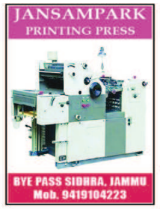


JINDRAH IMAGES



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SC dismisses plea challenging delimitation exercise in J&K

J1 NEWS DESK
SRINAGAR, FEB 13

The Supreme Court on Monday dismissed a plea challenging the delimitation of Assembly and Parliamentary constituencies in Jammu and Kashmir, but clarified that "nothing in this judgment shall be construed as giving our imprimatur to the exercise of powers under Article 370 of the Constitution in August 2019".

In its verdict, the division bench of the Supreme Court comprising Justice Sanjay Kishan Kaul and Abhay S. Oka said that there is absolutely no merit in any of the contentions raised by the petitioners.

"We may, however, clarify that the findings rendered in the judgment are on the footing that the exercise of power made in the year 2019 under clauses (1) and (3) of Article 370 of the Constitution is valid. We are aware that the issue of the validity of the exercise of the said powers is the



subject matter of petitions pending before this Court. Therefore, we have not dealt with the issue of validity. Nothing stated in this judgment shall be construed

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Delimitation a tactical process of rigging before elections: Mehbooba Mufti

J1 NEWS DESK
SRINAGAR, FEB 13

Peoples Democratic Party (PDP) President Mehbooba Mufti on Monday called the delimitation a "process of tactical rigging" before the commencement of elections.

Reacting to the Supreme Court verdict dismissing the plea challenging the delimitation exercise carried out in Jammu and Kashmir, Mehbooba while talking to media persons in south Kashmir's Anantnag district today said

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India aims to take defence exports to \$5 billion by 2024-25: PM Modi

J1 NEWS DESK
NEW DELHI, FEB 13

Prime Minister Shri Narendra Modi inaugurated the 14th edition of Asia's biggest aero show - Aero India 2023 - at Air Force Station, Yelahanka in Bengaluru on February 13, 2023. A commemorative stamp was also released by the Prime Minister on the occasion. The five-day event, on the theme "The runway to a billion opportunities", will showcase India's growth in aerospace and defence capabilities. It will display indigenous equipment/technologies and forge partnerships with foreign companies, in line with 'Make in India, Make for the World' vision for a secure and prosperous future.

Addressing the gathering, the Prime Minister said that Ben-



galuru sky is bearing testimony to the capabilities of New India. "This new height is the reality of New India, today India is touching new heights and transcending them too", the Prime Minister said.

The Prime Minister said that Aero India 2023 is a shinning

example of India's growing capabilities and the presence of around 100 nations at this event shows the trust that the entire world has in India. He noted the participation of more than 800 exhibitors including Indian MSMEs and startups along

CONT. ON PAGE 04

Jammu records coldest night at 3.6 degrees Celsius in a decade

J1 NEWS DESK
SRINAGAR, FEB 13

Jammu, the winter capital of Jammu and Kashmir, has recorded the lowest temperature in February in the last 11 years.

Details available with the news agency reveal that after 3.2 degrees Celsius recorded on February 08, 2012, Jammu district has recorded the lowest night temperature in February at 3.6 degrees Celsius last night.

Faizan Arif Keng, an independent weather forecaster said the all-time lowest temperature in the month of February has been recorded on 01 February, 1929 at 1.1 degrees Celsius.

He added overall, today's minimum temperatures are the lowest recorded in Jammu

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SFs arrest JeM suspect, recover arms and ammunition in Pulwama

J1 NEWS DESK
SRINAGAR, FEB 13

Security forces on Monday claimed to have thwarted a plan to attack security forces when they recovered huge cache of arms and ammunition and arrested a suspected Jaish-e-Muhammed (JeM) militant associate in south Kashmir's Pulwama district on Monday.

Acting on specific information regarding delivery of consignment of weapons in the general area of Pulwama, a special team of Police and Army (SSRR) was formed and deployed in covert mode at different suspicious locations, a police statement said.

It said at Naina Bhatpora, one suspected person riding a scooter who, after noticing the joint party, tried to flee the spot.

Security forces swung into action and tactfully nabbed the suspected person and recovered



the consignment of arms & ammunition. He has been identified as Showkat Ahmed Digora.

"The consignment of arms and ammunition including 1 Pistol, 25 Chinese Grenades, 2 Pistol Magazines, 230 Pistol Cartridges, 10 AK Magazines, 300 AK Cartridges and other incriminating materials were

recovered from him", police statement said.

During questioning Showkat Ahmed disclosed that he was in contact with a jailed terrorist associate identified as Firdous Ahmed Bhat, a resident of Naina, presently lodged at Central Jail Jammu in case FIR No. 118/2021 of Police Station Litter.

"Showkat also disclosed

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Amrit Kaal Ka Budget, Atmanirbhar Bharat Ka Sankalp: Ashok Koul

J1 NEWS DESK
JAMMU, FEB 13

"Amrit Kaal Ka Budget, Atmanirbhar Bharat Ka Sankalp. Budget 2023 is an extension of the previous three budgets, has a clear direction towards growth and validates the emerging India story", said Ashok Koul, General Secretary (Org.), Bharatiya Janata Party (BJP), Jammu & Kashmir.

Ashok Koul, accompanied by Jammu University Pro-Dipankar Sen Gupta and BJP Spokesperson Abhijeet Jasrotia was sharing his views in a seminar organized by department of Publications in collaboration with department of Literature at Shyam Prasad Mookherjee Bhawan, Trikuta Nagar Jammu.

Ashok Koul, in his address shared the key points of the Budget 2023-24 highlighting the highest growth rate India had



achieved overall in developing nations. He said that the Budget truly integrated the economy and had the vision to link the major areas of economic activities - on the rural front and the MSME Areas. It addressed issues concerning tribal groups, SCs, STs, Backward classes, and OBCs and in that way was "Amrit Kaal Budget for Atmanirbhar Bharat" economic plan.

Prof Dipankar Sen spoke extensively on the budget thrust and the importance of the primary deficit. He also spoke about growth and stability, Fiscal prudence, and sustainability of debt. He also explained that "all receipts are not revenue" and interest payments are not expenditures. He spoke on the "Amrit Kaal" which refers to the next 25 years up to 2047.

CONT. ON PAGE 04

No Landless, poor to be disturbed: Div Com assures Civil Society delegation

J1 NEWS DESK
JAMMU, FEB 13

A delegation of the civil society members today called on Divisional Commissioner Jammu Ramesh Kumar at his office and discussed the issue of ongoing anti-encroachment drive.

The delegation comprised Divender Singh Rana, Khalid Hussain, Suhail Qazmi, Sahil Ji Maharaj, Arun Gupta, President Chamber of Commerce, Jammu, Rajeev Gupta, Mahant Mohan Giri, Mahant Rajesh Bittu, Mahant Rajeshwar Giri, Vinay Hindu, Mohammad Aslam Qureshi, Choudhary Iqbal, Haji Ashraf, S. Ravinder Singh, S. Manpreet Singh, Anwar Khan, besides other prominent citizens.

Deputy Commissioner Jammu, Avny Lavasa was also present during the interaction.



The delegation informed the Div Com about the concern and sense of insecurity prevailing among the poor people with regard to the ongoing anti-encroachment and demolition drive being carried out by the administration. They urged the Divisional Commissioner that poor people may not be tar-

geted during the ongoing anti-encroachment drive. Stating that no one was opposed to the action against the land grabbers, they said that there was a need to safeguard the interests of the poor who have constructed small dwelling units.

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Div Com reviews Shri Amarnath Ji Yatra 2023 arrangements

J1 NEWS DESK
JAMMU, FEB 13

Divisional Commissioner Jammu, Ramesh Kumar on Monday chaired a preliminary meeting of concerned Deputy Commissioners and line departments and reviewed the arrangements for upcoming Shri Amarnath Ji Yatra 2023.

The meeting was attended in person by Deputy Commissioner Jammu, Avny Lavasa; DIG Jammu Kathua Range, Shakti Pathak; Commissioner JMC, Rahul Yadav; SSP Jammu, Chandan Kohli; Director Tourism Jammu, Vivekanand Rai; DIG CRPF, Ashok Samyal; SSP Ramban/ National Highways, Mohita Sharma; SSP Security, Additional CEO Shri Amarnath Ji Shrine Board, Rahul Singh; Joint Director Information, Sagna Kotwal; Deputy Direc-



tor Planning, Munish Dutta; Chief Engineers of JPDCI, Jal Shakti, ARTO Jammu and other concerned Officers while Deputy Commissioners of Kathua, Samba, Udhampur and Ramban along with concerned officers participated through video conferencing.

The Div Com emphasized upon the need to make adequate arrangements well in advance by working in close coordina-

tion for smooth conduct of Yatra. Directions were passed for floating tenders for various works like sanitation work, face lifting and other works required at Yatri Niwas.

The Div Com directed Deputy Commissioners for identification of locations for accommodation, holding spaces in their respective districts. The DCs were directed to

CONT. ON PAGE 04

Army, Police review security in Poonch



J1 NEWS DESK
JAMMU, FEB 13

Indian Army, along with police held a joint security review meeting on Monday in Poonch district of Jammu and Kashmir.

Defence spokesman said Army along with Police and other intelligence agencies reviewed the security situation in Poonch.

"A collaborative discussion was carried out during the meeting to arrive at a robust posture based on the assessments of the participating agencies," he added.

Drone Seized From Jammu Outskirts

J1 NEWS DESK
JAMMU, FEB 13

Police have seized a drone flying on the city's outskirts, triggering panic among local residents, officials said on Monday.

The drone was observed flying on the outskirts of Bhandral village in Bishnah area late on Sunday night, they said.

The villagers immediately informed the police when they saw the quadcopter flying over the hamlet.

The drone was seized. Investigations revealed that it was being used to film a wedding ceremony. Further investigation is underway, Bishnah police station SHO Vikram Sharma said.

Over the past few years, terror outfits have used drones to ferry weapons, ammunition, explosives, cash and narcotics from across the border.

Rana exhorts administration to allay fears of common masses

J1 NEWS DESK
JAMMU, FEB 13

Senior BJP leader Mr Devender Singh Rana today exhorted the administration to take effective measures for allaying the fears of common masses about the ongoing anti-encroachment drive as per the clear directions of Lieutenant Governor Mr Manoj Sinha, on the matter, saying that this will silence the vested interests who are out to exploit the situation as per their contingencies.

Addressing a delegation of the Civil Society, comprising representatives of every walk and shade of life, which met him at his residence, here this morning, Mr Rana referred to the assurance held out by Lieutenant Governor that the poor would not be touched and said those creating unnecessary apprehensions are



actually doing to camouflage their nefarious activities or to further their political interests by inciting common masses.

Prominent among those present on the occasion included Arun Gupta, President Chamber of Commerce, Jammu, Sahil Ji Maharaj, Mahant Mohan Giri, Mahant Rajesh Bittu, Mahant Rajeshwar Giri, Vinay Hindu, Suhail Qazmi, Khalid Hussain, Rajeev Gupta, Mohammad Aslam Qureshi, Choudhary Iqbal, Haji Ashraf, S. Ravinder

Singh, Haji Fareed, S. Manpreet Singh, Anwar Khan and many others.

He said the administration has more than once reassured the common people not to nurture any apprehension but some elements were igniting the situation to cover up and protect their shady deals. In this misadventure, unfortunately some political elements have also jumped in to give spin after spin to the drive by claiming that

CONT. ON PAGE 04

Increase wages, retirement benefits to Anganwadi workers, helpers: DAP

J1 NEWS DESK
JAMMU, FEB 13

Democratic Progressive Azad Party on Monday urged the Jammu and Kashmir government to increase the salary of Anganwadi workers and treat them at par with other co-employees in the rest of the country. General Secretary R.S. Chib, Provincial President Jugal Kishore, Chief Spokesperson Salman Nizami, Dist. President Ashwani Khajuria, Brij Mohan Sharma General Secretary Priti Khajuria, Sanjeev Khajuria, Anoop Khajuria today met the protesting employees in Udhampur who have been urging government to regularize their jobs and increase their salaries.



"It is unfortunate that on one side the government is claiming to integrate Jammu and Kashmir with the rest of the country socioeconomically but on the other hand our Anganwadi workers who work and give best of their services to the government are paid pe-

nants," said RS Chib. He said that the anganwadi employees are paid somewhere 12000 to 14000 stipend every month in other states but in Jammu and Kashmir the same employee working in harsh weather conditions are being paid

CONT. ON PAGE 04

Amrit Kaal Ka Budget, Atmanirbhar Bharat Ka Sankalp: Ashok Koul

BJP holds seminar on Amrit Kaal Ka Budget



JJ NEWS SERVICE
JAMMU, FEB 13: "Amrit Kaal Ka Budget, Atmanirbhar Bharat Ka Sankalp. Budget 2023 is an extension of the previous three budgets, has a clear direction towards growth and validates the emerging India story", said Ashok Koul, General Secretary (Org.), Bharatiya Janata Party (BJP), Jammu & Kashmir.

Ashok Koul, accompanied by Jammu University Prof. Dipankar Sen Gupta and BJP Spokesperson Abhijeet Jasrotia was sharing his views in a seminar organized by department of Publications in collaboration with department of Literature at Shyama Prasad Mookherjee Bhawan, Trikuta Nagar Jammu.

Ashok Koul, in his address shared the key points of the Budget 2023-

24 highlighting the highest growth rate India had achieved overall in developing nations. He said that the Budget truly integrated the economy and had the vision to link the major areas of economic activities - on the rural front and the MSME Areas. It addressed issues concerning tribal groups, SCs, STs, Backward classes, and OBCs and in that way was "Amrit Kaal Budget for Atmanirbhar Bharat" economic plan.

Prof Dipankar Sen spoke extensively on the budget thrust and the importance of the primary deficit. He also spoke about growth and stability, Fiscal prudence, and sustainability of debt. He also explained that "all receipts are not revenue" and interest payments are not expenditures. He spoke on the "Amrit Kaal" which refers

would depend on the youth and their ability to make rational decisions.

While speaking Abhijeet Singh Jasrotia, was optimistic about where we can expect India to be in the next 25 years. He delved into the intricacies of foreign investments and the modified personal Income tax regime. He also spoke of the need to increase the women's participation rate and the vital role women need to play in promoting Indian economic growth and not just attending to domestic issues. He further said that Government has increased the budget allocation like capital expenditure for rail and road infrastructure for capacity building, digitalization of healthcare and agriculture while reduction in budget allocation to MG-NREGA and subsidies as a balancing act to contain the fiscal deficit. The Budget supports the vision of Atmanirbhar Bharat and Amrit Kaal and is indeed a bold and growth-oriented budget.

Rajneesh Jain, Incharge department of Publications conducted the program proceedings. Pawan Sharma, Incharge department of Literature & Prabhari District Doda presented the vote of thanks. The seminar concluded with the recitation of National Anthem.

Baru distributed uniform among Safai Saathi, reviews "Cleanliness Drive" before Maha Shivratri



JJ NEWS SERVICE
JAMMU, FEB 13: BJP Senior Leader and JMC Councillor Ward No. 41 Sanjay Kumar Baru along with JMC ward supervisor William Massih distributed uniform among the NGO's "Safai Saathi" at JMC ward office Wazir lane Bohri and directed the JMC officials for massive cleanliness drive before the pious event of Maha Shivratri.

Sanjay Baru along with JMC team also visited residential areas of Anand Nagar, Surya Vihar, Colonel Colony and Wazir lane to review cleanliness drive before "Maha Shivratri".

Speaking on the occasion, Sanjay Baru said that as the area of ward-41 is low lying, it causes frequent water logging in the rainy season.

He said that the problem persisted since long in these areas causing inconvenience to the residents.

He added that the irrigation channels are converted into the garbage points, which are a serious nuisance.

He said that the preventive and corrective measures for the above problems are being considered. He added construction work of 1350mtrs deep drain from Bohri Chowk to Santra Morh main Nallah via Hazuribag with the estimated cost of

4.5Crores is nearly to complete and another 23 Crores new sewerage project by UUED have been approved by the Empower Committee of JK-UT government, particularly for this low lying areas.

Sanjay Baru said that this extensive cleanliness drive is especially being undertaken now before the pious event of Maha Shivratri. He said that the JMC is committed to help the resi-

dents of Jammu Urban with their own help as well to keep the Jammu numero-uno in cleanliness.

During the tour local Residents appreciated the development works done by BJP Senior Leader and local Councillor.

JMC Supervisor William Masih, Nigran Sanjay Sharma, Ashish Gupta, Naseeb Kumar, Parveen Kumar were present during the tour.

Modi ji's decisive leadership has steered India on development path: Ashok Koul

Prominent social personalities join BJP

JJ NEWS SERVICE
JAMMU, FEB 13: Prominent social personalities along with their supporters joined BJP in the presence of J&K BJP General Secretary (Org.) Ashok Koul at party headquarters, Trikuta Nagar, Jammu.



BJP All Cells Incharge Rakesh Mahajan, All Cells Co-Incharge Ved Sharma, SK Sharma (Retd. Commissioner), Convener BJP Professional cell and Ashutosh Gupta, Convener BJP Transport cell facilitated the joining.

CA Ramit Khurana, CA Amit Gupta, CS Arun Mathur, Ajay Ahuja GST Consultant, Karanjit Singh CA Final, Jaspreet Singh Professional, Pankaj Kai, CA Article, Raj Kumar Accounts and Tax Practitioner, Vikram Singh (Pharma business), Balwinder Singh (Pharma), Ajay Singh (Pharma), Abhay Singh (Pharma) and Ansh Jamwal (Pharma) joined the party under the

leadership of SK Sharma (Retd. Commissioner & Convener of BJP Professional Cell.

Pankaj Vaid, Pankul Vaid, Abhishek Gupta, Rampal Sharma, Vikas Sharma, Baldev Singh, Hardeep Singh, Raju Randhawa, Bikram Singh, Sunil Chouhary, Yougal Gandoth and Kanchan Singh joined the party under the leadership of Ashutosh Gupta, Convener BJP Transport cell.

Ashok Koul, while welcoming new entrants into the party fold said that the BJP under the strong and decisive leadership of Prime Minister Narendra Modi has steered India on

the development path. He said that Modi government specified its policies for the welfare of every single member of the society while turning the Nation into a superpower.

"Personalities representing every segment of the society have recognized the dedicated efforts of BJP and are coming forward to further strengthen the hands of Modi ji by joining the BJP", said Ashok Koul.

Rakesh Mahajan expressed hope that the efforts by new entrants will further strengthen the organization in their fields and will expedite the development works in the area.

He asked them to work

on the principle of "Sabka Sath, Sabka Vishwas" while serving the party and the society.

Ved Sharma appreciated the efforts of Cell Convener in taking the mission of BJP forward by approaching the various segments of society and persuading them to join the ranks of BJP to further the mission.

New entrants, on the occasion, highlighted the achievements of Modi government in their respective areas. They said that only BJP is the mainstream political party that talks about development of all irrespective of color, caste, creed, region or religion.

Dogra Law College organises Freshers' Party



JJ NEWS SERVICE
JAMMU, FEB 13: To welcome the students of 1st semester B.A.LL.B course, a fabulous Freshers' Party, 2022-2023 was organized by the senior students of the Dogra Law College in the presence of Esteemed Chief Guest Th.Gulchaim Singh Charak, Chairman, Dogra Educational Trust along with Kr. Samar Dev Singh Charak, Secretary,

Dogra Educational Trust, Prof. Darshana Sharma, Director, Dogra Group of Colleges & Campus Development and Prof. V.P. Magotra, Principal, Dogra Law College.

Abhishek Sharma of 7th semester, B.A.LL.B welcomed the dignitaries. The programme started with the lighting of the traditional lamp by the dignitaries followed by Saraswati Vandana.

Saleem Iqbal, of BA LLB 9th semester, recited heart-touching Urdu Poetry (Shayari). Hamid of B.A.LL.B 5th semester performed Rap on the occasion. Aman of B.A. LL.B 9th semester sang a melodious song.

A dance performance was given by the students of B.A.LL.B 5th semester led by Ms. Vanshika.

There was a group dance performed by students of 7th semester, B.A.LL.B.

