



JINDRAH IMAGES



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Have got vital clues in Rajouri attack, will achieve success soon: DGP Dilbagh Singh

JJ NEWS DESK SRINAGAR

Jammu and Kashmir police chief, Dilbagh Singh on Tuesday said that police have got some vital clues with regard to the Rajouri attacks and that the success will be achieved soon. He also said the two Lashkar-e-Toiba militants from Pulwama district were killed in Budgam gunfight today, who were planning to move towards Srinagar district.

As per news agency while talking to reporters on the sidelines of closing ceremony of J&K Police Martyrs Memorial Football Tournament at TRC Srinagar, Director General of Police (DGP) said that the operation was launched yesterday in Budgam, but after firefight for some time, the militants gave slip and however, were traced again today.

"During a naka, the militants were traced and were asked to stop for checking, but they jumped from the vehicle and fired upon the forces and tried to escape the spot," he said and added that the fire was retaliated and the duo belonging to LeT and hailing from Pulwama district were killed during the encounter.

"Both the militants were moving towards Srinagar district and the reasons behind will be known after the investigation. They left from their old hideout and were in search of the new hideout," he said.

About Rajouri attack, the police chief said that police have got some vital clues during the investigation. "The area is close to the forest and after frequent militant sightings, four-five unsuccessful operations have been launched. As far as investigation is concerned, we have got



some solid clues and the arrests will be achieved soon. I hope that the success will be achieved soon," he said.

Asked about security measures for Republic Day celebrations and Bharata Jodo Yatra, he said that a meeting in this regard was held today in which top officers participated. "We have taken adequate measures and peaceful R-Day celebrations will be ensured," he said.

He also added that for yatra, adequate security arrangements are also being made across Jammu and Kashmir.

DGP also said that "the main character behind terrorism in J&K and other parts of the country from across the border is being exposed at international level. The measures are being taken to tighten up the process against the involved people and notify them as terrorists. The profile of these persons is also being sent to the different organizations working against the terrorism." ❦

Two LeT terrorists neutralized in op Budgam

JJ NEWS DESK SRINAGAR

Movement of terrorists of proscribed outfit LeT was being continuously tracked for past few days by the intelligence agencies of Army. Based on the confirmed input received regarding move of terrorists in the area of Budgam, a joint mobile vehicle check post was launched by Army & JKP by 0630hr on 17 Jan 2023.

At 0940hr, a suspected Tata Sumo was intercepted by the Security Forces. On being challenged, the terrorists in the vehicle in an attempt to flee, opened indiscriminate fire on the Security Forces. They did so to create chaos by inflicting casualty to Security Forces & civilians in the crowded area. However, the Security Forces exercised complete restraint and cordoned off the terrorists in the nearby shops, where they had sought shelter.

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Conduct verification of border dwellers living near IB: SSP

JJ NEWS DESK JAMMU

Ahead of Republic Day celebrations, Senior Superintendent of Police, Samba Benam Tosh has directed his team to conduct verification of border residents living close to the proximity of international border.

"Conduct verification of the inhabitants of border areas living in close proximity of international border in their respective jurisdictions and see to it that no movement of any outsider goes unchecked," Tosh said while chairing a joint security review meeting with sister agencies

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PM Modi to inaugurate second phase of Saansad Khel Mahakumbh 2022-23 organised in Basti District on 18th Jan

NEW DELHI

Prime Minister Shri Narendra Modi will inaugurate the second phase of Saansad Khel Mahakumbh 2022-23, being organised in Basti District, on 18th January, 2023 at 1 PM via video conferencing. Saansad Khel Mahakumbh is being organised in Basti District by Lok Sabha MP from

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Major controversy over participation of Lal Singh in Bharat Jodo Yatra

JJ NEWS DESK JAMMU

A major controversy has erupted over the participation of former minister Lal Singh in Rahul Gandhi's Bharat Jodo Yatra with a lawyer, who was at the forefront of a campaign to seek justice for eight-year-old Kathua child who was gang-raped and murdered in 2018, resigning from the Congress on Tuesday over allowing Singh to participate in the Yatra, which will enter Jammu & Kashmir this week.

In a series of tweets, as per news agency, Advocate Deepika Pushkar Nath announced her resignation from the party, saying Lal Singh defended the rapists of the girl and divided the



entire Jammu & Kashmir to protect the rapists.

"In view of Ch.Lal Singh's proposal of joining @BharatJodo & @INCJammuKashmir allowing the same, I am left with no other option but to resign from @INCIndia Lal Singh was responsible in sabotaging the Kathua rape case in 2018 by brazenly defending rapists," Deepika tweeted.

Deepika, who was also spokesperson of J&K unit

of Congress, said Lal Singh divided the entire region of Jammu & Kashmir to protect the rapists and Bharat Jodo Yatra is ideologically opposite to actions of the former minister.

"Lal Singh divided the entire region of Jammu & Kashmir to protect the rapists and @BharatJodo is ideologically opposite. On ideological grounds, I cannot share the party platform with such a person," she said.

Lal Singh along with Chandra Prakash Ganga were forced to resign from Mehbooba Mufti-led council of ministers on April 13, 2018 over their participation in a rally in support of Kathua rapists.

After his ouster from the cabinet, Singh had led

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As mercury dips, Kangris selling like hotcakes in Kashmir capital Srinagar

JJ NEWS DESK SRINAGAR

As the mercury in Kashmir Valley is on down mode, the traditional fire pots known as Kangris are in high demand and selling like hotcakes in Kashmir capital Srinagar.

People can be seen buying Kangris in some congested markets of Srinagar, including Batamalo. Even, in flea market of Srinagar, kangris were put on sale.

This winter people associated with this trade witnessed a brisk business. "Scores of people are earning their livelihood from this business," said a Kangri seller in Srinagar who hails from Ganderbal.

Due to pesky power cuts which stops people of Srinagar from using electric appliances, this Kangri plays an important role as it is easy to carry with fire inside it and keeps one warm.

"I have been doing this business since childhood. I have three varieties of colourful Kangris for selling including large, medium and small. In winters, its demand increases here," said another Kangri seller Ajaz Ahmed.

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DDC Chairperson; ex-MLC; Travel Agents Association Jammu call on LG

JJ NEWS DESK JAMMU

Ms Nuzhat Ishaq, DDC Chairperson, Ganderbal called on Lieutenant Governor Manoj Sinha today at Raj Bhawan.

The DDC Chairperson apprised the Lt Governor about various issues of public importance of Ganderbal. She also put forth the issue of installation of electric poles in the district.

Former Legislator, Sh Surinder Ambarwar also called on the Lt Governor and projected welfare issues of the Minority Community employees working in Kashmir.

He hailed the Lt Governor-led UT administration for the land reforms and taking concrete measures for the equitable development of J&K.

Later, Sh Nazir Ahmad Ganie, BJP District President Anantnag, met the Lt Governor



and apprised him about the various developmental issues of Anantnag pertaining to augmentation of healthcare facilities, road widening, and other such matters.

Meanwhile, Travel Agents Association of Jammu led by its President Capt Anil Gour (Retd.) also met Lt Governor

and put forth various concerning issues of tour operators and travel agents, and promotion of tourism in Jammu.

The Lt Governor gave a patient hearing to the demands put forth by members of the delegations and assured appropriate redressal of all their genuine issues and demands.

Governance reforms introduced by PM provides enabling environment for working women says Dr. Jitendra Singh

JJ NEWS DESK JAMMU

Minister of State for Personnel, Public Grievances, and Pensions, Dr. Jitendra Singh, today said that the Governance reforms introduced by Prime Minister Narendra Modi provide enabling environment for working women.

Briefing about several measures undertaken by the Ministry of Personnel, Dr. Singh said, the Department of Personnel and Training has taken concerted efforts to increase the representation of women in Central Government jobs and to provide them with a balance between professional as well as family life.

Spelling out Special Women-Centric Measures taken in the last eight and half years, Dr. Singh said, keeping in



view the potential emotional trauma caused due to still-birth or death of a child soon after birth, it has now been decided to grant a Special Maternity Leave of 60 days.

Dwelling on the Women-Centric reforms, Dr. Jitendra Singh referred to an Office Memorandum wherein a divorced daughter, in whose case a decree of divorce was issued after the death of her parents, will be eligible for family pension if the divorce

petition was filed before the death of the parents.

