benefited by this camp and local people applauded the working of BJP OBC Morcha. The Program was organized under guidance of Ashok Salgotra (District President BJP OBC Morcha Jammu) and others who organized the Program was Viren Satti (District Secretary BJP OBC Morcha), Raj Kumar (Mandal President OBC Morcha Bakshi Nagar). Prominent among others who Present on occasion was Ravi Mehra (Vice President BJP OBC Morcha), Kewal Verma (State Secretary BJP OBC Morcha), Bal Krishan (State Social Media Secretary OBC Morcha), Gopal Sanotra (General Secretary BJP OBC Morcha), Parveen Badyal (Vice President BJP OBC Morcha), Rajesh Kumar (Vice President BJP OBC Morcha), Madan Verma (District Secretary BJP OBC Morcha), Ved Parkash (District Spokesperson OBC Morcha) and Budh Verma.

Kathua Campus (JU) organizes its 3rd Extension Outreach Programme

JJ NEWS SERVICE
KATHUA, FEB 10: Aiming to keep the children, youth and students away from the menace of drugs, Kathua Campus, University of Jammu today organized its 3rd Extension Outreach Activity on "Drug Abuse: Problem, Management and Prevention along with Stationery Distribution Drive at Government Higher Secondary School, Kathua. More than 400 students from Government Higher Secondary School, Kathua and Kathua Campus, University of Jammu participated in the said activity. The awareness programme was also attended by more than 100 people from Panchayat Kathua who were thrilled by the performance of the students of Kathua Campus, University of Jammu in the form of a play on Drug Abuse.



Further, a two-week stationary collection drive was launched by Kathua Campus, University of Jammu on 26th of January, 2023 in order to help the children of the adopted village Kathua and the stationery was distributed today to more than 350 students of Panchayat Kathua in order to channelise their energies to harness their potential in nation building and refrain them from bad habits so that they can focus harder on their studies. The esteemed speakers at the occasion were Sh. Kewal Krishan (District Education Planning Officer, Kathua), Dr. Rajesh Chandel (Assistant Professor, Psychiatry, Government Medical College, Kathua), Sh. Sanjeev Sharma (Inspector, Police Training School, Kathua), Mr. Varun Sharma (Sub Inspector, J&K Police, Poonch) and Sh. Devinder Kumar (Retd. Zonal Education Planning Officer, Hiranagar). While speaking on the

occasion, Sh. Kewal Krishan said that the drug menace is badly affecting the society in general and children in particular. Thus, there is an acute need to spread awareness among society especially children against this evil so that it can be uprooted. He further said organizing these types of awareness-oriented programmes at school level is quintessential for the teen age students. Dr. Rajesh Chandel opined that drug consumption is dangerous to the mental and physical health of everyone and thereby, drug abuse is destroying our future generation. He further underscored the psychological and medical aspects of drug abuse in tender age students. Sh. Sanjeev Sharma stressed on the need of involving students in cocurricular activities in addition to their academics so that they can utilize their time properly. Further, he advised the students to join sports to be mentally and physically fit. Mr. Varun Sharma advised the children to stay away from illegal drug consumption and also requested the public to inform Police about illegal drug consumption.

Further, he insisted the students to fight against this menace in their locality also. Sh. Devinder Kumar emphasized on the importance of such awareness programmes to safeguard children from drug abuse in any manner. He further highlighted the challenge of drug abuse in India and suggested the retired employees especially from the education sector to come forward to take initiatives for the welfare of the youth in particular and society as a whole.

Sh. Ashok Kumar, Principal, Government Higher Secondary School, Kathua appreciated the efforts of Kathua Campus, University of Jammu for organizing the awareness programme on Drug Abuse and for distributing stationery among the children of panchayat Kathua to focus more on studies. The Special Guests from Panchayat Kathua who attended the programme were Sh. Joginder Singh (Naib Sarpanch, Kathua), Sh. Mohinder Singh (Panch, Kathua) and Smt. Trishla Devi (Panch, Kathua).

Modi Govt's agri-friendly schemes have become real power of farmers: Johal

JJ NEWS SERVICE
JAMMU, FEB 10: The Modi government has done more work in eight years of its rule for making farmers self-reliant than was accomplished ever before and its agriculture-friendly schemes have become the real power of farmers.



This was stated by Sarabjit Singh Johal, President BJP Kissan Morcha, J&K and DDC Member while speaking at the programme in Bantala area of Jammu.

Johal asserted that the central government headed by the Prime Minister Narendra Modi has done more work in the last eight years than ever before for empowering farmers and making them self-reliant. He said the government at the Centre stands fully committed to the welfare of the farmers who deserve special attention especially in view of their being the food producers of the nation. He said the government is making every effort to double the farmers' income and boost agriculture economy.

Today, Sarabjit Singh Johal along with his entire Kisan Morcha team visited Maa Chandi Temple in Rajinder Nagar, Bantala area and prayed for the peace and prosperity of the Union Territory. State General Secretary of BJP Kisan Morcha Rakesh Pant, Vice President Kisan Morcha Baba Chanchal Singh, Mandal President Vijaypur Ajay Sharma and Parveen Sharma accompanied the BJP Kissan Morcha President, J&K.

Johal said "Since the BJP led government came into power, it has been taking all necessary initiatives to boost and bolster the agricultural economy along with farmers' welfare schemes."

He said that the farmers' issues have been best addressed by PM Modi led Govt at the Centre. He mentioned that the schemes and initiatives by the government like Kissan Sammaan Nidhi, Kissan Credit Card, Kissan Fasal Bima, Soil Health Card, Pradhan Mantri Krishi Sinchayee Yojana (PMKSY), National Agriculture Market (e-NAM), SVAMITVA Yojana, and many more such schemes have been providing benefits to all the farmers of the nation.

Johal asked the Kissan Morcha leaders and workers to establish a strong connect with the farmers' community and ensure that they avail the benefits of the aforesaid schemes. He asked them to take adequate measures in strengthen the base of the Party.

Indian Army organises lecture on Road Safety

JJ NEWS SERVICE
JAMMU, FEB 10: Indian Army organised a lecture on Road Safety at Govt Higher Secondary School, Bhowani in District Rajouri (J&K). Road accidents are a major concern in the region owing to hilly terrains and modern vehicles having lighter speed limits. Towards this end, the lecture aimed to create awareness amongst the locals to make the roads safer and prevent loss of life and limb. The lecture highlighted that roads in this region of the UT of J&K run through various hills and mountain ranges, which requires the drivers to be extra cautious and provide due allowance for the terrain and weather.

The gathering was also educated about various aspects contributing towards safe roads like, following traffic rules, importance of wearing seat belts/helmets, maintenance of vehicles etc.

BJP Minority Morcha J&K Organises Joining Program at Baribrahmana

JJ NEWS SERVICE
JAMMU, FEB 10: A programme was held at Bari Brahmana District Samba today by the District Unit of BJP Minority Morcha Jammu under the chairmanship of UT President Ranjodh Singh Nalwa.



The main motive of this meeting was to conduct briefing session in which BJP Minority Morcha Leadership was to be kept abreast of the latest developments and working of the organisation especially with reference to the upcoming Party Programmes. The aim of the meeting was on part of all the functionaries also to remain alert in their respective Districts, Constituencies, both levels and work at the grass roots levels for welfare and benefits of common people. The purpose of the interactive session was to deliberate on the efforts to address the grievances of the masses specifically those who are marginal, helpless and resourceless as also to raise

voice of concern in favour of their genuine demands. On this occasion, all the delegates under the leadership of UT President Ranjodh Singh Nalwa welcomed the entrants in the party fold who joined the Morcha today. Speaking on this occasion, Nalwa while elaborating on the policies of BJP said that it is due to the people friendly programs and plans associated with the growing popularity of the party under the national leadership of Prime Minister Narendra

Modi that every passing day, number of people are embracing this organisation and have been expressing their full solidarity in the ensuing march on the path of progress and prosperity. He further stressed on the workers to strengthen the party at the ground level and be always inclined with the people and become a mouth piece for giving vent to their problems, he said adding further that it is the discipline of the party that attracts the people towards it.

District president Jammu BJP Minority Morcha Jaspal Singh also expressed his views on this occasion. Other prominent participants include Vice President J&K Balvinder Singh, Amarjeet Singh, Santokh Singh (Gen. Secretary J&K), Prnavat Singh, Pawanjet Singh and other office bearers of BJP Minority Morcha. Earlier, several people turned up the venue to join BJP Minority Morcha who were warmly welcome in the party folds.

One week student workshop concluded at TBS, JU



JJ NEWS SERVICE
JAMMU, FEB 10: The Business School organised one week workshop aimed to enhance the professional competencies of MBA students from 6th February to 10th February, 2023. The week long workshop included nine sessions. Two sessions daily comprising of one morning session and one afternoon session. Total nine sessions were conducted by various industry experts, leading academi-

cians and motivational speakers within and outside the university namely Mr. Priyankar, HDFC bank, Mr. Gautam, Chamber of Commerce and Industries, Ms. Swati Basotra, Talknasyatalknasya, Ms. Geetika Kohli, Thinksta, Prof. Vishav Rakhsha, University of Jammu, Ms. Maansi Rattan, MG Design School, Mr. Akash Badi, Amazon India, Ms. Jasleen Kaur, Branding Elves, Mr. Aman Talla, Talla Jewellers and Mr. Satish Koul,

Emcure Pharmaceuticals Ltd. A valedictory function was organized to conclude the workshop and Chief Guest for the occasion was Mr. Satish Kaul, Resident Director at Emcure Pharmaceutical Ltd.

The certificates were distributed to the participants and organisers of the workshop. Mr. Satish Kaul in his address expressed the need for the students to enhance soft skills besides academic knowledge. He motivated the students to be disciplined, ethical and work hard to achieve success in life.

He emphasized upon the need for such programs in The Business School. Prof. Sameer Gupta, Director, TBS while talking on the occasion gave special remarks about the workshop. He emphasized upon the need for such workshops for the MBA students that are under immense academic and competitive pressure. Prof. Alka Sharma appraised the gathering that such workshops give an edge to the students in their employability profile.

Lawlessness unleashed by opposition done away with, India on progressive path: Raman Suri

JJ NEWS SERVICE
JAMMU, FEB 10: Bharatiya Janata Party (BJP) J&K Executive Member Raman Suri today said that those opposed to unfurling Tricolour in Jammu and Kashmir or doing away with redundant laws are now trying to protect the illegal encroachers of the UT and forest land by arriving at the Capital to protest. This is indicative enough that such political leaders never wanted order in the system of governance and allowed lawlessness to prevail in the erstwhile state.

He said, PDP chief Mehbooba Mufti's unrelenting support to encroachers, illegal occupations or land grabbers is enough to understand how these leaders had unleashed a rein of lawlessness and made Jammu and Kashmir a jungle where everyone was having a free run when it came to grabbing land, occupying state or forest land and even building shops and houses on the land of development authorities.

Raman Suri said, Prime Minister Narendra Modi in his reply to the debate on Motion of Thanks to the President's address in Lok Sabha established that the days of such leaders or divisive and adverse policies are over. The Prime Minister united it clear by stating that peace is prevailing in J&K, separatists are gone forever,

Tricolour is unfurling everywhere and tourists besides investors are looking towards the new, potentially-viable Union Territory.

Raman Suri asked the youth to reap benefits of this atmosphere which is conducive enough to progress and contribute to nation building. He said, Kashmir of serenity, when tourists used to flock there and enjoy every season, young boys and girls had ample opportunities, peace prevailed and no one ever created any trouble for anyone is now back.

The leaders who created an unrest in Kashmir, made militancy a monster, encouraged separatism at the cost of lives of youngsters and stalled progress of youth are themselves finding no space in the political arena now. The recently concluded "Triranga Yatra", he said, has become a benchmark of peace for opposition where every leader, who once said that no one will unfurl Tricolour, walked miles to see the Indian Flag unfurl at historic Lal Chowk. Raman Suri felt sorry for the opposition saying that they are unable to find any flaw in the functioning of the Union government, which is why they were speechless in the Parliament and couldn't muster courage to pinpoint on anything that affected the progress of our nation.

Apni Party registers its protest against bulldozing drive

Holds sit-in protests at the district headquarters across J&K



JI NEWS SERVICE JAMMU, FEB 10: Apni Party on Friday held sit-in protests – against the ongoing demolition drive by the administration – at the district headquarters across J&K.

According to a press note released here, "Party's district leaders and senior

workers led the sit-in protests at the district headquarters across the J&K. The sit-in protests at multiple places were meant to register a strong objection, on behalf of the party, against the administration's ongoing demolition drive."

It further said, "Apni

Party demands the immediate stoppage of the bulldozing drive. The party is not against retrieving large chunks of land occupied by the land mafia, but we demand regularization of the small amount of State/Kacharai land, which has been in possession of common people for

decades or in some cases for more than a century."

"In the Valley, the senior party leaders – Usman Majid, Javid Mustafa Mir, Abdul Majeed Padder, Raja Manzoor, Khursheed Ahmad Khan, Noor Mohammad Sheikh, G M Mir, Tariq Ahmad Veeri, and Javid Ahmad Mir – led the sit-in protests respectively in Bandipora, Badgam, Kulgam, Kupwara, Baramulla, Srinagar, Pulwama, Anantnag, and Ganderbal," the press note said.

"While as in Jammu region, Manjit Singh led the sit-in protest in Jammu and Samba districts; Advocate Harpreet Singh in R S Pora; Pushap Dev Uppal in Jammu (Rural); Satpal Chalotra in Udhampur; Anil Kumar in Badhawah; Bashir Khaki in Poonch; Sofi Aslam in Rajouri, and in Kishtwar led by Umer Mingnoo," the press note added.

Two-Day seminar on 'India's Pathways to next economic powerhouse by 2047' concludes



JI NEWS SERVICE JAMMU, FEB 10: A two-day seminar on 'India's Pathways to Next Economic Powerhouse by 2047' organized by Department of Economics sponsored by the Indian Council of Social Science Research, New Delhi concludes today at University of Jammu. In the valedictory function, Prof. Raj Kumar Mahajan, the Former Professor, Punjabi University, Patiala, Regional Centre Bathinda, Punjab, was the Chief Guest. He advocated that India has tremendous potential to grow using robust policies to address the challenges of poverty, inequality, unemployment and sustainability which will pave the way to become the next economic powerhouse by 2047.

The Key Note Speakers of the inaugural function were Prof. (Dr.) Balwinder Singh Tiwana, the Former

Professor, Punjabi University, Patiala, Prof. Kuldip Kaur, Chairperson, Ambedkar Chair, and Former Professor, Punjab School of Economics, GND University, Amritsar, Punjab, and Prof. I. C. Awasthi, Former Professor, Institute for Human Development, New Delhi.

Prof. Balwinder Singh Tiwana emphasized on building economic strength and to leverage the drivers of sustainable economic growth and to strengthen the India Rupee vis-à-vis Dollar. The continuous evaluation of short-term achievements of Indian economic performance is essential to plan for long-term goals. India has also to address the fluctuations in FDI and foreign exchange reserves to become the next economic powerhouse.

The Key Note Speakers of the inaugural function were Prof. (Dr.) Balwinder Singh Tiwana, the Former

addressing the problem of climate change for sustainable agriculture. Prof. I. C. Awasthi argued that inclusive growth is necessary to address rampant problems of unemployment and inequalities over the long-term to build a strong economy. The seminar convener Prof. Falendra Kumar Sudan presented a brief summary of two-day seminar, while Dr. Tsering Yangzom presented the welcome remarks and Prof. Sunita Sharma, presented the vote of thanks. Prof. Jasbir Singh appreciated the Head of the Department for his all support to organise such type of events. Dr. Virender Koundal, Dr. Manoj Bhatt, and Dr. Shaluu Selhgal of the Department of Economics were also present.

Today, the six parallel sessions were conducted in which well researched papers on various topics were presented including

the role of Foreign Direct Investment, Digital Educational Initiatives, Export and Import, Rural Governance and Entrepreneurship, Digitalizing Higher Education, Online University Teaching, Agrarian Change, Gender Dividend, Manufacturing Value Added, Corporate Governance, Sustainable Urban Transportation, Financial Development, Digital Empowerment, Digital Transformation of Agriculture, Human Development and Poverty Reduction, Renewable Energy, Nuclear Energy, Water Resilience, Land Sustainability, Food Security, Services Sector, Carbon-Neutral Cities, Fiscal Reforms, Inclusive Development, Entrepreneurship, Innovation, Investment, and R&D and many more topics in becoming the next economic powerhouse by 2047.

The main speakers include Dr. J. N. Balya, Dr. Hemlata Mangani, Dr. K. Rajesh Kumar, Dr. R. Sai Kumar, Dr. Prashant Kumar Choudhary, Dr. Ritu Bakshi, Dr. Preeti Chawla, Dr. Reeti Debnath, Dr. Rajendra Prasad Meena, Dr. Om Raj Katoch, Dr. Neelam Choudhary, Dr. Shilpa Gupta, & Dr. Shayan Javed, Dr. Rashi Tuggar, Dr. Sandeep Kaur, Pabitra Kumar Jena.

One day workshop held at Jammu University



JI NEWS SERVICE JAMMU, FEB 10: A one day workshop was organized at Jammu University by Directorate of International Quality Assurance in collaboration with Mission Directorate RUSA & K the state nodal agency for AISHE scheme.

The workshop was

attended by Nodal Officers (AISHE) all private and Govt Degree Colleges, Shri Mata Vaishno Devi University and experts from Higher Education Department Ministry of Education, New Delhi.

The welcome address was given by Dr. Ginny

Dogra University Nodal Officer Aishe/Deputy Director DIQA, Jammu University. Director College Development Council Dr. Rajeev Rattan was Chief Guest on the occasion who hailed the organisers for conducting such program. Ms Anita Sirohiwal, Joint Director.

Mission Director RUSA J&K in his address Elaborated the role of AISHE data in RUSA funding.

Joint Director, Planning and Monitoring from Ministry of Education in her speech deplated upon the changes made in Web DCF to make it user friendly.

The technical session of workshop was conducted by Mr. Shivam Panday, Research Assistant, Mr. Vikas Mehta, Data Analyst and Mr. Sanjeev Kumar, Data Analyst experts from Ministry of Education.

Technical session was followed by queries session where technical issues faced by colleges with regard to uploading of data were resolved. Vote of thanks to participants and organisers was presented by Dr. Asif Iqbal coordinator AISHE, J&K.

Society must be driven by the principles of Antyodaya: BJP

Sham, Priya, Munish listen to public grievances

JI NEWS SERVICE JAMMU, FEB 10: Society will be healthy when it is driven by the principles of Antyodaya, which means the rise of the last person in the row stated senior BJP leaders, while they continue BJP's mission to resolve the issues faced by the residents of Jammu & Kashmir.

J&K BJP Vice-President & former Minister Sham Choudhary, BJP NEM & former Minister Priya Sethi and BJP All Morcha Incharge Munish Sharma, listened to the public grievances and took up the same with the concerned department officials for their early solutions at BJP headquarters, Trikuta Nagar, Jammu.

Numerous individuals and deputations visited the BJP office to meet the party leaders and narrate their woes & problems. The issues presented by common masses before the senior party leaders were related to PHE, PWD,



Rural Development, Revenue, Irrigation & Flood Control, Education, Agriculture etc.

Presented issues were on the spot, taken up with the heads of these departments by Sham Choudhary, Priya Sethi and Munish Sharma telephonically and they were impressed with immediate solutions.

Sham Choudhary, while

listening to the issues stressed that the leaders have tried sincerely to provide the best possible solutions presented by masses in the grievances camps. He said that BJP believes that a society could only be healthy when it ensures the rise of the last (deprived and neglected) person of the society.

Priya Sethi, on the occasion,

said that BJP holds the issues faced by the masses in high esteem and believes that they should be promptly taken care of for the realization of a healthy society.

Munish Sharma stated that many of the issues presented today were solved on the spot whereas other issues are impressed for their early solutions.

DLC organises " Induction Programme for freshers of LL.B 3year (Prof.) Course

JI NEWS SERVICE JAMMU, FEB 10: Dogra Law College organized Induction programme to welcome the new entrants who have joined the college for the session 2022 - 23. Th. Gulchain Singh Charak, Chairman; Dogra Educational Trust was the Chief Guest on the occasion. The programme started with the lighting of the traditional lamp by the dignitaries followed by Saraswati Vandana.

Prof. V.P. Magotra, Principal, Dogra Law College welcomed the students. He briefly highlighted the history of the Dogra Law College. He apprised the students about the rules of the college and the achievements of the students who have brought laurels to the college.

Ms. Parema Bakshi, Faculty member of Dogra Law College made a PowerPoint presentation on the vision, mission, rules, values, curricular and co-curricular activities including the facilities available in the college. Prof. Darshana Sharma, Director, Dogra Group of Colleges and Campus Development addressed



the students and congratulated them for successfully qualifying the JUET Entrance Examination and becoming a part of the Dogra Law College. She threw light on the facilities and activities which are peculiar to the college and impressed upon the students to make use of these facilities. Special felicitation ceremony was also organised for NCC Cadets namely Junior Under Officer Abhishek Sharma, Student of B.A.L.L.B 5 Year Course 7th Semester for Lecture Conducted at Commando Insurgency

and Jungle Welfare School, Gwaldam, Uttarakhand and Cadet Gurbakshish Singh, Student of B.A.L.L.B 5 Year Course 7th Semester for representing J&K and Ladakh in Republic Day Parade 2023.

Two senior students of Dogra Law College shared their experiences with the new entrants. The Esteemed Chief Guest Th. Gulchain Singh Charak, Chairman, Dogra Educational Trust emphasized on maintaining discipline by the students which will help them in their future life. He also

emphasized the importance and recognition of hidden talent of the students which always contribute to the development of self-confidence and self-actualization. He added that Dogra Law College is committed in its endeavor to impart education for the betterment of the society.

The Programme concluded with the vote of thanks presented by Ms. Sumiksha Razdan, Faculty member of Dogra Law College followed by the National Anthem. In the end, sweets were distributed among the students.

'Three star electronics' of Blue Star ACs bags 'Best distributor Award' in North India

JI NEWS SERVICE JAMMU, FEB 10: Ved Sharma of Three Star Electronics, Shastri Nagar Jammu has bagged the 'Best Distributor Award' in North India during the Blue Star Product Launch cum Award Function organized at Chennai.

The award was presented to him during a glittering function attended by an august gathering comprising entrepreneurship doyens and celebrities from across the nation. The honours of award presentation were done by B Thiagarajan - Managing Director Blue Star in presence of Shashi Arora - President & COO, Cooling & Purification Appliances Group; Navneet Sharma and Haridas C-



Executive Vice Presidents. It is pertinent to mention here that M/5 Three Star Electronics is a name to reckon with not only in Jammu and Kashmir but across the northern region of the nation.

The venture was launched by an enterprising and enthusiastic entrepreneur Ved Sharma. Sharma

not only providing profits and dividends to the owner but also creating a huge employment avenue for the unemployed youth.

After receiving the award, Ved Sharma said there is no shortcut to success adding that strong determination, will and hard work are the only keys to success.

THOUGHT OF THE DAY

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

JINDRAH IMAGES

Harness solar energy potential to maximum level

To an utter dismay of the people of the erstwhile state of Jammu and Kashmir, now two Union Territories—J&K and Ladakh, least interest has been given to exploit the vast solar power potential over the years. The reports suggest that two UTs have performed dismally on account of electricity generation from solar energy as authorities have exploited less than one per cent of 111 Gigawatts (GWs) solar power potential during the last four years. This is notwithstanding the fact that the Central government has asked all states and the UTs to harness solar power potential to its maximum level. The installed solar capacity of Jammu and Kashmir is 48.90 MW, while Ladakh, which is considered as solar capital of the country, is having just 7.80 MW installed solar capacity. The erstwhile state of Jammu and Kashmir has a solar power potential of 111.05 GW and it is the second highest in the country after Rajasthan which has the solar energy potential of 142 GW. Ladakh has not generated even single additional Megawatt electricity during the last one year despite the fact that it has a large potential of 100GW solar energy alone, therefore failing to contribute in the country's total installed capacity, notwithstanding two major projects with potential of generating 7500 MW of solar power (now revised to 10,000 MW) were sanctioned for the region about eight years ago. On the other hand, Jammu and Kashmir has doubled its installed solar capacity from 24 MW to 48 MW in the last one year and it has shown some progress while exploiting its solar power potential. Jammu and Kashmir has been provided Rs 64 crore by the Union ministry of New and Renewable Energy from year 2019 to year 2021 under different schemes for harnessing the solar power potential. An amount of Rs 12.41 crore has been released to Ladakh under various schemes to increase its installed solar capacity for the period. The Central government has sanctioned two major projects with the total solar power generation capacity of 7500 Mega Watts for Ladakh region. After deliberations, the Central Government had planned to raise the capacity of this proposed solar park in Ladakh to 10 GW from 7.5 GW announced earlier. The Solar Energy Corporation of India (SECI) had issued a tender for development of 7500 MW Solar PV Projects in Leh and Kargil districts on December 31, 2018. As per the tender documents, implementation time for the project was 48 months from the effective date of Power Purchase Agreement. The projects were proposed because Ladakh, the cold desert of the country, received the 'best solar radiations' in the country but the projects have remained entangled in technical and administrative glitches. The Government of India should conduct a probe as to why these projects have failed to take off even after the lapse of eight years. The responsibility must be fixed while expediting measures to harness solar power potential.

BALLOON TURBULENCE DEEPENS US-CHINA DISCORD

By sending the balloon, China wanted to convey a message of strength that it was capable of reaching the heart of the US mainland and Washington would have to take into account Beijing's concerns if it sincerely wanted a dialogue on establishing peace and cooperation with it.

YOGESH GUPTA

ON February 3, US Secretary of State Antony Blinken called up Wang Yi, Director of the Chinese Communist Party's Central Foreign Affairs Commission, to tell him that he was postponing his scheduled trip to China as by sending a balloon over the US airspace, China had indulged in an "irresponsible act and this action is detrimental to the substantive discussions" that they were prepared to have. He said the trip would be rescheduled once the balloon turbulence was over.

However, Wang said it was a civilian airship sent for meteorological research and had accidentally strayed from its planned course into US airspace due to strong westerly winds and its limited self-steering capacity. "China is a responsible country and has always strictly abided by the international law," he added.

But the Americans found that the balloon, which entered the US air defence zone north of the Aleutian islands on January 28, moved largely over land across Alaska, Idaho, Montana, Carolinas and then towards the Atlantic Ocean. The balloon had flown over certain sensitive sites to collect information, including over Montana, which is home to about 150 inter-continental ballistic missile silos.

Typically, the balloons fly above 80,000 to 1,00,000 ft, but the one sent by China was flying low enough at about 60,000 ft to be noticed by the civilians. The journey of the balloon over so many days over the US landmass provoked widespread anger and many questions such as why it was detected so late by the defence authorities, were there gaps in the US security which permitted the balloon to fly undetected, why the Chinese took such a brazen step a few days ahead of Blinken's planned trip and what intelligence it had collected.

It is common for countries such as the US, China and others to conduct surveillance on their adversaries, but it is done discreetly. According to media reports, China had conducted similar surveillance on military assets of Japan, India, Vietnam, the Philippines and



Taiwan earlier.

US President Joe Biden's political adversaries, the Republicans, had a ready fodder to attack him asking why he had not shared the information with the people before the balloon was noticed by the civilians, why he had delayed its shooting, why the sensors in the US airspace had failed to detect this balloon and what if such balloons were used by the US's adversaries to send nuclear or other explosives into the country to cripple sensitive installations.

Pentagon's defence that there had been other instances of similar balloons flying over the US airspace during the Trump administration (matters were detected later) made matters worse, some saying that Biden was too soft towards China. There was a consensus that Blinken's visit could not be permitted till the investigation into the debris of the balloon shot down on February 6 was complete. Also, that China could not be allowed to violate the US sovereign territory without paying a cost.

The Chinese government was equally aggressive. China's vice foreign minister Xie Feng in a representation to the US Embassy in Beijing said this was "entirely an accident caused by force majeure and the US deliberately exaggerated it. Its armed attacks on the balloon were irresponsible and unacceptable". Also that Beijing reserved the right to respond similarly to future incidents of this

kind.

Various theories are doing rounds on why China indulged in such a brazen and risky adventure few days before Blinken's visit. Most plausible one is that China had got tired of aggressive actions by the US before each high-level meeting, sanctioning or blacklisting some Chinese organisations, companies and officials. There has been a sharp increase in the US provocations against China in recent days, including the sailing of the USS Chancellorsville, a guided missile cruiser, in the South China Sea to exercise the freedom of navigation, approval of \$10-billion weapon sales to Taiwan, setting up of a House Select Committee on China (which distinguishes even the old Soviet Union did not get) targeting Beijing. The USA's encouragement of Japan's militarisation, new alliance to prohibit the sale of microchips to China, setting up of a new military base in China's vicinity in Guam and acquiring four new bases in the Philippines had also come to Beijing's adverse notice.

Some Chinese leaders believed that the US had pushed China on the back foot by these military and economic initiatives and was trying to clip China's wings and even preparing for a war. There was a view that high-level meetings with US officials had become a ritual with glorified photo opportunities and Washington was not taking Beijing seriously. By sending the

balloon, China wanted to convey a message of strength that it was capable of reaching the heart of the US mainland and Washington would have to take into account China's concerns if it sincerely wanted a dialogue on establishing peace and cooperation with it.

As the US-China rivalry deepens, the asymmetry in their thinking and mutual perceptions has only worsened. While the US considers itself as the sole superpower and the guardian of the present international order, China considers itself to be an equal and wants enough space from Washington to accommodate its interests. The latter does not accept China's claim and believes that if Beijing wishes to benefit from its economic, trade and technological cooperation, it should stop behaving as a rival and accept its terms. Given the wide disparities in their outlook, the balloon incident will further strain the Sino-US relationship with growing political consensus in the US to pushback China in political, economic, technological and military realms. If the investigation into the debris of the balloon reveals that China had intended to collect sensitive information about the US strategic installations, there would be demands to make Beijing pay for indulging in this affront. Given that Chinese President Xi Jinping revels in aggressive policies, any further US sanctions would only harden China's opposition to US policies.

Neglecting MGNREGS undermines workers' rights

ZOYA HASAN

The words 'rights' and 'equity' are conspicuous by their absence from the numerous assertions and claims made by leaders of the National Democratic Alliance (NDA) with regard to their achievements in countless speeches and advertisements. A year ago, the Prime Minister stated that there was far too much emphasis on rights, and not enough on duties — even though the Constitution doesn't place them on an equal footing. The realignment of rights and duties is not just about giving greater attention to duties; it is about giving less importance to rights.

This is evident from the niggardly attitude towards the Mahatma Gandhi National Rural Employment Guarantee Scheme (MGNREGS) and the constantly abridged budgetary allocation for it, which is tantamount to a disregard of this right. This has consequences for the larger issue of rights as it affects the well-being of the most vulnerable sections of our society. The Mahatma Gandhi National Rural Employment Guarantee Act (MGNREGA), passed in 2005, was a path-breaking legislation aimed at providing guaranteed employment to rural citizens. It was the single largest rural employment scheme in independent India. It provided only 100 days of employment in a year and, that too, for just one member of a rural household, but the important thing is that it conferred an economic right, which means employment had to be provided on demand, and if the state could not deliver 100 days of work, then the person seeking employment had to be paid compensation.

The MGNREGS continues to be deeply relevant as millions of rural households have gained employment through it. It is particularly vital in times of economic stress and, hence, it is important to make a budgetary provision for the full 100 days and, perhaps, expand it to 150 days of work, given the prevailing dismal employment conditions in the country. The government violates workers' legal rights every time it does not match the funds to demand or does not pay wages on time.



However, this scheme has been hit hard by budgetary cuts. This started during the tenure of the Congress-led United Progressive Alliance (UPA) government itself, even though it had introduced the scheme; allocations practically froze during its second term, making no allowances for the rising prices or the increase in the number of job seekers.

But the NDA government has stretched the practice of making low budgetary allocations to the limit, which has weakened the legal guarantee of timely payment and employment. This comes at a time of rising unem-

ployment and increased inequality in India. Both the World Inequality Report-2022 and Oxford Inequality Report-2023 show India as one of the most unequal countries in the world in terms of incomes and assets. India registered the fastest increase in economic inequality in recent years, even as access to a number of social protection programmes has been severely undermined on the one hand, via restricting allocations and on the other, through the dilution of schemes, such as MGNREGS and even those that form part of the National Food Security Act.

This government has been lukewarm towards the MGNREGS in the last nine years. The Prime Minister spoke derisively about it in Parliament. The Finance Minister mentioned it only once (in the context of work for mangrove conservation) in her Budget speech this year. But the NDA government has not abolished the scheme; it has strangled it through low allocations. The budgetary allocation has been cut by 30 per cent to Rs 61,032.65 crore for 2022-23, the lowest in the past four years. It is lower than the budgetary estimate of Rs 73,000 crore for 2022-23. It is the second straight cut in the scheme's budgetary allocation as in the Budget-2022-23 also, the allocation had been cut by 25 per cent to Rs 73,000 crore from the revised estimate of Rs 98,000 crore.

The gradual decrease in the budgetary allocation for the MGNREGS has created doubts about the government's intentions. By cutting down the funds, the government sends out a signal that it wants to spend less on this scheme as opposed to the others, which means fewer initiatives can be undertaken under this scheme. Reduced funding also makes it difficult for the government to keep its promise of 100 days of employment, which is crucial for the survival of rural households. The average days of work offered is actually much below 100 days and, frequently, employees will not be able to get work even

for half a year.

By law, it is a demand-driven scheme but the continuous decrease of funds has reduced its potential effectiveness. The government has always claimed that the actual allocation would be increased if it was found that a large number of persons were asking for employment under the scheme. While supplementary allocations for the MGNREGS have been increased substantially at the revised estimates stage, a low initial outlay acts as a discouragement. It diminishes demand, in fact, chokes it, which becomes a justification for the low initial budgetary allocation for the scheme. Even if the allocation gets increased later because of higher demand, this increase takes time, which means that wage payments as well as material costs will be delayed and workers get pushed into 'forced labour' in the intervening period. Furthermore, almost half of the budget allocation is spent on clearing arrears. Consequently, the flagship scheme runs out of funds halfway through the financial year even for those who want work.

According to an analysis by Peoples' Action for Employment Guarantee (PAEG), a research and advocacy group, 21 per cent of the budget over the past five years has gone into clearing the arrears of previous years. In the current financial year 2022-23, the unpaid dues stand at Rs 16,070 crore. Hence, the PAEG demanded that the Centre allocate a

Samantha Ruth Prabhu's Shaakuntalam release postponed; reason for delay not revealed. Check out new date

Actor Samantha Ruth Prabhu's upcoming Telugu film Shaakuntalam, which was supposed to be released in cinemas on February 17, has been postponed by a couple of months. The film's makers on Friday confirmed that the film will now hit screens worldwide on April 14. Without revealing the exact reason for postponement, the makers unveiled a new poster with a release date.

In Shaakuntalam, Samantha plays the central character Shakuntala, daughter of Menaka and Viswamithra. The film, produced and directed by Gunasekhar, will be released in Hindi, Tamil, Malayalam and Kannada. This project marks Samantha's maiden collaboration with Gunasekhar.

In 2020, speaking at the launch of the movie recently, Samantha said that this will be her dream project and dream role. The trailer of Shaakuntalam was released in January. Speaking at the event, an emotional Samantha said her love for cinema hasn't changed amid all the recent life struggles. She said she gathered all her courage to attend

the event. In her speech, Samantha spoke about how her love for cinema hasn't changed amid all her life struggles in recent past. She was talking about her rare autoimmune disease called Myositis which she has been diagnosed with since last November.

"No matter how many struggles I face in life, one thing won't change. That's how much I love cinema and cinema loves me back. I strongly believe that this love will grow manifold with Shaakuntalam," she had said.

Samantha was last seen on screen in Telugu action-thriller Yashoda. In the film, Samantha played a surrogate mother who won't stop at anything to protect her child. The film turned out to be a hit at the box-office and had grossed around 740 crore during its theatrical run. Recently, Samantha joined the sets of the Indian adaptation of Amazon Prime's upcoming web series, Citadel. She will be sharing screen space with Varun Dhawan in the show, which is being co-created by Raj and DK.



6 Binge-Worthy Shows That You Just Cannot Miss



The year 2023 is here with a bang! With several promising web shows for both kids and adults, the OTT platforms are brimming with content. But to save you from the trouble of scrolling through a plethora of content to land on one particular show, we have curated a list of binge-worthy shows that you just can't stop watching.

'Class' (Netflix)

'Class' is the official India-based adaptation of the Spanish thriller series Elite, executive-produced and series directed by Ashim Ahluwalia. This adaptation by Ahluwalia is set in contemporary New Delhi and is a grimier, more realistic and socially-charged take. Produced by Future East Film (Ashim Ahluwalia and Niharika Singh) in association with Bodhi Tree and adapted by Ashim Ahluwalia, 'Class' explores the rise of the Indian rich and a world of extreme disparity, following the students through their struggles with sex, drugs, religious difference, homophobia, trauma, friendship and love. 'Class' Has opened to great reviews both in India and abroad with positive word of mouth since its release.

'Farzi' (Amazon Prime Video)

'Shrinking' (Apple TV)

'Marvel's Moon Girl And Devil Dinosaur' (Disney+ Hotstar)

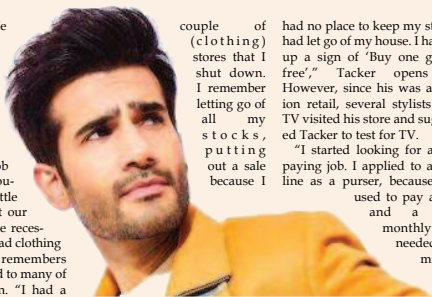
'Trial By Fire' (Netflix) 'You 4' (Netflix)

KARAN TACKER RECALLS GOING THROUGH FINANCIAL CRISIS: WE HAD A TOUGH TIME MAKING ENDS MEET AS A FAMILY

It's been fifteen years since actor Karan Tacker entered the world of showbiz. While the actor has made a name for himself with his work on TV and OTT platform, he has never spoken about the days when he had to struggle. Not many are aware that before becoming an actor the Mumbai lad wanted to pursue his father's business.

For the first time, Tacker talks about his life before he became an actor. "I had a business with my dad," he recalls, adding, "The world hit recession in 2008, and that's when my entire busi-

ness went down. We had a tough time making ends meet as a family. At that time I started scouting for jobs. From my education I would have probably gotten a job for twenty five thousand, which was little for the kind of debt our business faced in the recession." Tacker, who had clothing stores back then, remembers how the downfall led to many of them shutting down. "I had a



couple of had no place to keep my stock. I had let go of my house. I had put up a sign of 'Buy one get six free.'" Tacker opens up. However, since his was a fashion retail, several stylists from TV visited his store and suggested Tacker to test for TV.

"I started looking for a high paying job. I applied to an airline as a purser, because they used to pay a lakh and a half monthly. I needed that money

to make ends meet at that time. But, I got an ad for a face cream brand which paid me a lot of money. I got 3 lakhs, 12 years back. 3 lakhs for 22 days was like... I told my Dad, that I should work this out because this will pull us out of misery," Tacker reveals. The Khakee: The Bihar Chapter actor shares he soon started doing advertisements in Gujarat for two to three thousand rupees per day.

"For five and six years I was only earning money to pay the debt of the business. After 6 odd years I started making and saving money," he ends.

Tara Sutaria: I've Always Looked At Love With A Lot Of Love

Bollywood actress Tara Sutaria has spoken about what self love means to her and said that she has always loved the idea of love.

Tara has collaborated with Bumble, the women-first dating app, to launch a new campaign 'Before anyone else, there was you' ahead of Valentine's Day. To encourage self-



Asked about what self-love means to her, Tara said: "I think self-love or loving yourself means so many different things to different people. To me and to so many of us, I know that this will resonate because we all went through a pretty rough time recently when Covid hit the world and I think self-love took a new shape and meaning for all of us."

"All of us learnt to slow down and truly understand ourselves, begin to hear ourselves and therefore, love ourselves. I've always loved the idea of love - call it utopia, idealistic - and I've always looked at love with a lot of love, but I've never really looked at myself with that sort of love so it's taken me a lot to get to where I am today which is learning to really and truly understand every part of myself - the good, the bad, the ugly - everything that comes with being human, I suppose."

Sussanne Khan's sister Farah Khan Ali says she and DJ Aqeel are officially divorced, celebs react

Jewellery designer Farah Khan Ali took to her Instagram handle and confirmed her divorce from ex-husband DJ Aqeel as they finalised it. She is Hrithik Roshan's ex-wife Sussanne Khan's sister. In 2021, Farah announced the news of their separation and received support from her friends and family.

On Friday, Farah posted a couple of happy selfies with Aqeel. She tagged him and captioned it, "We have been declared officially divorced and are happy about it. We wish each other lots of love, happiness and luck in our onward journeys. We will always remain parents to our beautiful children Azaan and Fiza and nothing will change. Grateful for the journey we had together."

Aqeel re-posted the same on his Instagram Stories. Reacting to the post, Sussanne Khan commented, "Love u both" with lost of loved-up emojis. "It's such a beautiful new beginning note... you guys are both such amazing humans... like both of you are, ginormous hearts," Kubbra Sait added. Others such as Twinkle Khanna, Nandita Mahtani, Saisha Shinde, Dia Mirza, Bhavana Pandey, Moez Singh and Elnaaz Norouzi

among others sent their love. Last year, Farah shared on social media, "Sometimes two people grow apart. Sometimes they outgrow each other. It has been 9 years since my relationship with my husband Aqeel changed its status as a couple to just friends and to term it simply would be to state that we are 'Happily Separated'."

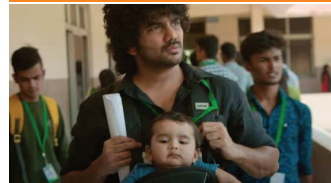
"We will always be best friends to each other and parents to our wonderful children Azaan and Fiza and nothing will change. Grateful for the journey we had together."

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involved. The reason we are announcing it publicly now, is so that the ones who know us accept our situation gracefully and always wish well for both of us especially because we hold no animosity of any kind towards one another and will always be there for each other. Aqeel is and will always be my family as I will be his. We hope that all our well wishers will accept our decision maturely and not judge us for it. It's important to be happy and we all, Aqeel and I including our children and families most definitely are.



DaDa review: Enjoyable coming-of-age drama about accidental parenthood



The subject of parenthood, especially in mainstream cinema, has mostly been told from the perspective of a woman. Rarely, we've had a film where the story has focused on a man dealing with parenthood and his sacrifices in becoming a good father. Ganesh K Babu's DaDa is an emotional drama about a young man dealing with becoming a parent, out of the blue, with a lot of maturity. This is also a moving coming-of-age drama of an aimless, college-going youngster thrust into embracing fatherhood when the entire world, including his family, has given up on him.

The film opens with the shot of Kavin and Aparna lying together. Kavin is still sleeping and Aparna just enjoys looking at him while we hear a couple in the neighboring flat arguing early in the morning. Cut to the next shot, Aparna is crying as learns that she's pregnant and Kavin suggests that she should abort the baby as they aren't ready to be parents yet. Aparna is against the idea of abortion. Kavin and Aparna decide to move in together and take refuge at a friend's house. As they get ready to embrace parenthood, living together becomes a hassle as they end fighting over little things. It reaches a point where Kavin blames Aparna for making their lives so miserable when he warned her about keeping the baby. Kavin is forced to raise the baby alone.

The most refreshing aspect of DaDa is that it sends out a very important message loud and clear - parenthood is gender neutral. Both father as well as the mother play key parts in raising a kid and their roles can't be weighed or compared.

As much as the film sheds light on Kavin raising his son alone and in turn becoming a better person as well as a father, it doesn't try to showcase the mother in poor light. This aspect of the film and the writing is highly appreciable. It also never tries to make the father raising a kid alone a big deal.

Sherlyn Chopra slams Rakhi Sawant, supports her husband Adil: 'Don't know how he landed in this mess but...'

Rakhi Sawant and her husband Adil Khan Durrani's marriage has been making headlines in recent days. After Rakhi accused her husband of domestic violence and also alleged that he was having an extramarital affair, Sherlyn Chopra weighed in on the matter and sided with Adil. Sherlyn had filed a police complaint alleging defamation and sexual harassment against Rakhi last year, who was recently questioned by police in connection with the case.

Amid the ongoing Rakhi-Adil spat, Sherlyn has commented on the matter, accusing the two of doing everything they can to stay in limelight.

In a video shared by a paparazzo on Instagram on Thursday, Sherlyn Chopra shared her views on the ongoing fight between Rakhi Sawant and her husband Adil Khan Durrani. The actor said, "Mai kya bolu inn dono ke baare mein. Lekin itna mai keh sakti hu Adil ke sath kuch samay bitake - police station main - ki woh banda joh hai

shulja hua hai. Pata nahi kaise woh yeh pure jhamale mein fas gaya. But jitni dher maine usse baat ki aaise laga ki woh shulja hua banda hai (I am no one to say anything about Rakhi and Adil's matter, but from what I have learnt about Adil after spending time with him at a police station, he seems like a sorted person, but don't know how he landed in this whole mess)."

Sherlyn continued, "Aur maine boli bhi usko uske mum pe, tum toh suljhe hua lagte ho kaha aagaye tum? Kaisa fas

gaya yeh pure chakkar mein? Aur surkhiyo mein aane ke liye yeh zaroori nahi ki yeh log apas mein khitpit kare ya apne rishtey ka mazak banayee (I even told Adil he looks sorted so what was he doing with her? I feel they should not do such things just to stay in the limelight)."

She further said, "Mai kya bolu? Maine toh unke pati ko apne bhai mana hai. Bhai ke baare mein isi tarah ke baate sunn kar aacha bilkul nahi lag raha. Mai bus chahungi ki joh kuch bhi hai inn dono ke beech

mai, yeh khitpit jald se jald khatam ho jaye. Aur sach mein agar unke pati aise kuch kar rahe ho toh woh apne gali man le aur agar nahi kar rahe hai toh bataye ki yeh galat femi ki wajah kon hai aur yeh galat femi kaise paida hui (What else can I say about Adil, whom I consider my brother. I wish they resolve the matter soon, and if he is wrong he should accept his mistake. If he is not wrong and there is some misunderstanding than he should also clarify that)."



Weight Loss Tips: These Carb-Rich Foods Might Actually Fasten Your Weight Loss



It turns out you should continue eating some carbohydrates despite what we've been told for years. The word "carbohydrate" has a terrible reputation. They are frequently linked to type 2 diabetes, weight gain, and a number of other health issues.

It is true that refined grains and processed diets high in sugar frequently lack necessary vitamins and minerals. Numerous nutrient-dense, fiber-rich meals, however, might really be highly beneficial for your health.

Although some people may benefit from low-carb diets, there is no need to completely exclude high-carb items. In this article, we share nutritious and healthy carb-rich foods that might actually

boost your weight loss.

Add these carb-rich foods to your diet to fasten weight loss:

1. Oats

A very nutritious whole grain, oats are a fantastic source of numerous vitamins, minerals, and antioxidants. Furthermore, oats are a decent source of protein and have a higher protein content than most grains. According to research, eating oats may lower your cholesterol levels, hence lowering your risk of heart disease. In particular for those with type 2 diabetes, eating oats may lower blood sugar levels. Oats are also quite filling, which may aid with good weight management.

2. Barley

Barley, a cereal grain, may have the capacity to raise satiety-related

hormone levels. Boiling barley kernels can alter the microorganisms in your gut, which in turn can increase your metabolism, according to a Swedish study. This starch's high fibre content has also been reported to reduce hunger pangs, according to researchers.

3. Quinoa

Quinoa is a wholesome seed that has gained enormous popularity among consumers who are concerned about their health. It falls under the category of a pseudocereal, which is a seed that is processed and consumed like a grain. Quinoa cooked is a high-carb food since it has 70% carbohydrates. But it's also a fantastic source of fibre and protein. Quinoa has been linked to a num-

ber of health advantages, including better blood sugar control and heart health. Quinoa is high in numerous minerals and plant components.

corn. Being more content will probably cause you to eat less, which will result in consuming fewer calories. They are also a much better alternative to chips

Contrary to common belief, carbs are actually a beneficial addition to the diet if you're trying to lose weight. Try these 6 foods rich in healthy carbs.

Buckwheat

Buckwheat is regarded as a pseudocereal, similar to quinoa. Buckwheat is not linked to wheat, despite its name, and it does not contain gluten. As it contains both protein and fibre, buckwheat is particularly nutrient-dense. Compared to many other grains, it also contains more nutrients and antioxidants. Studies indicate that it might be especially advantageous for blood sugar control and heart health.