For choosing Mr. Fresher & Ms. Fresher, the students were made to participate in games like pass the ball, blow the balloon etc., which was followed by question-answer round. The faculty members of Dogra Law College asked questions from the freshers in question answer round. Mr. Ankit Sharma and Ms. Nainish Jamwal were declared as Mr. Fresher and Ms. Fresher respectively.

Mehak Bashir of 5th Semester, Vishav Chaudhary of 9th Semester, Humaira & Abhishek of 7th Semester and Simran Chib & Simran Sharma, of 3rd semester, B.A.LL.B, managed the stage as anchors and managed the organisation of the event.

All faculty members also participated in the event to support the student.

NC hold workers meet at Hiranagar We stands committed for secularism and social equality: Babu Ram Paul



JJ NEWS SERVICE
JAMMU, FEB 13: A Workers meeting was organized by the Coordination Committee Kathua District (Rural-B), Central Zone JKNC at Hira Nagar in district kathua, Zonal President and Former Minister Babu Ram Paul, was the Chief Guest and Sham Narayan Mehta District President Kathua (Rural-B), presided over the meeting. The meeting was organized by, Sham Lal Mehra, Vice-President Central Zone JKNC at Hira Nagar which was attended by numbers of people and was also addressed Surjeet Singh Manhas Provincial Joint Secretary JKNC, Dr Vikas Sharma, Bharat Bhushan, Chander Udhay Singh, S. Surjit Singh Sattan, BD Dalotra, (all Zonal secretaries) and Prem Kumar Verma Block President Hiranagar.

While speaking on the occasion Babu Rampaul said that we stand committed for secularism and social equality.

He said NC has a legacy of serving the poor and weaker sections of the society which was started by Sher-e-Kashmir Sheikh Mohammad Abdullah.

He also said NC has many achievements in its kitty and urged the party cadres to narrate them to the young generation so that they may come to know what NC has did for them in the past.

Former Minister said that unemployment is all time high in the present scenario which is the root cause of depression and anxiety among the young generation following which it is becoming drug addicts. He said NC had always worked to provide more and more employment opportunities to the youth of Jammu and

Kashmir. Various employment schemes like Rehbar-e-Talim, Rehbar-e-Khel, Rehbar-e-Zirat etc were launched by the NC government.

On the occasion, numerous delegations of youth, women, businessmen and senior citizens met Babu Rampaul and assured their full support to the National Conference. Rampaul paid a patient hearing to various problems of people and assured to make all efforts for taking up the grievance for appropriate redressal.

Besides Sham Narayan Mehta, District President Kathua (Rural-B), reiterated

his resolve to continue making efforts to consolidate the party in his area of operation. He also said, "We have to take the vision of our party leadership to every nook and corner of Jammu and Kashmir for its development and benefit of people."

Other prominent present on the occasion included Dr. YP Singh, Yashpaul, Ashu Rajput, Prem Singh Andotra, S.Harjeet Singh, Satpaul Sharma, Dwarka Nath, Bishan das, Birbal, Rajinder Kumar, Raj Kumar Sharma and other.

GDCW Kathua organized a one -day lecture on the topic "Study Abroad Opportunities"



JJ NEWS SERVICE
KATHUA, FEB 13: Career Counselling and Placement Cell in collaboration with IQAC, Government Degree College for Women, Kathua organized a one -day lecture on the topic "Study Abroad Opportunities" on 13th February, 2023 under the guidance of Dr. Savi Behl, the worthy Principal of the college. Mr. Vinay Kamal, lead Counselor, Study Abroad Expert, was the resource person of programme. He discussed the Gateway Abroad which is a Global leader in

International Educational services. They provide the best practices for the students to realize their dream of study abroad and how they would be benefited for perusing their higher education in abroad.

The seminar helped the students to gather the correct and updated information from the Global Gateway regarding the abroad study.

The programme began with the welcome address of Ms. Romika Bassin, convener of Career Counselling and Placement Cell who outlined the purpose of the programme. About 50 students attended the lecture.

During the interactive session, the students actively participated and a lot of queries were raised by the students. The event concluded with formal vote of thanks.

Kazmi criticizes Horticulture Dept's order to remove Rehrijs from Narwal Fruit - Vegetable market

JJ NEWS SERVICE
Jammu, feb 13: Apni Trade Union, State President, Ajaz Kazmi has appealed to the Horticulture Dept not to displace Rehri owners from the Narwal vegetable and fruit market. As per the statement to the press, Kazmi said that "The poor people had been earning their livelihood from their rehrijs by selling fruits and vegetables. However, the steps taken by the Horticulture Dept are shocking, who forget that their decision would snatch the source of earning of the people." He criticized the decision of the Horticulture Dept and demanded that the decision to remove the Rehrijs from the Narwal fruit-vegetable market should be re-considered.

JKB immediately recover 400 crores and provide mental relief to the public : Shiv Sena

JI NEWS SERVICE
JAMMU, FEB 13: Shiv Sena (Uddhav Balasaheb Thackeray) J&K unit has demanded probe and immediate recovery of Rs 400 crore loan given to Adani by J&K Bank.

State chief Manish Sahni while addressing the media persons at the party centre office in Jammu today, said that in Hindenburg report many allegations have been made on the Adani Group regarding fraudulent transactions, manipulation of shares, including loans, for which the Adani Group is in controversies outside and inside the House.

The public is worried and confused by the government silence on this



matter, Sahni said that Adani Group has taken a loan of 400 crores from Jammu Kashmir Bank.

He further said that the self-employed youth of Jammu and Kashmir are wandering for employ-

outside Jammu and Kashmir. Sahni said that the hard-earned money of the poor and common people of the state is deposited in the Jammu and Kashmir Bank. Which is being served decorated in a plate to the suit-boot people. Except BJP, almost all parties are demanding discussion and investigation on the allegations against Adani in the House.

Crores of rupees of common and poor people are at stake. Sahni has appealed to the Lieutenant Governor of Jammu and Kashmir and bank management to take immediate action and provide mental relief to the public by taking back the loan of Rs 400 crore from the Adani Group.

Hold Assembly Elections in J&K: Manjit Singh

Dozens of people join Apni Party in Samba



JI NEWS SERVICE
JAMMU, FEB 13: Apni Party Provincial President, Jammu, and Former Minister, S. Manjit Singh has demanded early Assembly Elections in Jammu and Kashmir.

Addressing a public meeting in Samba District, the Former Minister said that "The administration has no contact with the people and it has resulted into the feeling of alienation among the people for

the last several years as there is no elected Govt in place."

On this occasion, dozens of people joined the Apni Party in presence of Manjit Singh Ji. He welcomed the new entrants into the party and hoped that their joining would strengthen the party.

While addressing them, he said that "The Jammu and Kashmir is passing through a difficult phase in which the people have no

political representation in the Govt. The Govt has collapsed on the ground and the bureaucracy is working from the comfort of their offices ignoring the ground reality."

He said that the public miseries have increased many folds with rise in unemployment and sense of insecurity among the people.

"The people who cultivated land for decades are being displaced by the

authorities. The bureaucratic rule has added more problems with their autocratic style of regime," he said.

He, however, said that "The holding of Assembly Elections is must in J&K to end the miseries of people and provide them their elected representatives and demanded restoration of statehood to J&K which had been downgraded into a Union Territory."

Earlier, people highlighted their issues before the Apni Party Provincial President, Jammu, S. Manjit Singh assured them that their developmental related issues will be highlighted before concerned authorities for early redressal.

Meanwhile, District President, Samba, Raman Thappa also spoke on the occasion and highlighted various issues.

"Govt's claims on 100% Tap water supply ridiculous"

Harsh Dev mocks at BJP's assertions over water and power scenario in J&K

JI NEWS SERVICE
UDHAMPUR, FEB 13: "Having failed to come up to the expectations of the people even with respect to provision of basic amenities, like potable drinking water and power, the BJP govt was indulging in false rhetoric and misleading campaigns only to conceal its failures". This was stated by Mr. Harsh Dev Singh, Chairman AAP J&K and former Minister while addressing a series of meetings in Kossar, Choka Nala villages of Chenani constituency today.



Pointing towards the frequent statements and tweets of the central BJP leaders and its Ministers regarding 100% electrification and water supply, Mr. Singh said that such utterances had only evoked cynicism amongst the masses and exposed the saffron leaders for their politics of deceit and subterfuge. He said that while statements of achieving cent percent coverage of rural households under Rural Electrification Scheme (RES) continued to be made in the past, the UT govt and central Ministers had only recently claimed to have achieved 100% coverage of all schools and Anganwari centres under Tap water supply scheme. "Such statements were not only absurd but also demonstrated the extremely casual approach of the helmsman towards the vital concerns of the poor people inhabiting the far-flung areas". Has any functionary of the govt bothered to visit the affected areas before giving such feedback to their seniors in the govt, questioned Mr. Singh. And while the govt func-

tionaries and the mandated leaders and Ministers were making such vague and nauseating statements from their Ac-rooms, the ground reality was altogether different with the people of J&K UT suffering the worst nightmares during the present regime due to non-availability of even the basic amenities particularly in far-flung areas", asserted Mr. Singh.

Mr. Harsh Dev said that during his successive tours of various remote and far-off villages of Chenani and Ramnagar constituencies, he had personally observed and experienced the problems of water and power in the said areas. Not only the schools were facing acute water supply problems but the village people were collecting rain-water in their utensils to quench their thirst. And despite repeated representations none had bothered to address the plight of the aggrieved people. Similarly several villages had been shown to have been covered under Tap water supply scheme without anything tangible appearing on

the ground.

In the same way, asserted Mr. Singh, dozens of households in almost all of villages in the said constituencies had been left out of the electrification scheme and deprived of the benefits of the same despite loud sloganeering by the govt. In several cases, the electrification had been reduced to a mere formality with hardly any benefit having accrued to the people due to extremely low voltage. Further, there were cases where power tariff bills were being sent to households which had not been electrified at all. Unscheduled and frequent power cuts had further created massive resentment amongst the people with an apathetic regime averse to their woes and sufferings", maintained Harsh.

Casting the BJP govt for its false narrative and deceptive propaganda, Mr. Singh called upon the Lt. Governor to ensure provision of basic amenities to people of UT on priority.

Rajesh Kesri demands adequate compensation to victims of Narwal blasts

JI NEWS SERVICE
JAMMU, FEB 13: Shiv Sena Hindustan J&K President Pandit Rajesh Kesri in a press conference in Jammu today demanded adequate compensation to victims of Narwal blasts who are still under treatment in Govt Medical College Hospital. Addressing media persons, Kesri said that three of them who are under treatment have met with serious injuries and it will take lot of time in their recovery.

hospital, who will meet the expenses of their families as their families were completely dependent on them. Kesri demanded atleast Rs 5 lacs compensation to them and a govt job to any one of their family members. He said amidst rising inflation, it is very difficult to meet the expenses including children education, diet and eatables and when sole earner of bread is in hospital, one can understand how their family members can survive.

They are the lone bread earners for their families and as long as they will remain in

Kesri regretted the LG's administration for failure to provide adequate and timely assistance to the militant victim whereas

BJP government and administration makes talk claims of helping such cases. He urged the Lt Governor Manoj Sinha to provide a government job who still feels pain due to multiple metallic splinters in the body. He also sought adequate financial assistance to the poor family out of SRE funds, without further delay. Government should help these people as soon as possible, otherwise Shiv Sena Hindustan will protest outside Medical College from tomorrow. Those who were present in the press conference include Raj Kumar, Balveer Kumar, Sheesh Pal.

Practicing yoga can help keep body fit, mind serene: Randhawa



JI NEWS SERVICE
JAMMU, FEB 13: Former Legislator and senior Bharatiya Janata Party leader Vikram Randhawa said practicing yoga can help keep the body fit and mind serene. He said the ancient science of yoga is India's great gift to the world.

Gupta Former President Ware House Nehru Market Traders Federation and Advisor VKMI was the guest of honour.

The welcome address was delivered by Chander Mohan Sharma, General secretary VKMI, who also conducted the proceedings of the program. Dr SK Jain President VKMI, introduced esteemed guests and the executive body and office bearers of the Manch.

He observed that Yoga, an invaluable gift of India's ancient tradition, is considered to be an age old mental, physical and spiritual practice that helps in transforming the body & mind of practitioners and in the ongoing circumstances it is important that Yoga is inculcated in our daily routine to discover internal peace, purity and to ward off unwarranted stress in these testing times.

He urged the people to practice Yoga and adopt a balanced and healthy lifestyle to stay fit and overcome diseases, besides carrying forward the move initiated by the Prime Minister by celebrating the International Yoga Day on June 21, which has become highly popular across the world.

"Yoga keeps body mentally and physically fit", Randhawa said and urged the gathering especially the students to perform Yoga Asanas daily to stay mentally and physically fit.

On the occasion, KS Sanyal Advisor VKMI, Anju Bansal Former President Bharat Vikas Parishad, Anil Swraj and Jain recited Yoga Bhajans, whereas Ashok Gupta Vice President VKMI and Chief Managing Trustee Sarv Uthan Trust practiced laughing Yoga.

Abhinandan Jain Financial Advisor arranged and managed the event.

Randhawa was speaking during Yoga Awareness Camp-cum-Competition organized by Vikar Kranti Manch International in collaboration with Indian Yoga Association (IK) at Channi Himmat.

Students from ASN, Higher Secondary School, Naveen Shiksha Kendra Public High School, Modern Public High School and Himmat learning Field Higher Secondary School participated in the competition and exhibited their talent by performing various postures of Yoga.

Randhawa was chief guest on the occasion, whereas ID Soni Former State Commissioner Bharat Scouts and Guides and President Old Age Home Amphalla presided over the function and Rattan Lal

Arrangements for mega Aharbal - Chiramba Winter Carnival reviewed

JI NEWS SERVICE
KULGAM, FEBRUARY 13: To review arrangements for two days Mega Winter Carnival at Aharbal & Chiramba tourist places scheduled from 16th of February, the Additional Deputy Commissioner (ADC) Kulgam, Viqar Ahmed Giri today visited Aharbal where he chaired a meeting of officers and reviewed arrangements and preparations made for the festival by various

departments.

During the meeting, the ADC took stock of arrangements for different activities including cultural programmes, transportation, trekking, Snow games, illumination, installation of stalls and other activities.

He also instructed the Mechanical Engineering Department to put men and machinery in ready mode to ensure timely Snow clearance if required.

Govt. should accept Legitimate demand for restoration of OPS, CSS for all Employees : ABRSM

JI NEWS SERVICE
JAMMU, FEB 13: Akhil Bharatiya Rashtriya Shakshik Mahasangh, (ABRSM) National Auditor and President JKUT, Devraj Thakur along with other leaders of the Mahasangh raised voice for restoration of Old Pension Scheme (OPS) from its National Executive Meeting which concluded here today at Samath Varanasi (UP).

During the meeting, Thakur deliberated on the right of pension to the employees and at the same time he took suggestions from the delegates from all over the country to build a proper future roadmap for carrying out various activities and programs under the banner of (Akhil Bharatiya Rashtriya Shakshik Mahasangh (ABRSM), in order to make the campaign for restoration of OPS more strong and result oriented in the whole country and even in Jammu and Kashmir.

While talking to media persons, after the meeting here today at Samath, Thakur termed NPS full of demerits and flaws. He said that it is not beneficial for the post retirement life of an employee, who can even not meet the expenses of medicines and tuition of their wards from the meager pension through NPS.

He claimed that the future of employees and their families is not secure under the privatized pension scheme (NPS),

which is subjected to a high risk share market. They said that there are many pension cases under NPS in which it has been witnessed that retirees are getting just an amount of around Rs.1800 to 3000 as monthly pension in present times while the prices of basic commodities are sky rocketing.

He said the Government should accept the legitimate demand for restoration of OPS otherwise Akhil Bharatiya Rashtriya Shakshik Mahasangh, would intensify its agitation to mount the pressure on the Government for the same.

According to Thakur, the scheme is against the guarantee of equality provided by the Constitution, as it discriminated against NPS employees who are getting lesser pensions compared to OPS employees.

"It is a do-or-die situation. The fight will be taken to the local to national level. We are in touch with the several employees organisations in Jammu Kashmir also. We are aware about the country's economic situation and are seeking a practical solution but how can a retired government employee run their household with a pension of Rs. 1,800 - ?" Thakur questioned.

The OPS assured lifelong income post-retirement, usually equivalent to 50% of the last drawn salary. The government bears the expenditure

incurred on the pension. Till February, there were 22.74 lakh Central government employees and 55.44 lakh State government employees enrolled under the NPS.

He went on underlining that "monthly pension of teachers and employees organisations have supported our campaign demanding the reinstatement of the old pension scheme for all government employees, uniform pay scale and service Regulations throughout the country, improved working conditions for teachers."

Thakur further told that NPS vs OPS has become a new battleground between states and the Centre. After Rajasthan, Chhattisgarh, Jharkhand and Punjab, Himachal Pradesh has become another state that has decided to replace National Pension System (NPS) with Old Pension Scheme (OPS).

These states have informed the Central Government and Pension Fund Regulatory Development Authority (PFDDA) about their decision to restore OPS for their employees. Thakur have also asked the PFDDA to return the accumulated corpus of subscribers under NPS before implementing OPS.

The pension Regulator has also informed the state governments that there is no provision for the refund of funds to state governments under the PFDDA

Act 2013 and other related regulations that is the matter of serious concern."

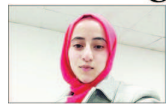
Thakur further told that "PFDDA has informed the states there is no such provision for refund of NPS corpus to state governments under relevant regulations.

PFDDA has informed the State Governments that there is no provision under Pension Fund Regulatory and Development Authority Act, 2013 read along with PFDDA (Exits and Withdrawals under the National Pension System) Regulations, 2015, and other relevant Regulations, as amended from time to time, vide which the funds, which are already deposited both in the form of Government contribution and Employees' contribution towards NPS, along with accruals, can be refunded and deposited back to the State Government," said Devraj Thakur.

Thakur warned that, In the coming months, protests/demonstrations, dharanas at district, state and national level will be carried out simultaneously by ABRSM.

Highlighting the support his organisation received from other employee's organisations on the pension issue, Thakur stressed during the press briefing that "We will take to the roads if our demands are not satisfied within the specified time".

The Tragedy of Sadhna Top: A Tale of Forgotten Lives



SUMAN LONE TANGDHAR

"Nature can be both beautiful and cruel, and Sadhna Top is a testament to that duality..."

is a picturesque mountain pass that holds a darker history. Standing at an elevation of 10,000-11,000 feet, Sadhna Top is the only connection between the people of Tangdar Karnah and the rest of Jammu and Kashmir. While the views from the top are spectacular, they are tinged with sadness for the locals who have lost loved ones to the dangers of the pass.

After Bollywood actress Sadhna Shivdasani visited the pass after the 1965 war and interacted with the soldiers, it was renamed in her honor. However, the beauty of the pass has not brought joy to the people of Tangdar Karnah, who have witnessed the most horrific scenes at the pass. In 2018, more than ten people died in a snow avalanche, and similar tragedies have occurred in the past. The situation is even more helpless when

the dead bodies cannot reach their native homes from Srinagar. On February 11, 2023, three dead bodies and their relatives were waiting to take them to Karnah but were unable to do so due to the non-clearance of snow over the pass. This situation highlights the urgency of constructing a tunnel through the pass. A tunnel of 6-7 km, half the length of the Chennai tunnel and Banhal Qazigund tunnel, could

prevent such tragedies from occurring in the future. In spite of the excellent work of the Minister of Road and Transport and Highways of India, Nitin Gadkari, in other parts of India and Jammu and Kashmir, the construction of this 6 km tunnel has not been realized. The L.G. administration should urgently take this matter into consideration and provide airift services for the dead bodies waiting in the mortuary of the Hand-

wara Kupwara Hospital. Sadhna Top is a reminder of the forgotten lives lost to the harshness of nature. The tragedy of the pass must be addressed, and the necessary steps taken to ensure that such losses do not happen again. "The views from Sadhna Top are breathtaking, but for the people of Tangdar Karnah, they carry the weight of loss and grief." The writer is student from Tangdhar

FROM THE FRONT PAGE...