Similarly, the families of missing employees covered under NPS can now get a family pension after 6 months of lodging an FIR and not wait for 7 years after over their participation in a petition. Even in cases where the Government servant dies before completing a service of 7 years, a family pension shall be payable to the family. ❦

Digital J&K: Aapki Zameen, Aapki Nigrani portal revolutionizing revenue system across J&K

JJ NEWS DESK SRINAGAR

The J&K people are appreciating Aapki Zameen Aapki Nigrani move of the administration as a citizen-friendly measure bringing in transparency and accountability in the land record system.

Keeping pace with the innovation, Jammu and Kashmir government under the leadership of Lieutenant Governor, Manoj Sinha launched a historic initiative of extending hassle-free online access to Land Records to people which revolutionized the revenue world of the UT.

E-governance, having immense importance in today's world, raises the transparency, accountability, efficiency and inclusiveness in the governing process in terms of reliable access to all information by the citizens. Land Records Information System under the tag

"Aapki Zameen Aapki Nigrani" allows public users to search and view copies of scanned revenue data online on CIS Portal <http://landrecords.jk.gov.in/> and reduces interference of revenue officials in land dealings and give people right to access their land records at a click of a button, thereby reducing manipulation and improving the efficiency of Revenue offices substantially.

Aapki Zameen Aapki Nigrani is a sequel to the national programme of Digital India Land Records Modernization Programme (DILRMP) envisaging enhanced services to the common people in land matters. DILRMP was formally launched in the UT in April 2016 for improving online accessibility to Land Records System bringing an end to corrupt practices thereby ensuring quality services in Sub Registrar and

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LG hands over appointment letter to martyr civilian Puran Krishan Bhat's wife



JJ NEWS DESK JAMMU

Lieutenant Governor Manoj Sinha today handed over the appointment letter to Smt. Sweety Bhat, wife of martyr Sh Puran Krishan Bhat, who was killed by terrorists in

Shopian.

"We stand with the family of late Puran Krishan Ji and committed for their well-being in the future," observed the Lt Governor.

The family members of Sh Puran Krishan Bhat were also present at the Raj Bhawan.

Rahul Gandhi must come clear on grave mistakes committed by Congress in relation to J&K: BJP



JJ NEWS DESK JAMMU

Rahul Gandhi must come clear on grave mistakes committed by Congress in relation to Jammu & Kashmir before leading "Bharat Jodo Yatra" to J&K, said Sunil Sethi, Chief Spokesperson

Adv. Sunil Sethi, Sunil Sethi accompanied by J&K BJP Office Secretary Tiaak Raj Gupta and J&K BJP Media Secretary Dr. Pardeep Mahotra raised burning questions on "Congress's intention in its 'Bharat Jodo Yatra'" led

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DC Jammu attends Health-cum-Eye Check up Camp organized for drivers

JI NEWS SERVICE

JAMMU, JANUARY 17: Deputy Commissioner, Jammu Avny Lavasa today attended the Health-cum-Eye Check up camp organized by the Motor Vehicles Department, Jammu under the overall supervision of Regional Transport Officer, Jammu, Pankaj Bhagotra, here at Warehouse, Bikram Chowk.

Transport Commissioner, J&K Rahul Sharma; Chairman, All J&K Transport Welfare Association, S. Ajit Singh; Chief Medical Officer, Jammu Dr. S. Harbakh Singh; ARTO, Board of Inspection (P) Esha Chib; ARTO (HQ), Mohd. Saleem; ARTO, Board of Inspection (G) Pawan Sharma were also present on the occasion.

Speaking on the occasion, the DC said that one of the simple measures for dealing with the growing traffic problems in cities is following traffic regulation and management.

As many road accidents are caused

by the improper management of the traffic, the need of the hour is to provide proper education and awareness on road traffic management rules and regulations to the drivers, she added.

Stating that road accidents are one of the leading causes of death in the country, she urged the drivers to follow traffic rules and take all safety measures before driving the vehicle on road.

She further asked the drivers and conductors to avail full benefits of the Health-cum-Eye check up camp and directed the department to organize more such camps for the well being of the drivers.

Transport Commissioner J&K, in his address, stressed on the drivers to follow speed limit during driving, adding that Road safety and health of drivers are interconnected.

He said that a person's fitness to drive can be affected by a medical condition, by temporary illness as

well as substances such as alcohol and by the environment in which they work, drive and live.

It, therefore, becomes more important that Health-cum-eye check up camps are organized for them regularly, he stressed.

Earlier, the RTO presented the welcome address and formally welcomed the participants while the vote of Thanks was presented by ARTO, Board of Inspection (P).

Among others, President Jammu-Kathua Bus Service, Kuldeep Singh, President Jammu-R.S.Pura Labh Singh Chib, President Mini-Bus Union, Vijay Singh Chib, President, Jammu-Poonch Bus Service, Sher Singh, President Taxi Union, Railway station, Davinder Choudhary, Secretary, All J&K Transport Welfare Association, Sanjeev Choudhary, large number of drivers, conductors and general public participated in the event.

National Road Safety Week-2023 Culminates in Kishtwar

JI NEWS SERVICE

KISHTWAR, JANUARY 17: The weeklong activities under The National Road Safety Week 2023, culminated today in district Kishtwar.

The culmination was marked by a simple but impressive programme held here at Conference Hall DC Office Complex, wherein about 50 Drivers participated.

Deputy Commissioner Kishtwar Dr Devansh Yadav (IAS) who is also the chairman of the District Road Safety Committee (DRSC) was the chief guest at the concluding ceremony. President Municipal Council Kishtwar Sajjad Ahmed Najjar was the guest of honour.

Among others who were present in the programme were President Transport Union Kishtwar B.L. Shan, CMO Kishtwar Dr Chandar Parkash, ARTO Romesh Samotra, DTI Shabir

Ahmed, besides staff of ARTO office and trainers from driving institutes of Kishtwar.

During the weeklong celebration various activities were conducted by MVD Kishtwar in collaboration with District Administration, Police and Health authorities which includes the Special camps to check stress and fatigue of drivers, Drive conducted against wrong parking, awareness camps for drivers, checking of black spots, checking of road safety measures along National Highway, Conduct of Eye check up camp at Bus stand Kishtwar and distribution of IEC material among drivers.

Speaking on the occasion DC Kishtwar shared the data related to the road accidents in the District besides informing the drivers about the various causes of the accident and also roles and responsibilities of driv-

ers to avert them. DC Kishtwar said that the safety of passengers is the prime responsibility of Drivers. He therefore stressed for strict adherence to the Motor Vehicle Rules.

President MC Kishtwar and ARTO Kishtwar also spoke on the occasion. The ARTO apprised the participants about the precautionary measures to be adopted while driving.

The trainers of the various Driving Institutes were felicitated by MVD during the Programme.

Meanwhile during interaction, the drivers also apprised the Deputy Commissioner about various issues and infrastructure needs.

The DC assured them that their grievances and demands will be addressed promptly. The vote of thanks was presented by ARTO Kishtwar and the programme was concluded.

Synergising for Biotechnology Research - IIM Jammu, AIIMS Jammu & IIT Delhi join hands

JI NEWS SERVICE

JAMMU, JANUARY 17: Indian Institute of Management (IIM) Jammu and All India Institute of Medical Sciences (AIIMS), Jammu collectively explored the possibilities to undertake research and facilitate innovative products/processes in the field of Biotechnology in J&K, on the occasion of this Start-up day, here today.

IIM Jammu and IIT Delhi co-hosted a session on Biotechnology Ignition Grant (BIG) by BIRAC at IIM Jammu, Canal Road campus. The initiative was carried out by IIM Jammu Foundation for Entrepreneurship, Innovation, & Skill Development, the business incubator of IIM Jammu, under the leadership of Prof. B. S. Sahay, Director IIM Jammu. The programme was attended by students & fac-

ulty members of IIM Jammu as well as doctors of AIIMS, Jammu.

Prior to the main session, a canvassing regarding the Grant was done at AIIMS Jammu in the morning, for the benefit of all the doctors of the institute. The session at AIIMS Jammu was organized by Dr. Pranay Mahajan, Hospital Administrator, AIIMS Jammu and chaired by Lt. Gen Sunil Kant, SM VSM (Retd.), Medical Superintendent and Dean, AIIMS Jammu.

