



# JINDRAHIMAGES



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## India running on tracks of heritage, development: PM Modi

NEW DELHI, FEB 12

India is expressing pride over its legacy with tremendous self-respect and is asserting that it will strengthen its traditions while ushering in modernity, Prime Minister Narendra Modi said on Sunday.

He also said that the country's policies and efforts have no discrimination, and are aimed at serving the poor, the backwards and the deprived on priority.

Modi made the remarks after inaugurating celebrations commemorating the 200th birth anniversary of social reformer and Arya Samaj founder Dayanand Saraswati.

The Prime Minister also unveiled the logo of the birth anniversary celebrations.

Modi said India is showing the way to the world in the field of environment. He also said it was a matter of pride that India was chairing the G20 this year.

"The country today with tremendous self respect is expressing pride over its legacy. The country is saying



with full self-confidence that we will strengthen our traditions while ushering in modernity," Modi said.

"The country is running on the tracks of 'virasat (heritage)' and 'vikas (development)', the prime minister said.

Modi said when he talks of walking on the 'kartikeya

path', some people say that he talks about duties but not rights.

"If this is the case with me in the 21st century then imagine 150-years-ago what kind of difficulties Swami Dayanand would have faced in showing the path to the society," he said.

"The path shown by

Maharishi Dayanand Saraswati instills hope in crores of people," he said.

Modi called the occasion historic and said it was an inspiration for the future of humanity.

Maharishi Dayanand Saraswati became a voice for empowerment of India's women and launched a

strong campaign against social discrimination and untouchability, he said.

Modi said today the daughters of the country are taking on major roles from being depicted in Saichen to flying Rafale fighter planes.

Born in 1824, Saraswati worked to counter the then prevalent social inequities. Arya Samaj has played a key role in cultural and social awakening of the country by its emphasis on social reforms and education, the Prime Minister's Office (PMO) had said in a statement.

The government has been committed to celebrating social reformers and important personalities, especially those whose contributions were not given their due yet on a pan-India scale, it had said.

From declaring the birth anniversary of Birsa Mudo as the Janjatiya Gaurav Diwas to participating in a programme commemorating Aurobindo's 150th birth anniversary, Prime Minister Modi has been leading such initiatives from the front, the PMO had said. (Agencies)

## SC to deliver verdict on plea against Delimitation of constituencies in J&K today

SRINAGAR, FEB 12

The Supreme Court will deliver its judgment tomorrow on a plea challenging delimitation of assembly and parliamentary constituencies in Jammu & Kashmir Union Territory.

According to news agency, the Apex Court will pronounce its judgment on Monday (February 13) on the petition filed by two Srinagar residents-Haji Abdul Gani Khan and Muhammad Ayub Matto.

On March 6, 2020, Union Ministry of Law and Justice (Legislative Department) had issued a notification in exercise of power under Section 3 of the Delimitation Act, 2002, constituting a Delimitation Commis-



sion, with former Supreme Court judge (Retd) Ranjana Prakash Desai as the chairperson.

The exercise was completed on May 5, 2022 when the delimitation panel unveiled its final order.

The petitioners have contended that the Article 170 of the Constitution of India indicates that next delinea-

tion exercise is to be carried out only after 2026, enforcing the delimitation process in UT of J&K is not only arbitrary but also violative of the basic structure of the Constitution.

They have submitted that the Delimitation Commission does not have the power to carry out the exercise

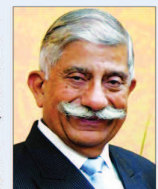
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## President appoints BD Mishra as new Lieutenant Governor of Ladakh

JAMMU, FEB 12

The President of India on Sunday appointed Brig. (Dr) B.D. Mishra as Lieutenant Governor of Ladakh Union Territory after accepting the resignation of R.K Mathur as the LG of the Union Territory.

According to a Kashtrapati Bhawan spokesperson, President Droupadi Murmu has accepted the resignations of Bhagat Singh Koshyari and R K Mathur as the governor of Maharashtra and the lieutenant governor of Ladakh



respectively. Ramesh Bais, who was the governor of Jharkhand, has been appointed governor of Maharashtra, the

official said.

Koshyari, who has been in the line of opposition fire over his remarks on Chhatrapati Shivaji, said last month that he had conveyed his desire to quit to Prime Minister Narendra Modi and that he would like to spend the remainder of his life reading, writing and in other activities.

Koshyari, 80, took charge as Maharashtra governor in September 2019 at a time of a political turmoil in the state following Shiv Sena severing

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## 2014 onwards, it has been journey from pessimism to optimism: Dr Jitendra



GURUGRAM, FEB 12

India realise its unexplored potentials and enabled the optimum utilization of India's capacities and capabilities by bringing in several pathbreaking new reforms and doing away with obsolete regulations. Whereas immediately before 2014, he said, every Indian citizen felt let down by series of scams and corruption scandals involving several top ministers, in the last nearly 9 years, not a single minister has been accused of any such allegation and on the contrary, the trust and confidence generated by Modi has given an average Indian a sense of resolve and determination to move ahead and lead the rest of the world.

The Minister said, in the last nearly nine years of the Modi Governance, India has been described as a

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## Minimum temp drops in Kashmir as Gulmarg experienced seasons coldest night at -13.5 Deg C

SRINAGAR, FEB 12

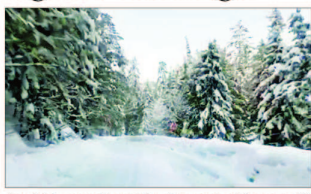
Minimum temperature drops at most places of Kashmir valley as the tourist resort of Gulmarg recorded the season's coldest night at minus 13.5 degree Celsius on Sunday, officials said.

The famed ski resort of Gulmarg in north Kashmir recorded seasons lowest at 13.5 degree Celsius on Sunday which was also second lowest in a decade for this month of the year.

It was 7.3 degree Celsius below normal during this period of the season, the Meteorological office said.

Earlier on February 7, 2013 the minimum temperature at Gulmarg was recorded at minus 14.2 degree Celsius while on January 16 this year the temperature plunged to minus 12.0 degree Celsius at the valley of meadow in north Kashmir.

Gulmarg covered with huge snow, presently hosting 3rd "Khelo India National Winter Games"



in which more than 1500 players from 29 states and Union Territories are participating in various winter games events.

Met forecast of mainly dry weather over Jammu and Kashmir with very light snow at one or two places in the morning during the next 24 hours.

The past 24hours till 0830hours today.

Qazigund on Srinagar-Jammu national had a low of minus 1.5 degree Celsius and it also received 3.6mm of rainfall and 2.0 Cms of snowfall during the past 24hours.

"Tourist hot spot of Pahalgam in south Kashmir recorded at minus 4.0 degree Celsius which was 1.0 above normal for the valley of shepherds during this period of the season. It also received 2.6mm of rainfall and 0.5 Cms of snowfall during the past 24hours.

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## J&K wanted employment, love but got BJP's Bulldozer: Rahul Gandhi

NEW DELHI, FEB 12

Congress leader Rahul Gandhi on Sunday attacked the BJP over the ongoing anti-encroachment drive in Jammu and Kashmir, saying the Union Territory wanted employment, better business and love but instead got the "BJP's bulldozer".

Major political parties such as the Congress, the National Conference, and the PDP have voiced their concerns against the drive and demanded an immediate end to it. The authorities have so far retrieved more than 10 lakh kanals (one kanal=695 yards) of land across Jammu and Kashmir after the Commissioner Secretary, Revenue department, Vijay Kumar Bidhuri direct-



ed all deputy commissioners to ensure 100 per cent removal of encroachments from the state land on January 7.

In a tweet in Hindi, Gandhi said, "Jammu and Kashmir wanted employment, better business and love, but what did they get? BJP's Bulldozer!"

The land which the people nurtured with their hard

work for many decades, is being snatched away from them, the former Congress chief said.

"Peace and Kashmiriyat will be protected by uniting, not dividing people," he said. Gandhi also tagged a media report which claimed that the eviction drive had caused panic in Jammu and Kashmir.

## Progressing JK: Road, tunnel infrastructure receives big push in past two years of present government

SRINAGAR, FEB 12

Giving a major push to road connectivity across Jammu and Kashmir, the UT government is ensuring construction of 20 Km road length and macadamization of 15 Km road stretch every single day.

Besides, 100 bridges are under construction for making an end to frequent traffic congestion this ensuring smooth vehicular movement.

The initiative is in line with the vision of government to provide all urban facilities in rural areas by 2023.

The ranking of Jammu and Kashmir among the top performers in implementation of Pradhan Mantri Gram Sadak Yojana is

testimony to the efforts of J&K government towards streamlining road connectivity. The people of Jammu and Kashmir are now reaping full benefits of road connectivity which they were deprived of for past seventy years.

The misgovernance of earlier regimes deprived many areas of development and prosperity even resulting in total neglect of many hamlets in the Himalayan region.

The road construction in Jammu and Kashmir picked up pace after 2019 with focused attention of the government on major highways in three years.

The initiative considerably reduced the travel time between major destinations across the Union

Territory. During the past two years, road and tunnel infrastructure has been prioritized and around one lakh crore is being spent to build a robust road network.



work. Jammu and Kashmir has also set a new record of constructing 6,450 km of road length and achieved third rank in the target of longest road length in the country.

Significantly in 2022 for the second consecutive year, J&K has successfully maintained its national ranking as J&K was once again ranked among top three performing states/UTs at the national level for construction of road length per year under the PMGSY.

With construction of three of the six tunnels, including the strategic Z-Morh tunnel expected to be completed by mid-2023, road connectivity between Jammu and Kashmir and the rest of India is set to get a big leg up.

Four of the six tunnels are coming up on National Highway-244, connecting Jammu to Anantnag. These include Khattul tunnel, the KM 88 tunnel, Sudhmahadev-Dranga

tunnel and Singhpora-Vailoo tunnel. Once the four tunnels are ready, travel time between Jammu and Anantnag will get reduced from the current 11-12 hours to 6 hours.

The remaining two tunnels on NH-1, the strategically crucial Zojila and Z-Morh, will provide all-weather road connectivity between Srinagar and Kargil.

The Central Government is supporting and supplementing the efforts of J&K administration in streamlining the rural infrastructure so that the road and bridge connectivity is enhanced benefiting UT populace especially the rural residents making their lives easier and happier.

## Art 370 abrogation Amit Shah's visited J&K in June 2019 to give final touch: retired Lt Gen

NEW DELHI, FEB 12

Union Home Minister Amit Shah's visit to Srinagar on June 26 in 2019 was to give the final touch to the government's resolve for carrying out the abrogation of Article 370 in Jammu and Kashmir, Lt General (retired) K J S Dhillon has claimed in his yet-to-be-released book.

"Kitne Ghazi Aaye Kitne Ghazi Gaye", authored by Dhillon, will be released on February 14 as a mark of respect to the 40 Central Reserve Police Force personnel who were killed in a suicide car bomb attack in 2019 near Lethpora in South Kashmir.

Amit Shah's visit on June 26, 2019, was already touted to be a precursor for a dra-



matic announcement and "I got a call at 2 am in the morning, informing me of a meeting with the home minister at 7 am", Dhillon said in his book.

Without divulging much about his meeting with the home minister, the retired Lt General, who was the head of the army's strategic Srinagar-based XV Corps, wrote that "a lot of sensitive issues and key points

## Chief Justices appointed to 4 High Courts

NEW DELHI, FEB 12

Four judges, including two who will retire later this month, were on Sunday appointed as chief justices of high courts.

Justice Sonia Giridhar Gokani, senior-most judge of the Gujarat High Court, was appointed its chief justice.

Once she takes oath, she will be the only woman chief justice of a high court. India has 25 high courts.

Justice Sabina is functioning as the acting chief justice of the Himachal Pradesh High Court.

However, Justice Gokani will demit office on February 25 upon attaining the age of 62.

Justice Gokani is drawn from the judicial service of Gujarat. "Besides being the senior-most judge,

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# Jammu Traffic Cops Return Lost Wallet Containing Rs12000 Cash, Other Important Documents to Owner

JJ NEWS SERVICE

JAMMU, FEB 12: There are a few incidents that help restore one's faith in the honesty of human beings and one such great example was again set by Jammu traffic cops who after finding a wallet containing cash and other documents returned it to the rightful owner.

As per details available, Traffic SO Dogra Chowk ASI Bhupinder Singh and his team found a wallet at Jammu city centre's busy Dogra Chowk and upon going through its contents and found some phone numbers written on a page.

The contact numbers found were called on to reach the owner, namely Ankush Kumar resident of Siot Rajouri.

When Ankush received DTT's call, he had just finished checking around the



area of Dogra Chowk Jammu and had lost all hope of finding his wallet. "DTI Sunil Singh told me to come to near Traffic booth at Dogra Chowk and collect the wallet. I thought he must have

found an empty wallet with only my ID proof. It had around rupees 12000 and other cards. Nevertheless I went there because it is difficult to make new Aadhar (card) and other identity cards", said Ankush.

An hour later when Ankush met DTI Bus Stand Inspur Sunil Singh along with SO Bhupinder and got his wallet back, he was surprised to see the cash intact. Upon checking his wallet, found that Traffic cops had only checked the documents. Not a single rupee was missing.

The owner Ankush Kumar expressed his gratitude to the Traffic Police Jammu to be able to get his wallet back.

Sh RajPal Singh, JKPS, SP Traffic City Jammu has in the meantime appreciated the work of traffic cops Nagrota.

# Kavinder slams Rahul for remarks against eviction, says BJP undoing the wrongs of Cong, NC regimes

JJ NEWS SERVICE

JAMMU, FEB 12: Kavinder Gupta, senior Bharatiya Janata Party leader and former Deputy Chief Minister has pooh poohed Congress leader Rahul Gandhi for his most unwanted and irrelevant remarks against the ongoing eviction drive carried against the big sharks across Jammu and Kashmir.

Taking a dig at Rahul, Kavinder said that the so called Congress 'prodigy' without having any knowledge of the ground situation keeps on issuing statements one after the other which are far away from the truth.

However it needs to be acknowledged by one and all that by issuing a variety of statements regularly Rahul has definitely become a source of entertainment for the people.

It is pertinent to mention here that Congress leader Rahul Gandhi on Sunday attacked the BJP over the ongoing anti-encroachment drive in Jammu and Kashmir, saying the Union Territory wanted employment, better business and love but instead got the "BJP's bulldozer". The authorities have so far retrieved more than 10 lakh kanals (one kanal =605 sq yards) of land across Jammu and Kashmir after the Commissioner Secretary, Revenue department, Vijay Kumar Bidhuri directed all Deputy Commissioners to ensure 100 per cent



removal of encroachments from the state land on January 7.

Kavinder said that the big sharks in Jammu and Kashmir had plundered the wealth of this region including creating huge estates and commercial structures by encroaching the State land besides getting the lands allotted under the Roshni Act under a well planned conspiracy to make hay during the successive regimes of NC and Congress at the cost of the common people who had been left to the mercy of God and fend for themselves.

The senior BJP leader said that the incumbent J&K Govt by taking stringent action against the big sharks only to undo the wrongs done by the successive regimes in Jammu and

Kashmir for over seven decades.

He said that the people of J&K are overwhelmingly appreciating the eviction drive initiated against the big sharks who had illegally encroached the state land during the NC and Congress regimes which is evident from the reactions from cross section of the society especially in Kashmir.

He said Rahul will always turn a blind eye towards the positive changes on ground in Jammu and Kashmir after abolition of Articles 370 and 35A.

Kavinder asserted that the credit of successful conclusion of Bharat Jodo Yatra in Kashmir peacefully goes to Modi Govt as no such Yatra was conducted during the Congress rule at the Centre and Rahul Gandhi will never realize or accept this as Congress' only agenda is to oppose each and every move of the BJP Govt without even making any attempt to analyze the merits and demerits.

Asserting that Rahul and his party's utterances are misconceived and full of malafide intentions, Kavinder Gupta said that J&K is booming in all sectors be it business or overall development as of today, he reminded the Congress leader that Kashmir has witnessed massive influx of tourists from across the country in the previous season and developmental activities are going on at an unprecedented pace.

# Modi Govt committed to safeguard the interests of Common Masses in J&K

Common Masses and Poor People won't be hit: Vibodh



JJ NEWS SERVICE

SAMBA, FEB 12: Former MLC & BJP J&K UT Gen Secretary Vibodh Gupta on Sunday addressed workers meeting at Samba. Accusing Regional Political Parties and their leaders which ruled erstwhile J&K State for a long time encroaching large tracts of government and forest land in Jammu and Kashmir, Gupta said that there was a conscious loot by powerful people of forest land and state and getting benefits under the Roshni Act.

Gupta said that the influential people misused their official and powerful positions and encroached on state land. He further said that such influential people

should not be spared.

Vibodh assured common masses that they will not be affected by the ongoing anti land encroachment drive. Pertinently, I.G Manoj Sinha categorically stated that Common man and poor people wouldn't be touched by the J&K administration.

Vibodh said that Modi government is concerned and committed to safeguard the interests of Common and poor people of J&K.

As J&K administration is following the directions from the High Court to retrieve state land from encroachers, Gupta urged

LG administration to formulate a Policy with consent of honorable High Court for Common masses

and poor people.

Gupta said that J&K BJP seek a probe against those revenue officials who tampered with records and changed the revenue records of the state and government lands as private lands. "A high level SIT should be formed at the earliest to lead a thorough probe against such corrupt revenue officials", Gupta demanded.

Gupta in his address to party workers at Mandal Working Committee meeting at Samba urged them to strengthen the party at the booth level, saying that this would be the stepping stone to come to power in Jammu and Kashmir with absolute majority. "Voter verification, strengthening the organisation at the

booth level are part of the job of the panna pramukh," Gupta added.

While applauding the welfare schemes launched by the Narendra Modi-led government in the last Nine years, Senior BJP leader and Prabhari Samba Narayan Singh said these programmes have brought positive changes in the society by uplifting the poor and empowering the last man standing in the queue.

Senior BJP leader and District President Samba Kashmiria Singh while addressing party workers said that keeping in line with Modi's mission of 'Sabka Saath, Sabka Vikas, Sabka Vishwas', the Union Territory of Jammu and Kashmir has been witnessing unprecedented development in every sector since Prime Minister Modi took over the reins of this nation.

BJP Mandal Pradhan Samba Ankush Mahajan urged Samba Mandal Karyakartas to work with utmost dedication and Sincerity to strengthen BJP at ground level.

# Divisive forces stand marginalised: Pathania



JJ NEWS SERVICE

UDHAMPUR, FEB 12: BHARTIJANTA Party is a party of the people, by the people, for the people said MrRanbir Singh Pathania, BJP Spokesperson and incharge Sri Mata Vaishno Devi, constituency, while carrying out a series of organisationalprogrammes u n d e r 'MahasashaktikaranAbhiyan' in Sri Mata Vaishno Devi assembly segment.

While addressing largely attended meetings at Sujandhar, Bhomag, MrPathania was at the peak of his lung power and said that forces which have been dividing and creating dissensions in the people stand exposed and marginalised. All-out campaign of government against terrorism, corruption and seces-

sionism has set a trend and rather a wave in J & K whereby people have come to have a sigh of relief. In his concluding remarks he made a scathing attack on secessionist forces and said that forces which have bred secession, promoted division, spread hatred stand exposed now. J&K which had been an abode of research, learning, intellect since times immemorial is back to bloom and blossom and regain its lost glory. It has been due to weak, slipshod policy and positioning of the successive regimes that situation stands worsened. More so, burying-head-in-sand approach of previous regimes had emboldened fissiparous forces in our immediate neighborhood.

He said that the policies and programmes of a people friendly government at the Centre have struck a direct chord with the hearts and minds of the 'Janmanas' of India. It is in this very backdrop that a comprehensive move mahasashaktikaranabhiyan is started in J&K. He underscored the need to reach out to the people at large acting as a bridge between people and administration and act as harbingers of the policies and programmes of central government. Programme was carried out under chairmanship of RohitDubey, District President, and Pawan Kumar, Mandal President.