SC dismisses...

as giving our imprimatur to the exercise of powers under clauses (1) and (3) of Article 370 of the Constitution," the Court said.

Two Srinagar residents- Haji Abdul Gani Khan and Muhammad Ayub Matto- had filed a plea in the Apex Court last year to challenge the constitution of delimitation commission and the exercise of redrawing boundaries of Assembly and Parliamentary segments carried out by it.

The Supreme Court said that Article 170 is not applicable to the Legislatures of Union Territories.

"Hence, as far as the Legislative Assembly of the Union territory of J & K is concerned, Article 170 will have no application as a part of Chapter II of Part VI, which deals with only the State Legislature. It has no application to the Legislatures of Union Territories. The reason is that the Legislative Assemblies of the concerned Union Territories will be governed by the law made by the Parliament in accordance with Article 239A and not by the provisions of Chapter II of Part VI. Article 170 is not applicable to the Legislature of the Union Territory of J & K, the main thrust of the argument that certain provisions of the J&K Reorganisation Act and actions taken thereunder are in conflict with Article 170 and in particular Clause (3) thereof is clearly misconceived and deserves to be rejected," the Court said.

The petitioners had contended that the delimitation exercise was in violation of the scheme of the Constitution of India, especially Article 170(3), which had frozen delimitation till the first census after 2026.

On the petitioners contention that the act of increasing the number of seats from 107 to 114, is violative of Articles 81, 82, 170, 330 and 332 of the Constitution of India, the Court said that none of these provisions deal with the Legislature of any Union territory.

"Article 82 deals with the readjustment and allocation of seats of the House of Parliament after the census and Article 170 deals with the Legislatures of the States. None of these provisions deal with the Legislature of any Union territory. Article 330 deals with the reservation of seats for Scheduled Castes and Scheduled Tribes in the House of the People. Article 332 deals with the reservation of seats for Scheduled Castes and Scheduled Tribes in the Legislative Assemblies of the States. Both these provisions do not deal with reservation of seats for the House of Legislature of Union Territories. In any case, even assuming that Article 332 can be applied to the reservation of seats for Scheduled Castes and Scheduled Tribes in the Legislatures of Union territories, it is not shown how the act of increasing the total number of seats in the House of the People under Article 332, so long as the reservation is maintained as per the formula provided under Article 332," reads the judgment, a copy of which is in possession of news agency. KNO

Delimitation a...

"whatever the decision has come will not affect us in anyway".

"Delimitation is a tactical process of rigging before the commencement of the election to convert majority in minority and minority in majority in favour of Bharatiya Janata Party", Mehbooba added.

She said they have already rejected the delimitation commission. "Whatever the decision has come will not affect us in anyway", she added.

The former Chief Minister of Jammu and Kashmir said that the reorganization Act including Article 370 is already pending before the Supreme Court and how could they give their decision on the delimitation issue, she questioned.

She said they have not participated in discussions even about the delimitation and have already rejected it out rightly right from the start.

India aims...

with the well-renowned companies of the world. Throwing light on the theme of Aero India 2023 "The Runway to a Billion Opportunities", the Prime Minister expressed that the strength of Atmanirbhar Bharat keeps on growing with each passing day.

Referring to the Defence Minister's Conclave and CEOs Round Table that is being organised along with the show, Shri Modi said that active participation in the sector will enhance the potential of Aero India.

The Prime Minister underscored the importance of Aero India taking place in Karnataka which is the hub of India's technological advancement. He said that this will open new avenues for the youth of Karnataka in the aviation sector. The Prime Minister called upon the youth of Karnataka to deploy their technological expertise in the field of defence to strengthen the country.

"When the country moves forward with new thinking, new approach, then its systems also start changing according to the new thinking," the Prime Minister said as he highlighted that Aero India 2023 reflects the changing approach of the new India. The Prime Minister recalled when Aero India used to be "just a show" and a window to "sell to India" but the perception has changed now. "Today, Aero India is India's strength and not just a show", the Prime Minister said as he stated that it not only showcases the scope of the defence industry but also showcases the self-confidence of India."

The Prime Minister said that India's successes are bearing witness to its capabilities. Tejas, INS Vikrant, advanced manufacturing facilities in Surat and Tumkur, said the Prime Minister, are the potential of Atmanirbhar Bharat with which the world's new alternatives and opportunities are linked. "The new India of the 21st century will neither miss any opportunity nor will it lack any effort", the Prime Minister said as he noted the revolution brought in every sector with the help of reforms. He underlined that the nation which used to be the largest defence exporter for decades has now started exporting defence equipment to 75 countries in the world.

Referring to the transformation of the defence sector in the last 8-9 years, the Prime Minister said that the aim is to take defence exports from 1.5 billion to 5 billion by 2024-25. "From here India will take rapid strides to be included among the largest defence manufacturing countries and our private sector and investors will play a big role in that", the Prime Minister said. The Prime Minister called upon

the private sector to invest in the defence sector which will create new opportunities for them in India and in many other countries.

The Prime Minister today thinks fast, thinks far and takes quick decisions". Shri Modi said as he drew the analogy of India in Amrit Kaal to a fighter jet pilot. The Prime Minister said that India is a nation which is not afraid but excited to soar to new heights. India is always rooted however high it flies however is its speed, the Prime Minister stressed. The Prime Minister also echoed India's message of Reform, Perform and Transform", the Prime Minister remarked. He mentioned that the entire world is taking note of the reforms made for 'Ease of Doing Business' in India and touched upon the various steps taken to create an environment that favours global investments as well as India's ambition to make India a global hub for Foreign Direct Investments in defence and other sectors and the simplification of processes for issuing licenses to industries while also increasing their validity. The Prime Minister said that in this year's Budget, tax benefits for manufacturing units have been enhanced.

The Prime Minister said where there is demand, expertise as well experience, industry growth is natural. He assured the gathering that efforts to strengthen the sector will keep going forward even stronger.

In his address, the Raksha Mantri lauded Prime Minister Shri Narendra Modi for guiding India on the political and economic map of the world and made special mention of his unwavering commitment towards the industrial and economic growth of the country. He described Aero India as an expression of that resolve.

Rajnath Singh asserted that India has become a promising manufacturing destination due to its business-friendly environment and cost-competitiveness. "India has become the fifth largest economy in the world due to the vision and determination of our Prime Minister. It is well on course to become the third largest economy in the next 4-5 years. India's G-20 presidency this year is also a reflection of India's growing stature on the international platforms," he said.

The Raksha Mantri also touched upon the growth story of the Indian defence sector, saying that it has come a long way in the last few years and is marching ahead on the path of empowering the nation with full zeal and dedication. He termed Aero India as one of the pillars which has strengthened the defence sector and has given it a new identity.

The Raksha Mantri also thanked the Defence Ministers, Service Chiefs, CEOs, officials and delegates from many countries participating in this 14th edition of Aero India. He appreciated the fact that over 800 exhibitors from India and abroad will present showcase their products & technologies during the five-day event. He termed the huge participation as a testimony to the growing domestic and global confidence in India's emerging business potential. He called upon the participants to become a part of India's journey towards becoming a defence manufacturing hub.

The Raksha Mantri also commended Karnataka Chief Minister Shri Basavaraj Bommai for organising the event on a grand scale. He described Karnataka as a pioneer in industrialisation and one of the most prominent states contributing to India's economic growth.

Governor of Karnataka Shri Thawar Chand Gehlot, Chief Minister of Karnataka Shri Basavaraj Bommai, Union Minister for Civil Aviation Shri Jyotiraditya Scindia and Raksha Mantri Shri Ajay Bhatt were among those present on the occasion.

Jammu records...

and Kashmir in the last 26 days. Against the previous night, the night temperature has plummeted at several stations with Srinagar recording a low of minus 4.0 Degree Celsius.

Gulmarg and Pahalgam were once again the coldest places where the mercury settled at minus 11 Degree Celsius and minus 10 Degree Celsius respectively. Kupwara in north Kashmir also recorded a low of minus 5.7 Degree Celsius while the mercury settled at minus 4.6 Degree Celsius at Kokernag and Qazigund. KNO

SFs arrest...

that he was working for JEM terrorist outfit and this huge cache of arms & ammunition was meant for further distribution at the behest & coordination of the jailed terrorist associate in order to carry out terror attacks on Police and security forces & disrupt the peaceful atmosphere in the valley", police added.

In this regard, a case under relevant sections of law stands registered at Police Station Litter and further investigation is in progress, the statement added.

Amrit Kaal...

He spoke in detail on the benefits of this budget for the common masses and the importance of developing the infrastructure, health, education, and family welfare in India. He reiterated that the contrary popular belief that the Indian economy is in fact performing fairly well globally as compared to many other developing nations that have moved from resilience to resurgence and Fiscal consolidation to counter-cyclical fiscal policy stressing on IRGD (Interest Rate Growth to Rate Differential). He referred to it as a document that while outlining the government's revenue and expenditure for the upcoming fiscal year, sets the direction for inclusive economic growth and development through social overhead capital. He concluded that the future would depend on the youth and their ability to make rational decisions.

While speaking Abhijeet Singh Jasrotia, was optimistic about where we can expect India to be in the next 25 years. He delved into the intricacies of foreign investments and the modified personal income tax regime. He also spoke of the vital role women need to play in promoting Indian economic growth and not just attending to domestic issues. He further said that Government has increased the budget allocation like capital expenditure for rail and road infrastructure for capacity building, digitalization of healthcare and agriculture while reduction in budget allocation to MG-NREGA and MGNREGS. He said that the government's vision of Atmanirbhar Bharat and Amrit Kaal and is indeed a bold and growth-oriented budget.

Rajnesh Jain, Incharge department of Publications conducted the program proceedings. Pawan Sharma, Incharge department of Literature & Prabhari District Doda presented the orate that the seminar concluded with the recitation of National Anthem.

No Landless...

Responding to the issues raised by the delegation, the Div Com assured that no landless person/ family would be affected by the government during the ongoing anti encroachment drives carried out to retrieve encroached state land. However, he reiterated that big encroachers would not be spared.

"Clear instructions have already been issued to the concerned authorities not to target the poor and the landless public," he assured.

The delegation members also assured to extend full support and cooperation to the administration in the ongoing drive. The delegation said that the Jammu Civil Society is united and committed to maintain amity, tranquility and order in the city as per its glorious ethos of peace and harmony.

Div Com reviews...

identify suitable places for langers and accommodation of devotees, vehicles holding in their respective districts.

Threadbare discussions were held on various important issues while the Div Com reviewed registration arrangements including RFID, security arrangements, transportation facilities for sadhus and yatrias, setting up of langars and their permissions, accommodation for sadhus and Yatrias, publicity, sanitation, boarding and lodging facilities at yatri niwas.

The Div Com also reviewed in detail parking arrangements at Bhagwati Nagar, security arrangements and installation of CCTV, medical facilities, provisions of water, power supply etc.

The Div Com also directed JMC to float tenders for cleanliness of Nullahs near Bhagwati Nagar, beautification of city and other related works. WhilePWD was directed to ensure blacktopping of the approach roads well in advance and ensure road smoothness.

While reviewing transportation facilities the Div Com asked MD JKRTC to ensure provisions of additional buses at Yatri Niwas and enroute districts.

The Div Com instructed the DCs to ensure functioning of toilet complexes enroute highway and also install an adequate number of toilets; water coolers enroute highway for convenience of the pilgrims.

He asked DCs of Ramban, Samba, Udhampur, Kathua and Jammu to conduct visits to identified lodgement centres and ensure the availability of water, power, toilets at each centre.

He also instructed DCs to identify suitable locations for setting up of langars in their respective districts.

The Div Com also reviewed in detail about the facilities at Yatri Niwas Bhagwati Nagar and issued directions for putting in all necessary arrangements in time.

The Div Com instructed all the concerned departments to start the preparedness to ensure that all necessary arrangements are put in place well in advance.

Rana exhorts...

only a particular community is being targeted to engineer demographic change. These political players with vested interest have already been rejected by their core constituency in the Valley for the sins committed over the decades and now they were misadventuring in this region to cook their bread, he said.

"Let these political misadventurers understand that Jammu has a rich heritage and capability to sort out its own issues unitedly and the proud Dogras-Hindu, Muslim, Sikh, Christians, all inclusive -need no diktat from the discredited Valley leaders", Mr Rana said, adding that these chameleons have inflicted lot many scars on their own innocent brethren back home and now making attempts to vitiate the atmosphere. Again they are wrong in their calculation about the wisdom of Jammu, he added.

Rana said the Jammu people are unitedly acknowledging the assurance of the administration and want a comprehensive policy on anti encroachment drive as per the commitment of the Lieutenant Governor. He said the people believe in rule of law and were unequivocally against the land mafia.

Rana cautioned the disruptive elements for taking law into their own hands, saying disturbing peace and order is not Jammu ethos. He said these elements were actually playing in the hands of vested interests and disgruntled politicians, who want disharmony and disaffection among the people. Actually these people are unnerved by the massive outreach of the visionary Prime Minister Mr Narendra Modi to last person in the society, irrespective of caste, creed, culture, region or religion, as per his cherished agenda of Sabka Saath, Sabka Vikas, Sabk Vishwas, Sabka Prayas. Spreading falsehood therefore is their only ulterior tool to create disruption in the society, he maintained. Devender Rana complimented the delegation for rising to the occasion once again to fight their cause as a single entity like they are known for doing in the past. He recalled how Jammu has withstood the test of times against the evil designs of vested interests whenever attempts were made to die the heart of Jammu by provocative actions like desecrations or by creating communal wedge. This is actually the real strength of Jammu, he added.

Later, Mr Devender Rana accompanied the delegation to meet the Divisional Commissioner to put their case for a Comprehensive Anti Encroachment Policy.

Increase wages...

look into the demands of the workers and at least pay Rs 5 lakh as retirement benefit. "What they are paid is a mere sum that can't even fetch them a basic living. They deserve benefits like other co-employees of Delhi, Punjab and other states," said Chib.

Locals, tourists complain food sold at exorbitant rates in Gulmarg restaurants

GULMARG, FEB 13

Scores of tourists and locals visiting the famous ski resort Gulmarg in north Kashmir's Baramulla district complain that the restaurant owners sell food items at exorbitant rates.

Scores of people from Gulmarg informed the news agency that the restaurant and local dhabas are selling food items at exorbitant rates to locals as well as tourists.

"A normal water bottle which costs Rs 19 as per its printed MRP is being sold for Rs 30 while a chappati costing 4 to 5 rupees is being sold at Rs 10," a caller who identified himself as Nitish Yadav complained.

A half chicken which costs around 200 rupees is being sold at Rs 300 in the general area of Gulmarg town and its adjoining areas," he added.

Scores of similar complaints kept pouring in. They have urged the authorities to take action against the restaurants involved in fleecing the visitors.

They also slammed the Gulmarg authorities for "turning a blind eye" towards it, saying it may impact the image of the famous tourist resort.

"No doubt the local businessmen are suffering due to the low flow of visitors during the off-season, but does it mean that they should exploit the visitors, especially the tourists," said a local, adding, "The issue needs to be redressed at the earliest and authorities must ensure their rate lists are followed up."

Meanwhile, Sub Divisional Magistrate (SDM) Gulmarg told KNO that they have not received a written complaint so far. "Once the office receives a complaint, we will surely act and action as per the law will be taken against such restaurants," the SDM said—(KNO)

Kashmir NGO collects blankets, woollens for quake-hit Turkey

Srinagar, Feb 13

A Kashmir-based local NGO "We the Helping Hands foundation" has extended their hands to support devastating earthquake victims with humanitarian assistance.

Umer Wani, who heads the foundation told news agency that after watching the horrific and heart-wrenching videos and images of the earthquake that hit Turkey and Syria, he and his NGO decided to conduct a humanitarian assistance camp.

"We saw the videos where children were orphaned, families were shattered and we decided to extend our humanitarian support to them. We first spoke to the Turkey embassy officials in New Delhi and they shared a list of essentials with us. We held an open camp where people generously extended their support", he said.

According to him, he said they had to wrap up the camp within 24 hours of the start of the initiative, stating that the embassy informed them that their warehouse in New Delhi was full of aid and they are running out of space.

"We were anticipating that it would take us atleast 10 days to collect the relief material. But such was the response that we had to call off the drive as people from every nook and corner came with donation. We were able to collect warm clothes, blankets, diapers, water bottles, sleeping bags and so far we have dispatched one shipment in a truck and four more are to be dispatched," Wani added.

While volunteers from the NGO were collecting donations, locals were also seen extending their support to NGO in collecting the contributions in the shape of blankets and other items against a receipt.

Wani added that they are not accepting any monetary donations from anyone for the earthquake-hit countries and that they are extending their support as per the requirements shared by the officials at the Turkey embassy.

"We have witnessed tragedies, be it floods, Covid or Earthquake and Kashmiris understand the suffering. People of Kashmir have time and now demonstrated how compassionate we are. We should constantly step out to help people, regardless of caste, creed, or religion," Wani remarked.

A similar drive was held by a Kashmir-based logistics company 'Fastbelle' where they collected blankets, baby food, warm clothing, and medicines for the earthquake that hit Turkey and Syria—(KNO)

First female cricketer from Kashmir sold to Delhi for Rs 20 lakh

Shopian, Feb 13

A female cricketer from Kashmir is set to earn a place in Women's Premier League as she has been sold out to one of the franchises.

Jasia Akhtar, a right handed cricketer from Brari-pora area of South Kashmir's Shopian has been purchased by Delhi Capitals. She has played for the franchise in the last season of the league.

She told news agency that she was interested in cricket from her childhood but the journey was not easy.

"In order to pursue my dream, I had to shift to Punjab for around 6-8 years and play domestic cricket where everyone was impressed with my performance," she said.

She said that her performances have took her very close to Indian camp several times and WPL is the platform where she is expected to impress selectors with her performance to get the international berth.

"Last year I switched to Rajasthan and currently I am playing for them and have performed that I will likely to continue in WPL," she said. "My parents who have already supported me are behind my success and I wish everyone had parents like me."

"I will try to perform well in coming WPL and my aim is to play for India," she said.

"JK& has scanty sports infrastructure as compared to other states," she said.

According to her, people here are not positive here but one needs to be consistent to follow ones dreams.

"My request to everyone will be to think 10 times before making any comment about anyone. Girls interested in cricket must continue their practice and they too can achieve their goals," Jasia said.

Currently, she plays for Rajasthan and was the second highest run getter in the senior women's T20 Trophy. A total of 409 players from 15 countries went under the hammer for WPL auction.

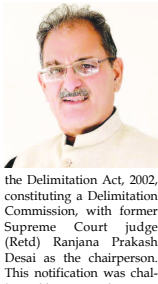
WPL is a T20 cricket league organised by Board of Control for Cricket in India (BCCI). BCCI had received 1525 registrations out of which 246 native players and 163 overseas players were included in the auction list.

She alongside Sarla Devi from Jammu are two players from JK& in the list of 400 cricketers who were auctioned for five franchises today—(KNO)

Kavinder lauds SC decision on Delimitation Commission, slams Mehbooba for her remarks

JI NEWS SERVICE
JAMMU, FEB 13: Kavinder Gupta, senior Bharatiya Janata Party (BJP) leader and former Deputy Chief Minister, while welcoming the decision of Supreme Court dismissing the plea against constitution of Delimitation Commission for redrawing Assembly and Parliamentary constituencies in Jammu and Kashmir, has slammed the former CM of J&K Mehbooba Mufti for her reaction to the Apex Court decision.

It is pertinent to mention here that 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 Commission, with former Supreme Court judge (Retd) Ranjana Prakash Desai as the chairperson. This notification was challenged by two Kashmiris in the apex court which had reserved its verdict on December 1 last year. The Supreme Court Bench comprising Justices S.K. Kaul and A.S. Oka delivered the

verdict today dismissing the plea.

In a statement issued to media here today, Kavinder Gupta said that the BJP Govt led by the Prime Minister Narendra Modi at the Centre is known for strictly abiding by the law of the land and the Constitution of the Delimitation Commission was fully in consonance with the law in force and as per the constitutional mandate.