5. Popcorn

Next time you're hungry, try popcorn instead of crisps. Researchers from the food and health fields around the nation evaluated the short-term satiety of these two common snacks and discovered that most volunteers reported feeling less hungry and more satisfied after eating pop-

and other ultra-processed snacks.

6. Bananas

Bananas are a popular fruit that people enjoy using in a variety of ways. In addition to being rich in potassium and the vitamins B6 and C, bananas also contain a number of advantageous plant components. Bananas may help decrease blood pressure and enhance heart health due to their high potassium content. Green, unripe bananas have more starch. As the bananas ripen, this changes into natural sugars, which causes the bananas to turn yellow. Therefore, if you consume your bananas while they're less ripe, you'll often get more starch and less sugar.

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Instead of causing weight gain, these foods rich in carbs will help aid weight loss and boost your overall health.

HOW EATING FEWER CALORIES MAY HELP SLOW DOWN THE AGING PROCESS



Restricting calorie intake could help slow down the aging process, according to a study Trusted Source published today in the journal Nature Aging.

Researchers, led by the Butler Columbia Aging Center at Columbia University Mailman School of Public Health in New York, used DNA analysis from blood samples to measure the rate of aging and reported that calorie restriction slowed the aging process.

Participants included 220 healthy men and women in three different sites in the United States. The participants either continued with their regular diet or had a 25% reduction in their consumed calories.

The scientists followed the participants' diet and health for two years and took blood samples at the start of the study and again at 12 months and 24 months.

What researchers found in calorie restriction study The researchers reported a slowing aging process based on three DNA markers.

They said these results could provide a sense of what effects scientists can look for when completing trials for specific weight interventions, such as intermittent fasting.

"This study teaches us that keeping a person's body at a lean weight helps decrease the molecular changes on a cellular level that happen in response to aging," said Dr. David Selzer, an internal medicine specialist at NYU Langone Medical Associates in West Palm Beach and Delray Beach in Florida who was not involved in the study. "With that noted, life is not a test tube. People age for multifactorial reasons such as stress and anxiety, not just their diet."

"I agree that calorie restriction plays a role on the molecular level," Selzer told Healthline. "However, I think finding a healthy balance between caloric intake and daily exercise is more likely to lead to a longer lifespan."

Low calorie intake and healthy aging

The researchers are currently completing a follow-up study to see if calorie restriction has a long-term effect on healthy aging.

"The results make sense to me," said Dr. Raphael Kellman, an internist and functional medicine physician at Kellman Wellness Center in New York City. "However, nutrition studies are notoriously difficult to conduct, particularly long-term, as people naturally have trouble adhering to diets."

"I think you should take into consideration a few things," Kellman told Healthline.

"One, what kind of diet was the control group on vs. the calorie-restricted group? If the control group is overeating or eating a lot of unhealthy foods and the calorie-restricted group is eating a healthier diet, are the results due to the calorie restriction, or would just eating a healthier diet also have a positive impact?"

"Also, it is hard to know whether people are truly adhering to a diet unless their food is strictly controlled and monitored," Kellman added.

Vitamin B12: Why do you need it, how should you take supplements?

A vital nutritional element, Vitamin B12, also referred to as cobalamin, plays a crucial role in supporting various processes in the body. The smooth functioning of the nervous system and the formation of red blood cells heavily depend on adequate supply of Vitamin B12. Furthermore, it prevents anemia, protects the eyes from macular degeneration, regulates DNA and produces energy. These are the reasons why people must ensure sufficient intake of this vitamin in order to maintain health.

A deficiency of this vitamin in the body leads to insufficient oxygen supply to the different parts of the body. It also causes memory problems, weight loss, skin pigmentation, menstruation issues and so on. The body needs a continuous supply of this vitamin to successfully meet all requirements. A pertinent question arises here, what is the exact quantity of Vitamin B12 our body requires every day?

The daily requirement of



Vitamin B12

People above 14 years of age need to consume 2.4 micrograms (mcg) every day. However, the requirement changes with the calorie our body needs at a particular time. For instance, a pregnant woman needs to ensure an intake of 2.6 mcg, and a lactating woman 2.8 mcg daily. In order to maintain health and provide the necessary amount of the vitamin to the body, people must adhere to these standards.

In cases of deficiency, people may notice symptoms such as fatigue, headache, difficulty in concentration and others. This condition can be avoided with the intake of Vitamin B12-rich

foods such as eggs, milk, fish, chicken, peanut, sweet potato, dairy products and so on. However, animal-sourced food products are considered the best source of Vitamin B12.

Deficiency of Vitamin B12

People who strictly follow a vegetarian diet remain at a risk of deficiency. Additionally, congenital diseases and genetic intrinsic factor abnormalities can cause severe vitamin B12 deficiency. Older adults, people with gastrointestinal conditions, and those on certain medications, including proton pump inhibitors and metformin, may need to take a supplement. The noticeable signs of a lack of

Vitamin B12 in the body may include:

- Chronic fatigue
- Shortness of breath
- Pale skin
- Mouth sores
- Bleeding gums
- Constipation
- Diarrhoea
- Loss of appetite
- Joint pain
- Vision loss
- Dementia

So, the deficiency of Vitamin B12 is a serious issue and must be given due attention.

Sometimes, people need to provide this vitamin to the body through supplements, either orally or through Vitamin B12 injections. But the decision to take supplements must be taken after consultation with a doctor. The absorption of vitamin B12 can vary from 56 per cent of a dose of 1 mcg to 0.5 per cent of a dose of 1,000 mcg. Therefore, if someone consumes vitamin B12 less frequently, they will need a higher total amount to achieve desired

absorption.

Oral supplements

Depending upon the level of deficiency, a doctor may recommend a high dose of an oral supplement, up to 1,000 mcg. This can be extremely efficacious in dealing with the situation. Besides, oral supplements are cost-effective and leave almost no side effects.

Injection: In extreme situations and to deal with Vitamin B12-induced anaemia, injections are recommended. The doses depend on the level of deficiency in the body.

The overdose of this vitamin doesn't affect health. The body uses the required amount and excretes the excess amount through urine. An increase in water intake can help release the extra amount of this vitamin in the body. You must take care of your body and keep an eye on abnormal signs. You must adopt a healthy lifestyle and take a proper diet containing all the nutrients.

What Happens When You Cut Down On Sugar Completely? 5 Side Effects To Keep In Mind

We share a bittersweet relationship with sugar. While we love indulging in all things sweet and decadent, it is also touted as the main culprit for several lifestyle-related diseases including diabetes, obesity and more. Sugar and sugary foods are loaded with fat. As per popular belief, fat adds excess calories to our everyday diet. What if we say, it is not exactly how you think? Days of eating on fat are long gone. Now, there are multiple pieces of evidence to support the fact that fat (one of the major macronutrients) plays an essential role in our overall growth and nourishment. In fact, eliminating sugar from our diet completely might come with several side effects.

In this article, we will look into how cutting down on sugar affects your body and how effectively you can include it in your diet. Let's start with understanding what sugar is. What Is Sugar? Sugar, to most of us, is the food ingredient that we add to our meals. What we often fail to understand is the fact that sugar is actually a com-



ound, which when crystallised, turns into a food ingredient. According to www.sugar.org, sugar is sucrose (a mix of fructose and glucose), "a simple carbohydrate that is produced naturally in all plants, including fruits, vegetables and even nuts." For the unversed, carbohydrates help provide energy to your body and fuel the brain, organs and muscles to function and engage in everyday activities.

Hence, experts from across the globe suggest, it is important to include sugar in our daily diet, but in moderation. "Sugar is simple, amazingly functional and it's part of a balanced diet," the website further reads. Photo Credit: iStock/What Is Added Sugar? Added sugar is any form of sweetener that undergoes processing, which further strips off the healthy nutrients from the food. According to

American Heart Organisation, added sugar includes white sugar, brown sugar, honey and all the foods that are manufactured chemically with these ingredients. 5 Side Effects Of Cutting Down On Sugar. 1. Makes us feel low: A cake or chocolate instantly

glucose levels. When there is a lack of this fuel source, you might experience different cognition-related issues. As per studies, it might lead to a lack of concentration, focus and poor memory. 3. Sleep problem: Sleep pattern depends much on our cognitive

know, sugar is a potent source of glucose and glucose helps refuel us with energy. With quitting sugar, the body's glucose level gets affected. This often makes people feel tired and lack energy for work. How To Include Sugar In Your Diet Effectively? 1. Add fruits: Sugar is naturally produced in fruits (and some vegetables). Hence, it is always advised to replace cakes and candies (that have added sugar) with fruits and dry fruits to include healthy fats in your diet.

Photo Credit: iStock2. Swap sweetened drinks: Colas and packaged sweet drinks are also high in added sugar. You can always replace these drinks with freshly pressed fruit juices or simple soda (with mint, lemon etc for added flavours) to enjoy the benefits to the fullest. 3. Read labels before buying: Do you read the sugar content in packaged food every time you buy it? If not, then start doing now! Several foods and condiments sneak in added sugar that might affect our body negatively.

Sugar Effects: We often fail to understand the fact that sugar is actually a compound, which when crystallised, turns into a food ingredient.

uplifts our mood. Have you ever wondered why? As researchers, sugar is known to affect our brain's reward system, further affecting our mood. A study, published in the journal nutrient, finds that sugar triggers the release of dopamine, which instantly gives us a sense of pleasure. When we eliminate sugar from our diet, it often leads to depression, anxiety, untimely cravings and more. 2. Lack of concentration: Brain functions such as thinking, memory and learning are closely linked to the body's

health that is directly linked to the body's glucose level. According to a study, published in the American Journal of Lifestyle Medicine, people who are on a sugar detox diet, lack glucose (in the body) and often experience changes in their sleep pattern. 4. Nausea and dizziness: As mentioned earlier, sugar is fat, which is considered one of the macronutrients that our body needs. A lack of sugar often creates an imbalance, leading to weakness, nausea, dizziness and more. 5. Lack of energy: By now, we all

DC Kishtwar reviews patient care scenario at Rogi Kalyan Samiti meeting



JJ NEWS SERVICE
KISHITWAR, FEBRUARY 10: To review the functioning and patient care scenario in the district Hospital Kishtwar, Deputy Commissioner (DC) Dr. Devansh Yadav, today chaired a meeting of the Governing Body of "Rogi Kalyan Samiti" (RKS).

The meeting was attended by Chief Medical Officer, Dr. Mohammad Yaqoob Mir, EXEN PWD, Ravinder Kumar, EXEN, PHE Sanil Kumar Sharma, Medical Superintendent District Hospital, Dr

Javeda Qazi, BMOs, prominent persons and other RKS members. The DC took a detailed review of the functioning and fund flow of the District Hospital Kishtwar besides the progress of the institution under different indicators. A threadbare discussion was held on the measures required with respect to the up-gradation of the Hospital. The meeting was informed about various issues and requirements for the augmentation of health infrastructure and overall advancement of the

healthcare system in the Hospital. The DC assured all possible support from the Administration for infrastructure development of the Hospital to further improve patient care in the hospital. The Deputy Commissioner directed the concerned to follow the objectives as envisaged in RKS guidelines and stressed for resource generation and strengthening transparent mechanism in utilization of funds. He directed the concerned Tehsiladar to demarcate the land identified for Parking

space in the hospital premises. During the meeting the Samiti approved the enhancement of Honorarium Rs 2000 in favour of HDF employees on a pro-rata basis.

The DC asked the officers to work with added zeal and dedication to ensure efficient and prompt health and patient care facilities to the people. The concerned EXENs were directed to ensure the completion of pending repair and construction works in various healthcare facilities including the Eye Block at DH Kishtwar, approaching road to Sub Centre Bhadat, allied works in SC Ligri and Galabgarh and PHC Afti, so that they can be handed over to the Health department for the better health care facilities being provided to the common masses on smooth basis.

2-day Int'l Conference "Science for Survival to Explore the Unexplored Dimensions" held at GCW Udhampur

UDHAMPUR, FEBRUARY 10: Government College for Women Udhampur organized a two day international conference on the theme "Science for Survival: To Explore the Unexplored Dimensions".

Principal Secretary, Higher Education Department, Alok Kumar was the chief guest of the event, who joined the conference through virtual mode.

Director Colleges, Prof. (Dr.) Yasmeen Ashai was the guest of honor and she also joined through virtual mode.

The special guests of the event were Additional District Development Commissioner, Udhampur, Ghan Shyam Singh, Additional SP Anwar-ul-Haq; Dr. Udhay Bhanu, principal GDC Ramnagar, Rajinder Kumar Digra, District Information Officer, the Principals of various government colleges of Jammu division also graced the occasion with their presence.

Dr. Monika Sharma, Principal of the college and convener of the conference presented a formal welcome address to the chief guest, guest of

honor, resource persons and other dignitaries. She also welcomed the resource persons who have joined this conference from overseas through virtual mode. In her welcome address, the principal raised the critical global issues and grand challenges such as climate change, pandemics, energy security, water management, and food shortage and she also hoped that the conference will put some light on these issues which eventually will lead to the solutions.

Dr. Anita Sharma, co-convener of the conference gave introductory remarks on the theme of the conference. She asserted without science there is no human growth, no technological advances and no knowledge generation and she explained the significance of the conference by expressing her ideas on it. She believed that scientific knowledge, scientific processes are important avenues for researchers to share and discuss research findings.

It also acts as a platform to exchange ideas and insights and to network for collaboration and career

development. It can benefit the student in so many ways.

Dr. Kewal Kumar, organizing secretary of the conference, briefed the proceedings of the conference. He explained the motive behind organizing such a mega event. He stated that the institution is an undergraduate institute having girl students only and the students mostly belong to rural background. Most of the girls even don't know what a conference is, what happens in a conference? So, this conference is an attempt to ignite the young and budding minds towards scientific approach. The students through this conference shall learn the significance of the research and innovation.

Keynote speaker, Dr. OP Vidyarthi (Retd. IFS), former principal chief conservator, Forest department, UT of J&K deliberated on the theme of the conference with the presentation entitled "Decade of Ecosystem Restoration: Challenges of Solution." He argued that there is a need to restore our nature & environment. He further discussed the bio-diversity of the region.

DC Kathua reviews functioning of Health Sector, implementation of govt Schemes

Calls for 100 % saturation of AB-PMJAY, ABHA registration, achieving target of Leprosy, TB free district

JJ NEWS SERVICE
KATHUA, FEBRUARY 10: Deputy Commissioner, Kathua Rahul Pandey today chaired a meeting to review the functioning of the health sector and patient care facilities in the district.

The meeting was attended by Chief Medical Officer, Dy. CMO, Medical Superintendent, AH, GMC Kathua, District Tuberculosis Officer, BMOs, besides concerned officers and officials of health department.

A threadbare discussion was held on various issues like Health Care achievements, Patient care, ABDM, RBSK, NCD, NVBDCP and other related issues.

The CMO gave a detailed overview through

powerpoint presentation and projected various issues regarding present status of AB-PMJAY Cards, institutional deliveries, requirement of ambulances in remote blocks, NTCP, NMBA, PCPNDT Act and other schemes and programmes of the health department.

The DC also took feedback about the implementation of various schemes and programmes under the National Health Mission, including RBSK, Leprosy Mukti and TB Mukti Panchayats across the district.

The DC asked for focusing on daily monitoring of progress made under AB-PMJAY besides registering beneficiaries under ABHA through door to door sur-

veys. He also laid focus on making a workable action plan to target saturation left out areas by putting in sincere efforts by concerned Block Medical Officers.

Expressing his concern about low institutional delivery in the district, DC asked the concerned BMOs to encourage masses to opt for institutional delivery. He said efforts will be made to rationalize availability of the ambulances across the district to cater emergency cases in a better way.

During the meeting detailed deliberations on issues like availability of online services, Addition Treatment Facility (ATF), aggressive Sampling of TB cases were also held.

Change of Land Use: DLC approves 02 cases in Rajouri

RAJOURI, FEBRUARY 10: District Level Committee on change of land use met here today under the chairmanship of the Deputy Commissioner Rajouri, Vikas Kundal to discuss and approve the applications received online from the applicants from across the district. The Committee, after a threadbare discussion, approved 2 cases of conversion of agricultural land for non agricultural purposes. The DC directed concerned departments to ensure timely issuance of NOCs to the applicants after proper verification of documents and rules under conversion Regulations, 2022. Officers who attended the meeting included ADC Rajouri, Sachin Dev Singh, CEO RDA, Vivek Puri, ACR, Imran Rashid, Kataria; CAO, Sohan Singh, SE PWD(R&B), Kamal Kishore, Ex:En STD Kalakote.

District Level Training Programme on development of Seed Multiplication Chain, Exotic Vegetables held at Kishtwar

JJ NEWS SERVICE
KISHITWAR, FEBRUARY 10: Continuing the series of training programmes under the Holistic Agriculture Development Programme, a District Level Training session was today conducted here in the Office premises of Chief Agriculture Officer, Kishtwar.

The training programme was focused on the creation and development of certified Seed and Seed Multiplication chains, besides development of Vegetable particularly Exotic Vegetables in the district under Holistic Document.

During the programme, the speakers highlighted the fact that owing to special agro-climatic conditions (Himalayan conditions) of the region there is vast potential for the pro-

motion of exotic as well as traditional vegetable sector and under holistic development of Agriculture and allied sectors a special focus has been shifted towards this field.

Special lectures were delivered on "Promotion of Vegetable/ Exotic Vegetables in the training programme by various experts.

The speakers and resource persons said that the vegetable sector has huge scope in the district and could generate a large number of employment opportunities.

They said that under the holistic document a special programme has been designed for this purpose so that maximum opportunities under this sector could be explored.

CAO asked the officers to work in close coordina-

tion so that the desired results could be achieved under all the projects of the Holistic Document.

Besides, during the training programme, it was envisioned that there is a need for creating certified seed producers so that the seed multiplication chain is established as documented in a holistic document and such programmes are instrumental in the process to make the Kishtwar District seed sufficient.

The training programme was conducted under the close supervision of Chief Agriculture Officer (CAO) Kishtwar Amjad Hussain Malik.

AHD staff conducts cleanliness drive in DC office complex Kishtwar

JJ NEWS SERVICE
KISHITWAR, FEBRUARY 10: An intensive cleanliness drive was carried out by an Intensive Husbandry Department in Block 3 of New DC Office, Complex Mini Secretariat under the banner Swachh Bharat Abhiyan - and in consonance with Azadi Ka Amrit Mahotsav. The Drive was led by Chief Animal Husbandry Officer (CAHO), Dr. Sanjay Kumar Sen.

Staff of the Animal Husbandry Department enthusiastically participated in the cleanliness drive. They collected Bags of garbage (paper waste/Plastic waste/Plastic bottles) and cleaned the area inside the Mini Secretariat Complex.

GLIMMER OF HOPE:

Nowshera Forest Div strives to create Livelihood options under Green India Mission

JJ NEWS SERVICE
RAJOURI, FEBRUARY 10: A new ray of hope is shining bright towards the employment generation for the locals in Nowshera Forest Division as J&K Forest department is continuously working towards livelihood options and exploring employment generation under Green India Mission involving youth and women, especially in the Chir. Zone ecosystem of J&K UT.

To cater to the employment demand of local people, Nowshera Forest Division has organised three local employment generating training programmes under the banner of Green India mission which includes high density Fruit plants, one month training course of tailoring & stitching, six month basic

computer course and all these aim to diversify the livelihood option of local peoples.

In this programme a detailed demonstration of plantation of high density fruit plants was imparted to the locals by the experts and 250 high density fruit plants were distributed among farmers. In addition to this one month training course of tailoring and stitching were started and 10 sewing machines were distributed among local female trainees.

In another event, Samriti Van at Dharpur Mandir Sunderbani was inaugurated in presence of Mandir Samiti and other Locals of the area.

The programme was facilitated by Worthy Commissioner/Secretary to Government,

Department of Forest, Ecology and Environment, J&K Sanjeev Verma, Director, Department of Social Forestry Roshan Jaggi (PCCF), Addl. Pr. Chief Conservator of Forests, Jammu B.M Sharma, CF West Circle Rajouri, Vivek Verma (IFS), DFO Rajouri Dr. A.D Singh, DFO Nowshera Mrs. Neelima Shah, Kartar Singh, ADC Nowshera, Bodh Raj (BDC Chairman), Narinder Sharma, MC Chairman Nowshera, Rohit Kohli, Councillor Nowshera alongwith other PRI members and local peoples. The whole programme was organized by Anil Kumar Bhagat, Range Officer Nowshera, Rakesh Verma Range Officer Sunderbani, Sudesh Kumar, Range Officer Lamberi.

District Employment & counselling Centre Poonch organises Job Fair-2023



JJ NEWS SERVICE
POONCH, FEBRUARY 10: District Employment and Counselling Centre (DE&CC) Poonch organized a Job Fair to provide job opportunities to the youth of the District.

As many as 4 employers from different sectors participated in the event which included companies like SBI Life, HDFC, LIC of India and Am Hyundai. The event witnessed an overwhelming response from job seekers as over 250 unemployed youth from across the district participated in the event. More than 50 Job Seekers with varied skills were shortlisted by the companies for different jobs, while participating candidates were also registered on the employment portal. Deputy Director Employment Mohammad Rafiq, interacted with the Jobseekers and Job providers. He expressed satisfaction over the success of the Job fair. He added that such events would be made a regular feature to benefit the maximum number of local youth.

DC Kathua reviews functioning of Revenue Department

Asks officers to intensify anti-encroachment drive

JJ NEWS SERVICE
KATHUA, FEBRUARY 10: Deputy Commissioner Kathua, Rahul Pandey chaired a meeting of Revenue officers to discuss revenue matters here in the Conference Hall of the DC office complex, today. The DC took a comprehensive review of the ongoing anti-encroachment drives being carried out by the district administration.

He laid emphasis on furnishing a daily report regarding removal of encroachments for appraising the higher authorities about the progress. Taking review of the SWAMITVA scheme, the DC exhorted the revenue officials to speed up the mapping process of the revenue villages besides expediting the



digitisation process of revenue records within the set timelines.

The DC also directed the revenue officials to identify land in their respective Tehsil for creation of assets for important projects including parking spaces.

The DC called upon the Tehsiladars to exercise due care in the appointment of Lambardar/ Chowkidar by ascertaining the character antecedents of applicants.

The DC also emphasized upon revenue officers to dispose of the pending matters

regarding the Revenue Court Cases Monitoring System (RCCMS) on priority besides uploading their updated status on the prescribed portal regularly.

Other issues such as digitization of cadastral maps, status of eviction of Roshni land, land acquisition cases, change of land use cases were also discussed at length wherein thrust was laid on regular monitoring and reporting of actions taken during the field visits.

It was discussed that the EXN Divisions and AEE Subdivision will

DC Rajouri resolves issue hampering execution of work on sub-centre Chambi Trar

JJ NEWS SERVICE
RAJOURI, FEBRUARY 10: Deputy Commissioner Rajouri, Vikas Kundal today resolved bottlenecks impeding the construction of work on the sub-centre building at Chambi Trar.

It is pertinent to mention here that there were some issues with the locals over the construction site of the

sub-centre building which was causing delay in the execution of work.

Sensing the gravity of the situation and the importance of the health sub-centre, the Deputy Commissioner met with both parties and the issue was resolved amicably during a threadbare discussion held in a meeting attended

by ADC, CMO, BMO, and PRIs concerned. The Deputy Commissioner said that these constraints often lead to delays in construction and completion becomes tardy. He also said that we cannot afford to ignore the fact that timely completion of these vital projects is something where compromise may

have an adverse effect on the lives of the rural populace. He also said that boosting the health infrastructure is the priority of the Government and appealed to the public to shun these minor self interests over large community benefits and not create impediments on the way of development.

Rajouri: Newly created Chief Er, E-XN Offices all set to start function from April 2023

JJ NEWS SERVICE
RAJOURI, FEBRUARY 10: The newly created Executive Engineers PWD Divisions, AEE Subdivision and Office of the Chief Engineer PWD in the Rajouri district are all set to start function from April, 2023.

To give a push towards their functioning, District Development Commissioner, Vikas Kundal discussed the necessities in this regard here in a meeting.

The meeting laid stress on early and smooth functioning of the newly established offices and the steps that need to be taken to make the offices operational from April 1, 2023 as per the date communicated by the Government.

The District Development Commissioner stressed on the importance of these offices in addressing the infrastructure needs of the district and enhancing the overall develop-

ment of the region.

The meeting was informed that the Government has sanctioned one Chief Engineer Office for Rajouri, three EXN Offices for Thanamandi, Kotranka, and Kalalote, and respective AEE subdivisions, and it is essential to make them functional as per the dates communicated by the Government.

It was discussed that the EXN Divisions and AEE Subdivision will

National Commission for Women, SWD, TISS hold meeting on strengthening of response to gender-based violence in J&K, Ladakh

JI NEWS SERVICE
JAMMU, FEBRUARY 10: National Commission for Women in collaboration with Social Welfare Department and Tata Institute of Social Sciences, Mumbai, organized a meeting of stakeholders of Union Territories of Jammu and Kashmir and Ladakh regarding strengthening of response towards gender-based violence through greater coordination.

The meeting, chaired by Chairperson, National Commission for Women, Rekha Sharma, was attended



ed by Commissioner for Women, Family Counselling Centre, One Stop Centres, 181 helpline, District Hub for Empowerment of Women and Family Counselling Centres along with senior police officials responding to violence against women in both UTs were also part of the meeting. Speaking during the

meeting, Chairperson, Rekha Sharma said, "We need to respond collaboratively, if we want to tackle this huge problem of violence against women." Sheetal Nanda, encouraged all stakeholders to equip themselves with knowledge of laws pertaining to women for better implementation of the initiative. She asked them to recognize the multiplicity of services for cross-referrals and comprehensive response to survivors seeking support. She added, "Law is the backbone of the work we do."

It was decided in the meeting that awareness programmes on cyber-crime with varied population of youth, social workers and police will be organized. Besides training of Protection Officers under the Protection of Women from Domestic Violence will also be planned. Also, Social Workers will be trained on responding to human trafficking.

The meeting also decided that a portal will be developed to create a directory of available resources for survivors of violence.

DC Doda asks for strict enforcement of notified rates for online services

JI NEWS SERVICE
DODA, FEBRUARY 10: Information Technology Department, J&K has recently notified/fixed rates for delivery of all online services to be charged/received from the citizens/customers of entire Union Territory of Jammu & Kashmir for Government to Citizens (G2C) and Government to Business (G2B) services.

In this regard, Deputy Commissioner Doda, Vishesh Paul Mahajan has issued instructions to all the Tehsildars to check the availability of Common Service Centres (CSCs) in all pockets in their respective jurisdictions for the convenience of the general public.

The Tehsildars and District Manager Common Service Centres (DM-CSC) have been asked to ensure that the CSCs do not charge more than the rates notified by the government for different online services. District Manager CSC has been instructed to issue necessary directions to all the VLEs of Common Service Centres (CSCs) of District Doda for pasting the Notification at their respective CSCs and the rates so notified in the said Notification be implemented in letter and spirit.

JKPCC conducts workshop on "Implementation of EPR under E-waste, Plastic Waste Management Rules, 2022"



JI NEWS SERVICE
JAMMU, FEBRUARY 10: Jammu & Kashmir Pollution Control Committee today conducted an interactive workshop on "Implementation of EPR under E-waste (Management) Rules, 2022 and Plastic Waste Management (Second Amendment) Rules, 2022" here at Convention Centre, Jammu.

The objective of the workshop was to provide a common platform for an interaction with concerned stakeholders and implementing departments on various aspects of EPR Rules.

Commissioner Secretary, Department of Forest, Ecology and Environment, Sanjeev Verma, was the chief guest while Chairperson, J&K Pollution Control Committee Dr. Neelu Gera, was the guest of honour on the occasion.

Workshop started with visiting of exhibits by the dignitaries which were displayed by various organizations like Shalimar Thermoforming Private Limited Samba, Indian Pollution Control Association, Lifecycle Management Private

Limited, Saahas Zero Waste, Self Help Group (NRLM) Block Dhansal, Himalaya Green Himachal Pradesh and VRG Groups, Ganguly.

Sanjeev Verma appreciated the efforts of JKPCC for organizing such type of events and stressed upon the stakeholders including district administration to ensure effective implementation of relevant provisions laid under both E waste and Plastic Waste Rules. He emphasized the need to link growing menace of Plastic and E-waste pollution with unpredictable disaster, owing to release of toxic gases in the environment through unscientific dumping and disposal of such waste.

Dr. Neelu Gera pointed out in her address regarding the need for an urgent action to be taken up by stakeholder departments like Urban Local Bodies to facilitate separate and safe collection of such wastes with publicizing the collection points for public awareness. She also requested Rural Development Department to ensure implementation of Rules in letter and spirit at Panchayat levels as rural areas are also now identified as

equally accountable for both types of waste generation.

Regional Director, JKPCC, Sat Paul, briefed about the objective of the interactive workshop.

Member Secretary JKPCC, K Ramesh Kumar, informed the gathering that as per new E-waste and Plastic waste Rules, responsibility of the respective Producers and Recyclers have risen manifold and appealed for adherence to the stipulated rules by them in this regard.

During the workshop, Shoba Raghavan, Director and COO, Saa has Zero Waste made a detailed presentation on Producer's Responsibility for implementation of EPR as per E-waste (Management) Rules, 2022 and Co-founder CEO, Abhishek Agshe, Lifecycle Management Private Limited made a presentation on responsibility of recyclers laid under E-waste Rules.

Director, Indian Pollution Control Association, Ashish Jain deliberated on the EPR Policies for Plastic Waste Management.

The program was attended by officers and officials from Department of Industries and Commerce, Nodal Officers from Central University, Jammu University, SKUAST, SMVDU, concerned Nodal Officers from Jammu Municipal Corporation and Srinagar Municipal Corporation, CEOs from Department of Urban Local Bodies Jammu and Kashmir, Jammu Chamber of Commerce and Industry, National Rural Livelihood Mission, Divisional Officers and Scientists from JKPCC, Nodal Officer E-waste, JKPCC, Jammu, besides DISHA organization and Global Human Rights Trust.

Nehru Yuva Kendra Sangathan J&K, GCW Parade organise National Youth Parliament Festival

JI NEWS SERVICE
JAMMU, FEBRUARY 10: Nehru Yuva Kendra Sangathan J&K, in collaboration with Government College for Women Parade Ground organized a state level National Youth Parliament on the College Campus.

As many as 46 youth from districts of Jammu & Kashmir UT and Ladakh UT, all being the winners and first runners up of District Level National Youth Parliament, participated in the State Level event.

Nisar Ahmed Butt, SD NYKS J&K and Ladakh was the chief guest, while Dr. Deepak Pathania, Assistant professor, Environmental Sciences, Dr. Seema Jamwal, Assistant Professor Political Science, Dr. Musavir Ahmad, NSS Program Coordinator, Kashmir University, Dr. Seema Zargar, Senior Officer, School Education Department

and Dr. Shubra Janwal, Assistant professor, English were the jury members.

Anmol Sharma from NYKS Jammu got the first rank, Faiza Basharat from GDC Poonch got the second rank and Quyima Aslam from S P College Srinagar got the third rank in the state level event.

The first three winners of state Youth Parliament shall participate at national level NYPF in New Delhi where 87 Winners from all States and UTs will participate in the National Youth Parliament Festival in person at 29 venues.

Out of them, 29 first position holders will speak on the given topics while the remaining 58 will attend the proceedings. Dr Gurpreet Kour, NSS Program Officer, GCW Parade and Organizing Secretary of the program both at Nodal Jammu level and state

level took the initiative for organizing National Youth Parliament Festival.

The main objective of the programme is to hear the voice of youth between 18-25 years of age through deliberations in Youth Parliaments at District, State and National levels and to encourage the youth to engage with public issues, understand the common man's point of view, form their opinions and express it in an articulate manner, to develop and enhance decision making abilities, to develop in them respect and tolerance for the views of others, to develop in them an understanding that respect for rules is essential for conducting any discussion systematically and effectively, to obtain and document their opinions on Vision of New India and to make available their views to policy makers and implementers to take it forward.

Saurabh Bhagat meets MNRE; Discusses modalities for implementation of Biomass Programme in J&K

JI NEWS SERVICE
NEW DELHI, FEBRUARY 10: Commissioner Secretary, Science and Technology, Saurabh Bhagat, today discussed modalities for implementation of newly launched Biomass Programme of Ministry of New and Renewable Energy (MNRE), approved under the umbrella scheme of National Bioenergy Programme Phase-I, in Jammu and Kashmir.

During his visit to the Capital, MNRE, Saurabh Bhagat had detailed discussion with S R Meena, Incharge Bio-energy, on several issues regarding setting up of one Bioenergy Pilot

Project each in Jammu and Kashmir regions of the UT.

Pertinent to mention here that the National Bio-energy Programme comprises of sub schemes like 'Waste to Energy Programme (Programme on Energy from Urban, Industrial and Agricultural Wastes/Residues), Biomass Programme (Scheme to Support Manufacturing of Briquettes and Pellets and Promotion of Biomass (non-bagasse) based cogeneration in Industries) and Biogas Programme.

Commissioner Secretary also met in-charge Rooftop Solar Division,

MNRE, Hiren Bora and updated the Ministry with the progress on implementation of 20 MW and 200 MW cumulative capacities Rooftop Solar sanctions of MNRE and stressed for timely release of Central Financial Assistance (CFA) under the schemes.

During the discussion, Saurabh Bhagat updated the Ministry regarding various challenges and impediments being faced by JAKEDA in implementation of the schemes. He requested the Union Ministry for allowing empanelment of more vendors under the two sanctions as the targets to be achieved are huge.

PSPS PG College NCC Cadets shine in RDC-2023

JI NEWS SERVICE
JAMMU, FEBRUARY 10: Republic Day Camp is not just a camp, it is an emotion; emotion for the cadets who strive to be a part of Republic Day Contingent and step in DGCC to transform.

Securing 4th position for the first time in the history, the ten cadet NCC contingent of Padma Shri Padma Sachdeva Government PG College for Women, Gandhi Nagar attended this prestigious camp and brought laurels to the College. Two cadets from 1 J&K Naval Unit; 04 cadets from 1 J&K Girls Battalion, NCC Srinagar and 04 from 2 J&K Girls BN, NCC Jammu were part of the team that attended the Republic

Day Camp 2023 at New Delhi.

The cadets were well trained at various Pre-RDC camps at Nagrota, Jammu over a two month period, prior to their departure to New Delhi. They added sheen to the Prestige of College by participating in various events and competitions like Drill, Cultural Programmes, Flag Area etc. From 1 J&K GIRLS BN, Senior Cadet Captain Parul Sharma was selected for Kartavyapath for which she received ADG Commendation. Cadet Captain Kiran Choudhary participated in cultural events and also achieved ADG Commendation. SUO Tania Chib and JUO Marjam from 1 J&K Girls Battalion, NCC Srinagar, were a part of Kartavyapath

Contingent whereas JUO Riya Kaith was a part of PM Rally and JUO Ankeeta Langhe participated in cultural events. From 2 J&K GIRLS BN, NCC JAMMU, SUO Shakshi formed a part of the PM Rally contingent and JUO Anma Khan marched Kartavyapath. JUO Manshi Sharma was selected for All India Guard of Honor showcasing salami to Honorable PM Shri Narendra Modi whereas Sergeant Rakshika Sharma was a part of cultural events. Principal of the College Prof. Minu Mahajan, congratulated and applauded the Cadets for the hard work, dedication and strenuous efforts for bringing laurels to the College for representing at National Level.



75
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Not Stone pelting Kashmir now sports hub: Anurag Thakur

Says Admin changed Valley situation in just 3 years; More than 1500 Athletes from Country to participate in 11 different winter-sports disciplines; Gulmarg to be Centre of Excellence for winter games soon: LG Manoj Sinha

J I NEWS DESK
SRINAGAR, FEB 10

Union Minister Anurag Thakur on Friday said that the Kashmir Valley that was earlier known for stone pelting incidents is now famous for Football and other sports activities.

Addressing a gathering at the inauguration function of Khelo India Winter Games at Gulmarg, Thakur, as per the news agency said the youth who were holding stones in their hands are now indulging in sports activities, thereby making the nation proud.

While appreciating the role of the Jammu and Kashmir government, he said the government made it possible to change the Kashmir situation in just 3 years, which earlier could not be done in 75 years.

"It is really a proud movement for all of us that Jammu and Kashmir is hosting the Khelo India Games for the third time, which other states failed to," he said.

He said that they will soon have a number of star athletes, as the youth are highly involved



in games, be it Football, Wushu, Cricket, Skiing or other sports activities.

The Union Minister assured full support and cooperation in developing the Center of Excellence for Winter Games in the UT. "It is the vision of our Prime Minister Narendra Modi to create sporting infrastructure across India. The setting up of a National Centre of Excellence in the valley will support the athletes of J&K," he said.

"Jammu and Kashmir's every district is now having an indoor stadium and every village a play field, which itself speaks how the situation has taken a U-turn," he said. "More than 1500 Athletes will compete in 11 different winter sports disciplines in the five day mega sports event."

Speaking on the occasion, Jammu and Kashmir Lieutenant Governor Manoj Sinha said

CONTINUED ON PAGE 4

Vijay Kumar Bidhuri is new Div Com Kashmir as govt orders transfer, posting of 15 officers

J I NEWS DESK
SRINAGAR, FEB 10

The government on Friday ordered transfer and posting of 15 officers, seven of them IAS, in the interest of administration with immediate effect.

According to an order, a copy of which lies with the news agency, Vijay Kumar Bidhuri, IAS (AGMUT:2005) Commissioner/Secretary to the Government, Revenue Department, holding additional charge of Principal Resident Commissioner, J&K Government, New Delhi, has been transferred and posted as Divisional Commissioner, Kashmir.

The order states Dheeraj Gupta, IAS (AGMUT:1993), Principal Secretary to the Government, Housing and Urban Development Department, holding additional charge of smart Cities and proposed New Jammu/Srinagar Metropolitan Regional Development, has been transferred and posted as Principal Secretary to the Government, Department of Forest, Ecology and Environment.

"H. Rajesh Prasad, IAS (AGMUT:1995), Principal Secre-

tary to the Government, Power Development Department, shall hold the charge of the post of Principal Secretary to the Government, Housing and Urban Development Department, in addition to his own duties, till further orders," reads the order.

It reads Sanjeev Verma, IAS (AGMUT:2001), Commissioner/Secretary to the Government, Department of Forest, Ecology and Environment, has been transferred and posted as Commissioner/Secretary to the Government, General Administration Department.

"Sarmad Hafeez, IAS (AGMUT:2009), Secretary to the Government, Tourism Department, holding additional charge of Administrative Secretary, Youth Services and Sports Department, has been transferred and posted as Secretary to the Government, Finance Department, holding additional charge of CEO, ERA & Mission Director, Jal Jeevan

Mission, J&K, has been transferred and posted as Administrative Secretary, Culture Department, relieving Zubair Ahmad, JKAS, of the additional charge of the post.

"He shall hold the charge of the post of Chief Executive Officer, Economic Reconstruction Agency, in addition to his own duties, till further orders."

It added Dr. Piyush Singla, IAS (AGMUT:2012), Administrative Secretary, General Administration Department, has been transferred and posted as Administrative Secretary, Revenue Department.

"Rakesh Minhas, IAS (AGMUT:2016), awaiting orders of adjustment in the General Administration Department, has been posted as Managing Director, SIDCO. He shall also hold the charge of the post of Managing Director, SICOP, in addition to his own duties, till further orders."

It further reads Raman Kumar Kesar, JKAS, Managing Director, SIDCO, holding additional charge of Managing Director, SICOP, has been transferred and posted

CONTINUED ON PAGE 4

Indian teams working day and night as part of Operation Dost in Turkiye: PM Modi



NEW DELHI, FEB 10

Prime Minister Narendra Modi on Friday said the Indian teams of NDRF personnel and doctors involved in rescue and relief operations in quake-hit Turkiye are working day and night as part of 'Operation Dost' and would continue giving their best to save lives.

The Prime Minister said that India stands firmly with the people of Turkiye, where a 7.8-Richter tremor on Monday has led to around 20,000 deaths and devastated cities.

His comments came as the Indian Army's 30-bedded field hospital in Iskenderun has so far treated 106 people in the Turkish city that has been hard hit in the earthquake.

"Our teams are working day and night as a part of 'Operation Dost'. They will keep giving their best to ensure maximum lives and property are saved. In this critical time, India stands firmly with the people of Turkiye," the PM said in a tweet.

CONTINUED ON PAGE 4

After 2-day wet spell, MeT predicts improvement in weather from today

J I NEWS DESK
SRINAGAR, FEB 9

After two-day wet spell in Jammu & Kashmir, the weatherman here has predicted gradual improvement in weather conditions from tomorrow (Saturday), saying that there is no forecast of any major wet spell till February 17.

Reports reaching the news agency, said that a few higher reaches in Kashmir received light snowfall today while rains lashed the majority of areas including Srinagar today.

Deputy Director Meteorological department (MeT) said that the



weather conditions have started improving and from tomorrow it will gradually improve further.

"Although there is a possibility of light rain at isolated places, overall the weather conditions will improve from tomorrow," he said.

He further added that the weather would remain mostly dry till February 17, saying that there is no possibility of any wet spell during the period from tomorrow.

However, some of the areas in northern Kashmir have received snowfall with dust.

The MeT in a statement issued here clarified the

CONTINUED ON PAGE 4

Govt teacher arrested for allegedly misbehaving with girl students

J I NEWS DESK
POONCH, FEB 10

A Government teacher, posted in Middle School Dhargaloon in Balakote zone of Mendhar sub division of Poonch district, has been arrested by police for allegedly molesting and misbehaving with two girl students of his school. Per-

tinently, the teacher has also been placed under suspension by the education department.

The teacher identified as Mohammad Taj Nayazi has been booked in a case under FIR number 10/2023 under sections 354, 8/10 POCSO Act in Police Station Cursal. Police officials told

CONTINUED ON PAGE 4

Avalanche hits Gurez, 2 women rescued

J I NEWS DESK
SRINAGAR, FEB 10

Two women were rescued after a snow avalanche hit the Manzang area of north Kashmir's Bandipora district on Friday, officials said.

Police said two women identified as Tabassum Bano and Shahzaba Begum went out to collect drinking water from a nearby tap when they came under a medium avalanche in Manzang area of Tulail Friday morning.

They said soon after the incident a rescue operation was launched by local residents and after strenuous efforts both were rescued alive. However, no damage has been reported in the incident so far, they added.

Upper reaches of Bandipora including Gurez valley received yet another fresh spell of snow on Thursday. The road remains closed with the rest of the

CONTINUED ON PAGE 4

JKBOSE 10th, 11th, 12th Class Date Sheet Out

J I NEWS DESK
SRINAGAR, FEB 10

The JK Board of School Education (BOSE) on Friday notified the date sheet of annual (Regular 2023) examination for class 10th to 12th students enrolled in schools falling in soft zone areas of Jammu and Kashmir.

As per the date sheet issued by the Director Academics JKBOSE, the examination of class 10th students in soft zone areas will commence from March 9 of 2023 and will culminate on April 5.

CONTINUED ON PAGE 4

Rain in Ramban triggers landslides, blocks highway

J I NEWS DESK
JAMMU, FEB 10

The Jammu-Srinagar national highway was closed for traffic on Friday due to multiple landslides triggered by heavy rains in Ramban district, officials said.

The only all-weather 270-km highway linking Kashmir with the rest of the country, was blocked by the landslides at Panthiyal, Cafeteria Morh, and Dalwas areas with over 200 vehicles stranded at several points on the route.

CONTINUED ON PAGE 4

J&K PSC now functions with only one member and chairman

J I NEWS DESK
SRINAGAR, FEB 10

With former IPS officer Ahad-ul-Mujtaba completing his term as a member of the Jammu & Kashmir Public Service Commission on Friday, the key recruitment body of the Union Territory is now left with only one member.

Mujtaba, an illustrious IPS officer, who was appointed as a member of the constitutional body on June 24, 2020, completed his term today, leaving the constitutional body with only one member now.

According to details available with news agency, the PSC is now left only with chairman Satish Chandra (former IAS officer) and

member Zubair Ahmed Raza (former judge).

As per the Constitution of India, a member of the State Public Service Commission shall hold the office for a term of six years or till the age of 62 years, whichever is earlier.

Before scrapping of the Article 370, the appointment and retirement of PSC members in J&K was governed by the Constitution of Jammu & Kashmir, which allowed members of the prestigious body to hold office for a term of five years or till the age of 65 years, whichever is earlier.

The Public Service Commission was made functional with J&K UT's administration with

CONTINUED ON PAGE 4

India's technology-enabled governance model can meet unforeseen exigencies: Dr Jitendra

J I NEWS DESK
NEW DELHI, FEB 10

Union Minister of State (Independent Charge) Science & Technology; Minister of State (Independent Charge) Earth Sciences; MoS PMO, Personnel, Public Grievances, Pension, Atomic Energy and Space, Dr Jitendra Singh today said that Prime Minister Narendra Modi has given India a technology-enabled Governance Model, which can meet unforeseen exigencies and is perpetually prepared for it, as was evident during the Covid pandemic which took everybody by surprise but the government working did not get interrupted even for a single day because long before the pandemic came, we had almost completely shifted over to e-office,



online and virtual modes of working.

Speaking at the 4th Edition of National Governance Summit of Economic Times here, Dr Jitendra Singh said that Modi's Governance Model is not only sustainable but also resilient, using futuristic technologies and innovations.

The Minister said, the Modi model of governance evolved over the last 22 years has laid the foundation of the future road map

of India's progress. He said, in the next 25 years of Amrit Kaal, when India rises to the world pedestal, this will be primarily on the strength of our scientific prowess and capacity of our Start-Ups which will be essentially technology driven and a unique governance model taking effective care of 140 crores plus Indians.

Dr Jitendra Singh said, Modi, an avid follower of newer technologies and innovations is always ready

to adopt today, the technology of tomorrow. He said, Prime Minister is focusing on areas like Space Technology, Drone, A.I, Biotech, Geospatial, Ocean Mission or Blue Economy and Green technologies including the Hydrogen Revolution which will define the destiny of India tomorrow. The Minister added that COVID-19, the pandemic of the century, was turned into a virtue from the great adversity.

Dr Jitendra Singh said here, the Tri-Ratna of this governance model are Out of Box Thinking, Breaking the Taboos of the Past and Converting Government Campaign into Mass Campaign. Giving one example of each of the three great ideas, the Minister said, soon after Modi came to power

CONTINUED ON PAGE 4

Government takes action for better land, soil management with launch of pioneering project

J I NEWS DESK
JAMMU, FEB 10

Jammu and Kashmir government has approved an ambitious project envisaging creation a comprehensive soil and land resource information system.

The project, titled 'J&K Soil and Land Resource Information (JKSLRI)' system, has been designed to help in decision-making for sustainable use of soil and land resources in the region, which is being considered as ecologically fragile. With its goal of providing a scientific base for crop diversification and soil suitability,

the JKSLRI project is set to revolutionize the way we approach land use and soil management in the region.

"The problem of unscientific land conversions and poor soil health management practices has been causing a decline in soil health, leading to poor outputs and even enterprise failure. There is also lack of knowledge and poor extension on soil health management, which is leading to loss of soil biodiversity due to intense cultivation and soil pollution," said Atal Dulloo, Additional Chief Secretary, Agriculture Production Department.

He further said that the

JKSLRI project has been designed to provide the most comprehensive and up-to-date information on soil and land resources, making it an essential tool for decision-making when it comes to sustainable use of soil and land resources.

The prestigious project, which will initially be started in four districts of J&K, has several objectives including creation of a robust land use policy on agriculture and urbanization, crop-land suitability based on land evaluation, capacity building of farmers and other stakeholders on soil health management

besides establishment of one static and 25 mini soil testing laboratories in each selected district. The project has been designed to have a major impact on the region including creation of an authentic soil and land resource repository with two soil museums one each at Jammu and Srinagar. The project shall also provide support for efficient use of fertilizers and micro-nutrients, which is important for organic production systems.

These objectives will help lay the foundation for a robust land use policy on agriculture

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16 injured as bus skids off road in Udhampur



J I NEWS DESK
UDHAMPUR, FEB 10

At least 16 persons were injured after a bus met with an accident in Mounring area of Udhampur district on Friday morning, an official said. An official told the news agency that the bus

was on way from Udhampur to Mounring when it skidded off the road near Gulabnagar. He said 16 passengers who were boarded were injured in the accident.