The meetings were addressed by Mr Ajay Nanda, Former minister, MrBaldev Sharma Former M.L.A, Shashi Gupta, President Municipal

Committee Katra, Saraf Singh, Chairman DDC Reasi, Rekha Thakur, Ashok Thakur, Chairman BDC Bhomag, Ritu Thakur, Rekha Sharma, Kaya Devi, Laldeep Singh, Tej Singh, Bhim Singh, Nazam Khan, TalibHussain and a galaxy of local leaders.

Mr Nanda spelled out in detail the developmental initiatives launched during his tenure. He was all praise for various central schemes and programmes. MrSaraf Singh Nag detailed main developmental initiatives underway in district Reasi, especially Bhomag area.

MrVipan Sharma, Shashi Gupta and RohitDubey, had a detailed overview of various dos, techniques and best practices as to how the party cadres can establish a better, credible rapport with the people. They focussed on making Mandals, Booths, and Pannas more vibrant and effective.

MrBaldev Raj again called upon the party cadres to remain vigilant and educate and enlighten people about policies and programmes of Modi level government.

Targets were spelled out to the social media team as to how every party cadre can be motivated to download Saral App and constituting Polling Booth and Panna Committees.

# USTA passes various resolutions



JJ NEWS SERVICE

JAMMU, FEB 12: J & K United School Teachers Association USTA held its 9th Triennial Provincial Conference at Gurjar Desh Charitable Trust today under the presidium of Rajeev Kumar, Yonus Rahi, Sunil Thapa, Kanta Devi and Bashir Ahmed. While addressing the delegates C.N. Bharti Gen, Sec. STFI who was the Chief Guest said that present time is very crucial particularly for school education sector.

Centre and state governments are implementing NEP 2020 speedily which is harmful for public education system. USTA demands that the government should take responsibility for free, compulsory and quality education for each child. He also appealed the teaching community to participate in parliamentary march on February 24, 2023 at Jantar Mantar Delhi. Various resolutions were passed which includes: - Withdraw new pension

scheme and restore old pension scheme, Repeal national education policy 2020, Maintain strict seniority in promotions of teachers to masters as per existing norms, regularize incharge lecturers, head masters, ZEO's and Principals, regularize all employees including contractual teachers, Lecturers, Rehbr-e-Khel and Ret teachers from the date of they are working, Exempt income upto Rs. 7.5 lac from tax and raise standard deduction up to

Rs 2.5 lac, start Pre-primary classes in every elementary school with proper infra structure, form norms-based transfer policy for all categories of teachers including grade 2 and grade 3 and third teachers specially married women teachers, provide class 4th employees and clerical staff in all educational institutions, fill all existing vacancies by making DPC after every six months. Debar teachers from all types of non-academic duties, need of communal harmony and increasing violence against women. Adjust all unadjusted lecturers.

Conference also elected new committee for next three years which comprised of Pardeep Singh President, Yonus Rahi Senior Vice President, Roop Chand General Secretary, Bashir Ahmed Kanta Devi Sandesh Kumar Vice Presidents, Siraj Ud Din, Jul Qar Ali Malik and Farid Jaral as Secretary, Sunil Thapa Chief Organiser, Anju Saini, Hari Singh Organiser, Angad Singh Office Secretary.

# Rekha kick-started the plantation drive in playfield Bandhu Rakh

JJ NEWS SERVICE

JAMMU, FEB 12: With the initiative of Sardar Jorwar Singh Social Activist ,BJP District President Jammu Ravi Bakshi Convenor State Tourism Cell ,Madan Mohan Kissan morcha Mandal President Kunjwani Mandal ,Players of different Hockey Teams of Bandhu Rakh with their Physical education teachers Harvinderpal Singh and Tarundeep Singh planted saplings in playfield BandhuRakh .

They planted nearby thirty saplings. It was the fourth consecutive drive and the program aimed to plant the saplings nearly 300 all around the ground . In the meantime locals apprised the problems being faced by them to



Rekha Mahajan She has always committed to full fill the requirements of the players as well as of the stadium. Mentioning the sports achievements of the country, Rekha Mahajan said that in 2014, when Modiji became the Prime Minister, the Sports budget was 866

core rupees only. She said under the vibrant leadership of Modi Sarkaar government has increased it to more than 2000 crore rupees. Rekha clarified that when the basic structure and sports infrastructure are built, only then the players will be able to move forward. While on the occasion of the Plantation drive, Rekha stated that the plantation drive shall further be extended to each ward of urban local bodies & Panchayats of the Union Territory of Jammu & Kashmir. Enhancing the speech Jorwar Singh guided the students regarding the importance of games in their life and about trees which are responsible for sustaining a good environment for several years in life.

## ‘NC believes in equality, communal brotherhood’: EX-Minister

Babu Ram Paul throws open party office at Hiranagar

JJ NEWS SERVICE

JAMMU, FEB 12: Former minister and Zonal President, (Jammu-Samba-Kathua), Babu Ram Paul, today thrown open party office at Hiranagar in district Kathua.

Babu Ram Paul was flanked by Surjeet Singh Manhas, Provincial Joint Secretary, Sham Narayan Mehta District President Kathua (Rural-B), Sham Lal Mehra Zonal Vice-President, Dr. Vikas Sharma, Bharat Bhushan, B.D. Dalotra, Chandar Udhay Singh, Dr. V.P. Singh, Yashpal and Surjeet Singh Sasan (all Zonal secretaries).

While speaking on the occasion Babu Ram Paul congratulated the team for opening an office at Hiranagar for hearing public grievances.

He urged upon the leaders and workers of Kathua district to deliver the message of the party high com-



mand among the common masses. He said that the National Conference is the only hope for the people of Jammu and Kashmir which can safeguard their legitimate rights and can do justice. Recalling the steps taken by Sher-e-Kashmir, Sheikh Mohammad Abdullah, Babu Ram Paul said that major reforms were brought in by the National Conference to bring equality among the

masses and society. He said that these reforms were historic as none other state of India dared to bring such legislations and reforms for the poor and downtrodden section of the society.

“National Conference believes in equality and communal brotherhood and is committed to fight tooth and nail against the divisive forces which are hell bent to disrupt communal fabric,” he added and urged upon the party cadre to gear up for elections.

Others who were present on the occasion include Ashu Rajput District President Women Wing, Prem Kumar Verma Block President Hiranagar, Prem Singh Andotra, S.Harjeet Singh, Satpal Sharma, Dwarka Nath, Bishan Dass, Birbal, Rajinder Kumar, Raj Kumar Sharma and other.

## Jammu Sanskriti School bids adieu to class 12

JJ NEWS SERVICE

JAMMU, FEB 12: The blessing and farewell Ceremony for Class XII students of JSS, Jammu was held on Saturday in the school premises on the theme “Aesthetic memoria”.

The morning was a fiesta devoted to the years spent together with friends and teachers to reminisce joyous moments.

Students of Std 11 welcomed the august gathering. The various cultural activities, melodious songs and pulsating music, humorous skits, scintillating dance performances and ramp walk enthralled the audience.

Students wanted to make this occasion a truly memorable one for their seniors.

All the outgoing students were blessed with mementos. In the question-answer round, students were asked different questions ranging from their respective careers , future



of their country, social issues and soon. The judgement panel allotted marks to them based on their intellectual skills, presentation, depth of knowledge and overall performance. After a decisive evaluation the panel unanimously declared Shivang Salgotra Class 12a and Pahulpreet kaur class 12c As Mr. Laureate And Ms. Laureate Respectively. Prior to this all the students were given different sobriquets.

The Principal cum Vice Chairperson, Rohini Aima in her speech blessed the outgoing batch and extended her good wishes to them for a bright, successful and prosperous future. She wished them luck to make a mark in the outside world.

The function was witnessed by the dignitaries and members of the management.

The judgment was given by Hatmeet kour

(Assistant Coordinator, Pre primary wing ) and Pooja Wazir (Assistant Coordinator, Primary wing)

The Vote of Thanks was proposed by Avneet Bhudhrajra (Vice Principal) She gave valuable tips to students on how to fare the Exams with confidence and self assurance.

The students enjoyed a sumptuous lunch as well as the scintillating cultural treat.

## AAG’ stages under Natrang’s weekly theatre series ‘Sunday Theatre’

JJ NEWS SERVICE

JAMMU, FEB 12: Balwant Thakur’s Hindi play ‘AAG’ staged here today under Natrang’s weekly theatre series ‘Sunday Theatre’ at Deewan- E-Aam, Mubarakh Mandi, Jammu under the direction of Neeraj Kant. The play showcases how the Drug-menace is ruining the generations and thus crippling the developing nations. The youth of the country, the most energetic human resource of the country, sometimes unknowingly slip into the world of drug-addicts.

The play was not based on one story-line but as an experiment multiple stories were woven by the playwright in one theme focusing the spread of drug menace like a fire, taking the toll of the important work force of the country. In a sequence a young boy is shown struggling for a good company after his passing of the school and entry in the college. He is isolated for not being the consumer of intoxications. All around him treat him



like a child which really frustrates him and to prove that he has grown-up as a young man now, he finds the easiest way and demonstrates his coming of age by consuming a variety of intoxications. In another sequence a rural inhabitant particularly the men-folk is shown drowned in the menace of alcohol. All the miseries of the village like poverty, domestic violence, and ailments are attributed to the growing consumption of alcohol in the village. In a sequence the daily routine of a villager is shown who consumes the whole of his daily earnings for alcohol.

Having drunk he has lost his way home. By the time a local escort him to his place where in the middle of the night the drunken man starts beating his sleeping wife and kids for not receiving him on his arrival. When the escort intervenes to save the poor lady and children, he is blamed for having bad intentions towards his wife. This fight further messes up when a drunken man after losing senses damages his household property as well. The play unfolds a series of incidents where people influenced by drugs, alcohol and other intoxications cre-

ate hell for themselves as well as for others. Many precious lives are being charred in this fire of drug menace which is to be fought unitedly. Through this play Balwant Thakur has tried to make an appeal to save mankind from this dragon.

Actors who outshined in their respective performances and left an impact of their acting included Neeraj Kant, Brijesh Avtar Sharma, Sushant Singh Charak, Kananpreet Kaur, Vishal Sharma, Aadesh Dhar, Kushal Bhat and Vansh Pandotra. The show was coordinated by Mohd. Yaseen.

## Gandhi Global Family facilitates Deputy Mayor Billawaria

JJ NEWS SERVICE

JAMMU, FEB 12: Gandhi Global Family has organised an event to facilitate Deputy Mayor Baldev Singh Billawaria at ward 10, KacchiChawani in Jammu East constituency. The event was attended by Ward 10 corporator Anil Masoom, Mahant Rajesh Bittu and dignitaries from various organisations, representatives from different fields and social activists. The felicitation program was organised to recognize the contribution of Deputy Mayor Baldev Singh Billawaria in the development of the city.

The event was presided over by President of Gandhi Global Family SP Varma, Padma Shri Awardee, who praised Baldev Singh Billawaria for his exceptional work in the Jammu Municipal Corporation. He said that Baldev Singh Billawaria had been a source of inspiration and motivation for the people of Jammu. He had actively worked towards the development of the Jammu city and had been instrumental in bringing about various develop-



mental projects. Speaking on the occasion, Deputy Mayor, Jammu, Baldev Singh Billawaria said that it is our duty to make Jammu a beautiful and vibrant place to live. The Deputy Mayor has expressed his commitment to beautifying Jammu and providing skilled upgradation to the youth of Jammu. He said that he will take all necessary steps to ensure that the youth of Jammu receive the best possible education, training and employment opportunities. He said that he is dedicated to working with the Government of Jammu and

Kashmir and other stakeholders to promote an environment of growth and development for the youth of Jammu. Deputy Mayor Jammu Baldev Singh Billawaria, welcomed the efforts of Prime Minister NarendraModi to make Jammu a vibrant city. We are committed to working with all stakeholders to realize this dream. Billawaria believes that the youth of Jammu should have access to quality education and training that will prepare them for future employment opportunities. He is committed to providing the necessary

resources to ensure that the youth of Jammu have the skills and knowledge that they need to succeed in their chosen fields. Deputy Mayor Jammu expressed his gratitude to Gandhi Global Family for their assistance and support in facilitating. Deputy Mayor Jammu also thanked Gandhi Global Family for providing him with an opportunity to learn more about the city and its people firsthand.

He hoped to use the knowledge and insight he gained to help the people of Jammu and to make the city a better place.

## BFDC appeals Gov. to fast track process of the constitution of Shrine Board for BaweWali Mata Temple



JJ NEWS SERVICE

JAMMU, FEB 12: Bahu Fort Development Committee J&K held a meet of volunteers to discuss the arrangements for the upcoming holy Navratras which are going to be held in the month of March 2023.

The meeting was held under the Chairmanship Baldev Raj Nagotra, President Kr. Rajeev Charak, Vice Chairman Adv. Ishant Gupta, Vice President SourabhSethi, Rahul Gupta, Legal Advisor Adv. Varun Gupta, Office Incharge Rahul Kumar, Naresh Kumar and Sukhwinder Kumar.

While speaking, Kr. Rajeev Charak said that the practice of volunteer

service during navratras at BaweWali Mata Shrine was paused for the last few years but now the committee will be going to restore the same in upcoming Navratras for which the arrangements will be discussed today. Rajeev Charak appeals the Government Administration to kindly conduct their official meeting prior one month from the commencement of Holy Navratras so that that proper arrangements can be done for the ease of Yatis and grievances will also be addressed in due course of time and in this context he invites the representatives from all the concerned departments to remain present in the next meeting called by the Committee as on Sunday, 5th March, 2023.

Baldev Raj Nagotra said that he will intensify our campaign for the constitution of shrine board after Navratras till then he said that the Committee appeals to His Excellency The Lieutenant Governor of J&K to kindly intervene personally and fast track the process of the long pending demand for the constitution of Shrine Board for BaweWali Mata Temple, Bau Fort.

Adv. Ishant Gupta said that BFDC is a social organization and is always ready for self-service. He appeals to all the volunteers to be in discipline while performing their duties during Navratras and also be polite to all the yatis so that they will be eased in performing darshan’s at the holy shrine. He said that this time committee will make use of technology and come up with new and innovative arrangements in the interest of yatis and organization too.

SourabhSethi extends vote of thanks and appeals to the volunteers to be proper uniform so that they can be identified among the massive crowd of yatis. He also thanked the media persons for covering the meeting.

Sheetal Kumar, Sikander Kumar, Balinder Singh, Ranjeet Singh, Ajay Kumar, Dharna Pal, TarsemLal and others were present on this occasion.

## Department of AYUSH organizes free Medical Check-up and Chyawanprash distribution camp

JJ NEWS SERVICE

JAMMU, FEB 12: Department of AYUSH Sunday organized Medical Checkup /Awareness camp for participants of five days trekking cum residential camp at Kud Udhampur being organized by Department of Youth Services and Sports Zone Miran Sahib . The purpose of this camp was to provide free health checkup facility and free AYUSH medicines to participants and also to spread awareness about AYUSH health guidelines, seasonal regimen, herbal remedies and yoga. The camp was supervised by Dr Arti Medical Officer and Naresh Kumar Sharma Head pharmacist in which 125 students and teachers were provided Chyawanprash.

Medical Officer Dr Arti emphasized upon organizing awareness camps regarding the benefits of Ayush medicines across Jammu and Kashmir to attract more people towards it. She said because of relentless efforts Unani system has gained popularity worldwide while following the principles of science and evidence. She said that prevention of disease and promotion of health is the main aim of Unani and significant efforts are being taken up in this regard. She added that traditional



system of medicines has an important role to play in management of disease burden and Ayush and Wellness Centres are playing a pivotal role in disease prevention and health promotion. She said work done by Directorate of Ayush getting appreciation and said department is committed to uphold highest standards of ethics so that people continue faith in the system. Naresh Kumar Sharma Head pharmacist stressed on reducing the burden of disease and related morbidity

and mortality by utilizing the potential of Unani and exploring the potential of Unani to contribute towards National health policy and National Health programmes.

He said that the Unani System of Medicine has more realistic view of disease because it considers several factors that contribute to the origin of most diseases and puts great emphasis on lifestyle management for promotion of health, prevention and treatment of Non-communicable Diseases (NCDs).

# President addresses valedictory session of UP Global Investors Summit-2023

NEW DELHI, FEB 12

President Droupadi Murmu addressed the Valedictory Session of UP Global Investors Summit-2023 in Lucknow today (February 12, 2023).

Speaking on the occasion, the President said that she was happy that her visit to Uttar Pradesh is taking place on the occasion of this great festival of development of the state.

The President said that apart from being the largest state of the country in terms of population, Uttar Pradesh ranks first in India in many areas in terms of contribution to the country's economy. Uttar Pradesh ranks first in India in total production of food

grains, including wheat. It also ranks first in the country in the production of sugarcane and potato. In the production of mango and peas also, this state contributes the most. Similarly, Uttar Pradesh is the leader in milk production. Being rich in agricultural products, Uttar Pradesh has a lot of potential for agro-based enterprises. She was happy to note that sessions on 'Leveraging Food Basket of India: Opportunity for Food Processing' and 'Unlocking Opportunities in Dairy and Animal Husbandry Sector' were organized during the Summit.

Underlining the fact that political stability and continuity of administration prove very helpful for invest-

ments, the President said that at present, Uttar Pradesh has a stable and decision-making government. She said that the Government of Uttar Pradesh has envisioned far-sighted policies and implemented those. As a result, Uttar Pradesh is capable and ready to play the role of growth engine of New India. She said that through this Summit, an investment of about rupees 35.5 lakh crore is estimated in Uttar Pradesh which is expected to provide employment opportunities to lakhs of people.

The President noted that Uttar Pradesh has about 96 lakh MSMEs which is the highest number of MSMEs in the country. She said that apart from being the

backbone of the country's industries, MSMEs also provide the largest number of employment opportunities after the agriculture sector. She expressed confidence that the MSME sector of Uttar Pradesh will play a major role in the economic development of India.

The President said that it is a matter of happiness that in achieving the goal of making India a five trillion dollar economy, Uttar Pradesh has resolved to make Uttar Pradesh a one trillion dollar economy. Uttar Pradesh would contribute towards one fifth of India's economy. She said that efforts to boost the economy in Uttar Pradesh would also strengthen the Amanbharat Bharat Abhi-

yan.

The President noted that Infrastructure is being developed very fast in Uttar Pradesh. She said that India's self-reliance in defence would get a boost by the development of Defence Corridor in Uttar Pradesh. This would also bring investment and generate employment.

The President noted that several efforts are being made by the Government of Uttar Pradesh to maintain a balance between development and environment. Efforts such as development of Renewable Energy, Green Energy Corridors, and energy transition under the National Green Hydrogen Mission would help India in achieving the target of Net

Zero emission.

The President said that in the growing investment climate, the culture of self-employment gets a boost. She noted that efforts are being made for the start-up revolution in Uttar Pradesh. She expressed confidence that Uttar Pradesh would also have a leading position in the field of self-employment by these efforts.

The President appreciated the efforts to make Uttar Pradesh a Preferred Investment destination. She expressed confidence that Uttar Pradesh would gain global fame as the Best Investment State. She said that if Uttar Pradesh becomes more prosperous, India would also be more prosperous.

## Indore is ready to host 1st ADM of AWG under India's G20 Presidency

NEW DELHI, FEB 12

The 1st ADM, a three-day event, will be held at Indore during 13-15 February 2023. Around a hundred delegates from G20 member countries, guest countries and International Organizations are expected to participate in the meeting.

Chief Minister of Madhya Pradesh, Shri Shivraj Singh Chouhan will inaugurate the exhibition on the first day of the three-day meeting. Millets and its value-added food products along with stalls from Animal Husbandry and Fisheries will be a major attraction of this exhibition.

During the 1st ADM of Agriculture Working Group, two side events have been scheduled on Day One to deliberate on agriculture related matters. Day Two will witness the esteemed presence of the Union Civil Aviation Minister Shri Jyotiraditya Scindia following which there will be general discussion among the participating members and International Organizations.