The senior BJP leader said that the petitions pertaining to the issue of validity of the exercise of power relating to Article 370 which is subject matter of petitions pending before the apex court will also meet the similar fate when

finally decided by the Apex Court.

Meanwhile Kavinder Gupta came down heavily on the Former CM of J&K and other Valley based politicians for not accepting the Supreme Court Decision.

Specifically referring to Mehbooba's remarks, Kavinder said that her atrocious remarks should spring no surprise as she has more faith in Pakistan and its institutions which is evident from the statements made by her smelling of being the spokesperson of the rogue nation. He said that she deserves to be condemned for her remarks demeaning the highest Court of the nation.

Several Join "Muslim Rashtriya Manch"

JI NEWS SERVICE
JAMMU, FEB 13: Following the nationwide movement that seeks to bring dignity and equality to India's Muslim population, dozens today joined "Muslim Rashtriya Manch" at Jammu (MRM) on Monday.

People from different social backgrounds have embraced the MRM during a simple but impressive ceremony at the headquarters of the organisation. Basically, MRM is aimed at acting as a bridge between members of the Communities, State, Central and International platforms while fostering dialogue and mutual understanding that would strengthen bonds and bring positive change locally, nationally and globally, a press statement in this regard said adding it offers various programs on peace building, free of political agendas as well as other activities such as socio-cultural awareness, leadership



capacity building workshops and much more. "By way of engaging youth leaders from different religious backgrounds in constructive conversations about shared interests and core values, MRM hopes to promote stronger relations amongst all communities in India," statement further claimed. The joining ceremony was conducted

in presence of Gulshan Kumar Organizer Secretary JKUT and Ladakh, Ali Mohd Chechi Co-convenor, Amir Iqbal Khan Spokes person and Media incharge and Mohd Alam Ex Sarpanch Convenor Jammu province. Prominent among those who today joined MRM include Ch.Kamal Din, Ch.Mohd Murad Ali, Abdul Rahim and others.

President DT visits Sudhmahadev, Mantalai Temples; reviews arrangements for Mahashivratri

JI NEWS SERVICE
UDHAMPUR, FEB 13: Continuing with its age old tradition of providing hassle-free facilities to devotees visiting Sudhmahadev and Mantalai Temples on the auspicious occasion of upcoming Mahashivratri, Sr Advocate Ajay Gandotra, President of J&K Dharmarth Trust today finalized necessary arrangements for the devotees visiting the ancient Temples.

The Trust President offered prayers at these ancient Temples and reviewed necessary arrangements in view of the forthcoming Shivratri Festival. He also discussed security and other arrangements being made for the convenience of the public. He also issued necessary directions with regard to the repairs of the temples. Giving a detailed account of the preparations made by the Dharmarth Trust, Gandotra said that all the necessary facilities including potable water supply, round the clock electricity, public conveniences, medical



aid, etc. shall be made available to the

visiting devotees on the festival day. He said that Dharmarth Trust through its coordinated efforts and cooperation of UT administration has ensured that no devotee faces any kind of difficulty during the period of festivity.

"We have taken up the matter with the officials of District Administration in advance to ensure that the festivities become memorable for the devotees visiting the aforesaid Temples to pay obeisance to Lord Shiva," he said and appealed to the district administration to facilitate smooth conduct of the festival.

Later, he also interacted with the devotees who had come from various parts of the country and took their experience in visiting the temples maintained by the Dharmarth Trust.

Administrative Officer Manmohan Singh and Cashier Kuldeep Singh accompanied the Trust's President.

Civil Defence Jammu organise one day awareness program



JI NEWS SERVICE
JAMMU, FEB 13: one day Awareness programme was held at Bhariya Shiksha Kendra HR, Sec. School Domana, Jammu which was organized

under the supervision of Dy. SP, Anita Pawar, Dy. Controller Civil Defence, Jammu. In the said awareness program, 150 students of the Hr. Sec. School participated the

awareness programme. During the programme Awareness about the basic knowledge of First Aid, CPR, Chocking, Fire fighting and other Emergency rescue methods were given

by the Civil Defence expert. Demonstration on the above said topics were also presented by the Civil Defence team. During the awareness programme lectures on the topic of Disaster Management and highlighted the role and importance of Civil Defence organization was delivered by Dy. Controller Civil Defence, Jammu. Smt. Sandhya Pathany Principal of the School appreciated the role of Civil Defence organization.

Besides others Sh. Paramjit Kumar Chief Warden, Sh. R. Vijay Magotra, Dy. Chief Warden Civil Defence Jammu, Sub. Inspector Sh. Ram Dayal Saini and Staff of the Hr. Sec. School also witnessed the said awareness programme.

LG must honour the words of Amit Shah by exempting small land holders in eviction drive: Rattan Lal

JI NEWS SERVICE
JAMMU, FEB 13: J&K National Conference today asked the Lt Governor to honour the words of Union Home Minister by exempting the people who are eking out their livelihood and are dependent on these five to 15 marlas of State, irrigation, forest or Kacharai land should not be touched during the ongoing eviction drive.

In a statement issued here today, Rattan Lal Gupta took serious note of the notices served to the shopkeepers and residential houses in Nai Basti area of Jammu in view of ongoing eviction drive. He said

these people are residing in Nai Basti area for the last more than 50 years and paying their due rent to the concerned government department from time to time. He anguished over the move of government to forcibly dislocate a large section of people settled in several part of the state by issuing a gagging order in the name of encroachments.

Rattan Lal said that the continuation of eviction drive will only lead to creating an atmosphere of chaos and confusion across Jammu and Kashmir. The people in possession of the said land did not occupy it

forcibly but the same stands duly allotted to them under the law namely Roshni Act duly passed by the legislature of Jammu and Kashmir.

Moreover, these people got the rights of land under the Roshni Act by paying their lifelong earnings for getting the land registered in their name followed by further spending on construction of dwellings to live in," he added.

The senior NC leader said the State land possessed by the poor and economically weaker sections of the society are mainly using it for agricultural purposes or at the most for meager shelter and running their small shops to earn bread and butter for their family. He said that the protection and welfare of such people is the prime duty of the Govt and as such dislodging such people from the State land would amount to gross injustice to them. Rattan Lal appealed to the Lt Governor Manoj Sinha to honour the assurance given by the Union Home Minister that small land holders / residential houses / small shopkeepers will not be harassed in the ongoing eviction drive in the state.

Rahul's statement over anti encroachment condemned: Sunil Prajapati

JI NEWS SERVICE
JAMMU, FEB 13: Sunil Prajapati, President BJP OBC Morcha J&K UT Slammed Congress leader Rahul Gandhi over his statement against anti encroachment drive that BJP gave bulldozers to J&K UT instead of employment and better business settlement. His statement is very unfortunate as is like a call for the land grabbers and other opposition parties to intensify protests against Anti-encroachment drive to bring BJP Govt in trouble. Recently, a similar statement was also given by the Former CM J&K Gulam Navi Azad that if Anti encroachment drive is not stopped, the era of stone pelting will be back, which was an irresponsible statement and may bring disturbance and insecurity in the region. Sunil Prajapati strongly condemned both these statements as are supportive for those who always speak of Pakistan and call the terrorist as innocents and driven away from the path. Expressed that many political leaders, Bureaucrats and influenced people have encroached a large area of Govt land in Jammu, mostly in out skirt of the City and near around the Bridges and the National Highways, which has put the security of the Jammu region in danger as has become prone to the terrorist attack backed by the Pakistani ISI Activists. Recent terrorist attack at Narwal Bala is the worst example of the terrorist attack on the National Highways. The Terrorist involved in the attack was a Kashmiri and had took shelter in a rental accommodation in the areas where colonies are established on encroached Govt lands on the behalf of Kashmiri leadership who always speak for talk with Pakistan. The big encroachers have numerous houses but running commercial complex and unauthorized colonies on the Govt lands and in some cases have accommodated Rohangyas and Bangladeshi who have become a problem for the

peace and security of Jammu Region as involved in various undesirable activities. Rahul's stated that small pieces of land are being evicted, which the people have nurtured for decades. Sunil Prajapati asked Rahul Gandhi, why such sympathy was never seen for the West Pakistani Refugees (WPRs), who migrated from Pakistan during 1947 leaving everything behind. But the Congress party dashed all their hopes of being the residents of J&K by brining Article 35A on 14th May, 1954, when WPRs based rendered homeless, landless and denied proper education, scholarship, employment and denied all other constitutional rights including Voting rights so that no political party may come out for their favour. In fact that was the biggest BULLDOZER of the Congress Party, which was used against the WPRs by the Nehru-Congress to rendered them homeless, who passed their life over seven decades on the mercy of locals who provided them the shelter and farmer labours work to survive. It only become possible for the WPRs when BJP Govt repealed Article 370 and 35A and accordingly the WPRs become the residents and the voters of J&K first time after 72 years post 05th August 2019. Congress-NC Govt led by Farooq Abdullah led Govt enacted Roshni Act 2001 to provide ownership right to the people who were holding the Govt land for forming pur-

pose for more than 30 years, which was otherwise their sole mean of income to nourish the family. However, the farmers were not provided the ownership right but instead the law was used as tool to grab Govt land by the politicians, top bureaucrats and Influential peoples with political, money and muscle power. Thousands of Kanals of Govt land has been grabbed by the Kashmiries including the Farooq and his family members using Roshni Act and many colonies established by Kashmir based peoples for political reason to increase their vote bank in Jammu Region who were otherwise loosing ground in the Jammu. However, when Govt has assured that genuine poor with small piece of land for houses who have no other mean of living will be spared. But the people who have encroached large portion of Govt land or having multiple houses or shopping complexes at different places around the UT will have to face the consequences as per Law and the Apex Court/High Court directions. The decision of Govt to evict unauthorized colonies or construction over the encroached Govt land is desirable to make the Jammu region safe of all illegal construction which can be used by the terrorists and the militants to disturb the peace as well as to execute the direction of the Court of Law to evict the Govt land from the encroachers.

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BJP ST Morcha hold worker meeting at Kalakot, Rajouri

JI NEWS SERVICE
RAJOURI, FEB 13: ST Morcha, Bharatiya Janata Party (BJP) Jammu & Kashmir held a meeting of party workers at Kalakot, Rajouri in the presence of its State President Choudhary Roshan Hussain.

District team, Mandal teams, Booth teams and other prominent workers of BJP ST Morcha participated in the meeting. While addressing the meeting, Choudhary Roshan Hussain gave directions to party workers to strengthen the party on grass root level. BJP ST Morcha working as a bridge between Tribal community and party and BJP is working for the development of down trodden people, said Choudhary Roshan Hussain. Regional Political parties misguided



ed the People of Jammu and Kashmir for their Political Propaganda, but we are exposing their propaganda, which they are propagating, he further added. Ch Riaz General Secretary,

BJP Leader Thakur Randhir, State Secretary Ch Wassem, Spokesperson Ch Kafel, District President ST Morcha Nowshera and others were present in the meeting.

DC Pulwama chairs Task Force meeting for MR Elimination

JI NEWS SERVICE
PULWAMA, FEBRUARY 13: To further pace up the progress towards Measles-Rubella (MR) Elimination in the district, a meeting of District Task Force (DTF) on Measles and Rubella Elimination was today held under the chairmanship of the Deputy Commissioner (DC) Pulwama, Baseer-Ul-Haq Choudhary at Conference Hall of DC Office

Complex, here. During the meeting, a threadbare deliberation was held with regard to implementation of a road map formulated by the Government for Measles, Rubella Elimination from the country by 2023. An Action Plan for achieving strategic objectives for Measles & Rubella Elimination also came under discussion. On the occasion, the DC urged the senior Health functionaries to take

all possible measures with focused attention in unison with ICDS and Education Departments to identify the dropout cases in the district besides immunization process for Measles, Rubella Elimination.

The DC further stressed on better management of Universal Immunization programme and Surveillance activities to achieve the target in stipulated time.

THOUGHT OF THE DAY

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

JINDRAH IMAGES

KPs problems need humanitarian approach

The Government of Jammu and Kashmir has asked all the administrative heads of various departments to release the salaries of those PM package and other minority employees who have resumed their duties in Kashmir Division as a special measure in view of the forthcoming Maha Shivratri festival. The directive has come against the backdrop of large politicization of the issue by various political parties for their petty interests. Recently, Congress leader Rahul Gandhi had launched an all-out attack against the BJP over the plights and sufferings of displaced Kashmiri Pandits (KPs) during the Bharat Jodo Yatra (BJY) that triggered a massive political debate in Jammu and Kashmir. Opposition parties, too, had jumped into the verbal spat, with PDP president Mehbooba Mufti training guns at the BJP for 'humiliating' and 'exploiting' KPs to settle its 'political interests'. Congress leader has even written a letter to the Prime Minister Narendra Modi while flagging J&K administration's "insensitive approach" towards the community. Unfortunately, the sensitive issue of return of Kashmiri Pandits has always been politicized by different political parties over the years for their petty interests. The tale of their journey from tents to transit camps sums up 30-years of government efforts to resettle Kashmiri Hindus back in the Valley. The exodus was a tragic consequence of failed policy of successive central governments in New Delhi and inroads made by Islamic fundamentalist forces in Kashmir during the decade of 1980's when the Afghan war was being fought against the Soviet Union. Migration has left a deep scar on the generation brought up in the dilapidated camps in Jammu region. Having a migrant tag attached to them, they remain nostalgic about Kashmir and ancient cultural and spiritual heritage. Thousands of families continue to live as refugees in their own country as they enter their fourth decade in exile. All the promises made by the successive governments since 1996 for resettlement of Kashmiri Pandits back have largely remained unimplemented. Many people yearn for their old lives and would like to return to their homeland. Some families are well settled elsewhere but may want to come here to pay obeisance to their motherland and get registered as Kashmiri migrants. There is a need to work on this with utmost sensitivity and sincerity. The issue has not been settled during the last three decades due to high level politics being played over the issue. The politics over their 'plights took a center-stage after the BJY, undertaken by Congress leader Rahul Gandhi, entered Jammu and Kashmir on January 19—the day when around 3.5 lakh KPs were driven out of Valley due to killings and terror by Pakistan-sponsored terrorists in 1990. A delegation of KPs met Rahul Gandhi and allegedly told him that the BJP was using them as a political weapon and forcibly sending them to Kashmir where they face the threat of targeted killings. Rahul Gandhi even did not miss the opportunity to attack Jammu and Kashmir Lieutenant Governor Manoj Sinha and asked him to apologise to the KP community for telling the Prime Minister's package employees that they should not seek alms. The government should look at the issue of KPs with utmost sensitivity and adopt a humanitarian approach to address their genuine concerns.

Musharraf's seesaw relationship with India

With the shrewd instinct of the paratrooper that he was early in his military career, Musharraf repeatedly attempted during his time in office to land in India for important cricket matches. He knew that cricket offered an easy passage into the consciousness of India's masses. He lost no opportunity to ferret out ways into the hearts of his interlocutors.

K. P. NAYAR

SOMEDAY, when India and Pakistan will talk to each other again — instead of talking at one another — Indian diplomats will have to pore over the archives in the Ministry of External Affairs (MEA) to grasp what made the late Pakistani dictator, Gen Pervez Musharraf, tick at a personal level in his dealings with India.

Likewise, on the Pakistani side, they will have to re-educate themselves on the personality of their late Chief of Army Staff — and later President — if they ever wish to move forward in engaging India.

In the polemical discussions, which have overwhelmed India's public platforms since Musharraf's death in Dubai on February 5, it has been largely overlooked that the wily Army General was also a thoughtful host. He lost no opportunity to ferret out ways into the hearts of his interlocutors.

When former Prime Minister Manmohan Singh and Musharraf met in September 2004 for their first summit at Manhattan's Roosevelt Hotel, then owned by Pakistan International Airlines, Singh was swept off his feet by two gifts from the dictator. Singh was born in Gah, a small village in Pakistani Punjab's Chakwal district. At the end of their one-on-one meeting in New York, which lasted an hour — instead of the pre-planned 15 minutes — Musharraf gave the then Prime Minister two unique gifts. One was a specially commissioned painting of the school in Gah where Singh had his early education. The second gift required deeper insight and effort: Musharraf dug up Singh's marksheet from that school, framed it and gifted it to the PM. It was probably the most personally gratifying gift that Singh received during his entire decade as the Prime Minister.

Indians have a patchy record in procuring gifts for foreign leaders whom their Prime Ministers engage with in summit meetings. Usually, it is the job of a Deputy Chief of Protocol in the MEA to arrange gifts to be exchanged at summits. These gifts are, therefore, as good or as bad as the limits of imagination of this low-level MEA official. Exceptions are only when the Presidents of great powers come calling, when Indira Gandhi and Vajpayee took personal interest. For the 2004 Singh-Musharraf summit, Indians had no return gifts for the Pakistani General. The Indian establishment had no expectations from the meeting, so protocol officials were told not to bother with finding gifts for the occasion. The thinking in the MEA was that a potentially acrimonious bilateral meeting would have no place for good atmospherics, such as exchange of gifts.

Then Prime Minister was mortified when he learnt that his handlers were no match for Musharraf's ingenuity in giving gifts. Singh had nothing to give Musharraf. What saved the situation was the resourcefulness of Gursaran



Kaur, Manmohan Singh's wife. She had brought along with her some water colours of Old Delhi's skyline with no particular recipient in New York in her mind. Some of these water colours included parts of Old Delhi, where Musharraf was born. She got her husband to send these frames to Musharraf later that evening. Musharraf was pleased and the Prime Minister got over the embarrassment caused by the MEA's bungle.

With the shrewd instinct of the paratrooper that he was early in his military career, Musharraf repeatedly attempted during his time in office to land in India for important cricket matches. He knew that cricket offered an easy passage into the consciousness of India's masses. More often than not, cricket was an excuse and diplomacy was at the centre of his thinking whenever he expressed a desire to watch cricket in India. After much deliberations, Musharraf handpicked Shahryar Khan to head the Pakistan Cricket Board.

Khan belonged to the former Muslim royal family of Bhopal. He was Pakistan's Foreign Secretary with one of the longest tenures in that office — from 1990 to 1994. Within months of appointing Khan as Chairman of the Cricket Board, an Indian cricket team visited Pakistan, ending a five-year break in bilateral engagement of any kind following the Kargil war.

For Musharraf, it was a breakthrough with India, which was far more consequential than anything he achieved in statecraft. Many Indians put aside their animosity to the mastermind of the Kargil invasion and Musharraf's image as a liberal got a boost. He cashed in on this carefully cultivated image as a moderate in Washington, where then US President George W Bush had become Pakistan's biggest benefactor after the September 11, 2001, terrorist attacks on the World Trade Center in New York and the Pentagon.

Then US National Security Adviser, and later Secretary of State, Condoleezza Rice was a vocal and vociferous advocate of Musharraf and promoted his image as a fake moderate. As then Deputy Prime Minister I.K. Advani went to Washington where he had the reputation of a hardliner in case of Pakistan, who had wrecked the peace talks with Musharraf in Agra, even undercutting then Prime Minister Atal Bihari Vajpayee. Rice asked him to go easy on Musharraf after the Pakistan-orchestrated terrorist attack on India's Parliament on December 13, 2001. Rice told Advani that if India squeezed Musharraf too much, he may fall from office and then India will have to bear the consequences of having to deal with his replacement who may be a "bearded mullah with a gun slung on his shoulder like the Taliban in Afghanistan."

Advani retorted that any such change in Islamabad made no difference to New Delhi. He said Musharraf was bleeding India daily through a low-intensity war. A mullah in Musharraf's place could do no worse. The clincher was when Advani told Rice that it is the Bush administration which will have to deal with a bearded, Taliban-type terrorist in charge in Pakistan.

"You will pay the price if you do not rein in Musharraf, not us," he said. After seeing off Advani at her perch in the old Executive Office Building next to the White House, Rice was heard asking her aides if Advani was a lawyer by profession.

"He argues like an excellent lawyer," Rice remarked within earshot of the White House Press Corps. It is not inconceivable that in future too Pakistan may have another Army Chief as its ruler. Each of its junta leaders has been unique. That is what differentiates Pakistan from the rest of South Asia with the exception of Bangladesh.