The injured rescue teams have rushed to the spot and injured were being shifted to hospital for treatment. KNO

CONTINUED ON PAGE 4

Professionals, Employees, Senior citizens play important role in society: Sat



JI NEWS SERVICE JAMMU, FEB 10: Gearing up organizational activities of the party in Poonch District at grass root level, a meeting of BJP's Professional Cell, Senior Citizen Cell and Retired Employees Cell and Budget Pe Charcha was conducted to take up the party activities and vision of PM Modi led BJP Government on ground concerning development of Jammu and Kashmir.

District Poonch under the leadership of its district president Rajesh Raina held the meeting which were mainly addressed by former Cabinet Minister, Sat Sharma (CA). He was also accompanied by CA Rajeev Gupta, UT BJP Spokesperson Sunil Gupta and several others.

Speaking on the occasion, Sat Sharma said that all these three cells have a very important role to build the organization and

take the vision of the party amongst the public. He said professionals, senior citizens and retired employees are the important sections of the society and their views hold major significance. He urged the activists present to create teams of the cells up to booth level and stated that it will definitely strengthen the vision of the party at grass root level. He also asked them to go door to door to spread the pro public policies of the party.

CA Rajeev Gupta talked about Budget 2023 and said that in order to cater the support of the more public the teams must be constituted at the earliest so that people's presence could be more involved in the mission which BJP has chosen to work for the betterment of society. He also stated that BJP is the only party which works for the people and has done a lot for their upliftment.

Rajesh Raina also spoke on the working of cells in Poonch district. He also said that the teams will be made as soon as possible in the coming days so that the organizational work can be paced up to grass root level.

Naresh Sharma, Parvinder Singh, Abhi, Mukesh Sharma, Paranjit Singh, Naresh Verma, Jyoti, Rajesh Sudan, Er. Sahil, Bhupinder Pal and several others were also present on the occasion.

SMVD Gurukul holds 31st Governing Council Meeting



JI NEWS SERVICE KATRA, FEB 10: The 31st meeting of the Governing Council of Shri Mata Vaishno Devi Gurukul, Charan Paduka was held here today at Spiritual Growth Centre, Katra.

The meeting presided by Mahamandleshwar Shri Swami Vishveshwaranand Giri Maharaj, Member of the Shri Mata Vaishno Devi Shrine Board and Chairman of the Governing Council for the Gurukul, was attended by Anshul Garg, Chief Executive Officer of the Shrine Board; Navnet Singh, Additional CEO; Prof Y.K. Mishra; Dr Jagdish Chander Mehra, Joint CEO, SMVDSB and Administrator of Gurukul; Mahesh Sharma, FA/Chief Accounts Officer; Gopal Dass Sharma, Head Pujari, Bhawan; Dr Dhyanraj Mishra, Principal; and Dr. Devendra Rijal, Vice Principal of the Gurukul.

The Chairman and other Members of the Governing Council while expressing satisfaction at the functioning of the Gurukul emphasized the need for making continuing endeavours to develop it as a centre of excellence. The meeting also noted the outstanding achievements of the students of SMVD Gurukul in academics and co-curricular activities and participation of faculty and students for broadening their horizon at different Platforms, including in house events & those at State, Zonal as well as at National Level.

The Governing Council, while approving the annual budget of Gurukul for Financial Year 2023-24 also finalized the arrangements for organizing 3-day North Zone Youth Festival from 20th to 22nd of February in collaboration with Central Sanskrit University. The inaugural function will be held at the Spiritual Growth Centre of the Shrine Board at Katra. The events to be organised include Educational Short Film making, Rangoli, Painting, Competition, cultural programmes, co-curricular activities besides, sports events in different categories and around 10 institutes from 5 states & UTs including Himachal Pradesh, Haryana, Punjab, Delhi, Uttarakhand, UP and JKUT, with a total of 350 students are expected to participate in the festival. The council observed that the festival shall provide a learning platform to the students of SMVD Gurukul to showcase their talent & skills from their counterparts of other institutes besides, serving as an important medium to spread joy, promote Sanskrit awareness and protect our traditional and cultural heritage.

roadmap for 5 years of the functioning of the SMVD Gurukul and way forward for developing this institution as a centre of excellence for providing top quality education to the students.

The Governing Council while releasing the Annual School Magazine "Brahmi" tracing the achievement and contribution of the students and faculty during the year appreciated the efforts stating that a wonderful platform has been given to these young students to showcase their talent as writers and express themselves into a conglomerate.

Earlier, Mahamandleshwar visited SMVD Gurukul and inspected the Construction Work-in-Progress of New Dining cum Accommodation Complex. He also interacted with the students and faculty and enquired from them about their daily activities.

Besides, the Mahamandleshwar felicitated Master Varun Sharma, student of Shri Mata Vaishno Devi Gurukul for having secured first position in the entire University, in the annual examination of class 8th conducted in 2022 by Sampurnanand Sanskrit Vishwavidyalaya, Varanasi.

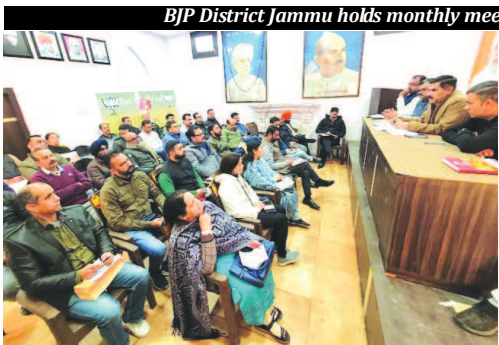
Mahamandleshwar, besides, highlighting the importance of imparting sanskars in one's life, asked the students to work hard to preserve their rich culture and achieve distinction in various fields in years to come. He congratulated the Hon'ble Lt. Governor, JK-UT who is also Chairman of Shri Mata Vaishno Devi Shrine Board for nurturing such institutes which has kept alive the Vedic and Sanatan traditions in the modern era.

The Meeting also desired that alumni meet of the Gurukul should be planned to benefit from their skills and experience besides, to devise a

The Governing Council observed that as per the new guidelines of NEP-2020, the age criteria of the curricular and pedagogical structure has been reconfigured for the different stages of admission. In line with the age criteria for the applicants / students desirous of seeking admission in class 6th of SMVD Gurukul has been revised to 10-12 years from session 2023-24. Besides, to bring parity with the CSU in all respects, GC approved revision of the daily time table, weekly off and syllabus of SMVD Gurukul.

The Council also observed that planning and creation of Navagrah Vatika on Tarakot Marg not only helps students in adding to their knowledge of plants but is a very important source of energy if planted anywhere as these plants represent different planets of celestial forces. Besides, being on Yatra track the devotees who opt this Marg for reaching to Holy Shrine inhale clean air and boost their physical immunity with spiritual enlightenment.

Pt. Deendayal Upadhyay was a visionary par excellence: Parmod Kapahi



BJP District Jammu holds monthly meet

JI NEWS SERVICE JAMMU, FEB 10: President Parmod Kapahi, District General Secretary Bharatiya Janata Party, District Jammu under the leadership of District President Parmod Kapahi held a monthly meeting at BJP office, Kachi Chawni, Jammu.

Senior BJP leader & District Jammu Prabhari Rajeev Charak, Seh-Parbhari Vikas Choudhary also addressed the meeting along with District

District General Secretary Kulddeep Kandhari, District General Secretary Rajesh Gupta, Mandal President Keshav Chopra, Mandal President Parveen Kermi, Mandal President Raman Sharma, Atul Bakshi, Ajay Sharma, JMC Councillor Sucha Singh, Councilor Suneet Raina and other prominent political persons from District Jammu participated in the meeting.

Rajeev Charak, while addressing the BJP activists of District Jammu, asked them to visit every house of the region and apprise them of the achievements of the Modi governments and their specific benefits for the residents of Jammu & Kashmir. He also deliberated upon the highlights of the recently introduced 2023 Union government budget. He said that this

budget is a people friendly budget which has touched the lives of every segment of the society.

Parmod Kapahi, in his address, discussed upcoming programs of the party. He especially focused on the party's programme of 'Samarpan Diwas' on February 11, the day on which party ideologist Pandit Deendayal Upadhyay laid down his life in the service of humankind. He stressed that Pandit Deendayal Upadhyay was a visionary personality par excellence whose ideas will make the world a better place to live.

Vikas Choudhary, spoke on the booth Sashaktikaran, in which he stressed that the party activists should pay special attention to the strengthening of the booths in their respective areas allotted by the party. Rajesh Gupta conducted meeting proceedings whereas Kulddeep Kandhari thanked all the party leaders and activists for their active participation in the meeting.

Nation suffered most due to Nehru's blunders, Modi Govt determined to nullify the adverse effects: Kavinder

JI NEWS SERVICE JAMMU, FEB 10: Kavinder Gupta, senior Bharatiya Janata Party leader and former Deputy Chief Minister has asserted that the nation and its people have suffered the most due to the blunders committed by the late Prime Minister Nehru and his family who promoted their dynastic rule for over seven decades.

He said that this family not only threw democracy to winds but also carried forward the 'Divide and Rule' policy of Britishers and 'Appeasement Policy' for its petty vested interest by playing vote bank politics.

The senior BJP leader, while recalling the Prime Minister Narendra Modi's speech in the Parliament the other day, said that he has rightly exposed the real face of the Nehru family and the Congress party while slamming the opposition for leveling accusations against him (PM) based upon surmises and conjectures.

In a statement issued here today, Kavinder said that the Nehru Gandhi family including the Vadras has brazenly looted this nation to the hilt. He asserted that this stands proved beyond any iota of doubt from the fact more than 600 organizations have been registered in the name of the members of the so called Nehru Gandhi families.

These organizations have been used to siphon off the tax payers' money and most of the companies established by these people are bogus companies to facilitate the siphoning of the nation's funds.

The senior BJP leader said that it is because of such blunders of Nehru and his kin that the people of Jammu and Kashmir continued to suffer unabated for over seven decades. He said that the biggest blunder of Nehru as PM was that after Pak aggression in Kashmir, he took the matter to UN and allowed to station its MOC (Military Observers' Group) in J&K and PoK.

He said that giving long rope to the favourites like Sheikh Abdullah was yet another blunder committed by them as Sheikh too promoted his dynastic rule like Nehru.

Kavinder said that the worst phase began in J&K with signing of Rajiv-Farooq accord after which the terrorism and secessionism received a big boost with a tacit support of the J&K Administration the results of which led to peak terrorism in J&K bringing death, destruction and miseries for the people at large in J&K.

The former Deputy Chief Minister said that it is the Prime Minister Modi led BJP Govt that finally did justice with the people of Jammu and Kashmir by abrogating Articles 370 and 35A as only BJP had the strong will and determination to do so.

The results are on ground today with the Pak refugees, the category people besides others who used to be earlier deprived of some significant rights are today equally placed with others.

He said that BJP stands firmly determined to adopt all the requisite corrective measures to nullify the adverse effects of the blunders of Nehru family in the ultimate interest of the common people of not only in Jammu and Kashmir but across the nation.

Govt should fulfill demands of Kashmiri Hindu employees posted in Valley before Shivratri: Shiv Sena



Stop treating Hindus employees as bonded labourers: Sahni

JI NEWS SERVICE JAMMU, FEB 10: Shiv Sena J&K unit today demanded that the LG led administration should fulfill the demands of protesting Kashmiri Hindu employees posted in Valley before the upcoming Shivratri Festival.

The leaders of Shiv Sena (Uddhav Bala Sahab Thackeray) Jammu and Kashmir unit organized a press conference at the party's central office, Jammu, today demanding the safe posting of Kashmiri Pandits/Hindus working in Kashmir by implementing the transfer policy. State Chief Manish Sahni

said government should leave its stubbornness of making these employees scapegoats and transfer them to safer places in Jammu region.

Sahni said that Hindus working under the PM rogar vojna in Kashmir were being treated like bonded labourers and forced to become scapegoats. On aug 5, 2019 the Center has abrogated Article 370, then the bonds included in SRO 412 should be treated as cancelled. Describing the government's claims of rehabilitating Kashmiri Pandits/Hindus as hollow sham, Sahni said that providing jobs and temporary

accommodation to only 4200 Kashmiri Pandits can never mean rehabilitating the entire community.

"Along with Kashmiri Pandits, Sikh / Muslim / Dogra communities were also given jobs under the PM package. But the BJP government is baking political bread by misleading the public by beating the name of Kashmiri Pandits. At the same time, for the last 6-7 months, the salaries of the employees are being withheld and they are being forced to go to the valley," he said.

Sahni demanded the Central Government and the Lieutenant Governor of

Jammu and Kashmir to implement the transfer policy and attach Kashmiri Hindus to various central departments. He said that, the PM package funds are provided directly by the Center so the administration deutes them to central departments like (Election Commission, India, NTPC, NHPC, etc.) or UT Ladakh.

Sahni said that some selected and influential employees have been attached to Jammu division. It is clear from the stand of the administration that it is not hesitating to sacrifice all the Hindu employees for the party of vote politics ambitions of the central government which is an unimaginable situation towards humanity.

On this occasion, President Women's Wing Meenakshi Chhibber, General Secretary Vikas Bakshi, President Kamgar wing Raj Singh, Women Secretaries Sukhwinder Kaur, Yawar Habib were present.

Indian Army organises Lavender Farming and Processing Drive

JI NEWS SERVICE JAMMU, FEB 10: As part of welfare activities, Indian Army has been constantly undertaking a variety of events for the welfare of Awaam. In pursuance of this noble aim and in order to impart training on lavender farming and generate employment through it Indian Army organised 'Lavender Farming and Processing Drive' for youth and poor farmers from the socially and economically backward strata of the society at Bhalu in District Doda (J&K). Such initiatives will improve the environment of the surrounding area and will greatly help in generating



employment opportunities to people from socially and economically backward families and simultaneously engage the youth in some construc-

tive activity which is beneficial to them in multiple ways. The locals expressed their gratitude towards the Indian Army for organising the event.

BJP OBC Morcha working round the Clock for BJP Party: Vibodh Gupta

JJ NEWS SERVICE
JAMMU, FEB 10: BJP OBC Morcha JK-UT in collaboration with Red Cross Jammu held free medicines distribution camp at Municipal Park, Resham Garh Colony, Jammu.

Vibodh Gupta General Secretary BJP Jammu Kashmir and Sunil Prajapati President BJP OBC Morcha JK-UT were prominent to inaugurate the camp.



Speaking on the occasion, Vibodh Gupta congratulated the work done by BJP OBC Morcha and said BJP OBC Morcha has done commendable work round the clock in the field of Sewa and helping Public in large.

Vibodh further thanked PM Modi for Increasing Medical Budget by 13% and said 157 new Nursing Colleges will be opened in the coming future. He asserted that the people of Jammu Kashmir are enjoying health insurance of Five Lakhs per family.

For this he thanked PM Narendra Modi for covering the whole state under health Insurance. Later Sunil Prajapati said that this Camp will benefit needy people at this time of extreme Weather Conditions and thanked Secretary Red Cross Sat Pal Sharma for Issuing Medical Camp.

He also thanked Dr.Aasia Noor (Medical Officer) and her team. Nearly 200 people were benefited by this camp and local people

applauded the working of BJP OBC Morcha. The Program was organized under guidance of Ashok Salgotra (District President BJP OBC Morcha Jammu) and others who organized the Program was Viren Satti (District Secretary BJP OBC Morcha), Raj Kumar (Mandal President OBC Morcha Bakshi Nagar).

Prominent among others who Present on occasion was Ravi Mehra (Vice President BJP OBC

Morcha), Kewal Verma (State Secretary BJP OBC Morcha), Bal Krishan (State Social Media Secretary OBC Morcha), Gopal Sanotra (General Secretary BJP OBC Morcha), Parveen Badyal (Vice President BJP OBC Morcha), Rajesh Kumar (Vice President BJP OBC Morcha), Madan Verma (District Secretary BJP OBC Morcha), Ved Parkash (District Spokesperson OBC Morcha) and Budh Verma.

Kathua Campus (JU) organizes its 3rd Extension Outreach Programme

JJ NEWS SERVICE
KATHUA, FEB 10: Aiming to keep the children, youth and students away from the menace of drugs, Kathua Campus, University of Jammu today organized its 3rd Extension Outreach Activity on "Drug Abuse: Problem, Management and Prevention along with Stationery Distribution Drive at Government Higher Secondary School, Kathua. More than 400 students from Government Higher Secondary School, Kathua and Kathua Campus, University of Jammu participated in the said activity. The awareness programme was also attended by more than 100 people from Panchayat Kathua who were thrilled by the performance of the students of Kathua Campus, University of Jammu in the form of a play on Drug Abuse.



Further, a two-week stationary collection drive was launched by Kathua Campus, University of Jammu on 26th of January, 2023 in order to help the children of the adopted village Kathua and the stationery was distributed today to more than 350 students of Panchayat Kathua in order to channelise their energies to harness their potential in nation building and refrain them from bad habits so that they can focus harder on their studies. The esteemed speakers at the occasion were Sh. Kewal Krishan (District Education Planning Officer, Kathua), Dr. Rajesh Chandel (Assistant Professor, Psychiatry, Government Medical College, Kathua), Sh. Sanjeev Sharma (Inspector, Police Training School, Kathua), Mr. Varun Sharma (Sub Inspector, J&K Police, Poonch) and Sh. Devinder Kumar (Retd. Zonal Education Planning Officer, Hiranagar). While speaking on the

occasion, Sh. Kewal Krishan said that the drug menace is badly affecting the society in general and children in particular. Thus, there is an acute need to spread awareness among society especially children against this evil so that it can be uprooted. He further said organizing these types of awareness-oriented programmes at school level is quintessential for the teen age students. Dr. Rajesh Chandel opined that drug consumption is dangerous to the mental and physical health of everyone and thereby, drug abuse is destroying our future generation. He further underscored the psychological and medical aspects of drug abuse in tender age students. Sh. Sanjeev Sharma stressed on the need of involving students in cocurricular activities in addition to their academics so that they can utilize their time properly. Further, he advised the students to join sports to be mentally and physically fit. Mr. Varun Sharma advised the children to stay away from illegal drug consumption and also requested the public to inform Police about illegal drug consump-

tion and supply if they come across it. Further, he insisted the students to fight against this menace in their locality also. Sh. Devinder Kumar emphasized on the importance of such awareness programmes to safeguard children from drug abuse in any manner. He further highlighted the challenge of drug abuse in India and suggested the retired employees especially from the education sector to come forward to take initiatives for the welfare of the youth in particular and society as a whole.

Sh. Ashok Kumar, Principal, Government Higher Secondary School, Kathua appreciated the efforts of Kathua Campus, University of Jammu for organizing the awareness programme on Drug Abuse and for distributing stationery among the children of panchayat Kathua to focus more on studies. The Special Guests from Panchayat Kathua who attended the programme were Sh. Joginder Singh (Naib Sarpanch, Kathua), Sh. Mohinder Singh (Panch, Kathua) and Smt. Trishla Devi (Panch, Kathua).

Modi Govt's agri-friendly schemes have become real power of farmers: Johal

JJ NEWS SERVICE
JAMMU, FEB 10: The Modi government has done more work in eight years of its rule for making farmers self-reliant than was accomplished ever before and its agriculture-friendly schemes have become the real power of farmers.



This was stated by Sarabjit Singh Johal, President BJP Kissan Morcha, J&K and DDC Member while speaking at the programme in Bantala area of Jammu.

Johal asserted that the central government headed by the Prime Minister Narendra Modi has done more work in the last eight years than ever before for empowering farmers and making them self-reliant. He said the government at the Centre stands fully committed to the welfare of the farmers who deserve special attention especially in view of their being the food producers of the nation. He said the government is making every effort to double the farmers' income and boost agriculture economy.

Today, Sarabjit Singh Johal along with his entire Kissan Morcha team visited Maa Chandi Temple in Rajinder Nagar, Bantala area and prayed for the peace and prosperity of the Union Territory. State General Secretary of BJP Kisan Morcha Rakesh Pant, Vice President Kisan

Morcha Baba Chanchal Singh, Mandal President Vijaypur Ajay Sharma and Parveen Sharma accompanied the BJP Kissan Morcha President, J&K.

Johal said "Since the BJP led government came into power, it has been taking all necessary initiatives to boost and bolster the agricultural economy along with farmers' welfare schemes."

He said that the farmers' issues have been best addressed by PM Modi led Govt at the Centre. He mentioned that the schemes and initiatives by the government like Kissan Sammaan Nidhi, Kissan Credit Card, Kissan Fasal Bima, Soil Health Card, Pradhan Mantri Krishi Sinchayee Yojana (PMKSY), National Agriculture Market (e-NAM), SVAMITVA Yojana, and many more

such schemes have been providing benefits to all the farmers of the nation.

Johal asked the Kissan Morcha leaders and workers to establish a strong connect with the farmers'

community and ensure that they avail the benefits of the aforesaid schemes.

He asked them to take adequate measures to strengthen the base of the Party.

Indian Army organises lecture on Road Safety

JJ NEWS SERVICE

JAMMU, FEB 10: Indian Army organised a lecture on Road Safety at Govt Higher Secondary School, Bhowani in District Rajouri (J&K). Road accidents are a major concern in the region owing to hilly terrains and modern vehicles having lighter speed limits. Towards this end, the lecture aimed to create awareness amongst the locals to make the roads safer and prevent loss of life and limb. The lecture highlighted that roads in this region of the UT of J&K run through various hills and mountain ranges, which requires the drivers to be extra cautious and provide due allowance for the terrain and weather.

The gathering was also educated about various aspects contributing towards safe roads like, following traffic rules, importance of wearing seat belts/helmets, maintenance of vehicles etc.

BJP Minority Morcha J&K Organises Joining Program at Baribrahmana

JJ NEWS SERVICE
JAMMU, FEB 10: A programme was held at Bari Brahmana District Samba today by the District Unit of BJP Minority Morcha Jammu under the chairmanship of UT President Ranjodh Singh Nalwa.



The main motive of this meeting was to conduct briefing session in which BJP Minority Morcha Leadership was to be kept abreast of the latest developments and working of the organisation especially with reference to the upcoming Party Programmes. The aim of the meeting was on part of all the functionaries also to remain alert in their respective Districts, Constituencies, booth levels and work at the grass roots levels for welfare and benefits of common people. The purpose of the interactive session was to deliberate on the efforts to address the grievances of the masses specifically those who are marginal, helpless and resourceless as also to raise

voice of concern in favour of their genuine demands.

On this occasion, all the delegates under the leadership of UT President Ranjodh Singh Nalwa welcomed the entrants in to the party fold who joined the Morcha today. Speaking on this occasion, Nalwa while elaborating on the policies of BJP said that it is due to the people friendly programs and plans associated with the growing popularity of the party under the national leadership of Prime Minister Narendra

Modi that every passing day, number of people are embracing this organisation and have been expressing their full solidarity in the ensuing march on the path of progress and prosperity.

He further stressed on the workers to strengthen the party at the ground level and be always inclined with the people and become a mouth piece for giving vent to their problems, he said adding further that it is the discipline of the party that attracts the people towards it.

District president Jammu BJP Minority Morcha Jaspal Singh also expressed his views on this occasion.

Other prominent participants include Vice President J&K Balvinder Singh, Amarjeet Singh, Santokh Singh (Gen. Secretary J&K), Prnavat Singh, Pawanjet Singh and other office bearers of BJP Minority Morcha.

Earlier, several people turned up the venue to join BJP Minority Morcha who were warmly welcome in the party folds.

One week student workshop concluded at TBS, JU



JJ NEWS SERVICE
JAMMU, FEB 10: The Business School organised one week workshop aimed to enhance the professional competencies of MBA students from 6th February to 10th February, 2023. The week long workshop included nine sessions. Two sessions daily comprising of one morning session and one afternoon session. Total nine sessions were conducted by various industry experts, leading academi-

cians and motivational speakers within and outside the university namely Mr. Priyankar, HDFC bank, Mr. Gautam, Chamber of Commerce and Industries, Ms. Swati Basotra, Talknastakassay, Ms. Geetika Kohli, Thinksta, Prof. Vishav Rakscha, University of Jammu, Ms. Maansi Rattan, MG Design School, Mr. Akash Badi, Amazon India, Ms. Jasleen Kaur, Branding Elves, Mr. Aman Talla, Talla Jewellers and Mr. Satish Koul,

Emcure Pharmaceuticals Ltd.

A valedictory function was organised to conclude the workshop and Chief Guest for the occasion was Mr. Satish Kaul, Resident Director at Emcure Pharmaceutical Ltd.

The certificates were distributed to the participants and organisers of the workshop. Mr. Satish Kaul in his address expressed the need for the students to enhance soft skills besides academic knowledge. He motivated the students to be disciplined, ethical and work hard to achieve success in life.

He emphasized upon the need for such programs in The Business School. Prof. Sameer Gupta, Director, TBS while talking on the occasion gave special remarks about the workshop. He emphasized upon the need for such workshops for the MBA students that are under immense academic and competitive pressure.

Prof. Alka Sharma appraised the gathering that such workshops give an edge to the students in their employability profile.

Lawlessness unleashed by opposition done away with, India on progressive path: Raman Suri

JJ NEWS SERVICE
JAMMU, FEB 10: Bharatiya Janata Party (BJP) J&K Executive Member Raman Suri today said that those opposed to unfurling Tricolour in Jammu and Kashmir or doing away with redundant laws are now trying to protect the illegal encroachers of the UT and forest land by arriving at the Capital to protest. This is indicative enough that such political leaders never wanted order in the system of governance and allowed lawlessness to prevail in the erstwhile state.

He said, PDP chief Mehbooba Mufti's unrelenting support to encroachers, illegal occupations or land grabbers is

enough to understand how these leaders had unleashed a rein of lawlessness and made Jammu and Kashmir a jungle where everyone was having a free run when it came to grabbing land, occupying state or forest land and even building shops and houses on the land of development authorities.

Raman Suri said, Prime Minister Narendra Modi in his reply to the debate on Motion of Thanks to the President's address in Lok Sabha established that the days of such leaders or divisive and adverse policies are over.

The Prime Minister said it clear by stating that peace is prevailing in J&K, separatists are gone forever,

Tricolour is unfurling everywhere and tourists besides investors are looking towards the new, potentially-viable Union Territory.

Raman Suri asked the youth to reap benefits of this atmosphere which is conducive enough to progress and contribute to nation building.

He said, Kashmir of serenity, when tourists used to flock there and enjoy every season, young boys and girls had ample opportunities, peace prevailed and no one ever created any trouble for anyone is now back.

The leaders who created an unrest in Kashmir, made militancy a monster, encouraged separatism at

the cost of lives of youngsters and stalled progress of youth are themselves finding no space in the political arena now.

The recently concluded "Triranga Yatra", he said, has become a benchmark of peace for opposition where every leader, who once said that no one will unfurl Tricolour, walked miles to see the Indian Flag unfurl at historic Lal Chowk.

Raman Suri felt sorry for the opposition saying that they are unable to find any flaw in the functioning of the Union government, which is why they were speechless in the Parliament and couldn't muster courage to pinpoint on anything that affected the progress of our nation.

Apni Party registers its protest against bulldozing drive

Holds sit-in protests at the district headquarters across J&K



JI NEWS SERVICE JAMMU, FEB 10: Apni Party on Friday held sit-in protests – against the ongoing demolition drive by the administration – at the district headquarters across J&K. According to a press note released here, “Party’s district leaders and senior

workers led the sit-in protests at the district headquarters across the J&K. The sit-in protests at multiple places were meant to register a strong objection, on behalf of the party, against the administration’s ongoing demolition drive.” It further said, “Apni

Party demands the immediate stoppage of the bulldozing drive. The party is not against retrieving large chunks of land occupied by the land mafia, but we demand regularization of the small amount of State/Kacharai land, which has been in possession of common people for

decades or in some cases for more than a century.” “In the Valley, the senior party leaders – Usman Majid, Javid Mustafa Mir, Abdul Majeed Padder, Raja Manzoor, Khursheed Ahmad Khan, Noor Mohammad Sheikh, G M Mir, Tariq Ahmad Veeri, and Javid Ahmad Mir – led the sit-in protests respectively in Bandipora, Badgam, Kulgam, Kupwara, Baramulla, Srinagar, Pulwama, Anantnag, and Ganderbal,” the press note said. “While as in Jammu region, Manjit Singh led the sit-in protest in Jammu and Samba districts; Advocate Harpreet Singh in R S Pora; Pushap Dev Uppal in Jammu (Rural); Satpal Chalotra in Udhampur; Anil Kumar in Badmehwah; Bashir Khaki in Poonch; Sofi Aslam in Rajouri, and in Kishtwar led by Umer Mingnoo,” the press note added.

Two-Day seminar on ‘India’s Pathways to next economic powerhouse by 2047’ concludes



JI NEWS SERVICE JAMMU, FEB 10: A two-day seminar on ‘India’s Pathways to Next Economic Powerhouse by 2047’ organized by Department of Economics sponsored by the Indian Council of Social Science Research, New Delhi concludes today at University of Jammu. In the valedictory function, Prof. Raj Kumar Mahajan, the Former Professor, Punjabi University, Patiala, Regional Centre Bathinda, Punjab, was the Chief Guest. He advocated that India has tremendous potential to grow using robust policies to address the challenges of poverty, inequality, unemployment and sustainability which will pave the way to become the next economic powerhouse by 2047. The Key Note Speakers of the inaugural function were Prof. (Dr.) Balwinder Singh Tiwana, the Former

Professor, Punjabi University, Patiala, Prof. Kuldip Kaur, Chairperson, Ambedkar Chair, and Former Professor, Punjab School of Economics, GND University, Amritsar, Punjab, and Prof. I. C. Awasthi, Former Professor, Institute for Human Development, New Delhi. Prof. Balwinder Singh Tiwana emphasized on building economic strength and to leverage the drivers of sustainable economic growth and to strengthen the India Rupee vis-à-vis Dollar. The continuous evaluation of short-term achievements of Indian economic performance is essential to plan for long-term goals. India has also to address the fluctuations in FDI and foreign exchange reserves to become the next economic powerhouse. Prof. Kuldip Kaur advocated reaping the demographic dividend and improving the labour productivity and

addressing the problem of climate change for sustainable agriculture. Prof. I. C. Awasthi argued that inclusive growth is necessary to address rampant problems of unemployment and inequalities over the long-term to build a strong economy. The seminar convener Prof. Falendra Kumar Sudan presented a brief summary of two-day seminar, while Dr. Tsering Yangzom presented the welcome remarks and Prof. Sunita Sharma, presented the vote of thanks. Prof. Jasbir Singh appreciated the Head of the Department for his all support to organise such type of events. Dr. Virender Koundal, Dr. Manoj Bhatt, and Dr. Shaluu Selhgal of the Department of Economics were also present. Today, the six parallel sessions were conducted in which well researched papers on various topics were presented including

the role of Foreign Direct Investment, Digital Educational Initiatives, Export and Import, Rural Governance and Entrepreneurship, Digitalizing Higher Education, Online University Teaching, Agrarian Change, Gender Dividend, Manufacturing Value Added, Corporate Governance, Sustainable Urban Transportation, Financial Development, Digital Empowerment, Digital Transformation of Agriculture, Human Development and Poverty Reduction, Renewable Energy, Nuclear Energy, Water Resilience, Land Sustainability, Food Security, Services Sector, Carbon-Neutral City, Fiscal Reforms, Inclusive Development, Entrepreneurship, Innovation, Investment, and R&D and many more topics in becoming the next economic powerhouse by 2047. The main speakers include Dr. J. N. Balya, Dr. Hemlata Mangani, Dr. K. Rajesh Kumar, Dr. R. Sai Kumar, Dr. Prashant Kumar Choudhary, Dr. Ritu Bakshi, Dr. Preeti Chawla, Dr. Reeti Debnath, Dr. Rajendra Prasad Meena, Dr. Om Raj Katoch, Dr. Neelam Choudhary, Dr. Shilpa Gupta, & Dr. Shayan Javed, Dr. Rashi Tuggar, Dr. Sandeep Kaur, Pabitra Kumar Jena.

One day workshop held at Jammu University



JI NEWS SERVICE JAMMU, FEB 10: A one day workshop was organized at Jammu University by Directorate of International Quality Assurance in collaboration with Mission Directorate RUSA & K the state nodal agency for AISHE scheme. The workshop was

attended by Nodal Officers (AISHE) all private and Govt Degree Colleges, Shri Mata Vaishno Devi University and experts from Higher Education Department Ministry of Education, New Delhi. The welcome address was given by Dr. Ginny

Dogra University Nodal Officer Aishe/Deputy Director DIQA, Jammu University. Director College Development Council Dr. Rajeev Rattan was Chief Guest on the occasion who hailed the organisers for conducting such program. Ms Anita Sirohiwal, Joint Director.

Mission Director RUSA J&K in his address Elaborated the role of AISHE data in RUSA funding. Joint Director, Planning and Monitoring from Ministry of Education in her speech deplated under the changes made in Web DCF to make it user friendly. The technical session of workshop was conducted by Mr. Shivam Panday, Research Assistant, Mr. Vikas Mehta, Data Analyst and Mr. Sanjeev Kumar, Data Analyst experts from Ministry of Education. Technical session was followed by queries session where technical issues faced by colleges with regard to uploading of data were resolved. Vote of thanks to participants and organisers was presented by Dr. Asif Iqbal coordinator AISHE, J&K.

Society must be driven by the principles of Antyodaya: BJP

Sham, Priya, Munish listen to public grievances

JI NEWS SERVICE JAMMU, FEB 10: Society will be healthy when it is driven by the principles of Antyodaya, which means the rise of the last person in the row stated senior BJP leaders, while they continue BJP’s mission to resolve the issues faced by the residents of Jammu & Kashmir.



J&K BJP Vice-President & former Minister Sham Choudhary, BJP NEM & former Minister Priya Sethi and BJP All Morcha Incharge Munish Sharma, listened to the public grievances and took up the same with the concerned department officials for their early solutions at BJP headquarters, Trikuta Nagar, Jammu. Numerous individuals and deputations visited the BJP office to meet the party leaders and narrate their woes & problems. The issues presented by common masses before the senior party leaders were related to PHE, PWD,

Rural Development, Revenue, Irrigation & Flood Control, Education, Agriculture etc. Presented issues were on the spot, taken up with the heads of these departments by Sham Choudhary, Priya Sethi and Munish Sharma telephonically and they were impressed with immediate solutions. Sham Choudhary, while

listening to the issues stressed that the leaders have tried sincerely to provide the best possible solutions presented by masses in the grievance camps. He said that BJP believes that a society could only be healthy when it ensures the rise of the last (deprived and neglected) person of the society. Priya Sethi, on the occasion,

said that BJP holds the issues faced by the masses in high esteem and believes that they should be promptly taken care of for the realization of a healthy society. Munish Sharma stated that many of the issues presented today were solved on the spot whereas other issues are impressed for their early solutions.

DLC organises " Induction Programme for freshers of LL.B 3year (Prof.) Course

JI NEWS SERVICE JAMMU, FEB 10: Dogra Law College organized Induction programme to welcome the new entrants who have joined the college for the session 2022 - 23. Th. Gulchain Singh Charak, Chairman; Dogra Educational Trust was the Chief Guest on the occasion. The programme started with the lighting of the traditional lamp by the dignitaries followed by Saraswati Vandana. Prof. V.P. Magotra, Principal, Dogra Law College welcomed the students. He briefly highlighted the history of the Dogra Law College. He apprised the students about the rules of the college and the achievements of the students who have brought laurels to the college. Ms. Parema Bakshi, Faculty member of Dogra Law College made a PowerPoint presentation on the vision, mission, rules, values, curricular and co-curricular activities including the facilities available in the college. Prof. Darshana Sharma, Director, Dogra Group of Colleges and Campus Development addressed



the students and congratulated them for successfully qualifying the JUET Entrance Examination and becoming a part of the Dogra Law College. She threw light on the facilities and activities which are peculiar to the college and impressed upon the students to make use of these facilities. Special felicitation ceremony was also organised for NCC Cadets namely Junior Under Officer Abhishek Sharma, Student of B.A.L.L.B 5 Year Course 7th Semester for Lecture Conducted at Commando Insurgency

and Jungle Welfare School, Gwaldam, Uttarakhand and Cadet Gurbakshish Singh, Student of B.A.L.L.B 5 Year Course 7th Semester for representing J&K and Ladakh in Republic Day Parade 2023. Two senior students of Dogra Law College shared their experiences with the new entrants. The Esteemed Chief Guest Th. Gulchain Singh Charak, Chairman, Dogra Educational Trust emphasized on maintaining discipline by the students which will help them in their future life. He also

emphasized the importance and recognition of hidden talent of the students which always contribute to the development of self-confidence and self-actualization. He added that Dogra Law College is committed in its endeavor to impart education for the betterment of the society. The Programme concluded with the vote of thanks presented by Ms. Sumiksha Razdan, Faculty member of Dogra Law College followed by the National Anthem. In the end, sweets were distributed among the students.

‘Three star electronics’ of Blue Star ACs bags ‘Best distributor Award’ in North India

JI NEWS SERVICE JAMMU, FEB 10: Ved Sharma of Three Star Electronics, Shastri Nagar Jammu has bagged the ‘Best Distributor Award’ in North India during the Blue Star Product Launch cum Award Function organized at Chennai.



The award was presented to him during a glittering function attended by an august gathering comprising entrepreneurship doyens and celebrities from across the nation. The honours of award presentation were done by B Thiagarajan - Managing Director Blue Star in presence of Shashi Arora - President & COO, Cooling & Purification Appliances Group; Navneet Sharma and Haridas C-

Executive Vice Presidents. It is pertinent to mention here that M/5 Three Star Electronics is a name to reckon with not only in Jammu and Kashmir but across the northern region of the nation. The venture was launched by an enterprising and enthusiastic entrepreneur Ved Sharma. Sharma

by dint of his strong determination and hard work never looked back and is today considered as one of the leading entrepreneurs in J&K in the field of electronics especially in Blue Star air conditioners. The venture started many years back has today transformed into a very healthy business concern

not only providing profits and dividends to the owner but also creating a huge employment avenue for the unemployed youth. After receiving the award, Ved Sharma said there is no shortcut to success adding that strong determination, will and hard work are the only keys to success.

THOUGHT OF THE DAY

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

JINDRAH IMAGES

Harness solar energy potential to maximum level

To an utter dismay of the people of the erstwhile state of Jammu and Kashmir, now two Union Territories—J&K and Ladakh, least interest has been given to exploit the vast solar power potential over the years. The reports suggest that two UTs have performed dismally on account of electricity generation from solar energy as authorities have exploited less than one percent of 111 Gigawatts (GWs) solar power potential during the last four years. This is notwithstanding the fact that the Central government has asked all states and the UTs to harness solar power potential to its maximum level. The installed solar capacity of Jammu and Kashmir is 48.90 MW, while Ladakh, which is considered as solar capital of the country, is having just 7.80 MW installed solar capacity. The erstwhile state of Jammu and Kashmir has a solar power potential of 111.05 GW and it is the second highest in the country after Rajasthan which has the solar energy potential of 142 GW. Ladakh has not generated even single additional Megawatt electricity during the last one year despite the fact that it has a large potential of 100GW solar energy alone, therefore failing to contribute in the country's total installed capacity, notwithstanding two major projects with potential of generating 7500 MW of solar power (now revised to 10,000 MW) were sanctioned for the region about eight years ago. On the other hand, Jammu and Kashmir has doubled its installed solar capacity from 24 MW to 48 MW in the last one year and it has shown some progress while exploiting its solar power potential. Jammu and Kashmir has been provided Rs 64 crore by the Union ministry of New and Renewable Energy from year 2019 to year 2021 under different schemes for harnessing the solar power potential. An amount of Rs 12.41 crore has been released to Ladakh under various schemes to increase its installed solar capacity for the period. The Central government has sanctioned two major projects with the total solar power generation capacity of 7500 Mega Watts for Ladakh region. After deliberations, the Central Government had planned to raise the capacity of this proposed solar park in Ladakh to 10 GW from 7.5 GW announced earlier. The Solar Energy Corporation of India (SECI) had issued a tender for development of 7500 MW Solar PV Projects in Leh and Kargil districts on December 31, 2018. As per the tender documents, implementation time for the project was 48 months from the effective date of Power Purchase Agreement. The projects were proposed because Ladakh, the cold desert of the country, received the 'best solar radiations' in the country but the projects have remained entangled in technical and administrative glitches. The Government of India should conduct a probe as to why these projects have failed to take off even after the lapse of eight years. The responsibility must be fixed while expediting measures to harness solar power potential.

BALLOON TURBULENCE DEEPENS US-CHINA DISCORD

By sending the balloon, China wanted to convey a message of strength that it was capable of reaching the heart of the US mainland and Washington would have to take into account Beijing's concerns if it sincerely wanted a dialogue on establishing peace and cooperation with it.

YOGESH GUPTA

ON February 3, US Secretary of State Antony Blinken called up Wang Yi, Director of the Chinese Communist Party's Central Foreign Affairs Commission, to tell him that he was postponing his scheduled trip to China as by sending a balloon over the US airspace, China had indulged in an "irresponsible act and this action is detrimental to the substantive discussions" that they were prepared to have. He said the trip would be rescheduled once the balloon turbulence was over.

However, Wang said it was a civilian airship sent for meteorological research and had accidentally strayed from its planned course into US airspace due to strong westerly winds and its limited self-steering capacity. "China is a responsible country and has always strictly abided by the international law," he added.

But the Americans found that the balloon, which entered the US air defence zone north of the Aleutian islands on January 28, moved largely over land across Alaska, Idaho, Montana, Carolinas and then towards the Atlantic Ocean. The balloon had flown over certain sensitive sites to collect information, including over Montana, which is home to about 150 inter-continental ballistic missile silos.

Typically, the balloons fly above 80,000 to 1,00,000 ft, but the one sent by China was flying low enough at about 60,000 ft to be noticed by the civilians. The journey of the balloon over so many days over the US landmass provoked widespread anger and many questions such as why it was detected so late by the defence authorities, were there gaps in the US security which permitted the balloon to fly undetected, why the Chinese took such a brazen step a few days ahead of Blinken's planned trip and what intelligence it had collected.

It is common for countries such as the US, China and others to conduct surveillance on their adversaries, but it is done discreetly. According to media reports, China had conducted similar surveillance on military assets of Japan, India, Vietnam, the Philippines and



Taiwan earlier.

US President Joe Biden's political adversaries, the Republicans, had a ready fodder to attack him asking why he had not shared the information with the people before the balloon was noticed by the civilians, why he had delayed its shooting, why the sensors in the US airspace had failed to detect this balloon and what if such balloons were used by the US's adversaries to send nuclear or other explosives into the country to cripple sensitive installations.

Pentagon's defence that there had been other instances of similar balloons flying over the US airspace during the Trump administration (matters were detected later) made matters worse, some saying that Biden was too soft towards China. There was a consensus that Blinken's visit could not be permitted till the investigation into the debris of the balloon shot down on February 6 was complete. Also, that China could not be allowed to violate the US sovereign territory without paying a cost.

The Chinese government was equally aggressive. China's vice foreign minister Xie Feng in a representation to the US Embassy in Beijing said this was "entirely an accident caused by force majeure and the US deliberately exaggerated it. Its armed attacks on the balloon were irresponsible and unacceptable". Also that Beijing reserved the right to respond similarly to future incidents of this

kind.

Various theories are doing rounds on why China indulged in such a brazen and risky adventure few days before Blinken's visit.

Most plausible one is that China had got tired of aggressive actions by the US before each high-level meeting, sanctioning or blacklisting some Chinese organisations, companies and officials. There has been a sharp increase in the US provocations against China in recent days, including the sailing of the USS Chancellorsville, a guided missile cruiser, in the South China Sea to exercise the freedom of navigation, approval of \$10-billion weapon sales to Taiwan, setting up of a House Select Committee on China (which distinguishes even the old Soviet Union did not get) targeting Beijing. The USA's encouragement of Japan's militarisation, new alliance to prohibit the sale of microchips to China, setting up of a new military base in China's vicinity in Guam and acquiring four new bases in the Philippines had also come to Beijing's adverse notice.

Some Chinese leaders believed that the US had pushed China on the back foot by these military and economic initiatives and was trying to clip China's wings and even preparing for a war. There was a view that high-level meetings with US officials had become a ritual with glorified photo opportunities and Washington was not taking Beijing seriously. By sending the

balloon, China wanted to convey a message of strength that it was capable of reaching the heart of the US mainland and Washington would have to take into account China's concerns if it sincerely wanted a dialogue on establishing peace and cooperation with it.

As the US-China rivalry deepens, the asymmetry in their thinking and mutual perceptions has only worsened. While the US considers itself as the sole superpower and the guardian of the present international order, China considers itself to be an equal and wants enough space from Washington to accommodate its interests. The latter does not accept China's claim and believes that if Beijing wishes to benefit from its economic, trade and technological cooperation, it should stop behaving as a rival and accept its terms. Given the wide disparities in their outlook, the balloon incident will further strain the Sino-US relationship with growing political consensus in the US to pushback China in political, economic, technological and military realms. If the investigation into the debris of the balloon reveals that China had intended to collect sensitive information about the US strategic installations, there would be demands to make Beijing pay for indulging in this affront. Given that Chinese President Xi Jinping revels in aggressive policies, any further US sanctions would only harden China's opposition to US policies.

Neglecting MGNREGS undermines workers' rights

ZOYA HASAN

The words 'rights' and 'equity' are conspicuous by their absence from the numerous assertions and claims made by leaders of the National Democratic Alliance (NDA) with regard to their achievements in countless speeches and advertisements. A year ago, the Prime Minister stated that there was far too much emphasis on rights, and not enough on duties — even though the Constitution doesn't place them on an equal footing. The realignment of rights and duties is not just about giving greater attention to duties; it is about giving less importance to rights.

This is evident from the niggardly attitude towards the Mahatma Gandhi National Rural Employment Guarantee Scheme (MGNREGS) and the constantly abridged budgetary allocation for it, which is tantamount to a disregard of this right. This has consequences for the larger issue of rights as it affects the well-being of the most vulnerable sections of our society. The Mahatma Gandhi National Rural Employment Guarantee Act (MGNREGA), passed in 2005, was a path-breaking legislation aimed at providing guaranteed employment to rural citizens. It was the single largest rural employment scheme in independent India. It provided only 100 days of employment in a year and, that too, for just one member of a rural household, but the important thing is that it conferred an economic right, which means employment had to be provided on demand, and if the state could not deliver 100 days of work, then the person seeking employment had to be paid compensation.

The MGNREGS continues to be deeply relevant as millions of rural households have gained employment through it. It is particularly vital in times of economic stress and, hence, it is important to make a budgetary provision for the full 100 days and, perhaps, expand it to 150 days of work, given the prevailing dismal employment conditions in the country. The government violates workers' legal rights every time it does not match the funds to demand or does not pay wages on time.



However, this scheme has been hit hard by budgetary cuts. This started during the tenure of the Congress-led United Progressive Alliance (UPA) government itself, even though it had introduced the scheme; allocations practically froze during its second term, making no allowances for the rising prices or the increase in the number of job seekers.

But the NDA government has stretched the practice of making low budgetary allocations to the limit, which has weakened the legal guarantee of timely payment and employment. This comes at a time of rising unem-

ployment and increased inequality in India. Both the World Inequality Report-2022 and Oxford Inequality Report-2023 show India as one of the most unequal countries in the world in terms of incomes and assets. India registered the fastest increase in economic inequality in recent years, even as access to a number of social protection programmes has been severely undermined on the one hand, via restricting allocations and on the other, through the dilution of schemes, such as MGNREGS and even those that form part of the National Food Security Act.

This government has been lukewarm towards the MGNREGS in the last nine years. The Prime Minister spoke derisively about it in Parliament. The Finance Minister mentioned it only once (in the context of work for mangrove conservation) in her Budget speech this year. But the NDA government has not abolished the scheme; it has strangled it through low allocations. The budgetary allocation has been cut by 30 per cent to Rs 61,032.65 crore for 2022-23, the lowest in the past four years. It is lower than the budgetary estimate of Rs 73,000 crore for 2022-23. It is the second straight cut in the scheme's budgetary allocation as in the Budget-2022-23 also, the allocation had been cut by 25 per cent to Rs 73,000 crore from the revised estimate of Rs 98,000 crore.

The gradual decrease in the budgetary allocation for the MGNREGS has created doubts about the government's intentions. By cutting down the funds, the government sends out a signal that it wants to spend less on this scheme as opposed to the others, which means fewer initiatives can be undertaken under this scheme. Reduced funding also makes it difficult for the government to keep its promise of 100 days of employment, which is crucial for the survival of rural households. The average days of work offered is actually much below 100 days and, frequently, employees will not be able to get work even

for half a year.