The first speaker on the occasion included, Dr. Saket Chattopadhyay from IIT, the IIT industry interface of IIT Delhi who deliberated on the entrepreneurial process, previously successful cases, and the BIRAC's BIG funding application process.

The second session was taken by the son of soil Mr. Arjun Gupta,

Director of Genetico, the grantee of the BIG grant (2019 chapter). His project was based on data analytics of hereditary diseases.

The welcome address of the session was delivered by Dr. Prateek Jain, chairperson, CEI, IIM Jammu. The session deliberated upon various research ideas and the possibilities of taking these to the grant stage with the support of the students and incubator of IIM Jammu. While talking to the audience, the speakers emphasized the importance of taking up meaningful synergies to take the research projects to the culmination stage. The session was also attended by the executive MBA students of IIM Jammu through a VC broadcast. The vote of thanks was delivered by Dr. Vivek Sharma, Chief Innovation Officer, IIM Jammu.

MVD organises valedictory function to mark end of Road Safety Week

JI NEWS SERVICE

SAMBA, JANUARY 17: Department of Motor Vehicle, in collaboration with District Administration Samba today organised an valedictory function to mark the end of the week long National Road Safety week here today at Shivam Palace Ghawal.

DDC Member, Suresh Kumar; BDC Chairman, Vijay Tagotra; Transport Commissioner, J&K, Rahul Sharma; Deputy Commissioner Samba, Anuradha Gupta, Project Director NHAI, Additional Secretary Road Safety Committee, Adl SSP Samba, SDM Ghawal, team of Doctors from AIIMS Jammu, other members of PRI, students of GDC, members NCC, Drivers, Locals besides others were also present.

Speaking on the occasion Transport Commissioner appreciated team

MVD Samba for successfully conducting an array of activities under the theme Swachta Pakhwada 2023 and sensitised different sections of society on road safety week contours. He laid emphasis upon providing the community volunteers with the skills that they would need to respond to their community's immediate needs in the aftermath of an accident.

The DC Samba, in her address, highlighted the UT Government's commitment towards road safety and said that there was a dire need to save lives and have zero road fatalities in Samba district. She informed that the administration has launched a campaign of Raksha Mitra to provide first responder training to the community including youths. "This year road safety week saw a series of activities in Samba including sensitization of

commercial vehicle drivers, rectification of black spots, awareness and cancellation of licenses under MVD rules, pledge ceremony, Signature Campaigns, etc were also organized, added the DC Samba.

During the programme, a team of doctors from AIIMS Jammu gave a detailed demonstration on how to save life during the accidents-critical or Golden time period. The demonstration was hailed by the youth, driver community, locals and they undertook a pledge to become Good Samaritans. The valedictory function also saw presentation of skits, poetry and awards distribution ceremony among the participants and members of road safety committee. The function was conducted in association with National Highway authority of India, VSEPL and others.

"Back to School" Campaign under Project Talaash conducted in far flung areas of Kishtwar

Resolutions passed in Special Gram Sabhas; parents encouraged to send OOSCs back to Schools

JI NEWS SERVICE

KISHTWAR, JANUARY 17: District Administration Kishtwar, in collaboration with Education Department, today carried out Special Gram Sabhas in far flung Schools of HS Chingam, HSS Mughalmaidan, UPS Bhagnana Nalla, HSS Chatroo as part of "Back to School" Campaign launched under Project Talaash. At these designated places, Special gram Sabhas were conducted by involving the parents of the Out of School Children (OOSC) and concerned School Staff and PRIs. Special Gram Sabhas were conducted under Supervision of CEO at HS Chingam, Tehsildar Mughalmaidan at HSS Mughalmaidan, Tehsildar at UPS Bhagnana Nalla, BDO Inderwal at HSS Chatroo covering several Panchayats. Besides, resolutions were passed in gram Sabhas wherein parents were encouraged to send their wards back to school. Pertinent to mention that under operation TALAASH, some areas were found to have a high number of Out of School Children (OOSC). These Out of School Children (OOSC) include School dropouts and never enrolled children of the age of 6-14 years. Particularly, the OOSC data is alarming in Schedule Tribe

Communities wherein the socio-economic conditions of the people is the main reason for high dropout rate.

The District Administration Kishtwar, in collaboration with the Education Department, DIET and Pratham Foundation has rolled out the mass level awareness campaign to motivate and encourage the parents to send Out of School Children to Schools. For the purpose various soft interventions have been adopted, including holding of enrollment camps and involving the civil society.

Earlier, the day before senior officers of District Administration also

participated in these gram Sabhas wherein they sensitised and educated the masses/parents about the importance of education for their wards and encouraged them to ensure re-enrollment of their wards in special winter camps under Back to the school initiative of project Talaash and thereby bringing their wards in the mainstream. Parents were also acquainted with the various soft interventions adopted by the School education department in collaboration with other stakeholders including DIET, SAMAGRA Shiksha & Pratham Foundation.

MVD Reasi organises First Aid Training Program

JI NEWS SERVICE

REASI, JANUARY 17: To mark the end of the Road Safety Week, Motor Vehicle Department Reasi, in collaboration with the health department, today organised a first aid training program for drivers and conductors of commercial transport to enable them to act as an emergency responders in case of an emergency.

As many as 80 heavy vehicle driv-

ers were trained in first aid, providing basic life support and rescue systems. Skills to perform cardiopulmonary resuscitation (CPR) through chest compressions, maintaining breathing, relieving choking at the accident site and dealing with different kinds of bleeding related training was also given on the occasion. Certificates were also distributed to the operators by the health departments.

Tehsildar Jammu West asks lambardars, chowkidars to be vigilant in view of R-Day

JI NEWS SERVICE

JAMMU, JANUARY 17: On the directions Deputy Commissioner Jammu Avny Lavasa, Tehsil office Jammu west today organised a meeting with the Lambardars and Chowkidars under the Chairmanship of Tehsildar Satish Kumar.

During the meeting, Lambardars and Chowkidars were apprised about their duties and responsibilities and also directed to be extra vigilant in their respective jurisdictions in view of Republic Day celebrations. They were also asked to make enquiries about any unknown persons' movement and report to the concerned authority.

The recent order issued by the government regarding eviction from

state land and Kachari land was also discussed during the meeting. A for-

mal plan was also formulated for eviction from such land.

Concluding function of Road Safety week held in Poonch

JI NEWS SERVICE

POONCH, JANUARY 17: A concluding programme on Road safety week was today held at Tehsil Surankote of District Poonch.

The programme was attended by ARTO, Basharat Mahmood, MVI Gurneet Singh Bali, officials of MVD, SO Traffic Surankote, president Brooke Mandal Surankote and many others. Speaking on the occasion, the ARTO advised drivers to follow road safety principles while

driving. He advised them to wear seat belts, drive within speed limits and not to overload the vehicles. Emphasis was laid on wearing helmets. Inspector Gurneet Singh Bali speaking on the occasion said that the aim of the road safety week is to inculcate safety habits amongst the drivers and vehicle owners so that precious lives can be saved from accidents. Later, Helmets were distributed among the two wheeler riders.

JI NEWS SERVICE

POONCH, JANUARY 17: Poonch Campus, University of Jammu, today organized One day awareness programme On "Drug Abuse: Spreading awareness Amongst the Youth".

Dignitaries present included Chief Medical Officer, Dr. Shamim Bhatti; District Information Officer, Vishaldeep Chandan; Tehsildar, Haveli, Anjum Bashir Khattak; DySP Headquarters, Afrat Hussain; Naib Tehsildar, Mahoof Khan; Nazarat Hr. Sec. School Chandak, Sarpanchs, Panchs of Janyar and dingla, Medical Officer Dr. Rahul, District Coordinator Mission Shakti Department Poonch, Noreen Azam and Tirath Kour, Molvi Fareed NGO, Mulana Farooq Misbati, Dr. Mehak, Faculty members from department of Sericulture, Dr. Rubia, Dr. Suraksha, Dr. Muzafar, Kalpana, besides non teaching staff, students of poonch campus and other educational institutions.