China-US balloon fracas

Raises questions over equitable management of use of space as a domain

C UDAY BHASKAR

ON February 9, the US House of Representatives unanimously backed a resolution condemning the recent incursion of a Chinese spy balloon into US airspace and described it as "a brazen violation of United States sovereignty". The final vote tally was 419 for and none against. This unanimity over China is significant, given the deeply fractured political divide in the US legislature. It is also indicative of the bipartisan consensus over China that has been gathering traction in the US since the Trump era.

For India, the way Beijing deals with the row, both with the US at the bilateral level and the global community, would have vital cues in relation to the standoff at the LAC.

The troubled bilateral relationship between the US and China that had shown the potential for a slight degree of improvement with the resumption of high-level dialogue has gone rapidly south in a visibly discordant manner over the spy balloon. US Secretary of State Antony Blinken was scheduled to visit China in early February, but this has been aborted, even as Beijing has accused Washington of overreacting.

More details are emerging over what Beijing claimed was a civilian weather balloon that had gone off course and while a definitive conclusion is yet to be reached about the nature of the 'violation', this is a matter that has a relevance for all of China's interlocutors, including India. Furthermore, this issue raises certain complex questions over the equitable



and consensual management of the use of space as a domain and the demarcation between near-space and outer-space boundaries being part of the new global commons.

The exchange of sharp words and related acrimony between the US and China peaked with US President Joe Biden ordering that the truant balloon be shot down. The Pentagon carried out the task on February 4 by firing a missile at the balloon and bringing it down off the coast near South Carolina. This use of military ordnance by the US is a significant punctation in the bilateral relationship and will

pose a challenge to Chinese President Xi Jinping.

Two strands merit preliminary review. The first is the accusation by the US that the balloon in question is part of a vast fleet of such surveillance platforms used surreptitiously by the Chinese military and that the PLA has 'conducted similar operations in over 40 countries across five continents'. This includes India and Japan among other nations.

While it is accepted that most nations with adequate capability do engage in surveillance and espionage activities regularly — the cur-

rent Chinese balloon raises some intriguing questions. Such balloons, whether tethered or untethered, are widely used and classified as 'near-space systems' operating at altitudes between 20 and 200 km beyond the earth's surface.

If indeed this was a civilian weather platform, as claimed by Beijing, it is not clear why it was being deployed at such distant ranges far away from China. And if there was a compelling meteorological reason for such deployment, Beijing could have informed the countries concerned about the trajectory of the wayward balloon, which would be determined by wind currents and space turbulence. This kind of transparency would have allayed any anxiety about the nature of such data-gathering (now seen as an intelligence mission surveillance) in those nations that have a security concern apropos of China.

That Beijing chose a degree of tenacious opacity over routine transparency in this matter has led to predictable doubts about Chinese intent and credibility. The assertion by the US that based on the imagery obtained from its U-2 spy planes, it has concluded that the equipment on the balloon was meant for 'intelligence purposes' and that this was inconsistent with equipment onboard weather balloons' adds to this perception about Chinese perfidy.

The second strand pertains to the manner in which the US and China have dealt with this issue of airspace transgression and the escalation that has been witnessed over the last fort-

night, culminating with the US using a missile to 'protect' its sovereignty. It is more than evident that the US-China relationship is moving towards greater discord with seemingly intractable causal factors. This was amply reflected in the State of the Union Address by President Biden last week.

In one of the abiding paradoxes of the last decade, tension with China over what is perceived by many of its interlocutors as unambiguous belligerence and/or covert use of military muscle to snatch unilateral tactical advantage (viz South China Sea and Ladakh-Galwan) has not prevented a robust trade and economic relationship.

The US, Japan and India are in a similar space and will need to evolve individual and collective approaches to prudently manage this contradiction.

For India, the manner in which Beijing deals with the balloon controversy, both with the US at the bilateral level and the global community, would have important cues in relation to the current standoff across the Line of Actual Control (LAC) and the long festering, unresolved territorial dispute. On the tactical plane, if the US allegation that the PLA has a vast fleet of surveillance balloons operating in near-space is indeed true, what does this mean for the LAC and the military standoff in the more contested regions?

On balance, it appears that there is more than hot air in the ballooning controversy and that it has set off angry inter-continental ripples for now.

Hrithik Roshan gives shoutout to girlfriend Saba Azad, shares reaction to Rocket Boys season 2 teaser: 'Can't wait'

Rocket Boys 2 teaser featuring Jim Sarbh, Ishwak Singh and Saba Azad was released on Sunday. Actor Hrithik Roshan, who is dating Saba, took to Instagram Stories on Monday to share the teaser posted by Saba on Instagram. Along with the video, Hrithik wrote, "Season 2! Can't wait!!!" He added heart eyes emoji to the post. Created by Nikkhil Advani, Roy Kapur Films and Emmay Entertainment, Rocket Boys 2 will begin streaming on SonyLIV in March.

In the original Instagram Reels shared by Saba Azad on Sunday, the actor-singer wrote in her caption, "Amidst global conflict and enemies charging our borders, India becoming a nuclear nation was the only deterrent to imminent threats of war. Witness the incredible journey of India's greatest scientists shaping a new era where no one dared to chal-

lenge their country's sovereignty. Rocket Boys 2 - streaming this March only on SonyLIV."

In November last year, Saba Azad, who was seen in the role of lawyer Parvana Irani in the first season of the web series Rocket Boys, announced that she had wrapped up filming for the second season of the show, which revolves around the lives of nuclear physicists Dr Vikram Sarabhai and Dr Homi J Bhabha. She had shared snippets from the shoot, her prep and look from the series, and written in her caption on Instagram, "Season wrap on the rocket ship!! Up, up and away Rocket Boys season 2!"

Last month, Saba was among the many artists that performed at Lollapalooza, one of the biggest music festivals in the world, in Mumbai. Saba, one half of Mumbai-based



This surprise by Ram Charan, RC 15 team for newlyweds Sidharth Malhotra, Kiara Advani will melt your heart

Ram Charan and the 'RC15' team shared a special message video on Monday for newlyweds Sidharth Malhotra and Kiara Advani. Taking to Instagram Story, Kiara shared the special surprise that she received from her RC15 team. Along with a video, she wrote, "This is the sweetest surprise for us. Feeling the love. Thank you soo much sir Shankar Shanmugham. And my RC 15 team! Lots and lots of love to you guys." In the video, the team can be seen wishing Kiara and Sidharth happy married life with throwing flowers.

A screenshot of Kiara Advani's Instagram Stories. She also tagged director Shankar, Ram Charan, and producer Dil Raju in the post.

On Monday, the makers of the film dropped the video and showered their blessings on the newlywed couple. Sharing the video, they wrote, "Team #RC15 #SVC50 wishes @SidMalhotra and @advani_kiara a very happy married life! Wishing you a lifetime of happiness, love and light."

Kiara and Ram Charan worked together in the 2019 Telugu action movie 'Vinaya Vidheya Rama' and have been friends since then.

The film 'RC 15', billed as an action drama with current-day politics, features an ensemble cast, with Kiara playing the female protagonist.

The upcoming project is jointly produced by Dil Raju and Shirish Garu under the banner of Sri Venkateswara Creations for a Pan-India release.

'RC 15' will release in three languages - Telugu, Tamil and Hindi. Apart from Ram Charan and Kiara, the film also stars SJ Suryah, Jayaram, Anjali, and Srikanth. The film is slated to release in 2023.

Sidharth and Kiara got hitched on February 7 at Suryagarh Palace in Jaisalmer.

Kajol shares 'laid back' pics from Sidharth Malhotra, Kiara Advani's wedding reception; fans say she 'looks like queen'



Kajol and Ajay Devgn attended the wedding reception of actors Sidharth Malhotra and Kiara Advani on Sunday. The grand reception was held at the St Regis Hotel in Mumbai, where the majority of the Hindi film industry dropped by to wish the newlyweds. Sidharth and Kiara married at the Suryagarh Palace in Jaisalmer, Rajasthan on February 7.

On Monday, the actor shared a cheeky Instagram post and asked, "Have you ever seen a laid back wedding picture?" In the series of photos showing off her outfit for the reception, Kajol

can be seen lounging in a chair as she poses for the pictures. Fans commented on her evening look and stated that she looked beautiful. One fan wrote, "You look like a queen. Wow!" Another added, "Forever young. Queen of saree."

For the reception, Kajol wore a glittering embellished sari, paired with traditional earrings. Meanwhile, Ajay Devgn wore a grey suit. Both Sidharth and Kiara came to greet Kajol and Ajay as they arrived at the venue around the same time. The couples exchanged hugs and greetings before they went inside.

Ajay and Sidharth recently co-starred together in Indra Kumar's Thank God last year. Other celebrities who attended the reception included Kanver Singh, Vicky Kaushal, Alia Bhatt and mother-in-law Neetu Kapoor, Varun Dhawan and his wife Natasha Dalal, Shilpa Shetty, Karan Johar, Kareena Kapoor, Anupam Kher, Mira Rajput, Vidya Balan and husband Siddharth Roy Kapur, Kriti Sanon, Ananya Panday to name a few.

Sidharth and Kiara acted together in the biopic Shershaah (2021) and reportedly began dating afterwards. The couple never officially confirmed that they

Janhvi Kapoor to make Telugu debut opposite Jr NTR in NTR 30, project to roll in March



Actor Janhvi Kapoor, who was recently seen in survival thriller Milli, is all set for her big Telugu debut opposite Jr NTR in an upcoming yet-untitled project which will be directed by Koratala Siva. Jr NTR is reuniting with Koratala Siva for NTR 30 after Janatha Garage. The project is expected to be officially launched later this month and will go on the floors next month.

A source from the film's unit has confirmed that the makers recently signed Janhvi Kapoor. She will soon join the team for a photoshoot with Jr NTR.

"It is true that Janhvi has been signed. The makers did have a few options in mind but they eventually went ahead with Janhvi. In a couple of weeks, the team is planning to do a photoshoot with the lead pair. The project will go on the floors next month," the source said.

Ever since the project was officially announced, fans have taken over social media demanding updates on the film.

Recently, Jr NTR requested fans to not keep asking for updates all the time as it puts a lot of pressure on a lot of people. Speaking at the pre-release event of his brother Kalyan Ram's film Amigos, NTR requested his fans to not keep asking for updates.

"Sometimes, when we're working on a film, there isn't much information to share. We can't keep sharing updates on a daily or hourly basis. As much as I understand your excitement and the urge, sometimes all of this leads to a lot of pressure on the producer as well as the filmmaker. Due to the pressure, sometimes we end up sharing an update which doesn't have much value which upsets the fans even more," he said.

NTR further added that a lot of actors face a similar kind of pressure, which isn't healthy. "If there's an update, we will share it with the fans first even before we share it with our wife at home."

Rakhi Sawant's husband Adil Durrani booked for raping Iranian student in Mysuru

Bollywood actor Rakhi Sawant's husband Adil Durrani has landed in another problem after an FIR was filed against him in Mysuru on Monday after an Iranian student accused him of rape.

Rakhi Sawant's husband Adil Durrani has been accused of raping, cheating, threatening, and blackmailing a female student who came to Mysuru from Iran to study, the police said.

A case has been registered at the VV Param police station of Mysuru, they said.

Adil Durrani was acquainted with a student from Iran who had come to Mysuru to study Doctor of Pharmacy for the past 5 years.

According to police, Adil Durrani allegedly raped her after promising to marry her.

Believing that they would get married, the Iranian student developed physical contact with him in one of the apartments in VV Param, the FIR said.

Recently, Adil Durrani refused to marry the student for the last 5 months.

Aggrieved by this, the student has filed a complaint at the VV Param police station of Mysuru. She also accused him of blackmailing her that he would share photos of their private moments on social media.

Rakhi Sawant also spoke about it. Here's a video: After the complaint filed by Rakhi Sawant, this is the second case that Adil Durrani would have to face. Durrani was arrested after Rakhi filed an FIR against him, alleging he mishandled her funds. Rakhi also accused him of engaging in domestic violence.

Rakhi also claimed that Adil had broken up with her and was living with his alleged girlfriend.

The Flash trailer: Ben Affleck, Michael Keaton return as Batman; Ezra Miller tries to reset the universe



The long-awaited trailer for The Flash was released on Monday and premiered during the American football championships, the Super Bowl. Starring Ezra Miller as the titular superhero, the upcoming film finds him teaming up with not one, but two versions of Batman as he tries to fix things after travelling back in time.

Ezra, as Barry Allen aka The Flash, uses his powers to save his murdered mother and keep her with his family in a new timeline. However, altering the past has consequences of another kind as the future now has no superheroes. General Zod (Michael Shannon) comes back to take over the world. Barry has to then figure out how to get some help with those a bit wiser than him to tackle the villain.

He teams up with another version of himself from a different universe, gets advice from Ben Affleck's Bruce Wayne and recruits an older Batman, played by Michael Keaton, to help him save the world. The two Barrys also meet an alien, Super Girl (Sasha Calle), who joins their battle against the bad guys.

Directed by Andy Muschietti, The Flash also stars Ron Livingston, Maribel Verdú, Kiersey Clemons, and Antje Traue. Ben, Michael and Ezra are reprising their roles from earlier films in the DC Universe. Ezra previously had a cameo as The Flash in Batman v Superman: Dawn of Justice (2016) and Suicide Squad (2016) and returned for Justice League (2017) as well as the special cut of Zack Snyder's Justice League in 2021.

The film took time because of Covid-19 and post-production delays. Additionally, the film's star Ezra has been in the news for different charges of disorderly conduct, assault, and burglary last year. The actor was arrested twice in Hawaii in March 2022 and in January took a plea deal in another Vermont case, where they pleaded guilty to a charge of unlawful trespassing.

The screenplay is by Christina Hodson, with a screen story by John Francis Daley and Jonathan Goldstein and Joby Harold.

Blake Lively shares new pics, confirms she and Ryan Reynolds welcomed fourth child: 'Been busy'

Blake Lively has confirmed that she has given birth to her fourth child with a new photograph on Instagram. The actor shared a picture of herself with husband Ryan Reynolds and her mother-in-law, getting ready for Super Bowl Sunday. Showing herself without the baby bump, the actor said that she had 'been busy'. The couple has not revealed their baby's name or gender.

On Sunday, Blake took to Instagram for her latest post and wrote, "Puppy Bowl

Sunday 2023 (food dishes emojis) been busy." The first photograph featured Blake in a black tank top and jeans without a baby bump, standing in the middle of Ryan and her mother-in-law. The rest of the pictures showed the dishes she had prepared for Super Bowl Sunday.

Deadpool creator Rob Liefeld wrote, "Epic post! For all the reasons!!!" While one fan shared, "Great discreet birth announcement! Congratulations Reynolds family!" Another fan added,

"Epic post! I knew the baby had arrived. Great job keeping your life private (as you can). Bravo."

Blake hasn't yet shared if they welcomed a boy or a girl. They have kept the details around their children private and rarely share photographs with them. Last year, on the Today Show, Ryan had said that he and Blake wanted to be surprised about the gender of their child. He had shared, "I don't know [the sex of the baby], we never find out 'til [they're born]. I know girls, so I'm kind of hoping that, but I'm ready for whatever happens."

In September 2022, the 35-year-old actor attended an event and confirmed that she was pregnant with her fourth child with Ryan. The couple is already parents to three daughters, seven-year-old James, six-year-old Inez and three-year-old Betty. They met while filming the superhero film Green Lantern (2011) and got married on September 9, 2012.

Last month, it was announced that Blake was joining

the cast of the film adaptation of Colleen Hoover's book It Ends with Us with Justin Baldoni. The film is expected to begin filming in March. She will also return for the sequel of A Simple Favor (2018) with director Paul Feig.

Ryan was last seen in the Christmas comedy Spirited on Apple+ with Will Ferrell. He is returning as Deadpool for the third film in the franchise in 2024. He begins shooting for the superhero film this year with Hugh Jackman reprising his role as Wolverine.



GET RID OF HANGING BELLY FAT WITH THIS CARDIO & STRENGTH WORKOUT

Do you have hanging belly fat spilling over your pants? Holding onto excess belly flab is not only challenging to deal with on a daily basis, but it's also toxic to your overall well-being. According to UT Southwestern, too much belly fat encompasses your internal organs and heightens your risk of suffering from diabetes, heart disease, and liver issues. This is the "most dangerous kind of fat," so you should do everything you possibly can to get your midsection into shape. We're here to help with a cardio and strength workout that will help you get rid of hanging belly fat. We chatted with Matt Morris, master trainer and programming manager, NASM-CPT at Burn Boot Camp, who tells us the benefits of performing strength and cardio exercises to battle belly fat. Morris explains that this power-couple-of-a-combo will activate all three energy systems your body utilizes when exercising. He adds, "Not only will the cardio exercises improve your cardio capacity and VO2 max, but the strength exercises will increase lean body mass while decreasing your fat mass. An overall cardio and strength routine will incorporate these exercises to get all the benefits of losing any stubborn fat."

3 Warm Up Exercises Before A Cardio Workout



Keep reading to learn all about this cardio and strength workout Morris put together that will help you get rid of hanging belly fat. And next, don't miss 7 At-Home Exercises To Reduce Belly Fat in 30 Days.

Sprints
Sprinting isn't only about running at a rapid pace, according to Nike. It's crucial to have just the right technique and form. Plus, practice makes perfect!

When it comes to establishing great form, Nike says you should remain tall while taking your strides, keeping your shoulders, neck, and head aligned with both

hips. Each elbow should be bent at a 90-degree angle as your arms flow from the front to the back of your body. Make sure your feet don't go too far ahead of you with each sprint.

Jump Rope
Jumping rope is a stellar source of cardio that'll enhance your strength, endurance, coordination, foot speed, and agility. It'll also help you torch major calories in just 20 minutes' time, according to Crossrope. It's also an incredibly easy exercise to perform while you're traveling—just bring your jump rope with you!

Battle Ropes
Working with battle ropes is incredibly beneficial if you're looking to boost your overall fitness and burn body fat. According to OriGym, battle

ropes help enhance your mobility, balance, stability, and coordination. This piece of workout equipment also activates various muscle groups simultaneously and helps you steer clear of a dreaded fat-loss plateau. And of course, battle ropes are a crucial part of your routine if you're looking to torch fat, shed excess pounds, and sculpt a lean physique, OriGym explains.

4 Weighted Squats

Weighted squats will have you working with your go-to free weights, whether that's a set of dumbbells or a kettlebell. You can also perform a goblet squat with a single dumbbell, which you'll hold like a goblet. Whatever you decide to use, make sure you choose a weight where you're able to maintain correct form throughout the exercise, MasterClass explains.

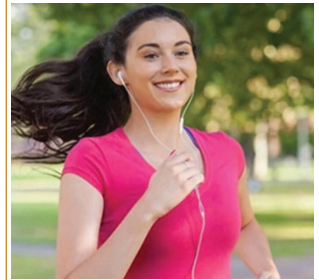
If you're working with dumbbells, you'll hold one in each hand, and start out standing tall with your feet placed shoulder-width distance apart. Then, bend your knees, and descend into a

squat, making sure the dumbbells don't stray from the sides of your body. Push through your feet to rise back up to standing.

5 ushups

DO YOU HAVE BELLY FAT SPILLING OVER YOUR PANTS? THIS WORKOUT'S FOR YOU

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



For a long, running has been considered to be the ultimate physical activity that can help one achieve their fitness goals. But running also involves keeping certain things in mind – like pace, duration, suitability, and safety – to ensure optimum results. As such, what should one consider when taking up running? Rather than running at a greater pace and soon feeling out of breath, the idea should be to run for longer at a slower or moderate pace, suggests Dr Sudhir Kumar, a neurologist, adding that such running is "ideal."

Responding to a Twitter user's experience of reducing his pace from 7:05 to 7:45 minutes pace per kilometer and, therefore increasing the run time by 10 minutes, which resulted in his heart rate dropping to 143, Dr Kumar tweeted, "Great going; it will help you, in the long run, to be fitter and healthier. Pace thrills (but kills) – true for running as well. For maximising health-related benefits, run slower and run lesser."

Taking a cue, we reached out to experts to understand how paying attention to the pace makes a difference to not just your goal but also your heart rate and endurance levels.