Day Three will be dedicated to the deliberations on the key deliverables of the AWG. It will be a technical session with round about discussions and participation from all concerned members and international organizations.

During the event, the delegates will get to experience the rich Indian history through heritage walk to Rajwada Palace and excursion to Mandu Fort. Gala dinners and cultural performances will provide a taste of Indian cuisine and culture.

## Delhi's Pragati Maidan witnesses huge crowd on the 2nd Day of AMRITPEX-2023, a National Philatelic Exhibition



NEW DELHI, FEB 12

The second day of AMRITPEX-2023, the Maha Kumbh of stamp collection witnessed a footfall of hundreds of philatelists from all walks of life, in majority of which consisted of youngsters and students in and around NCR.

The visitors were seen taking keen interest in stamps that were being displayed on 1400 frames in Hall No. 5 of Pragati Maidan New Delhi, cynosure of which were stamps on Mahatma Gandhi, Sardar Patel and Netaji Subhash. Stamps on Ramayana, Buddha, Flora & Fauna and places of historical significance were largely appreciated by those that visited the second day philately show.

Keeping in view the interest of youngsters and students, India Post specially organized workshops and symposia on story and letter writing including quiz and other competitive activities were organized during the occasion for philatelists' enthusiasts. A student representing a leading school of New Delhi called Amit Goyal described the exhibition as one of the brilliant ideas through which the younger generation got acquainted with the art of philately. The other student Sushma Tripathi narrated her experience of the exhibition simply as "exhilarating".

However, AMRITPEX-2023 being organized by India Post commenced with the launch of commemorative postal stamps on BRIDAL COSTUMES of India held at the Pragati Maidan New Delhi. The launch depicted the socio-cultural trends of the era of the stamps and bridal costumes released on the occasion. There is also a launch of special cover on NARI SHAKTI.

The release of commemorative stamps on bridal costumes in set of 8 special covers depicting Nari Shakti in various fields of works were also released, it happened in the gracious presence of Padmasree Smt. Shovana Narayan noted Kathak Dancer that chaired the session in association with Mr. Alok Sharma, Director General Postal Services, Ms. Smita Kumar, Additional Director General (Coordination), Department of Posts and Smt. Manju Kumar, Chief Postmaster General, Delhi Circle.

Speaking on the occasion Mr. Alok Sharma, Director General Postal Services Referring to the history of the DAK GHAR (post office) said that people didn't perceive post office as "an office" but as their own home, or "Ghar".

Chairing the session, Padmasree Smt. Shovana Narayan emphasized that the release of commemorative stamps and bridal costumes represented in them the immense diversity that India has been enjoying and enduring for hundreds of years.

It was unanimously felt that the stamps released on various occasions irrespective of their times, represented the cultural and social heritage of India and as well depict in them its heritage.

Interactive session on Superwoman Syndrome - A new age dilemma

The second session that followed in the AMRITPEX-2023 concentrated on Superwoman Syndrome - A new age dilemma in the presence of Indian Kathak Dancer Padmasree Smt. Shovana Narayan. Among other distinguished panelists included Mrs. Reema Bhatia, Associate Professor Sociology Miranda House, Ms. Avani Lekhara, Indian Paralympic athlete & Paralympic Shooter, Mrs. Vanitha Kaul, Chief Postmaster General Himachal Pradesh, Mrs. Rekha Sharma, Mission Director National Water Mission, Jal Shakti Ministry and Mr. Yogesh - CEO and founder Even Cargo. The panel felt that Superwoman syndrome is acquired when each person follows his or her passion and implements it with full purpose of sincerity and commitment.

However in Indian context, the woman in every era, be it in the past and even presently, are required and require visibility for the role that she played because most Indian women, despite their diligent and consistent work and performance her role was barely acknowledged in traditional context. This mindset has to go so that equity and justice prevail in the society to recognize the work, the women have been performing.

In order to make sure that the proceedings of AMRITPEX are understood and comprehended by deaf and muted students, a facility of interpretation was organized at the event to ensure the conveniences of the students.

## Huge commitments to invest in UP at Global Investors Summit has been due to honest government and safe environment in state: Piyush Goyal

NEW DELHI, FEB 12

There have been commitments to invest in Uttar Pradesh and this has been made possible due to the honest government and safe environment in the state, Union Minister for Commerce and Industry, Consumer Affairs, Food and Public Distribution and Textiles, Shri Piyush Goyal said today, while addressing the UP Global Investors Summit in Lucknow.

The fast pace of progress that we can see and feel in the Global Investors Summit in Uttar Pradesh is due to the capable leadership of Chief Minister Yogi Adityanath, he said, adding that Uttar Pradesh is now on the move and no one can now stop its progress.

Goyal recalled the story that started way back in 2017 when UP Assembly elections were in progress.

'At the time we were given the task of making a manifesto for the party. We met people across the state and people from all sections of life wanted change and able administration. We wondered where we will get the required funds to do what was to be done. Prime Minister was clear that whatever we promised in the manifesto will have to be implemented', he said.

The Minister said that at the time Home Minister, Shri Amit Shahji said that we will have to do three things: to put an end to land mafia, sand-mafia and liquor mafia. Shri Shahji said that if we are able to do this, there will never be a short- age of resources in the state. Shri Goyal added. The way UP has progressed in recent years shows that an honest government is working for the welfare of the people, a government that does not tolerate any

wrongdoing, can ensure necessary revenues and take the state to new levels of achievement, Shri Goyal said.

Union Commerce Minister pointed out that there have been commitments of several lakhs of crores raised by investors at the Summit. It is the proof that the people now believe that it is now easy to invest in the state, that the state has an honest system, that investment by investors has increased their faith in the people of the state, he said. They believe that the people of UP will, even in the future, vote for such honest government, he added.

Speaking of Ease of Doing Business Ranking, Shri Goyal said that it is done across the country to assess where it is easy to do business and that India has jumped in the global ranking in the recent years. He

pointed out that the Prime Minister believed in competitive and collaborative federalism and therefore there is a ranking of states also. UP now ranks at number 2 in the country among the states, he said.

The progress of Start Ups in Uttar Pradesh is a matter of satisfaction, Shri Goyal said. UP was an emerging ecosystem state in 2020 but in 2021 ranking, UP is the leader in Start Up ecosystem, he pointed out. There are 8,277 Start Ups in the state and the state is on 4th number, he said. Shri Goyal wondered "Who could have thought this possible a few years ago?" He said that he had the opportunity to speak to some young men and women who are running some of these Start Ups and could see where it is easy to do business and that India has jumped in the global ranking in the recent years. He

Trade Agreements last year and this year also were hoping to sign two or three FTAs. They will open the doors for the breweries and wineries of UP as they will get market access, investments and technologies.

"I saw in the presentation today that there are 28 fruits and 4 flowers excluding grapes that are found in UP which can produce various kinds of wine in the state. These products will have ready markets worldwide," he added.

Goyal pointed out that the increase of UP's excise has gone up three times despite reduction in rates. This is because of the honest system enforced in the state and due to breaking the back of liquor mafia. This is an example for the entire country, he concluded. The speeding up of approval of licensing in the state has helped the state attract investment and it is

smooth and investor friendly, Shri Goyal said.

Goyal said that Prime Minister has asked all states to take export as a special responsibility and in this, UP has taken a lead. One District One Product was taken seriously and now in the last 5 years the exports from UP has doubled. Telecom equipment export from UP has increased 63 times, fruits and vegetables have increased 26 times in this period, he noted. There are immense possibilities for the state to grow.

This is truly a land of opportunities because we are doing reforms not because of any pressure but because of our conviction that it will take the state and country ahead in Amrit Kaal. This summit has been chosen as the right time to attract large amounts of investment in the state, Shri Goyal concluded.

## FROM THE FRONT PAGE...

### SC to deliver.....

as under Section 91 (b) of the Representation of Peoples Act, 1950 and Section 10 of the Delimitation Act, 2022, the power vested on the Election Commission is to update the Delimitation order by making the necessary changes on account of subsequent events and the said power cannot change boundaries or areas or extent of any constituency by way of any notification - (KN0)

### President appoints...

His ties with the BJP.

He administered the oath of office to Devendra Fadnis as the chief minister and MCP leader Aji Patil as the deputy chief minister, which lasted only three days.

When the Uddhav Thackeray-led Maha Vikas Aghadi was in power, he had several run-ins with the government on a range of issues, including the appointment of 12 members to the state legislative council from the gubernatorial quota, which he never approved. The MVA had accused him of acting in a partisan manner.

The latest controversy surrounding Koshiyari was about his remarks on Chhatrapati Shivaji, whom he described as the "icon of olden times". The remarks triggered protests from the opposition parties, who demanded that he be sacked.

It was not immediately known what reasons prompted Mathur's resignation. Mathur has been facing stiff opposition led by noted education reformist Sonam Wangchuk in the three-year-old Union territory.

The President appointed Governor of Arunachal Pradesh Brig B D Mishra (retd) in his place, the spokesperson said.

Justice Nazier, a former Supreme court judge, according to the spokesperson, was appointed as the new governor of Andhra Pradesh. The incumbent, Biswa Bhushan Harichandan, has been shifted to Chhattisgarh.

Justice Nazier, who retired on January 4, has been part of several path-breaking verdicts, including those on the politically sensitive Ayodhya land dispute, instant 'triple talaq' and the one that declared 'right to privacy' a fundamental right.

Elevated as an apex court judge on February 17, 2017, Justice Nazier was part of several Constitution benches which delivered judgments on issues ranging from the demonetisation of currency notes of Rs 1,000 and Rs 500 denominations in 2016 to the reservation for Marathas in admission and government jobs and the fundamental right of freedom of speech and expression of high public functionaries.

He was part of a five-judge Constitution bench which had in November 2019 cleared the way for the construction of a Ram Temple at the disputed site at Ayodhya and directed the Centre to allot a five-acre plot to the Sunni Waqf Board for a mosque.

The Justice Nazier-led five-judge Constitution benches delivered two separate verdicts this year, including the one which by a majority of 4:1 voted to uphold the legality of the Centre's 2016 decision to demonetise the Rs 1,000 and Rs 500 denomination currency notes, saying the decision-making process was neither flawed nor hasty.

The President also appointed Lt Gen Kaiwalya Trivikram Parmak (retd) as governor of Arunachal Pradesh, the spokesperson said.

Lt Gen Parmak (retd) served as commander of the Army's prestigious Northern Command, and it was during his tenure that bodies of two soldiers were mutilated by the Pakistani forces in Poonch sector in 2013.

Four BJP leaders, including two from Uttar Pradesh, were also appointed as governors.

According to the spokesperson, Lakshman Prasad Ach-

arya, C P Radhakrishnan, Shiv Pratap Shukla and Gulab Chand Kataria have been appointed as governors of Sikkim, Jharkhand, Himachal Pradesh and Assam respectively.

While Acharya is a member of the Uttar Pradesh Legislative Council, Radhakrishnan is a two-time Lok Sabha member of the BJP from Coimbatore. He was the man behind forging the BJP-led NDA alliance in 1999.

Former minister of state for finance Shukla was the BJP's candidate in Rajya Sabha and retired in 2022, whereas Kataria was Union Minister of Power and Coal in the NDA government. Kataria had served as the home minister in the previous Vasundhara Raja government.

Other than Bis, Mishra and Harichandan, the other transfers included the shifting of Anusuya Ukiye from Chhattisgarh to Manipur, L. A. Ganessan from Manipur to Mizoram and the appointment of the Uttar Pradesh Leg- islative Council, Radhakrishnan is a two-time Lok Sabha member of the BJP from Coimbatore. He was the man behind forging the BJP-led NDA alliance in 1999.

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### 2014 onwards...

"Bright Spot" by IMF and World Bank amidst worldwide recessionary trends. The Minister said, the World is looking up to India to lead the path as was evident during COVID pandemic, when India had supplied over 750 lakh doses of COVID 19 vaccine to 84 countries till December, 2021.

Citing another example, the minister said that the Department of Space was liberated by Modi from the shackles and taboos of the past and has today chosen a march over space journey like the USA and Russia which had started their space journey much before India. This only proved, he said, that there was no lack of potential or will but the policy planners in the government and the ruling dispensations before 2014 were not ready to move out of the status quoist mindset and allow a free and full play to India's vast human resources.

Expressing confidence that India's growth in the coming years will be supplemented by unexplored areas like the vast ocean resources and the long ranging Himalayan resources.

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### Minimum temp drops...

Kupwara in north Kashmir recorded a low of minus 1.7 degree Celsius 1.5 degree below normal during this period of the season. It also received 1.9mm of rainfall during the past 24 hours.

Kokernag, the picnic spot of south Kashmir had a low of minus 2.3 degree Celsius and it also received 3.0mm of rainfall and 1.0 Cms of snowfall during the past 24 hours, the MET office said.

### Amit Shah's June 2019...

were on the table for discussion apart from delectable food that includes 'aalo parathas and famous Gujarati dish 'shokha' during our tete-a-tete".

The discussions included understanding the reaction of Pakistan to the "path breaking declaration" that was now certain to the follow, he said.

"I must point out, and with absolute objectivity and great professional input, that the home minister is in absolute control and fully conversant with the agenda and... he had obviously done extensive research and homework," the retired Lt General said.

At the conclusion of the meeting, "I was asked about my first impressions of the meeting, and my immediate response was 'agar itihās likhna hai, to kisi ko itihās banana padega' " he can write history only if we make history", Dhillion said in the book.

This was the last meeting in Srinagar before the government on August 6, 2019, announced the abrogation of Article 370, which granted special status to the erstwhile state of Jammu and Kashmir, and its bifurcation into union territories of Jammu and Kashmir and Ladakh.

The retired Lt General said authorities had to shut internet because of lies being propagated from across the border, besides ensuring that there was no loss of life and property.

"At the end of this, I would say this with all my pride that the objective was achieved," Dhillion, who was heading the local army command in Kashmir when the decision was taken, wrote in the book. (Agencies)

### Chief Justices...

the appointment of Justice Gokani as Chief Justice will bring a sense of inclusion and facilitate a representation for judges drawn from the services in the office of Chief Justice," the SC Collegium had said last week while recommending her name.

The Collegium had asked the government to "immediately" appoint her as the chief justice following the elevation of Justice Aravind Kumar. The HC chief justice so far, as a judge of the Supreme Court. He was elevated to the top court in Friday.

Justice Jasswant Singh, senior-most judge of the Orissa High Court was appointed as the chief justice of the Tripura High Court. Justice Jasswant Singh is due to retire on February 22.

The office of the Tripura HC chief justice has been lying vacant for some time following retirement of Justice Indrajit Mahanta.

While SC judges retire at 65, HC judges deposit office on attaining the age of 62 years.

Justice Sandeep Mehta, judge, Rajasthan High Court has been appointed as chief justice of the Gauhati High court while Justice N Kottiswar Singh, Judge, Gauhati High Court has been made chief justice of the High Court of J-K and Ladakh.

Justice Singh's appointment as the Chief Justice of Jammu & Kashmir and Ladakh High Court was recommended by the Supreme Court Collegium on December 13, 2022.

Justice Singh has served three years as acting Chief Justice of the Gauhati and Manipur High Courts.

Justice Singh was born on March 1, 1963 at Imphal, Manipur, (to Late) Justice N Botombi Singh of the Gauhati High Court, who had served as the first Advocate General of Manipur, and N Gomati Devi.

He has been practicing before the Supreme Court of India both as a Senior Advocate by the Gauhati High Court in 2008.

In 2011, Justice Singh was sworn in as an additional judge of the Gauhati High Court and, in 2012, he was made a permanent judge.

He was appointed a judge of the Manipur High Court upon its creation in the year 2019. He was later transferred to the Gauhati High Court in 2018.

### Northeast has seen unparalleled transformation in last 8 years: PM

NEW DELHI, FEB 12

Prime Minister, Narendra Modi has said that unparalleled transformation in the Northeast has led to extensive benefits for the people there.

Replying to a citizen's tweet, the Prime Minister said: "The Northeast has seen unparalleled transformation in the last 8 years, leading to extensive benefits for the people there. Pick any sector, the gains are innumerable."

# Govt deprived people of basic amenities: Kapoor

Strengthen hands of Arvind Kejriwal for equitable development



JJ NEWS SERVICE

**UDHAMPUR, FEB 12:** The J&K Government has miserably failed to address people issues with all the schemes of central having proved to be a hoax. He castigated the J&K Government for plunging the people of the state into a hell of miseries by adopting anti-people policies. This was stated Aam Aadmi Party (AAP) leader Raj Kapoor after interacting with people of remote Village Mottu, Tehsil Majalta of district Udhampur.

The AAP leader said that Jammu and Kashmir is today facing the worst power and water crisis ever

witnessed post-independence.

He said that the situation has become utterly hopeless in the past eight years of Bharatiya Janata Party (BJP) rule and people are feeling disgusted with the ongoing misgovernance in which the interests of the bureaucrats have accorded top priority with the common man left to fend for himself.

Kapoor asserted that it is an irony of the people of J&K that while the Government continues making tall claims regarding success of 'Har Ghar Jal' programme ensuring tap water to every household, the ground situation

reveals that majority of people are facing the worst water crisis.

He said the inhabitants of Village Mottu have to cover a distance of 2 KM to arrange water for any function or ceremonies but unfortunately the administration has not showing any serious concern towards this grave issue. He alleged that hundreds of crores have been spent under Jal Jeevan Mission and still the people are suffering.

The senior AAP leader lamented that on one hand BJP Government at the Centre is celebrating 75 years of Amrit Mahotsav but at the same time on the other hand people in

Jammu region are struggling to survive amid due to shortage of even the basic amenities other, not to talk of other facilities. He asserted that there is no road connectivity of inner villages, people facing power and water crises and scarcity of medical facilities.

Kapoor observed that a nearby Village Sohan is blessed with good weather as the area is good in producing green vegetable but unfortunately due to lack of road connectivity, the residents of the Sohan village not able to sell these vegetable in the market.

The senior AAP leader asserted that if the present government is unable to provide employment to youth of J&K then atleast the government should provide road network so that the youth of Sohan Village will manage their household expenses by selling vegetables in the market.

Kapoor appealed to the people of the area to strengthen the hands of AAP National Convener and Delhi Chief Minister, Arvind Kejriwal to get out from the miseries being faced by them and also for equitable development in Jammu and Kashmir.

# M Modi's development oriented policies forced divisive Cong, NC, PDP to change course: Sanjay Nirmal

- Asks party cadre to ensure benefits of Modi Govt schemes at grass roots level
- Lanegh assures all possible efforts in ensuring victory of Party in upcoming

JJ NEWS SERVICE

**KATHUA, FEB 12:** The development and result oriented politics of BJP led Government at the Centre has forced divisive Congress, National Conference and PDP to change their course in a bid to counter popularity of Modi government.

This was stated by Sanjay Nirmal, National General Secretary BJP SC Morcha while addressing a meeting of party workers at Kathua. Today programme was organized under the chairmanship of Neelam Langeh, President BJP SC Morcha, J&K and former MLA.

The senior BJP leader Sanjay Nirmal, who was on two-day visit to Jammu and Kashmir, called upon the people of Jammu and Kashmir to teach a lesson to three political parties- Congress, National Conference and PDP- which have ruled the State for last 30 years but done nothing for welfare of the people and the State and instead brought only miseries and problems for them. He described the "offenders" and called upon the people to teach them a lesson in the upcoming elections in the



Union Territory by voting the BJP Government to power with majority.

Sanjay Nirmal asked party cadre especially the activists and workers to make the people aware about the party's achievements after it came to power at the Centre. He asked them to ensure that the benefits of various schemes launched by the Union Govt percolate right upto the grass roots level.

Neelam Langeh, in his address, said that the Party's SC Morcha is working with great dedication in Jammu and Kashmir Union Territory with an aim to strengthen the base of the Party. He mentioned after becoming President of SC Morcha in J&K, he has

started his tour from Kathua district after which every district of Jammu region will be covered in coming days.