The aim of organizing the program was to spread awareness regarding the fast spreading Drug abuse and highlighted the destruction being caused to the society due to this menace.

The awareness Programme was organized in collaboration with the health department (PHC Chandak).

The UT Govt and Jammu and Kashmir Police has launched a war against drug menace throughout the state especially in district Poonch under the banner "Sanjeevne".

Speaking on the occasion, the Chief Medical Officer, Dr. Shamim Bhatti, who was also the chief guest, thanked Poonch Campus especially Director Prof. Dipanker Sengupta for organizing the awareness programme on a

very important topic. She further said that such awareness programs will definitely help to educate the common masses about the drawbacks of this deadly disease which is destroying our future generations.

She highlighted the psychological and medical aspects of Drug abuse in the tender age students. "These narcotic drugs affect the nervous system of the addicts," she added.

DySP Headquarters, Afrat Hussain, the Special guest on the occasion, said that the initiative from Poonch Campus will go a long way in dealing with the disastrous problem within the society. He said that the drug menace was badly affecting the society and it's pertinent to spread awareness among people especially the youth, against this evil in the society.

J&K Govt's war against drug peddlers will continue and "we are committed to save the youths from this deadly disease," he added. He advised the students to strive for eradication of drug abuse in their vicinity.

Speaking on the occasion, Director Poonch Campus, Prof. Dipanker Sengupta said that by organizing such events, which are directly associated with the common masses, will help to uproot this problem from district Poonch.

He extended his gratitude to the District Administration for their unending support in organising such events.

The District Information Officer, Vishaldeep Chandan said that such events are always helpful to make the people aware about the drug abuse and its consequences, with special focus on the awareness of youngsters and their parents. Tehsildar Haveli,

Anjum Bashir Khattak informed people about various routes of drug consumption like drinking, snorting, smoking, injecting into their blood vessels. "The various side effects include mental as well as physical dependence which makes it difficult for the addict to stop its usage, local infections at site of injection, blood stream infections which affect heart, kidneys lungs, and brain which is hazardous health threat" he added.

He further said that there are several students who consume drugs for recreational purposes and end up being dependent on such substances. Medical Officer, Dr. Rahul Sharma from PHC Chandak also briefed the audience about the initiatives the health department is taking to provide medical aid to the affected people.

Campus Officer and convener of the program, Dr. Rubia Bukhari, extended her heartfelt gratitude to all the dignitaries present in the event.

Dr. Suraksha, I/C department of Sericulture gave a detailed lecture on various aspects of drug abuse and also presented bouquet to the dignitaries

Kalpana Sudan, Coordinator of the event, said that menace of drug abuse was a biggest challenge where the government alone cannot succeed unless there is community help, parental assistance and proactive role shown by all sections of society.

Students of campus with other educational institutes organised a rally as well besides Certificates and memento were distributed among guests and students also.

At last, Dr. Muzafar Lecturer Department of Sericulture presented a formal vote of thanks.

Road Safety Week: Awareness Program, Free Medical & Eye Check up Camp held for drivers, conductors at Pul-Doda

JI NEWS SERVICE

DODA, JANUARY 17: A Road Safety Awareness Program & Free Medical & Eye Check up Camp for Drivers/conductors was organized by ARTO Doda in collaboration with Health Department on the concluding Day of Road Safety week 2023, here at Pul Doda.

The Free Medical & Eye Check up Camp was inaugurated by Kuldeep Singh, ARTO.

More than 100 commercial vehicle

drivers and conductors were screened in the camp. Blood Pressure Checkup, Eye Sight tests etc were done by the expert medical Team comprising of Dr. Tariq Saleem, Dr. Nasir Masood, Dr. Barkatullah, Noor Mohd Pharmacist, Raju Kumar Ophthalmic Technician, Navreen Kumar MTS & Kozi Tabassum FMPHW.

Road Safety Awareness/Counseling was also imparted to the participants by the MVD & Traffic

Police.

The program was also attended by Baljit Singh, DySP Traffic, Jasbir Singh MVI; Members of Minibus Association including Akhter Hussain, Chairman; Tahir Hussain Shah, President; Sarfaraz Malik, Cashier & Members of Taxi/Maxi Union Javed Naik president and Akhter Giri.

The Program was conducted under the guidance of Deputy Commissioner.

Arrangements for R-day celebrations finalised in Reasi

JJ NEWS SERVICE
REASI, JANUARY 17: To finalize the arrangements for the celebration of Republic Day-2023, a meeting of Officers was held at mini-secretariat here under the chairpersonship of Deputy Commissioner (DC) Reasi, Babila Rakwal.

During the meeting, the DC reviewed arrangements to be made by different departments including security, seating, car park-

ing, transportation, illumination of buildings, refreshments, road clearance etc.

The DC Reasi exhorted all the departments to put in place elaborate arrangements for smooth conduct of the National event.

It was finalized that the main function will be held at Zorawar Singh Sports Stadium, where the National Flag will be unfurled by the chief guest

following by the parade comprising contingents of JKP, CRPF, NCC and colleges/school children.

The celebrations of the national day event will start with the playing of 'Shehnai Vadan' at Zorawar Singh Sports Stadium by District Information Centre Reasi.

A detailed discussion was also held on seating arrangements, barricading, security, traffic regulation,

drinking water and power supply, sanitation, first-aid, PAS, fire-tenders, among others. The DC directed the concerned Executive Engineers to ensure adequate arrangements of barricading, seating and drinking water supply besides uninterrupted power supply on the day of function. ADDC, ADC, CPO, ACR, ACD, CEO and other concerned officers attend the meeting.

Advisor Bhatnagar chairs 63rd BoDs meet of JKHPMC



JJ NEWS SERVICE
JAMMU, JANUARY 17: Advisor to Lieutenant Governor, Rajeev Rai Bhatnagar today chaired the 63rd Board of Directors (BoDs) meeting of Jammu and Kashmir Horticultural Produce Marketing and Processing Corporation (JKHPMC) at Civil Secretariat here.

During the meeting, the BoDs held detailed deliberations on various development projects of the Corporation both under execution as well as the ones being implemented during the current financial year under capex.

The meeting was attended by Additional Chief Secretary, Agriculture Production Department, Atal Dulloo; Secretary Planning Development and Monitoring Department, Raghav Langar; Managing Director, JKHPMC, Shafat Sultan; Director General Codes, Director Horticulture Jammu/Kashmir, Director Agriculture Kashmir, representatives of SIAC, MIB, SKUAST (K/J), former Director Agriculture, Kashmir as special invitee and other concerned

officers. MD, JKHPMC while making a presentation on the various post-harvest infrastructure projects undertaken by the Corporation explained that three fruit & vegetable processing units are under execution one each at Dobgah, Jablipora and Marh Akhnoor. Two CA stores projects one at Behrampora, Baramulla - 5000 MT and one at Mazbug, Sopore - 2500 MT have been finalized. He further informed that the Corporation has established on pack house for onions and potatoes at Narwal, Jammu and work on a 2000 MT Cold Store, at Narwal, Jammu is going on.

Besides JKHPMC has set up three Common Incubation Centres, one each at Doabgah, Sopore - Apple, Acchabal, Anantnag - Fish and Narwal, Jammu - Dairy/Bakery with Ministry of Food Processing Industries, GoI's financial assistance.

Speaking during the BoDs meeting, Advisor Bhatnagar impressed upon the JKHPMC management that completed projects should be commissioned and outsourced as early as possible so that the stakeholders associated with them stand to benefit.

Advisor advised MD, JKHPMC to distinctly incorporate key performance indicators and other check & balances as per the tender cum lease documents, while leasing out the facilities to private players, so as to secure the interests of the Corporation. The BoDs also took some significant decisions with respect to the optimum utilization of the substantial post-harvest infrastructure that the Corporation has embarked upon. The Board approved outsourcing of the Apple Juice, Corrugated Box and Common Incubation units of the Corporation against commensurate licensing fee. The Board also decided that the products of Corporation could be linked on e-Nam portal so that the products are made available across the country.

DC discusses modalities for implementation of APDP in district Rajouri

JJ NEWS SERVICE
RAJOURI, JANUARY 17: District Development Commissioner Rajouri, Vikas Khandelwal, today chaired a meeting of the concerned officers to discuss the modalities for the implementation of the Aspirational Panchayat Development Program in the district.