Referring to the recent spike in incidents of people collapsing while working out due to over-exercising, Dr RR Dutta, HOD- internal medicine, Paras Hospitals, Gurugram said that exertion of any kind is not healthy, let alone speedy runs.

"Pace is good and can encourage your adrenaline rush but it can come with a cost. For someone with high blood pressure, running fast can create complicated challenges," he said.

Also Read | This is your ultimate four-week guide to running a marathon successfully

According to Dr Dutta, routine checkups are essential to understand the strengths and weaknesses of the body. "If you are prone to fluctuations in blood pressure, it's better to keep strenuous workouts at bay. Instead, choose something light like walking. There have been examples of many people who have lost kilos after just walking for an hour or two consistently every single day. Keep your pace limited and talk to your doctor or an expert about what should be the ideal method of exercising for you," Dr Dutta told indianexpress.com. Notably, people who already run regularly "may not face" any issues with increased pace, according to Dr Subhendu Mohanty, interventional cardiologist, Sharda Hospital, Noida, provided they meet all health parameters. However, for beginners and amateurs who are not used to running, they should not run at fast pace to begin with.

"It is harmful as it directly impacts your heart rate, which can require immediate medical intervention," said Dr Mohanty. Maintaining a 7-8 minute pace per kilometre is suggested, Dr Dutta said, adding that it is pertinent to consult a doctor to understand your health condition and ask them to recommend an ideal pace that does not harm your heart health.

I did the sled push every day for a week — here's what happened to my body

THE SLED PUSH IS A STRENGTH AND CONDITIONING KILLER FOR YOUR ENTIRE BODY

I'm pretty sure no one enjoys the sled push, but in a sadistic way, that's the reason I chose it for this fitness challenge. And although this exercise was clearly conjured up from the depths of hell, when push came to shove, I chose to face my exercise demons head-on. What better way than subjecting myself to the sled push daily for an entire week?

The sled push is an exercise that helps build functional muscle and strength. But what does that even mean? Rather than just developing aesthetic muscle (think bodybuilders and six-packs), the sled push exercise works multiple muscle groups and joints naturally. In this case, by pushing heavy weight. It helps exercisers develop better overall strength and fitness in everyday daily life.

And you don't need a sled or equipment like the best



adjustable dumbbells to replicate a sled push, just something heavy that you can push along a flat surface. The payoff includes building full-body strength, power, speed, and endurance, and crush-

ing calories in the process. But be prepared to suffer for those sled push benefits. Read on to find out what happened when I did them every day for a week.

Sled pushes are commonly

thrown into leg-day strength programs as a finisher to send your legs soaring toward fatigue. But the exercise is also a full-body calorie burner that could improve power, endurance, strength – and as research (opens in new tab) indicates – sprinting speed.

Your core muscles will also act to stabilize and drive movement safely. Unlike the sled pull, which focuses more on your posterior chain (the back of your body), the push also works you:

We know that pushing exercises primarily work the chest, shoulders, and triceps, yet sled pushes activate the lower body centrally, making it lower impact for dodgy knees while strengthening the muscles that support them. The move also targets the upper body isometrically – without the arms bending or extending, instead responding to force.

How to do a sled push

Sled pushes are a technically simple move to learn but a whole world of pain to perform.

Start by loading your sled to the desired weight. Stack heavier weights for anaerobic and strength-based workouts and push for shorter distances or durations. Load lighter for aerobic endurance-based cardio workouts.

Grip the handles in front of you with extended arms and engage your core while setting your shoulders down. Adopt a sprint-start position with a flat back and neutral spine. Contract your whole body, then push the sled forward. Some people prefer to rack their shoulders against the bars with bent elbows to move heavier loads. Use a longer stride and drive your feet into the floor or opt for a shorter, faster stride for speed.

This Is How Exercise Actually Affects Your Testosterone

STICKING TO A REGULAR workout routine is good for your heart, mental health, and other aspects of your body. But, how does hitting the gym affect your testosterone levels? It's a little complicated.

Some exercises can raise your testosterone, while others can lower it. The effect on your testosterone levels also depends on how intensely you're working out and for how long, explains Anthony Hackney, Ph.D., D.Sc., a professor of exercise physiology and nutrition at the University of North Carolina, who's studied exercise and testosterone for decades.

Testosterone, which is the main male sex hormone that's produced by the testicles, is anabolic and does help you build muscle. (That's one of its functions, anyway.) But other hormones also contribute to muscle-building and endurance.

"While testosterone is important, it's not the only way the body decides to create an anabolic response," Hackney adds.

Testosterone is vital for other bodily functions, like bone strength, hair growth, sperm production, and libido. And, your T levels fluctuate throughout the day, says Jamin



Brahmbhatt, M.D., a urologist at Orlando Health.

"You have two peaks: in the morning and another in the afternoon," he says. After working out, your levels might rise for about an hour, but then they go back to your normal level.

Doctors recommend regular exercise for overall health and weight management, as obesity is linked to low testosterone and other health problems. Here's a look at how exercise affects your T levels.

Does Working Out Affect Testosterone Levels?

Exercise does impact testosterone levels, but research suggests that the actual effect depends on several factors.

"Certain types of exercise done at certain volumes and intensity can lead to an elevation in testosterone, but you can also have certain types of exercise, certain volumes of intensity that can reduce testosterone," Hackney says. "So, there isn't a uni-

versal, 'Oh, I'm exercising, and I'm always going to see this testosterone response.'"

Many studies have looked at different types of exercises, including cardio, cycling, running, swimming, and weightlifting, and their effects on T levels, and have found different outcomes, explains Ahmed El-Zawahry, M.D., a urologist at the University of Toledo Medical Center.

THESE ARE THE TYPES OF WORKOUTS THAT CAN RAISE AND LOWER YOUR LEVEL

"If we are going to summarize the results of these studies in one easy statement, exercises do not significantly change testosterone level," he says. Still, some exercises, especially weightlifting, can temporarily boost testosterone. But, Dr. El-Zawahry says the surge doesn't last long. Body composition and fitness level factor into how exercise affects your testosterone levels, too. A small 2016 study found that obese and overweight men saw a boost in their T levels when they increased their physical activity, more so than when they just restricted calories.

A 2018 study suggested that some male elite athletes had low testosterone concentrations, but the low T may be linked to higher cortisol levels in the blood from working out, and the athletes studied are typically in good physical condition, with a lean body and no symptoms of low testosterone (which doctors say is often more important than your actual levels).

People with higher percentages of body fat and higher body weights are more likely to have low testosterone and experience symptoms, Dr. El-Zawahry adds.

"You should exercise to keep your endurance, lean muscle, and low body fat, which will in turn keep you healthy," Dr. El-Zawahry says. "This in turn will reduce the risks of metabolic syndrome and reduce health issues associated with it, which in turn keep testosterone at a good level."

Which Types of Exercises Impact Testosterone Most?

Research suggests that strength exercises and high-intensity interval training (HIIT) can increase testosterone levels. Endurance-based exercises, like cardio, can potentially reduce testosterone.

Even within resistance training, the "greater intensity and greater volume of work" are more likely to elevate testosterone, Hackney says. For instance, if you're lifting heavy weights with lots of sets over a 45-minute time period, you'll see a bigger impact.

"If they're a casual resistance trainer, they're probably not going to see any substantial mark in testosterone changes," he adds.

A 2016 study showed that starting resistance training with large muscle groups, like your chest and glutes, and progressing to small muscle groups, such as triceps and shoulders, produced the largest testosterone response.

But no exercise is going to drive your T levels through the roof, and it won't be a prolonged increase. Mixing endurance and resistance training likely lead to a "zero-sum game," when it comes to its effect on testosterone, Hackney says.

Vice Chairperson DDC calls for expediting Jal Jeevan Mission schemes in District Udhampur

JI NEWS SERVICE
UDHAMPUR, FEBRUARY 13: Vice Chairperson, District Development Council, Udhampur Juhu Pathania today made a fervent call for expediting Jal Jeevan Mission schemes in district Udhampur.

She was interacting with PRIs in her office as well as during on-spot tours of various villages- Chanunta, Dhalpar, Barta, Round Dmail of District Udhampur.

"Although work on number of JJM projects is already underway in the District but pace is required to be accelerated with a view to ensuring the government's resolve of 'Har Ghar Jal' to be fulfilled within stipulated time," she said and added that Moreso, JJM projects with an estimated cost exceeding Rs 10 crore are still pending allotments at the secretariat level.

She called upon the LG to intervene to ensure immediate allotment of these projects and starting of work thereupon.

The Delegation led by Pinki Devi, DDC Latti - Marothi and Pawan



Kumar, Naib Sarpanch Panchayat Latti -B called for a road from Pattangarh to Chappar (5Kms). They also demanded forest clearance for the road from Dudu to Seoj Dhar (36Kms). They also projected their demand for starting work on roads from Kokani to Panchoud, Jakhed to Upper Jakhed, Saroto to Chounthal, Latti to Latha and Teda to Draman via Sithla Pyl. Latti -B. Another deputation led by Hansraj, Chairman Vasudhi Nag -Kailash Kund yatra Committee called upon Mrs Pathania

and put forward their demand for tendering of projects which includes Construction of Sheds and tile work at Shivgali.

They also demanded taking up work of construction of a guest house at Dudu and construction of shed at Seoj Dhar whose DPRs have been framed. Mrs Pathania after calling the concerned departments ensured all the deputations of favourable orders at the earliest. During her visit to Barta, she called for regularisation of the GHSS Barta which is still a hanging school with no provision for posts and requisite infrastructure.

A spirited deputation of women also met the Vice Chairperson and demanded a strict check on bootlegging and consumption of liquor in and around the school premises of GHSS Barta. This causes disturbance to students and their parents. She was accompanied by Santosh Devi Sarpanch Pyl. Serballa, Lila, Sarpanch Barta, Sonu Bhagat Sarpanch Chanunta, Kehar Singh, Rattan, Savitri Devi, Vakli Singh.

While chairing a meeting with the Chief Agriculture Officer Udhampur, Mrs Pathania called for immediate completion of works, target oriented works working towards the Government resolve of doubling the income of farmers.

While having a spot appraisal of ongoing works with ADDC Udhampur, she called for expediting the works under sanctioned Capex, FC, MGNREGA plans. She further called for identifying the black spots for installing mobile towers.

DDC Poonch chairs RKS meet; reviews functioning of DH

JI NEWS SERVICE
POONCH, FEBRUARY 13: District Development Commissioner Poonch, Inder Jeet today reviewed the functioning of district hospital here at a meeting of Rogi Kalyan Samiti (RKS) as the Chairman of the Committee.

Among others present in the meeting were PO ICDS, Khalid Hussain; Chief Medical Officer; Dr. Anees, Medical Superintendent, Dr. Zulafkar Ahmed; Executive Engineer PWD (R&B) Division Poonch; Executive Engineer PDD, Xen Jal Shakti, District Ayush Officer and District Social Welfare Officer.

Chairman Municipal Committee Poonch Sunil Sharma, members RKS Taj Mir, Surjan Singh, Natesh Chander, Prem lata Sudan and others were also present.

The Medical Superintendent, who is also the Member Secretary of Rogi Kalyan Samiti



(R.K.S) welcomed the chair and members of RKS. He gave a detailed review of ATR of previous meeting and functioning of district hospital.

The DDC took a comprehensive review of the functioning of the institution. The issues like power & water supply, cleanliness, drainage and sanitation, availability of medicine, Patient Care etc. He further directed the concerned to take adequate steps to improve the services.

While speaking on the occasion, the Chairman

Municipal Council Poonch gave suggestions to further improve the health services and underlined the need to meet on regular intervals to take effective decisions for the progress of the hospital. He also praised the functioning of the hospital.

During the deliberations, RKS member Advocate Iftikhar Ahmed Bazmi called for initiating further improvement in the functioning of the de-addiction centre.

NOTICE

I, Dhakhi Ram S/o Chettu Ram R/o Kot Maira, Pallaanwala, Jammu , My name has wrongly been written in Adhar Card Ohakhi Ram instead of Dhakhi Ram, Now i am applying for the correction of the same above said. objection if any may be conveyed to concerning authority within 7 days from the publication of this notice

DC Kathua reviews progress of Education sector works



JI NEWS SERVICE
KATHUA, FEBRUARY 13: Deputy Commissioner Kathua Rahul Pandey today reviewed the progress of different works of the Education Sector here at a meeting held here in the DC office complex.

The meeting was attended by CPO, Kathua Uttam Singh, CEO Kathua,

P.L. Thapa, XEN REW, XEN PWD Kathua, XEN PWD Basohli, ZEOs and other concerned officers.

At the outset, the DC took appraisal of action taken with regard to issues discussed in earlier meetings viz. physical verification of schools regarding Assured Minimum Facilities, schools without electricity

connection, boundary wall, toilet facility, drinking water facility etc.

The DC directed the CEO Kathua to ensure installation of Biometric Attendance System in all the schools, besides making available Assured Minimum Facilities in all the left out schools.

The DC also took a detailed review of ongoing works taken under Capex by PWD(R&B), PDD, REW, SAMAGRA and directed the concerned executing agencies to complete the works in a given time frame.

The DC further laid thrust on ensuring installation of barbed wires in schools without boundary thereby providing security and safety to the school staff and students.

The DC also called upon executive agencies to ensure quality asset creation in all the schools besides impressing upon ZEOs concerned to regularly monitor the execution of works so as to ensure that quality assets are created.

Chairman RTA Doda hands over All J&K Contract Carriage Route permits among unemployed youth

JI NEWS SERVICE
DODA, FEBRUARY 13: Chairman Regional Transport Authority (DC) Doda Vishesh Paul Mahajan today issued three All Jammu and Kashmir Contract Carriage Route Permits among the eligible unemployed youth, here in DC office complex Doda.

The permits have been issued in favour of two Tempo Travellers and one Bolero vehicle, for all J&K routes for the first time after the ban on all

J&K Contract Carriage route permits was lifted by the department.

During the handover of papers (formal permit), DC interacted with the drivers/ owners and urged them to play safe with all safety protocols for their own safety and livelihood. Pointing to the recent road accidents that happened in the district, the DC asked the drivers to check the vehicle health regularly, don't overload, always wear a seat belt, and follow traffic rules and speed limits marked

on different routes. DC also spoke of the great tourism potential of the district and asked the contract carriage drivers to catch the maximum number of the tourists and show them the real/ pristine beauty of the district.

The Chairman RTA Doda was accompanied by ADDC Doda Pran Singh, ACR Doda Sanjeev Kumar, ACP Doda Ashfaq Khanji, ARTO Doda Er. Kuldeep Singh, Tehsildar Doda Shabir Malik, DIO Doda Mohd Ashraf Wani and others.

District Admin Srinagar bids warm farewell to Pandurang K Pole

JI NEWS SERVICE
SRINAGAR FEBRUARY 13: District Administration Srinagar Monday organized an impressive function here at Royal Spring Golf Course to bid warm farewell in the honour of former Divisional Commissioner Kashmir, Pandurang K Pole who has been recently posted as Chief Election Officer (CEO), J&K. Vijay Kumar Bidhuri who has assumed the charge of Divisional Commissioner Kashmir was also accorded a warm welcome on the occasion. The Deputy Commissioners of the various Districts of the Kashmir Division, Additional Commissioner Kashmir, Additional Deputy Commissioner Srinagar, besides other senior Officers of District Administration Srinagar were present in the farewell function.

While expressing their views on the occasion, all the Deputy

Commissioners highlighted the contribution of Pandurang K Pole as Divisional Commissioner Kashmir and unanimously lauded his efforts in shaping Developmental initiatives taken in Kashmir valley and measures to ensure a prompt and efficient public delivery system. They also underscored his tireless efforts and measures taken in mitigation of Covid-19 pandemic and handling the situation across Kashmir and in conduct of smooth Shri Amarnathji Yatra. They also thanked Pandurang K Pole for bringing vibrancy in the Administration by showing keen interest in solving the public issues and guiding the District Administrations of the valley.

During the event, the Deputy Commissioners also accorded warm welcome to Vijay Kumar Bidhuri on being posted as Divisional

Commissioner Kashmir. On the occasion, P K Pole in his address spoke at length about the team spirit and the improved work culture in the Administration at all levels. He advised all the Officers to work with a missionary zeal, sincerity and dedication for the larger interest of the public. P K Pole also appreciated the efforts of the Deputy Commissioners for their support and cooperation during his three years stay as Divisional Commissioner to make all developmental initiatives a success.

While addressing the occasion, Vijay Kumar Bidhuri said he expects complete dedication to public welfare and commitment to work from all Officers and assured them of his full support to honest work endeavours aimed at prompt work disposal and overall development in all the districts of Kashmir Division.

OFFICE OF THE EXECUTIVE ENGINEER, ELECTRIC DIVISION (JPDC) UDHAMPUR

JAMMU POWER DISTRIBUTION CORPORATION LIMITED (JPDC), JAMMU
POWER DEVELOPMENT DEPARTMENT

Email: xenmreudh@gmail.com Tel No. 0199278040 Fax No. 0199278040

Notice Inviting Tender

e- NIT No: ED/UDH/147 of 2022-23

INVITATION:-

For and on behalf of the Lieutenant Governor of the UT of Jammu and Kashmir, the Executive Engineer (Distribution), Electric Division, JPDC, Udhampur, hereinafter referred as 'Employer', invites online e-bids from reputed Companies or Class 'A' registered Electrical Contractors for Name of Work: Survey, Supply, Transportation, Carriage, Erection, Testing and Commissioning for Creation of 100 KVA Sub station along with Erection of 11 KV line on 9 mtr ST poles, 30mm² ACSR Conductor WSS Patta Barolla Block Udhampur under JJM on Turnkey basis.

Bidders are advised to study the Bidding Document carefully. Submission of e-Bid against this SBD shall be deemed to have been done after careful/conscious study and examination of the procedures, terms and conditions of the Standard Bidding Document with full understanding of its implications.

- The tender document is available at website <http://jktenders.gov.in>. Interested Bidders may view, download the e-Bid document, seek clarification and submit their e-Bid online up to the date and time mentioned in the table below:

A	Tender Document Sale/Download Start Date	11.02.2023; 4:00 PM
B	Tender Document Sale/Download End Date	04.03.2023; 04:00 PM
C	e-Bid submission (start) date & time	11.02.2023; 10:00 AM
D	e-Bid submission (end) date & time	04.03.2023; 04:00 PM
E	Submission of Hard Copy of Tender Fee & EMD Instrument (End) date & time	04.03.2023; 04:30 PM
F	Commercial and Technical Bid opening date & time	06.03.2023; 03:00 PM
G	Online financial e-Bid opening date & time (Only of the technically qualified Bidders)	Will be communicated to the Technically Qualifying Bidders.
H	Venue of opening of techno-commercial Bids	Soft Copy Electronically & Hard copy in the Office of the Executive Engineer, (Distribution), JPDC Udhampur.
I	Tender Value	Rs. 11.79 Lakhs (Available)
J	Cost of e-Bid document	Rs. 1000/- (Non-Refundable)
K	Amount of Earnest Money Deposit (EMD)	Rs.23600/-

- The Bidders need to submit the proof/cost of e-Bid document as stated in the above table through Demand Draft from any Nationalized/Scheduled bank in favour of Executive Engineer, Electric Division, JPDC, Udhampur, payable at Udhampur. The original demand draft shall be submitted in a separate envelope to the Office of the Executive Engineer, Electric Division, JPDC, Udhampur and should reach at least one day before opening of commercial and technical e-Bid. The scanned copy of the Demand Draft must be uploaded along with the e-Bids.

- Bidders must quote for all the particulars of the item in the Technical Bid and in the price schedule/BOQ of financial bid. The bids of Bidders who will not quote for all the particulars for any item in technical and financial bids shall be liable to be rejected at the discretion of the Employer keeping in view the interest of the JPDC.

- All the e-Bids must be accompanied by the scanned copy of EMD in the form of CDR/FDR/Bank Guarantee only from any Nationalized/Scheduled bank only pledged to Executive Engineer, Electric Division, JPDC, Udhampur, with the payable at Udhampur. No Interest shall be payable on Earnest Money deposited with the Department.