Langeh also assured the National General Secretary that the whole BJP SC Morcha team, J&K, will make all possible efforts in ensuring victory of the Party in all the upcoming polls. He discussed strategies for the upcoming programmes in the union territory in connection with upcoming polls. He asked the party foot soldiers to make the people at grass roots level aware about how BJP led Govt at the Centre has been successfully marching ahead to fulfill this nation building mission.

During the programme, a large number of people also joined the party fold in presence of Sanjay Nirmal and Neelam Langeh.

Meanwhile, Sanjay Nirmal along with Neelam Langeh also conducted a meeting of BJP SC Morcha Samba district.

Ramesh Chander, BJP SC Morcha President Samba unit apprised the senior leaders about their activities and assured to strengthen the base of Party across the district.

Among others who were present include Adarsh Jathari, State General Secretary, O.D Attri, Vice President, Dev Raj, BJP SC Morcha President Kathua, Vijay Anand Gill, Ashok Gandhi and KK Diga.

# J&K bleeding ever since its division into two UTs: Harsh Dev



JJ NEWS SERVICE

**MAJALTA, FEB 12:** Former Minister and Chairman AAP J&K Mr Harsh Dev Singh today appealed the varied sections of society to join hands to teach a lesson to those politicians who had betrayed their trust during the four consecutive elections of Parliament, Assembly DDC and other local bodies. He was addressing a public meeting at Sundla Majalta organised by Mr Raj Kapoor, Provincial Vice President of the party.

Disputing the claims of development, normalcy and corruption free system in J&K being repeatedly made by the central and state BJP leaders post J&K's re-organization, Mr. Singh accused the present regime of indulging in self praise and self adulation by ignor-

ing the ground realities. A govt which promised a visible change in J&K after Art 370 abrogation has failed to curb the gradual deterioration in the law and order situation and provision of general services with a highly ascendant bureaucracy averse to the woes and sufferings of common masses. With its delivery being in inverse proposition to the articulation of its promises, the people were fast losing faith in the BJP regime and pinning their hopes on Aam Aadmi Party.

He said that there were tensions in various parts of the erstwhile State after its reorganization into UTs in view of the centre's failure to allay the apprehensions of the people of various regions. He argued that the BJP govt had failed to address the concerns of various aspirational groups

which has sparked outrage in various regions as was being manifested in the shape of ever increasing protests and public demonstrations being organized on day to day basis.

"Downgrading of the oldest historical State of J&K to UTs has been the most obnoxious dent upon the pride of its people. A feeling of deprivation and demotion has deeply hurt the people and inflicted a big dent upon their self esteem and honour.

The tall slogans of the employment package for J&K have all evaporated into their air. Instead of providing gainful employment to educated unemployed youth, the last few years witnessed large scale retrenchments in public and private sectors. The Education, Power, PHE and Health sectors in particular are in a mess with

acute deficiency of manpower having adversely impacted the functioning of these significant depts. And while the people continue to suffer the govt is busy patting its own back", lamented Mr. Singh.

"The fact of the matter is that J&K continues to bleed. The merciless killings of civilians in the valley and Rajori has exposed all tall claims of govt of curbing militancy in J&K. Even in otherwise peaceful Jammu, there were incidents of bomb blasts and militant's activity in Udhampur and Katra as noticed in the recent past. Development has come to a grinding halt with corruption having become all pervasive. The marginal land holdings of the poor are being taken over by govt. Several daily rated workers have been terminated.

Several casual and need based workers are apprehensive about their future. While J&K was bleeding after its division into two UTs, the BJP govt at the centre seemed to be least concerned about the plight of the suffering people of erstwhile state.

Prominent among those who spoke on the occasion included Raj Kapoor, Manju Singh, Basharat Ali, Shamsher Singh, Anbez Singh, Pritham Chand beside others.

# Punjabi Sahitik Sabha holds literary meet

JJ NEWS SERVICE

**JAMMU, FEB 12:** Punjabi Sahitik Sabha (PSS), R S Pura conducted a Punjabi literary meet today at Lexicon International Playway School Tahli Morh, Miran Sahib, R S Pura. Well known Punjabi writers of the Jammu and Kashmir attended the programme. 5. Jang S. Verman, a well known artist, writer and columnist on art & culture was the chief guest on this occasion whereas Dr. Baljeet Singh Raina, President, Punjabi Lekhak Sabha & well known writer, producer and director presided over the meeting.

Short story in Punjabi



was presented by Jasmeet Singh, a writer from Kashmir, and Harjit Singh Uppal, Jang S. Verman, Dr. Baljeet Singh Raina, Shamsher Singh Chouhalvi, Gurpreet Kour, Saran Star, Renu Sharma, JPS Azad and Pritham Singh Anjaan presented their Punjabi poems of different genres on different topics & themes relating to

socio-political, current affairs and other contemporary issues.

While expressing his views on the presentation and conduct of the literary meet of PSS, Dr. Baljeet Singh raina gave his impressions on the short story read out by Jasmeet Singh and other poems presented during the meet. Jang S. Verman, in his

address appreciated that the quality poetry and a short story in Punjabi were presented by all the participants. He also appreciated the way the meet was conducted by Gurpreet Kour.

The proceedings of the programme were conducted by Gurpreet Kour. The programme ended with vote of thanks by Saran Star.

# HC directs DC to dispose of petitioners' application within 4 weeks, orders status quo on land

JJ NEWS SERVICE

**JAMMU, FEB 12:** In a case titled 'Mahan Singh and others v/s Union Territory of Jammu and Kashmir and others', the Jammu & Kashmir and Ladakh High Court has directed the Deputy Commissioner, Kathua to consider and pass a speaking order on the application of the petitioner within four weeks' time from the date of copy of the judgement is received by him. Justice Sanjeev Kumar further ordered that till the appropriate orders on the application of the petitioners are passed by the Deputy Commissioner, there shall be status quo with regard to land which is the subject matter of petition. Honble Justice Sanjeev Kumar while disposing off the petition 3 WP (C) no: 207/2023 directed the petitioners to serve a copy of the judgment along with copy of the petition upon the aforesaid respondent within a period of two weeks from the date of the judgement. In the petition the petitioners had submitted that they are in cultivating possession of land measuring 14 kanal comprised in Kharsa no: 120 and 06 kanal 04 marlas comprised in Kharsa no: 915 situated in Village Plakh, Tehsil Basohli, District Kathua ["Subject land"] for the last more than five decades. Relying upon the Jamabandi of year 1965-66 and Kharsa Girdwari of 1971 & Kharif 1974 they asserted that they are entitled to be conferred the ownership rights under Section 3(n) of J&K Agrarian Reforms Act, 1976 and in terms of Government Order no: Reh-371 of 1971 dated 09.09.1971. However, the petitioners apprehending that the respondents may throw them out of the subject land otherwise than following due course of law and deprive them of their right to livelihood, approached the Deputy Commissioner, Kathua for considering their request to confer the benefit of Section 3(n) of the J&K Agrarian Reforms Act, 1976 or in the alternative by conferring the ownership rights in terms of Government Order no. Reh-371 of 1971 dated 09.09.1971. However, no action on the application submitted by the petitioners had been initiated till 09.11.2022, they alleged.

# J&K Bank customers' insurance claims settled without hassles



JJ NEWS SERVICE

**SRINAGAR, FEBRUARY 9:** In a quick and hassle-free settlement of insurance claims, PNB-MetLife - Partner of J&K Bank in Life Insurance segment - today gave cheques amounting to Rs 45 lac to legal heirs of two J&K Bank customers, who passed away recently.

Zonal Head Rajouri Satish Kumar handed over the cheques of Rs 30 Lac and Rs 15 Lac to the husband of late Farzana Latief and legal heirs of Manu Sharma respectively in presence of MetLife official Nissar Ahmad and other officials of the Bank.

"Customer well-being continues to be our primary concern that includes the safety and welfare of their family members. That's why the bank always counsels its customers to get their loans insured so that their families and children are protected against financial hardships in case of unforeseen eventualities", said the Zonal Head on the occasion.

The legal heirs of both the deceased customers thanked the Bank and PNB-MetLife on the occasion for fast and hassle-free settlement of their insurance claims.

Notably, both Farzana Latief and Manu Sharma had availed housing finance from the bank and had got it insured fully under Met Loan and Life Suraksha (MLLS).

# Foreign companies making efforts to derail 'Make in India' mission: Raj Rattan Raina

JJ NEWS SERVICE

**JAMMU, FEB 12:** Raj Rattan Raina, BJP leader today criticized the leaders of opposition parties for creating an issue out of non issue by accusing Prime Minister Narendra Modi led Govt of doing undue favour to Adani group. In a statement issued to media persons, the BJP leader said that nobody was happy with the way Indian businessmen were making their presence felt at a global level. He said that the contribution of Adani's towards the economy of India was significant and any loss to his compa-

ny should have been taken as very seriously and people and political parties should come in support rather than staging protests because till date nothing has been proved against Adani Group.

Raj Rattan Raina said that the Opposition often went out of the way to support foreign companies in the past whether the same were Cola giants or detergent companies or car makers but when it comes to the businessmen of the country like Ambanis, Adanis or Baba Ramdev, the Congress prefers to look at things with a different lens tagging all these

as unprincipled and dishonest.

He asserted that the opposition's main aim behind raking up this issue is to derail the Nation's 'Make in India' agenda whereby the BJP Govt is leaving no stone unturned in promoting Indian entrepreneurs and products to achieve the target of Atmanirbhar Bharat. The BJP leader said that Congress demand of JPC probe into the allegations of fraud against the Adani Group levelled in a report by US-based short-seller Hindenburg research is quite unjust especially in view of the fact that 'Make in India' mission of the nation

## THOUGHT OF THE DAY

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

## JINDRAH IMAGES

## Take tangible measures to tame inflation

The Reserve Bank of India (RBI) has once again hiked the repo rate by 25 basis points to 6.5 per cent in order to tame inflation. The decision is in sync with the broad market consensus. This is the sixth successive repo rate hike in the current financial year and it appears not to end here. The continuous rising of interest rates have come as a setback for borrowers. Though the Government of India claims that measures have been taken to keep a constant check on the rising prices of essential goods, inflation forecasts still appear high amid the resilient growth projections. The trend explains the RBI's relatively cautious overall messaging. The RBI Governor Shaktikanta Das has given enough hints that inflationary pressures are easing but he refused to commit that the inflation battle is over. Home loans and other borrowings are set to get more expensive with the hike in repo rate as almost all the floating rate loans are linked to the RBI's repo rate, which is the rate at which it lends to banks. The key benchmark lending rate has risen significantly by 250 basis points since May 2022. EMIs can come down only once inflation moderates, and that could take time. The RBI seems to have left the door open for future rate hikes, much against expectations. The borrowers who have availed different loans were expecting quite contrary to the current situation. A rate cut is not on the horizon. While economic activity in India is expected to hold up well and inflation could moderate in the next financial year, it is likely to rule above the 4 per cent target. Consumer price inflation has moved below the upper tolerance band of 6 per cent but core inflation remains sticky. Geopolitical tension and volatile crude oil prices could play a spoiler. On a positive note, depositors can expect higher returns as the banks will have more headroom for better offers without sacrificing their margins. The RBI's objective of achieving durable disinflation is still some distance away. It has forecast slower economic growth of 6.4 per cent during the next fiscal, assuming a normal and good monsoon season, as compared to the estimation of 7 per cent during the current fiscal. The Government should keep the interest of borrowers into mind as well. The constant hike in repo rate is only hurting the borrowers and there is need to have some tangible measures to tame inflation. The Government should also take stakeholders into consideration before taking any decision which has direct bearing on the common man's pocket.

## INFRA SPENDING DOESN'T HAVE MULTIPLIER EFFECT

Govt expenditure on infrastructure is a captive source of revenue for big infra players — cement and steel makers — who have no need to cater to the general consumer. The rest of India would be better served if capital expenditure was diverted to agriculture, hospitals, schools and colleges.

AUNINDYO CHAKRAVARTY

What stops India from being a manufacturing powerhouse like China? Most experts will give two key reasons. The first is that China is an authoritarian country, where workers can be forced to toil for long hours for low pay, while India has "too much democracy." The second, bigger, reason is that China has top-of-the-class infrastructure, which India sorely lacks.

Manufacturers need good roads to be able to quickly transport raw materials and to ship their finished goods to different markets. Good ports help them import crucial inputs and also export their products. A dense network of airports helps companies move people and cargo both within and outside the country.

Infrastructure spending is also supposed to have a mega multiplier effect, by generating demand for inputs like coal, cement, steel and heavy machinery. It is also supposed to create many jobs, not just directly, but also indirectly in industries that feed infrastructure projects. Finally, infrastructure spending is supposed to have a beneficial effect on investments in the economy.

Infrastructure projects have long gestation periods and require inputs over many years. This creates a stable demand environment, which encourages entrepreneurs to take risks and invest in building capacities. A World Bank study estimates that every one rupee spent on building roads generates an additional

That is why economists have been so enthusiastic about this year's Budget. The Centre has earmarked Rs 10 lakh crore as capital expenditure for 2023-24.

A little over a quarter of the capital outlay will be spent on constructing new roads and highways. Another quarter will go to the Indian Railways to lay new tracks, run new trains, and upgrade train stations. And another large chunk will be given to states as interest-free loans for them to spend on infrastructure projects. In all, nearly 3 per cent of the GDP has been assigned to building infrastructure.

But does infrastructure spending



really achieve the economic effects it is supposed to? The reality is very different.

Take the effect on GDP, for instance. Between the Budget of 2014-15 (when PM Narendra Modi first came to power) and the latest Budget of 2023-24, the capital allocation to the Ministry of Roads has gone up at an annual rate of 20.6 per cent, when adjusted for inflation. As a proportion of the GDP, it has tripled, from 0.3 per cent to 0.9 per cent. Surely, this should have boosted our GDP growth rate. Instead, the opposite has happened; real GDP growth has dropped from the 8 per cent-plus range to the 6-7 per cent range now.

Clearly, higher capital expenditure has done nothing to boost India's GDP growth rate. What about the investment rate? Has higher capital expenditure resulted in more investments?

One way to look at it is to see the change in the Gross Fixed Capital Formation as a proportion of the GDP. This ratio, which is a proxy for the investment rate, has actually dropped from 33 per cent in 2014-15 to 29 per cent in 2022-23. In this same period, capital expenditure by the Centre has risen from 1.7 per cent to 2.7 per cent of the GDP. That means that as the government's investments in infrastructure have increased, the overall investment rate has fallen. This suggests that private investments have fallen at an even faster pace

than the investment rate tells us.

In other words, increased spending on building infrastructure has had no positive impact on investments.

Finally, let us look at jobs. Here we have to rely on surveys by the Centre for Monitoring Indian Economy (CMIE). We have annual data from 2016-17 to 2021-22. In this period, the total capital outlay on roads and highways, in real inflation-adjusted terms, has increased by 84 per cent. We do not have separate data for jobs in the road-construction sector, so we will have to use construction jobs as a proxy. Between 2016-17 and 2021-22, there has been a 6 per cent decline in construction jobs. So, not only has higher infrastructure spending not generated any new jobs, they have actually fallen, even as more people have joined the workforce.

Of course, mainstream economists would say that infrastructure spending also creates jobs in other industries, which provide inputs and raw material, such as cement, steel and mining. Even here the data paints a discouraging picture. Between 2016-17 and 2021-22, there has been a whopping 62 per cent decline in jobs in the cement industry, employment in the metal sector has dropped by 10 per cent and mining jobs have gone down by 28 per cent.

Not only has the additional infrastructure spending not created direct or indirect jobs, employ-

ment has actually reduced in all connected sectors.

There is absolutely no reason to believe, therefore, that the huge capital outlay for roads and railways, will make any difference to demand, investment or employment — each of which need to be tackled on a war footing.

Surely, the Finance Ministry, with its access to tons of data and large teams of number-crunchers and policymakers, is fully aware of this myth of the infrastructure-multiplier. So, the question is — why do successive governments continue to not only propagate this myth but also fund it?

The answer lies in the neoliberal framework within which economic policy has been made in India for the past three decades. It is oriented towards foreign capital and domestic big business. The objective is to provide foreign investors coming to India with a standardised global experience, when they land in our airports, drive down the highways to their five-star hotels, or take expressways to the familiar tourist spots in Agra and Jaipur.

Government expenditure on infrastructure is a great captive source of revenue for big infrastructure players, cement and steel manufacturers, who have no need to cater to the general consumer. It also gives India's rich — who fly from the swanky airports and drive down the toll roads — a feeling of being in the first world.

## Mainstreaming millets will be challenging

DINESH C. SHARMA

WITH 2023 being the UN-declared International Year of Millets, the Central Government and its agencies are going all out to promote India as an international hub for the production and export of millets or small grains. Millets are good for human health as well as the health of the environment as they can be produced even under harsh climatic conditions.

These grains, in fact, have been a part of the Indian food system and diets for centuries. Till the 1960s, millets such as jowar, bajra and ragi constituted one-fourth of India's food basket. Their share, however, declined drastically after the production of rice and wheat went up as a result of the Green Revolution.

With the imperatives of climate change and rising lifestyle diseases such as diabetes and hypertension, health and ecological experts have been advocating a return of millets to the food basket and dining tables, in recent years. The newfound interest in millets is an outcome of such concerns.

From the time the production and consumption of millets started declining to now, our food habits and diets have changed completely. We have decisively moved towards refined, processed, ultra-processed, packaged, and ready-to-eat food in the past few decades. The food processing industry was promoted in the 1960s and 1970s to prevent food losses and enhance the shelf life of agricultural produce.

The transition to processed and packaged food was more rapid and pronounced after the economic liberalisation. Post 1991, the

If consumers have to be warned about the unhealthiness of junk food, the warning should be in the form of a symbol on the front of the pack. Colour-coded warning labels can deter more people from choosing moderately healthy or unhealthy products. For the success of any kind of labelling, we need to promote nutrition literacy through national campaigns. Otherwise, the junk food industry will hijack millets and other such healthy options.



multinational food industry introduced processed and ultra-processed food products and sugary beverages in the Indian markets. A new category of products dubbed junk food — ultra-processed food products high in sugar, salt and fats (saturated and trans fat) — also emerged and they are seen to be contributing to obesity and non-communicable diseases.

In such a situation, mainstreaming millets is going to be challenging. On the one hand, farmers will have to be incentivised to change cropping patterns and on the other, consumers

will need to be educated to modify their eating behaviour. The fear is that the junk food industry will try to appropriate the current interest in millets. Ever since the World Health Organisation (WHO) identified junk food as one of the key risk factors for non-communicable diseases and suggested policies to regulate the marketing of junk food to children, food companies have been desperately trying to project their products as 'healthy' and 'natural'. This has manifested in the marketing of multigrain cookies, low-sugar colas, atta noodles, 'heart-friendly'

cooking oils, 'fruit' juices etc as healthy substitutes for home-cooked food as well as fruits and vegetables. Some junk food companies are already knocking on the doors of the ICAR-National Institute of Millets Research in Hyderabad.

One of the ways junk food makers try to project their products is to make tall health claims on packets while hiding key information about actual ingredients and harmful additives. India's food regulation mandates that all food packs must have 'nutritional information' in a prescribed format, basically giving quantities of fats, sugar, carbohydrates etc. Now, forced by the international food regulations and WHO, the Food Safety and Standards Authority of India (FSSAI) has proposed front-of-pack nutrition labelling (FOPNL) in addition to 'nutritional information' printed on the back of a pack. It is supposed to give additional information to help consumers make healthy choices. This can be in the form of easily-understood symbols or text (like the one used to indicate vegetarian or non-vegetarian products).

Health activists advocate a warning symbol just like a traffic light, while food companies want a 'health star rating' or nutrition star rating like the star rating used on electrical appliances to indicate energy-saving.

A star-rating system could actually be misleading because the use of a star symbol usu-

ally connotes positive attributes even when one or two stars are used. A consumer survey conducted by LocalCircles showed that seven out of 10 consumers want ultra-processed food packs to carry an upfront warning or red symbol for easy identification.