By law, it is a demand-driven scheme but the continuous decrease of funds has reduced its potential effectiveness. The government has always claimed that the actual allocation would be increased if it was found that a large number of persons were asking for employment under the scheme. While supplementary allocations for the MGNREGS have been increased substantially at the revised estimates stage, a low initial outlay acts as a discouragement. It diminishes demand, in fact, chokes it, which becomes a justification for the low initial budgetary allocation for the scheme. Even if the allocation gets increased later because of higher demand, this increase takes time, which means that wage payments as well as material costs will be delayed and workers get pushed into 'forced labour' in the intervening period. Furthermore, almost half of the budget allocation is spent on clearing arrears. Consequently, the flagship scheme runs out of funds halfway through the financial year even for those who want work.

According to an analysis by Peoples' Action for Employment Guarantee (PAEG), a research and advocacy group, 21 per cent of the budget over the past five years has gone into clearing the arrears of previous years. In the current financial year 2022-23, the unpaid dues stand at Rs 16,070 crore. Hence, the PAEG demanded that the Centre allocate a

Samantha Ruth Prabhu's Shaakuntalam release postponed; reason for delay not revealed. Check out new date

Actor Samantha Ruth Prabhu's upcoming Telugu film Shaakuntalam, which was supposed to be released in cinemas on February 17, has been postponed by a couple of months. The film's makers on Friday confirmed that the film will now hit screens worldwide on April 14. Without revealing the exact reason for postponement, the makers unveiled a new poster with a release date.

In Shaakuntalam, Samantha plays the central character Shakuntala, daughter of Menaka and Viswamithra. The film, produced and directed by Gunasekhar, will be released in Hindi, Tamil, Malayalam and Kannada. This project marks Samantha's maiden collaboration with Gunasekhar.

In 2020, speaking at the launch of the movie recently, Samantha said that this will be her dream project and dream role. The trailer of Shaakuntalam was released in January. Speaking at the event, an emotional Samantha said her love for cinema hasn't changed amid all the recent life struggles. She said she gathered all her courage to attend

the event. In her speech, Samantha spoke about how her love for cinema hasn't changed amid all her life struggles in recent past. She was talking about her rare autoimmune disease called Myositis which she has been diagnosed with since last November.

"No matter how many struggles I face in life, one thing won't change. That's how much I love cinema and cinema loves me back. I strongly believe that this love will grow manifold with Shaakuntalam," she had said.

Samantha was last seen on screen in Telugu action-thriller Yashoda. In the film, Samantha played a surrogate mother who won't stop at anything to protect her child. The film turned out to be a hit at the box-office and had grossed around 740 crore during its theatrical run. Recently, Samantha joined the sets of the Indian adaptation of Amazon Prime's upcoming web series, Citadel. She will be sharing screen space with Varun Dhawan in the show, which is being co-created by Raj and DK.



6 Binge-Worthy Shows That You Just Cannot Miss



The year 2023 is here with a bang! With several promising web shows for both kids and adults, the OTT platforms are brimming with content. But to save you from the trouble of scrolling through a plethora of content to land on one particular show, we have curated a list of binge-worthy shows that you just can't stop watching.

'Class' (Netflix)

'Class' is the official India-based adaptation of the Spanish thriller series Elite, executive-produced and series directed by Ashim Ahluwalia. This adaptation by Ahluwalia is set in contemporary New Delhi and is a grimier, more realistic and socially-charged take. Produced by Future East Film (Ashim Ahluwalia and Niharika Singh) in association with Bodhi Tree and adapted by Ashim Ahluwalia, 'Class' explores the rise of the Indian rich and a world of extreme disparity, following the students through their struggles with sex, drugs, religious difference, homophobia, trauma, friendship and love. 'Class' Has opened to great reviews both in India and abroad with positive word of mouth since its release.

'Farzi' (Amazon Prime Video)

'Shrinking' (Apple TV)

'Marvel's Moon Girl And Devil Dinosaur' (Disney+ Hotstar)

'Trial By Fire' (Netflix) 'You 4' (Netflix)

KARAN TACKER RECALLS GOING THROUGH FINANCIAL CRISIS: WE HAD A TOUGH TIME MAKING ENDS MEET AS A FAMILY

It's been fifteen years since actor Karan Tacker entered the world of showbiz. While the actor has made a name for himself with his work on TV and OTT platform, he has never spoken about the days when he had to struggle. Not many are aware that before becoming an actor the Mumbai lad wanted to pursue his father's business.

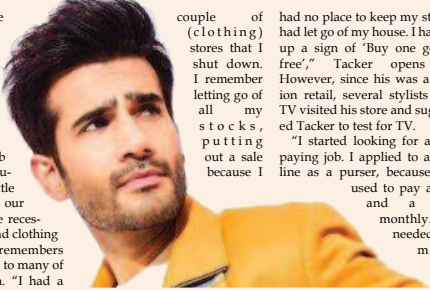
For the first time, Tacker talks about his life before he became an actor. "I had a business with my dad," he recalls, adding, "The world hit recession in 2008, and that's when my entire busi-

ness went down. We had a tough time making ends meet as a family. At that time I started scouting for jobs. From my education I would have probably gotten a job for twenty five thousand, which was little for the kind of debt our business faced in the recession." Tacker, who had clothing stores back then, remembers how the downfall led to many of them shutting down. "I had a

couple of had no place to keep my stock. I had let go of my house. I had put up a sign of 'Buy one get six free,'" Tacker opens up. However, since his was a fashion retail, several stylists from TV visited his store and suggested Tacker to test for TV. "I started looking for a high paying job. I applied to an airline as a purser, because they used to pay a lakh and a half monthly. I needed that money

to make ends meet at that time. But, I got an ad for a face cream brand which paid me a lot of money. I got 3 lakhs, 12 years back. 3 lakhs for 22 days was like... I told my Dad, that I should work this out because this will pull us out of misery," Tacker reveals. The Khakee: The Bihar Chapter actor shares he soon started doing advertisements in Gujarat for two to three thousand rupees per day.

"For five and six years I was only earning money to pay the debt of the business. After 6 odd years I started making and saving money," he ends.



DaDa review: Enjoyable coming-of-age drama about accidental parenthood



The subject of parenthood, especially in mainstream cinema, has mostly been told from the perspective of a woman. Rarely, we've had a film where the story has focused on a man dealing with parenthood and his sacrifices in becoming a good father. Ganesh K Babu's DaDa is an emotional drama about a young man dealing with becoming a parent, out of the blue, with a lot of maturity. This is also a moving coming-of-age drama of an aimless, college-going youngster thrust into embracing fatherhood when the entire world, including his family, has given up on him.

The film opens with the shot of Kavin and Aparna lying together. Kavin is still sleeping and Aparna just enjoys looking at him while we hear a couple in the neighboring flat arguing early in the morning. Cut to the next shot, Aparna is crying as learns that she's pregnant and Kavin suggests that she should abort the baby as they aren't ready to be parents yet. Aparna is against the idea of abortion. Kavin and Aparna decide to move in together and take refuge at a friend's house. As they get ready to embrace parenthood, living together becomes a hassle as they end fighting over little things. It reaches a point where Kavin blames Aparna for making their lives so miserable when he warned her about keeping the baby. Kavin is forced to raise the baby alone.

The most refreshing aspect of DaDa is that it sends out a very important message loud and clear - parenthood is gender neutral. Both father as well as the mother play key parts in raising a kid and their roles can't be weighed or compared.

As much as the film sheds light on Kavin raising his son alone and in turn becoming a better person as well as a father, it doesn't try to showcase the mother in poor light. This aspect of the film and the writing is highly appreciable. It also never tries to make the father raising a kid alone a big deal.

Tara Sutaria: I've Always Looked At Love With A Lot Of Love

Bollywood actress Tara Sutaria has spoken about what self-love means to her and said that she has always loved the idea of love.

Tara has collaborated with Bumble, the women-first dating app, to launch a new campaign 'Before anyone else, there was you' ahead of Valentine's Day. To encourage self-love.

Asked about what self-love means to her, Tara said: "I think self-love or loving yourself means so many different things to different people. To me and to so many of us, I know that this will resonate because we all went through a pretty rough time recently when Covid hit the world and I think self-love took a new shape and meaning for all of us.

"All of us learnt to slow down and truly understand ourselves, begin to hear ourselves and therefore, love ourselves. I've always loved the idea of love - call it utopia, idealistic - and I've always looked at love with a lot of love, but I've never really looked at myself with that sort of love so it's taken me a lot to get to where I am today which is learning to really and truly understand every part of myself - the good, the bad, the ugly - everything that comes with being human, I suppose."



Sussanne Khan's sister Farah Khan Ali says she and DJ Aqeel are officially divorced, celebs react

Jewellery designer Farah Khan Ali took to her Instagram handle and confirmed her divorce from ex-husband DJ Aqeel as they finalised it. She is Hrithik Roshan's ex-wife Sussanne Khan's sister. In 2021, Farah announced the news of their separation and received support from her friends and family.

On Friday, Farah posted a couple of happy selfies with Aqeel. She tagged him and captioned it, "We have been declared officially divorced and are happy about it. We wish each other lots of love, happiness and luck in our onward journeys. We will always remain parents to our beautiful children Azaan and Fiza and nothing will change. Grateful for the journey we had together."

Aqeel re-posted the same on his Instagram Stories. Reacting to the post, Sussanne Khan commented, "Love u both" with lost of loved-up emojis. "It's such a beautiful new beginning note... you guys are both such amazing humans... like both of you are, ginormous hearts," Kubbra Sait added. Others such as Twinkle Khanna, Nandita Mahtani, Saisha Shinde, Dia Mirza, Bhavana Pandey, Moez Singh and Elnaaz Norouzi

among others sent their love. Last year, Farah shared on social media, "Sometimes two people grow apart. Sometimes they outgrow each other. It has been 9 years since my relationship with my husband Aqeel changed its status as a couple to just friends and to term it simply would be to state that we are 'Happily Separated'."

"We will always be best friends to each other and parents to our wonderful children Azaan and Fiza and nothing will change. Grateful for the journey we had together."

Aqeel re-posted the same on his Instagram Stories. Reacting to the post, Sussanne Khan commented, "Love u both" with lost of loved-up emojis. "It's such a beautiful new beginning note... you guys are both such amazing humans... like both of you are, ginormous hearts," Kubbra Sait added. Others such as Twinkle Khanna, Nandita Mahtani, Saisha Shinde, Dia Mirza, Bhavana Pandey, Moez Singh and Elnaaz Norouzi

involved. The reason we are announcing it publicly now, is so that the ones who know us accept our situation gracefully and always wish well for both of us especially because we hold no animosity of any kind towards one another and will always be there for each other. Aqeel is and will always be my family as I will be his. We hope that all our well wishers will accept our decision maturely and not judge us for it. It's important to be happy and we all, Aqeel and I including our children and families most definitely are.



Sherlyn Chopra slams Rakhi Sawant, supports her husband Adil: 'Don't know how he landed in this mess but...'

Rakhi Sawant and her husband Adil Khan Durrani's marriage has been making headlines in recent days. After Rakhi accused her husband of domestic violence and also alleged that he was having an extramarital affair, Sherlyn Chopra weighed in on the matter and sided with Adil. Sherlyn had filed a police complaint alleging defamation and sexual harassment against Rakhi last year, who was recently questioned by police in connection with the case.

Amid the ongoing Rakhi-Adil spat, Sherlyn has commented on the matter, accusing the two of doing everything they can to stay in limelight.

In a video shared by a paparazzo on Instagram on Thursday, Sherlyn Chopra shared her views on the ongoing fight between Rakhi Sawant and her husband Adil Khan Durrani. The actor said, "Mai kya bolu inn dono ke baare mein. Lekin itna mai keh sakti hu Adil ke sath kuch samay bitake - police station main - ki woh banda joh hai

shulja hua hai. Pata nahi kaise woh yeh pure jhamale mein fas gaya. But jitni dher maine usse baat ki aaise laga ki woh shulja hua banda hai (I am no one to say anything about Rakhi and Adil's matter, but from what I have learnt about Adil after spending time with him at a police station, he seems like a sorted person, but don't know how he landed in this whole mess)."

Sherlyn continued, "Aur maine boli bhi usko uske mum pe, tum toh suljhe hua lagte ho kaha aagaye tum? Kaisa fas

gaya yeh pure chakkar mein? Aur surkhiyo mein aane ke liye yeh zaroori nahi ki yeh log apas mein khitpit kare ya apne rishtey ka mazak banayee (I even told Adil he looks sorted so what was he doing with her? I feel they should not do such things just to stay in the limelight)."

She further said, "Mai kya bolu? Maine toh unke pati ko apne bhai mana hai. Bhai ke baare mein isi tarah ke baate sunn kar aacha bilkul nahi lag raha. Mai bus chahungi ki joh kuch bhi hai inn dono ke beech



Photo: Anshu Singh

Weight Loss Tips: These Carb-Rich Foods Might Actually Fasten Your Weight Loss



It turns out you should continue eating some carbohydrates despite what we've been told for years. The word "carbohydrate" has a terrible reputation. They are frequently linked to type 2 diabetes, weight gain, and a number of other health issues.

It is true that refined grains and processed diets high in sugar frequently lack necessary vitamins and minerals. Numerous nutrient-dense, fiber-rich meals, however, might really be highly beneficial for your health.

Although some people may benefit from low-carb diets, there is no need to completely exclude high-carb items. In this article, we share nutritious and healthy carb-rich foods that might actually

boost your weight loss.

Add these carb-rich foods to your diet to fasten weight loss:

1. Oats

A very nutritious whole grain, oats are a fantastic source of numerous vitamins, minerals, and antioxidants. Furthermore, oats are a decent source of protein and have a higher protein content than most grains. According to research, eating oats may lower your cholesterol levels, hence lowering your risk of heart disease. In particular for those with type 2 diabetes, eating oats may lower blood sugar levels. Oats are also quite filling, which may aid with good weight management.

2. Barley

Barley, a cereal grain, may have the capacity to raise satiety-relat-

ed hormone levels. Boiling barley kernels can alter the microorganisms in your gut, which in turn can increase your metabolism, according to a Swedish study. This starch's high fibre content has also been reported to reduce hunger pangs, according to researchers.

3. Quinoa

Quinoa is a wholesome seed that has gained enormous popularity among consumers who are concerned about their health. It falls under the category of a pseudocereal, which is a seed that is processed and consumed like a grain. Quinoa cooked is a high-carb food since it has 70% carbohydrates. But it's also a fantastic source of fibre and protein. Quinoa has been linked to a num-

ber of health advantages, including better blood sugar control and heart health. Quinoa is high in numerous minerals and plant components.

corn. Being more content will probably cause you to eat less, which will result in consuming fewer calories. They are also a much better alternative to chips

Contrary to common belief, carbs are actually a beneficial addition to the diet if you're trying to lose weight. Try these 6 foods rich in healthy carbs.

Buckwheat

Buckwheat is regarded as a pseudocereal, similar to quinoa. Buckwheat is not linked to wheat, despite its name, and it does not contain gluten. As it contains both protein and fibre, buckwheat is particularly nutrient-dense. Compared to many other grains, it also contains more nutrients and antioxidants. Studies indicate that it might be especially advantageous for blood sugar control and heart health.

5. Popcorn

Next time you're hungry, try popcorn instead of crisps. Researchers from the food and health fields around the nation evaluated the short-term satiety of these two common snacks and discovered that most volunteers reported feeling less hungry and more satisfied after eating pop-

and other ultra-processed snacks.

6. Bananas

Bananas are a popular fruit that people enjoy using in a variety of ways. In addition to being rich in potassium and the vitamins B6 and C, bananas also contain a number of advantageous plant components. Bananas may help decrease blood pressure and enhance heart health due to their high potassium content. Green, unripe bananas have more starch. As the bananas ripen, this changes into natural sugars, which causes the bananas to turn yellow. Therefore, if you consume your bananas while they're less ripe, you'll often get more starch and less sugar.

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Instead of causing weight gain, these foods rich in carbs will help aid weight loss and boost your overall health.

HOW EATING FEWER CALORIES MAY HELP SLOW DOWN THE AGING PROCESS



Restricting calorie intake could help slow down the aging process, according to a study Trusted Source published today in the journal Nature Aging.

Researchers, led by the Butler Columbia Aging Center at Columbia University Mailman School of Public Health in New York, used DNA analysis from blood samples to measure the rate of aging and reported that calorie restriction slowed the aging process.

Participants included 220 healthy men and women in three different sites in the United States. The participants either continued with their regular diet or had a 25% reduction in their consumed calories.

The scientists followed the participants' diet and health for two years and took blood samples at the start of the study and again at 12 months and 24 months.

What researchers found in calorie restriction study The researchers reported a slowing aging process based on three DNA markers.

They said these results could provide a sense of what effects scientists can look for when completing trials for specific weight interventions, such as intermittent fasting.

"This study teaches us that keeping a person's body at a lean weight helps decrease the molecular changes on a cellular level that happen in response to aging," said Dr. David Selzer, an internal medicine specialist at NYU Langone Medical Associates in West Palm Beach and Delray Beach in Florida who was not involved in the study. "With that noted, life is not a test tube. People age for multifactorial reasons such as stress and anxiety, not just their diet."

"I agree that calorie restriction plays a role on the molecular level," Selzer told Healthline. "However, I think finding a healthy balance between caloric intake and daily exercise is more likely to lead to a longer lifespan."

Low calorie intake and healthy aging

The researchers are currently completing a follow-up study to see if calorie restriction has a long-term effect on healthy aging.

"The results make sense to me," said Dr. Raphael Kellman, an internist and functional medicine physician at Kellman Wellness Center in New York City. "However, nutrition studies are notoriously difficult to conduct, particularly long-term, as people naturally have trouble adhering to diets."

"I think you should take into consideration a few things," Kellman told Healthline.

"One, what kind of diet was the control group on vs. the calorie-restricted group? If the control group is overeating or eating a lot of unhealthy foods and the calorie-restricted group is eating a healthier diet, are the results due to the calorie restriction, or would just eating a healthier diet also have a positive impact?"

"Also, it is hard to know whether people are truly adhering to a diet unless their food is strictly controlled and monitored," Kellman added.

Vitamin B12: Why do you need it, how should you take supplements?

A vital nutritional element, Vitamin B12, also referred to as cobalamin, plays a crucial role in supporting various processes in the body. The smooth functioning of the nervous system and the formation of red blood cells heavily depend on adequate supply of Vitamin B12. Furthermore, it prevents anemia, protects the eyes from macular degeneration, regulates DNA and produces energy. These are the reasons why people must ensure sufficient intake of this vitamin in order to maintain health.

A deficiency of this vitamin in the body leads to insufficient oxygen supply to the different parts of the body. It also causes memory problems, weight loss, skin pigmentation, menstruation issues and so on. The body needs a continuous supply of this vitamin to successfully meet all requirements. A pertinent question arises here, what is the exact quantity of Vitamin B12 our body requires every day?

The daily requirement of



Vitamin B12

People above 14 years of age need to consume 2.4 micrograms (mcg) every day. However, the requirement changes with the calorie our body needs at a particular time. For instance, a pregnant woman needs to ensure an intake of 2.6 mcg, and a lactating woman 2.8 mcg daily. In order to maintain health and provide the necessary amount of the vitamin to the body, people must adhere to these standards.

In cases of deficiency, people may notice symptoms such as fatigue, headache, difficulty in concentration and others. This condition can be avoided with the intake of Vitamin B12-rich

foods such as eggs, milk, fish, chicken, peanut, sweet potato, dairy products and so on. However, animal-sourced food products are considered the best source of Vitamin B12.

Deficiency of Vitamin B12 People who strictly follow a vegetarian diet remain at a risk of deficiency. Additionally, congenital diseases and genetic intrinsic factor abnormalities can cause severe vitamin B12 deficiency. Older adults, people with gastrointestinal conditions, and those on certain medications, including proton pump inhibitors and metformin, may need to take a supplement.

The noticeable signs of a lack of

Vitamin B12 in the body may include:

- Chronic fatigue
- Shortness of breath
- Pale skin
- Mouth sores
- Bleeding gums
- Constipation
- Diarrhoea
- Loss of appetite
- Joint pain
- Vision loss
- Dementia

So, the deficiency of Vitamin B12 is a serious issue and must be given due attention.

Sometimes, people need to provide this vitamin to the body through supplements, either orally or through Vitamin B12 injections. But the decision to take supplements must be taken after consultation with a doctor. The absorption of vitamin B12 can vary from 56 per cent of a dose of 1 mcg to 0.5 per cent of a dose of 1,000 mcg. Therefore, if someone consumes vitamin B12 less frequently, they will need a higher total amount to achieve desired

absorption.

Oral supplements

Depending upon the level of deficiency, a doctor may recommend a high dose of an oral supplement, up to 1,000 mcg. This can be extremely efficacious in dealing with the situation. Besides, oral supplements are cost-effective and leave almost no side effects.

Injection: In extreme situations and to deal with Vitamin B12-induced anaemia, injections are recommended. The doses depend on the level of deficiency in the body.

The overdose of this vitamin doesn't affect health. The body uses the required amount and excretes the excess amount through urine. An increase in water intake can help release the extra amount of this vitamin in the body. You must take care of your body and keep an eye on abnormal signs. You must adopt a healthy lifestyle and take a proper diet containing all the nutrients.

What Happens When You Cut Down On Sugar Completely? 5 Side Effects To Keep In Mind

We share a bittersweet relationship with sugar. While we love indulging in all things sweet and decadent, it is also touted as the main culprit for several lifestyle-related diseases including diabetes, obesity and more. Sugar and sugary foods are loaded with fat. As per popular belief, fat adds excess calories to our everyday diet. What if we say, it is not exactly how you think? Days of eating on fat are long gone. Now, there are multiple pieces of evidence to support the fact that fat (one of the major macronutrients) plays an essential role in our overall growth and nourishment. In fact, eliminating sugar from our diet completely might come with several side effects.

In this article, we will look into how cutting down on sugar affects your body and how effectively you can include it in your diet. Let's start with understanding what sugar is. What Is Sugar? Sugar, to most of us, is the food ingredient that we add to our meals. What we often fail to understand is the fact that sugar is actually a com-



ound, which when crystallised, turns into a food ingredient. According to www.sugar.org, sugar is sucrose (a mix of fructose and glucose), "a simple carbohydrate that is produced naturally in all plants, including fruits, vegetables and even nuts." For the unversed, carbohydrates help provide energy to your body and fuel the brain, organs and muscles to function and engage in everyday activi-

ties. Hence, experts from across the globe suggest, it is important to include sugar in our daily diet, but in moderation. "Sugar is simple, amazingly functional and it's part of a balanced diet," the website further reads. Photo Credit: iStock/What Is Added Sugar? Added sugar is any form of sweetener that undergoes processing, which further strips off the healthy nutrients from the food. According to

American Heart Organisation, added sugar includes white sugar, brown sugar, honey and all the foods that are manufactured chemically with these ingredients. 5 Side Effects Of Cutting Down On Sugar. 1. Makes us feel low: A cake or chocolate instantly

glucose levels. When there is a lack of this fuel source, you might experience different cognition-related issues. As per studies, it might lead to a lack of concentration, focus and poor memory. 3. Sleep problem: Sleep pattern depends much on our cognitive

know, sugar is a potent source of glucose and glucose helps refuel us with energy. With quitting sugar, the body's glucose level gets affected. This often makes people feel tired and lack energy for work. How To Include Sugar In Your Diet Effectively? 1. Add fruits: Sugar is naturally produced in fruits (and some vegetables). Hence, it is always advised to replace cakes and candies (that have added sugar) with fruits and dry fruits to include healthy fats in your diet.

Photo Credit: iStock2. Swap sweetened drinks: Colas and packaged sweet drinks are also high in added sugar. You can always replace these drinks with freshly pressed fruit juices or simple soda (with mint, lemon etc for added flavours) to enjoy the benefits to the fullest. 3. Read labels before buying: Do you read the sugar content in packaged food every time you buy it? If not, then start doing now! Several foods and condiments sneak in added sugar that might affect our body negatively.

Sugar Effects: We often fail to understand the fact that sugar is actually a compound, which when crystallised, turns into a food ingredient.

uplifts our mood. Have you ever wondered why? As researchers, sugar is known to affect our brain's reward system, further affecting our mood. A study, published in the journal nutrient, finds that sugar triggers the release of dopamine, which instantly gives us a sense of pleasure. When we eliminate sugar from our diet, it often leads to depression, anxiety, untimely cravings and more. 2. Lack of concentration: Brain functions such as thinking, memory and learning are closely linked to the body's

health that is directly linked to the body's glucose level. According to a study, published in the American Journal of Lifestyle Medicine, people who are on a sugar detox diet, lack glucose (in the body) and often experience changes in their sleep pattern. 4. Nausea and dizziness: As mentioned earlier, sugar is fat, which is considered one of the macronutrients that our body needs. A lack of sugar often creates an imbalance, leading to weakness, nausea, dizziness and more. 5. Lack of energy: By now, we all

DC Kishtwar reviews patient care scenario at Rogi Kalyan Samiti meeting



JJ NEWS SERVICE
KISHITWAR, FEBRUARY 10: To review the functioning and patient care scenario in the district Hospital Kishtwar, Deputy Commissioner (DC) Dr. Devansh Yadav, today chaired a meeting of the Governing Body of "Rogi Kalyan Samiti" (RKS).

The meeting was attended by Chief Medical Officer, Dr. Mohammad Yaqoob Mir, EXEN PWD, Ravinder Kumar, EXEN, PHE Sanil Kumar Sharma, Medical Superintendent District Hospital, Dr

Javeda Qazi, BMOs, prominent persons and other RKS members. The DC took a detailed review of the functioning and fund flow of the District Hospital Kishtwar besides the progress of the institution under different indicators. A threadbare discussion was held on the measures required with respect to the up-gradation of the Hospital. The meeting was informed about various issues and requirements for the augmentation of health infrastructure and overall advancement of the

healthcare system in the Hospital. The DC assured all possible support from the Administration for infrastructure development of the Hospital to further improve patient care in the hospital. The Deputy Commissioner directed the concerned to follow the objectives as envisaged in RKS guidelines and stressed for resource generation and strengthening transparent mechanism in utilization of funds. He directed the concerned Tehsiladar to demarcate the land identified for Parking

space in the hospital premises. During the meeting the Samiti approved the enhancement of Honorarium Rs 2000 in favour of HDF employees on a pro-rata basis.

The DC asked the officers to work with added zeal and dedication to ensure efficient and prompt health and patient care facilities to the people. The concerned EXENs were directed to ensure the completion of pending repair and construction works in various healthcare facilities including the Eye Block at DH Kishtwar, approaching road to Sub Centre Bhatat, allied works in SC Ligri and Galabgarh and PHC Afti, so that they can be handed over to the Health department for the better health care facilities being provided to the common masses on smooth basis.

2-day Int'l Conference "Science for Survival to Explore the Unexplored Dimensions" held at GCW Udhampur

UDHAMPUR, FEBRUARY 10: Government College for Women Udhampur organized a two day international conference on the theme "Science for Survival: To Explore the Unexplored Dimensions".

Principal Secretary, Higher Education Department, Alok Kumar was the chief guest of the event, who joined the conference through virtual mode.

Director Colleges, Prof. (Dr.) Yasmeen Ashai was the guest of honor and she also joined through virtual mode.

The special guests of the event were Additional District Development Commissioner, Udhampur, Ghan Shyam Singh, Additional SP Anwar-ul-Haq; Dr. Udhay Bhanu, principal GDC Ramnagar, Rajinder Kumar Digra, District Information Officer, the Principals of various government colleges of Jammu division also graced the occasion with their presence.

Dr. Monika Sharma, Principal of the college and convener of the conference presented a formal welcome address to the chief guest, guest of

honor, resource persons and other dignitaries. She also welcomed the resource persons who have joined this conference from overseas through virtual mode. In her welcome address, the principal raised the critical global issues and grand challenges such as climate change, pandemics, energy security, water management, and food shortage and she also hoped that the conference will put some light on these issues which eventually will lead to the solutions.

Dr. Anita Sharma, co-convener of the conference gave introductory remarks on the theme of the conference. She asserted without science there is no human growth, no technological advances and no knowledge generation and she explained the significance of the conference by expressing her ideas on it. She believed that scientific knowledge, scientific processes are important avenues for researchers to share and discuss research findings.

It also acts as a platform to exchange ideas and insights and to network for collaboration and career

development. It can benefit the student in so many ways.

Dr. Kewal Kumar, organizing secretary of the conference, briefed the proceedings of the conference. He explained the motive behind organizing such a mega event. He stated that the institution is an undergraduate institute having girl students only and the students mostly belong to rural background. Most of the girls even don't know what a conference is, what happens in a conference? So, this conference is an attempt to ignite the young and budding minds towards scientific approach. The students through this conference shall learn the significance of the research and innovation.

Keynote speaker, Dr. OP Vidyarthi (Retd. IFS), former principal chief conservator, Forest department, UT of J&K deliberated on the theme of the conference with the presentation entitled "Decade of Ecosystem Restoration: Challenges of Solution." He argued that there is a need to restore our nature & environment. He further discussed the bio-diversity of the region.

DC Kathua reviews functioning of Health Sector, implementation of govt Schemes

Calls for 100 % saturation of AB-PMJAY, ABHA registration, achieving target of Leprosy, TB free district

JJ NEWS SERVICE
KATHUA, FEBRUARY 10: Deputy Commissioner, Kathua Rahul Pandey today chaired a meeting to review the functioning of the health sector and patient care facilities in the district.

The meeting was attended by Chief Medical Officer, Dy. CMO, Medical Superintendent, AH, GMC Kathua, District Tuberculosis Officer, BMOs, besides concerned officers and officials of health department.

A threadbare discussion was held on various issues like Health Care achievements, Patient care, ABDM, RBSK, NCD, NVBDCP and other related issues.

The CMO gave a detailed overview through

powerpoint presentation and projected various issues regarding present status of AB-PMJAY Cards, institutional deliveries, requirement of ambulances in remote blocks, NTCP, NMBR, PCPNDT Act and other schemes and programmes of the health department.

The DC also took feedback about the implementation of various schemes and programmes under the National Health Mission, including RBSK, Leprosy Mukht and TB Mukht Panchayats across the district.

The DC asked for focusing on daily monitoring of progress made under AB-PMJAY besides registering beneficiaries under ABHA through door to door sur-

veys. He also laid focus on making a workable action plan to target saturation left out areas by putting in sincere efforts by concerned Block Medical Officers.

Expressing his concern about low institutional delivery in the district, DC asked the concerned BMOs to encourage masses to opt for institutional delivery. He said efforts will be made to rationalize availability of the ambulances across the district to cater emergency cases in a better way.

During the meeting detailed deliberations on issues like availability of online services, Addition Treatment Facility (ATF), aggressive Sampling of TB cases were also held.

Change of Land Use: DLC approves 02 cases in Rajouri

RAJOURI, FEBRUARY 10: District Level Committee on change of land use met here today under the chairmanship of the Deputy Commissioner Rajouri, Vikas Kundal to discuss and approve the applications received online from the applicants from across the district. The Committee, after a threadbare discussion, approved 2 cases of conversion of agricultural land for non agricultural purposes. The DC directed concerned departments to ensure timely issuance of NOCs to the applicants after proper verification of documents and rules under conversion Regulations, 2022. Officers who attended the meeting included ADC Rajouri, Sachin Dev Singh, CEO RDA, Vivek Puri, ACR, Imran Rashid, Kataria; CAO, Sohan Singh, SE PWD(R&B), Kamal Kishore, Ex:En STD Kalakote.

District Level Training Programme on development of Seed Multiplication Chain, Exotic Vegetables held at Kishtwar

JJ NEWS SERVICE
KISHITWAR, FEBRUARY 10: Continuing the series of training programmes under the Holistic Agriculture Development Programme, a District Level Training session was today conducted here in the Office premises of Chief Agriculture Officer, Kishtwar.

The training programme was focused on the creation and development of certified Seed and Seed Multiplication chains, besides development of Vegetable particularly Exotic Vegetables in the district under Holistic Document.

During the programme, the speakers highlighted the fact that owing to special agro-climatic conditions (Himalayan conditions) of the region there is vast potential for the pro-

motion of exotic as well as traditional vegetable sector and under holistic development of Agriculture and allied sectors a special focus has been shifted towards this field.

Special lectures were delivered on "Promotion of Vegetable/ Exotic Vegetables in the training programme by various experts.

The speakers and resource persons said that the vegetable sector has huge scope in the district and could generate a large number of employment opportunities.

They said that under the holistic document a special programme has been designed for this purpose so that maximum opportunities under this sector could be explored.

CAO asked the officers to work in close coordina-

tion so that the desired results could be achieved under all the projects of the Holistic Document.

Besides, during the training programme, it was envisioned that there is a need for creating certified seed producers so that the seed multiplication chain is established as documented

in a holistic document and such programmes are instrumental in the process to make the Kishtwar District seed sufficient.

The training programme was conducted under the close supervision of Chief Agriculture Officer (CAO) Kishtwar Amjad Hussain Malik.

AHD staff conducts cleanliness drive in DC office complex Kishtwar

JJ NEWS SERVICE
KISHITWAR, FEBRUARY 10: An intensive cleanliness drive was carried out by an Intensive Husbandry Department in Block 3 of New DC Office, Complex Mini Secretariat under the banner Swachh Bharat Abhiyan - and in consonance with Azadi Ka Amrit Mahotsav. The Drive was led by Chief Animal Husbandry Officer (CAHO), Dr. Sanjay Kumar Sen.

Staff of the Animal Husbandry Department enthusiastically participated in the cleanliness drive. They collected Bags of garbage (paper waste/Plastic waste/Plastic bottles) and cleaned the area inside the Mini Secretariat Complex.

GLIMMER OF HOPE:

Nowshera Forest Div strives to create Livelihood options under Green India Mission

JJ NEWS SERVICE
RAJOURI, FEBRUARY 10: A new ray of hope is shining bright towards the employment generation for the locals in Nowshera Forest Division as J&K Forest department is continuously working towards livelihood options and exploring employment generation under Green India Mission involving youth and women, especially in the Chir. Zone ecosystem of J&K UT.

To cater to the employment demand of local people, Nowshera Forest Division has organised three local employment generating training programmes under the banner of Green India mission which includes high density Fruit plants, one month training course of tailoring & stitching, six month basic

computer course and all these aim to diversify the livelihood option of local peoples.

In this programme a detailed demonstration of plantation of high density fruit plants was imparted to the locals by the experts and 250 high density fruit plants were distributed among farmers. In addition to this one month training course of tailoring and stitching were started and 10 sewing machines were distributed among local female trainees.

In another event, Samriti Van at Dharpur Mandir Sunderbani was inaugurated in presence of Mandir Samiti and other Locals of the area.

The programme was facilitated by Worthy Commissioner/Secretary to Government,

Department of Forest, Ecology and Environment, J&K Sanjeev Verma, Director, Department of Social Forestry Roshan Jaggi (PCCF), Addl. Pr. Chief Conservator of Forests, Jammu B.M Sharma, CF West Circle Rajouri, Vivek Verma (IFS), DFO Rajouri Dr. A.D Singh, DFO Nowshera Mrs. Neelima Shah, Kartar Singh, ADC Nowshera, Bodh Raj (BDC Chairman), Narinder Sharma, MC Chairman Nowshera, Rohit Kohli, Councillor Nowshera alongwith other PRI members and local peoples. The whole programme was organized by Anil Kumar Bhagat, Range Officer Nowshera, Rakesh Verma Range Officer Sunderbani, Sudesh Kumar, Range Officer Lamberi.

District Employment & counselling Centre Poonch organises Job Fair-2023



JJ NEWS SERVICE
POONCH, FEBRUARY 10: District Employment and Counselling Centre (DE&CC) Poonch organized a Job Fair to provide job opportunities to the youth of the District.

As many as 4 employers from different sectors participated in the event which included companies like SBI Life, HDFC, LIC of India and Am Hyundai. The event witnessed an overwhelming response from job seekers as over 250 unemployed youth from across the district participated in the event. More than 50 Job Seekers with varied skills were shortlisted by the companies for different jobs, while participating candidates were also registered on the employment portal. Deputy Director Employment Mohammad Rafiq, interacted with the Jobseekers and Job providers. He expressed satisfaction over the success of the Job fair. He added that such events would be made a regular feature to benefit the maximum number of local youth.

DC Kathua reviews functioning of Revenue Department

Asks officers to intensify anti-encroachment drive

JJ NEWS SERVICE
KATHUA, FEBRUARY 10: Deputy Commissioner Kathua, Rahul Pandey chaired a meeting of Revenue officers to discuss revenue matters here in the Conference Hall of the DC office complex, today. The DC took a comprehensive review of the ongoing anti-encroachment drives being carried out by the district administration.

He laid emphasis on furnishing a daily report regarding removal of encroachments for appraising the higher authorities about the progress. Taking review of the SWAMITVA scheme, the DC exhorted the revenue officials to speed up the mapping process of the revenue villages besides expediting the

digitisation process of revenue records within the set timelines.

The DC also directed the revenue officials to identify land in their respective Tehsil for creation of assets for important projects including parking spaces.

The DC called upon the Tehsiladars to exercise due care in the appointment of Lambardar/ Chowkidar by ascertaining the character antecedents of applicants.

The DC also emphasized upon revenue officers to dispose of the pending matters

regarding the Revenue Court Cases Monitoring System (RCCMS) on priority besides uploading their updated status on the prescribed portal regularly.

Other issues such as digitization of cadastral maps, status of eviction of Roshni land, land acquisition cases, change of land use cases were also discussed at length wherein thrust was laid on regular monitoring and reporting of actions taken during the field visits.

It was discussed that the EXN Divisions and AEE Subdivision will

regarding the Revenue Court Cases Monitoring System (RCCMS) on priority besides uploading their updated status on the prescribed portal regularly.

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It was discussed that the EXN Divisions and AEE Subdivision will

DC Rajouri resolves issue hampering execution of work on sub-centre Chambi Trar

JJ NEWS SERVICE
RAJOURI, FEBRUARY 10: Deputy Commissioner Rajouri, Vikas Kundal today resolved bottlenecks impeding the construction of work on the sub-centre building at Chambi Trar.

It is pertinent to mention here that there were some issues with the locals over the construction site of the

sub-centre building which was causing delay in the execution of work.

Sensing the gravity of the situation and the importance of the health sub-centre, the Deputy Commissioner met with both parties and the issue was resolved amicably during a threadbare discussion held in a meeting attended

by ADC, CMO, BMO, and PRIs concerned. The Deputy Commissioner said that these constraints often lead to delays in construction and completion becomes tardy. He also said that we cannot afford to ignore the fact that timely completion of these vital projects is something where compromise may

have an adverse effect on the lives of the rural populace. He also said that boosting the health infrastructure is the priority of the Government and appealed to the public to shun these minor self interests over large community benefits and not create impediments on the way of development.

Rajouri: Newly created Chief Er, E-XN Offices all set to start function from April 2023

JJ NEWS SERVICE
RAJOURI, FEBRUARY 10: The newly created Executive Engineers PWD Divisions, AEE Subdivision and Office of the Chief Engineer PWD in the Rajouri district are all set to start function from April, 2023.

To give a push towards their functioning, District Development Commissioner, Vikas Kundal discussed the necessities in this regard here in a meeting.

The meeting laid stress on early and smooth functioning of the newly established offices and the steps that need to be taken to make the offices operational from April 1, 2023 as per the date communicated by the Government.

The District Development Commissioner stressed on the importance of these offices in addressing the infrastructure needs of the district and enhancing the overall develop-

ment of the region.

The meeting was informed that the Government has sanctioned one Chief Engineer Office for Rajouri, three EXN Offices for Thanamandi, Kotranka, and Kalalote, and respective AEE subdivisions, and it is essential to make them functional as per the dates communicated by the Government.

It was discussed that the EXN Divisions and AEE Subdivision will

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It was discussed that the EXN Divisions and AEE Subdivision will

J&K Bank awarded for promoting digital payments

Such recognition will drive us to achieve greater excellence: Baldev Prakash

JJ NEWS SERVICE SRINAGAR, FEBRUARY 10: Achieving another feat in digital payment domain, J&K Bank bagged an award for its outstanding performance in promoting digital payments during FY 2021-22. The Bank has achieved 2nd highest percentage of digital payment transactions in Small and Micro Category of private sector banks.

MD & CEO J&K Bank, Baldev Prakash received the felicitations from Union Minister of Electronics & Information Technology, Railways, and Communications, Ashwini Vaishnav at "Digital Payments Utsav" celebrated by Ministry of Electronics and Information Technology (MeitY, Goa) at India Habitat Centre, New Delhi. Bank's Chief Digital Officer



Naveed Zargar was also present on the occasion. While expressing his gratitude, Baldev Prakash attributed the reception of award to the persistent efforts of Bank's Staff. He said, "It is a moment of great satisfaction for all of us as we see our extra-efforts to realise the vision of Digital India not only fruitifying but getting

He further said, "To encourage digital banking in our operational geographies we have embarked on digital transformation journey. The digital mission of the Bank is to improve the customer experience by providing them digital banking services that are convenient, easy, affordable, quick and secure."

With the proactive measures taken to encourage digital payments, the Bank had successfully surpassed the Digital Payment Transaction target allocated by MeitY for the financial year 2021-22.

Pertinently, J&K Bank has bagged 'Utkarsh Puraskar - 2020-21' last year also for being one of the top two achievers in digital payment transactions under the category of Small and Micro banks.

JKHPMC to develop Shopian as 'Apple Cluster', with MoA&FW, NHB support

JJ NEWS SERVICE SRINAGAR, FEBRUARY 10: JKHPMC has started the process of developing Shopian as an 'Apple Cluster', recently approved by Union Ministry of Agriculture and Farmers Welfare (MoA&FW) at an estimated cost of Rs. 138 crores, under Cluster Development Programme (CDP). The letter of acceptance issued by the Ministry in favour of JKHPMC with M/s. FIL Industries Limited, as the implementing Agency with technical support by National Horticulture Board's (NHB). In this regard, the NHB's team from New Delhi were on two-day visit to Srinagar and Shopian on 9th and 10th February, 2023 for finalizing the components to be set up by FIL Industries in



the Apple Cluster, under the programme. The team of HMB comprising Joint Director, NHB, R.K. Agarwal; Dy. Director NHB (J&K Chapter), Sansar Ahmad and other officers held a joint meeting with JKHPMC officers and representatives of FIL industries for finalizing the components. The team alongwith officers of JKHPMC, during the visit, also

visited Shopian and called on Deputy Commissioner Shopian and apprised him about the land required for developing nurseries in the Shopian Cluster. During the interaction, DC Shopian expressed satisfaction over the programme and assured JKHPMC that the district would make available the required land banks for the optimum implementation of the pro-

gramme. The NHB team also visited FIL Industries facilities at Rangreth, Srinagar and assessed the requirements under the CDP.

Pertinently, the programme has to be executed with respect to three end to end verticals, viz: Pre-production & production, post production & value addition and logistics & marketing in a span of four years.

Secretary H&ME reviews progress on implementation of RBSK in J&K

JJ NEWS SERVICE SRINAGAR, FEBRUARY 10: Secretary, Health & Medical Education, Bhupinder Kumar, today reviewed implementation of Rashtriya Bal Swasthya Karyakam (RBSK) and functioning of District Early Intervention Centres in J&K in a meeting held at Civil Secretariat, here.

It was informed in the meeting that during the current financial year, 83.90 per cent of government schools and 80.11 per cent anganwadi centers have been visited by RBSK Mobile Health Teams for conducting Health Checkup of children till date.

Secretary directed all the Chief Medical Officers to complete the screening of children enrolled in government schools and anganwadi centers before the closing of financial year.

He directed that CMOs shall ensure that teams under RBSK carry out screening of all children in the pre-school age enrolled at Anganwadi centres at least twice a year besides screening of all children studying in government and government aided schools.

Secretary laid stress on making District Early Intervention Centers functional in all aspects for providing support to the referred children so that children diagnosed with identified health conditions

receive follow up including surgeries at tertiary level, free of cost so that the benefits reach to the needy people across the UT.

Ayushi Sudan, Mission Director, NHM J&K, informed that UT has started online portal for data capturing under RBSK and in the first phase uploading of screening data by the Mobile Health Teams on daily basis has been made functional and all MHT's are now uploading the data on the online portal.

Dr Mohammad Shafi Koka, State Nodal Officer NHM J&K, informed about the guidelines of branding for Ayushman Bharat Health and Wellness Centres and organizing of Health Melas at HWCs on monthly basis.

On the occasion, a presentation regarding RBSK was made by Dr Syed Gazala Nazki, Programme Manager, RBSK.

The meeting was attended by Director Health Services Kashmir, Dr Mushtaq Ahmad Rather, Chief Medical Officers, Medical Superintendents of Associated Hospitals of Government Medical Colleges and District Hospitals, Programme Manager RBSK, DEIC Managers and other officers from State Health Society, NHM in person and through video conference.

Power shutdown

JAMMU, FEBRUARY 10: Chief Engineer (Distribution) JPDCJ, Jammu has informed that the power supply to Gandhi Nagar, Nanak Nagar, Railhead Complex, Jammu University, DC Office, Boria PHE, Sunjwan, Narwal, Bathindi, Channi Himmat, Transport Nagar and the areas being fed from Grid Stations- Sidhra, Janipur, Jhajarikoti, BB1 and BB-11 shall remain affected on February 12 from 10 am to 4 pm.

Similarly, the power supply to Jhajarikoti, Janipur, Lakad Mandi, Patoli, Janipur Colony, Pamposh Colony, Ambdhar Nagar, High Court, Daily Excelsior, Statistical Office, Upper Barnai, Lower Muthi, Paloura, Dogra Hall, Rehari, Resham Gar Colony, Bus stand, Jewel, Hari Market, Raghunath Bazar, Kalleth Mohalla, Kanak Mandi, Mandi, New Plot, Sarwal, Part of Karan Nagar.

Secretary PD&MD visits Ganderbal, reviews development projects

JJ NEWS SERVICE GANDERBAL, FEBRUARY 10: Secretary, Planning Development & Monitoring Department (PD&MD), Dr. Raghav Langer, today conducted extensive visit of Ganderbal district and reviewed progress on various development projects under implementation in the district.

In this regard, Secretary convened a review meeting in which all district and sectoral officers were present.

While taking department wise review, Secretary directed all the officers to work in tandem so that all set targets under various schemes are achieved in timely manner.

DDC presented a detailed profile about development scenario of the district through a power point presentation.

Secretary was apprised of the initiatives started by the district administration to achieve 100 per cent enrolment of out of school children. He asked to start bridge classes for the newly enrolled students under Mashal-e-Gaash programme, an initiative by the district administration

to achieve cent percent literacy rate in the district. He directed the officers to focus on learning outcomes for improvement of education standards at various levels in light of New Education Policy.

He stressed upon all the officers to further improve the service delivery mechanism in order to provide quality services to the common people. He asked the District Social Welfare Officer to conduct door to door campaign to make common people aware about the welfare schemes launched by the government. He also asked for displaying the help line numbers at main places so that the needy people can seek help from the departments as and when required. Raghav Langer directed Superintending Engineer, Jal Shakti, Circle Ganderbal, to expedite the pace of work on approved Water Supply Schemes. He also asked for ensuring coverage of left out households under JJM. Secretary asked the officers of agriculture and allied sectors to put in all efforts for increasing the productivity and ensuring market linkages

in order to benefit the farming community. He directed the Chief Animal Husbandry Officer, Ganderbal, to coordinate with NRLM for formulation of dairy collection centres by registered Self Help Groups.

While reviewing Fisheries department, Secretary was informed that two units under FIDF (Fisheries Infrastructure Development Fund) are in progress in the district, one unit namely K2 Aquaculture (RAS) has been sanctioned for Rs. 47.00 crore while another unit with the project cost of Rs. 7.00 crore is likely to be sanctioned soon. He was apprised that the Trout Fish production, after the completion of the projects, is expected to increase by 1000 tonnes per annum in the district.

It was informed in the meeting that Ganderbal has been ranked as number one district in J&K in implementation of PMMSY scheme and efforts will be geared up to maintain the status and make the district capable of exporting regular consignments of frozen Rainbow Trout to various countries.

DC reviews status of works under Jal Jeevan Mission at Kulgam

DIRECTS TO SCALE UP PACE ON ONGOING WORKS; STRESSES ON CONDUCTING MORE IEC ACTIVITIES

JJ NEWS SERVICE KULGAM, FEBRUARY 10: The Deputy Commissioner (DC) Kulgam Dr. Bilal Mohi-Ud-Din Bhat today convened a meeting of concerned Officers to review status of works under Jal Jeevan Mission (JJM) in the district.