- Hard Copy of original instrument of EMD shall be submitted to the office of the Executive Engineer, Electric Division, JPDC, Udhampur, at least one day before opening of commercial and technical e-Bid.

- The date and time of opening of Financial-Bids shall be notified on Web Site <http://jktenders.gov.in>. This is conveyed to the technically qualified Bidders automatically through an e-mail message to their e-mail address. The Financial-bids shall be opened accordingly online on the same Web Site.

- The e-Bids will be electronically opened in the presence of Bidder's representatives, who choose to attend at the venue, date and time mentioned in the above table. An authority letter of Bidder's/OEM representative will be required to be produced.

- The JPDC reserves the right to cancel any or all the e-Bids/ the e-Bid process without assigning any reason thereof if any major lapse/deviation is found. The decision of the JPDC, will be final and binding.

- In the event of date specified for e-Bids opening being declared a holiday for JPDC office then the due date for opening of e-Bids shall be the following working day at the appointed time and place.

- All the required documents excluding Price Schedule/BOQ should be uploaded by the e-Bidders electronically in the PDF format, whereas Price Schedule/BOQ should be uploaded electronically in the same BOQ sheet provided with the SBD.

- To participate in e-bidding process, Bidders have to get 'Digital Signature Certificate (DSC)' as per Information Technology Act-2000, to participate in online bidding.

- Hard Copy/ORIGINAL INSTRUMENT OF EMD & Cost of Tender Document must be delivered to the Office of the Executive Engineer, Electric Division, JPDC, Udhampur in sealed cover at least one day before the scheduled date of opening of the commercial and technical e-Bids. The sealed cover shall be super scried as "COST OF TENDER DOCUMENTS & EMD INSTRUMENT AGAINST e-NIT NO: ED/UDH/147 of 2022-23 Dated: 11.02.2023"

DIP/J-5235-P/22

S/D-
EXECUTIVE ENGINEER
ELECTRIC DIVISION JPDC,
UDHAMPUR

DC B'gam holds Nagar Diwas at Magam Town; takes Sub-divisional level Inter-Departmental review

Inspects Market of Magam town; visits Receiving Station S.K Pora; reviews work progress on PHC Mazhama building



JI NEWS SERVICE

BUDGAM, FEBRUARY 13: The Deputy Commissioner (DC) Budgam, S F Hamid today held a Nagar Diwas at Town Hall Magam as part of Public Outreach programme.

The Nagar Diwas witnessed large public participation from different areas of the sub-division.

Among others, the Public Grievance Redressal Camp was attended by DDC member Rathsun Reyaz Ahmad, President Municipal Committee Magam Ghulam Mustafa, Sub Divisional Magistrate Beerwah Toufeeq Gazi; Tehsildars of Beerwah and Magam, Executive Officers of MC Magam and MC Beerwah besides other Zonal and Sectoral Officers of the district.

During the Grievance Redressal Camp, representatives from trade unions put their demands with the

DC which include Street lighting, construction of public convenience at bus adda etc.

Further, other Public delegations and individuals projected various developmental issues before the DC including augmentation of drainage and sewerage network in the area, repairs of lanes and drains, widening and macadamization of roads, construction of bund at Nallah ferzopora, repair of Magam bridge, regular cleanliness on roads and drains and other issues. After giving patient hearing to the grievances and demands of the public, the DC sought on the spot response from the concerned Officers present during the Grievance Redressal Camp. He assured the people of the area that all genuine demands and issues projected by them will be looked into on priority for their speedy redressal. He

also gave on the spot directions to the concerned officers for time bound redressal of the public issues.

Addressing the gathering, the DC said the District Administration has initiated this process of holding camps at doorsteps for the convenience of the general public. These interactions make administration more close to the public, he added.

Earlier, the DC stressed on the use of online services. He said today information regarding all works, schemes is available just at one click of anyone's mobile phone or laptop. He instructed concerned departments to aware public regarding all online services of the district.

He requested youth to involve themselves more in sports activities and say no to every kind of drug which kills them.

He directed the concerned department for registration of unemployed youth of the area.

Later, the DC inspected the market of Magam town wherein market checking was conducted with regard to rate list, hoarding and availability of essential goods amid ensuing celebrations of Shab-i-Meraj and Maha Shivratri. He also visited Receiving Station S.K Pora to assess the situation of availability of electricity in the area. DC Budgam further reviewed the progress of work on PHC Mazhama and directed the concerned agencies to complete the remaining work within a fixed time-line.

HP&M Shopian organises Awareness programme on PM-FME scheme

JI NEWS SERVICE

SHOPIAN, FEBRUARY 13: Under the banner of Atma Nirbhar Bharat, the Department of Horticulture Planning and Marketing (HP&M) Shopian today organized 5th Awareness programme on Prime Minister's Formulation of Micro Food Processing Enterprises (PMFME) scheme at Industrial Training Institute Shopian.

Area Marketing Officer Shopian, District Nodal Officer for the scheme addressed the students and presented an overview and potential scope of the scheme in the district.

The scheme offers 35% credit linked capital subsidy with a maximum ceiling of Rs 10 lakh and Rs. 40k seed capital per member for SHGs and producer Cooperatives with a support for Branding and Marketing of the processed products. The audience was urged to come forward and reap the benefits of the scheme.

A successful entrepreneur and



champion farmer Javid Ahmed Dar, CEO KHT shared his experience and success story with the students present on the occasion. Experts from KVK Shopian and representatives of Lead District Manager Shopian also spoke on the occasion. Area

Marketing Officer Shopian along with his staff, District Horticulture Officer Shopian, Lead District Manager, Experts from Krishi Vigyan Kendra (KVK) Shopian and successful entrepreneurs in the Food Processing Sector attended the programme.

KVK B'pora organises Training programme for promotion of niche crops

JI NEWS SERVICE

BANDIPORA, FEBRUARY 13: Krishi Vigyan Kendra (KVK) Bandipora in collaboration with the Department of Agriculture Bandipora today organized an Orientation & Training Programme on Promotion of Niche Crops at the Training Hall of KVK Bandipora.

Officials said promotion of niche crops is one of 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 J&K.

The project aims at diversifying and expanding the area of niche crops over an area of 11,100 hectare, thus ensuring livelihood security for 1,11,000 targeted beneficiaries with a revenue



realization of Rs 2,238 crore.

Four power point presentation were delivered during the training programme on different aspects of Seed Production and Supply Chain and

Details of Implementation of the Project in the district by Dr Tariq Sultan Programme Coordinator Krishi Vigyan Kendra Bandipora-I, Dr. Bilal Ahmad Bhat Incharge Head Krishi Vigyan

Kendra Gurez, Abdul Majeed Lone District SMS Agriculture Department Bandipora and Dr Tahir Saleem Scientist (Vegetables) KVK Bandipora. During the programme queries raised by the field functionaries regarding implementation of the project were duly addressed by the resource persons.

Chief Agriculture officer Bandipora, Mujtaba Yahya; Programme Coordinator KVK Bandipora, Dr Tariq Sultan; Incharge Head KVK Gurez, Dr. Bilal Ahmad Bhat; District Agriculture Officer, Gh Hassan Parray; District Subject Matter Specialist, Abdul Majeed Lone; KVK Scientists, Dr Tahir Saleem and Dr Hilal Ahmad Malik besides Field officers of Department of Agriculture participated in the training programme.

37th Foundation-Day of APEDA celebrated at Kisan Kendra Jammu

JI NEWS SERVICE

JAMMU, FEBRUARY 13: The 37th Foundation-Day of Agricultural and Processed Food Product Export Development Authority was celebrated today at Baba Jitto Kisan Kendra by APEDA Regional office Jammu in collaboration with Department of Agriculture Production and Farmers Welfare, Jammu.

Welcome address was presented by Joint Director Extension, S.C. Sharma, while DGM APEDA, Vanita Sudhanshu participated through virtual mode from APEDA Head Office Delhi. The program was presided

over by the Director Agriculture Jammu, K.K Sharma. He emphasised on the farmers to achieve Quality Assurance of Agriculture Products to make the same competitive in the international market.

The Business Development Manager, APEDA RO Jammu, Dr. Kausar Fatima highlighted the Mammoth Achievement of 13.77 Billion US Dollars within six months of the fiscal year 2022-23. She also informed that presently APEDA is exporting 700 products in more than 200 countries of the world.

MD JKTPO Khalid Jhangir, appre-

ciated the achievements of APEDA and also stressed upon the close coordination among all related organisations targeting Exports. The leading Exporter Gagan Jain mentioned that strengthening of the FPOs is the need of the hour as major focus is kept on Jammu and Kashmir.

The Assistant Chief Manager NABARD also listed the schemes which the FPOs can avail in Jammu and Kashmir. The whole Program was coordinated by Program Officer, Rajeev Katoch and culminated with vote of thanks by Joint Director Agriculture Extension.

JKTPO organises Export Awareness Workshop for District Srinagar



JI NEWS SERVICE

SRINAGAR, FEBRUARY 13: Jammu and Kashmir Trade Promotion Organization (JKTPO) today organized an export awareness workshop for potential exporters in association with Directorate General of Foreign Trade (DGFT), Department of Posts, FIEO and various other export institutions.

The workshop is in continuation of the planned events to be held across the UT to promote exports from all districts of Jammu & Kashmir under the District as Export Hub Scheme/ODOP initiative.

The series of the workshops were initiated on the directions of Principal Secretary to Industries & Commerce, Prashant Goyal, this being the ninth district level workshop in a row after Udhampur, Kishtwar, Jammu, Rajouri,

Kathua, Doda Pulwama, and Anantnag.

The emphasis of the workshop was to boost and support exports from UT of J&K with a focus on developing each district as an export hub under the District as Export Hub/ODOP initiatives. The beneficiaries were briefed regarding the potential of their products for exports, countries to be targeted and procedures of exports.

JKTPO has bought all export agencies/stakeholders to grassroot level through these drives. Special focus was given on ODOP products and other focus products of district Srinagar including Paper Machie, Silk Carpet, Walnut wood carving, pashmina shawls etc. The detailed sessions were conducted by the experts on the benefits of exports, the

process of getting an Import/Export code, endorsing local products to an international market, credit linkages for exports and credit risk insurance facilities.

A.K. Bhushan, Deputy DGFT, J&K, during his address, apprised the participants of the role of DGFT in international trade. He reflected upon the kind of documentation and procedures necessary for entering the international business/IEC registration and other related issues. He provided the necessary guidance to the participants to update their knowledge by explaining to them about various Government of India Export-related schemes like MEIS. Many queries were resolved on the spot and various participants intended to get registered for generating their

Import/Export codes. Rakesh Mani, Senior Manager ECGC Delhi, gave details about Credit Risk Insurance and related services for exports and gave a detailed insight on how exporters can safeguard their shipments and money for exports. ECGC offers insurance protection to exporters against payment risks and other export-related activities including recovering bad debts

Gaurav Gupta, Dy. Director FIEO explained about the benefits of registration on Indian Business Portal, Free Online Business, Easy and Affordable Credit Rating and Compliance with the Government.

Yonus Gul India Post, Kashmir Region, shared the attributes of portal Dhak Ghar Niryat Kendras which act as facilitation center for E-commerce exports. As per DNK portal exporter with IEC code can export any item weighing around 35 kg to point of destination from point of origin, with proper monitoring and tracking.

Further, the audience was addressed by Sahil Mahajan, an e-commerce expert and Abinav from Shyppam logistics about the importance, benefits, issues faced related to exports.

DC Poonch reviews measures to curb drug abuse at NARCO Coordination Committee meet



JI NEWS SERVICE

POONCH, FEBRUARY 13: Deputy Commissioner Poonch Inder Jeet today chaired a meeting of the District Level Committee under the NARCO Coordination (NCORD) to discuss different measures to curb drug abuse in the district.

The meeting was attended by Additional Superintendent of Police, Mushim Ahmed, Assistant Commissioner Revenue, Zaheer Ahmed Kaifi, SDM Mendhar, Mohamad Jahangir Khan, SDM Surankote, Rizwan Asgar, Chief Medical Officer, Dr. Anis-A-Nabi,

Chief Agriculture Officer, Rakesh Kumar Sharma, Tehsildar Mandi, Shazad Latif Khan, Tehsildar Surankote, Akbar Hussain, District Social Welfare Officer, Mohinder Paul, DEPO, N.M.Suri, Range Officer, Javid Iqbal, Naib Tehsildar Haveli, Maroof Khan, Tehsil Social welfare Officer, Mohd.Azam Rafter, Drugs Inspector, Counsellor, Dr. Tafazz Akhter besides other concerned officers were present.

The Deputy Commissioner directed the Chief agriculture officer to destroy the poppy cultivation wherever exists and ensure zero poppy crops in the district

The Education and Social Welfare Department were directed to organise campaign / IEC activities and also to take out rallies against the drug menace. He further said that all the Narcotic drugs shops around the school should be closed. The Deputy Commissioner directed the drug inspectors to provide the list of patients who have been given such drugs on medical prescription within week time. The CMO was directed to ensure that all the chemists/Druggists maintain proper record of the sale of drugs to the needy patients and provisioning only on the basis of authorized medical prescription.

National Lok Adalat organized in district Kishtwar

JI NEWS SERVICE

KISHTWAR, FEBRUARY 13: In pursuance to the National Calendar and under directions of J and K Legal Services Authority, a National Lok Adalat was organized here by the District Legal Services Authority under the supervision and guidance of Chairman DLSA, Surjeet Singh Bali. The National Lok Adalat took up Criminal Compoundable cases, Matrimonial and Maintenance cases, Cheque Bounce, Civil, Recovery, labour, PUS Matters, MACT- Litigation and Pre-Litigation cases and other

cases were taken up before two benches were constituted for the said purpose.

The first Bench consisted of Surjeet Singh Bali, Principal District and Sessions Judge Kishtwar and Mahmud Anwar Al-Nasir, Chief Judicial Magistrate Kishtwar. The Second bench consisted of Kartar Singh, Munsiff/JMIC Kishtwar and Syed Arif Hussain, Advocate.

A total of 449 cases were taken up out of which 227 cases of different nature mentioned supra were settled by amicable settlement in presence of

parties. The total settlement of Rs 54,15,971 has been settled in bank recovery, money recovery & MACT Cases with the efforts of the presiding officers of courts. Bar members of the respective courts and representatives of banks and insurance companies.

Fine of Rs 67,800 was also recovered. Judicial officers, members of Bar, revenue officers, bank managers of various banks, representatives of various insurance companies, officers of PDD, parties of the cases and people in large numbers participated in the National Lok Adalat.

Two days Shallabugh Bird festival commences to raise awareness of Bird & Wetland conservation

DC Ganderbal throws Shallabugh Fest-2023 open; assures help & support in showcasing the unique biodiversity of the wetland Calls for coordinated efforts, timely measures to eliminate MR



J1 NEWS SERVICE

GANDERBAL, FEBRUARY 13: The Department of Wildlife Protection, Jammu & Kashmir Govt. (Wetlands Division, Kashmir) and the District Administration Ganderbal in joint collaboration with SKUAST-Kashmir and Kashmir Birdwatch is organizing two days Shallabugh Bird festival from 13th to 14th of February 2023.

The inaugural function of the fest was organized today at the Conference Hall of Mini Secretariat, here.

Shyambir Singh, Deputy Commissioner (DC) Ganderbal was the Chief Guest on the occasion.

While throwing the Shallabugh

shall be felicitated by the district administration.

Rashid Yahya Naqash, Regional Wildlife Warden, Kashmir Region, said that the aim to celebrate the Shallabugh Bird festival is to raise awareness of bird and wetland conservation and also nurture an interest in young wildlife enthusiasts to learn and love migratory/resident birds and their habitat.

He informed the gathering that the Shallabugh has been recently declared as Ramsar Site, a wetland of international importance. The wetland is home to a wide variety of birds, and the festival is an opportunity to recognize their significance and raise awareness about the importance of preserving their habitat.

Day two shall start with guided birding at Shallabugh wetland, and later a local meet of the fringe communities shall be organised at Shallabugh, Naqash said.

PowerPoint presentations were presented by Intesar Suhail Wildlife Warden Shoppian and the executive member of Kashmir Birdwatch and Dr. Khurshid Ahmad Head Department of Wildlife Science SKUAST-K regarding historical perspective of Bird watching in Kashmir and the Potential of the Bird Tourism in Kashmir wetlands.

Fest-2023 open, the DC Ganderbal stressed upon the need that such events need to be taken along on a sustained basis.

He applauded the role of the civil societies, local communities and the NGOs in the field of Wetland Conservation and appealed to them to take active part in the conservation and restoration process of the Shallabugh Wetland Reserve.

In his address the chief guest expressed his willingness to render all the help and support in showcasing the unique biodiversity of the wetland. He assured the participants that the best of the Wildlife Photographers during the fest period

Meeting on availability of essentials on Government approved rates held at Kupwara

J1 NEWS SERVICE

KUPWARA, FEBRUARY 13: On the directions of Deputy Commissioner (DC), Kupwara, Dr. Doifode Sagar Dattatray, Assistant Commissioner Revenue, Ajaz Ahmad Bhat today chaired a joint meeting of Officers and presidents of various Traders Federations (PTF) of Kupwara district.

The Assistant Director Food, Wali Mohammad, Area Marketing Officer Horticulture Planning and Marketing, Mushtaq Ahmad and District Information Officer, Mohammad Yousof Mir were present in the meeting.

The meeting was convened with the aim to discuss the availability of food grains and other essential com-

modities on Government approved rates in view of ensuing festivals of Shab-e Mehraj and Maha Shivratri and upcoming holy month of Ramadan.

The meeting held threadbare discussion during which Assistant Commissioner (R) got feedback from the traders as well from the officers.

The ACR asked presidents of the all Traders Federations and Market Associations to ensure smooth and hassle free supply of essential commodities on Government approved rates and desist from any kind of hoardings, black marketing and preferring. He also asked concerned officers including Assistant Director, Food Civil Supplies & Consumer Affairs and Area Marketing Officer

Horticulture Planning & Marketing to intensify the market checking in all the towns of the district including Kupwara, Handwara, Sogam, Tangdar, Langate, Trehgam and Kralpora.

Traders were also asked to display Government approved rate lists in their shops/ establishments.

Earlier, the President Traders Federations Kupwara Showkat Masoodi, president Traders Federations Handwara Ajaz Ahmad Sofi and other presidents of Traders Federations spoke on the occasion and assured cooperation with district administration. They also raised certain issues in the meeting. The ACR assured them to redress all issues in a time bound manner.

Progress on Construction of SWM sheds reviewed at G'bal

J1 NEWS SERVICE

GANDERBAL, FEBRUARY 13: The Additional Deputy Commissioner (ADC) Ganderbal, Mehraj-u-Din Shah today convened a joint meeting of Revenue and Rural Development departments to review the progress on construction of Solid Waste Management (SWM) sheds under SWM (G) in the district and issues hindering the progress of work.

At the outset, the ADC sought status of SWM sheds completed, status of site identification for SWM sheds in panchayats, feasibility and issues being faced while execution of work.

On the occasion, the ADC sought detailed report panchayat wise regarding the status of identified land and hindrances being faced.

The concerned pathwaris briefed the ADC about the status of land identified for construction of SWM sheds and issues being faced on such locations. While discussing



issues, the ADC exhorted both revenue and RDD officials to work in close coordination and resolve all issues on priority so that all SWM sheds are completed in identification locations on time.

The meeting was attended by Assistant Commissioner Revenue, Assistant Commissioner Development Planning, BDOs, Tehsilars, VLWs and pathwari concerned.

4 Dead bodies airlifted from Kupwara to Tangdhar

3 Patients along with attendants airlifted from Tangdhar to Kupwara

J1 NEWS SERVICE

KUPWARA, FEBRUARY 13: Dead bodies of 4 Tangdhar residents were airlifted in a chopper provided by border security forces from Kupwara to Tangdhar today on Monday.

Bodies of four residents of Karnah who passed away in different hospitals of Srinagar and had got stuck at DH Handwara due to closure of Chowkibal-Tangdar road and Snow avalanche threat at Sadna pass, reached Tangdar helipad on

Monday. The dead bodies were received by SDM Karnah Dr. Gulzar Ahmad Rather, Officers of BSF and army authorities.