Now, Hyderabad-based ICMR-National Institute of Nutrition (NIN) has conducted a study on the effectiveness and consumer perceptions of different types of FOPNL.

The study has concluded that if the purpose of the FOPNL is to "serve as a preventive tool and deter the consumers from consumption of nutrients of concern, then warning-indicator labels like warning labels and nutrition rating could be helpful." Nutrition-summary labels are partially based on ingredients (fruits and vegetables, legumes, millets etc.) for positive scores and partially on nutrients in the food product.

As regards the star rating — favoured by the food industry and FSSAI for obvious reasons — the study found that even the presence of two stars (indicating not-so-healthy product) prompted consumers to opt for the product and they showed a lesser willingness to opt for others. Moreover, star rating would depend on rules that could be amenable to manipulation and interpretation by the industry, given its industry-friendly food regulations, whereas warning labels will have to be based on actual contents.

# Zeenat Aman makes her Instagram debut, shares thoughts as 'only woman on a set' in the 70s

Zeenat Aman is the latest Indian celebrity to join Instagram. The veteran actor joined the social media platform on Saturday. She shared some recent pictures of herself shot by a young female photographer. The former beauty queen revealed how often she was the 'only woman on a set' in the 1970s. She added that she was looking forward to connecting with more young women working in the industry today. (Also read: When Zeenat Aman became the first Indian to win Miss Asia Pacific title at 19.)

On Saturday, Zeenat put up a photograph of herself casually dressed at home and wrote, "Laughing at the places life takes me. Why hello there, Instagram." She also added a pink flower emoji to her caption. One Instagram user commented, "This is not just a Zeenat Aman. This is THE Zeenat Aman!!" Other fans also welcomed her on Instagram. Another person wrote, "A very, very warm welcome! You've been missed by so many of us!!"

For her second post on Saturday, the veter-

an actor added a close-up photograph and shared, "In the 70s the film and fashion industry was absolutely male-dominated, and I would often be the only woman on a set. Over the course of my career, I have been photographed and filmed by many talented men. A woman's gaze though, is different."

She added, "This series of pictures was shot by young photographer @tanyayaa\_a in the comfort of my home."

No lights, no makeup artist, no hairdresser, no stylist, no assistants. Just a lovely sunny afternoon together.

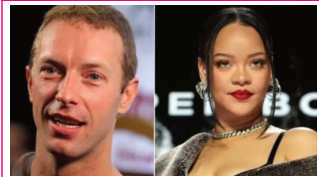
It's such a pleasure to see so many young women working on both sides of the lens today. I look forward to discovering more such talent on Instagram."

Her photographer Tanya A commented, "Definitely my most cherished portrait making session."

Thank you so much." While another fan added, "Gorgeous picture. You changed the face of the Hindi Film Leading Lady. You are a game-changer, Zeenat Ji. Thank you for sharing this lovely picture."



## Chris Martin Calls Rihanna 'Best Singer Of All Time'



Coldplay frontman Chris Martin is looking forward to watching Rihanna's Super Bowl halftime performance and has described her as "the best singer of all time."

"I don't know Rihanna very well. I'm mainly just a fan, and we have performed with her a few times, and you're right, it is rarer and rarer for her to just sing, which is what makes it even more special, and in a strange way, it shows that she really, really wants to do it," Martin, who will perform the halftime show on February 12, told Zane Lowe on Apple Music 1.

"No one can make Rihanna do anything at this point, and so I think the fact that she has chosen to do it now, when her stock couldn't be... you have to be an idiot not to recognise that she's the best singer of all time. So it's hard for me. I'm very biased because I'm such a big Rihanna fan. I mean, I think she could just walk out in sweatpants and sing, and that would be just great," he said.

Meanwhile, Rihanna can't wait to perform in front of her son at the Super Bowl.

The "Rude Boy" hitmaker - who gave birth to a baby boy in May - recently said: "When you become a mom, there's something that just happens where you feel like you can take on the world."

"You can do anything, and the Super Bowl is one of the biggest stages in the world."

# 'DILWALE DULHANIA LE JAYENGE' HAS BEEN THE DEFINING FILM OF OUR GENERATION: RANBIR KAPOOR

The upcoming Assembly election is crucial for hundreds of villages in Meghalaya that fall in the coal belt. Thousands of people in the East Jaintia Hills, West Khasi Hills and West Jaintia Hills were dependent on the coal mining deposits found along the Southern fringe of the Shillong plateau.

Bollywood star Ranbir Kapoor, who will be seen in Netflix's documentary 'The Romantics' based on legendary filmmaker Yash Chopra, said that the iconic film 'Dilwale Dulhania Le Jaayenge' has been



the "defining film of our generation." The 'Romantics' will see Ranbir, talk about how Aditya Chopra directed the all-time

blockbuster Dilwale Dulhania Le Jayenge (DDLJ) that gave shape to Indian pop culture. "DDLJ has been the defining film of our generation! I can't even tell you that feeling is still alive inside me. It influenced the way I dressed. It influenced the way I spoke to a girl. It influenced how I was with my parents. Everything!" said Ranbir Kapoor in a new video. From Aamir Khan to Salman Khan, Shah Rukh Khan to Ranbir Kapoor, Amitabh Bachchan to Ranveer Singh, Rani Mukerji to Hrithik Roshan, Katrina Kaif to Anushka Sharma, the mega-stars and icons of Hindi cinema have come together and spoken about Yash Chopra and YRF's contribution to Indian cinema in

upcoming documentary. 'The Romantics' has been directed by Oscar and Emmy-nominated filmmaker Smriti Mundhra, who returns to Netflix after the phenomenal success of 'Indian Matchmaking' and 'Never Have I Ever'. This four-part docuseries will also feature 35 leading personalities from the film industry, who have closely worked with YRF through its 50-year glorious existence. Interestingly, the reclusive head of the iconic Yash Raj Films, Aditya Chopra, has also recorded his first on-camera interview for 'The Romantics'.

## ELTON JOHN'S FEE FOR PRIVATE GIG ROCKETS TO 4 MILLION POUNDS



Sir Elton John has reportedly increased his private gig fee amid the cost of living crisis, with the 'Rocket Man' singer believed to now be pocketing 4 million pounds (\$4,825,602.72) for an intimate performance.

John's private gig fee has been reported - marking a 300 per cent fee increase for the star, reports mirror.co.uk.

The iconic singer is believed to be worth around 450 million pounds (USD 542,880,305) thanks to a career that has seen him top the album charts 10 times and bagged 10 No.1 singles, reports mirror.co.uk.

Elton, 75, has previously been raking in an eye-watering 1 million pounds for every hour of his time for a private performance.

But during the current cost of living crisis, the performer has been said to have added on an extra 3 million pounds for a wedding booking - and was understandably turned down by the spouses-to-be.

A source told The Sun: "It seems he's raised his fee in line with the cost of living soaring and now it's 3 million pounds more. The 4 million pounds fee was quoted earlier this year when Elton was approached to play at a wedding."

"Naturally the price changes depending on what is requested but it appears to have been hiked up. The couple turned it down because they couldn't afford it. There are super-rich fans around the world who can, though."

But one couple, billionaire Robert Kraft and his partner Dana Blumberg, who are long-time friends with Sir Elton, didn't have to pay a penny for the star to perform at their ceremony in New York last October.

In January this year, it was announced that the British legend's Farewell Yellow Brick Road tour was already the highest-grossing run of performances of all time, whilst the singer is also set to feature in a TV advert during the Super Bowl tomorrow night.

## Sunny Deol's Hook Step Attempt Has Amisha Patel And Salman Khan Cracking Up



On the "Bigg Boss 16" finale on Sunday evening, where he came to promote the sequel of his 2001 blockbuster film, "Gadar: Ek Prem Katha", Sunny Deol tried to do the hook step of his song "Yaara O Yaara" with Amisha Patel and the reality shows host, Salman Khan.

Sunny's number leaves Amisha and Salman cracking up, but Bhai hugs the brawny hero, whose dancing skills leave a lot to be desired.

Clear favourite Priyanka Chahar Choudhary, meanwhile, accuses Archana Gautam of lying often and doing a lot of acting for the cameras. And she says that on any given day she'd choose a Salman film over marrying Ankit Gupta. Marriage can happen later, says the 'Udairiyaan' star. Ankit agrees with her and says there's no rush. Krushna Abhishek and Bharti Singh, meanwhile, keep the laugh quotient high by imitating Shalin and Tina Dutta. Krushna makes fun of the way Shalin walks.

## 'Kantara' Producer, Director Summoned By Kerala Police Over Plagiarism

The main actor and director of super hit Kannada movie 'Kantara', Rishab Shetty, and its producer, Vijay Kirgandur Ahad were present before Kozhikode Deputy Commissioner of Police, K.E. Bajju today.

The director and producer of the movie appeared before the investigating officer after the Supreme Court of India on Thursday (Feb 9, 2023) granted anticipatory bail to director Rishab Shetty and producer Vijay Kirgandur.

The division bench of the Supreme Court comprising of Chief Justice D.Y. Chandrachud and Justices P.S. Narasimha and J.B. Padiwala had said in the order that "Petitioner shall present before the investigating officer on February 12 and 13. In case he is arrested, he shall be released on bail forthwith subject to conditions on trial court."

The producer and director have given their statements before the police following a complaint lodged by the Kerala-based music band 'Thaikoodam Bridge' that a song in the movie was a product of the band and that the movie makers



rejected the allegations stating that the similarities were due to the same 'Raga' used in both songs. However, 'Thaikoodam Bridge' complained that blatant infringement of copyright law had taken place.

## Farzi, Aranyak, Rudra: What makes thrillers the first choice for an actor debuting on OTT?

What's common between Rudra, Sacred Games, Aranyak, Aarya, and Breathe season one? Well, they of course marked the OTT debut of successful film actors Ajay Devgn, Saif Ali Khan, Raveena Tandon, Sushmita Sen and R Madhavan respectively. But they were all thrillers! Even Shahid Kapoor, who will soon be seen in Farzi directed by Raj and DK, has chosen a thriller to debut on the web. What is it about the genre that makes it a favourite with these estab-

lished film names to venture into a new space? Filmmaker Rajesh Mapuskar, who directed Devgn in Rudra, says, "It is because the audience finds it exciting, and the actors always go by that. The viewers like thrillers, violence. It is not about morally right or wrong, but thrillers are getting more eyeballs. Obviously that becomes your entry point into OTT. The actor is able to explore this genre in a long format, as on the big screen it is limited. Here, you can be real, and there is no song-dance to

bring audiences to the theatres." Tandon, who received rave reviews for Aranyak, says she is personally a fan of edge of the seat nail biting thrillers, "It keeps me glued to the screen so obviously I would want to also do work where one can hold the audiences attention. I love binge watching so like it when one can hold the audiences with good scripts and performances." Manoj Bajpayee too, had made his web debut with The Family Man, in which he

played a spy investigating a potential terrorist attack. The show was a runaway success, and the second season became a massive hit. Casting director Shubham Gaur, who has cast for projects such as Anurag Basu's Ludo, says thrillers have always been popular in films, and now it has spilled into the web. "They were popular even back in the 1990s, but more of comedy, romance would surface. The web medium started surfacing around 2015. Even then Rajkumar Rao did a web show like Bose:

Dead or Alive. As casting directors, we look forward to casting in something slice of life, light hearted, it rarely happens, because thrillers are so popular," he opines. In fact, given their star power, the makers also want to capitalise and earn their money back, and thrillers are a safe bet. Gaur continues, "They always make sure the project is mounted on a big star with insane amount of money, what is safer than bit of action, and something which keeps people on the edge? We recently cast



# QUIT SUGAR FOR 14 DAYS TO SEE THESE CHANGES IN YOUR BODY

Are you someone who craves something sweet multiple times a day and end up labelling it as just having a sweet tooth? Well, you might have a sugar addiction and yes, it is a red flag! We all love bingeing on sweet treats like donuts, pastries, chocolates. However, consuming sugary goods in excess everyday can be harmful addiction.

women-contributions-in-development-of-India  
Quitting sugar is as difficult as any other unhealthy habit like smoking, drinking alcohol, chewing tobacco among others. However, it has many health benefits.

If you have been planning to take up a no sugar challenge for a long time but failing at it every single time then the following study will inspire you to take it up immediately.

What Does the Study Say?

The American Medical Association surveyed about 10,000 sugar-lovers for 15 years and they found out that the risk of death from heart ailments was two to three times higher among sugar lovers as compared to those who didn't. As per the study, consumption of excess sugar leads to an increase in burden on the islets of the pancreas and also increases



the risk of diabetes and fatty liver.

What Does Our Health Expert Say?

Former Dietician at Fortis Hospital, Simran Saini speaking on cutting sugar from diet completely for 14 days said, "Skipping sugar for 14 days in every way possible will make you feel a lot healthier, you will see multiple changes in your body externally and internally." no sugar challenge benefits health expert

She further shared that following it will help one lose weight and even some inches. Cutting down sugar helps in improving insulin resistance, makes you feel active and energetic and further boosts your kidney function and metabolism.

"Cutting down sugar will reduce your hunger pangs and also prevent mood swings since they are mostly caused by sugar spikes," the expert added.

Quitting Sugar Can Help You Look Younger

Our expert shared that quitting sugar for 14 days has a positive impact on the skin. She shared that by cutting down sugar, one gets to notice many healthy

lot of people have trouble sleeping. Giving up sugar will guarantee you a good night's sleep. Also, quitting sugar helps you lift your mood. It prevents chronic inflam-

Are you a sugar addict? Cut down sugar from your diet for 14 days and you will see many changes in your body from the outside and inside.

changes in the skin. The skin feels a lot more firm, elastic, radiant and youthful.

Some clinical studies suggest that consuming excessive sugar leads to binding of the collagen and elastic fibres of the skin, which leads to glycation reaction and that's one of main causes of skin ageing.

Giving up sugar reduces glucose intake and insulin spikes in the bloodstream. They further help in reducing chronic and acute inflammation associated with ageing.

Don't Miss: Sugar Addict? Here is How You Can Control Your Sweet Cravings

You Get To Sleep Better

Do you know, eating sugar leads to an increase in stress hormones? This is one reason why a

mation that affects your brain function and helps boost your mood as well.

Don't Miss: Natural And Easy Home Remedies For Diabetes

quitting sugar benefits  
Cutting down sugar will help you lose weight significantly. Sugar only fuels our body with calories and replacing your sugary foods with nutritious foods will help you lose weight quickly. When you start eating healthier, filling foods, your hormones naturally regulate and send signals to your brain that you have eaten enough and you no longer get those hunger pangs.

Though cutting down sugar from your diet is quite healthy, we suggest you consult your doctor before taking this no-sugar challenge if you are undergoing a medical treatment.

## BREAKFAST FOOD SWAP IDEAS TO STAY FULL AND LOSE WEIGHT, SAY DIETITIANS



If you're a breakfast enthusiast, you know what it feels like to go to bed and dream of your morning meal the next day, or how planning what you're going to have for breakfast on a given day can motivate you to get out of bed faster than anything else in the morning. The options for a delicious, satisfying breakfast at the top of the day are seemingly infinite—however, some options are much healthier than others, which is especially important to be cognizant of if you're a breakfast enthusiast who is also trying to lose weight. But what makes for a healthy breakfast, anyway? And if you're in the process of trying to shed a few pounds, are there any easy, nutritious, delicious breakfast food swaps that can be made to compensate for the less-than-healthy alternatives your diet encourages you to avoid?

When looking for breakfast ideas that can aid in weight loss, a crucial component is finding items that can help you stay fuller for longer, leaving you satiated until it's time for lunch. This can help prevent needless snacking and overeating during the day, which can increase your calorie consumption and counter your weight loss goals. A meal that is going to keep you full through the morning usually consists of two key nutrients: fiber and protein. Fiber has been found to help reduce hunger hormones and feelings of hunger in general, and protein can lower hunger hormone levels as well. On top of that, higher-protein meals have been linked to greater feelings of fullness as a whole after eating.

How Changing the Color and Size of Your Plates Could Help You Use Weight

Despite this awareness, finding breakfast options that are both full of fiber and protein can be challenging, especially when foods like bagels, donuts, and muffins sometimes seem like the most convenient options. This is exactly why we interviewed a handful of expert dietitians to get their suggestions on breakfast food swap ideas that can also help you lose weight. These swaps are easy enough for anyone to make and full of nutritious ingredients that will actually satisfy your appetite and keep you full. Read on to find out which breakfast food swaps come highly recommended by these dietitians, and for more healthy eating advice to get the best out of every breakfast, be sure to also read the 5 Best Breakfast Options for Weight Loss.

Opt for whole grains instead of refined white grains

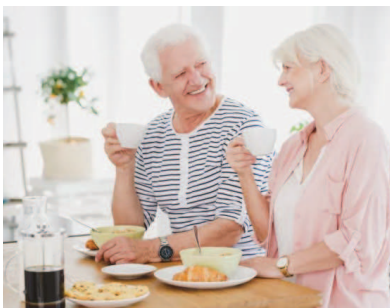
If you're looking for a super simple breakfast food swap, opt dietitians suggest starting out by buying whole grain bread instead of white bread or bagels.

"Whole grain bread will give the body a boost of fiber, which can give your toast some staying power," says Lauren Manaker, MS, RDN, registered dietitian and author of *The First Time Mom's Pregnancy Cookbook and Fueling Male Fertility*. "And unlike white bread, whole grain bread tends to be digested slower, allowing for a more satiating meal."

## What Science Says About the Eating Habits That Actually Slow Aging

Conversations about "staying young" and "slowing the aging process" see to be everywhere, and all this talk can become overwhelming—especially when you're trying to decipher what is true and what isn't. For example, most of us have probably heard by now that what you eat can impact the way you age, but what exactly does this mean for us, and aside from all the mixed advice we are constantly hearing, what does the science actually have to say about eating habits that can slow aging?

According to the Mayo Clinic, aging can impact your heart health, your bones and muscles, your cognitive health, your ability to lose weight, and many other areas of health. The Office of Disease Prevention and Health Promotion also emphasizes that aging brings on a greater risk for chronic disease. This may all sound very ominous, but fortunately, they add that sticking to healthy eating habits—along with regular exercise—can help you reduce these risks and pursue a healthy aging process.



Fiber can help with heart health.

Getting enough fiber in your daily routine is crucial for your heart health, but because fiber is found in things like whole grains and vegetables, many people struggle to get enough. For one, they may feel that carbs are "bad," which might lead them to avoid grains, or they may just have trouble getting in enough vegeta-

bles at every meal. Whatever the reasoning may be behind not eating enough fiber, it's important to start finding fiber-heavy foods you like, for the sake of your heart. And since your chances of things like heart attack, heart disease, stroke, and heart failure increase with age, you may want to start as soon as today.

A review published in the *Journal of Chiropractic Medicine*

concluded that high fiber consumption was able to possibly lower total cholesterol levels and even reduce the risk of mortality from Cardiovascular disease. Another review, which was published in *BMC Medicine*, reported that higher intakes of fiber were associated with reduced blood pressure, as well as reduced risk of cardiovascular disease.

If you need some ideas on how to incorporate more fiber into your eating plan, try 44 High-Fiber Foods for a Healthy Diet.

The Mediterranean diet really does work.

You may have heard of the Mediterranean diet in conversations about aging, because this way of eating has been found to actually slow the aging process. This diet gets its inspiration from Italy, Greece, Spain, and other areas that are close to the Mediterranean Sea, and it incorporates foods like fruits, vegetables, whole grains, legumes, and healthy fats like olives and olive oil. Fish is included on occasion, but this diet is mostly plant-

based. It also significantly limits the consumption of processed foods and added sugars.