During the meeting, the DC took detailed review of physical and financial progress made on various JJM Works.

Executive Engineers from Qazigund and Kulgam Divisions informed the chair that there are 218 works and 140 schemes/projects under JJM in the district.

Out of 218 works, 201 works stand tendered, 146

Allotted and 108 works have been taken up while as 04 works stand completed.

The DC emphasized that every effort has to be made to ensure that the goal of tap water to all households must be achieved as per the projected timeline. He said that the Mission is envisioned to provide safe and adequate drinking water through individual household tap connections to all households.

He directed all the concerned officers to scale up pace on works under JJM so that the target can be achieved within the stipulated period.

He asked the officers to regularly monitor the

'SHE IS A CHANGE MAKER PROJECT'

IMPARD to organize CBPs for ULB women members of Kashmir Valley from Feb 13

JJ NEWS SERVICE SRINAGAR, FEBRUARY 10: As part of Capacity Building Programmes (CBPs) being held under ambitious "She is a Change Maker" project, the third programme would be held from February 13 to 15 at IMPARD, main campus, Srinagar, for women members of Urban Local Bodies and office bearers from all districts of Kashmir Valley.

Pertinently, Jammu and Kashmir Institute of Management, Public Administration and Rural Development (IMPARD) in collaboration with National

Commission for Women is organizing a series of CBPs for women members of Panchayats, Zilla Parishads, Urban Local Bodies and Office Bearers of J&K under "She is a Change Maker Project".

In this regard, two programmes have already been conducted for the women representatives of Panchayats, Block Development Councils and District Development Councils.

The series is being fully sponsored by the National Commission for Women to foster Gender Responsive Governance in the system.

Orientation/ Training programme under holistic development of Agriculture & allied sectors held at Anantnag

To create Agri-skilled Human Resource, Department's priority: Chowdhury Iqbal

JJ NEWS SERVICE SRINAGAR, FEBRUARY 10: The Director Agriculture, Kashmir, Chowdhury Mohammad Iqbal today inaugurated district level orientation cum training programme under the holistic development of agriculture and allied sectors at DAK Banglow Khanabal, here.

Addressing the participants, the Director Agriculture highlighted the importance of projects under holistic development. He said under the holistic document, the department is aiming to create an Agri-skilled human resource so that the implementation of different projects could be done in a more comprehensive manner.

He said that this document (holistic document) will be a game changer in the overall development of the agriculture sector in the UT of Jammu and Kashmir. He said the projects have been designed in such a way that the potential in all the allied wings would be explored to their capacity.

Director Agriculture impressed upon

the officers of agriculture and allied departments to work in close coordination so that the set targets under different projects, the desired results could be achieved.

He said the orientation cum training programme under holistic document is aimed to raise awareness among the officers regarding various approved projects so that the same could be implemented on ground in a comprehensive manner.

The Training Programme was attended by Chief Agriculture Officer Anantnag, Chief Horticulture Officer, District Agriculture Officer Extension Anantnag, Mushroom Development Officer Anantnag, Area Development Officer, Anantnag, District Level SMOs and SD level officers also participated in the programme.

Earlier, Director Agriculture visited Ganderbal and addressed the officers of agriculture and allied departments in a district level orientation cum Training programme.

Fisheries, Agriculture departments organise training programme at Kupwara

JJ NEWS SERVICE KUPWARA, FEBRUARY 10: An orientation cum training program under holistic agriculture development with the theme "Technological interventions in Fish seed and Trout production" was today organised by the Fisheries department in collaboration with the Agriculture Production department at Kupwara.

The main aim of this training programme was the capacity building of

field functionaries and farmers in order to improve the socio-economic condition of farmers. Programme was attended by officers and field functionaries of fisheries, agriculture department, progressive farmers and scientists from Chief agriculture officer Kupwara, Gulham Muhammad Dhoi while inaugurating the training programme said that schemes related to agriculture, Fisheries, and allied sector are welfare oriented

schemes and their benefits are reaching to eligible and deserving farmers across the district. On this occasion, Assistant Director (AD) Fisheries Kupwara, Sajad Hussain said imparting training to field functionaries and farmers is of pivotal importance.

He said there is no dearth of water bodies in Kupwara district, but there is need to increase the fish productivity with sustainable approach, and innovative methods.

DSW, ICDS Kulgam organize Awareness/ Enrollment drive for Sukanya Samridhi Yojana Account scheme

JJ NEWS SERVICE KULGAM, FEBRUARY 10: The Department of Social Welfare (DSW) Kulgam in collaboration with ICDS and Department of Posts Kulgam today organised a day-long awareness cum enrollment drive for Sukanya Samridhi Yojana Account scheme at Town Hall, here.

The program was held under the theme 'Beti Bachao Beti Padhao' (BBBP), to address the issue of declining child sex ratio along with related issues of empowerment of Women.

Present on the occasion were Tehsil Social Welfare Officers, Officials of District Hub for Empowerment of Women

(DHEW), One Stop Centre for Women (OSC) Kulgam, Officials from Post Office Kulgam and Field Officials from Social Welfare Department and ICDS Kulgam. Speaking on the occasion, Tehsil Social Welfare Officer Kulgam (Hq) Muzaffer Ahmad Rather gave a detailed introduction about

Sukanya Smridhi Yojna and Beti Bachao Beti Padhao campaign. District Mission Coordinator DHEW Kulgam, Tanseena Nazir highlighted the features as well as benefits of the scheme. Gender specialist Saba Mogul from DHEW stressed on the financial empowerment of Women.

Prerna Puri inaugurates JaKeGAs' workshop on e-Office



JI NEWS SERVICE
JAMMU, FEBRUARY 09: J&K e-Governance Agency (JaKeGA) in collaboration with National Informatics Centre, J&K, today organized one day workshop to sensitize and train the officers and officials regarding e-Office implementation up to tehsil level.

Addressing the inaugural session, Commissioner Secretary, Information Technology Department, Prerna Puri, lauded the efforts of technical agencies for educating the participants about the significance of e-Office in present era of technological advancements. She highlighted that e-Office is crucial for increasingly digital nature of governance at all levels.

Commissioner Secretary emphasized the need for imparting requisite master training to the District Level Nodal Officers for ensuring e-Office expansion up to the tehsil level. Chief Executive Officer, JaKeGA, Abhishek Sharma, in his address, briefed the importance of e-Office in ensuring a more responsive, accountable and

transparent dispensation to people. He also highlighted a descriptive detail about achievements recorded, so far, under e-Office initiative. He exhorted upon the district level nodal officers to share information about all officials up to tehsil level to onboard all employees on e-Office.

During the workshop, a presentation was given by JaKeGA project team while technical demonstration session was also conducted which was attended by about 150 officers and officials of various district and tehsil administrations.

Among others, the workshop was attended by State Informatics Officer Informatives Centre, Saleem Khan and his team besides the project implementation team of JaKeGA.

Handicrafts & Handloom Jammu signs MoU with NIFT Srinagar on designing, branding

PPJ1 NEWS SERVICE

JAMMU, FEBRUARY 09: Directorate of Handicrafts and Handloom, Jammu and National Institute of Fashion Technology, Srinagar today signed a Memorandum of Understanding (MoU) here at Udyog Bhawan.

The MoU was signed in presence of Prashant Goyal, Principal Secretary, Industries & Commerce Department, J&K and Rohit Kansal, Union Additional Secretary, Ministry of Textiles, Director General NIFT.

The MoU was signed between the two parties under the project titled "DESIGNING INNOVATIVE AND SUSTAINABLE PACKAGING AS A BRANDING INITIATIVE FOR HANDICRAFTS AND HANDLOOM SECTOR OF JAMMU".

The MoU document was signed by Dr. Vikas Gupta, Director Handicrafts and Handloom, Jammu, and Dr Javid Ahmed Wani, Director National Institute of Fashion Technology, Srinagar.

Secretary Industries & Commerce Department, Smita Sethi, MD JKTIPO,

enhance their skills so that the products of these artisans will have value addition for better marketing.

The project envisages evolving of a roadmap to create unique and sustainable packaging to add value to the artefacts of the Jammu cottage industry. This will give a unique packaging presentation having international standards besides determining the unique selling point of chosen Jammu Handicraft and Handloom goods.

Speaking on the occasion, Prashant Goyal appreciated the effort of entering into MoU with NIFT Srinagar as having professionally designed packaging prototypes, in tune with the market-demand, would definitely increase the sales of products viz-aviz wage earnings of our artisans and weavers. Union Additional Secretary, Ministry of Textiles, Rohit Kansal, who is also DG NIFT, said that the Government of India is willing to support the artisans and weavers of Jammu and Kashmir in any capacity.

He said they can offer courses to these craftsmen to upgrade and

enhance their skills so that the products of these artisans will have value addition for better marketing.

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As part of the MoU, packaging prototypes for products such as Basohli Paintings, Basohli Pashmina, Phulkari embroidery, Lathé Cum Lacquer products and Calico printing products are expected in the first phase.

The artisans and weavers present on the occasion gave their feedback regarding packaging and branding initiatives to the dignitaries present in the event. Besides, prototypes packaging along with the trims that give product data and product care instructions for specified crafts will also be among the deliverables.

Sensitisation Workshop on NEET & JEE-IIT coaching held for parents, teachers at Kishtwar

JI NEWS SERVICE

KISHTWAR, FEBRUARY 09: District Administration Kishtwar, in collaboration with office of Chief Education Officer today organised a day long workshop to sensitize the parents, teachers and the aspirants about Online-Offline NEET JEE-IIT coaching programme being rolled out by it. Deputy Commissioner Dr. Devansh Yadav presided over the workshop in presence of Chief Education Officer, Sudarshan Kumar Sharma; ACD, Atul Dutt Sharma; AODC office, Imran Ahmed Kichloo, Principals, lecturers, teachers. Aspirants from various government and private institutions participated in the workshop.

At the outset, the participants were apprised about the initiative of the

district administration to conduct the online-offline coaching classes in the district being provided by the renowned teachers/coaching guides of the country.

The participants gave suggestions and feedback about the coaching programme and the same were noted down for consideration to create an enabling environment for the proposed coaching programme.

Speaking on the occasion, Deputy Commissioner Kishtwar stressed teachers and parents to work together with district Administration and make the proposed coaching programme a great success.

He also urged parents and teachers to spread mass awareness to enrol maximum number of the students for the coaching.

He said the aspirants can apply on the link: <https://forms.gle/y2d0tJKx9cqlJH7>

He further informed that aspirants can visit District Administration Kishtwar Facebook page and register themselves on the link, besides the aspirants and parents can contact the administration for any help and avail the golden opportunity at their home town with minimal charge.

The CEO asked the aspirants to avail this great opportunity by utilizing the services of prominent coaching institutes/tutors in their home town. Parents and teachers evinced a positive response and thanked District Administration Kishtwar for their valuable efforts and showing great concern for the future of their children.

Kushwaha's revolt to benefit NDA in Bihar says Union minister Pashupati Kumar

PATNA, FEB 9: Union minister

Pashupati Kumar Paras on Thursday asserted that the rebellion of JD(U) leader Upendra Kushwaha will "benefit the BJP-led NDA" in Bihar which has been lying low since being stripped of power in the state last year.

Paras was responding to queries from journalists about the current political situation in the state where the NDA which includes his Rashtriya Lok Janshakti Party, is supported by a rival group headed by his nephew Chirag, and is pitted against the seven-party ruling "Mahagath bandhan". "The NDA will win in the general elections next year.

You can take it from me. There is no counter to the charisma and popularity of Prime Minister Narendra Modi, while the Mahagathbandhan is in disarray as evident from the notes of discord struck by Kushwaha," Paras said.

Replying to a query, he said, "Kushwaha's revolt will definitely benefit the BJP and its allies in Bihar,"

However, he became guarded when asked whether Kushwaha, a former Union minister who had served in Modi's first administration, will be welcomed into the NDA. "Let him (Kushwaha) make the move. A decision will be taken at that time", said Paras, who represents Hajipur Lok Sabha seat, a pocket borough of his late brother Ram Vilas Passwan.

administration, will be welcomed into the NDA. "Let him (Kushwaha) make the move. A decision will be taken at that time", said Paras, who represents Hajipur Lok Sabha seat, a pocket borough of his late brother Ram Vilas Passwan.

710 Works under DDC, BDC, PRI grants completed at Bandipora

ADDC reviews RDD works; stresses on target completion at earliest

JI NEWS SERVICE

BANDIPORA, FEBRUARY 09: The Additional District Development Commissioner (ADDC) Bandipora, Ali Afzar Khan on Thursday chaired a meeting of officers to review the functioning of the Rural Development Department and implementation of various schemes by the department.

On the occasion, officers informed the chair about the ongoing works including works taken up under Area Development Fund for Panchayat Raj Institutions including BDC and PRI grants.

The meeting was informed that 1026 works costing Rs. 37.44 Cr have been approved including 839 works under PRI grants, 94 under BDC grants and 93 under DDC grants.

Giving an update about the implementation, officers informed that 710 works have been completed that amounts to 80 percent of the financial expenditure costing about Rs. 22 cr. On the occasion, ADDC also reviewed all the pending works and discussed the bottlenecks that hinder the progress of works including the works under Swachh Bharat Mission, PMJAY scheme, MGNREGA, Aspirational blocks, ODF plus villages.

He directed the officers to complete all works well in time and remove all the bottlenecks including land disputes at earliest. He also asked the officers to utilize the manpower under MGNREGA so that the target of 100 days job to unskilled and unemployed youth of the villages is also met.

Kwar HE Project, CVPPLP organise follow up Medical Camp at village Padyarna

JI NEWS SERVICE

KISHTWAR, FEBRUARY 09: Kwar HE Project, CVPPLP, in association with District Administration Kishtwar and District Health department organized a follow up medical camp at the village Padyarna, of block Nagseni under CSR 2022-23.

Follow up Medical Camp was inaugurated by S K Giri, General Manager (Civil), Kwar HEP. Previously, two free health checkup camps (A General Checkup Camp and a specialized Gynecology medical camp) were also conducted by Kwar HE Project under CSR at the village Padyarna on 16th Jan 2023.

A medical team from District Hospital Kishtwar checked up about 150 persons from the Project affected villages and nearby areas. They were provided free medical consultation and medicines alongwith menstrual hygiene material.

NSE phone tapping : Delhi HC grants bail to Chitra Ramkrishna in money laundering case

NEW DELHI, FEB 9: The Delhi High Court

on Thursday granted bail to Chitra Ramkrishna in the money laundering case related to alleged illegal phone tapping and snooping of the National Stock Exchange (NSE) employees, saying prima facie there are reasonable grounds to believe she is not guilty. Justice Jasmeet Singh granted bail to the former NSE managing director on a personal bond of Rs one lakh and two sureties of the like amount. "Prima facie there are reasonable grounds to believe that the applicant is not guilty of the offence and she is not likely to commit any offence while on bail...the application is allowed and the applicant is granted bail," the court said.

Ramkrishna was in custody for almost seven months in the matter. "In the present case there is no allegation that the applicant has derived or obtained any property or proceeds of crime. Additionally, there is no allegation or evidence produced before me to suggest that the applicant has concealed, possessed, used, projected or claimed any proceeds of crime as untainted property," the court also observed.

She was granted bail in the CBI case by the high court in September last year after

being in custody for approximately seven months post her arrest in March 2022.

Ramkrishna, who was earlier arrested by the CBI in the alleged NSE co-location scam, was arrested in the present case by the Enforcement Directorate on July 14 last year. The Enforcement Directorate (ED) had opposed her bail plea in the present case on grounds that she was the "mastermind" behind the conspiracy.

The phone tapping case, according to the ED, pertains to a period from 2009 to 2017 when former NSE CEO Ravi Narain, Ramkrishna, Executive Vice-President Ravi Varanasi, and Head (Premises) Mahesh Haldirpur and others conspired to cheat NSE and its employees and for the purpose, engaged iSEC Services Pvt Ltd for illegal interception of phone calls of employees of the NSE in the guise of doing periodic study of cyber vulnerabilities of the NSE. In the 38-page order, Justice Singh said prima facie no scheduled offences, including those under the Indian Penal Code or the Prevention of Corruption Act, against Ramkrishna are established and thus the provisions of Prevention of Money Laundering Act cannot be attracted.

NORTHERN RAILWAY

E-TENDER NOTICE

Sr.DEN-WFZR acting for and on behalf of The President of India invites open tenders (E-Tenders) against below titled tenders and available on www.reps.gov.in with closing date **27.02.2023** 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 manual offer received shall be ignored. Contractors are allowed to make payments against this tender towards tender document cost and earnest money only against only payment modes available on www.reps.gov.in portal like net banking, debit card, credit card etc. Manual payments through Demand draft, Banker cheque, Deposit receipts, FDR etc. are not allowed. For more information logon to www.reps.gov.in

Tender Type	Tendering Section	Bidding System
Open	Works	Single Bid System

Date of Uploading Tenders	Bid Starting Date	Bid Closing Date/Time
02.02.2023	13.02.2023	27.02.2023 / 15:00 Hrs.

S.No.	Tender No.	Details of Tender		
1.	423-2022-23-UHP-DRM-FZR	Installation and Commissioning of effluent treatment plant of 50 KLD at SVDK railway station on J&K-SVDK section under ADENUHP.	Advertised Value (Rs.)	Earnest Money
			86,75,692.49/-	1,73,500/-
		Validity of offer	60 Days	Period of completion
				12 Months

Note: 1. Before bidding, bidders to check for any corrigendum issued against tender. No. 770-W/169/WAFZR/2022-23 Date: 04.02.2023

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E-mail: enmed2@gmail.com / Tel/Fax: +91-2488521

TENDER NOTICE

E-NIT No: 64 of 2022-23

Dated: 06.02.2023

For and on behalf of the Lieutenant Governor of the UT of Jammu and Kashmir, the Executive Engineer (Distribution), Electric Division-II, JPDCI Jammu, hereinafter referred as 'Employer', invites online e-bids from reputed Companies of Class 'A' registered/Electrical Contractors for Fixing the Job Contract (Labour) for Repair/Reclamation of Damaged Distribution Transformers (11KV/6.6KV/0.44KV) of different capacities viz 25 KVA, 50/63 KVA, 100 KVA, 200/250 KVA, 300 KVA, 400 KVA, 500 KVA, 630 KVA at Divisional Workshop Miran Sahib during the Financial Year 2023-24.

A	Tender Document Sale/Download Start Date	06.02.2023; 12:00 Hrs.
B	Tender Document Sale/Download End Date	27.02.2023; 16:00 Hrs.
C	e-Bid submission (start) date & time	06.02.2023; 12:00 Hrs.
D	e-Bid submission (end) date & time	27.02.2023; 16:00 Hrs.
E	Submission of Hard Copy of Tender Fee	06.02.2023; 12:00 Hrs. to 27.02.2023; 16:00 Hrs.
F	Pre-Bid Meeting	14.02.2023; 14:00 Hrs.
G	Commercial and Technical Bid opening date & time	28.02.2023; 16:00 Hrs.
H	Online financial e-Bid opening date & time (Only of the technically qualified Bidders)	Will be communicated to the Technically Qualified Bidders.
I	Venue of opening of techno-commercial Bids	Executive Engineer Electric Division-II JPDCI Gandhi Nagar Jammu
J	Cost of e-Bid document	Rs. 3000 (Non-Refundable)
K	Amount of Earnest Money Deposit (EMD)	Rs. 25000/-

Note: The Tender has been floated for deriving the L1rates for repair of Distribution transformers of various capacities at Divisional Workshop Miran Sahib of Electric Division-II JPDCI, Jammu for the year 2023-24.

- Bidders are advised to study the Bidding Document carefully. Submission of e-Bid against this SBI shall be deemed to have been done after careful study and examination of the procedures, terms and conditions of the Standard Bidding Document with full understanding of its implications.
- The tender document is available at website <http://jtenders.gov.in>. Interested bidders may view, download the e-Bid document, seek clarification and submit their e-Bids online up to the date and time mentioned in the table in SBI.
- Bidders shall have to pay the e-Bid document fee in the shape of Demand Draft / (Non-refundable) or e-Challan of the Executive Engineer Electric Division-II JPDCI, Gandhi Nagar Jammu for any ante-dated bank or e-Challan, treasury Challan/receipt, in favour of Executive Engineer Electric Division-II JPDCI Gandhi Nagar Jammu (Cost of Tender to be credited to Head: 0901/Non-refundable) on or at least one day before opening of commercial and technical e-Bid.
- No Bids/er, unless or otherwise specified in the terms and conditions, shall be exempted from depositing Earnest Money. Tenders not accompanied with the requisite amount of earnest money shall be rejected.

Ne: ED-II/TS/3220-22
Dated: 06-02-2023

DIP/15188-9/22

SD-
EXECUTIVE ENGINEER
JPDCI ELECTRIC DIVISION-II
JAMMU

OFFICE OF THE EXECUTIVE ENGINEER PWD(R&B) DIVISION SAMBA ABBREVIATED NOTICE INVITING TENDER

E-NIT No. 107 of 2022-23 Dated: 07-02-2023

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

S. No.	Name of Work	Advertise 4 Cast (Rs. in lacs)	Cost of document (in Rs.)	(Earnest Money) (in % of GDR/FDR (in Rs.)	Time Allowed for completion	Time and date of opening of tender	Class of Contractor
1	2	3	4	5	6	7	8
1.	Repair / Renovation of Bamuchak Temple an additional works at District Samba. (4* call)	77.36	1500/-	2 % of adv. Cost	08 Months	21-02-2023 (1400 Hours)	"A"

Position of AAA:
Position of T.S:
Major Head:

Accorded
Sanctioned
4202: Education

- Date of Publishing = 07/02/2023
- Pre bid meeting = 11/02/2023 at 13:00 Hrs
- Date of downloading = 10:00 hours on 12/02/2023 to 20/02/2023 upto 1800 hours
- Date of submission / Uploading = 10:00 hours on 12/02/2023 to 20/02/2023 upto 1800 hours
- Date of opening of bids = 21/02/2023 at 14:00 hours.

The tender is available at website <http://jtenders.gov.in> all other terms & conditions can be seen on the above website.

No. 13203-19
Dt. 07.02.2023

DIP/J-19304/22

SD-
EXECUTIVE ENGINEER
PWD (R&B) DIVISION
SAMBA

National Commission for Women, SWD, TISS hold meeting on strengthening of response to gender-based violence in J&K, Ladakh

JI NEWS SERVICE
JAMMU, FEBRUARY 10: National Commission for Women in collaboration with Social Welfare Department and Tata Institute of Social Sciences, Mumbai, organized a meeting of stakeholders of Union Territories of Jammu and Kashmir and Ladakh regarding strengthening of response towards gender-based violence through greater coordination.

The meeting, chaired by Chairperson, National Commission for Women, Rekha Sharma, was attended



ed by Commissioner for Women, Family Counselling Centre, One Stop Centres, 181 helpline, District Hub for Empowerment of Women and Family Counselling Centres along with senior police officials responding to violence against women in both UTs were also part of the meeting. Speaking during the

meeting, Chairperson, Rekha Sharma said, "We need to respond collaboratively, if we want to tackle this huge problem of violence against women." Sheetal Nanda, encouraged all stakeholders to equip themselves with knowledge of laws pertaining to women for better implementation of the initiative. She asked them to recognize the multiplicity of services for cross-referrals and comprehensive response to survivors seeking support. She added, "Law is the backbone of the work we do."

It was decided in the meeting that awareness programmes on cyber-crime with varied population of youth, social workers and police will be organized. Besides training of Protection Officers under the Protection of Women from Domestic Violence will also be planned. Also, Social Workers will be trained on responding to human trafficking.

The meeting also decided that a portal will be developed to create a directory of available resources for survivors of violence.

DC Doda asks for strict enforcement of notified rates for online services

JI NEWS SERVICE
DODA, FEBRUARY 10: Information Technology Department, J&K has recently notified/fixed rates for delivery of all online services to be charged/received from the citizens/customers of entire Union Territory of Jammu & Kashmir for Government to Citizens (G2C) and Government to Business (G2B) services.

In this regard, Deputy Commissioner Doda, Vishesh Paul Mahajan has issued instructions to all the Tehsildars to check the availability of Common Service Centres (CSCs) in all pockets in their respective jurisdictions for the convenience of the general public.

The Tehsildars and District Manager Common Service Centres (DM-CSC) have been asked to ensure that the CSCs do not charge more than the rates notified by the government for different online services. District Manager CSC has been instructed to issue necessary directions to all the VLEs of Common Service Centres (CSCs) of District Doda for pasting the Notification at their respective CSCs and the rates so notified in the said Notification be implemented in letter and spirit.

JKPCC conducts workshop on "Implementation of EPR under E-waste, Plastic Waste Management Rules, 2022"



JI NEWS SERVICE
JAMMU, FEBRUARY 10: Jammu & Kashmir Pollution Control Committee today conducted an interactive workshop on "Implementation of EPR under E-waste (Management) Rules, 2022 and Plastic Waste Management (Second Amendment) Rules, 2022" here at Convention Centre, Jammu.

The objective of the workshop was to provide a common platform for an interaction with concerned stakeholders and implementing departments on various aspects of EPR Rules.

Commissioner Secretary, Department of Forest, Ecology and Environment, Sanjeev Verma, was the chief guest while Chairperson, J&K Pollution Control Committee Dr. Neelu Gera, was the guest of honour on the occasion.

Workshop started with visiting of exhibits by the dignitaries which were displayed by various organizations like Shalimar Thermoforming Private Limited Samba, Indian Pollution Control Association, Lifecycle Management Private

Limited, Saahas Zero Waste, Self Help Group (NRLM) Block Dhansal, Himalaya Green Himachal Pradesh and VRG Groups, Ganguly.

Sanjeev Verma appreciated the efforts of JKPCC for organizing such type of events and stressed upon the stakeholders including district administration to ensure effective implementation of relevant provisions laid under both E waste and Plastic Waste Rules. He emphasized the need to link growing menace of Plastic and E-waste pollution with unpredictable disaster, owing to release of toxic gases in the environment through unscientific dumping and disposal of such waste.

Dr. Neelu Gera pointed out in her address regarding the need for an urgent action to be taken up by stakeholder departments like Urban Local Bodies to facilitate separate and safe collection of such wastes with publicizing the collection points for public awareness. She also requested Rural Development Department to ensure implementation of Rules in letter and spirit at Panchayat levels as rural areas are also now identified as

equally accountable for both types of waste generation.

Regional Director, JKPCC, Sat Paul, briefed about the objective of the interactive workshop.

Member Secretary JKPCC, K Ramesh Kumar, informed the gathering that as per new E-waste and Plastic waste Rules, responsibility of the respective Producers and Recyclers have risen manifold and appealed for adherence to the stipulated rules by them in this regard.

During the workshop, Shoba Raghavan, Director and COO, Saa has Zero Waste made a detailed presentation on Producer's Responsibility for implementation of EPR as per E-waste (Management) Rules, 2022 and Co-founder CEO, Abhishek Agshe, Lifecycle Management Private Limited made a presentation on responsibility of recyclers laid under E-waste Rules.

Director, Indian Pollution Control Association, Ashish Jain deliberated on the EPR Policies for Plastic Waste Management.

The program was attended by officers and officials from Department of Industries and Commerce, Nodal Officers from Central University, Jammu University, SKUAST, SMVDU, concerned Nodal Officers from Jammu Municipal Corporation and Srinagar Municipal Corporation, CEOs from Department of Urban Local Bodies Jammu and Kashmir, Jammu Chamber of Commerce and Industry, National Rural Livelihood Mission, Divisional Officers and Scientists from JKPCC, Nodal Officer E-waste, JKPCC, Jammu, besides DISHA organization and Global Human Rights Trust.

Nehru Yuva Kendra Sangathan J&K, GCW Parade organise National Youth Parliament Festival

JI NEWS SERVICE
JAMMU, FEBRUARY 10: Nehru Yuva Kendra Sangathan J&K, in collaboration with Government College for Women Parade Ground organized a state level National Youth Parliament on the College Campus.

As many as 46 youth from districts of Jammu & Kashmir UT and Ladakh UT, all being the winners and first runners up of District Level National Youth Parliament, participated in the State Level event.

Nisar Ahmed Butt, SD NYKS J&K and Ladakh was the chief guest, while Dr. Deepak Pathania, Assistant professor, Environmental Sciences, Dr. Seema Jamwal, Assistant Professor Political Science, Dr. Musavir Ahmad, NSS Program Coordinator, Kashmir University, Dr. Seema Zargar, Senior Officer, School Education Department

and Dr. Shubra Janwal, Assistant professor, English were the jury members.

Anmol Sharma from NYKS Jammu got the first rank, Faiza Basharat from GDC Poonch got the second rank and Quyima Aslam from S P College Srinagar got the third rank in the state level event.

The first three winners of state Youth Parliament shall participate at national level NYPP in New Delhi where 87 Winners from all States and UTs will participate in the National Youth Parliament Festival in person at 29 venues.

Out of them, 29 first position holders will speak on the given topics while the remaining 58 will attend the proceedings. Dr Gurpreet Kour, NSS Program Officer, GCW Parade and Organizing Secretary of the program both at Nodal Jammu level and state

level took the initiative for organizing National Youth Parliament Festival.

The main objective of the programme is to hear the voice of youth between 18-25 years of age through deliberations in Youth Parliaments at District, State and National levels and to encourage the youth to engage with public issues, understand the common man's point of view, form their opinions and express it in an articulate manner, to develop and enhance decision making abilities, to develop in them respect and tolerance for the views of others, to develop in them an understanding that respect for rules is essential for conducting any discussion systematically and effectively, to obtain and document their opinions on Vision of New India and to make available their views to policy makers and implementers to take it forward.

Saurabh Bhagat meets MNRE; Discusses modalities for implementation of Biomass Programme in J&K

JI NEWS SERVICE
NEW DELHI, FEBRUARY 10: Commissioner Secretary, Science and Technology, Saurabh Bhagat, today discussed modalities for implementation of newly launched Biomass Programme of Ministry of New and Renewable Energy (MNRE), approved under the umbrella scheme of National Bioenergy Programme Phase-I, in Jammu and Kashmir.

During his visit to the Capital, MNRE, Saurabh Bhagat had detailed discussion with S R Meena, Incharge Bio-energy, on several issues regarding setting up of one Bioenergy Pilot

Project each in Jammu and Kashmir regions of the UT.

Pertinent to mention here that the National Bio-energy Programme comprises of sub schemes like 'Waste to Energy Programme (Programme on Energy from Urban, Industrial and Agricultural Wastes/Residues), Biomass Programme (Scheme to Support Manufacturing of Briquettes and Pellets and Promotion of Biomass (non-bagasse) based cogeneration in Industries) and Biogas Programme.

Commissioner Secretary also met in-charge Rooftop Solar Division,

MNRE, Hiren Bora and updated the Ministry with the progress on implementation of 20 MW and 200 MW cumulative capacities Rooftop Solar sanctions of MNRE and stressed for timely release of Central Financial Assistance (CFA) under the schemes.

During the discussion, Saurabh Bhagat updated the Ministry regarding various challenges and impediments being faced by JAKEDA in implementation of the schemes. He requested the Union Ministry for allowing empanelment of more vendors under the two sanctions as the targets to be achieved are huge.

PSPS PG College NCC Cadets shine in RDC-2023

JI NEWS SERVICE
JAMMU, FEBRUARY 10: Republic Day Camp is not just a camp, it is an emotion; emotion for the cadets who strive to be a part of Republic Day Contingent and step in DGCC to transform.

Securing 4th position for the first time in the history, the ten cadet NCC contingent of Padma Shri Padma Sachdeva Government PG College for Women, Gandhi Nagar attended this prestigious camp and brought laurels to the College. Two cadets from 1 J&K Naval Unit; 04 cadets from 1 J&K Girls Battalion, NCC Srinagar and 04 from 2 J&K Girls BN, NCC Jammu were part of the team that attended the Republic

Day Camp 2023 at New Delhi.

The cadets were well trained at various Pre-RDC camps at Nagrota, Jammu over a two month period, prior to their departure to New Delhi. They added sheen to the Prestige of College by participating in various events and competitions like Drill, Cultural Programmes, Flag Area etc. From 1 J&K GIRLS BN, Senior Cadet Captain Parul Sharma was selected for Kartavyapath for which she received ADG Commendation. Cadet Captain Kiran Choudhary participated in cultural events and also achieved ADG Commendation. SUO Tania Chib and JUO Marjam from 1 J&K Girls Battalion, NCC Srinagar, were a part of Kartavyapath

Contingent whereas JUO Riya Kaith was a part of PM Rally and JUO Ankeeta Langhe participated in cultural events. From 2 J&K GIRLS BN, NCC JAMMU, SUO Shakshi formed a part of the PM Rally contingent and JUO Anma Khan marched Kartavyapath. JUO Manshi Sharma was selected for All India Guard of Honor showcasing salami to Honorable PM Shri Narendra Modi whereas Sergeant Rakshika Sharma was a part of cultural events. Principal of the College Prof. Minu Mahajan, congratulated and applauded the Cadets for the hard work, dedication and strenuous efforts for bringing laurels to the College for representing at National Level.



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Exhibition Ground, Jammu.

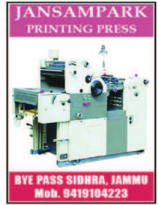
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Not Stone pelting Kashmir now sports hub: Anurag Thakur

Says Admin changed Valley situation in just 3 years; More than 1500 Athletes from Country to participate in 11 different winter-sports disciplines; Gulmarg to be Centre of Excellence for winter games soon: LG Manoj Sinha

JI NEWS DESK
BARAMULLA, FEB 10

Union Minister Anurag Thakur on Friday said that the Kashmir Valley that was earlier known for stone pelting incidents is now famous for Football and other sports activities.

Addressing a gathering at the inaugural function of Khelo India Winter Games at Gulmarg, Thakur, as per the news agency said the youth who were holding stones in their hands are now indulging in sports activities, thereby making the nation proud.

While appreciating the role of the Jammu and Kashmir government, he said the government made it possible to change the Kashmir situation in just 3 years, which earlier could not be done in 75 years.

"It is really a proud movement for all of us that Jammu and Kashmir is hosting the Khelo India Games for the third time, which other states failed to," he said.

He said that they will soon have a number of star athletes, as the youth are highly involved



in games, be it Football, Wushu, Cricket, Skiing or other sports activities.

The Union Minister assured full support and cooperation in developing the Center of Excellence for Winter Games in the UT. "It is the vision of our Prime Minister Narendra Modi to create sporting infrastructure across India. The setting up of a National Centre of Excellence in the valley will support the athletes of J&K," he said.

Vijay Kumar Bidhuri is new Div Com Kashmir as govt orders transfer, posting of 15 officers

JI NEWS DESK
SRINAGAR, FEB 10

The government on Friday ordered transfer and posting of 15 officers, seven of them IAS, in the interest of administration with immediate effect.

According to an order, a copy of which lies with the news agency, Vijay Kumar Bidhuri, IAS (AGMUT:2005) Commissioner/Secretary to the Government, Revenue Department, holding additional charge of Principal Resident Commissioner, J&K Government, New Delhi, has been transferred and posted as Divisional Commissioner, Kashmir.

The order states Dheeraj Gupta, IAS (AGMUT: 1993), Principal Secretary to the Government, Housing and Urban Development Department, holding additional charge of smart Cities and proposed new Jammu/Srinagar Metropolitan Regional Development, has been transferred and posted as Principal Secretary to the Government, Department of Forest, Ecology and Environment.

"H. Rajesh Prasad, IAS (AGMUT:1995), Principal Secre-

tary to the Government, Power Development Department, shall hold the charge of the post of Principal Secretary to the Government, Housing and Urban Development Department, in addition to his own duties, till further orders," reads the order.

It reads Sanjeev Verma, IAS (AGMUT:2001), Commissioner/Secretary to the Government, Department of Forest, Ecology and Environment, has been transferred and posted as Commissioner/Secretary to the Government, General Administration Department.

"Sarmad Hafeez, IAS (AGMUT:2009), Secretary to the Government, Tourism Department, holding additional charge of Administrative Secretary, Youth Services and Sports Department, has been transferred and posted as Secretary to the Government, Finance Department, holding additional charge of CEO, ERA & Mission Director, Jal Jeevan

Mission, J&K, has been transferred and posted as Administrative Secretary, Culture Department, relieving Zubair Ahmad, JKAS, of the additional charge of the post.

"He shall hold the charge of the post of Chief Executive Officer, Economic Reconstruction Agency, in addition to his own duties, till further orders."

It added Dr. Piyush Singla, IAS (AGMUT:2012), Administrative Secretary, General Administration Department, has been transferred and posted as Administrative Secretary, Revenue Department.

"Rakesh Minhas, IAS (AGMUT:2016), awaiting orders of adjustment in the General Administration Department, has been posted as Managing Director, SIDCO. He shall also hold the charge of the post of Managing Director, SICOP, in addition to his own duties, till further orders."

It further reads Raman Kumar Kesar, JKAS, Managing Director, SIDCO, holding additional charge of Managing Director, SICOP, has been transferred and posted

Indian teams working day and night as part of Operation Dost in Turkey: PM Modi



NEW DELHI, FEB 10

Prime Minister Narendra Modi on Friday said the Indian teams of NDRF personnel and doctors involved in rescue and relief operations in quake-hit Turkey are working day and night as part of 'Operation Dost' and would continue giving their best to save lives.

The Prime Minister said that India stands firmly with the people of Turkey, where a 7.8-Richter tremor on Monday has led to around 20,000 deaths and devastated cities.

His comments came as the Indian Army's 30-bedded field hospital in Iskenderun has so far treated 106 people in the Turkish city that has been hard hit in the earthquake.

"Our teams are working day and night as a part of 'Operation Dost'. They will keep giving their best to ensure maximum lives and property are saved. In this critical time, India stands firmly with the people of Turkey," the PM said in a tweet.

CONTINUED ON ► PAGE 4

Govt teacher arrested for allegedly misbehaving with girl students

JI NEWS DESK
POONCH, FEB 10

A Government teacher, posted in Middle School Dharhalgon in Balakote zone of Mendhar sub division of Poonch district, has been arrested by police for allegedly molesting and misbehaving with two girl students of his school. Per-

continently, the teacher has also been placed under suspension by the education department.

The teacher identified as Mohammad Taj Nayazi has been booked in a case under FIR number 10/2023 under sections 354, 8/10 POCSO Act in Police Station Cursal.

Police officials told

CONTINUED ON ► PAGE 4

After 2-day wet spell, MeT predicts improvement in weather from today

JI NEWS DESK
SRINAGAR, FEB 9

After two-day wet spell in Jammu & Kashmir, the weatherman here has predicted gradual improvement in weather conditions from tomorrow (Saturday), saying that there is no forecast of any major wet spell till February 17.

Reports reaching the news agency, said that a few higher reaches in Kashmir received light snowfall today while rains lashed the majority of areas including Srinagar today.

Deputy Director Meteorological department (MeT) said that the



weather conditions have started improving and from tomorrow it will gradually improve further.

"Although there is a possibility of light rain at isolated places, overall the weather conditions will improve from tomorrow," he said. He further added that the weather would remain mostly dry till February 17, saying that there is no possibility of any wet spell during the period from tomorrow.

However, some of the areas in northern Kashmir have received snowfall with dust.

The MeT in a statement issued here classified the

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Avalanche hits Gurez, 2 women rescued

JI NEWS DESK
SRINAGAR, FEB 10

Two women were rescued after a snow avalanche hit the Manzang area of north Kashmir's Bandipora district on Friday, officials said.

Police said two women identified as Tabassum Bano and Shahnaa Begum went out to collect drinking water from a nearby tap when they came under a medium avalanche in Manzang area of Tulail Friday morning.

They said soon after the incident a rescue operation was launched by local residents and after strenuous efforts both were rescued alive. However, no damage has been reported in the incident so far, they added.

Upper reaches of Bandipora including Gurez valley received yet another fresh spell of snow on Thursday. The road remains closed with the rest of the

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JKBOSE 10th, 11th, 12th Class Date Sheet Out

JI NEWS DESK
SRINAGAR, FEB 10

The JK Board of School Education (BOSE) on Friday notified the date sheet of annual (Regular 2022) examination for class 10th to 12th students enrolled in schools falling in soft zone areas of Jammu and Kashmir.

As per the date sheet issued by the Director Academics JKBOSE, the examination of class 10th students in soft zone areas will commence from March 9 of 2023 and will culminate on April 5.

CONTINUED ON ► PAGE 4

Rain in Ramban triggers landslides, blocks highway

JI NEWS DESK
JAMMU, FEB 10

The Jammu-Srinagar national highway was closed for traffic on Friday due to multiple landslides triggered by heavy rains in Ramban district, officials said.

The only all-weather 270-km highway linking Kashmir with the rest of the country, was blocked by the landslides at Panthiyal, Cafeteria Morh, and Dalwas areas with over 200 vehicles stranded at several points on the route.

CONTINUED ON ► PAGE 4

J&K PSC now functions with only one member and chairman

JI NEWS DESK
SRINAGAR, FEB 10

With former IPS officer Ahmad-ul-Mujtaba completing his term as a member of the Jammu & Kashmir Public Service Commission on Friday, the key recruitment body of the Union Territory is now left with only one member.

Mujtaba, an illustrious IPS officer, who was appointed as a member of the constitutional body on June 24, 2020, completed his term today, leaving the constitutional body with only one member now.

According to details available with news agency, the PSC is now left only with chairman Satish Chandra (former IAS officer) and

member Zubair Ahmed Raza (former judge).

As per the Constitution of India, a member of the State Public Service Commission shall hold the office for a term of six years or till the age of 62 years, whichever is earlier.

Before scrapping of the Article 370, the appointment and retirement of PSC members in J&K was governed by the Constitution of Jammu & Kashmir, which allowed members of the prestigious body to hold office for a term of five years or till the age of 65 years, whichever is earlier.

The Public Service Commission was made functional with J&K UT's administration with

CONTINUED ON ► PAGE 4

India's technology-enabled governance model can meet unforeseen exigencies: Dr Jitendra

JI NEWS DESK
NEW DELHI, FEB 10

Union Minister of State (Independent Charge) Science & Technology; Minister of State (Independent Charge) Earth Sciences; MoS PMO, Personnel, Public Grievances, Pension, Atomic Energy and Space, Dr Jitendra Singh today said that Prime Minister Narendra Modi has given India a technology-enabled Governance Model, which can meet unforeseen exigencies and is perpetually prepared for it, as was evident during the Covid pandemic which took everybody by surprise but the government working did not get interrupted even for a single day because long before the pandemic came, we had almost completely shifted over to e-office,



online and virtual modes of working.

Speaking at the 4th Edition of National Governance Summit of Economic Times here, Dr Jitendra Singh said that Modi's Governance Model is not only sustainable but also resilient, using futuristic technologies and innovations.

The Minister said, the Modi model of governance evolved over the last 22 years has laid the foundation of the future road map

of India's progress. He said, in the next 25 years of Amrit Kaal, when India rises to the world pedestal, this will be primarily on the strength of our scientific prowess and capacity of our Start-Ups which will be essentially technology driven and a unique governance model taking effective care of 140 crores plus Indians.

Dr Jitendra Singh said, Modi, an avid follower of newer technologies and innovations is always ready

to adopt today, the technology of tomorrow. He said, Prime Minister is focusing on areas like Space Technology, Drone, A.I, Biotech, Geospatial, Ocean Mission or Blue Economy and Green technologies including the Hydrogen Revolution which will define the destiny of India tomorrow. The Minister added that COVID-19, the pandemic of the century, was turned into a virtue from the great adversity.

Dr Jitendra Singh said, the Tri-Ratna of this governance model are Out of Box Thinking, Breaking the Taboos of the Past and Converting Government Campaign into Mass Campaign. Giving one example of each of the three great ideas, the Minister said, soon after Modi came to power

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Government takes action for better land, soil management with launch of pioneering project

JI NEWS DESK
JAMMU, FEB 10

Jammu and Kashmir government has approved an ambitious project envisaging creation a comprehensive soil and land resource information system.

The project, titled 'J&K Soil and Land Resource Information (JKSLRI)' system, has been designed to help in decision-making for sustainable use of soil and land resources in the region, which is being considered as ecologically fragile. With its goal of providing a scientific base for crop diversification and soil suitability,

the JKSLRI project is set to revolutionize the way we approach land use and soil management in the region.

"The problem of unscientific land conversions and poor soil health management practices has been causing a decline in soil health, leading to poor outputs and even enterprise failure. There is also lack of knowledge and poor extension on soil health management, which is leading to loss of soil biodiversity due to intense cultivation and soil pollution," said Atal Dulloo, Additional Chief Secretary, Agriculture Production Department.

He further said that the

JKSLRI project has been designed to provide the most comprehensive and up-to-date information on soil and land resources, making it an essential tool for decision-making when it comes to sustainable use of soil and land resources.

The prestigious project, which will initially be started in four districts of J&K, has several objectives including creation of a robust land use policy on agriculture and urbanization, crop-land suitability based on land evaluation, capacity building of farmers and other stakeholders on soil health management

besides establishment of one static and 25 mini soil testing laboratories in each selected district. The project has been designed to have a major impact on the region including creation of an authentic soil and land resource repository with two soil museums one each at Jammu and Srinagar. The project shall also provide support for efficient use of fertilizers and micronutrients, which is important for organic production systems.

These objectives will help lay the foundation for a robust land use policy on agriculture

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16 injured as bus skids off road in Udhampur

JI NEWS DESK
UDHAMPUR, FEB 10



was on way from Udhampur to Moungring when it skidded off the road near Gulabnagar.

He said 16 passengers who were aboard were injured in the accident.

The injured rescue teams have rushed to the spot and injured were being shifted to hospital for treatment. KNO

was on way from Udhampur to Moungring when it skidded off the road near Gulabnagar. He said 16 passengers who were aboard were injured in the accident. The injured rescue teams have rushed to the spot and injured were being shifted to hospital for treatment. KNO

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Professionals, Employees, Senior citizens play important role in society: Sat



JI NEWS SERVICE JAMMU, FEB 10: Gearing up organizational activities of the party in Poonch District at grass root level, a meeting of BJP's Professional Cell, Senior Citizen Cell and Retired Employees Cell and Budget Pe Charcha was conducted to take up the party activities and vision of PM Modi led BJP Government on ground concerning development of Jammu and Kashmir.

District Poonch under the leadership of its district president Rajesh Raina held the meeting which were mainly addressed by former Cabinet Minister, Sat Sharma (CA). He was also accompanied by CA Rajeev Gupta, UT BJP Spokesperson Sunil Gupta and several others. Speaking on the occasion, Sat Sharma said that all these three cells have a very important role to build the organization and

take the vision of the party amongst the public. He said professionals, senior citizens and retired employees are the important sections of the society and their views hold major significance. He urged the activists present to create teams of the cells up to booth level and stated that it will definitely strengthen the vision of the party at grass root level. He also asked them to go door to door to spread the pro public policies of the party.

CA Rajeev Gupta talked about Budget 2023 and said that in order to cater the support of the more public the teams must be constituted at the earliest so that people's presence could be more involved in the mission which BJP has chosen to work for the betterment of society. He also stated that BJP is the only party which works for the people and has done a lot for their upliftment.

Rajesh Raina also spoke on the working of cells in Poonch district. He also said that the teams will be made as soon as possible in the coming days so that the organizational work can be paced up to grass root level. Naresh Sharma, Parvinder Singh, Abhi, Mukesh Sharma, Paranjit Singh, Naresh Verma, Jyoti, Rajesh Sudan, Er. Sahil, Bhupinder Pal and several others were also present on the occasion.

SMVD Gurukul holds 31st Governing Council Meeting



JI NEWS SERVICE KATRA, FEB 10: The 31st meeting of the Governing Council of Shri Mata Vaishno Devi Gurukul, Charan Paduka was held here today at Spiritual Growth Centre, Katra. The meeting presided by Mahamandleshwar Shri Swami Vishveshwaranand Giri Maharaj, Member of the Shri Mata Vaishno Devi Shrine Board and Chairman of the Governing Council for the Gurukul, was attended by Anshul Garg, Chief Executive Officer of the Shrine Board; Navnet Singh, Additional CEO; Prof. Y.K. Mishra; Dr Jagdish Chander Mehra, Joint CEO, SMVDSB and Administrator of Gurukul; Mahesh Sharma, FA/Chief Accounts Officer; Gopal Dass Sharma, Head Pujari, Bhawan; Dr Dhanraj Mishra, Principal, and Dr. Devendra Rijal, Vice Principal of the Gurukul.