It is pertinent to mention here that Jammu and Kashmir Government is all set to introduce the Panchayat Development Index to develop and replicate best practices that drive improvement across the socio-economic themes of Panchayats under newly approved Aspirational Panchayat Development Programme (APDP). Addressing the officers in the meeting, the DC said that the identified Panchayats will be given special focus to saturate inclusive development schemes which would serve as Model Panchayats.

Officers who attended the meeting were ADDC, Pawan Kumar; PO ICDS, Shoket Mehmod Malik; CPO, Mohammad Khurshid; GM DIC, Ashwini Sharma; ACD, Vijay Kumar;

DSHO, Dr Sarfraz Naseem Chowdhary; DDE, Qadeer Ul Rehman; ACP, Sheraz Chowhan; DHO, Dr Anees Altaf Nab; LDM, Sanjeev Bhasin other concerned officers.

DLTFC Doda approves 13 self-employment cases under JKREGP

JJ NEWS SERVICE
DODA, JANUARY 17: District Level Task Force Committee (DLTFC) today approved 13 self-employment cases under Jammu and Kashmir Rural Employment Generation Programme (JKREGP) at its meeting chaired by Deputy Commissioner Doda Vishesh Patil Mahajan.

The committee interacted with aspiring entrepreneurs and asked them about prospects, scope of the setup proposed by each applicant and operation strategy of their ventures. The DC advised the beneficiary entrepreneurs to work hard, prove their potential and create avenues of employment for not only themselves but also for others. He stressed on providing adequate handholding to beneficiaries and the timely disbursement of the approved cases. The meeting was attended by Dy Director Employment, CPO, Lead Bank Manager, Superintendent IIT, Cluster Head J&K Bank Doda, District Coordinator KVIB, representatives from DIC and other departments.

He also asked the concerned officers to make dedicated efforts for the effective implementation of the Aspirational Panchayat Development

Power shutdown

JJ NEWS SERVICE
JAMMU, JANUARY 17: Chief Engineer (Distribution), JPDC Jammu has informed that the power supply to Parade, Kalijanni, Pacca Danga, Link Road, Purani Mandi and adjoining areas shall remain affected on January 18 from 12 noon to 2 pm.

Similarly, the power supply to MS Nagrota, Dhounthly, Kachi Chawni, Jain Bazar, Part of Karan Nagar, Panjirthi and adjoining areas shall remain affected on January 18 from 10 am to 2 pm.

Nagrota, PHE Sheethi, Barath, Dashan Ghat, Bhabore, Doda City and adjoining areas shall remain affected on January 18 from 10 am to 3 pm. Similarly, the power supply to Yatri Niwas, Bhawani Nagar, Gole Gural, Talab Tillo, Panjeer, NITCO Lane, Vikas Nagar, Sari Rakhwal, Vijay Nagar, Sain Mohalla, Indra Colony, Bhagwati Nagar, Agriculture Complex, Baba Sehaj Nath Part of Patel Nagar, Part of Puraan Nagar, Kheriyar, Sari Raipur Sari Jagir, part of Sari Kashmiri, Mohalla Trilokpur near Exchange SRORA, DRDO Hospital, Jhajar Kotli, Dansal,

Jindrah, Battal Manwal, Surinsar, Kishanpur, Mansar, Jourian, Trothi, Muthi, Bora, Bakora, Rakh Muthi, PHE, BSF, Border Migrant, Sohal MES, BSF, Pindi, Aldehar, Baba Chamlyal, Suhagpur, Kotli Jabowal, Part of Arnia, Trewa, Raya, Gurah, Mandal, Kartholi and its adjoining areas shall remain affected on January 18 from 9 am to 2 pm.

Likewise, the power supply to Vijaypur Town, Kolpur, Bandral, BB Town, Sarore, Jakh, Jogpur, Raika, Industry, Patli and adjoining areas shall remain affected on January 18 from 9 am to 3 pm.

Jammu Smart City to conduct 3rd party inspection of Projects to maintain high quality, safety standards

JJ NEWS SERVICE
JAMMU, JANUARY 17: With an objective to maintain high quality and safety standards of developmental works, the Jammu Smart City Limited (JSCL) will conduct third party inspection of ongoing as well as completed projects in the city, under the Smart City Mission of Ministry of Housing and Urban Affairs (MoHUA).

The JSCL has appointed M/s MSV International Inc. to conduct third-party inspections in addition to existing facilities to ensure the high quality and safety standards of all the projects. "The third-party inspections will cross-check the quality and safety standards being maintained by Jammu Smart City Limited (JSCL) for the execution of all the projects in the city of temples," Chief Executive

Officer, JSCL, Rahul Yadav said. He informed that the JSCL has been ensuring quality parameters and maintaining structural integrity of the projects with an in-house field lab where day-to-day engineering tests are being conducted.

"The operation of these labs is performed by various government authorized agencies and by the representatives of various contractors and cross verified by the engineers of JSCL," he added.

The CEO further added that the initiative will play a vital role in maintaining high quality and safety standards as the number of projects like Tawi Riverfront Development, Complete Street Development projects, Improvement of Junctions and others are at various stages of completion. It is pertinent to mention here

that the Divisional Commissioner, Jammu, Ramesh Kumar has also directed JSCL to never compromise the quality standards of the projects.

Earlier, the contract agreement was exchanged between Additional CEO, JSCL, Hitesh Gupta and officials of M/s MSV International Inc. here at Jammu on Tuesday.

Speaking on the occasion, Additional CEO, JSCL, Hitesh Gupta Hitesh Gupta said that the agency will doubly ensure that the tests performed in the field lab are accurate and without error.

He added that the agency will also be responsible for periodic inspection of works and suggest measures, if any, required for the overall improvement of the project in terms of adherence to norms and quality parameters.

Road Safety Week-2023: Multifarious activities held across Kathua District

JJ NEWS SERVICE
KATHUA, JANUARY 17: The week long 'Road Safety Week 2023' organised on the theme of Swachhta Pakhwada culminated in Kathua today.

On the final day of the Road Safety Week, Deputy Commissioner Rahul Pandey presided over an awareness programme organised for Drivers and Conductors, here in the premises of RTO Office.

While speaking on the occasion, the DC impressed upon the driver and conductors to imbibe traffic sense particularly in the backdrop of traffic situation in the cities. He said "We cannot call ourselves a civilized society, if we don't exhibit basic traffic sense while driving or parking."



During the awareness camp, the eye sight of 72 drivers/ conductors was checked by the Medical Department.

Pertinently, RTO Kathua organised series of activities viz Road Safety Awareness programme regarding checking of fatigue among truck drivers, Sensitization of driving test applicants about being Good Samaritans, Road Safety pledge, Technical session on FUPD, SUPD, RUPD and enhancement of Road Safety via installing of vital red light or retro reflective sheeting on vehicles to avoid rear collision, Special Drives on National Highway to check overloading, stop wrong side driving, and non-wearing of helmets by two wheelers drivers and non-wearing of seatbelts while driving by 4-wheelers drivers etc to spread the message of road safety among all the stakeholders

Dealers, Transport Unions that it is high time to self introspect our own traffic discipline and develop the tendency to adhere to all traffic rules in letter and spirit. He further implored the gathering to set an example for our younger generation by following road safety measures at all times.

DC Kathua chairs District Level NCORD Committee meeting

JJ NEWS SERVICE
KATHUA, JANUARY 17: Deputy Commissioner Kathua, Rahul Pandey today chaired a meeting of the District Level Committee under the Narco Coordination Centre (NCORD) to discuss the measures to curb the drug abuse and narcotic trade in the district.



During the meeting, threadbare discussion was held on various issues related to incidence of drug addiction besides measures taken by law enforcement agencies to curb the menace.

Assistant Drug Controller, Kathua apprised the meeting that out of total 403 medical Wholesale/ Retail shops so far 280 shops have installed CCTV cameras for proper surveillance of sale of over the counter drugs.

The DC called upon the Assistant Drug Controller, Kathua to ensure installation of CCTV in all pharma-

ceutical stores across the district. While interacting virtually with ADCs and SDMs, the DC laid stress for organizing mass awareness drives on Drug abuse in their respective areas with active participation of the Police Department.