The Mediterranean Diet has been praised for its impact on slowing cognitive decline by many experts, but what does the research actually say? In 2015, *Advances in Nutrition Journal* published a systematic review of the relationship between diet, dementia, and brain aging. According to this review, sticking to a Mediterranean diet as you age was associated with fewer incidents of dementia and Alzheimer's, as well as slower cognitive aging. This was based on multiple types of studies (cross-sectional and longitudinal), trials, and meta-analyses. This review attributes certain characteristics of the Mediterranean diet, like antioxidants and mono-unsaturated fatty acids, to its impact on brain aging. The patterns of this diet are said to help lower inflammation and oxidative stress, which are major contributing factors in dementia and cognitive decline, too.

## 7 Best Eating Habits to Help Lower Blood Pressure, Say Dietitians

While almost everyone knows that high blood pressure can lead to a heart attack and stroke—not everyone knows exactly how. That may be one reason half of adults in the United States have hypertension and only one in four of the have it under control, according to the CDC. But how do you lower your blood pressure?

Most people likely assume the answer is "put down the saltshaker." While that's good advice, not adding salt to your food is just one healthy practice to help lower your blood pressure. There are many more eating habits and food prep techniques you can use every day to adopt a lower-sodium diet. We'll tick off seven of the best below, but first some blood pressure basics that'll prime your pump, so to speak, toward action.

Plumbing 101

You can think of your circulatory system as a water pump (your heart) and pipes (your blood vessels). Blood pressure is the force the blood pushing against artery walls as your heart pumps blood through those pipes to move oxygen throughout your body. Healthy blood vessels are pliable pipes that easily flex as needed to maintain steady blood flow.



However, when arteries become stiff or "hardened" and not able to dilate, your heart must work much harder, increasing the force needed to move the blood through those pipes. That's high blood pressure.

Long-term hypertension damages the lining of those delicate blood vessels. It can lead to a host of disorders, including enlarged heart muscle, heart failure and heart attack, stroke,

dementia, kidney failure, damage to your eyesight, and erectile dysfunction. You can see why you need to be a plumber for your heart and arteries. Take advantage of these practical ways to eat and cook to lower your blood pressure.

Beware of hidden sodium  
When shopping, check nutrition labels carefully. "Labels that say things like '25% less sodium' are often

deceiving because they only means that the product has less sodium than their original product," warns Jamie Nadeau, RD, a registered dietitian and owner of *The Balanced Nutritionist*. "Also, keep in mind that many high sodium foods don't taste super salty."

Some surprising sources of sodium include breads, cheese, salad dressings, and condiments. One example

Abstaining from adding salt isn't the only healthy practice that can help lower your blood pressure.

of this is cottage cheese, which packs about 373 mg of sodium in a half a cup.

Use fiber to lower the pressure  
Eating more of the healthiest of foods, such as lentils, beans, whole grains, fruits, and vegetables, will help lower your blood pressure, says Rhyann Geiger, RDN, owner of *Phoenician Vegan Dietitian*. "These foods promote heart health not only with their fiber content but also with the micronutrients and antioxidants they provide as well," she says. Research in *Frontiers in Nutrition* links increasing fiber intake to lower-

ing blood pressure.

Rinse & dry

You can lower your sodium consumption by choosing pasta and beans in their dry form rather than canned, which tends to use lots of salt as a preservative, says *Eatthis.com* medical review board expert and registered dietitian nutritionist Lisa R. Young, PhD, RDN, author of *Finally Full, Finally Slim & The Portion Tally*.

Plan.

Also, use fresh meats instead of those packaged and preserved. Fresh cuts of beef, chicken or pork contain natural sodium, but much less than is added during processing in products like bacon or ham, says Young. And if you must use canned beans and vegetables for convenience, rinse them under water first to remove sodium. An analysis by *The Food Analysis Laboratory Control Center (FALCC)* at Virginia Tech found that rinsing and draining canned vegetables with lukewarm tap water reduces sodium content by between 9-23%.

Try a salt substitute from the sea

If your food needs a hint of salt to spark up the flavor, try kelp flakes, suggests clinical nutritionist Sara Kahn, MS, CNS, CDN.

"Kelp is a type of seaweed that has been dried and granulated and can be used in place of salt in cooking to impart a savory taste," Kahn says. "It's high in iodine and offers other essential nutrients like magnesium, calcium, and iron."

Another alternative seasoning is gomasio or sesame salt. It can be used as a condiment on salads, soups, pasta, fish, chicken and more.

"Made from a blend of toasted sesame seeds and a small amount of sea salt, it's lower in sodium than table salt and offers calcium, potassium and iron," says Kahn.

Spice up dishes with herbs  
Low-sodium cooking can feel challenging at first, especially when making a meal for someone with well-salted tastebuds. One way to mask the missing sodium is to season the meal liberally with salt-free seasonings like herbs and spices.

"When a dish is seasoned well, it often doesn't need as much salt," says Nadeau.



# J&K Govt approves Rs 329 cr 5 year project to achieve self reliance in Mutton sector

JAMMU, FEBRUARY 12: In view of huge mutton usage in Jammu and Kashmir, especially in the Kashmiri cuisine and in order to reduce meat import in the Union Territory, the government has approved an ambitious Rs 329 crore project for next five years to achieve self reliance in Mutton sector.

The project is aimed at creating 6000 jobs besides setting up of 122 enterprises in the mutton sector in the Union Territory.

The initiative also envisages achieving self-reliance in the mutton sector through a combination of innovative interventions including vertical upgrades, horizontal expansion besides focused attention on health cover and nutrition. One of the major interventions planned is import of mutton breeds, which will lead to establishment of 72 breed-based farms to provide high genetic merit to animals. Additionally, the project aims to conduct 1,00,000 Artificial Inseminations (AIs) annually and establish 400 new commercial farms every year. The project also focuses on clusterization, creation of mandis, abattoirs and common facility centres (CFCs), to support

marketing and value addition of the sector.

"Investing in growth and improvement of mutton sector in J&K is not only about boosting production and reducing import costs, but it is also about providing quality and safe meat to consumers, improving the livelihoods of traditional farmers besides creating new job opportunities in the region," said Atal Dulloo, Additional Chief Secretary, Agriculture Production Department.

He added: "Apart from increase in production and productivity forward linkages, which are acutely lacking in the sector, will be established through formation of 50 Farmer Producer Organizations and Self Help Groups with linkage to 10 new abattoirs and in-built value chains integrated with 10 sheep mandis and 50 CFCs.

Mutton has been an essential part of the Kashmiri cuisine for generations and Jammu and Kashmir, with its rich cultural heritage and diverse geography, has a significant demand for mutton. Despite the regions competitive advantage and potential to become self-reliant in the mutton

sector, there is a shortfall of 41 per cent leading to an import bill of 71400 crore every year. Additionally, the existing mutton production is not only of insufficient quantity but also lacks quality and is not FSSAI compliant, putting consumers at risk.

The majority of the livestock population is held by Bakewalks who follow traditional methods of farming, resulting in low productivity and profits. The UT has less than five breeds of sheep with the majority being dual purpose breeds such as Kashmir Merino, Rambouillet, and Corriedale. However, there is increasing demand for fast-growing mutton breeds like Dorper, Romnouv, South Down and others.

"Reorienting priorities: Self-Sustenance in mutton production' 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 ICAR and has other luminaries in the

field of Agriculture, Planning, Statistics & Administration like Ashok Dalwai, CEO NRAA, Dr. P. K Joshi, Secretary, NAAS, Dr. Prabhat Kumar, Horticulture Commissioner MOA & FW, Dr. H. S Gupta, Former Director, IARI, Atal Dulloo, Additional Chief Secretary, APD besides Vice Chancellors of the twin Agriculture Universities of the UT.

The expected output from the project included import of 2700 high genetic merit/elite sheep and goats, increased lambing percentage from 80 to 120 and considerable reduction in marketable age for sheep and goats (40-50 kg in 6 months). The germplasm of the elite animals will be propagated through artificial insemination and embryo transfer techniques to intensify genetic conversion. The project aims to double the farm income through early weight gain, improved carcass yield and production and reduce lamb mortality. Effective health cover is expected to prevent production losses by 20-30% and provide consumers with safe and quality meat.

The project is anticipated to bring significant benefits to farm-

ers and consumers in Jammu and Kashmir. The creation of commercial farms and establishment of breed-based farms will boost mutton production and improve the quality of meat available to consumers. The marketing and value addition initiatives will help farmers get better returns for their produce, while health cover and nutrition interventions will reduce production losses and improve the overall well-being of the animals. The project will also create job opportunities and promote entrepreneurship, contributing to the economic development of the region.

Ultimately, the project which is aimed at to achieve self-reliance in the mutton sector in Jammu and Kashmir, is a crucial step towards meeting the growing demand for mutton in the region. The project also intends to address the shortcomings in the existing mutton production and provide consumers with safe and quality meat.

The project is also likely to bring numerous benefits to farmers and consumers, create job opportunities and contribute towards overall economic development of the region.

## Vice Chairperson DDC Udhampur takes stock of public issues

UDHAMPUR, FEBRUARY 12: Juh Manhas Pathania, Vice Chairperson District Development Council on Sunday met a diverse rainbow of delegations and took stock of public grievances during her visits to villages Talpar, Barta and at her Office in DC Office Complex Udhampur.

The locals demanded provision of drinking water, electricity supply, road connectivity. The delegations had a detailed discussion with the Vice Chairperson regarding the key developmental issues pertaining to their areas. Among various issues projected was the demand for road connectivity from Jagote to High School Balta via Mazoom under NABARD. People also projected the issues of scarcity of water and demanded speeding up of works on JIM schemes. Sarpanch Panchayat Ser Balla complained about sliphod and sub-standard execution of work on GHSS Kasturi under RAMSA.

Lila Sharma, Sarpanch Panchayat Barta also projected issues of public importance. Arti Sharma, Sarpanch Mand East, was also vocal about various issues confronting her area. Responding to the issues, the Vice Chairperson contacted concerned departments on the spot and assured the delegations of favourable response. Mrs Pathania also took note of various ongoing developmental projects in the Talpar and Barta area and directed the concerned departments for promptness in delivery of essential services and time bound completion of developmental projects ensuring the quality of works for the early benefits of people of the area. During interaction with PRIs, Juh Manhas Pathania sought their cooperation in dealing with issues of public work with zeal and promote harmony and mutual brotherhood amongst the society. She also asked them to act as a bridge between administration, general public and government schemes so that the last man in the queue can reap the benefits of government schemes.

## China's infrastructural plan in Tibet is 'dual-use' in nature: Report



LHASA: China's new infrastructural plan of constructing 4,000 kilometres of railway lines by 2025 and building 59 new airports and 300 helipads by 2035 will crisscross Tibet Autonomous Region (TAR) is 'dual-use' in nature as it will help the country to enable the rapid deployment of its forces and will fulfil Beijing's strategy of cultural assimilation of Tibet, Tibet Right Collective reported.

The fast-paced growth of infrastructure in Tibet is clearly a road for the country to serve the People's Republic of China's (PRCs) ambitious goal.

According to the Tibet Policy Institute, China hoped that this infrastructural strategy will help in

crushing all the expressions of dissent, and they will ultimately subdue and disintegrate the resistance of the Tibetans within and outside of Tibet. Cities in Tibet like Lhasa, due to the influx of Chinese migrant workers along with the rapid urbanisation are seeing a growing trend of intermarriage between Tibetans and Chinese.

China came up with the plan to build a railway network of 5,000 km or more, including 1,000 km of double-track railway lines in TAR by 2035 under its 14th Five-Year Plan (2021-25), reported Tibet Right Collective.

Currently, TAR has only three railway lines in operation: the Qinghai-Tibet Railway, which opened in

national railway channel between China and South Asian countries.

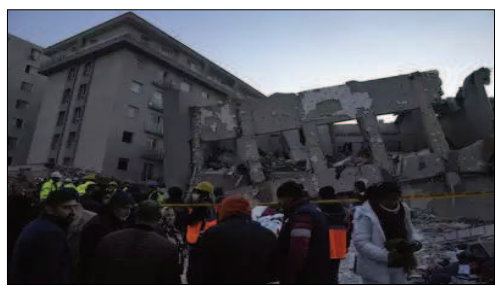
Major new railway lines scheduled to open by 2025 include the section between Ya'an in Sichuan Province and Nyingtri city in TAR of the Sichuan-Tibet Railway, the section between Shigatse and Pelku Lake in TAR of the Xinjiang-Tibet Railway, and the section and County to Ranwu Lake of the Yunnan-Tibet Railway, as per the report in Tibet Right Collective.

China claimed that since the 1990s, the government of the Communist Party of China (CPC) has made "an unprecedented scale of investment in infrastructure build-up in Tibet, specifically in the areas of connectivity such as railways, roads and airports".

Investments were also made in Tibet to build hydro-power energy, for urbanization, mining, tourism, military and government infrastructure. These massive investments in infrastructure build-up are in fact, a Chinese strategy to strengthen its control over the region that it unlawfully invaded and occupied.

According to the report, the TAR also intends to build an international railway corridor to South Asia in order to open the inter-

## Earthquake in Turkey is only the latest tragedy for Ukrainian refugees



ANTAKYA (TURKEY): When war broke out in Ukraine, Aydin Sisman's relatives there fled to the ancient city of Antakya, in a southeastern corner of Turkey that borders Syria.

They may have escaped one disaster, but another found them in their new home.

They were staying with Sisman's Ukrainian mother-in-law when their building collapsed last Monday as a 7.8 magnitude earthquake leveled much of Antakya and ravaged the region in what some in Turkey are calling the disaster of the century.

"We have Ukrainian

guests who fled the war, and they are also lying inside. We have had no contact," said Sisman, whose Turkish father-in-law also was trapped under the rubble of the 10-year-old apartment building.

As rescuers dig through heaps of rubble, Sisman appeared to have lost hope.

Millions of refugees, like Sisman's relatives, have found a haven in Turkey, escaping from wars and local conflicts from countries as close as Syria to as far afield as Afghanistan.

There are at least 3.6 million Syrians who have fled their homeland's war since 2011, arriving in trickles or en masse, sometimes over-

running the border, to seek safety from punishing bombardments, chemical attacks and starvation. Over 300,000 others have come to escape their own conflicts

and hardships, according to the United Nations.

For them, the earthquake was just the latest tragedy - one that many are still too shocked to comprehend.

"This is the greatest disaster we have seen, and we have seen a lot," said Yehia Sayed Ali, 25, a university student whose family moved to Antakya six years ago to escape Syria's war at its peak. His mother, two cousins and another relative all died in the earthquake.

On Saturday, he sat outside his demolished two-story building waiting for rescuers to help him dig out their bodies.

"Not a single Syrian family has not lost a relative, a dear one" in this earthquake, said Ahmad Abu Shaar, who ran a shelter for Syrian refugees in Antakya that is now a pile of rubble.

Abu Shaar said people

are searching for loved ones and many have refused to leave Antakya even though the quake has left the city with no inhabitable structures, no electricity, water or heating. Many are sleeping on the streets or in the shadows of broken buildings.

"The people are still living in shock. No one could have imagined this," Abu Shaar said.

Certainly not Sisman, who fled from Qatar to Turkey with his wife to help find his in-laws and their Ukrainian relatives.

"Right now, my mother-in-law and father-in-law are inside. They're under rubble ... There were no rescue teams. I went up by myself, took a look, and walked around. I saw bodies and we pulled them out from under the rubble. Some without heads," he said.

Construction workers sifting through the debris told Sisman that although the top of the building was solid, the garage and foundations were not as strong.

"When those collapsed, that's when the building was flattened," a shaken Sisman said. He appeared to have accepted his relatives were not coming out alive. Overwhelmed by the trauma, Abdulqader Barakat stood desperately pleading for international aid to help rescue his children trapped under concrete in Antakya.

## US President Biden lauds 'bipartisan progress' as he dines with Republican, Democratic governors

WASHINGTON: United States President Joe Biden appealed to Republican and Democratic governors on Saturday to continue working across political divides to improve Americans' lives and rebuild the economy after the hardships brought by the COVID-19 pandemic.

Speaking at a black-tie dinner at the White House attended by Vice President Kamala Harris and 31 governors, Biden said the passage of laws on investing in infrastructure and domestic manufacture of semiconductors by both Republicans and Democrats was evidence of "some bipartisan progress."

"I hope we're going to get a little bit - I'm going to try - a little bit less partisan and work on things that we can really get done to change people's lives," Biden said after days of governors' meetings in Washington.

He said he was still "ready to fight, as you all are," and Republicans and Democrats would



not always agree, but when they worked together, it made a difference.

Republican Governor Spencer Cox of Utah, vice-chair of the National Governors Association, said it was "very symbolic" to have Republicans and Democrats "breaking bread together" at the White House.

Cox added that he believed the majority of Americans wanted to

Paisley played guitar and performed his song "American Saturday Night" after the dinner, telling the crowd he had swapped out the second line of the song "because it mentioned Russia and I don't do that anymore."

Instead, he sang: "She's got Brazilian leather boots on the pedal of a German car. There's a Ukrainian flag hanging up behind the bar."

Biden's remarks echoed his State of the Union address to Congress on Tuesday, in which he challenged Republicans "to help unite the country."

The bipartisan laws passed last year were gamechangers for the U.S. economy, New Jersey Governor Chris Murphy, a Democrat who chairs the association, told a governors' event at the White House on Friday.

The ability of the states to work together on other issues such as mental health disproved the "narrative that politics has gotten completely divisive," he added.

Country-western singer Brad

### OFFICE OF THE EXECUTIVE ENGINEER, MECHANICAL DIVISION (MED), DODA.

GIST OF e-TENDER NOTICE No. MDKD/TS/2022-23/64

For and on behalf of Lt. Governor of UT of J&K, e-tenders are invited from the reputed Workshop Holders/Firms/Contractors for the below mentioned job:-

S. No.	Name of Work	Cost of Tender Document	Due Date	Earnest Money (In Rs.)	Time of Completion	Tender Receiving Authority	Eligibility criteria
1.	Landscaping of Divisional complex by way of leveling of ground/open space, planting of seasonal/fruit plants, providing of planters, flowerpots, lawn benches/chairs, tables etc	Rs. 100/-	5/17.02.2023	500/-	10 days	Executive Engineer, Mechanical Division, Doda	i) ICEE or DCE Class contractor ii) Experience certificate in the relevant field

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# Jemimah stars in India's seven-wicket win over Pakistan in Women's T20 WC

Cape Town: Experienced batter Jemimah Rodrigues produced a master class of an innings as she and youngster Richa Ghosh held their nerves under pressure to guide India to a seven-wicket win over arch-rivals Pakistan in their opening match of the Women's T20 World Cup here on Saturday.

Jemimah (53 not out off 38 balls) and Richa (31 not out off 20 balls) stitched 58 runs for the unconquered fourth wicket as India chased down a challenging target of 150 with six balls to spare.

Jemimah struck eight boundaries while Richa hit five fours during their unbeaten knocks as India reached 151 for 3 in 19 overs, their highest successful chase in the T20 World Cup.

Shafali Verma (33 off 25 balls) and Yastika Bhatia (17) gave a good start to the Indian run chase, stitching 38 runs in 5.3 overs. The powerplay overs yielded 43 runs for one wicket.

Shafali, who successfully reviewed a LBW decision in the fourth over, was going strong as she took the attack to the opposition bowlers. But her dismissal in the 10th over with Sidra Ameen taking a fine catch near the boundary off the bowling of Nushra Sandhu set India on the back-foot.

One-down Jemimah survived a close stumping call as India reached 67 for 2 at the halfway

mark with the experienced captain Harmanpreet Kaur having arrived at the crease.

Harmanpreet struck a boundary from the third delivery she faced and repeated it in the same 11th over to swell the Indian total. But she was guilty of trying to slog-sweep across the line and against the turn off the bowling of Fatima Sana.

The top edge was easily taken by Bismah Maroof as India were reduced to 93 for 3 in 13.3 overs.

India needed 83 runs for the last 10 overs and despite the fall of crucial wickets, the good start and batting depth kept India in the hunt. But the run rate kept climbing for India as they needed 47 from the last five overs.

With Jemimah and new batter Richa getting the boundaries often, the equation became 28



runs from three overs.