The Chairman and other Members of the Governing Council while expressing satisfaction at the functioning of the Gurukul emphasized the need for making continuing endeavours to develop it as a centre of excellence. The meeting also noted the outstanding achievements of the students of SMVD Gurukul in academics and co-curricular activities and participation of faculty and students for broadening their horizon at different Platforms, including in house events & those at State, Zonal as well as at National Level.

The Governing Council, while approving the annual budget of Gurukul for Financial Year 2023-24 also finalized the arrangements for organizing 3-day North Zone Youth Festival from 20th to 22nd of February in collaboration with Central Sanskrit University. The inaugural function will be held at the Spiritual Growth Centre of the Shrine Board at Katra. The events to be organised include Educational Short Film making, Rangoli, Painting, Competition, cultural programmes, co-curricular activities besides, sports events in different categories and around 10 institutes from 5 states & UTs including Himachal Pradesh, Haryana, Punjab, Delhi, Uttarakhand, UP and JKUT, with a total of 350 students are expected to participate in the festival. The council observed that the festival shall provide a learning platform to the students of SMVD Gurukul to showcase their talent & skills from their counterparts of other institutes besides, serving as an important medium to spread joy, promote Sanskrit awareness and protect our traditional and cultural heritage.

roadmap for 5 years of the functioning of the SMVD Gurukul and way forward for developing this institution as a centre of excellence for providing top quality education to the students.

The Governing Council while releasing the Annual School Magazine "Brahmi" tracing the achievement and contribution of the students and faculty during the year appreciated the efforts stating that a wonderful platform has been given to these young students to showcase their talent as writers and express themselves into a conglomerate.

Earlier, Mahamandleshwar visited SMVD Gurukul and inspected the Construction Work-in-Progress of New Dining cum Accommodation Complex. He also interacted with the students and faculty and enquired from them about their daily activities. Besides, the Mahamandleshwar felicitated Master Varun Sharma, student of Shri Mata Vaishno Devi Gurukul for having secured first position in the entire University, in the annual examination of class 8th conducted in 2022 by Sampurnanand Sanskrit Vishwavidyalaya, Varanasi.

Mahamandleshwar, besides, highlighted the importance of imparting sanskars in one's life, asked the students to work hard to preserve their rich culture and achieve distinction in various fields in years to come. He congratulated the Hon'ble Lt. Governor, JK-UT who is also Chairman of Shri Mata Vaishno Devi Shrine Board for nurturing such institutes which has kept alive the Vedic and Sanatan traditions in the modern era.

GC also approved Internship programme for candidates obtaining Shastri degree from SMVD Gurukul and their engagement as Prashikshu in Shri Mata Vaishno Devi Shrine Board for the contribution in the Pujan rituals besides engagement of Yuga expert in SMVD Gurukul for boosting physical and mental health of the students.

The Meeting also desired that alumni meet of the Gurukul should be planned to benefit from their skills and experience besides, to devise a

Pt. Deendayal Upadhyay was a visionary par excellence: Parmod Kapahi



BJP District Jammu holds monthly meet

JI NEWS SERVICE JAMMU, FEB 10: Bharatiya Janata Party, District Jammu under the leadership of District President Parmod Kapahi held a monthly meeting at BJP office, Kachi Chawni, Jammu. Senior BJP leader & District Jammu Prabhari Rajeev Charak, Seh-Parbhari Vikas Choudhary also addressed the meeting along with District

President Parmod Kapahi. District General Secretary Kuldeep Kandhari, District General Secretary Rajesh Gupta, Mandal President Keshav Chopra, Mandal President Parveen Kermi, Mandal President Raman Sharma, Atul Bakshi, Ajay Sharma, JMC Councillor Sucha Singh, Councilor Suneet Raina and other prominent political persons from District Jammu participated in the meeting.

Rajeev Charak, while addressing the BJP activists of District Jammu, asked them to visit every house of the region and apprise them of the achievements of the Modi governments and their specific benefits for the residents of Jammu & Kashmir. He also deliberated upon the highlights of the recently introduced 2023 Union government budget. He said that this

budget is a people friendly budget which has touched the lives of every segment of the society. Parmod Kapahi, in his address, discussed upcoming programs of the party. He especially focused on the party's programme of 'Samarpan Diwas' on February 11, the day on which party ideologist Pandit Deendayal Upadhyay laid down his life in the service of humankind. He stressed that Pandit Deendayal Upadhyay was a visionary personality par excellence whose ideas will make the world a better place to live.

Vikas Choudhary, spoke on the booth Sashaktikaran, in which he stressed that the party activists should pay special attention to the strengthening of the booths in their respective areas allotted by the party. Rajesh Gupta conducted meeting proceedings whereas Kuldeep Kandhari thanked all the party leaders and activists for their active participation in the meeting.

Nation suffered most due to Nehru's blunders, Modi Govt determined to nullify the adverse effects: Kavinder

JI NEWS SERVICE JAMMU, FEB 10: Kavinder Gupta, senior Bharatiya Janata Party leader and former Deputy Chief Minister has asserted that the nation and its people have suffered the most due to the blunders committed by the late Prime Minister Nehru and his family who promoted their dynastic rule over seven decades. He said that this family not only threw democracy to winds but also carried forward the 'Divide and Rule' policy of Britishers and 'Appeasement Policy' for its petty vested interest by playing vote bank politics.

The senior BJP leader, while recalling the Prime Minister Narendra Modi's speech in the Parliament the other day, said that he has rightly exposed the real face of the Nehru family and the Congress party while slamming the opposition for leveling accusations against him (PM) based upon surmises and conjectures.

In a statement issued here today, Kavinder said that the Nehru Gandhi family including the Vadras has brazenly looted this nation to the hilt. He asserted that this stands proved beyond any iota of doubt from the fact more than 600 organizations have been registered in the name of the members of the so called Nehru Gandhi families. These organizations have been used to siphon off the tax payers' money and most of the companies established by these people are bogus companies to facilitate the siphoning of the nation's funds.

The senior BJP leader said that it is because of such blunders of Nehru and his kin that the people of Jammu and Kashmir continued to suffer unabated for over seven decades. He said that the biggest blunder of Nehru as PM was that after Pak aggression in Kashmir, he took the matter to UN and allowed to station its MOC (Military Observers' Group) in J&K and PoK. He said that giving long rope to the favourites like Sheikh Abdullah was yet another blunder committed by them as Sheikh too promoted his dynastic rule like Nehru.

Kavinder said that the worst phase began in J&K with signing of Rajiv-Farooq accord after which the terrorism and secessionism received a big boost with a tacit support of the J&K Administration the results of which led to peak terrorism in J&K bringing death, destruction

Govt should fulfill demands of Kashmiri Hindu employees posted in Valley before Shivratri: Shiv Sena



Stop treating Hindus employees as bonded labourers: Sahni

JI NEWS SERVICE JAMMU, FEB 10: Shiv Sena J&K unit today demanded that the LG led administration should fulfill the demands of protesting Kashmiri Hindu employees posted in Valley before the upcoming Shivratri Festival. The leaders of Shiv Sena (Uddhav Bala Sahab Thackeray) Jammu and Kashmir unit organized a press conference at the party's central office, Jammu, today demanding the safe posting of Kashmiri Pandits/Hindus working in Kashmir by implementing the transfer policy. State Chief Manish Sahni

said government should leave its stubbornness of making these employees scapegoats and transfer them to safer places in Jammu region. Sahni said that Hindus working under the PM rogar yojna in Kashmir were being treated like bonded labourers and forced to become scapegoats. On aug 5, 2019 the Center has abrogated Article 370, then the bonds included in SRO 412 should be treated as cancelled. Describing the government's claims of rehabilitating Kashmiri Pandits/Hindus as hollow sham, Sahni said that providing jobs and temporary

accommodation to only 4200 Kashmiri Pandits can never mean rehabilitating the entire community. "Along with Kashmiri Pandits, Sikh / Muslim / Dogra communities were also given jobs under the PM package. But the BJP government is baking political bread by misleading the public by beating the name of Kashmiri Pandits. At the same time, for the last 6-7 months, the salaries of the employees are being withheld and they are being forced to go to the valley," he said. Sahni demanded the Central Government and the Lieutenant Governor of

Jammu and Kashmir to implement the transfer policy and attach Kashmiri Hindus to various central departments. He said that, the PM package funds are provided directly by the Center so the administration deutes them to central departments like (Election Commission, India, NTPC, NHPC, etc.) or UT Ladakh.

Sahni said that some selected and influential employees have been attached to Jammu division. It is clear from the stand of the administration that it is not hesitating to sacrifice all the Hindu employees for the party of vote politics ambitions of the central government which is an unimaginable situation towards humanity. On this occasion, President Women's Wing Meenakshi Chhibber, General Secretary Vikas Bakshi, President Kamgar wing Raj Singh, Women Secretaries Sukhwinder Kaur, Yawar Habib were present.

Indian Army organises Lavender Farming and Processing Drive

JI NEWS SERVICE JAMMU, FEB 10: As part of welfare activities, Indian Army has been constantly undertaking a variety of events for the welfare of Awaam. In pursuance of this noble aim and in order to impart training on lavender farming and generate employment through it Indian Army organised 'Lavender Farming and Processing Drive' for youth and poor farmers from the socially and economically backward strata of the society at Bhalal in District Doda (J&K). Such initiatives will improve the environment of the surrounding area and will greatly help in generating



employment opportunities to people from socially and economically backward families and simultaneously engage the youth in some construc-

tive activity which is beneficial to them in multiple ways. The locals expressed their gratitude towards the Indian Army for organising the event.

BJP OBC Morcha working round the Clock for BJP Party: Vibodh Gupta

JJ NEWS SERVICE
JAMMU, FEB 10: BJP OBC Morcha JK-UT in collaboration with Red Cross Jammu held free medicines distribution camp at Municipal Park, Resham Garh Colony, Jammu.

Vibodh Gupta General Secretary BJP Jammu Kashmir and Sunil Prajapati President BJP OBC Morcha JK-UT were prominent to inaugurate the camp.

Speaking on the occasion, Vibodh Gupta congratulated the work done by BJP OBC Morcha and said BJP OBC Morcha has done commendable work round the clock in the field of Sewa and helping Public in large.

Vibodh further thanked PM Modi for Increasing Medical Budget by 13% and said 157 new Nursing Colleges will be opened in the coming future. He asserted that the people of Jammu Kashmir are enjoying health insurance of Five Lakhs per family.



For this he thanked PM Narendra Modi for covering the whole state under health Insurance. Later Sunil Prajapati said that this Camp will benefit needy people at this time of extreme Weather Conditions and thanked Secretary Red Cross Sat Pal Sharma for Issuing Medical Camp.

He also thanked Dr. Aasia Noor (Medical Officer) and her team. Nearly 200 people were benefited by this camp and local people

applauded the working of BJP OBC Morcha. The Program was organized under guidance of Ashok Salgotra (District President BJP OBC Morcha Jammu) and others who organized the Program was Viren Satti (District Secretary BJP OBC Morcha), Raj Kumar (Mandal President OBC Morcha Bakshi Nagar).

Prominent among others who Present on occasion was Ravi Mehra (Vice President BJP OBC

Morcha), Kewal Verma (State Secretary BJP OBC Morcha), Bal Krishan (State Social Media Secretary OBC Morcha), Gopal Sanotra (General Secretary BJP OBC Morcha), Parveen Badyal (Vice President BJP OBC Morcha), Rajesh Kumar (Vice President BJP OBC Morcha), Madan Verma (District Secretary BJP OBC Morcha), Ved Parkash (District Spokesperson OBC Morcha) and Budh Verma.

Kathua Campus (JU) organizes its 3rd Extension Outreach Programme

JJ NEWS SERVICE
KATHUA, FEB 10: Aiming to keep the children, youth and students away from the menace of drugs, Kathua Campus, University of Jammu today organized its 3rd Extension Outreach Activity on "Drug Abuse: Problem, Management and Prevention along with Stationery Distribution Drive at Government Higher Secondary School, Kathua. More than 400 students from Government Higher Secondary School, Kathua and Kathua Campus, University of Jammu participated in the said activity. The awareness programme was also attended by more than 100 people from Panchayat Kathua who were thrilled by the performance of the students of Kathua Campus, University of Jammu in the form of a play on Drug Abuse.

Further, a two-week stationary collection drive was launched by Kathua Campus, University of Jammu on 26th of January, 2023 in order to help the children of the adopted village Kathua and the stationery was distributed today to more than 350 students of Panchayat Kathua in order to channelise their energies to harness their potential in nation building and refrain them from bad habits so that they can focus harder on their studies. The esteemed speakers at the occasion were Sh. Kewal Krishan (District Education Planning Officer, Kathua), Dr. Rajesh Chandel (Assistant Professor, Psychiatry, Government Medical College, Kathua), Sh. Sanjeev Sharma (Inspector, Police Training School, Kathua), Mr. Varun Sharma (Sub Inspector, J&K Police, Poonch) and Sh. Devinder Kumar (Retd. Zonal Education Planning Officer, Hiranagar). While speaking on the



occasion, Sh. Kewal Krishan said that the drug menace is badly affecting the society in general and children in particular. Thus, there is an acute need to spread awareness among society especially children against this evil so that it can be uprooted. He further said organizing these types of awareness-oriented programmes at school level is quintessential for the teen age students. Dr. Rajesh Chandel opined that drug consumption is dangerous to the mental and physical health of everyone and thereby, drug abuse is destroying our future generation. He further underscored the psychological and medical aspects of drug abuse in tender age students. Sh. Sanjeev Sharma stressed on the need of involving students in cocurricular activities in addition to their academics so that they can utilize their time properly. Further, he advised the students to join sports to be mentally and physically fit. Mr. Varun Sharma advised the children to stay away from illegal drug consumption and also requested the public to inform Police about illegal drug consumption.

Further, he insisted the students to fight against this menace in their locality also. Sh. Devinder Kumar emphasized on the importance of such awareness programmes to safeguard children from drug abuse in any manner. He further highlighted the challenge of drug abuse in India and suggested the retired employees especially from the education sector to come forward to take initiatives for the welfare of the youth in particular and society as a whole.

Sh. Ashok Kumar, Principal, Government Higher Secondary School, Kathua appreciated the efforts of Kathua Campus, University of Jammu for organizing the awareness programme on Drug Abuse and for distributing stationery among the children of panchayat Kathua to focus more on studies. The Special Guests from Panchayat Kathua who attended the programme were Sh. Joginder Singh (Naib Sarpanch, Kathua), Sh. Mohinder Singh (Panch, Kathua) and Smt. Trishla Devi (Panch, Kathua).

Modi Govt's agri-friendly schemes have become real power of farmers: Johal

JJ NEWS SERVICE
JAMMU, FEB 10: The Modi government has done more work in eight years of its rule for making farmers self-reliant than was accomplished ever before and its agriculture-friendly schemes have become the real power of farmers.

This was stated by Sarabjit Singh Johal, President BJP Kissan Morcha, J&K and DDC Member while speaking at the programme in Bantala area of Jammu.

Johal asserted that the central government headed by the Prime Minister Narendra Modi has done more work in the last eight years than ever before for empowering farmers and making them self-reliant. He said the government at the Centre stands fully committed to the welfare of the farmers who deserve special attention especially in view of their being the food producers of the nation. He said the government is making every effort to double the farmers' income and boost agriculture economy.

Today, Sarabjit Singh Johal along with his entire Kisan Morcha team visited Maa Chandi Temple in Rajinder Nagar, Bantala area and prayed for the peace and prosperity of the Union Territory. State General Secretary of BJP Kisan Morcha Rakesh Pant, Vice President Kisan



Morcha Baba Chanchal Singh, Mandal President Vijaypur Ajay Sharma and Parveen Sharma accompanied the BJP Kissan Morcha President, J&K.

Johal said "Since the BJP led government came into power, it has been taking all necessary initiatives to boost and bolster the agricultural economy along with farmers' welfare schemes."

He said that the farmers' issues have been best addressed by PM Modi led Govt at the Centre. He mentioned that the schemes and initiatives by the government like Kissan Sammaan Nidhi, Kissan Credit Card, Kissan Fasal Bima, Soil Health Card, Pradhan Mantri Krishi Sinchayee Yojana (PMKSY), National Agriculture Market (e-NAM), SVAMITVA Yojana, and many more

such schemes have been providing benefits to all the farmers of the nation.

Johal asked the Kissan Morcha leaders and workers to establish a strong connect with the farmers'

community and ensure that they avail the benefits of the aforesaid schemes.

He asked them to take adequate measures in strengthen the base of the Party.

Indian Army organises lecture on Road Safety

JJ NEWS SERVICE

JAMMU, FEB 10: Indian Army organised a lecture on Road Safety at Govt Higher Secondary School, Bhowani in District Rajouri (J&K). Road accidents are a major concern in the region owing to hilly terrains and modern vehicles having lighter speed limits. Towards this end, the lecture aimed to create awareness amongst the locals to make the roads safer and prevent loss of life and limb. The lecture highlighted that roads in this region of the UT of J&K run through various hills and mountain ranges, which requires the drivers to be extra cautious and provide due allowance for the terrain and weather.

The gathering was also educated about various aspects contributing towards safe roads like, following traffic rules, importance of wearing seat belts/helmets, maintenance of vehicles etc.

BJP Minority Morcha J&K Organises Joining Program at Baribrahmana

JJ NEWS SERVICE
JAMMU, FEB 10: A programme was held at Bari Brahmana District Samba today by the District Unit of BJP Minority Morcha Jammu under the chairmanship of UT President Ranjodh Singh Nalwa.

The main motive of this meeting was to conduct briefing session in which BJP Minority Morcha Leadership was to be kept abreast of the latest developments and working of the organisation especially with reference to the upcoming Party Programmes. The aim of the meeting was on part of all the functionaries also to remain alert in their respective Districts, Constituencies, booth levels and work at the grass roots levels for welfare and benefits of common people. The purpose of the interactive session was to deliberate on the efforts to address the grievances of the masses specifically those who are marginal, helpless and resourceless as also to raise



voice of concern in favour of their genuine demands.

On this occasion, all the delegates under the leadership of UT president Ranjodh Singh Nalwa welcomed the entrants in to the party fold who joined the Morcha today. Speaking on this occasion, Nalwa while elaborating on the policies of BJP said that it is due to the people friendly programs and plans associated with the growing popularity of the party under the national leadership of Prime Minister Narendra

Modi that every passing day, number of people are embracing this organisation and have been expressing their full solidarity in the ensuing march on the path of progress and prosperity.

He further stressed on the workers to strengthen the party at the ground level and be always inclined with the people and become a mouth piece for giving vent to their problems, he said adding further that it is the discipline of the party that attracts the people towards it.

District president Jammu BJP Minority Morcha Jaspal Singh also expressed his views on this occasion.

Other prominent participants include Vice President J&K Balvinder Singh, Amarjeet Singh, Santokh Singh (Gen. Secretary J&K), Pranvrat Singh, Pawanjett Singh and other office bearers of BJP Minority Morcha.

Earlier, several people turned up the venue to join BJP Minority Morcha who were warmly welcome in the party folds.

One week student workshop concluded at TBS, JU



JJ NEWS SERVICE
JAMMU, FEB 10: The Business School organised one week workshop aimed to enhance the professional competencies of MBA students from 6th February to 10th February, 2023. The week long workshop included nine sessions. Two sessions daily comprising of one morning session and one afternoon session. Total nine sessions were conducted by various industry experts, leading academi-

cians and motivational speakers within and outside the university namely Mr. Priyankar, HDFC bank, Mr. Gautam, Chamber of Commerce and Industries, Ms. Swati Basotra, Talknastalks, Ms. Geetika Kohli, Thinksta, Prof. Vishav Rakscha, University of Jammu, Ms. Maansi Rattan, MG Design School, Mr. Akash Badi, Amazon India, Ms. Jasleen Kaur, Branding Elves, Mr. Aman Talla, Talla Jewellers and Mr. Satish Koul,

Emcure Pharmaceuticals Ltd.

A valedictory function was organised to conclude the workshop and Chief Guest for the occasion was Mr. Satish Kaul, Resident Director at Emcure Pharmaceutical Ltd.

The certificates were distributed to the participants and organisers of the workshop. Mr. Satish Kaul in his address expressed the need for the students to enhance soft skills besides academic knowledge. He motivated the students to be disciplined, ethical and work hard to achieve success in life.

He emphasized upon the need for such programs in The Business School. Prof. Sameer Gupta, Director, TBS while talking on the occasion gave special remarks about the workshop. He emphasized upon the need for such workshops for the MBA students that are under immense academic and competitive pressure.

Prof. Alka Sharma appraised the gathering that such workshops give an edge to the students in their employability profile.

Lawlessness unleashed by opposition done away with, India on progressive path: Raman Suri

JJ NEWS SERVICE
JAMMU, FEB 10: Bharatiya Janata Party (BJP) J&K Executive Member Raman Suri today said that those opposed to unfurling Tricolour in Jammu and Kashmir or doing away with redundant laws are now trying to protect the illegal encroachers of the UT and forest land by arriving at the Capital to protest. This is indicative enough that such political leaders never wanted order in the system of governance and allowed lawlessness to prevail in the erstwhile state.

He said, PDP chief Mehbooba Mufti's unrelenting support to encroachers, illegal occupations or land grabbers is

enough to understand how these leaders had unleashed a rein of lawlessness and made Jammu and Kashmir a jungle where everyone was having a free run when it came to grabbing land, occupying state or forest land and even building shops and houses on the land of development authorities.

Raman Suri said, Prime Minister Narendra Modi in his reply to the debate on Motion of Thanks to the President's address in Lok Sabha established that the days of such leaders or divisive and adverse policies are over. The Prime Minister united it clear by stating that peace is prevailing in J&K, separatists are gone forever,

Tricolour is unfurling everywhere and tourists besides investors are looking towards the new, potentially-viable Union Territory.

Raman Suri asked the youth to reap benefits of this atmosphere which is conducive enough to progress and contribute to nation building.

He said, Kashmir of serenity, when tourists used to flock there and enjoy every season, young boys and girls had ample opportunities, peace prevailed and no one ever created any trouble for anyone is now back. The leaders who created an unrest in Kashmir, made militancy a monster, encouraged separatism at

the cost of lives of youngsters and stalled progress of youth are themselves finding no space in the political arena now.

The recently concluded "Triranga Yatra", he said, has become a benchmark of peace for opposition where every leader, who once said that no one will unfurl Tricolour, walked miles to see the Indian Flag unfurl at historic Lal Chowk.

Raman Suri felt sorry for the opposition saying that they are unable to find any flaw in the functioning of the Union government, which is why they were speechless in the Parliament and couldn't muster courage to pinpoint on anything that affected the progress of our nation.

J&K Govt to give Rs 2.5 lakh incentive for every inter-caste marriage involving a dalit

SRINAGAR, FEB 10 The Jammu & Kashmir Government has unveiled a scheme to give Rs 2.5 lakh to every inter-caste marriage involving a dalit.

An order in possession of news agency reveals that UT administration has come up with a scheme to incentivize inter-caste marriage involving a dalit.

The scheme has been unveiled after the Administrative Council gave a go-ahead for the same. The Centre had also unveiled a similar scheme in 2017.

The scheme has been framed for implementation of the Protection of Civil Rights Act, 1955 and the Scheduled Castes and the Scheduled Tribes (Prevention of Atrocities), Act 1989. To avail benefits of the scheme, one of the spouses in the inter-caste marriage should be a person belonging to the Scheduled Caste community as mentioned in the Scheduled Caste List (out of 13 Castes) specified in the Constitution (Scheduled Castes) Order, 1950. C.O.19 for Jammu and Kashmir and

the other is a non-scheduled caste Hindu. As per guidelines of the scheme, the marriage should be valid as per the law and duly registered under the Hindu Marriage Act-1955 and a registration certificate to this effect issued by the competent authority must be furnished by the beneficiaries.

The order states that the age criteria of marriage should be as per prescribed law. The case for assistance shall only be valid if submitted strictly within six months from the date of marriage, as indicated on the marriage registration certificate produced at the time of submission of application.

"The couples who have already received incentive from the Dr. Ambedkar Foundation, Ministry of Social Justice & Empowerment or any other State/UT should not be eligible for incentive under this scheme," the guidelines state.

The guidelines further state that the total amount of incentive will be released

to the eligible couple in a single instalment through Direct Benefit Transfer (DBT) mode to the joint account of the couple in any government/nationalized bank in the form of fixed deposit (FD) with a lock-in period of three years.

"At the time of maturity of the fixed deposit i.e. after completion of 3 years the couple has to submit a joint undertaking to the bank regarding the successful sustenance of marriage clearly depicting that no marital dispute or legal proceedings are going on between the couple after which the bank will provide them the option of withdrawing the amount or continuing the fixed deposit under an intimation to the sanctioning authority. In case the beneficiary couple fails to produce the joint undertaking regarding the same it will be the responsibility of the Bank concerned to return and remit the total amount along with interest to Government account under intimation to sanctioning authority," the order further states. KNO

'Zindagi': This helpline is giving hope to people in Kashmir

SRINAGAR, FEB 10

Amid rise in suicide cases in Kashmir, 'Zindagi' helpline in Kashmir is proving a boon for people having suicidal thoughts as such people are being counselled on phone.

As per news agency, the Institute of Mental Health and Neurosciences Kashmir along with SRO Kashmir issued the first suicide prevention helpline named 'Zindagi' last year, proving beneficial for hundreds of people.

The helpline number 18002701008 functional every day from 6 pm to 11 pm is playing an important role in curbing the number of suicide cases.

Dr Zoya, a clinical psychologist who is part of this initiative, told news agency-Kashmir News Observer (KNO) that the helpline receives around five to six calls every day. Initially, the number of distress calls were higher but now it is primarily people who have suicidal thoughts who call. She said that suicide is an act of killing oneself

intentionally when the pain becomes unbearable. "They don't want to die but they just want to kill the pain. This pain can be caused due to many factors. The most common factors that invoke thoughts of suicide are public humiliation, financial stress, emotional disturbances caused due to family, work pressures, failures and constant domestic abuse," Dr Zoya said.

According to her, adolescents have become more vulnerable for thoughts of suicide as their prefrontal cortex that is responsible for rational thinking is not well developed. When they go through chronic and consistent stressors they resort to suicidal behaviours, she added.

"The helpline has proved to be beneficial to deal with the stigma as the helpline is a call away. It is a free number where one can call and you will be connected to a suicide first aid responder. The responder provides immediate help to deal with thoughts of suicide at that moment and also connects the person with mental health professionals for a holistic treatment," she said.

Many people consider an act of suicide as a weakness of moral and religious character and that is why people don't uprightly talk about thoughts of suicide which leads to aggravation of symptoms to an extent that they lose control and make an attempt, the doctor said.

"We need to look at suicide or thoughts of suicide as a mental health illness and help our loved ones to connect to the right help available i.e. connecting to mental health professionals," Dr Zoya said.

"We need to desensitize our children from early years of life about emotions and how to deal with failures and difficult times besides that educational institutions need to conduct awareness programmes for the same," she added.

Suicide cases are on rise in J&K and experts consider irresponsible media reporting as one of the causes of suicide contagion who have called for giving the least space to such acts so as to minimise the cases.

No traffic movement on Jmu-Sgr highway for 12 hours

ANANTNAG, FEB 10

The district administration Anantnag Friday said due to periodic overhaul at Shamsipora Crossing, no vehicular movement will be allowed on the stretch along Srinagar-Jammu highway.

An order issued by Additional Deputy Commissioner Anantnag, a copy of which lies with the news agency, reads that due to periodic overhaul at Level Crossing Gate No C2 (Shamsipora Crossing), no vehicular movement will be allowed on NH44 between Shamsipora and Bijbehara crossing between 20:00 on Sunday and 08:00 on Monday.

"In order to carry out some immediate repairs by Railway Authorities on Level Crossing Gate No. C-2 at KM 19.54 (Shamsipora Crossing), it is hereby ordered that no traffic/vehicular movement will be allowed on National Highway (NH44) between Shamsipora Crossing and Bijbehara Crossing from 20:00 hours (Sunday) 12th February 2023 to 08:00 hours (Monday) 13th February 2023," it said.

The traffic shall be diverted through old National Highway from Hamzapora Crossing to Alstrop Crossing and vice-versa during the period, it further reads. KNO

Haj forms available on HCoI's official website from today

SRINAGAR, FEB 10

Haj 2023 forms will be available online free of cost from today onwards on the official website of Haj Committee of India (HCoI).

"Haj forms have been made available on the official website of HCoI: https://hajcommittee.gov.in/haj23." HCoI Member, Er Ajiz Hussain told news agency. He said the forms are absolutely free of cost as already announced by the HCoI under its Haj policy 2023.

Er Ajiz said all the steps will be taken to provide as much as possible relief to the pilgrims performing Haj 2023. He said that under the Haj policy 2023, 25 Haj Embankment points will be set up across country to facilitate the pilgrims by all means. This year, as per the bilateral agreement between Government of India and Saudi Government, over 1,75,000 pilgrims will perform the holy pilgrimage of Haj 2023. Pertinently, HCoI has already abolished the VIP quota under which 5 to 10 persons were allowed to perform the pilgrimage. This year, there is no such quota. Er Ajiz reiterated that this year, pilgrims above 70 years of age will be given priority.

He said HCoI is taking every step to make Haj 2023 cheaper with all possible best facilities available for the pilgrims visiting both holy cities of Makkah and Madina. KNO

Six years on, PHC building awaiting completion in Budgam's Khanshab

BUDGAM, FEB 10

About six years after the work on the new building of Primary Health Centre in Budgam's Khanshab was started, the hospital building is still incomplete.

Currently, the Primary Health Centre Hardu Panzoo in Khanshab catering about 30 villages is functional from an old building with less space causing hardships to staff as well as patients.

Locals told news agency that work on the new building was started in 2017 and it has not been completed till now. They said that while the PHC is functional round the clock throughout the week, the health facility lacks basic amenities.

Mohammad Ayoub, a local, told KNO that the centre lacks USG machine, digital x-ray machine and an analyzer. In absence of the facilities, patients are presently forced to visit a sub district or district hospital taking a toll on them.

Locals said that around 80 per cent of the work on the new building has been already completed but it has been left incomplete as of now.

"They demanded that the government must complete the pending work on the health centre at the earliest and should shift the centre to a new building where all kinds of facilities will be made available to the patients.

"They requested Deputy Commissioner Budgam and CMO concerned to look into the matter at the earliest and take immediate steps regarding this issue. KNO

Ganderbal boy enters 'India Book of Records' for tech innovation

GANDERBAL FEB 10

Eighteen-year-old boy from central Kashmir's Ganderbal district has brought laurels to the Union Territory by entering the 'India Book of Records' for tech innovation.

Aqib Ahmad Shah of Safapora has made the 'seat belt ignition' for cars that will ensure the safety of the people, particularly the drivers, thereby minimising the loss of precious human lives due to accidents.

Aqib, a 12th-class student at Government Higher Secondary School, is the first youth of Kashmir whose name has entered the 'India Book of Records' in the 'Innovation and Technology' category.

"Since childhood, I used to open up toys and other electronic devices at home, for which my parents used to scold me. However, this habit yielded positive results after the Mankh Awards competition by the Department of Science and Technology, Government of India, was announced where I won the Inspire Award for four consecutive years," Aqib told the news agency.

Recently, Aqib applied for the innovation conclave at IIT Kanpur, where his idea was selected. He attended the recently-held 'Innovation Hunt' held at Sri Pratap College and also sent an innovative idea for review to the University of Kashmir's Incubation Centre.

Meanwhile, SSP Ganderbal Nikhil Borkar who was accompanied by DYSIP Hqs Hqs Hassan felicitated the Aqib at DPO Ganderbal.

Aqib "is an inspiration for his fellow students in the area," the SSP said. He said police appreciated and felicitated the young boy with a aim to promote the local talent and encourage the positive and constructive activities of youth in the area. The SSP appreciated the young innovator and assured full support for his future endeavours. KNO

Elderly man crushed under moving train in Budgam

BUDGAM, FEB 10

An elderly man was crushed under a moving train in Central Kashmir's Budgam district on Friday afternoon, officials said here.

An official told the news agency that the train mowed down the man between Mazham and Budgam section. He said the man died on the spot. "He has been identified as Mohammad Ismail Dar (70) son of Abdul Ahad Dar of Shappora Wadwar, Budgam." KNO

Meanwhile, police have taken cognizance of the incident and registered a case in this regard. KNO

FROM THE FRONT PAGE...

Not Stone...

Gulmarg is going to be the Centre of Excellence for the winter sports and efforts are on soon "we will achieve the mission"

Addressing the gathering during the inaugural ceremony of 3rd edition of Khelo India Winter Games at Gulmarg, LG Sinha as per KNO said that every effort is being made to bring the skills of J&K youth who are affiliated with the sports on a display as Gulmarg will soon be the Center of Excellence for the winter games.

While congratulating the organizers for making efforts in conducting the mega event, the LG said that it is a proud movement for the Union Territory of Jammu and Kashmir. "I convey my greetings to each member including the Ministry of Youth Affairs and Sports, High Altitude Warfare School Jawahar Institute of mountaineering, J&K Sport's council and themselves. They are not eligible for incentive under this scheme," the guidelines state.

The guidelines further state that the total amount of incentive will be released to the eligible couple in a single instalment through Direct Benefit Transfer (DBT) mode to the joint account of the couple in any government/nationalized bank in the form of fixed deposit (FD) with a lock-in period of three years.

As per news agency, the Institute of Mental Health and Neurosciences Kashmir along with SRO Kashmir issued the first suicide prevention helpline named 'Zindagi' last year, proving beneficial for hundreds of people.

Dr Zoya, a clinical psychologist who is part of this initiative, told news agency-Kashmir News Observer (KNO) that the helpline receives around five to six calls every day. Initially, the number of distress calls were higher but now it is primarily people who have suicidal thoughts who call. She said that suicide is an act of killing oneself intentionally when the pain becomes unbearable. "They don't want to die but they just want to kill the pain. This pain can be caused due to many factors. The most common factors that invoke thoughts of suicide are public humiliation, financial stress, emotional disturbances caused due to family, work pressures, failures and constant domestic abuse," Dr Zoya said.

According to her, adolescents have become more vulnerable for thoughts of suicide as their prefrontal cortex that is responsible for rational thinking is not well developed. When they go through chronic and consistent stressors they resort to suicidal behaviours, she added. "The helpline has proved to be beneficial to deal with the stigma as the helpline is a call away. It is a free number where one can call and you will be connected to a suicide first aid responder. The responder provides immediate help to deal with thoughts of suicide at that moment and also connects the person with mental health professionals for a holistic treatment," she said.

Many people consider an act of suicide as a weakness of moral and religious character and that is why people don't uprightly talk about thoughts of suicide which leads to aggravation of symptoms to an extent that they lose control and make an attempt, the doctor said. "We need to look at suicide or thoughts of suicide as a mental health illness and help our loved ones to connect to the right help available i.e. connecting to mental health professionals," Dr Zoya said. "We need to desensitize our children from early years of life about emotions and how to deal with failures and difficult times besides that educational institutions need to conduct awareness programmes for the same," she added.

Suicide cases are on rise in J&K and experts consider irresponsible media reporting as one of the causes of suicide contagion who have called for giving the least space to such acts so as to minimise the cases.

reached north Kashmir around 02:00 AM. Moreover, over 1000 vehicles have been stranded along the 270-km-long Srinagar-Jammu highway since last night after the authorities decided to close the vehicular movement due to landslides and shooting stones, triggered by heavy rainfall in several places in Ramban district, officials said.

An official told KNO that due to heavy rainfall, mudslides at Cafeteria-Mehar, Ramban and shooting stones at Panthyal and other locations, the traffic was suspended approximately on Thursday 06:00 pm. Nonetheless, people have been advised to undertake journeys on the highway only after confirming the status of the road from TCU Jammu, TCU Srinagar, and TCU Ramban. It is worth to mention here that Srinagar-LCU highway and Mughal Road continues to remain closed since the first week of January in view of the snowfall. KNO

ecosystem for generations to come, while the efficient use of fertilizers and micro-nutrients will lay the foundation for organic production. This project is not only crucial for food security and achieving Sustainable Development Goals but also a testament to the government's commitment towards deploying cutting edge and future-ready technologies in the agriculture sector. The project will have far-reaching benefits for farmers, researchers, natural resource managers and other stakeholders in the region.

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Avalanche hits Gurez...

Kashmir valley due to the accumulation of snow. State Disaster Management Authority (SDMA) have already issued an avalanche warning in Bandipora district and advised people living at upper reaches to remain cautious and not to venture out in slopes, hills areas, or avalanche-prone areas till the weather improves.

On January 12 this year two labourers working with a Hyderabad-based Mega Engineering & Infrastructure Limited (MEIL), which is executing the work on Zojila Tunnel road killed in a snow avalanche in central Kashmir's Ganderbal district.

Two Polish skiers were killed while 19 other foreigners from Russia and Poland and two local guides were rescued on February 2 as a snow avalanche hit the Affarwat peak in the famous ski resort of Gulmarg in northern Kashmir.

Govt teacher arrested...

The news agency that a complaint was registered in Gursai police station in which it was submitted that the teacher had molested and misbehaved with two minor girl students of the school after which a case was registered against him and was subsequently arrested.

They said that further investigation into the matter is going on. The teacher has already been suspended by Zonal Education Officer Bhatkote, who also visited the school after the incident. KNO

J&K PSC now...

appointment of its chairman and eight other members in 2020. Sharma, who completed his term, was replaced by Satish Chandra in 2022.

All other members excluding Zubair Ahmad Raza who were appointed in 2020 by the J&K administration have completed their tenures.

Those appointed in 2020 included Ahad-ul-Mujtaba, Syed Iqbal Aga, Subash Gupta, Prof. Des Raj, Sameer Bharati, Prof. Showkat Ahmad Zargar, Dr. Farooq Ahmad Lone and Zubair Ahmad Raza.

It is pertinent to mention that the J & K government in May 2022 had appointed a committee headed by Chief Secretary for making suitable recommendations for selection of chairman and members of Jammu and Kashmir Public Service Commission.

The CS-led panel consisted of Financial Commissioner (Additional Chief Secretary), Agriculture Production Department, Financial Commissioner (Additional Chief Secretary), Home Department, Financial Commissioner (Additional Chief Secretary), Finance Department and Principal Secretary to the Government, General Administration Department. KNO

Government takes...

and urbanization, ensuring that the region remains sustainable and ecologically sound for generations to come.

"Developing J&K Soil and Land Resource Information (JKSLRI) system for Planning and Soil Health Management is one among the 26 projects, which were approved by the Jammu and Kashmir administration after being recommended by the UT Level Apex Committee for holistic development of agriculture and allied sectors in UT of J&K. The prestigious committee is being headed by Dr Mangala Rai, Former DG, ARC and has other luminaries in the field of Agriculture, Planning, Statistics and Administration like Ashok Dalwai, CEO NRAA, Dr. P. K. Joshi, Secretary, NAAS, Dr. Prabhakar Kumar, Horticulture Commissioner MOA and FW, Dr. H S Gupta, Former Director, IARI, Atal Dulloo, ACS, APD besides Vice Chancellors of twin Agriculture Universities of the UT."

The project will be executed in several phases, starting with intensive soil survey, soil sampling and analysis followed by ground truthing and data analysis. It will also include collection of soil monoliths and analysis of soil, water and plant samples. These interventions will result in generation of data at panchayat level, intensive soil mapping, creation of a web-based soil information system and land evaluation for crop suitability and alternate land use.

The JKSLRI project is expected to have a significant impact on the region by providing the most comprehensive and up-to-date information on soil and land resources. It will serve as an atlas of soil and land resources and will make information accessible to all. The policy document on agriculture and urbanization will ensure a sustainable

After 2-day wet...

yellowish snowfall" was due to dust carried out by winds from central parts of Pakistan and Southern Afghanistan.

"Analysis of 2nd Generation Weather Satellite (Meteosat-9) of EUMETSAT (European Operational Satellite Agency) confirms that Yesterday's Yellowish and Dusty Snowfall over some parts of north Kashmir was dust carried out by winds from Pakistan and Southern Afghanistan, which started around 7 PM IST," it said.

It further added that the dust travelled northeast wards

Apni Party registers its protest against bulldozing drive

Holds sit-in protests at the district headquarters across J&K



JI NEWS SERVICE JAMMU, FEB 10: Apni Party on Friday held sit-in protests – against the ongoing demolition drive by the administration – at the district headquarters across J&K.

According to a press note released here, "Party's district leaders and senior

workers led the sit-in protests at the district headquarters across the J&K. The sit-in protests at multiple places were meant to register a strong objection, on behalf of the party, against the administration's ongoing demolition drive."

It further said, "Apni

Party demands the immediate stoppage of the bulldozing drive. The party is not against retrieving large chunks of land occupied by the land mafia, but we demand regularization of the small amount of State/Kacharai land, which has been in possession of common people for

decades or in some cases for more than a century."

"In the Valley, the senior party leaders – Usman Majid, Javaid Mustafa Mir, Abdul Majeed Padder, Raja Manzoor, Khursheed Ahmad Khan, Noor Mohammad Sheikh, G M Mir, Tariq Ahmad Veeri, and Javaid Ahmad Mir – led the sit-in protests respectively in Bandipora, Badgam, Kulgam, Kupwara, Baramulla, Srinagar, Pulwama, Anantnag, and Ganderbal," the press note said.

"While as in Jammu region, Manjit Singh led the sit-in protest in Jammu and Samba districts; Advocate Harpreet Singh in R S Pora; Pushap Dev Uppal in Jammu (Rural); Satpal Chalotra in Udhampur; Anil Kumar in Badmehar; Bashir Khaki in Poonch; Sofi Aslam in Rajouri, and in Kishtwar led by Umer Mingnoo," the press note added.

Two-Day seminar on 'India's Pathways to next economic powerhouse by 2047' concludes



JI NEWS SERVICE JAMMU, FEB 10: A two-day seminar on 'India's Pathways to Next Economic Powerhouse by 2047' organized by Department of Economics sponsored by the Indian Council of Social Science Research, New Delhi concludes today at University of Jammu. In the valedictory function, Prof. Raj Kumar Mahajan, the Former Professor, Punjabi University, Patiala, Regional Centre Bathinda, Punjab, was the Chief Guest. He advocated that India has tremendous potential to grow using robust policies to address the challenges of poverty, inequality, unemployment and sustainability which will pave the way to become the next economic powerhouse by 2047.

The Key Note Speakers of the inaugural function were Prof. (Dr.) Balwinder Singh Tiwana, the Former

Professor, Punjabi University, Patiala, Prof. Kuldip Kaur, Chairperson, Ambedkar Chair, and Former Professor, Punjab School of Economics, GND University, Amritsar, Punjab, and Prof. I. C. Awasthi, Former Professor, Institute for Human Development, New Delhi.

Prof. Balwinder Singh Tiwana emphasized on building economic strength and to leverage the drivers of sustainable economic growth and to strengthen the India Rupee vis-à-vis Dollar. The continuous evaluation of short-term achievements of Indian economic performance is essential to plan for long-term goals. India has also to address the fluctuations in FDI and foreign exchange reserves to become the next economic powerhouse.

Prof. Kuldip Kaur advocated reaping the demographic dividend and improving the labour productivity and

addressing the problem of climate change for sustainable agriculture. Prof. I. C. Awasthi argued that inclusive growth is necessary to address rampant problems of unemployment and inequalities over the long-term to build a strong economy. The seminar convener Prof. Falendra Kumar Sudan presented a brief summary of two-day seminar, while Dr. Tsering Yangzom presented the welcome remarks and Prof. Sunita Sharma, presented the vote of thanks. Prof. Jasbir Singh appreciated the Head of the Department for his all support to organise such type of events. Dr. Virender Koundal, Dr. Manoj Bhatt, and Dr. Shaluu Selhgal of the Department of Economics were also present.

Today, the six parallel sessions were conducted in which well researched papers on various topics were presented including

the role of Foreign Direct Investment, Digital Educational Initiatives, Export and Import, Rural Governance and Entrepreneurship, Digitalizing Higher Education, Online University Teaching, Agrarian Change, Gender Dividend, Manufacturing Value Added, Corporate Governance, Sustainable Urban Transportation, Financial Development, Digital Empowerment, Digital Transformation of Agriculture, Human Development and Poverty Reduction, Renewable Energy, Nuclear Energy, Water Resilience, Land Sustainability, Food Security, Services Sector, Carbon-Neutral Cities, Fiscal Reforms, Inclusive Development, Entrepreneurship, Innovation, Investment, and R&D and many more topics in becoming the next economic powerhouse by 2047.

The main speakers include Dr. J. N. Balya, Dr. Hemlata Mangani, Dr. K. Rajesh Kumar, Dr. R. Sai Kumar, Dr. Prashant Kumar Choudhary, Dr. Ritu Bakshi, Dr. Preeti Chawla, Dr. Reeti Debnath, Dr. Rajendra Prasad Meena, Dr. Om Raj Katoch, Dr. Neelam Choudhary, Dr. Shilpa Gupta, & Dr. Shayan Javed, Dr. Rashi Tuggar, Dr. Sandeep Kaur, Pabitra Kumar Jena.

One day workshop held at Jammu University



JI NEWS SERVICE JAMMU, FEB 10: A one day workshop was organized at Jammu University by Directorate of International Quality Assurance in collaboration with Mission Directorate RUSA & K the state nodal agency for AISHE scheme.

The workshop was

attended by Nodal Officers (AISHE) all private and Govt Degree Colleges, Shri Mata Vaishno Devi University and experts from Higher Education Department Ministry of Education, New Delhi.

The welcome address was given by Dr. Ginny

Dogra University Nodal Officer Aishe/Deputy Director DIQA, Jammu University. Director College Development Council Dr. Rajeev Rattan was Chief Guest on the occasion who hailed the organisers for conducting such program. Ms Anita Sirohiwal, Joint Director.

Mission Director RUSA J&K in his address Elaborated the role of AISHE data in RUSA funding.

Joint Director, Planning and Monitoring from Ministry of Education in her speech deplated under the changes made in Web DCF to make it user friendly.

The technical session of workshop was conducted by Mr. Shivam Panday, Research Assistant, Mr. Vikas Mehta, Data Analyst and Mr. Sanjeev Kumar, Data Analyst experts from Ministry of Education.

Technical session was followed by queries session where technical issues faced by colleges with regard to uploading of data were resolved. Vote of thanks to participants and organisers was presented by Dr. Asif Iqbal coordinator AISHE, J&K.

Society must be driven by the principles of Antyodaya: BJP

Sham, Priya, Munish listen to public grievances

JI NEWS SERVICE JAMMU, FEB 10: Society will be healthy when it is driven by the principles of Antyodaya, which means the rise of the last person in the row stated senior BJP leaders, while they continue BJP's mission to resolve the issues faced by the residents of Jammu & Kashmir.



J&K BJP Vice-President & former Minister Sham Choudhary, BJP NEM & former Minister Priya Sethi and BJP All Morcha Incharge Munish Sharma, listened to the public grievances and took up the same with the concerned department officials for their early solutions at BJP headquarters, Trikuta Nagar, Jammu.

Numerous individuals and deputations visited the BJP office to meet the party leaders and narrate their woes & problems. The issues presented by common masses before the senior party leaders were related to PHE, PWD,

Rural Development, Revenue, Irrigation & Flood Control, Education, Agriculture etc.

Presented issues were on the spot, taken up with the heads of these departments by Sham Choudhary, Priya Sethi and Munish Sharma telephonically and they were impressed with immediate solutions.

Sham Choudhary, while

listening to the issues stressed that the leaders have tried sincerely to provide the best possible solutions presented by masses in the grievances camps. He said that BJP believes that a society could only be healthy when it ensures the rise of the last (deprived and neglected) person of the society.

Priya Sethi, on the occasion, said that BJP holds the issues faced by the masses in high esteem and believes that they should be promptly taken care of for the realization of a healthy society.

Munish Sharma stated that many of the issues presented today were solved on the spot whereas other issues are impressed for their early solutions.

DLC organises " Induction Programme for freshers of LL.B 3year (Prof.) Course

JI NEWS SERVICE JAMMU, FEB 10: Dogra Law College organized Induction programme to welcome the new entrants who have joined the college for the session 2022 - 23. Th. Gulchain Singh Charak, Chairman; Dogra Educational Trust was the Chief Guest on the occasion. The programme started with the lighting of the traditional lamp by the dignitaries followed by Saraswati Vandana.

Prof. V.P. Magotra, Principal, Dogra Law College welcomed the students. He briefly highlighted the history of the Dogra Law College. He apprised the students about the rules of the college and the achievements of the students who have brought laurels to the college.