He further directed SDM Hiranagar to keep a high vigil in border areas of the district which are vulnerable to drug trafficking.

The DC directed the Social Welfare Department to make a list of addicted persons undergoing treatment at Drug De-Addiction Centre (DDAC) so as to ensure their proper care and rehabilitation.

The meeting also discussed the role of social welfare, education, health, youth services and sports for drug demand reduction strategies, rehabilitation, de-addiction and mental health counseling etc.

The DC impressed upon the stakeholder departments to work with synergy to combat Drug Abuse in the district by playing an active role in anti-drug measures.

The meeting was attended by SSP Kathua, Dy Cmtd BSF, ACR, and other officers from civil administration.

Himalaya Wellness Company Launches Baby Massage Oil, Complete with the Goodness of Mustard and 4 Essential Herbs

JIN NEWS DESK
JAMMU

Himalaya Wellness Company, India's leading wellness brand, recently announced the launch of Himalaya Baby Massage Oil - with the goodness of Mustard. The oil is specially formulated with carefully selected herbs and ingredients that help nourish baby's skin with a non-sticky formula. Moreover, it locks the moisture on baby's skin, making it soft and smooth. The essence of four herbs - Aloe Vera, Vetiver, Winter Cherry, and Country Mallow, when combined into one traditional oil, will improve

blood circulation, strengthen muscles, and promote baby's growth.

Himalaya's new Baby Massage Oil is a well-defined combination of traditional wisdom and modern science and is clinically tested. It is made without parabens, mineral oil, and synthetic fragrances, making it a safe skincare product for newborns.

Commenting on the launch, Mr. Chakravarthi N.V., Business Head - Baby-Care at Himalaya Wellness Company, said, "The Himalaya Indian Heritage series of Baby Massage Oil is inspired by age-old tradition-



your baby's daily regimen. Moreover, millennial parents are increasingly becoming conscious and aware of the ingredients and the products they use on their babies. They look for chemically safe products along with giving the right nourishment to their babies. Hence, we believe our new Baby Massage Oil - Mustard will resonate with the parents of today. With the launch of this new oil, we want to provide an all-in-one solution to parents with a tidy residue-free option for their babies."

"Over for 16 years, we have created a product portfolio of over 14 baby-care products

and reached over millions of customers Pan India. With such new launches, we intend to anchor our presence across India, along with strengthening our position nationally," he further added.

"Mustard with pure mustard seeds has antibacterial and antifungal properties that protect and relieve the skin from common skin infections and allergies too. Traditionally, Mustard Oil is also known to be beneficial in relieving itching and keeping skin disorders at bay. Regular massages with pure mustard oil can enhance skin strength in newborns. Furthermore, while Olive Oil

and Aloe Vera help nourish, soften, and moisturize skin, Vetiver is known for its cooling and soothing properties. In addition, herbs like Winter Cherry and Country Mallow will improve muscle tone and promote muscle strength." Dr. Prathibha Babshet, Ayurveda Expert R&D, Himalaya Wellness Company.

Himalaya Baby Massage Oil - Mustard will come in a pack size of 100 ml and 200 ml, priced at 125 INR and 230 INR respectively. It is available across all channels, including general trade, modern trade, and e-commerce at Himalaya's online store <https://himalayawellness.in>.

Union Minister of Health and Family Welfare and Chemicals & Fertilizers, Dr. Mansukh Mandaviya addresses Health & Healthcare Community Dinner organized by World Economic Forum at Davos, Switzerland

NEW DELHI

"We are working towards augmenting health infrastructure and have initiated multiple schemes to strengthen health systems and improve health service delivery with focus on quality, accessibility and affordability of healthcare services." This was stated by Union Minister of Health & Family Welfare and Chemicals & Fertilizers, Dr. Mansukh Mandaviya as he participated in Health & Healthcare Community Dinner organized by World Economic Forum (WEF) at Davos, Switzerland.

of 150,000 Health & Wellness Centres, we have put the vision of 'Antyodaya', that is, 'Rise of the last person' into action in healthcare and a key facet of ensuring 'Universal Health Coverage' he further added.

Lauding India contribution in pharmaceutical sector, Dr. Mandaviya said that "India has highest number of USFDA manufacturing plants outside US, besides being a world leader in generic medicines. It has emerged as a hub for R&D activities and is one of the leading destinations for high-end diagnostic services. To create an enabling framework for providing health services to world at large, Government is institutionalizing medical tourism through a soon to be launched Heal in India initiative."



Dr. Mandaviya reiterated the vision of India of according the topmost priority to Healthcare as seva (service). "Be it launch of world's biggest government funded health assurance scheme, PM Jan Aarogya Yojana covering approx 100 million people or establishment

Health Organization (WHO), Shyam Bishen Head, Shaping the Future of Health and Healthcare, Member of Executive Committee, World Economic Forum, Natalia Kuznetsov, Executive Director, United Nations Population Fund (UNFPA), Mads Krogsgaard Thomsen Chief Executive Officer Novo Nordisk Foundation, Michelle Williams Dean of the Faculty Harvard T.H. Chan School of Public Health, Jeremy Farrar Director Wellcome Trust, Adar C. Poonawalla Chief Executive Officer Serum Institute of India, Prasad G.V. Co-Chairman and Managing Director Dr Reddy's Ltd, Paul Hudson Chief Executive Officer Sanofi, Seth F. Berkley Chief Executive Officer Gavi, the Vaccine Alliance, Shobana Kamini Executive Vice-Chairperson Apollo Hospitals Enterprise, Stéphane Bancel Chief Executive Officer Moderna.

India as a land of opportunities and take advantage of same by partnering with India. This endeavor would lead towards making India and world a healthier place. Dr. Mansukh Mandaviya

is attending key multiple sessions in the ongoing World Economic Forum Annual Meeting in Davos, Switzerland at Congress Centre. In the series of such sessions, he also participated in the

bilateral meeting with Federal Minister of Health of Germany, Karl Wilhelm Lauterbach where he lauded the co-operation shown by the German counterparts and expressed his interest in strengthening this co-operation in future as well.

Participants included Karl Wilhelm Lauterbach Federal Minister of Health of Germany, Situmbeko Musokotwane Minister of Finance and National Planning Ministry of Finance and National Planning of Zambia, Vera Daves de Sousa Minister of Finance of Angola, Victor Dzau President National Academy of Medicine, K.T. Rama Rao Minister of Information Technology, Industries, Municipal Administration and Urban Development of Telangana, Tejendra Adhanoti Director-General World

FROM THE FRONT PAGE...

Two LeT terrorists...

The security forces tightened the noose of the area by dynamically reinforcing the area with additional troops and cutting off possible escape routes. While ensuring strict fire control and valuing the civilian life, security forces evacuated the locals to safety.

The terrorist however continued with indiscriminate fire on the security forces who were evacuating the locals. In the ensuing fire fight, both the dreaded terrorists were eliminated by the security forces. One of the terrorists, As per the JKP, the neutralised terrorists have been identified as Sahid Rashid Sheikh, r/o Kisrigom, Kakapora and Arbaz Ah Mir, r/o Putrigam, Pulwama, both belonging to LeT. The search of area resulted in recovery of one AK series rifle, one pistol and other indiscriminating material. Elimination of these terrorists has given a big jolt to the terrorist tanzems in the area and has disturbed their nefarious plans of disturbing the peace and tranquility in the area.

Major controversy...

a massive campaign to seek CBI probe in Kathua rape and murder case, saying this was a conspiracy to defame entire Dogra community.

J&K police had then registered an FIR against brother of Lal Singh for using abusive language against then Chief Minister Mehbooba Mufti during a rally in Kathua.

In January 2018, an eight-year-old nomadic Muslim girl in Rasana village of Kathua was kidnapped and raped in captivity after having been kept sedated for four days before she was bidgone to death.

The resignation of Devika Singh would put Congress in tightspot and it would be interesting to watch whether the party would allow Singh to join Yatra--(KNO)

Conduct verification...

which was attended by senior officers of Army, BSF, CRPF, CISF, ITBP, PC Samba, all SDPOs, all SHOs, all I/C PPs and all Incharges of Border Police Posts.