Richa turned the match on its head as she hit three successive boundaries in the first three balls of the 18th over bowled by Aiman Anwar.

Needing 14 from the last two overs, Jemimah struck three fours in the penultimate over to end the match in a jiffy.

Earlier, Pakistan posted 149 for 4 after electing to bat, their highest T20 World Cup total.

Pakistan were reduced to 43 for 3 in the eighth over but they made a brilliant recovery, scoring 91 runs in the second half of their innings with captain Bismah Maroof (68 not out) and Ayesha Naseem (43 not out) stitching 81 runs for the unconquered fifth wicket.

Maroof struck seven fours during her 55-ball unbeaten knock

while Naseem hit two fours and two sixes from 25 balls during her unbeaten innings.

Pakistan scored 58 from the last five overs, as Maroof and Naseem frustrated the Indian bowlers for more than eight overs to take their side to a challenging total.

For India, left-arm spinner Radha Yadav was the most successful bowler with figures of 2/21 while Deepti Sharma and Pooja Vastrakar got one wicket each.

India did not take long to get the breakthrough, with in-form off-spinner Deepti Sharma dismissing opener Javeria Khan (8) in the second over with India captain Harmanpreet Kaur taking an easy catch at short fine leg after the batter had struck a boundary in the previous ball.

Pakistan showed attacking intent even after the early jolt as captain and one-down Bismah Maroof hit two consecutive boundaries in the fourth over.

Pakistan were 39 for one at the end of powerplay overs.

A change in bowling yielded success for the Indians as Radha Yadav removed the other opener Muneeba Ali (12) in the seventh over.

A smart review by the Indians in the next over resulted to another wicket as Nida Dar was ruled out as there was a slight touch on the ball on her gloves off Pooja

Vastrakar.

The two quick wickets set Pakistan on the back-foot from a promising position as they were reduced to 58 for 3 at the halfway mark.

Harmanpreet complimented Jemimah and Richa, saying they played really well. The skipper added that successfully chasing a challenging total had given her team a lot of confidence.

"Pakistan batted well but end of the day we wanted to win the game. Jemimah and Richa batted really well. All the players are keen to do well for the team. Whoever is getting an opportunity is pushing themselves. Good sign for us. Every match is important, no matter the opponent, but obviously Pakistan is a big game."

Harman also said that the team needs some more nets sessions to iron out a few a few things.

"We'll love to have some time in the nets. We want to work on a few things."

Player of the Match Jemimah said the innings meant a lot to her.

"I actually don't know what to say. I knew we had to build partnerships. I knew if we take it deep we will win. This innings means a lot to me. Hadn't been getting scores for a long time."

"We were just taking it over by over. If we knew we were there till the end, we would win."

## Uncapped spinner Kuhnemann has a 'live chance' of playing 2nd Test : McDonald

NEW DELHI: Uncapped Australia left-arm spinner Matt Kuhnemann, who is flying in for Mitchell Swepson, has a "live chance" to make his debut in the second Test against India starting here on February 17 if the visitors opt for three spinners, said coach Andrew McDonald.

Kuhnemann, 26, will be joining the touring party in place of leg-spinner Swepson who will make a pre-planned return home for the birth of his first child. Swepson, however, is set to return to India ahead of the third Test. "He's (Kuhnemann) a live chance to play in the next Test match," McDonald was quoted as saying by cricinfo on Sunday. "If we play three spinners then we clearly want back-up here and available in the squad if that's what we want to go."

Kuhnemann doesn't have international experience under his belt, having scalped just 35 wickets at 34.80 in 13 first-class matches. Kuhnemann was "shocked" to get the news. "Got a phone call yesterday morning when walking out for the warm-ups. Was pretty shocked," Kuhnemann said after Queensland's Sheffield Shield match against Victoria. "I was just lucky enough that my passport was in my bag. I watched every day (of the first Test) just being such a fan. These series are so good to watch. Todd Murphy was exceptional and sort of watched how (Ravindra) Jadeja bowled. So just really excited to get over there. "I was fortunate enough to stay with the Test guys and bowl to them in the nets in Sri Lanka, so that's still pretty fresh in my memory. I learned heaps just being over there for a couple (of months). If I got the opportunity I'd like to think I'd be okay," he added.

Meanwhile, McDonald is hopeful about Cameron Green's availability for the second Test. The young all-rounder is recovering from a broken finger he suffered against South Africa at the MCC last December.

"We're hopeful. It's been six weeks now. I think he's

actually got his final X-ray or scan today. He does allow us different options to the way that we want to structure up," McDonald said. Pacer Mitchell Starc, who arrived here after recovering from a finger injury he also sustained in Melbourne. "(Starc) will have a rest day today (in Delhi) and then he'll train tomorrow on his own up there," McDonald said.

"A couple of the staff members will go up there. We're hopeful that both of those are back on the selection table and that would change the balance of our side," McDonald, however, informed that Josh Hazlewood won't be available for the second Test after missing the series opener due to an Achilles issue. "He's close. So I think it's just probably the load in that Achilles," McDonald said. "We just don't want to push it. He's going to have three days off and then have a main bowl if he gets through that." McDonald defended the team management's decision to go with

Matt Renshaw in place of Travis Head, a selection which raised a few eyebrows. The coach, however, said Renshaw failed to live up to the expectations.

"We valued others' skill-sets in those extreme conditions. I think the discussion point that we went through in the process will be different to the hindsight. And the hindsight is that those people that you will compare the competition for place around didn't perform the way that we'd probably expected," he said.

"(Head) had different thoughts on that and that's fair enough. And he's entitled to have different thoughts on that along with others. And we're not saying any decision that we make is right or wrong.

"The Todd Murphy one was heavily discussed as well. Could we play the ball spinning in two of those types of bowlers against the Indian batting line-up, all those discussions that we had behind the scenes are pretty much what you discussed as well," he concluded.

## Smriti, Harman, Shafali set to cross Rs 1-crore mark

MUMBAI: Prolific batters Smriti Mandhana, Harmanpreet Kaur and ten sensation Shafali Verma are expected to spark bidding wars when they go under the hammer during the inaugural Women's Premier League auction, here on Monday.

Among the overseas names, Alyssa Healy, Beth Mooney, Elyse Perry, Nat Sciver, Megan Schutt and Deandra Dottin are some of the big names expected to enjoy a big pay day.

The five teams — Mumbai Indians, Delhi Capitals, RCB, Gujarat Giants and UP Warriorz — will be bidding for 90 players in a list of 409.

With a salary purse of Rs 12 crore per team for the first year and a squad size of 18 including six overseas players, at least 20 to 25 of the 60 Indian women set to be picked will command good auction price.

The base prices are set in five brackets with the least being Rs 10 lakh and the highest Rs 50 lakh. The other brackets are Rs 20, 30 and 40 lakh, respectively. It is expected that members of this current Indian team and those from Australia, England, New Zealand and South Africa will be the most sought after players at the auction. If some officials associated with the franchisees are to be believed, Smriti, Shafali, Harmanpreet and all-

rounder Deepti Sharma are set to earn anywhere between Rs 1.25 to 2 crore from teams that successfully bid for them.

Big hitter Richa Ghosh and seamer Renuka Thakur will also invoke a lot of interest from potential bidders. So will the spinners like Rajeshwari Gayakwad and Radha Yadav, and seamers Meghana Singh and Shikha Pandey. Jemimah Rodrigues, who has had a good run in foreign T20 leagues, could also be a big earner during the auction. In the uncapped Indian players' category, Kashmir's Jasia Akhtar and Railways' Swagatika Rath are some of the prominent names expected to get richer by the end of the auction. Among the U-19 World Cup-winning women's team,

batter Shweta Sehrawat, spinners Parshvi Chopra, Mannat Kashyap and Archana Devi along with seamer Tias Sadhu are expected to attract good bids.

The five franchises will look at potential captains and, apart from Smriti and Harman, some of the other likely captaincy candidates are legendary Southern Stars boss Meg Lanning, England skipper Heather Knight and White Ferns leader Sophie Devine, all of whom have put their names in the list.

Speaking ahead of the historic day for Indian cricket, Delhi Capitals head coach Jonathan Batty said, "We are very excited about the WPL auction. We have worked on our strategy for the auction."



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## Leander Paes laments state of Indian Davis Cup says will take a decade to lift standard

Kolkata, Feb 12 ndian tennis icon Leander Paes is pained by the relegation of the country's Davis Cup team and feels it will take a "better half of a decade" to lift the standard.

The Indian Davis Cup team was relegated to World Group 2 for the first time after a 2-3 loss to Denmark in their away fixture earlier this month.

"I feel like it's going to take a few years, until the Davis Cup team has some serious talent in it," said the player with a record 45 doubles victories in Davis Cup.

Indian tennis' decline was apparent during the Australian Open last month when, for the first time since 2017, no player from the country could make the cut to compete in the qualification round of a Grand Slam.

"I feel quite saddened in a way that we don't have one player in the singles ranking in the top-300. I don't think that's ever happened," said the



Olympic bronze medalist. Prajnesh Gunneswaran is currently the highest-ranked Indian in singles at 306 on the ATP list.

"I've tremendous respect for all our Indian players who are travelling on the circuit in a sport like tennis where the cost of training and conducting (making a) the career is so expensive."

"In tennis, where 99 per cent of the sport is played outside the country, being alone on the circuit is not easy. Zeeshan (Ali) and I have slept in locker rooms because we didn't have money to pay for a hotel.

"That being said, I think it's going to take a better half of a decade for the Davis Cup team to have that quality like we had when Ramesh Krishnan, Zeeshan Ali, Vijay Amritraj and all of us had... To get to the

semi-finals in the Davis Cup is tougher now," he said.

Leander was addressing the media sitting beside his father Dr Vece Paes, a bronze medalist at the 1971 World World Cup in Barcelona, and the Munich Olympics in 1972.

Leander, who campaigned for the Trinamool Congress ahead of the Goa Assembly elections last year, refused to take any political questions and said he's currently busy working on a biopic to portray the father-son duo's legacy on the big screen. He revealed that it should be ready in 18 months.

"I'm working on my own story right now. I will give a little nugget today that the Leander storyboard is being worked on right now. I can't speak much about it.

"It will be a story of how baba (father) won his Olympic medal in 1972 and a few of you are old enough to know what happened there. "You all will understand why a young boy growing up to my father's history, my passion was to emulate him. So it's going to be about 1972 to 1996 really.

"It's going to be an inspirational story on how not necessarily you have to be the tallest, most talented, skilled (person) to become an athlete... Not necessarily you will have to have great infrastructure either.

"I'm working on a storyboard at the moment and hopefully in 18 months you will get to see it and the posters will be out there."

Asked whether he wants to get into sports administration and join the All India Tennis Association (AITA), he gave an indirect reply.

"I was born into a house where both my parents played for Tiranga (Tri-colour), I grew up in a house where I ironed my father's playing jersey, which had No. 10 on it. My mother's jersey was No. 5," said

*I'm confident and positive says fit-again: Sindhu ahead of Badminton Asia Mixed Team C'ship*

NEW DELHI: Completely recovered from a stress fracture on the left foot that kept her away from the circuit for five months, a fit-again Indian shuttler PV Sindhu is confident and sounding positive ahead of the ongoing season.

Sindhu, a two-time Olympic medalist, said her injury has "completely healed" and is aiming to go full throttle this year. Sindhu was sidelined with injury after winning the Commonwealth Games women's singles gold in Birmingham in August and made a comeback at the year's first event — Petronas Malaysia Open 2023 — where she lost a three-gamer in the opening round to Carolina Marin of Spain. Sindhu made another first-round exit a week later at the India Open at home, but said she was "happy with my footwork, skills and strokes" on her return to competitive action in Kuala Lumpur.

"I'm completely alright now. Physically and mentally I'm completely fine. Injuries happen but it's important to keep your body healthy and come back stronger every time. I am confident, positive and learning from my mistakes," the 27-year-old told Badminton World Federation. "My parents were athletes too. The support and motivation they give me keep me going during low moments."

Sindhu, who bagged three titles — Syed Modi India International, Swiss Open and Singapore Open last year — hopes to replicate her success at the HSBC BWF World Tour this season.

"I hope it will be," said the world No. 9 shuttler.

"You also have to be 100 per cent but I'm completely recovered now. It takes time to get into that rhythm and play tournament matches. I'm on track." Along with Lakshya Sen and HS Prannoy, Sindhu will spearhead India's challenge at the Badminton Asia Mixed Team Championships starting Tuesday in Dubai.

# TMC stands for 'Terror Mafia Corruption' people to soon bid adieu to 'jungle raj' in Bengal:Nadda



**PURBASTHALI/ RAMNAGAR (WB):** Launching a frontal attack on the Mamata Banerjee-led regime in Bengal, BJP national president J P Nadda on Sunday said that the time has come to bid farewell to the jungle raj of the TMC, which stands for 'Terror, Mafia, Corruption'.

Claiming that the state has been brought to a 'standstill' under the TMC rule, with no development in sight, Nadda, who was in Bengal on a two-day visit, said that the BJP would do what it takes to oust the TMC from power.

Referring to recent allegations of massive irregularities in implementing the PM Awas Yojana (PMAY) in West Bengal, Nadda said houses meant for the poor were looted by TMC leaders. "During audit, it was found that people who have two-three storey buildings received houses under the scheme.

This is the situation in West Bengal," he said. Bengal's political cauldron has been on the boil for a while over allegations and counter allegations of corruption in the implementation of the central housing scheme after it was reported that applications by several people, own-

Nadda also slammed the TMC government for being "neck-deep in corruption". Rebuffing the allegations of non-disbursal of funds against the Centre, and said, "Modi ji sends money, and as soon as it reaches here, it is siphoned off, and it turns into a scam. Modi's government is honest, while the state government is corrupt."

Speaking about the party's defeat in the 2021 assembly polls, notwithstanding a high-octane campaign launched by the BJP top brass, he said a single failure is not the end of the road.

"Yes, we couldn't win the assembly polls, but that doesn't mean everything is finished. We will fight again to end the misrule of the TMC in West Bengal," he said.

The TMC steamrolled its opponents to grab power for the third consecutive term in Bengal in 2021, winning 213 assembly seats, while the BJP had bagged 77 seats.

Lauding the Narendra Modi government for maintaining the momentum of India's economic growth, Nadda said, "Regardless of the pandemic and the Russia-Ukraine conflict, India has overtaken a nation (the UK) that ruled us for about two centuries. India now has become the fifth largest economy in the world."

Reacting to Nadda's comment, the TMC dubbed him a "migratory" leader with no connection with the people of West Bengal.

"BJP leaders are like migratory birds, which come to Bengal ahead of polls and leave once defeated. We had seen how the BJP's central leaders had camped in the state before the 2021 assembly polls and the result that followed.

"Nadda ji has failed to install BJP government even in his own state Himachal Pradesh last year," TMC leader Kunal Ghosh said.

# I am Ram Vilas Paswan's political heir Chirag may inherit his wealth: Paras

**PATNA:** Union minister Pashupati Kumar Paras on Sunday asserted that he was the "political successor" of his elder brother Ram Vilas Paswan, whose son Chirag could lay claim "only" to the financial assets (samptati) of the late leader.

Paras made the avowal here in reply to queries from journalists about his relationship with his nephew, against whom he had raised a banner of revolt two years ago and split the Lok Janshakti Party floated by his late brother.

"I will explain why I call myself the political successor of 'bade saheb'. He started off as an MLA from Alauli in Bihar in 1969 and gave up the seat in 1977 upon becoming the MP from Hajipur. He asked me to contest from the assembly seat and I followed his orders though I was in a government job," said Paras, who now represents Ram Vilas Paswan's Lok Sabha seat.

The Union minister, who made his parliamentary debut in the Lok Sabha polls of 2019, when his brother announced his decision to opt for the Rajya Sabha, claimed that it was at "bade saheb's insistence" that I had to move to Delhi, despite not being very keen to do so.

"I was initially reluctant. I had even suggested that beta (son - Chirag) or bhabi ji (sister in law - Chirag's mother) be considered as the Hajipur candidate.

"I was having a great time in Bihar, serving as a minister in the Nitish Kumar government and heading the LJP state unit. But 'bade saheb' was insistent.

The massive wave in support of the NDA had still not picked up and he was of the view that only I could retain his seat for the party. I had made no secret of my unwillingness to enter the fray even during the campaign," said Paras.

He also noted that it was a "glorious coincidence" to have learnt about



his induction in the Union cabinet from the home minister on the day of Paswan's birth anniversary.

"Inside Parliament, I am allotted the very seat that he used to occupy while he was a Union minister," said the minister for food processing.

Paras categorically ruled out the possibility of a rapprochement with Chirag, asserting that had it been a crack merely in the party it could have been mended but "the chasm exists between our hearts".

"As a son, he (Chirag) may inherit the wealth of his father. But it is me who is the political successor (raipetik varis)," he maintained.

He bristled when his attention was drawn towards speculations that the nephew, who has reaffirmed loyalty towards the BJP after Chief Minister Nitish Kumar's exit from the NDA, could be rewarded with a berth in the Union council of ministers.

"Please be informed that there can be no expansion or reshuffle of the Union council of ministers. At least not till the polls to assemblies in a few states in the northeast were held and

the ongoing Parliament session was over," he said.

Paras, while talking to reporters, also said it was unbecoming of Chief Minister Nitish Kumar to have uttered "ask my deputy" in response to queries about cabinet expansion.

Responding to questions from journalists on speculations about a state cabinet expansion and the demand by Congress for two more berths, Kumar had said on Saturday, "You people ask this question to the deputy CM."

Paras, in a jibe at Kumar, said, "It shows that he is no longer the powerful CM under whom we had worked. It is his deputy, Tejashwi Yadav of the RJD, who calls the shots. Even the Congress, a junior alliance partner, has expressed disappointment with Nitish Kumar's stance."

"It seems Tejashwi Yadav, too, has some difficult choices to make. Although nobody would be a match to Prime Minister Narendra Modi, the RJD will have to decide whether it will be backing Rahul Gandhi or Nitish Kumar in the 2024 polls," added Paras.

# World Radio Day Just tune in radio's charm persists on simplicity accessibility

**NEW DELHI:** "You had your time, you had the power, you've yet to have, your finest hour, radio..." Thirty-nine years after Queen's cult song "Radio Ga Ga" rocked the airwaves, listeners are agreed the best may still be around the corner for that much loved, so familiar and evolving with the times 'audio device'. Quite simply, the radio. It was sometime in the 1960s. Nemichand Barola was about 10. And remembers vividly melodious tunes from Radio Ceylon playing from a radio in a tiny paan shop in his hometown Ajmer adding to lazy afternoon vibes. Some six decades later, Barola, now a retired school principal, still prefers radio over television and turns to it for an odd little melody from his younger days and the essential news broadcast from an All India Radio channel. "Radio doesn't disturb me when I am writing or doing any work, it is not possible with TV or mobile phones. I don't have to stop my work to listen to the radio," Barola told PTI.

line to keep in touch with music trends, cricket matches, and the news in distant corners of the country and still a mainstay for many. On the eve of World Radio Day on Monday, it is the simplicity, reach and accessibility of the medium that still connects the likes of Barola to the old-worldly charm of the radio in an age of innumerable news channels and music streaming services, say experts.

"Radio is a very convenient and easy medium that can be accessed by anyone anywhere. You don't require internet connection, you don't require electricity to operate it. And you don't need to sit in front of it to listen," said Jainendra Singh, retired broadcaster and additional director at All India Radio.

The days of transistor sets are long over but the means of listening to radio have increased with the introduction of smartphones, audio platforms that customise playlists, FM radio in automobiles and devices such as Sony's music streaming 'box Caravan'.

In rural areas and economically marginalised sections, a large number of people rely on basic mobile phones that come with an

in-built radio feature: a real gamechanger, according to Arti Jaivan of community radio station 'Gurgaon Ki Awaz'.

"During the lockdown, when people were short on money to recharge their phones for the internet, they turned to their basic phones and listened to educational programmes free of charge on the radio," she said.