Ms. Parema Bakshi, Faculty member of Dogra Law College made a PowerPoint presentation on the vision, mission, rules, values, curricular and co-curricular activities including the facilities available in the college. Prof. Darshana Sharma, Director, Dogra Group of Colleges and Campus Development addressed



the students and congratulated them for successfully qualifying the JUET Entrance Examination and becoming a part of the Dogra Law College. She threw light on the facilities and activities which are peculiar to the college and impressed upon the students to make use of these facilities. Special felicitation ceremony was also organised for NCC Cadets namely Junior Under Officer Abhishek Sharma, Student of B.A.L.L.B 5 Year Course 7th Semester for Lecture Conducted at Commando Insurgency

and Jungle Welfare School, Gwaldam, Uttarakhand and Cadet Gurbakshish Singh, Student of B.A.L.L.B 5 Year Course 7th Semester for representing J&K and Ladakh in Republic Day Parade 2023.

Two senior students of Dogra Law College shared their experiences with the new entrants. The Esteemed Chief Guest Th. Gulchain Singh Charak, Chairman, Dogra Educational Trust emphasized on maintaining discipline by the students which will help them in their future life. He also

emphasized the importance and recognition of hidden talent of the students which always contribute to the development of self-confidence and self-actualization. He added that Dogra Law College is committed in its endeavor to impart education for the betterment of the society.

The Programme concluded with the vote of thanks presented by Ms. Sumiksha Razdan, Faculty member of Dogra Law College followed by the National Anthem. In the end, sweets were distributed among the students.

'Three star electronics' of Blue Star ACs bags 'Best distributor Award' in North India

JI NEWS SERVICE JAMMU, FEB 10: Ved Sharma of Three Star Electronics, Shastri Nagar Jammu has bagged the 'Best Distributor Award' in North India during the Blue Star Product Launch cum Award Function organized at Chennai.



The award was presented to him during a glittering function attended by an august gathering comprising entrepreneurship doyens and celebrities from across the nation. The honours of award presentation were done by B Thiagarajan - Managing Director Blue Star in presence of Shashi Arora - President & COO, Cooling & Purification Appliances Group; Navneet Sharma and Haridas C-

Executive Vice Presidents. It is pertinent to mention here that M/5 Three Star Electronics is a name to reckon with not only in Jammu and Kashmir but across the northern region of the nation.

The venture was launched by an enterprising and enthusiastic entrepreneur Ved Sharma. Sharma

by dint of his strong determination and hard work never looked back and is today considered as one of the leading entrepreneurs in J&K in the field of electronics especially in Blue Star air conditioners.

The venture started many years back has today transformed into a very healthy business concern

not only providing profits and dividends to the owner but also creating a huge employment avenue for the unemployed youth.

After receiving the award, Ved Sharma said there is no shortcut to success adding that strong determination, will and hard work are the only keys to success.

THOUGHT OF THE DAY

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

JINDRAH IMAGES

Harness solar energy potential to maximum level

To an utter dismay of the people of the erstwhile state of Jammu and Kashmir, now two Union Territories—J&K and Ladakh, least interest has been given to exploit the vast solar power potential over the years. The reports suggest that two UTs have performed dismally on account of electricity generation from solar energy as authorities have exploited less than one per cent of 111 Gigawatts (GWs) solar power potential during the last four years. This is notwithstanding the fact that the Central government has asked all states and the UTs to harness solar power potential to its maximum level. The installed solar capacity of Jammu and Kashmir is 48.90 MW, while Ladakh, which is considered as solar capital of the country, is having just 7.80 MW installed solar capacity. The erstwhile state of Jammu and Kashmir has a solar power potential of 111.05 GW and it is the second highest in the country after Rajasthan which has the solar energy potential of 142 GW. Ladakh has not generated even single additional Megawatt electricity during the last one year despite the fact that it has a large potential of 100GW solar energy alone, therefore failing to contribute in the country's total installed capacity, notwithstanding two major projects with potential of generating 7500 MW of solar power (now revised to 10,000 MW) were sanctioned for the region about eight years ago. On the other hand, Jammu and Kashmir has doubled its installed solar capacity from 24 MW to 48 MW in the last one year and it has shown some progress while exploiting its solar power potential. Jammu and Kashmir has been provided Rs 64 crore by the Union ministry of New and Renewable Energy from year 2019 to year 2021 under different schemes for harnessing the solar power potential. An amount of Rs 12.41 crore has been released to Ladakh under various schemes to increase its installed solar capacity for the period. The Central government has sanctioned two major projects with the total solar power generation capacity of 7500 Mega Watts for Ladakh region. After deliberations, the Central Government had planned to raise the capacity of this proposed solar park in Ladakh to 10 GW from 7.5 GW announced earlier. The Solar Energy Corporation of India (SECI) had issued a tender for development of 7500 MW Solar PV Projects in Leh and Kargil districts on December 31, 2018. As per the tender documents, implementation time for the project was 48 months from the effective date of Power Purchase Agreement. The projects were proposed because Ladakh, the cold desert of the country, received the 'best solar radiations' in the country but the projects have remained entangled in technical and administrative glitches. The Government of India should conduct a probe as to why these projects have failed to take off even after the lapse of eight years. The responsibility must be fixed while expediting measures to harness solar power potential.

BALLOON TURBULENCE DEEPENS US-CHINA DISCORD

By sending the balloon, China wanted to convey a message of strength that it was capable of reaching the heart of the US mainland and Washington would have to take into account Beijing's concerns if it sincerely wanted a dialogue on establishing peace and cooperation with it.

YOGESH GUPTA

ON February 3, US Secretary of State Antony Blinken called up Wang Yi, Director of the Chinese Communist Party's Central Foreign Affairs Commission, to tell him that he was postponing his scheduled trip to China as by sending a balloon over the US airspace, China had indulged in an "irresponsible act and this action is detrimental to the substantive discussions" that they were prepared to have. He said the trip would be rescheduled once the balloon turbulence was over.

However, Wang said it was a civilian airship sent for meteorological research and had accidentally strayed from its planned course into US airspace due to strong westerly winds and its limited self-steering capacity. "China is a responsible country and has always strictly abided by the international law," he added.

But the Americans found that the balloon, which entered the US air defence zone north of the Aleutian islands on January 28, moved largely over land across Alaska, Idaho, Montana, Carolinas and then towards the Atlantic Ocean. The balloon had flown over certain sensitive sites to collect information, including over Montana, which is home to about 150 inter-continental ballistic missile silos.

Typically, the balloons fly above 80,000 to 1,00,000 ft, but the one sent by China was flying low enough at about 60,000 ft to be noticed by the civilians. The journey of the balloon over so many days over the US landmass provoked widespread anger and many questions such as why it was detected so late by the defence authorities, were there gaps in the US security which permitted the balloon to fly undetected, why the Chinese took such a brazen step a few days ahead of Blinken's planned trip and what intelligence it had collected.

It is common for countries such as the US, China and others to conduct surveillance on their adversaries, but it is done discreetly. According to media reports, China had conducted similar surveillance on military assets of Japan, India, Vietnam, the Philippines and



Taiwan earlier.

US President Joe Biden's political adversaries, the Republicans, had a ready fodder to attack him asking why he had not shared the information with the people before the balloon was noticed by the civilians, why he had delayed its shooting, why the sensors in the US airspace had failed to detect this balloon and what if such balloons were used by the US's adversaries to send nuclear or other explosives into the country to cripple sensitive installations.

Pentagon's defence that there had been other instances of similar balloons flying over the US airspace during the Trump administration (which were detected later) made matters worse, some saying that Biden was too soft towards China. There was a consensus that Blinken's visit could not be permitted till the investigation into the debris of the balloon shot down on February 6 was complete. Also, that China could not be allowed to violate the US sovereign territory without paying a cost.

The Chinese government was equally aggressive. China's vice foreign minister Xie Feng in a representation to the US Embassy in Beijing said this was "entirely an accident caused by force majeure and the US deliberately exaggerated it. Its armed attacks on the balloon were irresponsible and unacceptable". Also that Beijing reserved the right to respond similarly to future incidents of this

kind.

Various theories are doing rounds on why China indulged in such a brazen and risky adventure few days before Blinken's visit.

Most plausible one is that China had got tired of aggressive actions by the US before each high-level meeting, sanctioning or blacklisting some Chinese organisations, companies and officials. There has been a sharp increase in the US provocations against China in recent days, including the sailing of the USS Chancellorsville, a guided missile cruiser, in the South China Sea to exercise the freedom of navigation, approval of \$10-billion weapon sales to Taiwan, setting up of a House Select Committee on China (which distinguishes even the old Soviet Union did not get) targeting Beijing. The USA's encouragement of Japan's militarisation, new alliance to prohibit the sale of microchips to China, setting up of a new military base in China's vicinity in Guam and acquiring four new bases in the Philippines had also come to Beijing's adverse notice.

Some Chinese leaders believed that the US had pushed China on the back foot by these military and economic initiatives and was trying to clip China's wings and even preparing for a war. There was a view that high-level meetings with US officials had become a ritual with glorified photo opportunities and Washington was not taking Beijing seriously. By sending the

balloon, China wanted to convey a message of strength that it was capable of reaching the heart of the US mainland and Washington would have to take into account China's concerns if it sincerely wanted a dialogue on establishing peace and cooperation with it.

As the US-China rivalry deepens, the asymmetry in their thinking and mutual perceptions has only worsened. While the US considers itself as the sole superpower and the guardian of the present international order, China considers itself to be an equal and wants enough space from Washington to accommodate its interests. The latter does not accept China's claim and believes that if Beijing wishes to benefit from its economic, trade and technological cooperation, it should stop behaving as a rival and accept its terms. Given the wide disparities in their outlook, the balloon incident will further strain the Sino-US relationship with growing political consensus in the US to pushback China in political, economic, technological and military realms. If the investigation into the debris of the balloon reveals that China had intended to collect sensitive information about the US strategic installations, there would be demands to make Beijing pay for indulging in this affront. Given that Chinese President Xi Jinping revels in aggressive policies, any further US sanctions would only harden China's opposition to US policies.

Neglecting MGNREGS undermines workers' rights

ZOYA HASAN

The words 'rights' and 'equity' are conspicuous by their absence from the numerous assertions and claims made by leaders of the National Democratic Alliance (NDA) with regard to their achievements in countless speeches and advertisements. A year ago, the Prime Minister stated that there was far too much emphasis on rights, and not enough on duties — even though the Constitution doesn't place them on an equal footing. The realignment of rights and duties is not just about giving greater attention to duties; it is about giving less importance to rights.

This is evident from the niggardly attitude towards the Mahatma Gandhi National Rural Employment Guarantee Scheme (MGNREGS) and the constantly abridged budgetary allocation for it, which is tantamount to a disregard of this right. This has consequences for the larger issue of rights as it affects the well-being of the most vulnerable sections of our society. The Mahatma Gandhi National Rural Employment Guarantee Act (MGNREGA), passed in 2005, was a path-breaking legislation aimed at providing guaranteed employment to rural citizens. It was the single largest rural employment scheme in independent India. It provided only 100 days of employment in a year and, that too, for just one member of a rural household, but the important thing is that it conferred an economic right, which means employment had to be provided on demand, and if the state could not deliver 100 days of work, then the person seeking employment had to be paid compensation.

The MGNREGS continues to be deeply relevant as millions of rural households have gained employment through it. It is particularly vital in times of economic stress and, hence, it is important to make a budgetary provision for the full 100 days and, perhaps, expand it to 150 days of work, given the prevailing dismal employment conditions in the country. The government violates workers' legal rights every time it does not match the funds to demand or does not pay wages on time.



However, this scheme has been hit hard by budgetary cuts. This started during the tenure of the Congress-led United Progressive Alliance (UPA) government itself, even though it had introduced the scheme; allocations practically froze during its second term, making no allowances for the rising prices or the increase in the number of job seekers.

But the NDA government has stretched the practice of making low budgetary allocations to the limit, which has weakened the legal guarantee of timely payment and employment. This comes at a time of rising unem-

ployment and increased inequality in India. Both the World Inequality Report-2022 and Oxford Inequality Report-2023 show India as one of the most unequal countries in the world in terms of incomes and assets. India registered the fastest increase in economic inequality in recent years, even as access to a number of social protection programmes has been severely undermined on the one hand, via restricting allocations and on the other, through the dilution of schemes, such as MGNREGS and even those that form part of the National Food Security Act.

This government has been lukewarm towards the MGNREGS in the last nine years. The Prime Minister spoke derisively about it in Parliament. The Finance Minister mentioned it only once (in the context of work for mangrove conservation) in her Budget speech this year. But the NDA government has not abolished the scheme; it has strangled it through low allocations. The budgetary allocation has been cut by 30 per cent to Rs 61,032.65 crore for 2022-23, the lowest in the past four years. It is lower than the budgetary estimate of Rs 73,000 crore for 2022-23. It is the second straight cut in the scheme's budgetary allocation as in the Budget-2022-23 also, the allocation had been cut by 25 per cent to Rs 73,000 crore from the revised estimate of Rs 98,000 crore.

The gradual decrease in the budgetary allocation for the MGNREGS has created doubts about the government's intentions. By cutting down the funds, the government sends out a signal that it wants to spend less on this scheme as opposed to the others, which means fewer initiatives can be undertaken under this scheme. Reduced funding also makes it difficult for the government to keep its promise of 100 days of employment, which is crucial for the survival of rural households. The average days of work offered is actually much below 100 days and, frequently, employees will not be able to get work even

for half a year.

By law, it is a demand-driven scheme but the continuous decrease of funds has reduced its potential effectiveness. The government has always claimed that the actual allocation would be increased if it was found that a large number of persons were asking for employment under the scheme. While supplementary allocations for the MGNREGS have been increased substantially at the revised estimates stage, a low initial outlay acts as a discouragement. It diminishes demand, in fact, chokes it, which becomes a justification for the low initial budgetary allocation for the scheme. Even if the allocation gets increased later because of higher demand, this increase takes time, which means that wage payments as well as material costs will be delayed and workers get pushed into 'forced labour' in the intervening period. Furthermore, almost half of the budget allocation is spent on clearing arrears. Consequently, the flagship scheme runs out of funds halfway through the financial year even for those who want work.

According to an analysis by Peoples' Action for Employment Guarantee (PAEG), a research and advocacy group, 21 per cent of the budget over the past five years has gone into clearing the arrears of previous years. In the current financial year 2022-23, the unpaid dues stand at Rs 16,070 crore. Hence, the PAEG demanded that the Centre allocate a

Samantha Ruth Prabhu's Shaakuntalam release postponed; reason for delay not revealed. Check out new date

Actor Samantha Ruth Prabhu's upcoming Telugu film Shaakuntalam, which was supposed to be released in cinemas on February 17, has been postponed by a couple of months. The film's makers on Friday confirmed that the film will now hit screens worldwide on April 14. Without revealing the exact reason for postponement, the makers unveiled a new poster with a release date.

In Shaakuntalam, Samantha plays the central character Shakuntala, daughter of Menaka and Viswamithra. The film, produced and directed by Gunasekhar, will be released in Hindi, Tamil, Malayalam and Kannada. This project marks Samantha's maiden collaboration with Gunasekhar.

In 2020, speaking at the launch of the movie recently, Samantha said that this will be her dream project and dream role. The trailer of Shaakuntalam was released in January. Speaking at the event, an emotional Samantha said her love for cinema hasn't changed amid all the recent life struggles. She said she gathered all her courage to attend

the event. In her speech, Samantha spoke about how her love for cinema hasn't changed amid all her life struggles in recent past. She was talking about her rare autoimmune disease called Myositis which she has been diagnosed with since last November.

"No matter how many struggles I face in life, one thing won't change. That's how much I love cinema and cinema loves me back. I strongly believe that this love will grow manifold with Shaakuntalam," she had said.

Samantha was last seen on screen in Telugu action-thriller Yashoda. In the film, Samantha played a surrogate mother who won't stop at anything to protect her child. The film turned out to be a hit at the box-office and had grossed around 740 crore during its theatrical run. Recently, Samantha joined the sets of the Indian adaptation of Amazon Prime's upcoming web series, Citadel. She will be sharing screen space with Varun Dhawan in the show, which is being co-created by Raj and DK.



6 Binge-Worthy Shows That You Just Cannot Miss



The year 2023 is here with a bang! With several promising web shows for both kids and adults, the OTT platforms are brimming with content. But to save you from the trouble of scrolling through a plethora of content to land on one particular show, we have curated a list of binge-worthy shows that you just can't stop watching.

'Class' (Netflix)

'Class' is the official India-based adaptation of the Spanish thriller series Elite, executive-produced and series directed by Ashim Ahluwalia. This adaptation by Ahluwalia is set in contemporary New Delhi and is a grimier, more realistic and socially-charged take. Produced by Future East Film (Ashim Ahluwalia and Niharika Singh) in association with Bodhi Tree and adapted by Ashim Ahluwalia, 'Class' explores the rise of the Indian rich and a world of extreme disparity, following the students through their struggles with sex, drugs, religious difference, homophobia, trauma, friendship and love. 'Class' Has opened to great reviews both in India and abroad with positive word of mouth since its release.

'Farzi' (Amazon Prime Video)

'Shrinking' (Apple TV)

'Marvel's Moon Girl And Devil Dinosaur' (Disney+ Hotstar)

'Trial By Fire' (Netflix) 'You 4' (Netflix)

KARAN TACKER RECALLS GOING THROUGH FINANCIAL CRISIS: WE HAD A TOUGH TIME MAKING ENDS MEET AS A FAMILY

It's been fifteen years since actor Karan Tacker entered the world of showbiz. While the actor has made a name for himself with his work on TV and OTT platform, he has never spoken about the days when he had to struggle. Not many are aware that before becoming an actor the Mumbai lad wanted to pursue his father's business.

For the first time, Tacker talks about his life before he became an actor. "I had a business with my dad," he recalls, adding, "The world hit recession in 2008, and that's when my entire busi-

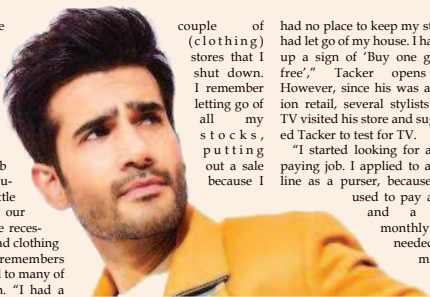
ness went down. We had a tough time making ends meet as a family. At that time I started scouting for jobs. From my education I would have probably gotten a job for twenty five thousand, which was little for the kind of debt our business faced in the recession." Tacker, who had clothing stores back then, remembers how the downfall led to many of them shutting down. "I had a

couple of (clothing) stores that I shut down. I remember letting go of all my stocks, putting out a sale because I had no place to keep my stock. I had let go of my house. I had put up a sign of 'Buy one get six free,'" Tacker opens up. However, since his was a fashion retail, several stylists from TV visited his store and suggested Tacker to test for TV.

"I started looking for a high paying job. I applied to an airline as a purser, because they used to pay a lakh and a half monthly. I needed that money

to make ends meet at that time. But, I got an ad for a face cream brand which paid me a lot of money. I got 3 lakhs, 12 years back. 3 lakhs for 22 days was like... I told my Dad, that I should work this out because this will pull us out of misery," Tacker reveals. The Khakee: The Bihar Chapter actor shares he soon started doing advertisements in Gujarat for two to three thousand rupees per day.

"For five and six years I was only earning money to pay the debt of the business. After 6 odd years I started making and saving money," he ends.



DaDa review: Enjoyable coming-of-age drama about accidental parenthood



The subject of parenthood, especially in mainstream cinema, has mostly been told from the perspective of a woman. Rarely, we've had a film where the story has focused on a man dealing with parenthood and his sacrifices in becoming a good father. Ganesh K Babu's DaDa is an emotional drama about a young man dealing with becoming a parent, out of the blue, with a lot of maturity. This is also a moving coming-of-age drama of an aimless, college-going youngster thrust into embracing fatherhood when the entire world, including his family, has given up on him.

The film opens with the shot of Kavin and Aparna lying together. Kavin is still sleeping and Aparna just enjoys looking at him while we hear a couple in the neighboring flat arguing early in the morning. Cut to the next shot, Aparna is crying as learns that she's pregnant and Kavin suggests that she should abort the baby as they aren't ready to be parents yet. Aparna is against the idea of abortion. Kavin and Aparna decide to move in together and take refuge at a friend's house. As they get ready to embrace parenthood, living together becomes a hassle as they end fighting over little things. It reaches a point where Kavin blames Aparna for making their lives so miserable when he warned her about keeping the baby. Kavin is forced to raise the baby alone.

The most refreshing aspect of DaDa is that it sends out a very important message loud and clear - parenthood is gender neutral. Both father as well as the mother play key parts in raising a kid and their roles can't be weighed or compared.

As much as the film sheds light on Kavin raising his son alone and in turn becoming a better person as well as a father, it doesn't try to showcase the mother in poor light. This aspect of the film and the writing is highly appreciable. It also never tries to make the father raising a kid alone a big deal.

Tara Sutaria: I've Always Looked At Love With A Lot Of Love

Bollywood actress Tara Sutaria has spoken about what self-love means to her and said that she has always loved the idea of love.

Tara has collaborated with Bumble, the women-first dating app, to launch a new campaign 'Before anyone else, there was you' ahead of Valentine's Day. To encourage self-



Asked about what self-love means to her, Tara said: "I think self-love or loving yourself means so many different things to different people. To me and to so many of us, I know that this will resonate because we all went through a pretty rough time recently when Covid hit the world and I think self-love took a new shape and meaning for all of us."

"All of us learnt to slow down and truly understand ourselves, begin to hear ourselves and therefore, love ourselves. I've always loved the idea of love - call it utopia, idealistic - and I've always looked at love with a lot of love, but I've never really looked at myself with that sort of love so it's taken me a lot to get to where I am today which is learning to really and truly understand every part of myself - the good, the bad, the ugly - everything that comes with being human, I suppose."

Sussanne Khan's sister Farah Khan Ali says she and DJ Aqeel are officially divorced, celebs react

Jewellery designer Farah Khan Ali took to her Instagram handle and confirmed her divorce from ex-husband DJ Aqeel as they finalised it. She is Hrithik Roshan's ex-wife Sussanne Khan's sister. In 2021, Farah announced the news of their separation and received support from her friends and family.

On Friday, Farah posted a couple of happy selfies with Aqeel. She tagged him and captioned it, "We have been declared officially divorced and are happy about it. We wish each other lots of love, happiness and luck in our onward journeys. We will always remain parents to our beautiful children Azaan and Fiza and nothing will change. Grateful for the journey we had together."

Aqeel re-posted the same on his Instagram Stories. Reacting to the post, Sussanne Khan commented, "Love u both" with lost of loved-up emojis. "It's such a beautiful new beginning note... you guys are both such amazing humans... like both of you are, ginormous hearts," Kubbra Sait added. Others such as Twinkle Khanna, Nandita Mahtani, Saisha Shinde, Dia Mirza, Bhavana Pandey, Moez Singh and Elnaaz Norouzi

among others sent their love.

Last year, Farah shared on social media, "Sometimes two people grow apart. Sometimes they outgrow each other. It has been 9 years since my relationship with my husband Aqeel changed its status as a couple to just friends and to term it simply would be to state that we are 'Happily Separated.'"

"We will always be best friends to each other and parents to our wonderful children Azaan and Fiza and nothing will change. Grateful for the journey we had together."

Aqeel re-posted the same on his Instagram Stories. Reacting to the post, Sussanne Khan commented, "Love u both" with lost of loved-up emojis. "It's such a beautiful new beginning note... you guys are both such amazing humans... like both of you are, ginormous hearts," Kubbra Sait added. Others such as Twinkle Khanna, Nandita Mahtani, Saisha Shinde, Dia Mirza, Bhavana Pandey, Moez Singh and Elnaaz Norouzi

involved. The reason we are announcing it publicly now, is so that the ones who know us accept our situation gracefully and always wish well for both of us especially because we hold no animosity of any kind towards one another and will always be there for each other. Aqeel is and will always be my family as I will be his. We hope that all our well wishers will accept our decision maturely and not judge us for it. It's important to be happy and we all, Aqeel and I including our children and families most definitely are.



Sherlyn Chopra slams Rakhi Sawant, supports her husband Adil: 'Don't know how he landed in this mess but...'

Rakhi Sawant and her husband Adil Khan Durrani's marriage has been making headlines in recent days. After Rakhi accused her husband of domestic violence and also alleged that he was having an extramarital affair, Sherlyn Chopra weighed in on the matter and sided with Adil. Sherlyn had filed a police complaint alleging defamation and sexual harassment against Rakhi last year, who was recently questioned by police in connection with the case.

Amid the ongoing Rakhi-Adil spat, Sherlyn has commented on the matter, accusing the two of doing everything they can to stay in limelight.

In a video shared by a paparazzo on Instagram on Thursday, Sherlyn Chopra shared her views on the ongoing fight between Rakhi Sawant and her husband Adil Khan Durrani. The actor said, "Mai kya bolu inn dono ke baare mein. Lekin itna mai keh sakti hu Adil ke sath kuch samay bitake - police station main - ki woh banda joh hai

shulja hua hai. Pata nahi kaise woh yeh pure jhamale mein fas gaya. But jitni dher maine usse baat ki aaise laga ki woh shulja hua banda hai (I am no one to say anything about Rakhi and Adil's matter, but from what I have learnt about Adil after spending time with him at a police station, he seems like a sorted person, but don't know how he landed in this whole mess)."

Sherlyn continued, "Aur maine boli bhi usko uske mum pe, tum toh suljhe hua lagte ho kaha aagaye tum? Kaisa fas

gaya yeh pure chakkar mein? Aur surkhiyo mein aane ke liye yeh zaroori nahi ki yeh log apas mein khitpit kare ya apne rishtey ka mazak banayee (I even told Adil he looks sorted so what was he doing with her? I feel they should not do such things just to stay in the limelight)."

She further said, "Mai kya bolu? Maine toh unke pati ko apne bhai mana hai. Bhai ke baare mein isi tarah ke baate sunn kar aacha bilkul nahi lag raha. Mai bus chahungi ki joh kuch bhi hai inn dono ke beech

mai, yeh khitpit jald se jald khatam ho jaye.

Aur sach mein agar unke pati aise kuch kar rahe ho toh woh apne gali man le aur agar nahi kar rahe hai toh bataye ki yeh galat femi ki wajah kon hai aur yeh galat femi kaise paida hui (What else can I say about Adil, whom I consider my brother.

I wish they resolve the matter soon, and if he is wrong he should accept his mistake. If he is not wrong and there is some misunderstanding than he should also clarify that)."



Weight Loss Tips: These Carb-Rich Foods Might Actually Fasten Your Weight Loss



It turns out you should continue eating some carbohydrates despite what we've been told for years. The word "carbohydrate" has a terrible reputation. They are frequently linked to type 2 diabetes, weight gain, and a number of other health issues.

It is true that refined grains and processed diets high in sugar frequently lack necessary vitamins and minerals. Numerous nutrient-dense, fiber-rich meals, however, might really be highly beneficial for your health.

Although some people may benefit from low-carb diets, there is no need to completely exclude high-carb items. In this article, we share nutritious and healthy carb-rich foods that might actually

boost your weight loss.

Add these carb-rich foods to your diet to fasten weight loss:

1. Oats

A very nutritious whole grain, oats are a fantastic source of numerous vitamins, minerals, and antioxidants. Furthermore, oats are a decent source of protein and have a higher protein content than most grains. According to research, eating oats may lower your cholesterol levels, hence lowering your risk of heart disease. In particular for those with type 2 diabetes, eating oats may lower blood sugar levels. Oats are also quite filling, which may aid with good weight management.

2. Barley

Barley, a cereal grain, may have the capacity to raise satiety-relat-

ed hormone levels. Boiling barley kernels can alter the microorganisms in your gut, which in turn can increase your metabolism, according to a Swedish study. This starch's high fibre content has also been reported to reduce hunger pangs, according to researchers.

3. Quinoa

Quinoa is a wholesome seed that has gained enormous popularity among consumers who are concerned about their health. It falls under the category of a pseudocereal, which is a seed that is processed and consumed like a grain. Quinoa cooked is a high-carb food since it has 70% carbohydrates. But it's also a fantastic source of fibre and protein. Quinoa has been linked to a num-

ber of health advantages, including better blood sugar control and heart health. Quinoa is high in numerous minerals and plant components.

corn. Being more content will probably cause you to eat less, which will result in consuming fewer calories. They are also a much better alternative to chips

Contrary to common belief, carbs are actually a beneficial addition to the diet if you're trying to lose weight. Try these 6 foods rich in healthy carbs.

Buckwheat

Buckwheat is regarded as a pseudocereal, similar to quinoa. Buckwheat is not linked to wheat, despite its name, and it does not contain gluten. As it contains both protein and fibre, buckwheat is particularly nutrient-dense. Compared to many other grains, it also contains more nutrients and antioxidants. Studies indicate that it might be especially advantageous for blood sugar control and heart health.

5. Popcorn

Next time you're hungry, try popcorn instead of crisps. Researchers from the food and health fields around the nation evaluated the short-term satiety of these two common snacks and discovered that most volunteers reported feeling less hungry and more satisfied after eating pop-

and other ultra-processed snacks.

6. Bananas

Bananas are a popular fruit that people enjoy using in a variety of ways. In addition to being rich in potassium and the vitamins B6 and C, bananas also contain a number of advantageous plant components. Bananas may help decrease blood pressure and enhance heart health due to their high potassium content. Green, unripe bananas have more starch. As the bananas ripen, this changes into natural sugars, which causes the bananas to turn yellow. Therefore, if you consume your bananas while they're less ripe, you'll often get more starch and less sugar.

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Instead of causing weight gain, these foods rich in carbs will help aid weight loss and boost your overall health.

HOW EATING FEWER CALORIES MAY HELP SLOW DOWN THE AGING PROCESS



Restricting calorie intake could help slow down the aging process, according to a study Trusted Source published today in the journal Nature Aging.

Researchers, led by the Butler Columbia Aging Center at Columbia University Mailman School of Public Health in New York, used DNA analysis from blood samples to measure the rate of aging and reported that calorie restriction slowed the aging process.

Participants included 220 healthy men and women in three different sites in the United States. The participants either continued with their regular diet or had a 25% reduction in their consumed calories.

The scientists followed the participants' diet and health for two years and took blood samples at the start of the study and again at 12 months and 24 months.

What researchers found in calorie restriction study The researchers reported a slowing aging process based on three DNA markers.

They said these results could provide a sense of what effects scientists can look for when completing trials for specific weight interventions, such as intermittent fasting.

"This study teaches us that keeping a person's body at a lean weight helps decrease the molecular changes on a cellular level that happen in response to aging," said Dr. David Selzer, an internal medicine specialist at NYU Langone Medical Associates in West Palm Beach and Delray Beach in Florida who was not involved in the study. "With that noted, life is not a test tube. People age for multifactorial reasons such as stress and anxiety, not just their diet."

"I agree that calorie restriction plays a role on the molecular level," Selzer told Healthline. "However, I think finding a healthy balance between caloric intake and daily exercise is more likely to lead to a longer lifespan."

Low calorie intake and healthy aging

The researchers are currently completing a follow-up study to see if calorie restriction has a long-term effect on healthy aging.

"The results make sense to me," said Dr. Raphael Kellman, an internist and functional medicine physician at Kellman Wellness Center in New York City. "However, nutrition studies are notoriously difficult to conduct, particularly long-term, as people naturally have trouble adhering to diets."

"I think you should take into consideration a few things," Kellman told Healthline.

"One, what kind of diet was the control group on vs. the calorie-restricted group? If the control group is overeating or eating a lot of unhealthy foods and the calorie-restricted group is eating a healthier diet, are the results due to the calorie restriction, or would just eating a healthier diet also have a positive impact?"

"Also, it is hard to know whether people are truly adhering to a diet unless their food is strictly controlled and monitored," Kellman added.

Vitamin B12: Why do you need it, how should you take supplements?

A vital nutritional element, Vitamin B12, also referred to as cobalamin, plays a crucial role in supporting various processes in the body. The smooth functioning of the nervous system and the formation of red blood cells heavily depend on adequate supply of Vitamin B12. Furthermore, it prevents anemia, protects the eyes from macular degeneration, regulates DNA and produces energy. These are the reasons why people must ensure sufficient intake of this vitamin in order to maintain health.

A deficiency of this vitamin in the body leads to insufficient oxygen supply to the different parts of the body. It also causes memory problems, weight loss, skin pigmentation, menstruation issues and so on. The body needs a continuous supply of this vitamin to successfully meet all requirements. A pertinent question arises here, what is the exact quantity of Vitamin B12 our body requires every day?

The daily requirement of



Vitamin B12

People above 14 years of age need to consume 2.4 micrograms (mcg) every day. However, the requirement changes with the calorie our body needs at a particular time. For instance, a pregnant woman needs to ensure an intake of 2.6 mcg, and a lactating woman 2.8 mcg daily. In order to maintain health and provide the necessary amount of the vitamin to the body, people must adhere to these standards.

In cases of deficiency, people may notice symptoms such as fatigue, headache, difficulty in concentration and others. This condition can be avoided with the intake of Vitamin B12-rich

foods such as eggs, milk, fish, chicken, peanut, sweet potato, dairy products and so on. However, animal-sourced food products are considered the best source of Vitamin B12.

Deficiency of Vitamin B12 People who strictly follow a vegetarian diet remain at a risk of deficiency. Additionally, congenital diseases and genetic intrinsic factor abnormalities can cause severe vitamin B12 deficiency. Older adults, people with gastrointestinal conditions, and those on certain medications, including proton pump inhibitors and metformin, may need to take a supplement.

The noticeable signs of a lack of

Vitamin B12 in the body may include:

- Chronic fatigue
- Shortness of breath
- Pale skin
- Mouth sores
- Bleeding gums
- Constipation
- Diarrhoea
- Loss of appetite
- Joint pain
- Vision loss
- Dementia

So, the deficiency of Vitamin B12 is a serious issue and must be given due attention.

Sometimes, people need to provide this vitamin to the body through supplements, either orally or through Vitamin B12 injections. But the decision to take supplements must be taken after consultation with a doctor. The absorption of vitamin B12 can vary from 56 per cent of a dose of 1 mcg to 0.5 per cent of a dose of 1,000 mcg. Therefore, if someone consumes vitamin B12 less frequently, they will need a higher total amount to achieve desired

absorption.

Oral supplements

Depending upon the level of deficiency, a doctor may recommend a high dose of an oral supplement, up to 1,000 mcg. This can be extremely efficacious in dealing with the situation. Besides, oral supplements are cost-effective and leave almost no side effects.

Injection: In extreme situations and to deal with Vitamin B12-induced anaemia, injections are recommended. The doses depend on the level of deficiency in the body.

The overdose of this vitamin doesn't affect health. The body uses the required amount and excretes the excess amount through urine. An increase in water intake can help release the extra amount of this vitamin in the body. You must take care of your body and keep an eye on abnormal signs. You must adopt a healthy lifestyle and take a proper diet containing all the nutrients.

What Happens When You Cut Down On Sugar Completely? 5 Side Effects To Keep In Mind

We share a bittersweet relationship with sugar. While we love indulging in all things sweet and decadent, it is also touted as the main culprit for several lifestyle-related diseases including diabetes, obesity and more. Sugar and sugary foods are loaded with fat. As per popular belief, fat adds excess calories to our everyday diet. What if we say, it is not exactly how you think? Days of eating on fat are long gone. Now, there are multiple pieces of evidence to support the fact that fat (one of the major macronutrients) plays an essential role in our overall growth and nourishment. In fact, eliminating sugar from our diet completely might come with several side effects.

In this article, we will look into how cutting down on sugar affects your body and how effectively you can include it in your diet. Let's start with understanding what sugar is. What Is Sugar? Sugar, to most of us, is the food ingredient that we add to our meals. What we often fail to understand is the fact that sugar is actually a com-



ound, which when crystallised, turns into a food ingredient. According to www.sugar.org, sugar is sucrose (a mix of fructose and glucose), "a simple carbohydrate that is produced naturally in all plants, including fruits, vegetables and even nuts." For the unversed, carbohydrates help provide energy to your body and fuel the brain, organs and muscles to function and engage in everyday activi-

ties. Hence, experts from across the globe suggest, it is important to include sugar in our daily diet, but in moderation. "Sugar is simple, amazingly functional and it's part of a balanced diet," the website further reads. Photo Credit: iStock/What Is Added Sugar? Added sugar is any form of sweetener that undergoes processing, which further strips off the healthy nutrients from the food. According to

American Heart Organisation, added sugar includes white sugar, brown sugar, honey and all the foods that are manufactured chemically with these ingredients. 5 Side Effects Of Cutting Down On Sugar. 1. Makes us feel low: A cake or chocolate instantly

glucose levels. When there is a lack of this fuel source, you might experience different cognition-related issues. As per studies, it might lead to a lack of concentration, focus and poor memory. 3. Sleep problem: Sleep pattern depends much on our cognitive

know, sugar is a potent source of glucose and glucose helps refuel us with energy. With quitting sugar, the body's glucose level gets affected. This often makes people feel tired and lack energy for work. How To Include Sugar In Your Diet Effectively? 1. Add fruits: Sugar is naturally produced in fruits (and some vegetables). Hence, it is always advised to replace cakes and candies (that have added sugar) with fruits and dry fruits to include healthy fats in your diet.

Photo Credit: iStock2. Swap sweetened drinks: Colas and packaged sweet drinks are also high in added sugar. You can always replace these drinks with freshly pressed fruit juices or simple soda (with mint, lemon etc for added flavours) to enjoy the benefits to the fullest. 3. Read labels before buying: Do you read the sugar content in packaged food every time you buy it? If not, then start doing now! Several foods and condiments sneak in added sugar that might affect our body negatively.

Sugar Effects: We often fail to understand the fact that sugar is actually a compound, which when crystallised, turns into a food ingredient.

uplifts our mood. Have you ever wondered why? As researchers, sugar is known to affect our brain's reward system, further affecting our mood. A study, published in the journal nutrient, finds that sugar triggers the release of dopamine, which instantly gives us a sense of pleasure. When we eliminate sugar from our diet, it often leads to depression, anxiety, untimely cravings and more. 2. Lack of concentration: Brain functions such as thinking, memory and learning are closely linked to the body's

health that is directly linked to the body's glucose level. According to a study, published in the American Journal of Lifestyle Medicine, people who are on a sugar detox diet, lack glucose (in the body) and often experience changes in their sleep pattern. 4. Nausea and dizziness: As mentioned earlier, sugar is fat, which is considered one of the macronutrients that our body needs. A lack of sugar often creates an imbalance, leading to weakness, nausea, dizziness and more. 5. Lack of energy: By now, we all

DC Kishtwar reviews patient care scenario at Rogi Kalyan Samiti meeting



JJ NEWS SERVICE
KISHIWAR, FEBRUARY 10: To review the functioning and patient care scenario in the district Hospital Kishtwar, Deputy Commissioner (DC) Dr. Devansh Yadav, today chaired a meeting of the Governing Body of "Rogi Kalyan Samiti" (RKS).

The meeting was attended by Chief Medical Officer, Dr. Mohammad Yaqoob Mir, EXEN PWD, Ravinder Kumar, EXEN, PHE Sanil Kumar Sharma, Medical Superintendent District Hospital, Dr

Javeda Qazi, BMOs, prominent persons and other RKS members. The DC took a detailed review of the functioning and fund flow of the District Hospital Kishtwar besides the progress of the institution under different indicators. A three-hour discussion was held on the measures required with respect to the up-gradation of the Hospital. The meeting was informed about various issues and requirements for the augmentation of health infrastructure and overall advancement of the

healthcare system in the Hospital. The DC assured all possible support from the Administration for infrastructure development of the Hospital to further improve patient care in the hospital. The Deputy Commissioner directed the concerned to follow the objectives as envisaged in RKS guidelines and stressed for resource generation and strengthening transparent mechanism in utilization of funds. He directed the concerned Tehsilदार to demarcate the land identified for Parking

space in the hospital premises. During the meeting the Samiti approved the enhancement of Honorarium Rs 2000 in favour of HDF employees on a pro-rata basis. The DC asked the officers to work with added zeal and dedication to ensure efficient and prompt health and patient care facilities to the people. The concerned EXENs were directed to ensure the completion of pending repair and construction works in various health care facilities including the Eye Block at DH Kishtwar, approaching road to Sub Centre Bhadat, allied works in SC Ligr and Galabgarh and PHC Afti and so that they can be handed over to the Health department for the better health care facilities being provided to the common masses on smooth basis.

2-day Int'l Conference "Science for Survival to Explore the Unexplored Dimensions" held at GCW Udhampur

UDHAMPUR, FEBRUARY 10: Government College for Women Udhampur organized a two day international conference on the theme "Science for Survival: To Explore the Unexplored Dimensions".

Principal Secretary, Higher Education Department, Alok Kumar was the chief guest of the event, who joined the conference through virtual mode.

Director Colleges, Prof. (Dr.) Yasmeen Ashai was the guest of honor and she also joined through virtual mode.

The special guests of the event were Additional District Development Commissioner, Udhampur, Ghan Shyam Singh, Additional SP Anwar-Ul-Haq; Dr. Udhay Bhanu, principal GDC Ramnagar, Rajinder Kumar Dagra, District Information Officer, the Principals of various government colleges of Jammu division also graced the occasion with their presence.

Dr. Monika Sharma, Principal of the college and convener of the conference presented a formal welcome address to the chief guest, guest of honor, resource persons and other dignitaries. She also welcomed the resource persons who have joined this conference from overseas through virtual mode. In her welcome address, the principal raised the critical global issues and grand challenges such as climate change, pandemics, energy security, water management, and food shortage and she also hoped that the conference will put some light on these issues which eventually will lead to the solutions.

Dr. Anita Sharma, co-convener of the conference gave introductory remarks on the theme of the conference. She asserted without science there is no human growth, no technological advances and no knowledge generation and she explained the significance of the conference by expressing her ideas on it. She believed that scientific knowledge, scientific processes are important avenues for researchers to share and discuss research findings.

Dr. Monika Sharma, Principal of the college and convener of the conference presented a formal welcome address to the chief guest, guest of honor, resource persons and other dignitaries. She also welcomed the resource persons who have joined this conference from overseas through virtual mode. In her welcome address, the principal raised the critical global issues and grand challenges such as climate change, pandemics, energy security, water management, and food shortage and she also hoped that the conference will put some light on these issues which eventually will lead to the solutions.

development. It can benefit the student in so many ways.

Dr. Kewal Kumar, organizing secretary of the conference, briefed the proceedings of the conference. He explained the motive behind organizing such a mega event. He stated that the institution is an undergraduate institute having girl students only and the students mostly belong to rural background. Most of the girls even don't know what a conference is, what happens in a conference? So, this conference is an attempt to ignite the young and budding minds towards scientific approach. The students through this conference shall learn the significance of the research and innovation.

Keynote speaker, Dr. OP Vidyarthi (Retd. IFS), former principal chief conservator, Forest department, UT of J&K deliberated on the theme of the conference with the presentation entitled "Decade of Ecosystem Restoration: Challenges of Solution." He argued that there is a need to restore our nature & environment. He further discussed the bio-diversity of the region.

DC Kathua reviews functioning of Health Sector, implementation of govt Schemes

Calls for 100 % saturation of AB-PMJAY, ABHA registration, achieving target of Leprosy, TB free district

JJ NEWS SERVICE
KATHUA, FEBRUARY 10: Deputy Commissioner, Kathua Rahul Pandey today chaired a meeting to review the functioning of the health sector and patient care facilities in the district.

The meeting was attended by Chief Medical Officer, Dy. CMO, Medical Superintendent, AH, GMC Kathua, District Tuberculosis Officer, BMOs, besides concerned officers and officials of health department.

A three-hour discussion was held on various issues like Health Care achievements, Patient care, ABDM, RBSK, NCD, NVBDCP and other related issues.

The CMO gave a detailed overview through

powerpoint presentation and projected various issues regarding present status of AB-PMJAY Cards, institutional deliveries, requirement of ambulances in remote blocks, NTPC, NMBA, PCPNDT Act and other schemes and programmes of the health department.

The DC also took feedback about the implementation of various schemes and programmes under the National Health Mission, including RBSK, Leprosy Mukht and TB Mukht Panchayats across the district.

The DC asked for focusing on daily monitoring of progress made under AB-PMJAY besides registering beneficiaries under ABHA through door to door sur-

veys. He also laid focus on making a workable action plan to target saturation left out areas by putting in sincere efforts by concerned Block Medical Officers.

Expressing his concern about low institutional delivery in the district, DC asked the concerned BMOs to encourage masses to opt for institutional delivery. He said efforts will be made to rationalize availability of the ambulances across the district to cater emergency cases in a better way.

During the meeting detailed deliberations on issues like availability of online services, Addition Treatment Facility (ATF), aggressive Sampling of TB cases were also held.

Change of Land Use: DLC approves 02 cases in Rajouri

RAJOURI, FEBRUARY 10: District Level Committee on change of land use met here today under the chairmanship of the Deputy Commissioner Rajouri, Vikas Kundal to discuss and approve the applications received online from the applicants from across the district.

The Committee, after a three-hour discussion, approved 2 cases of conversion of agricultural land for non agricultural purposes. The DC directed concerned departments to ensure timely issuance of NOCs to the applicants after proper verification of documents and rules under conversion Regulations, 2022. Officers who attended the meeting included ADC Rajouri, Sachin Dev Singh, CEO RDA, Vivek Puri, ACR, Imroz Rashid, Kataria; CAO Sohan Singh; SE PWD(R&B), Kamal Kishore; Ex:En STD Kalakote.

District Level Training Programme on development of Seed Multiplication Chain, Exotic Vegetables held at Kishtwar

JJ NEWS SERVICE
KISHIWAR, FEBRUARY 10: Continuing the series of training programmes under the Holistic Agriculture Development Programme, a District Level Training session was today conducted here in the Office premises of Chief Agriculture Officer, Kishtwar.

The training programme was focused on the creation and development of certified Seed and Seed Multiplication chains, besides development of Vegetable particularly Exotic Vegetables in the district under Holistic Document.

During the programme, the speakers highlighted the fact that owing to special agro-climatic conditions (Himalayan conditions) of the region there is vast potential for the pro-

motion of exotic as well as traditional vegetable sector and under holistic development of Agriculture and allied sectors a special focus has been shifted towards this field.

Special lectures were delivered on "Promotion of Vegetable/ Exotic Vegetables in the training programme by various experts.

The speakers and resource persons said that the vegetable sector has huge scope in the district and could generate a large number of employment opportunities.

They said that under the holistic document a special programme has been designed for this purpose so that maximum opportunities under this sector could be explored.

CAO asked the officers to work in close coordina-

tion so that the desired results could be achieved under all the projects of the Holistic Document.

Besides, during the training programme, it was envisioned that there is a need for creating certified seed producers so that the seed multiplication chain is established as documented

in a holistic document and such programmes are instrumental in the process to make the Kishtwar District seed sufficient.

The training programme was conducted under the close supervision of Chief Agriculture Officer (CAO) Kishtwar Amjad Hussain Malik.

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Staff of the Animal Husbandry Department enthusiastically participated in the cleanliness drive. They collected Bags of garbage (paper waste/Plastic waste/Plastic bottles) and cleaned the area inside the Mini Secretariat Complex.

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GLIMMER OF HOPE:

Nowshera Forest Div strives to create Livelihood options under Green India Mission

JJ NEWS SERVICE
RAJOURI, FEBRUARY 10: A new ray of hope is shining bright towards the employment generation for the locals in Nowshera Forest Division as J&K Forest department is continuously working towards livelihood options and exploring employment generation under Green India Mission involving youth and women, especially in the Chir. Zone ecosystem of J&K UT.

To cater to the employment demand of local people, Nowshera Forest Division has organised three local employment generating training programmes under the banner of Green India mission which includes high density Fruit plants, one month training course of tailoring & stitching, six month basic

computer course and all these aim to diversify the livelihood option of local peoples.

In this programme a detailed demonstration of plantation of high density fruit plants was imparted to the locals by the experts and 250 high density fruit plants were distributed among farmers. In addition to this one month training course of tailoring and stitching were started and 10 sewing machines were distributed among local female trainees.

In another event, Samriti Van at Dharpur Mandir Sunderbani was inaugurated in presence of Mandir Samiti and other Locals of the area.