He was flanked by Additional SP Samba Surinder Choudhary. The SSP laid emphasis on better coordination and synergy among all agencies concerned with the security and intelligence to thwart the nefarious designs of anti-national elements, especially during Republic Day celebrations and in areas situated along international border.

A three-hour discussion on the present security scenario was held in the meeting of various security related issues were deliberated upon during the meeting.

The participating officers apprised SSP Samba of certain important points worth focusing on.

During the meeting, inputs were also shared and effective strategy was chalked out to further strengthen and tighten border security grid to check all suspicious movements in border areas, along national highway and link roads especially during odd hours.

The participating officers were advised to mobilize all available resources to generate actionable intelligence and to conduct regular mock exercises in the border areas and strategic locations to create deterrence so as to counter evil designs of the enemies of the nation and come closer to the local public.

He directed all the Incharges of Border Police Posts, Addl. SP Samba, SDPOs, Supervisory Officers, SHOs, Incharges PPs, Incharges BPPs to work in tandem with all sister agencies and to conduct frequent informal meetings with the

security forces as well as with public, PRIs, Lambardars and Chowkidars. They were further directed to strengthen 'nakas' on NHW as well as on border roads in addition to organizing joint surprise 'nakas' at selected places in view of present security scenario.

They were also advised to remain extra-vigilant to avert any untoward incident.

PM Modi to...

Basti, Shri Harish Dwivedi since 2021.

Saansad Khel Mahakumbh 2022-23 is being organised in two phases. The first phase was organised from 10th to 16th December, 2022 and the second phase of the Khel Mahakumbh will be organised from 18th to 26th January, 2023.

The Khel Mahakumbh organises diverse competitions in both indoor and outdoor sports like wrestling, kabaddi, kho kho, basketball, football, hockey, volleyball, handball, chess, carrom, badminton, table tennis etc. Apart from these, competitions in essay writing, painting, rangoli making etc are also organised during the Khel Mahakumbh.

The Khel Mahakumbh is a novel initiative that provides opportunity and platform to the youth of District Basti and neighbouring areas to showcase their sporting talent and motivates them to take sport as a career option. It also endeavours to inculcate the spirit of discipline, team work, healthy competition, self-confidence and nationalism among the youth of the region.

As mercury...

Arshid Ahmad, a customer said, "People use Kangri here in winters because it works as a heater. Almost all the people here have these firepots."

Kangri forms an important part of Kashmiri culture and is a unique cultural identity of the valley. It is the easiest and cheapest way to keep warm in the chilling cold of Kashmir. Kangri is the only alternative available for the people to protect themselves from the chilling winters of Kashmir. [KNT]

Digital J&K...

Tehsil offices.

Lieutenant Governor's administration ensured that the land record programme which was being implemented at a slower pace is speeded up and completed for the benefit of the common masses.

Under Information, Education and Communication (IEC) activities on "Aapki Zameen Aapki Nigamti", the government organized special camps at Tehsil and Block level offices, Niabats, Patwar Khanas and Panchayat Ghars to educate the public about the digital platform where people can access their land records with one click.

Ghulam Muhammad Dar, a beneficiary of historic Aapki Zameen Aapki Nigamti says he is grateful to the present administrations at Center and UT level for launching such technological innovations for land ownership which is a big respite to a common man.

Another beneficiary of Rajesh Kumar of Jammu says Aapki Zameen Aapki Nigamti empowered common people to check their land records on their mobiles getting a rid of physically visiting revenue offices.

Government has also initiated the process of issuing trilingual land passbooks as a measure to fill the information vacuum and promote people's ease of access to the revenue records in Jammu and Srinagar districts. The first of its kind

land passbook are being issued to the legal owners of land in Jammu and Kashmir in Urdu, English and Hindi languages. Showket Ahmed Rather of Tengpora Srinagar is all praise for the government's initiative, who says, "It is really a good initiative by the government. Earlier getting revenue extracts used to take months, With Land passbook, now everything is with the people. We have been relieved of the cumbersome process and nightmare of visiting revenue offices", he said.

For Khurshed Ahmed Reshi of Tengpora, the initiative will expose the people to government land and built infrastructure on public land.

Rahul Gandhi must...

by Rahul Gandhi which is about to enter Jammu & Kashmir.

Sunil Sethi raised the questions like.

When Maharashtra of Jammu & Kashmir was willing for accession in June-July 1947, Pt. Jawahar Lal Nehru resisted the historic steps in order to allot a greater role to Sheikh Abdullah and deliberately tried to sideline Maharaja. Good decision at that time could have prevented loss of uncountable precious lives in J&K's later.

Indian forces were successfully marching ahead on the occupied lands; why Pt. Nehru took the matter to the UN thus exposing the Indian forces.

Why Pt. Nehru raised the issue of plebiscite? Nehru's decision to declare J&K's accession to be "provisional" led to the birth of Article 370.

He should also answer the question like:

Upon the defeat of Pakistan in war, we released 90,000 soldiers but did not ask for release of our occupied lands of PoJK. In the 1971 war there was grave injustice done to the Chamb Displaced.

Why there was no state subject of West Pakistan refugees.

Rahul Gandhi should answer the Valmiki Samaj) who should we talk to for jobs other than Safai Karamcharis. He should understand that Congress wants to fill should answer all those women who were denied rights.

Former PM Rajiv Gandhi made the accord, which forcibly put the NC government at the powerhouse in J&K and subsequently rigging of elections, which led to the start of displacement of Kashmiri Pandits.

Kashmiri displaced people are also questioning Congress for their negative role in probably the world's largest internal displacement.

History of congress clearly tells us that they support Bharat Tudu instead of Bharat Jodo. If they truly wished to unify India, today the condition could have been different.

Another question is that today the Gupkar gang is supporting Bharat Jodo Yatra. The Gupkar gang is supporting talks with China and Pakistan on J&K. Does Rahul Gandhi support these persons?

Pakistan is continually sending terrorists like Kasab, should we talk to that Nation which is promoting terrorism in India.

Rahul Gandhi must clear his stand that whether he stands for the unity of India and he is more interested in supporting the persons longing to divide India.

After 2019, now peace is prevalent more than ever.

BJP understands that Congress wants to divide the Nation on the name of religion, religion and sentiments so that Congress and Gupkar gang could reap benefits out of the turmoil.

Sunil Sethi also added that when Rahul Gandhi enters Jammu & Kashmir, he must bow down at the feet of Shyama Prasad Mukherjee to thank him that he is entering the region without first applying for Permit.

2 missing persons reunited with their families by Jammu Police

Two missing girls reunited with their families by Jammu Police in the areas under the jurisdictions of PS Akhnour and PS Kahnachak.

A complaint got registered at PS Akhnour by the legal heirs of a girl stating that she got missing from her home.

In this regard missing report vide GD No 40 dated 16.01.2023, got registered at PS Akhnour and investigation got started.

On this special police teams of PS Akhnour under the supervision of SDPO Akhnour Mohan Lal were constituted. The team led by SHO PS Akhnour Inspr Harjet Singh did strenuous efforts and with the help of CCTV footages of the area finally traced the missing person.

Similarly another complaint was lodged at PS Kahnachak by legal heirs of a girl stating that she got missing from her home.

In this regard missing report vide DD No.12 dated 22.10.2021 got registered at PS Kahnachak and investigation started.

On this special police teams of PS Kahnachak under the supervision of SDPO Domana Sunil Singh were constituted. The team led by SHO PS Kahnachak Inspr Rahul Mahajan did strenuous efforts and with the help of CCTV footages of the area finally traced the missing person.

Subsequently families of the missing persons were informed and the traced girls were handed over to their respective family members after completing all the legal formalities.

19.5 grams of heroin recovered by Jammu Police; Four peddlers arrested

Continuing it's drive against drug trafficking and substance abuse, Jammu Police achieved major success by recovering 19.5 grams of heroin at three different nakas i.e 5 grams heroin at Deoli naka, 4.50 Grams of heroin at Kullian naka and 10 grams of heroin in the areas under the jurisdictions of PS Bishnah, PS Miran Sahib Jammu and PS Bahu Fort respectively.