While Barola's love for the radio comes from an era when the visual medium hadn't reached the masses, 25-year-old media professional Falak Afshan from Hyderabad says radio was her first love because of its refined mix of chaste Hindi and Urdu.

"I started with All India Radio to improve my Hindi and Urdu, which eventually became second nature. Also, my father loved to listen to music on the radio, so be it Mehdi Hasan's ghazals or Usha Uthup's songs, something would always be playing," Afshan said.

Listeners from two different eras, Barola and Afshan are but few of an increasing number of Indians who are connected by the undeniable charm of the radio.

The persistent attraction of the radio is evident from the latest

Economic Survey which noted that FM radio has flourished in the last few years.

According to it, the number of private FM radio stations has increased from 243 in the quarter ending December 2015 to 388 in the quarter ending June 2022.

FM radio, which is generally associated with entertainment programmes, also catered to the migrant population of urban areas through community radio stations. Jaivan noted that it creates a "media space" for local villagers, migrant workers and their families to talk about their issues and find a cultural connection in a city that was urbanised at a breakneck speed.

"The way this city has urbanised over the last 30 years, there is no space for the local culture for the language. A lot of people say there is no culture, not realising the culture got built over, and got surrounded by tall buildings. Our effort was to create that bridge, where you can turn on the radio and listen to news in Bhojpuri, Garhwali, Maithili and Haryanvi," Jaivan said.

Since its inception in 2009, 'Gurgaon Ki Awaz' now has

over five lakh unique listeners and more than 50,000 who listen to the online radio programmes.

"These people are not just from India but all over the world. So that is a big shift that has happened," she added.

It is also the ability to connect with the broadcasters at a personal level that has given radio an edge over its more modern and visual counterparts.

Apart from the simple pleasures of listening to music all day long sitting in his balcony in Delhi's Burari, Vinod Gautam, a retired government employee, finds joy in connecting with the presenters and takes pride when relatives call up to tell him they heard his name.

"I have talked to so many presenters of Vividh Bharati and FM Gold over the years, I still do. I once even complained to a presenter that they don't take calls from regulars, the slack was readily rectified," the 64-year-old said.

He added that the low hum of even a quiet radio channel soothes him. Television, on the other hand, has increasingly become a "source of stupid nonsense," he said.

# Maha : Was made an offer in jail but I didn't compromise claims: Anil Deshmukh

**NAGPUR:** Nationalist Congress Party leader and former Maharashtra Home Minister Anil Deshmukh, who spent 13 months in jail in connection with money laundering and corruption cases before getting bail, on Sunday claimed he was made an offer that would have seen the collapse of the Maha Vikas Aghadi dispensation much earlier.

Deshmukh, who was arrested in November 2021 and was released on December 28 last year on bail, was speaking at the state-level Conference of Collective Forest Rights attended by gram sabhas and NGOs working in the field of river and forest conservation in Sewagram in Wardha.

"I was made an offer while in jail, which I refused. If I had compromised (accepted the offer), the Maha Vikas Aghadi government would have fallen two-and-half years ago. But I believe in justice,



so waited to be released," he claimed.

The MVA government of Uddhav Thackeray fell in June last year after fellow Shiv Sena MLAs rebelled under Eknath Shinde, who went on to become chief minister with the support of the Bharatiya Janata Party.

"The 40 MLAs of Shiv Sena left the original party and formed government with BJP as they were threatened with action by the Enforcement Directorate. I was put in jail for 14 months under bogus accusations. However, I never gave up," Deshmukh claimed.

# Expunction from speeches MP's suspension show 'blatant partisanship' BJP's 'dictatorial face': Cong

**NEW DELHI:** The Congress on Sunday said "blatant partisanship" was witnessed in the expunction of remarks of its leaders and suspension of its Rajya Sabha MP, and alleged the BJP-led government wanted to establish an "authoritarian dominance" in Parliament by "terrorising" the Opposition. Senior Congress spokesperson Abhishek Manu Singhvi claimed the BJP does not want Parliament to run through consensus, collaboration and concordance, but through "clash, chaos, and conflict".

The "autocratic and dictatorial face" of the BJP and the ruling dispensation was in full show in each House of Parliament in the "undemocratic and unparliamentary" expunction of sev-

eral remarks of Congress president Mallikarjun Kharge and Rahul Gandhi, and in the suspension of Rajani Patil from the Rajya Sabha, he said. The BJP government, he alleged, is moving towards establishing an "authoritarian dominance" in Parliament by terrifying, terrorising, tormenting, and tyrannizing the Opposition.

Alluding to the expunction of words from Gandhi and Kharge's speeches in Lok Sabha and Rajya Sabha respectively while participating in a debate on the Motion of Thanks on the President's Address last week, Singhvi said not a word stated therein justifies the use of the power of expunction.

"There is no use of unparliamentary



language, no expletives, no debase-ment of any institution, no objectionable or abusive word or phrase.

"There is absolutely nothing which

is remotely defamatory or indecent or unparliamentary or undignified in those addresses," he said at a press conference at the AICC headquarters here. The Rajya Sabha MP said the Speaker and the Chairperson are constitutional office holders and the custodians and defenders of freedom of speech inside the Houses "which is a fundamental pillar of our democracy, especially within the temple of democracy viz Parliament.

Without their robust shield, the spirit of healthy parliamentary discussion and debate will perish," Singhvi said. Unless free, frank and fearless discussion is allowed to take place within the two Houses of Parliament, democracy is fundamentally and irreversibly imperiled, he

stressed. "Expunction is not justified by any reading of the relevant Rules, like Rule 380 qua Lok Sabha and similar Rules in Rajya Sabha dealing with expunction. None of the terms therein are even applicable, much less met," he said.

This government and the ruling party's approach show that this is the most "curb, control and command freak" government in the history of this nation, he alleged. Singhvi also lashed out at the government over the suspension of Patil on Friday, calling the action disproportionate, excessive and actuated purely by political malice at the best of this government.

"The entire opposition, cutting across the political spectrum, had no option but to walk out of the House in

protest," he said referring to the action against Patil.

The MP was in a 15-minute "surgical strike" suspended for alleged video recording of House proceedings during the prime minister's speech in Rajya Sabha on February 9, Singhvi said. He pointed out that no show-cause notice was issued and no prior intimation was given. The Rule 257 of the Upper House Rules, invoked for this was textually inapplicable, he argued. It is part of a set of rules empowering suspension in respect of "persistent and willful" obstruction of House proceedings by a member, in a situation where such conduct makes the running of the House impossible for the Chair, Singhvi said.

# Advisor Bhatnagar inaugurates mega Job Fair at Jammu

JI NEWS SERVICE

Interacts with representatives of various companies, Industrial Associations, job seekers

JAMMU, FEBRUARY 12: Advisor to Lieutenant Governor, Rajeev Rai Bhatnagar, today inaugurated a mega Job Fair-2023, organised by Labour and Employment Department at Convention Centre here.

Advisor Bhatnagar, after inaugurating the fair, inspected various stalls of employers and held detailed interaction with them regarding the skill requirements of their respective units and companies. He assured them that the curriculum in all the technical institutions has been designed keeping in view the skill gap and present and future job roles under NEP-2020.

Advisor, on the occasion, also interacted with various job seekers and assured them all possible assistance in getting jobs.

Later, Advisor Bhatnagar held a detailed interaction with the job providers representing different companies and industrial associations.

During the interaction, Advisor highlighted that this Job Fair is a mega platform for both employers and job seekers as it will provide avenues for



both of them as per their requirements. He added that this fair is also a platform to ascertain the potential of youth.

Advisor Bhatnagar further stated that as per the Industrial Policy, J&K is going to have a huge investment particularly in the infrastructure development sector which will make the UT a 'Land of Opportunities' and 'Sunrise Region of the Country'.

Dismissing on different interventions of J&K government for upgradation of Skill Infrastructure across Jammu and Kashmir, Advisor Bhatnagar

remarked that the Skill ecosystem in J&K has been upgraded and lot of advanced courses in line with NEP-2020 are being made available for the students. He advised the employers to suggest any kind of upgradation in existing course as per their industrial requirements.

Acknowledging suggestions of the participants, Advisor asked them to take students for internship and apprenticeship programmes in their respective companies so that they get on the job training and experience on the same besides an interest for the job

will also be created among them.

Advisor further highlighted that the present LG led administration is encouraging Self Employment across Jammu and Kashmir as several schemes in different sectors have been initiated by the government for creating employability avenues for the youth. He added that under the Back to Village (B2V) and My Town My Pride (MTMP) programme, the administration has identified around 80,000 youth from all districts who will be skilled in different fields.

Asserting that J&K is booming with

accelerated growth in last few years, Advisor Bhatnagar said that the Hospitality and Tourism Sector here is witnessing a tremendous boom which reflects the vision and commitment of the government to make the UT one of the best sought destinations across the globe. He advised all the stakeholders to upgrade their manpower as per the demands so that a world class hospitality industry is established in J&K.

While deliberating on other issues, Advisor Bhatnagar advised all the stakeholder to submit a detailed report of their respective industries regarding skill requirements in their companies so that the department can incorporate the same in the curriculum. Speaking during the interaction, Commissioner Secretary Labour and Employment, Sarita Chauhan, highlighted the activities of the department and objective of organizing such kind of events across the UT.

She said that the sole aim of the department is to bridge the gap between the job seekers and employers and provide them platform for

mutual interaction. Director Employment, J&K, Nisar Ahmad Wani, while presented vote of thanks. Among others, Labour Commissioner J&K, Abdul Rashid War, representatives of different companies and associations like Hoteliers Association Katra, Hoteliers Association Patnitop, Narayana Hospital Katra, Bombay Stock Exchange, Industrial Association Samba, Bari Brahma Industries, Chenab Textile Mill, J&K, Paramedical Council and others were also present on the occasion.

The Mega Job Fair witnessed a huge participation of job seekers in which more than 60 local and national level employers participated.

Besides, several government departments installed their stalls and raised awareness among job seekers regarding various self-employment schemes. Notably, more than 4000 candidates participated in the mega Job Fair and around 60 reputed organisations/ companies projected job openings of around 1911 and about 1000 candidates were shortlisted and a total of 200 candidates were selected on spot.

## Kaur visits SARAS Ajeevika fair; interacts with SHG women



JI NEWS SERVICE

JAMMU, FEBRUARY 10: Commissioner Secretary, Rural Development Department (RDD) and Panchayati Raj, Mandeep Kaur, today visited SARAS Ajeevika Fair at Bagh-e-Bahu here.

She interacted with the artisans, women entrepreneurs of various Self Help Groups from across the country. She had feedback from the participant SHG women regarding their experiences of the Mela besides enquiring them about sale of their unique products. Commissioner Secretary appreciated the efforts of Jammu & Kashmir Rural Livelihoods Mission (JKRLM) for their laudable

performance in Jammu region. She said that this SARAS Fair is witnessing an exchange of urban and rural cultures among the participants who have come from different parts of the country. "SARAS not only provides them with economic uplift and immense business opportunities but they also get an opportunity to learn about each other's rich culture and tradition", she maintained.

The fair, a first of its kind 11-day-long event, witnessing participation of women Self Help Groups from around 17 states and UTs from across the country.

The mega event provided a platform to the rural SHG women to sell and promote their self-made prod-

ucts and create marketing linkages with various selling platforms. About sixty stalls and 10 food courts have been set up at the exhibition site showcasing unique crafts, handicrafts, handloom and cuisines of different regions.

Pertinently, SARAS Mela is a remarkable initiative of Ministry of Rural Development (MoRD) which aims to provide a platform to rural artisans to showcase their skills and products and also develop a market for themselves. It provides a lucrative opportunity for rural producers to sell their products directly in major markets, interact with the buyers and study and comprehend the latter's tastes, preferences and choices. Thus, it helps them to upgrade and tailor their products, hone marketing skills and provide supervisory services to consumers while benefiting from larger marketing opportunities. The Mela aims to eradicate middlemen between the craftsman and the local buyers and ensure increase in margins for the artisans. The Mela which began on 4th February will conclude on 14th of February 2023.

Commissioner Secretary was accompanied by Additional Mission Director JKRLM, Jammu, Mridhu Slathia and other official of the Mission.

(Distribution) JPDC, Jammu has informed that due to improvement in overall power scenario, the daily curtailment of three hours, which was being enforced in Jammu city, is hereby withdrawn from tomorrow i.e. 13-02-2023. A communiqué issued by the JPDC stated.

## JPDC ENDS DAILY 3 HOUR CURTAILMENT

JI NEWS SERVICE

JAMMU, FEBRUARY 12: Jammu Power Development Corporation Limited (JPDC) has withdrawn daily power curtailment of three hours in view of improvement in overall power scenario. Chief Engineer

## Sunny weather blesses 3rd Edition of Khelo India, brings joy on the faces of players; Events scheduled for today conducted smoothly

JI NEWS SERVICE

GULMARG, FEBRUARY 12: Sunny weather blessed at Gulmarg on Sunday giving respite to players and organisers as all the events scheduled for the day were conducted smoothly at all the venues. All the players, coaches, officials donning their jerseys with enthusiastic spirit reached venues early to earn time for final practice before matches.

One of the Alpine G slalom players while expressing his happiness said that it is a great opportunity to participate in 3rd Edition of Khelo India.

He said that today the weather is very pleasant and he hopes to give his best to make his state proud.

The sports events fixed for 3rd day of Winter Games included Ice Stock, Ice Hockey, Ice Skating, Bandy Curling, Bobsleighing & Skellon, Snow Shoe, Nordic Ski Mountaineering, Alpine G Slalom and Cross Country.

During the events, a huge

number of spectators clapped and shouted to extend support to their favourite teams. Meanwhile winners were awarded prizes by the officers & officials of J&K Sports Councils after registering top position by defeating opponent teams & players.

Earlier, in bandy Gujarat registered first position, Haryana second position while Maharashtra satisfied with third position. Similarly, in Ice Skating of 1000 Mtr. in Senior Girls category, Swarali Ashutosh Deo of Maharashtra achieved 1st position, Raina Kukreja got 2nd position and Anushka Merchant obtained 3rd position, both the players belonged to Haryana.

In the same event of senior Men, Suyog Sanjay Tapkir of Maharashtra wrestled 1st position. Anubhav Gupta from UP and Padma Gurmeet of Ladakh got 2nd and 3rd position respectively.

In another Figure Skaters event of Boys 13-15 Years, Kapish Kaushik and Utkarsh Saxena



both players from Haryana got first and second positions respectively while Ayush Jaguri, Utrakhhand had to satisfy at 3rd position. While in Figure Skaters Girls-15-19 Years, Wafa Tariq from J&K topped, followed by Chelsi Singh of Haryana at 2nd position and Shezan Wani, J&K at 3rd position.

Also, in Figure Skaters age category Senior Girls, Kashish Sharma stayed at top and Suyog

Sanjay Tapkir obtained top position in Speed Skaters in Senior Men Category.

Aman Thakur (HAW) got gold medal in Senior Men Long Distance competition, Gulam Haider (Ladakh) got gold in Junior Boys Long Distance competition, Dhanalaksmi (Karnataka) received gold in Senior Women Long Distance category and Sara (J&K) took gold medal Junior Girls Long

Distance.

In Nordic 15 KMS (Men) Shubham Parihar ( Army Red) got 1st position and in Nordic 1.5 KM Jr. Girls Shabnum (SHB) scaled top position. Farhat Shabir (J&K) & Priyanshu Kawan (UK) achieved first position in Alpine Category 01 Boys and Alpine Category 02 Boys respectively.

During the entire day, officers of J&K Sports Council continued to monitor events by visiting venues and interacting with the players. Secretary J&K Sports Council while speaking at Kongdoori said all the events are going as per schedule at all the venues. She said that players were very happy and ready to show their capabilities.

She informed that Union Minister for Youth Affairs and Sports Anurag Thakur instructed the department to organise sports events at other destinations including Sonnarg, Pahalgam Doodpathri in future and other possible venues to promote the winter sports at these places.

JI NEWS SERVICE

BUDGAM, FEBRUARY 12: As part of Azadi Ka Amrit Mohatsav, the District Hub for Empowerment of Women (DHEW), Mission Shakti today conducted Awareness Programme under Beti Bachao Beti Padhao (BBBP) at Panchayat Halqa Ronger Chadoora and Panchayat Halqa Wahadatpora Budgam.

During the programme, the team raised an awareness on Sukanya Samridhi Yojana, a small saving scheme under the Government of India targeting the parents of any girl child. This scheme focuses on encouraging the



parents of the female child for building a fund for their future education and marriage expenses, also known as Sukanya Samridhi Account, this scheme was launched by PM Narendra Modi as a part of the Beti Bachao, Beti Padhao campaign.

The Sukanya Samridhi Scheme provides an inter-

est rate of 7.6% and tax benefits to every account opened under it. The Sukanya Samridhi Account can be opened at any Post office or branch of authorized commercial banks in the country and can be transferred anywhere in India.

The team also raised awareness on different schemes like Pension schemes, Scholarship schemes, Prosthetic Aids, SMAS and Women empowerment schemes available at District level such as DHEW, OSC, WHL 181, Shelter Home, Ladli Beti, PMMVY, Employment generation schemes such as Tajeswani, Mumkin, PMEGP, etc.

The team also briefed about Drug Addiction, its effects, treatment under the banner of Nasha Mukht Bharat Abhiyan.

The programme was attended by local women, Sarpanchs, Panchs, DHEW, OSC, ASHA Workers, Adolescent Girls, NGO Doctors without Borders, NRLM and Children.

## SDM reviews progress of developmental works

JI NEWS SERVICE

POONCH, FEBRUARY 12: Sub Divisional Magistrate (SDM) Mendhar Jahangir Khan today reviewed the physical and financial progress of the developmental works being executed by different departments under different Rural development and allied sector schemes. At the outset, the concerned Officer appraised the meeting about the works taken up under NABARD, PRIs, District/UT Capex, PMAI, CD Pyl, SBM, 14th FC etc. and other sectors schemes of their departments. During the meeting strict instructions have been given to all officers to work with full dedication and sincerity to achieve the 100% targets both physical and financial in the given timeline.

## Doctors assist in childbirth over Whatsapp call in Keran

JI NEWS SERVICE

SRINAGAR, Feb 12: With snowfall ruling out the possibility of airlift, a pregnant woman who had a history of labour complications in the remote Keran in Jammu and Kashmir was assisted by doctors in delivering a healthy baby over a Whatsapp call.

"On Friday night, we received a patient in labour at the Keran PHC (primary health centre) with history of complicated delivery with eclampsia, prolonged labour and episiotomy," Block Medical Officer of Kralpora Dr Mir Mohammad Shafi said.

An air evacuation was required to take the patient to a hospital with maternity facilities as Keran remained cut off from the rest of Kupwara district during the winter.

Continuous snowfall on Thursday and Friday prevented the authorities to arrange an air evacuation, forcing the medical staff at the Keran PHC to look for an alternative way to assist in the delivery.

A gynaecologist in Kralpora subdistrict hospital, Dr Parvaiz, guided Dr Arshad Sofi and his paramedical staff at the Keran PHC over a Whatsapp call on the procedure to deliver the baby.

"The patient was induced (into labour) and after six hours a healthy baby girl was born. Currently both the baby and the mother are under observation and doing fine," Dr Shafi said. (Agencies)

## 61 illegal commercial structures sealed, 2 demolished in Banihal

JI NEWS SERVICE

RAMBAN, FEBRUARY 12: District administration Ramban today conducted a major anti encroachment drive in Banihal town and sealed 61 commercial structures constructed on state land, besides demolishing 2 others.

This anti encroachment drive led by the Tehsildar, Intiyaz Ahmed along with Revenue and Police officers, under the supervision of Sub Divisional Magistrate Banihal Zaheer Abbas, sealed the 61 commercial structures constructed on 5 kanal prime state land in the town. The Deputy Commissioner Ramban, Musarrat Islam has already issued the direction to the Revenue department to retrieve all encroached state land across the district.