The programme was facilitated by Worthy Commissioner/Secretary to

Department of Forest, Ecology and Environment, J&K Sanjeev Verma, Director, Department of Social Forestry Roshan Jaggi (PCCF), Addl. Pr. Chief Conservator of Forests, Jammu B.M Sharma, CF West Circle Rajouri, Vivek Verma (IFS), DFO Rajouri Dr. A.D Singh, DFO Nowshera Mrs. Neelima Shah, Kartar Singh, ADC Nowshera, Bodh Raj (BDC Chairman), Narinder Sharma, MC Chairman Nowshera, Rohit Kohli, Councillor Nowshera alongwith other PRI members and local peoples. The whole programme was organized by Anil Kumar Bhagat, Range Officer Nowshera, Rakesh Verma Range Officer Sunderbani, Sudesh Kumar, Range Officer Lamber.

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District Employment & counselling Centre Poonch organises Job Fair-2023



JJ NEWS SERVICE
POONCH, FEBRUARY 10: District Employment and Counselling Centre (DE&CC) Poonch organized a Job Fair to provide job opportunities to the youth of the District.

As many as 4 employers from different sectors participated in the event which included companies like SBI Life, HDFC, LIC of India and Am Hyderabad. The event witnessed an overwhelming response from job seekers as over 250 unemployed youth from across the district participated in the event. More than 50 Job Seekers with varied skills were shortlisted by the companies for different jobs, while participating candidates were also registered on the employment portal. Deputy Director Employment Mohammad Rafiq, interacted with the Jobseekers and Job providers. He expressed satisfaction over the success of the Job fair. He added that such events would be made a regular feature to benefit the maximum number of local youth.

DC Kathua reviews functioning of Revenue Department

Asks officers to intensify anti-encroachment drive

JJ NEWS SERVICE
KATHUA, FEBRUARY 10: Deputy Commissioner Kathua, Rahul Pandey chaired a meeting of Revenue officers to discuss revenue matters here in the Conference Hall of the DC office complex, today.

The DC took a comprehensive review of the ongoing anti-encroachment drives being carried out by the district administration.

He laid emphasis on furnishing a daily report regarding removal of encroachments for appraising the higher authorities about the progress. Taking review of the SWAMITVA scheme, the DC exhorted the revenue officials to speed up the mapping process of the revenue villages besides expediting the



digitisation process of revenue records within the set timelines.

The DC also directed the revenue officials to identify land in their respective tehsils for creation of assets for important projects including parking spaces.

The DC called upon the Tehsilدار to exercise due care in the appointment of Lambardar/ Chowkidar by ascertaining the character and antecedents of applicants.

The DC also emphasized upon revenue officers to dispose of the pending matters

regarding the Revenue Court Cases Monitoring System (RCCMS) on priority besides uploading their updated status on the prescribed portal regularly.

Other issues such as digitization of cadastral maps, status of eviction of Roshni land, land acquisition cases, change of land use cases were also discussed at length wherein thrust was laid on regular monitoring and reporting of activities furnishing of action taken reports at the district headquarters.

DC Rajouri resolves issue hampering execution of work on sub-centre Chambi Trar

JJ NEWS SERVICE
RAJOURI, FEBRUARY 10: Deputy Commissioner Rajouri, Vikas Kundal today resolved bottlenecks impeding the construction of work on the sub-centre building at Chambi Trar.

It is pertinent to mention here that there were some issues with the locals over the construction site of the

sub-centre building which was causing delay in the execution of work.

Sensing the gravity of the situation and the importance of the health sub-centre, the Deputy Commissioner met with both parties and the issue was resolved amicably during a three-hour discussion held in a meeting attended

by ADC, CMO, BMO, and PRIs concerned. The Deputy Commissioner said that these constraints often lead to delays in construction and completion becomes tardy. He also said that we cannot afford to ignore the fact that timely completion of these vital projects is something where compromise may

have an adverse effect on the lives of the rural populace. He also said that boosting the health infrastructure is the priority of the Government and appealed to the public to shun these minor self-interests over large community benefits and not create impediments on the way of development.

Rajouri: Newly created Chief Er, E-XN Offices all set to start function from April 2023

JJ NEWS SERVICE
RAJOURI, FEBRUARY 10: The newly created Executive Engineers PWD Divisions, AEE Subdivision and Office of the Chief Engineer PWD in the Rajouri district are all set to start function from April, 2023.

To give a push towards their functioning, District Development Commissioner, Vikas Kundal discussed the necessities in this regard here in a meeting.

The meeting laid stress on early and smooth functioning of the newly established offices and the steps that need to be taken to make the offices operational from April 1, 2023 as per the date communicated by the Government.

The District Development Commissioner stressed on the importance of these offices in addressing the infrastructure needs of the district and enhancing the overall develop-

ment of the region. The meeting was informed that the Government has sanctioned one Chief Engineer Office for Rajouri, three EXN Offices for Thanamandi, Kotranka, and Kalote, and respective AEE subdivisions, and it is essential to make them functional as per the dates communicated by the Government.

It was discussed that the EXN Divisions and AEE Subdivision will

J&K Bank awarded for promoting digital payments

Such recognition will drive us to achieve greater excellence: Baldev Prakash

J1 NEWS SERVICE
SRINAGAR, FEBRUARY 10: Achieving another feat in digital payment domain, J&K Bank bagged an award for its outstanding performance in promoting digital payments during FY 2021-22. The Bank has achieved 2nd highest percentage of digital payment transactions in Small and Micro Category of private sector banks.

MD & CEO J&K Bank, Baldev Prakash received the felicitations from Union Minister of Electronics & Information Technology, Railways, and Communications, Ashwini Vaishnav at "Digital Payments Utsav" celebrated by Ministry of Electronics and Information Technology (MeitY, Govt) at India Habitat Centre, New Delhi. Bank's Chief Digital Officer



Naveed Zargar was also present on the occasion. While expressing his gratitude, Baldev Prakash attributed the reception of award to the persistent efforts of Bank's Staff. He said, "It is a moment of great satisfaction for all of us as we see our extra efforts to realise the vision of Digital India not only fruitifying but getting

He further said, "To encourage digital banking in our operational geographies we have embarked on digital transformation journey. The digital mission of the Bank is to improve the customer experience by providing them digital banking services that are convenient, easy, affordable, quick and secure."

With the proactive measures taken to encourage digital payments, the Bank has successfully surpassed the Digital Payment Transaction target allocated by MeitY for the financial year 2021-22.

Pertinently, J&K Bank has bagged 'Utkrash Puraskar - 2020-21' last year also for being one of the top two achievers in digital payment transactions under the category of Small and Micro banks.

JKHPMC to develop Shopian as 'Apple Cluster', with MoA&FW, NHB support

J1 NEWS SERVICE
SRINAGAR, FEBRUARY 10: JKHPMC has started the process of developing Shopian as an 'Apple Cluster', recently approved by Union Ministry of Agriculture and Farmers Welfare (MoA&FW) at an estimated cost of Rs. 138 crores, under Cluster Development Programme (CDP). The letter of acceptance issued by the Ministry in favour of JKHPMC with M/s. FIL Industries Limited, as the implementing Agency with technical support by National Horticulture Board's (NHB). In this regard, the NHB's team from New Delhi were on two-day visit to Srinagar and Shopian on 9th and 10th February, 2023 for finalizing the components to be set up by FIL Industries in



the Apple Cluster, under the programme. The team of HMB comprising Joint Director, NHB, R.K. Agarwal; Dy. Director NHB (J&K Chapter), Sansar Ahmad and other officers held a joint meeting with JKHPMC officers and representatives of FIL industries for finalizing the components. The team along with officers of JKHPMC, during the visit, also

visited Shopian and called on Deputy Commissioner Shopian and apprised him about the land required for developing nurseries in the Shopian Cluster. During the interaction, DC Shopian expressed satisfaction over the programme and assured JKHPMC that the district would make available the required land banks for the optimum implementation of the pro-

gramme. The NHB team also visited FIL Industries facilities at Rangreth, Srinagar and assessed the requirements under the CDP.

Pertinently, the programme has to be executed with respect to three end to end verticals, viz: Pre-production & production, post production & value addition and logistics & marketing in a span of four years.

Secretary H&ME reviews progress on implementation of RBSK in J&K

J1 NEWS SERVICE
SRINAGAR, FEBRUARY 10: Secretary, Health & Medical Education, Bhupinder Kumar, today reviewed implementation of Rashtriya Bai Swasthya Karyakam (RBSK) and functioning of District Early Intervention Centers in J&K in a meeting held at Civil Secretariat, here.

It was informed in the meeting that during the current financial year, 83.90 per cent of government schools and 80.11 per cent anganwadi centers have been visited by RBSK Mobile Health Teams for conducting Health Checkup of children till date.

Secretary directed all the Chief Medical Officers to complete the screening of children enrolled in government schools and anganwadi centers before the closing of financial year.

He directed that CMOs shall ensure that teams under RBSK carry out screening of all children in the pre-school age enrolled at Anganwadi centres at least twice a year besides screening of all children studying in government and government aided schools.

Secretary laid stress on making District Early Intervention Centers functional in all aspects for providing support to the referred children so that children diagnosed with identified health conditions

receive follow up including surgeries at tertiary level, free of cost so that the benefits reach to the needy people across the UT.

Ayushi Sudan, Mission Director, NHM J&K informed that UT has started online portal for data capturing under RBSK and in the first phase uploading of screening data by the Mobile Health Teams on daily basis has been made functional and all MHT's are now uploading the data on the online portal.

Dr Mohammad Shafi Koka, State Nodal Officer NHM J&K, informed about the guidelines of branding for Ayushman Bharat Health and Wellness Centres and organizing of Health Melas at HWCs on monthly basis.

On the occasion, a presentation regarding RBSK was made by Dr Syed Gazala Nazki, Programme Manager, RBSK.

The meeting was attended by Director Health Services Kashmir, Dr Mushtaq Ahmad Rather, Chief Medical Officers, Medical Superintendents of Associated Hospitals of Government Medical Colleges and District Hospitals, Programme Manager RBSK, DEIC Managers and other officers from State Health Society, NHM in person and through video conference.

Power shutdown

JAMMU, FEBRUARY 10: Chief Engineer (Distribution) JPDC, Jammu has informed that the power supply to Gandhi Nagar, Nanak Nagar, Railhead Complex, Jammu University, DC Office, Boria PHE, Sunjwan, Narwal, Bathindi, Channi Himmat, Transport Nagar and the areas being fed from Grid Stations- Sidhra, Janipur, Jhajarikoti, BBI and BBI-II shall remain affected on February 12 from 10 am to 4 pm.

Similarly, the power supply to Jhajarikoti, Janipur, Lakad Mandi, Patoli, Janipur Colony, Pamposh Colony, Ambdhar Nagar, High Court, Daily Excelsior, Statistical Office, Upper Barnai, Lower Muthi, Paloura, Dogra Hall, Rehari, Resham Gar Colony, Bus stand, Jewel, Hari Market, Raghunath Bazar, Kaleeth Mohalla, Kanak Mandi, Mandla, New Plot, Sarwal, Part of Karan Nagar.

Secretary PD&MD visits Ganderbal, reviews development projects

J1 NEWS SERVICE
GANDERBAL, FEBRUARY 10: Secretary, Planning Development & Monitoring Department (PD&MD), Dr. Raghav Langer, today conducted extensive visit of Ganderbal district and reviewed progress on various development projects under implementation in the district.

In this regard, Secretary convened a review meeting in which all district and sectoral officers were present. While taking department wise review, Secretary directed all the officers to work in tandem so that all set targets under various schemes are achieved in timely manner.

DDC presented a detailed profile about development scenario of the district through a power point presentation.

Secretary was apprised of the initiatives started by the district administration to achieve 100 per cent enrolment of out of school children. He asked to start bridge classes for the newly enrolled students under Mashal-e-Gaash programme, an initiative by the district administration

to achieve cent percent literacy rate in the district. He directed the officers to focus on learning outcomes for improvement of education standards at various levels in light of New Education Policy.

He stressed upon all the officers to further improve the service delivery mechanism in order to provide quality services to the common people. He asked the District Social Welfare Officer to conduct door to door campaign to make common people aware about the welfare schemes launched by the government. He also asked for displaying the help line numbers at main places so that the needy people can seek help from the departments as and when required. Raghav Langer directed Superintendent Engineer, Jal Shakti, Circle Ganderbal, to expedite the pace of work on approved Water Supply Schemes. He also asked for ensuring coverage of left out households under JJM. Secretary asked the officers of agriculture and allied sectors to put in all efforts for increasing the productivity and ensuring market linkages

in order to benefit the farming community. He directed the Chief Animal Husbandry Officer, Ganderbal, to coordinate with NRLM for formulation of dairy collection centres by registered Self Help Groups.

While reviewing Fisheries department, Secretary was informed that two units under FIDF (Fisheries Infrastructure Development Fund) are in progress in the district, one unit namely K2 Aquaculture (RAS) has been sanctioned for Rs. 47.00 crore while another unit with the project cost of Rs. 7.00 crore is likely to be sanctioned soon. He was apprised that the Trout Fish production, after the completion of the projects, is expected to increase by 1000 tonnes per annum in the district.

It was informed in the meeting that Ganderbal has been ranked as number one district in J&K in implementation of PMMSY scheme and efforts will be geared up to maintain the status and make the district capable of exporting regular consignments of frozen Rainbow Trout to various countries.

DC reviews status of works under Jal Jeevan Mission at Kulgam

DIRECTS TO SCALE UP PACE ON ONGOING WORKS; STRESSES ON CONDUCTING MORE IEC ACTIVITIES

J1 NEWS SERVICE
KULGAM, FEBRUARY 10: The Deputy Commissioner (DC) Kulgam Dr. Bilal Mohi-Ud-Din Bhat today convened a meeting of concerned Officers to review status of works under Jal Jeevan Mission (JJM) in the district.

During the meeting, the DC took detailed review of physical and financial progress made on various JJM Works.

Executive Engineers from Qazigund and Kulgam Divisions informed the chair that there are 218 works and 140 schemes/projects under JJM in the district.

Out of 218 works, 201 works stand tendered, 146

allotted and 108 works have been taken up while as 04 works stand completed.

The DC emphasized that every effort has to be made to ensure that the goal of tap water to all households must be achieved as per the projected timeline. He said that the Mission is envisioned to provide safe and adequate drinking water through individual household tap connections to all households.

He directed all the concerned officers to scale up pace on works under JJM so that the target can be achieved within the stipulated period.

He asked the officers to regularly monitor the

quality and progress on all allotted works for time-bound completion.

The DC said that information dissemination is an important component of the mission and stressed on conduct of more widespread IEC activities.

During the meeting, the DC also reviewed the functioning of Pani Samitis and it was informed that all Pani Samitis are functional in the district.

The meeting was attended by JD-Planning Zahid Sajad, ACD Mohammad Imran Khan, ACP Shurjeel Ali, CMO, Executive Engineers from Qazigund, Kulgam, AEs and other concerned Officers.

'SHE IS A CHANGE MAKER PROJECT'

IMPARD to organize CBPs for ULB women members of Kashmir Valley from Feb 13

J1 NEWS SERVICE
SRINAGAR, FEBRUARY 10: As part of Capacity Building Programmes (CBPs) being held under ambitious "She is a Change Maker" project, the third programme would be held from February 13 to 15 at IMPARD, main campus, Srinagar, for women members of Urban Local Bodies and office bearers from all districts of Kashmir Valley.

Pertinently, Jammu and Kashmir Institute of Management, Public Administration and Rural Development (IMPARD) in collaboration with National

Commission for Women is organizing a series of CBPs for women members of Panchayats, Zilla Parishads, Urban Local Bodies and Office Bearers of J&K under "She is a Change Maker Project".

In this regard, two programmes have already been conducted for the women representatives of Panchayats, Block Development Councils and District Development Councils.

The series is being fully sponsored by the National Commission for Women to foster Gender Responsive Governance in the system.

Orientation/ Training programme under holistic development of Agriculture & allied sectors held at Anantnag

To create Agri-skilled Human Resource, Department's priority: Chowdhury Iqbal

J1 NEWS SERVICE
SRINAGAR, FEBRUARY 10: The Director Agriculture, Kashmir, Chowdhury Mohammad Iqbal today inaugurated district level orientation cum training programme under the holistic development of agriculture and allied sectors at DAK Banglow Khanabal, here.

Addressing the participants, the Director Agriculture highlighted the importance of projects under holistic document. He said under the holistic document, the department is aiming to create an Agri-skilled human resource so that the implementation of different projects could be done in a more comprehensive manner.

He said that this document (holistic document) will be a game changer in the overall development of the agriculture sector in the UT of Jammu and Kashmir. He said the projects have been designed in such a way that the potential in all the allied wings would be explored to their capacity.

Director Agriculture impressed upon

the officers of agriculture and allied departments to work in close coordination so that the set targets under different projects, the desired results could be achieved.

He said the orientation cum training programme under holistic document is aimed to raise awareness among the officers regarding various approved projects so that the same could be implemented on ground in a comprehensive manner.

The Training Programme was attended by Chief Agriculture Officer Anantnag, Chief Horticulture Officer, District Agriculture Officer Extension Anantnag, Mushroom Development Officer Anantnag, Area Development Officer, Anantnag. District Level SMSs and SD level officers also participated in the programme.

Earlier, Director Agriculture visited Ganderbal and addressed the officers of agriculture and allied departments in a district level orientation cum Training programme.

Fisheries, Agriculture departments organise training programme at Kupwara

J1 NEWS SERVICE
KUPWARA, FEBRUARY 10: An orientation cum training program under holistic agriculture development with the theme "Technological interventions in Fish seed and Trout production" was today organised by the Fisheries department in collaboration with the Agriculture Production department at Kupwara.

The main aim of this training programme was the capacity building of

field functionaries and farmers in order to improve the socio-economic condition of farmers. Programme was attended by officers and field functionaries of fisheries, agriculture department, progressive farmers and scientists from Chief agriculture officer Kupwara, Gulam Mohammad Dhoobi while inaugurating the training programme said that schemes related to agriculture, Fisheries, and allied sector are welfare oriented

schemes and their benefits are reaching to eligible and deserving farmers across the district. On this occasion, Assistant Director (AD) Fisheries Kupwara, Sajad Hussain said imparting training to field functionaries and farmers is of pivotal importance.

He said there is no dearth of water bodies in Kupwara district, but there is need to increase the fish productivity with sustainable approach, and innovative methods.

DSW, ICDS Kulgam organize Awareness/ Enrollment drive for Sukanya Samridhhi Yojana Account scheme

J1 NEWS SERVICE
KULGAM, FEBRUARY 10: The Department of Social Welfare (DSW) Kulgam in collaboration with ICDS and Department of Posts Kulgam today organised a day-long awareness cum enrollment drive for Sukanya Samridhhi Yojana Account scheme at Town Hall, here.

The program was held under the theme 'Beti Bachao Beti Padhao' (BBBP), to address the issue of declining child sex ratio along with related issues of empowerment of Women. Present on the occasion were Tehsil Social Welfare Officers, Officials of District Hub for Empowerment of Women

(DHEW), One Stop Centre for Women (OSC) Kulgam, Officials from Post Office Kulgam and Field Officials from Social Welfare Department and ICDS Kulgam. Speaking on the occasion, Tehsil Social Welfare Officer Kulgam (Hq) Muzaffer Ahmad Rather gave a detailed introduction about

Sukanya Samridhhi Yojana and Beti Bachao Beti Padhao campaign. District Mission Coordinator DHEW Kulgam, Tanseena Nazir highlighted the features as well as benefits of the scheme. Gender specialist Saba Mogul from DHEW stressed on the financial empowerment of Women.

Prerna Puri inaugurates JaKeGAs' workshop on e-Office



JJ NEWS SERVICE
JAMMU, FEBRUARY 09: J&K e-Governance Agency (JaKeGA) in collaboration with National Informatics Centre, J&K, today organized one day workshop to sensitize and train the officers and officials regarding e-Office implementation up to tehsil level. Addressing the inaugural session, Commissioner

Secretary, Information Technology Department, Prerna Puri, lauded the efforts of technical agencies for educating the participants about the significance of e-Office in present era of technological advancements. She highlighted that e-Office is crucial for increasingly digital nature of governance at all levels.

Commissioner Secretary emphasized the need for imparting requisite master training to the District Level Nodal Officers for ensuring e-Office expansion up to the tehsil level. Chief Executive Officer, JaKeGA, Abhishek Sharma, in his address, briefed the importance of e-Office in ensuring a more responsive, accountable and

transparent dispensation to people. He also highlighted a descriptive detail about achievements recorded, so far, under e-Office initiative. He exhorted upon the district level nodal officers to share information about all officials up to tehsil level to onboard all employees on e-Office. During the workshop, a presentation was given by JaKeGA project team while technical demonstration session was also conducted which was attended by which was attended by about 150 officers and officials of various district and tehsil administrations.

Among others, the workshop was attended by State Informatics Officer Informatoms Centre, Saleem Khan and his team besides the project implementation team of JaKeGA.

Handicrafts & Handloom Jammu signs MoU with NIFT Srinagar on designing, branding

PPJ1 NEWS SERVICE

JAMMU, FEBRUARY 09: Directorate of Handicrafts and Handloom, Jammu and National Institute of Fashion Technology, Srinagar today signed a Memorandum of Understanding (MoU) here at Udyog Bhawan.

The MoU was signed in presence of Prashant Goyal, Principal Secretary, Industries & Commerce Department, J&K and Rohit Kansal, Union Additional Secretary, Ministry of Textiles, Director General NIFT.

The MoU was signed between the two parties under the project titled 'DESIGNING INNOVATIVE AND SUSTAINABLE PACKAGING AS A BRANDING INITIATIVE FOR HANDICRAFTS AND HANDLOOM SECTOR OF JAMMU'.

The MoU document was signed by Dr. Vikas Gupta, Director Handicrafts and Handloom, Jammu, and Dr Javid Ahmed Wani, Director National Institute of Fashion Technology, Srinagar.

Secretary Industries & Commerce Department, Smita Sethi, MD JKTIPO,

Khaliid Jahangir; MD Handicrafts & Handloom Corporation, Atul Sharma and other officers of Industries and Commerce Department were present on the occasion.

The objective of the MoU is to create a strategic and attractive packaging design solution for branding Jammu Handicraft and Handloom items in view of enormous potential of this sector for growth, export and wealth creation and also employment generation.

Speaking on the occasion, Prashant Goyal appreciated the effort of entering into MoU with NIFT Srinagar as having professionally designed packaging prototypes, in tune with the market-demand, would definitely increase the sales of products viz-aviz wage earnings of our artisans and weavers. Union Additional Secretary, Ministry of Textiles, Rohit Kansal, who is also DG NIFT, said that the Government of India is willing to support the artisans and weavers of Jammu and Kashmir in any capacity.

He said they can offer courses to these craftsmen to upgrade and

enhance their skills so that the products of these artisans will have value addition for better marketing.

The project envisages evolving of a roadmap to create unique and sustainable packaging to add value to the artefacts of the Jammu cottage industry. This will give a unique packaging presentation having international standards besides determining the unique selling point of chosen Jammu Handicraft and Handloom goods.

As part of the MoU, packaging prototypes for products such as Basohli Paintings, Basohli Pashmina, Phulkari embroidery, Lathu Cum Lacquer products and Calico printing products are expected in the first phase.

The artisans and weavers present on the occasion gave their feedback regarding packaging and branding initiatives to the dignitaries present in the event. Besides, prototypes packaging along with the trims that give product data and product care instructions for specified crafts will also be among the deliverables.

Sensitisation Workshop on NEET & JEE-IIT coaching held for parents, teachers at Kishtwar

JJ NEWS SERVICE

KISHTWAR, FEBRUARY 09: District Administration Kishtwar, in collaboration with office of Chief Education Officer today organised a day long workshop to sensitize the parents, teachers and the aspirants about Online-Offline NEET JEE-IIT coaching programme being rolled out by it.

Deputy Commissioner Dr. Devansh Yadav presided over the workshop in presence of Chief Education Officer, Sudarshan Kumar Sharma; ACD, Atul Dutt Sharma; AO DC office, Imran Ahmed Kichloo, Principals, lecturers, teachers. Aspirants from various government and private institutions participated in the workshop.

At the outset, the participants were apprised about the initiative of the

district administration to conduct the online-offline coaching classes in the district being provided by the renowned teachers/coaching guides of the country.

The participants gave suggestions and feedback about the coaching programme and the same were noted down for consideration to create an enabling environment for the proposed coaching programme.

Speaking on the occasion, Deputy Commissioner Kishtwar stressed teachers and parents to work together with district Administration and make the proposed coaching programme a great success.

He also urged parents and teachers to spread mass awareness to enrol maximum number of the students for the coaching.

He said the aspirants can apply on the link: <https://forms.gle/y2dt0JXt8qLJL7>

He further informed that aspirants can visit District Administration Kishtwar Facebook page and register themselves on the link, besides the aspirants and parents can contact the administration for any help and avail the golden opportunity at their home town with minimal charge.

The CEO asked the aspirants to avail this great opportunity by utilizing the services of prominent coaching institutes/tutors in their home town. Parents and teachers evinced a positive response and thanked District Administration Kishtwar for their valuable efforts and showing great concern for the future of their children.

Kushwaha's revolt to benefit NDA in Bihar says Union minister Pashupati Kumar

PATNA, FEB 9 : Union minister Pashupati Kumar Paras

on Thursday asserted that the rebellion of JD(U) leader Upendra Kushwaha will "benefit the BJP-led NDA" in Bihar which has been lying low since being stripped of power in the state last year.

Paras was responding to queries from journalists about the current political situation in the state where the NDA which includes his Rashtriya Lok Janashakti Party, is supported by a rival group headed by his nephew Chirag, and is pitted against the seven-party ruling "Mahagath bandhan". "The NDA will win in the general elections next year.

You can take it from me. There is no counter to the charisma and popularity of Prime Minister Narendra Modi, while the Mahagathbandhan is in disarray as evident from the notes of discord struck by Kushwaha," Paras said.

Replying to a query, he said, "Kushwaha's revolt will definitely benefit the BJP and its allies in Bihar,"

However, he became guarded when asked whether Kushwaha, a former Union minister who had served in Modi's first

administration, will be welcomed into the NDA. "Let him (Kushwaha) make the move. A decision will be taken at that time", said Paras, who represents Hajipur Lok Sabha seat, a pocket borough of his late brother Ram Vilas Paswan.

710 Works under DDC, BDC, PRI grants completed at Bandipora

ADDC reviews RDD works; stresses on target completion at earliest

JJ NEWS SERVICE

BANDIPORA, FEBRUARY 09: The Additional District Development Commissioner (ADDC) Bandipora, Ali Afzar Khan on Thursday chaired a meeting of officers to review the functioning of the Rural Development Department and implementation of various schemes by the department.

On the occasion, officers informed the chair about the ongoing works including works taken up under Area Development Fund for Panchayat Raj Institutions including BDC and PRI grants.

The meeting was informed that 1026 works costing Rs. 37.44 Cr have been approved including 839 works under PRI grants, 94 under BDC grants and 93 under DDC grants.

Giving an update about the implementation, officers informed that 710 works have been completed that amounts to 80 percent of the financial expenditure costing about Rs. 22 cr. On the occasion, ADC also reviewed all the pending works and discussed the bottlenecks that hinder the progress of works including the works under Swachh Bharat Mission, PMJAY scheme, MGNREGA, Aspirational blocks, ODF plus villages.

He directed the officers to complete all works well in time and remove all the bottlenecks including land disputes at earliest. He also asked the officers to utilize the manpower under MGNREGA so that the target of 100 days job to unskilled and unemployed youth of the villages is also met.

Kwar HE Project, CVPPLP organise follow up Medical Camp at village Padyarna

JJ NEWS SERVICE

KISHTWAR, FEBRUARY 09: Kwar HE Project, CVPPLP, in association with District Administration Kishtwar and District Health department organized a follow up medical camp at the village Padyarna, of block Nagseni under CSR 2022-23.

Follow up Medical Camp was inaugurated by S K Giri, General Manager (Civil), Kwar HEP. Previously, two free health checkup camps (A General Checkup Camp and a specialized Gynecology medical camp) were also conducted by Kwar HE Project under CSR at the village Padyarna on 16th Jan 2023.

A medical team from District Hospital Kishtwar checked up about 150 persons from the Project affected villages and nearby areas. They were provided free medical consultation and medicines alongwith menstrual hygiene material.

NSE phone tapping : Delhi HC grants bail to Chitra Ramkrishna in money laundering case

NEW DELHI, FEB 9 : The Delhi High Court on Thursday granted bail to Chitra Ramkrishna in the money laundering case related to alleged illegal phone tapping and snooping of the National Stock Exchange (NSE) employees, saying prima facie there are reasonable grounds to believe she is not guilty. Justice Jasmeet Singh granted bail to the former NSE managing director on a personal bond of Rs one lakh and two sureties of the like amount. "Prima facie there are reasonable grounds to believe that the applicant is not guilty of the offence and she is not likely to commit any offence while on bail... the application is allowed and the applicant is granted bail," the court said.

Ramkrishna was in custody for almost seven months in the matter. "In the present case there is no allegation that the applicant has derived or obtained any property or proceeds of crime. Additionally, there is no allegation or evidence produced before me to suggest that the applicant has concealed, possessed, used, projected or claimed any proceeds of crime as untainted property," the court also observed.

She was granted bail in the CBI case by the high court in September last year after

being in custody for approximately seven months post her arrest in March 2022. Ramkrishna, who was earlier arrested by the CBI in the alleged NSE co-location scam, was arrested in the present case by the Enforcement Directorate on July 14 last year. The Enforcement Directorate (ED) had opposed her bail plea in the present case on grounds that she was the "mastermind" behind the conspiracy.

The phone tapping case, according to the ED, pertains to a period from 2009 to 2017 when former NSE CEO Ravi Narain, Ramkrishna, Executive Vice-President Ravi Varanasi, and Head (Premises) Mahesh Haldirpur and others conspired to cheat NSE and its employees and for the purpose, engaged iSEC Services Pvt Ltd for illegal interception of phone calls of employees of the NSE in the guise of doing periodic study of cyber vulnerabilities of the NSE. In the 38-page order, Justice Singh said prima facie no scheduled offences, including those under the Indian Penal Code or the Prevention of Corruption Act, against Ramkrishna are established and thus the provisions of Prevention of Money Laundering Act cannot be attracted.

JAMMU POWER DISTRIBUTION CORPORATION LIMITED
OFFICE OF THE EXECUTIVE ENGINEER, ELECTRIC
DIVISION-II,JPDCI GANDHINAGAR JAMMU

CIN No: U40300JK2013SGC003898
E-mail: emeed2@gmail.com/Tel/Fax: +91-191-2458521

TENDER NOTICE

E-NIT No: 64 of 2022-23 **Dated: 06.02.2023**

For and on behalf of the Lieutenant Governor of the UT of Jammu and Kashmir, the Executive Engineer (Distribution), Electric Division-II, JPDCI Jammu, hereinafter referred as 'Employer', invites online e-bids from reputed Companies of Class 'A' registered/Electrical Contractors for **Fixing the Job Contract (Labour) for Repair/Reclamation of Damaged Distribution Transformers (11KV/6.6KV/0.44KV) of different capacities viz 25 KVA, 50/63 KVA, 100 KVA, 200/250 KVA, 300 KVA, 400 KVA, 500 KVA, 630 KVA at Divisional Workshop Miran Sahib during the Financial Year 2023-24.**

A	Tender Document Sale/Download Start Date	06.02.2023; 12:00 Hrs.
B <th>Tender Document Sale/Download End Date</th> <th>27.02.2023; 16:00 Hrs.</th>	Tender Document Sale/Download End Date	27.02.2023; 16:00 Hrs.
C <th>e-Bid submission (start) date & time</th> <th>06.02.2023; 12:00 Hrs.</th>	e-Bid submission (start) date & time	06.02.2023; 12:00 Hrs.
D <th>e-Bid submission (end) date & time</th> <th>27.02.2023; 16:00 Hrs.</th>	e-Bid submission (end) date & time	27.02.2023; 16:00 Hrs.
E <th>Submission of Hard Copy of Tender Fee</th> <th>06.02.2023; 12:00 Hrs. to 27.02.2023; 16:00 Hrs.</th>	Submission of Hard Copy of Tender Fee	06.02.2023; 12:00 Hrs. to 27.02.2023; 16:00 Hrs.
F <th>Pre-Bid Meeting</th> <th>14.02.2023; 14:00 Hrs.</th>	Pre-Bid Meeting	14.02.2023; 14:00 Hrs.
G <th>Commercial and Technical Bid opening date & time</th> <th>28.02.2023; 16:00 Hrs.</th>	Commercial and Technical Bid opening date & time	28.02.2023; 16:00 Hrs.
H <th>Online financial e-Bid opening date & time (Only of the technically qualified Bidders)</th> <th>Will be communicated to the Technically Qualified Bidders.</th>	Online financial e-Bid opening date & time (Only of the technically qualified Bidders)	Will be communicated to the Technically Qualified Bidders.
I <th>Venue of opening of techno-commercial Bids</th> <th>Executive Engineer Electric Division-II JPDCI Gandhi Nagar Jammu.</th>	Venue of opening of techno-commercial Bids	Executive Engineer Electric Division-II JPDCI Gandhi Nagar Jammu.
J <th>Cost of e-Bid document</th> <th>Rs. 3000 (Non-Refundable)</th>	Cost of e-Bid document	Rs. 3000 (Non-Refundable)
K <th>Amount of Earnest Money Deposit (EMD)</th> <th>Rs. 25000/-</th>	Amount of Earnest Money Deposit (EMD)	Rs. 25000/-

- Note: The Tender has been floated for deriving the L1 rates for repair of Distribution transformers of various capacities at Divisional Workshop Miran Sahib of Electric Division-II JPDCI, Jammu for the year 2023-24.*
- Bidders are advised to study the Bidding Document carefully. Submission of e-Bid against this SSI shall be deemed to have been done after careful study and examination of the procedures, terms and conditions of the Standard Bidding Document with full understanding of its implications.
 - The tender document is available at website <http://jtenders.gov.in>. Interested bidders may view, download the e-Bid document, seek clarification and submit their e-Bids online up to the date and time mentioned in the table in SSI.
 - Bidders shall have to pay the e-Bid document fee in the shape of Demand Draft / (Non-refundable) or a Cheque in favour of the Executive Engineer Electric Division-II JPDCI, Gandhi Nagar Jammu or any authorized Bank or e-Challan, treasury Challan/receipt, in favour of Executive Engineer Electric Division-II JPDCI Gandhi Nagar Jammu (Cost of Tender to be credited to Head: 0901/Non-refundable) on or at least one day before opening of commercial and technical e-Bid.
 - No Bidder, unless or otherwise specified in the terms and conditions, shall be exempted from depositing Earnest Money. Tenders not accompanied with the requisite amount of earnest money shall be rejected.

No: ED-II/TS/3220-22
Dated: 06-02-2023
DIP/I-5188-P/22 SD-
EXECUTIVE ENGINEER
JPDCI ELECTRIC DIVISION-II
JAMMU

NORTHERN RAILWAY
E-TENDER NOTICE

Azadi Ka Amrit Mahotsav

Sr.DEN-IV/FZR acting for and on behalf of The President of India invites open tenders (E-Tenders) against below titled tenders and available on www.reps.gov.in with closing date 27.02.2023 upto 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 manual offer received shall be ignored. Contractors are allowed to make payments against this tender towards tender document cost and earnest money only against only payment modes available on www.reps.gov.in portal like net banking, debit card, credit card etc. Manual payments through Demand draft, Banker cheque, Deposit receipts, FDR etc. are not allowed. For more information login to www.reps.gov.in

Tender Type	Tendering Section	Bidding System
Open	Works	Single Bid System
Date of Uploading Tenders Bid Starting Date Bid Closing Date/Time		
02.02.2023	13.02.2023	27.02.2023 / 15:00 Hrs.

S.No.	Tender No.	Details of Tender
1.	423-2022-23-UHP-DRM-FZR	Installation and Commissioning of effluent treatment plant of 50 KLD at SVDK railway station on J&K-SVDK section under ADENUHP.
		Advertisement Value (Rs.) 86,75,892.49/-
		Earnest Money 1,73,500/-
		Validity of offer 60 Days
		Period of completion 12 Months
Similar Nature of work: 'Supply, design, erection and commissioning of sewage or effluent treatment plant'.		

Note : 1. Before bidding, bidders to check for any corrigendum issued against tender No. 770-W/169/WAFZR/2022-23 Date: 04.02.2023

SERVING CUSTOMERS WITH A SMILE 398/23

OFFICE OF THE EXECUTIVE ENGINEER PWD(R&B) DIVISION SAMBA
ABBREVIATED NOTICE INVITING TENDER

e-NIT No. 107 of 2022-23 Dated: 07-02-2023

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

S. No.	Name of Work	Advertise d Cost (Rs. in Lacs)	Cost of document (In Rs.)	Earnest Money (in % of GDR PDR) (In Rs.)	Time Allowed for completion	Time and date of opening of tender	Class of Contractor
1	2	3	4	5	6	7	8
1.	Repair / Renovation of Bamuchak Temple an additional works at District Samba. (4* csl)	77.36	1500/-	2 % of adv. Cost	08 Months	21-02-2023 (1400 Hours)	"A"

Position of AAA: Major Head:
Accorded Sanctioned 4202: Education

- Date of Publishing = 07/02/2023
- Pre bid meeting = 11/02/2023 at 1300 Hrs
- Date of downloading = 1000 hours on 12/02/2023 to 20/02/2023 upto 1800 hours
- Date of submission / Uploading = 1000 hours on 12/02/2023 to 20/02/2023 upto 1800 hours
- Date of opening of bids = 21/02/2023 at 1400 hours.

The tender is available at website <http://jtenders.gov.in> all other terms & conditions can be seen on the above website.

No. 13203-19
Dt. 07.02.2023 DIP/J-19304/22
SD-
EXECUTIVE ENGINEER
PWD (R&B) DIVISION
SAMBA

National Commission for Women, SWD, TISS hold meeting on strengthening of response to gender-based violence in J&K, Ladakh

JI NEWS SERVICE
JAMMU, FEBRUARY 10: National Commission for Women in collaboration with Social Welfare Department and Tata Institute of Social Sciences, Mumbai, organized a meeting of stakeholders of Union Territories of Jammu and Kashmir and Ladakh regarding strengthening of response towards gender-based violence through greater coordination.

The meeting, chaired by Chairperson, National Commission for Women, Rekha Sharma, was attended



ed by Commissioner for Women, Family Counselling Centre, One Stop Centres, 181 helpline, District Hub for Empowerment of Women and Family Counselling Centres along with senior police officials responding to violence against women in both UTs were also part of the meeting. Speaking during the

meeting, Chairperson, Rekha Sharma said, "We need to respond collaboratively, if we want to tackle this huge problem of violence against women." Sheetal Nanda, encouraged all stakeholders to equip themselves with knowledge of laws pertaining to women for better implementation of the initiative. She asked them to recognize the multiplicity of services for cross-referrals and comprehensive response to survivors seeking support. She added, "Law is the backbone of the work we do."

It was decided in the meeting that awareness programmes on cyber-crime with varied population of youth, social workers and police will be organized. Besides training of Protection Officers under the Protection of Women from Domestic Violence will also be planned. Also, Social Workers will be trained on responding to human trafficking.

The meeting also decided that a portal will be developed to create a directory of available resources for survivors of violence.

DC Doda asks for strict enforcement of notified rates for online services

JI NEWS SERVICE
DODA, FEBRUARY 10: Information Technology Department, J&K has recently notified/fixed rates for delivery of all online services to be charged/received from the citizens/customers of entire Union Territory of Jammu & Kashmir for Government to Citizens (G2C) and Government to Business (G2B) services.

In this regard, Deputy Commissioner Doda, Vishesh Paul Mahajan has issued instructions to all the Tehsildars to check the availability of Common Service Centres (CSCs) in all pockets in their respective jurisdictions for the convenience of the general public.

The Tehsildars and District Manager Common Service Centres (DM-CSC) have been asked to ensure that the CSCs do not charge more than the rates notified by the government for different online services. District Manager CSC has been instructed to issue necessary directions to all the VLEs of Common Service Centres (CSCs) of District Doda for pasting the Notification at their respective CSCs and the rates so notified in the said Notification be implemented in letter and spirit.

JKPCC conducts workshop on "Implementation of EPR under E-waste, Plastic Waste Management Rules, 2022"



JI NEWS SERVICE
JAMMU, FEBRUARY 10: Jammu & Kashmir Pollution Control Committee today conducted an interactive workshop on "Implementation of EPR under E-waste (Management) Rules, 2022 and Plastic Waste Management (Second Amendment) Rules, 2022" here at Convention Centre, Jammu.

The objective of the workshop was to provide a common platform for an interaction with concerned stakeholders and implementing departments on various aspects of EPR Rules.

Commissioner Secretary, Department of Forest, Ecology and Environment, Sanjeev Verma, was the chief guest while Chairperson, J&K Pollution Control Committee Dr. Neelu Gera, was the guest of honour on the occasion.

Workshop started with visiting of exhibits by the dignitaries which were displayed by various organizations like Shalimar Thermoforming Private Limited Samba, Indian Pollution Control Association, Lifecycle Management Private

Limited, Saahas Zero Waste, Self Help Group (NRLM) Block Dhansal, Himalaya Green Himachal Pradesh and VRG Groups, Ganguly.

Sanjeev Verma appreciated the efforts of JKPCC for organizing such type of events and stressed upon the stakeholders including district administration to ensure effective implementation of relevant provisions laid under both E waste and Plastic Waste Rules. He emphasized the need to link growing menace of Plastic and E-waste pollution with unpredictable disaster, owing to release of toxic gases in the environment through unscientific dumping and disposal of such waste.

Dr. Neelu Gera pointed out in her address regarding the need for an urgent action to be taken up by stakeholder departments like Urban Local Bodies to facilitate separate and safe collection of such wastes with publicizing the collection points for public awareness. She also requested Rural Development Department to ensure implementation of Rules in letter and spirit at Panchayat levels as rural areas are also now identified as

equally accountable for both types of waste generation.

Regional Director, JKPCC, Sat Paul, briefed about the objective of the interactive workshop.

Member Secretary JKPCC, K Ramesh Kumar, informed the gathering that as per new E-waste and Plastic waste Rules, responsibility of the respective Producers and Recyclers have risen manifold and appealed for adherence to the stipulated rules by them in this regard.

During the workshop, Shoba Raghavan, Director and COO, Saa has Zero Waste made a detailed presentation on Producer's Responsibility for implementation of EPR as per E-waste (Management) Rules, 2022 and Co-founder CEO, Abhishek Agshe, Lifecycle Management Private Limited made a presentation on responsibility of recyclers laid under E-waste Rules.

Director, Indian Pollution Control Association, Ashish Jain deliberated on the EPR Policies for Plastic Waste Management.

The program was attended by officers and officials from Department of Industries and Commerce, Nodal Officers from Central University, Jammu University, SKUAST, SMVDU, concerned Nodal Officers from Jammu Municipal Corporation and Srinagar Municipal Corporation, CEOs from Department of Urban Local Bodies Jammu and Kashmir, Jammu Chamber of Commerce and Industry, National Rural Livelihood Mission, Divisional Officers and Scientists from JKPCC, Nodal Officer E-waste, JKPCC, Jammu, besides DISHA organization and Global Human Rights Trust.

Nehru Yuva Kendra Sangathan J&K, GCW Parade organise National Youth Parliament Festival

JI NEWS SERVICE
JAMMU, FEBRUARY 10: Nehru Yuva Kendra Sangathan J&K, in collaboration with Government College for Women Parade Ground organized a state level National Youth Parliament on the College Campus.

As many as 46 youth from districts of Jammu & Kashmir UT and Ladakh UT, all being the winners and first runners up of District Level National Youth Parliament, participated in the State Level event.

Nisar Ahmed Butt, SD NYKS J&K and Ladakh was the chief guest, while Dr. Deepak Pathania, Assistant professor, Environmental Sciences, Dr. Seema Jamwal, Assistant Professor Political Science, Dr. Musavir Ahmad, NSS Program Coordinator, Kashmir University, Dr. Seema Zargar, Senior Officer, School Education Department

and Dr. Shubra Janwal, Assistant professor, English were the jury members.

Anmol Sharma from NYKS Jammu got the first rank, Faiza Basharat from GDC Poonch got the second rank and Quyima Aslam from S P College Srinagar got the third rank in the state level event.

The first three winners of state Youth Parliament shall participate at national level NYPP in New Delhi where 87 Winners from all States and UTs will participate in the National Youth Parliament Festival in person at 29 venues.

Out of them, 29 first position holders will speak on the given topics while the remaining 58 will attend the proceedings. Dr Gurpreet Kour, NSS Program Officer, GCW Parade and Organizing Secretary of the program both at Nodal Jammu level and state

level took the initiative for organizing National Youth Parliament Festival.

The main objective of the programme is to hear the voice of youth between 18-25 years of age through deliberations in Youth Parliaments at District, State and National levels and to encourage the youth to engage with public issues, understand the common man's point of view, form their opinions and express it in an articulate manner, to develop and enhance decision making abilities, to develop in them respect and tolerance for the views of others, to develop in them an understanding that respect for rules is essential for conducting any discussion systematically and effectively, to obtain and document their opinions on Vision of New India and to make available their views to policy makers and implementers to take it forward.

Saurabh Bhagat meets MNRE; Discusses modalities for implementation of Biomass Programme in J&K

JI NEWS SERVICE
NEW DELHI, FEBRUARY 10: Commissioner Secretary, Science and Technology, Saurabh Bhagat, today discussed modalities for implementation of newly launched Biomass Programme of Ministry of New and Renewable Energy (MNRE), approved under the umbrella scheme of National Bioenergy Programme Phase-I, in Jammu and Kashmir.

During his visit to the Capital, MNRE, Saurabh Bhagat had detailed discussion with S R Meena, Incharge Bio-energy, on several issues regarding setting up of one Bioenergy Pilot

Project each in Jammu and Kashmir regions of the UT.

Pertinent to mention here that the National Bio-energy Programme comprises of sub schemes like 'Waste to Energy Programme (Programme on Energy from Urban, Industrial and Agricultural Wastes/Residues), Biomass Programme (Scheme to Support Manufacturing of Briquettes and Pellets and Promotion of Biomass (non-bagasse) based cogeneration in Industries) and Biogas Programme.

Commissioner Secretary also met in-charge Rooftop Solar Division,

MNRE, Hiren Bora and updated the Ministry with the progress on implementation of 20 MW and 200 MW cumulative capacities Rooftop Solar sanctions of MNRE and stressed for timely release of Central Financial Assistance (CFA) under the schemes.

During the discussion, Saurabh Bhagat updated the Ministry regarding various challenges and impediments being faced by JAKEDA in implementation of the schemes. He requested the Union Ministry for allowing empanelment of more vendors under the two sanctions as the targets to be achieved are huge.

PSPS PG College NCC Cadets shine in RDC-2023

JI NEWS SERVICE
JAMMU, FEBRUARY 10: Republic Day Camp is not just a camp, it is an emotion; emotion for the cadets who strive to be a part of Republic Day Contingent and step in DGCC to transform.

Securing 4th position for the first time in the history, the ten cadet NCC contingent of Padma Shri Padma Sachdeva Government PG College for Women, Gandhi Nagar attended this prestigious camp and brought laurels to the College. Two cadets from 1 J&K Naval Unit; 04 cadets from 1 J&K Girls Battalion, NCC Srinagar and 04 from 2 J&K Girls BN, NCC Jammu were part of the team that attended the Republic

Day Camp 2023 at New Delhi.

The cadets were well trained at various Pre-RDC camps at Nagrota, Jammu over a two month period, prior to their departure to New Delhi. They added sheen to the Prestige of College by participating in various events and competitions like Drill, Cultural Programmes, Flag Area etc. From 1 J&K GIRLS BN, Senior Cadet Captain Parul Sharma was selected for Kartavyapath for which she received ADG Commendation. Cadet Captain Kiran Choudhary participated in cultural events and also achieved ADG Commendation. SUO Tania Chib and JUO Marjam from 1 J&K Girls Battalion, NCC Srinagar, were a part of Kartavyapath

Contingent whereas JUO Riya Kaith was a part of PM Rally and JUO Ankeeta Langhe participated in cultural events. From 2 J&K GIRLS BN, NCC JAMMU, SUO Shakshi formed a part of the PM Rally contingent and JUO Anma Khan marched Kartavyapath. JUO Manshi Sharma was selected for All India Guard of Honor showcasing salami to Honorable PM Shri Narendra Modi whereas Sergeant Rakshika Sharma was a part of cultural events. Principal of the College Prof. Minu Mahajan, congratulated and applauded the Cadets for the hard work, dedication and strenuous efforts for bringing laurels to the College for representing at National Level.



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