Deputy commissioner Kupwara Dr. Doifode Sagar Dattatray made fervent requisitions to B.S.F authorities for providing chopper service to airlift the dead bodies from Kupwara to Tangdhar.

Earlier, bodies were evacuated in an ambulance from district Hospital Handwara at 8.55 A.M to Zangli helipad from where they were dis-

patched to Tangdar at 9.24 A.M.

Meanwhile, 3 critical patients along with their 3 attendants and a Medical Assistant were airlifted to Kupwara by the chopper on its return to Kupwara.

The people of Karnah subdivision along with bereaved families have extended their gratitude to Deputy Commissioner Kupwara, Dr. Doifode Sagar Dattatray and Border security forces for making it possible for them to take the bodies back to their native places

despite harsh weather conditions in the area.

In another good effort on Sunday, on the requisitions of Deputy Commissioner Kupwara, 3 patients and 3 students were airlifted from Tangdar to Kupwara in a civil administration helicopter.

Pertinently, efforts are on to open the Chowkibal-Tangdar road by Beacon authorities, but Snow avalanche threat at Sadna Pass is hampering the efforts of opening the road for vehicular traffic.

Director Agriculture flags-off group of 70 farmers on inter-state exposure tour

J1 NEWS SERVICE

SRINAGAR, FEBRUARY 13: A group of 70 farmers from seven different districts of Kashmir division was today flagged-off by Director Agriculture Kashmir, Chowdhury Mohammad Iqbal for an exposure cum training visit outside the UT of J&K from the Directorate of Agriculture Kashmir.

The seven day exposure visit has been organised by the Farmers Training Centre (FTC), Ganderbal Kashmir under Sub Mission on Agriculture Extension (SMAE) of centrally sponsored schemes, National Mission for Agriculture Technology (NAEIT-ATMA).

Chowdhury Iqbal while interacting with the farmers on the occasion, said that the visit has been organised for making the farmers aware of the latest technologies for commercial agriculture, Realtime trends in organic farming



and cultivation of different agriculture crops on scientific lines.

He impressed upon the farmers to interact with the farm scientists, experts, and extension functionaries to get acquainted with upto date methodologies in crop cultivation on scientific lines.

He asked the farmers to enhance their technical

ber of programs have been devised.

Giving details of the programme Deputy Director Agriculture (trainings) Kashmir, Idris Bashir Ahmad said that the group of 70 farmers (in first phase) from Kupwara, Baramulla, Bandipora, Srinagar, Ganderbal, Budgam and Anantnag will visit Punjab Agriculture University (PAU) Ludhiana Punjab, National Dairy Research Institute, Karnal, Haryana and Indian Institute of wheat and barley research Institute Karnal, Haryana. Joint Director Agriculture, (Extension) Mohd Syeed peer, Joint Director Agriculture (Inputs) Farooq Ahmad Bhat, Deputy Director Agriculture (Planning) Mohammad Younis Chowdhury Deputy Director Agriculture (Central) Wahid-u-Rahman and other senior officers of the department were also present on the occasion.

Mega Carnival held at Ketsan-Nagmarg, Bandipora

Ketsan to be promoted as top destination for Winter Tourism: DC B'pora

J1 NEWS SERVICE

BANDIPORA, FEBRUARY 13: The District Administration Bandipora in collaboration with Ali Sports Academy and Department of Forest on Sunday organised a special Winter Carnival and Snow festival in picturesque Ketsan village of Bandipora district with an aim to explore the potential of the area for Winter tourism and Winter sports.

A huge group of more than 700 residents across the district converged at Ketsan village in Alosa block on cold Sunday morning and started a trek to Nagmarg - a meadow in the nearby forests bordering Lolab valley on the other side of the mountains.

At Nagmarg the Ali Sports Academy organised a range of sports activities including Snow Volleyball, Snow Rugby, Snow Kabaddi, Raskashi besides hiking.

Enroute the participants were entertained by the folk music by local Gujjar/Pahari families besides playing soulful tunes over flute/bansuri during the trek.

Several cultural and musical programmes were also held at Nagmarg that enthralled the audience.

On the occasion, Chairman Ali Sports Academy and Padma shree awardee Faisal Ali Dar said the aim of organising the event was to do



some productive work amid sub zero temperature when everyone loves to stay indoors.

He said it also aimed to explore the tourism potential of the area. He said the Ketsan Nagmarg region has a huge potential and such events will help to further promote the tourism of the area. Dar said they will promote tourism of this particular area by inviting people from other areas of the country.

The officers further stated that such events help the youth to spend

their leisure time in useful activities so that they stay away from drug addiction.

Deputy Commissioner Bandipora, Dr. Owais Ahmad appreciated the initiative and said that these events shall go a long way to promote tourism and outreach activities in the district.

He further said that more such events are in pipeline and a Mega Snow Carnival is also scheduled to be held across various tourist destinations of the district.

05 Day Craft Safari by H&H Dept for Faculty Members/ Students of SoFT Pune concludes

J1 NEWS SERVICE

SRINAGAR, FEBRUARY 13: A team of more than 50 students and Faculty members of School of Fashion Technology (SoFT), Pune visited Kashmir this week to understand the making of Kashmir Art and Craft and undertook the Craft Safari scheduled for them by the Department of Handicrafts & Handloom Kashmir, in three separate batches, as part of their study tour.

During their 5 day Craft safari, the participants visited different Artisans Karkhanas/ Units located in the areas of Kathidarwaza, Khanqah, Zaidal and Nawakadal areas of Srinagar city. The units of Aristapple, Pashmina spinning, Pashmina weaving, Pashmina rafugari and Moikashi were visited in the Kathidarwaza area which proudly opens its gates to scores of golden handicrafts' hands of this region.

The workplaces of Mir Abdul Majeed master artisan in Aari Embroidery craft, Mohammad Aslam Khan of Sozni Craft, Pashmina Rafugari unit of



Mushtaq Ahmad Jan, Pashmina Spinning unit of Khadija and Fahmida, Unique Handloom Cottage Industry of Pashmina Weaving and the Moikashni unit of Basharat Ahmad were covered.

In the neighbourhood of Khanqah Shah-e-Hamdan, the team visited the work place of Mohammad Shafi Mir, a 100-year-old business of dyes and threads presently owned by Bashir Ahmad. The team visited Shah Handicrafts, a Paper Machie unit owned by Syed Amjad and the unit of Ghulam Mohi ud Din Beigh who is a master artisan in the Sozni craft at Zaidal. In the Nawakadal area, the team visited the Kani Weaving unit of Naseer Ahmad Mir, Pashmina Weaving Unit of Javaid Ahmad Malik and

Handloom Kashmir and other officers/officials of the department.

Speaking on the occasion, Director Handicrafts & Handloom Kashmir said that the Department has been in close contact with the institute to materialise such type of interventions and the present programme is significant especially after Srinagar being recognized as the UNESCO's Creative City in the field of Craft and Folk Art and launch of craft Safaris which have gained a lot of attraction from people within the country and abroad.

The Department is open to such interventions for the benefit of the artisan community of the valley and shall leave no stone unturned to explore the possibilities for design evolution and extension of marketing facilities to these artisans, he said.

To facilitate tour of the visiting team the department constituted an official team for liaising with the visiting team to ensure that maximum benefits are reared during this span of their visit.

Day 04 Khelo India Winter Games, 2023

Union MoS Nisith Pramanik visits Kangdoori, takes stock of sports activities, interacts with players

Also, Flags off 1500 meters Senior Men SnowShoe race at Golf Club

JI NEWS SERVICE



GULMARG, FEBRUARY 13: The 3rd edition of Khelo India heads towards conclusion with just one day left to wrap up the winter sports activities being organized at Gulmarg by Jammu and Kashmir Sports Council.

On the penultimate day, Union Minister of State (MoS) for Home Affairs and Youth Affairs & Sports, Nisith Pramanik visited Kangdoori to take stock of sports activities carried under 3rd edition of Khelo India Winter Games, 2023. He was accompanied by Secretary J&K Sports Council, Nuzhat Gul and other officers.

On the occasion, he interacted

with players and encouraged them to continue their hard work & enhance experience, to be able to participate in national and international events.

He also enjoyed snow bike driving from Kangdoori to Alpine G Slalom starting point.

While briefing media persons, he underlined that the Union Ministry of Youth Affairs & Sports gives priority for development of sports infrastructure including stadiums in J&K besides development of human

resources in sports for diversifying the sports activities and to harness the talent of youth.

He remarked that the youth and general public of J&K have great sports spirit and appreciated them for this quality.

Later, he visited the Golf Club where he was given a warm welcome by players and officials who had queued in a long line. Besides, he held interaction with each and every player and also he congratulated medalists.

On the occasion, the Minister

of State also flagged off the SnowShoe race of 1500 meters of Senior Men. Meanwhile, President, SnowShoe Association of India held an interaction with MoS and also presented him moment of Snow Shoe. It was a very hectic day for officials as finals of most of the events were held today besides medals were also distributed among the winners. Some of the events are also scheduled for the Evening time.

By Sunday evening J&K was leading in the medal tally with 9 Gold medals, 8 Silver medals & 10 Bronze medals followed by Maharashtra with 7 Gold medals, 2 Silver and 1 Bronze and then by Himachal with 7 Gold, 8 Silver and 5 Bronze. On Monday, Jaideep Bhat, Uttarakhand, won Gold in Sprint Men; Kulvinder Sharma of Army won Gold in SnowBoard G Slalom of Senior Men Category; Waqar Ahmad Lone(J&K) obtained Gold in Snowboarding Slalom of Junior Boys; Rahul Thakur (HP) got Gold in Alpine G Slalom of Junior

Boys-2; Faizan Ahmad Lone (J&K) achieved Gold in Alpine G Slalom Junior Boys.

Others who won Gold today included Jakmat Rafsan of Army & Varsha Devi (HP) in Alpine G Slalom of Senior Men and Women Category respectively. Also, in the Nordic event for different groups, Stangin Lundup, Army; Prince Kumari, ITBP; Shabnum, Himachal Pradesh; Mohammad Ali and Army won Gold medals. Similarly, Sara, J&K; Farman Ali, HAWAS; Adil Fayaz, J&K; Dhanalakshmi, Karnataka and Nisha Devi won Gold Medals in their respective competitions of Sprint.

In Ski Mountaineering, Mayank Dimri of Uttarakhand won two gold medals in Vertical Race and Team Sprint.

While in Senior Men and Women of Bobsleigh, Haryana won both Gold Medals but in Junior Category of the same sport J&K and Tamil Nadu obtained Gold in Junior Men & Women respectively.

Cultural Unit Kashmir of DIPR celebrates 'World Radio Day'



JI NEWS SERVICE

SRINAGAR, FEBRUARY 13: The Cultural Unit Kashmir of DIPR today organised a Panel Discussion to mark 'World Radio Day' today at Media Complex DIPR Srinagar.

Noted broadcaster, poet, writer and programme executive AIR Srinagar Satish Vimal, RJ Sameen Khan and RJ Rafeeq (Red Fm) and prominent radio voice Mubashir Rufai were the panelists whereas DIPR's GenZ volunteers participated in the discussion.

Cultural Officer Kashmir, Burhan Hossain formally welcoming the panelists detailed about the evolution, innovation and career avenues linked with the Radio Journalism.

It's a most promising mass medium that is becoming increasingly relevant with every passing day, and students and youth should opt this

amazing profession, he added.

Moderating the session, AECO Syed Shakeel Shan highlighted the contribution radio has made throughout its 111 years journey and lauded role of UNESCO in celebrating it on world level for past 111 years as World Radio Day.

During the panel discussion Satish Vimal said that there is need of greater connection among the radio lovers and society at large to carry forward its journey within the ever changing and hi-tech world.

RJ Sameen spoke on the emergence of community Radio and its role in addressing local issues and preserving culture and languages. RJ Rafeeq said that Radio is a clean and controlled media that reaches with utmost efficiency where no other media can reach.

The DIPR student volunteers asked questions on various aspects of

NATIONAL AWARENESS APPRENTICESHIP WORKSHOP CONCLUDES AT JKAACL

DC Jammu hails creation of skilled workers based on industry requirements

JI NEWS SERVICE

JAMMU, FEBRUARY 13: Regional Directorate of Skill Development and Entrepreneurship, J&K, (GoI) in collaboration with Directorate of Skill Development J&K organized "National Apprenticeship Awareness Workshop" at J&K Academy of Art, Culture & Languages to create awareness among youth/Establishments about Apprenticeship Scheme.

Deputy Commissioner, Jammu Avny Lavasa, who was present during the concluding session, hailed the organizing of the workshop and advised to conduct more such orientation programs to encourage skill upgradation to meet requirement of qualified workforce for Industry.

"The Apprenticeship Scheme aims to provide a mechanism that will ensure availability of quali-

fied skilled workers based on industry requirements and also can address the unemployment issue among educated youth" she added.

Chairman, Bari Brahmama, Industries Association Lalit Mahajan was also present on this occasion. He welcomed the support provided by the Government of India to the Industries.

S. Santhimananal- Regional Director/ Central Apprenticeship Advisor, J&K and Ladakh highlighted the benefits of apprenticeship schemes and opportunities by the Govt. of India. The Workshop, he said, focused on the registration of establishments in the J&K UT and advised the representatives of industries to accommodate IIT pass-outs /trainees under the Apprenticeship Act. He appreciated the efforts for organizing



District Level Workshops for the benefit of youths of the district through Apprenticeship Scheme.

Deputy Director, NSTI, Srinagar V.K Saksena briefed about the Apprentice scheme with PowerPoint presentation during the event and also highlighted the recent up-dation in Apprentice Scheme.

He briefed the stakeholders about the benefits of the scheme and requested to engage Apprentice trainees from the remote areas to address the issue of unemployment.

Sunil Kumar, Assistant Director, BOAT (Northern Region) apprised about the achievements in the Apprentice

Scheme. He advised establishments to register themselves on Apprenticeship portal to avail the benefits of this National Apprenticeship Scheme and thanked the establishment for their support in providing opportunities to the candidates. He also presented the vote of thanks to all dignitaries, staff, media persons and other stakeholders in organizing the event for a better tomorrow with good skills.

The event was inaugurated by ADDC Jammu Ramesh Chandra. He highlighted the achievements of RDSDE, J&K as well as Skill Development Department J&K in making this Apprenticeship Workshop successful and lauded their role for the betterment of the youth of JKUT, in his address.

The program concluded with vote of thanks by Gurmeet Singh, Assistant Director, RDSDE, Jammu.

Principal Secretary holds interactive meeting with College Principals



JI NEWS SERVICE

JAMMU, FEBRUARY 13: Principal Secretary, Education, Alok Kumar, today convened an interactive meeting with college Principals of all seventy colleges of Jammu division at Government College for Women, Parade Ground, Jammu.

During the meeting, Principal Secretary discussed various issues pertaining to Higher Education Department which inter alia included academic issues, NCC, NSS, Sports, co-curricular and extra-curricular activities. He also took stock of problems being faced by the colleges, particularly, those established in 2019. He also shared his ideas and vision for further streamlining of Higher Education sector.

Director Colleges, Dr. Yasmin Ashai and Additional Secretary, Higher Education Department, Sushil Kumar Khajuria besides other officers and officials of Higher Education Department attended the meeting.

Several issues were raised by the College Principals which were deliberated upon in the meeting. The Principals were assured of quick resolution of their grievances. Later, Principal Secretary, took a round of the College and reviewed various on-going and completed infrastructural projects.

Director JKEDI discusses modalities for community enterprise development in J&K

JI NEWS SERVICE

JAMMU, FEBRUARY 13: Director JKEDI, Ajaz Ahmad Bhat discussed the possible collaborative initiatives in community enterprise development for the benefit of the underprivileged communities in J&K with Chairperson Total Start Entrepreneurship Ecosystem Developers Sri Suryanil S N Sanmyasin, who called on him here today.

The chairperson discussed a variety of subjects with the Director, JKEDI and explored opportunities



to hold workshops on foundation building for IT Entrepreneurs, foundation building for Social Impact Entrepreneurs and scalable community enterprise development. As per the Total Start website, there

are two paths the organization follows for community development. These are Incubating and Scaling Underprivileged Community Enterprises and Incubating and Scaling Micro and Small Rural and

District Level Enterprises. As per the handout of the organization, they are building a movement where they are challenging the present status quo of wealth being created and enjoyed by the elite rich

and/or educated, but by making real viable scalable enterprises owned, built and run by the Underprivileged Communities from the underdeveloped Regions across the world, enabling a paradigm shift as to how the society can evolve for the future. In addition to the Director, the meeting was attended by senior faculty members along with other officials of the Institute. Threebare discussions were held as to how the organization's expertise can be utilized in J&K for the benefit of the Youth.

Ramban Admn retrieves state land measuring 800 Kanal

JAMMU, FEBRUARY 13: In continuation to the anti-encroachment drive launched in the district, District Administration Ramban today retrieved over 800 Kanal State land in different Tehsils of the district. In the joint anti encroachment drives, the teams of Revenue department and Police retrieved state land measuring 378 Kanal in Tehsil Banihal; 230 Kanal in Tehsil Ramban; 104 Kanal in Pogal-Paristan (Ukhral); 66 Kanal in Gool, 16 Kanal in Khari and 4 Kanal in Ramsos.

RBI begins Financial Literacy Week campaign in J&K, Ladakh

JI NEWS SERVICE

JAMMU, FEBRUARY 13: Reserve Bank of India (RBI) has been conducting Financial Literacy Week (FLW) every year since 2016 to propagate financial education messages on a relevant theme. The FLW 2022 was focused on "Go Digital Go Secure"

The theme for this year's Financial Literacy Week is "Good Financial Behaviour - Your Saviour", which is extremely relevant in the current times for inculcating financial discipline while also giving impetus to the digitisation drive of Government of India and Reserve Bank of India.

The inaugural function for



the UTs of Jammu and Kashmir and Ladakh was held today in Jammu in the presence of Kamal P Patnaik, Regional Director, RBI (UTs of J&K and Ladakh), Ajay Kumar Sood, Chief General Manager, NABARD; Ramesh Chand, Reserve Bank Integrated Ombudsman; Sandeep Mittal, General Manager, RBI and other Senior officials from RBI

and commercial banks. Speaking at the inaugural function of the FLW-2023 for the UTs of Jammu and Kashmir and Ladakh, Patnaik exuded confidence that the initiative will go a long way in spreading awareness among public for active saving, planning and budgeting and will also make people aware about various digital initiatives of commercial

banks and will help them fight the apprehensions they have for using digital modes.

Sandeep Mittal, General Manager, while welcoming the participants, urged all bankers to be associated with Reserve Bank of India's mission of nation building through creation of a financially aware and digitally empowered India. It is RBI's endeavour to reach

out to both prospective and existing customers and all stakeholders are requested to co-ordinate and make this financial literacy campaign a success. With the success of UPI, implementation of the account aggregator (AA) framework and the mass adoption of digital banking services, India is witnessing an emergence of new business models. More and more banks are opening up for collaboration with new age service providers for facilitating customers to make better use of their data and avail a wider and richer set of services. Innovations like 'Framework for facilitating Small Value Digital Payments in Offline Mode' and UPI23Pay which

was aimed at enhancing digital financial inclusion by enabling over 40 crore feature phone users to access the benefits of UPI in a safe and secure manner will contribute significantly in furtherance of the agenda of financial inclusion in the country. The two sub-themes of this year's Financial Literacy Week are Active saving, planning and budgeting and Prudent use of digital financial services.

While saving, one must keep in mind three important things that are Safety, Liquidity and Return. Planning and Budgeting is the art of balancing income and expenses to ensure that expenses are always less than income. The surplus generated, if any, can be invest-

ed for future needs.

Prudent use of digital financial services is extremely important during recent times when we are witnessing an increase in financial frauds (mostly online) due to rapid shifting towards digital payments. Reserve Bank of India has developed content in the form of posters and audio-visuals on these messages. As part of the Financial Literacy Week activities, banks have been advised to disseminate information and create awareness among its customers and public on this year's theme by displaying posters on their websites, ATMs, mobile applications and digital display boards deployed in their branches.