A police team of PS Bishnah constituted under the supervision of SDPO R.S Pura Surinder Singh and led by SHO PS Bishnah Inspr Vikram Sharma handed up a suspect namely Atul Kumar Gupta @ Tinku S/O Ramesh Kumar R/O Nanak Nagar Jammu at Deoli naka in the jurisdiction of PS Bishnah. During search, total 05 grams of heroin was recovered from him.

In this regard, Case FIR No. 17/2023 U/S 8/21/22 NDPS Act got registered at PS Bishnah and accused got arrested.

Similarly a special naka was laid by police teams of PS Miran Sahib constituted under the supervision of SDPO R.S Pura Surinder Singh and led by SHO PS Miran Sahib Inspr Zaheer Mustafa where police teams rounded up a suspect later identified as Shakeel Ahmed S/o Mohd Mussa R/o Rattian Teh Rura Pura Jammu. During search, 4.50 Grams of Heroin was recovered from his possession.

In this regard a case FIR No. 13/2013 U/S 8/21/22/20 NDPS Act got registered at PS Miran Sahib and accused got arrested.

Also at another naka in the jurisdiction of PS Bahu Fort police teams rounded up two suspects on their vehicle bearing Registration No JK02CW 5195 who were coming from Sunjwan Moch towards Vidathia Nagar. During search 10 grams of heroin was recovered from the accused i.e 6 grams of heroin recovered from the possession of accused namely Yagraj and 04 gram heroin recovered from the possession of accused namely Pradeep.

In this regard, case FIR No. 24 U/S 8/21/22/29 NDPS Act of P/S Bahu fort and accused got arrested. Accused arrested were identified as Yagraj Singh S/o Chain Singh R/o Narwal Jammu and Pradeep Gupta S/o Ashwani Gupta R/o Kasam Nagar Jammu.

The multiple arrests and recoveries were made by SHO PS Bahu Fort Inspr. Nayat All assisted by I/C PPT BHINDI PSI Mohd Sayaf Khan under the supervision of SDPO East Syd Zaheer Abbas Jafari.

Further investigation of the case is going on.

Jammu police is working intensively to uproot the chains of drug supply in the region and thorough questioning of the accused is going on to know the origin of the drugs supply chain.

Jammu Police is striving hard and taking every possible step to make people especially youth aware to eradicate drug menace. We request people of the area to come forward and share information about drug peddling or consumption on 9086100100 or 100 with Police for the cause. Your identity will be kept confidential.

Continuing it's drive against bovine smuggling and illegal trafficking of animals, Jammu Police laid special nakas at two different locations in the areas under the jurisdictions of PS Nagrota. A massive crackdown has been done on the menace of bovine smuggling whereby 10 bovine animals have been rescued.

A police team of PS Nagrota constituted under the supervision of SDPO Nagrota Pardeep Kumar and led by SHO PS Nagrota Inspr. Vishav Partap Singh while on naka duty at two different nakas under the jurisdiction of PS Nagrota rounded up two different vehicles bearing Registration Nos. JK02BS-3247 and JK02CN-4334. During search of the vehicles, 10 bovine animals were rescued i.e 06 bovine animals from vehicle bearing Registration No. JK02BS-3247 and 04 bovine animals from vehicle bearing Registration No JK02CN-4334.

In this regard, two different FIRs i.e case FIR No. 18/2023 U/S 188/IPC 11PCA, 50.54.56 Transportation of animal rule 1978 Act and FIR No.16/2023 U/S 188/IPC 11 PCA Act 52/54/56/Transport of animal rule Act respectively got registered at PS Nagrota and vehicles got seized.

Further investigation of the case is going on.

District Police Jammu is striving hard and taking every possible step to curb the bovine smuggling menace. District Police Jammu is seeking support from the people to share information about bovine smuggling with police for timely intervention for the cause.

Focus on Sanitation & Employment generation in your areas: CS to DCs

JJ NEWS SERVICE
NEW DELHI, JANUARY 17: Chief Secretary, Dr Arun Kumar Mehta today took a detailed review of the government initiatives of rural sanitation and employment generation for youth across the districts of J&K.

The meeting was attended by Commissioner Secretary, RDD; Commissioner Secretary, Revenue; Secretary Law; Deputy Commissioners and Directors of Rural Development and Rural Sanitation.

Some of the officers participated in the meeting through video conferencing. Dr Mehta enquired from the officers about the status of cleanliness across the villages of the UT. He maintained that the funds for sanitation is never an issue and the only requirement is commitment on part of the district administration. He made out that the machinery and logistics for the same should be procured at an earliest.

He enjoined upon all the DCs to personally monitor this service in all of the villages. He asked them to report about the status of door to door collection of waste, construction of segregation sheds, provision of Compositi pits and grey water treatment in each of the villages for their total cleanliness and hygienic environment. He told them to give attention to the disposal of legacy waste also so that the objective of 'Swachh Gram' turns into reality before the commencement of Republic Day this year. The Chief Secretary impressed upon the officers to make the water bodies developed under 'Mission Amrit Sarovar' as vibrant, cultural centres where all village level activities are held. He impressed upon them to continue identifying the



water bodies to be developed under it although the requisite target of 75 AmritSarovars in each district has long been achieved in the UT.

Regarding the employment generation for youth the Chief Secretary directed the DCs to ensure that all the applicants of self employment are provided the necessary assistance. He observed that J&K is marching ahead with the goal of saturating the self employment like wage employment in the UT. He stated that till March this year every youth aspiring and eligible for the self employment should be catered by the administration without any delay. He maintained that the government is also determined to equip its youth with relevant skill sets so that they find easy to find jobs once industries are established here under the single window system of New Industrial Policy set to

attract an investment of over Rs 6000 Cr.

Dr Mehta also took appraisal of activities and progress achieved under 'Mission Youth'. He made out that the beneficiaries under this mission should act as agents of change in the society. He advised the officers to bring success stories before public for ingrain confidence among others about taking advantage of different self employment opportunities offered by government under different programmes. On the occasion the Chief Secretary also gave out that those eligible for ration under Garib Kalyan Yojana are going to get their food grains free of cost under NFSA. He revealed that the system is smoothly working in the whole of country and in J&K the same is going to provide food security to thousands of our eligible families as well.

2.5 lakh farmers to be trained in agri-skills: Atal Dulloo

29 skill training programmes identified, calendar to be released by March

JJ NEWS SERVICE
JAMMU, JANUARY 17: Additional Chief Secretary (ACS), Agriculture Production Department, Atal Dulloo, chaired a meeting to review Skill Development in Agriculture and its allied sectors here today at Civil Secretariat.

The meeting discussed the recommendations of the Dr Mangla Rai Apex Committee Report, which aims to provide skill improvement and entrepreneurship-related training to 2.5 lakh farmers engaged in agriculture and allied sectors in J&K. The trainings aim at increasing their income and overall economy of Jammu & Kashmir.

During the meeting, a presentation on the Holistic Agriculture Development Programme was given, which outlined the proposed courses for farmers. A total of 29 skill training programs were proposed, including 21 in Agriculture and Horticulture, 3 in Agricultural Engineering, 4 in Forestry, 3 in Sericulture, 6 in Veterinary & Animal Sciences, 2 in Fisheries and 1 in Rural Business Management.

It was highlighted that there is a need for skilling and upskilling in the following emerging agricultural sectors: Farm Mechanization and Micro Irrigation, Protected cultivation such as Hydroponics, Greenhouse, Milk and Meat processing, Digital Agriculture, Weather forecasting, Agriculture warehousing and cold chain logistics, Alternate energy such as SOLAR and BIOMASS, and Commodity supply chain management. These sectors are seen as key areas for growth and development in the agriculture industry and training in these areas will help farmers and professionals stay current and competitive in the market. Atal Dulloo stated that the main focus of the administration is to increase seed production.

He also highlighted the potential for fast-growing sectors such as trout production and mushroom cultivation to increase farmers' income. The ACS emphasised the importance of providing training on food processing, value addition and market linkage as well as fostering a culture of self-employment and entrepreneurship in Jammu & Kashmir. He suggested that participants be provided with certificates upon completion of the training

courses, and also suggested that entrepreneurship development programmes should be included in the course curriculum.

He said that sensitisation of the departmental staff is being done and will be completed by April this year.

He directed that the curriculum design be finalised in a month, resource persons for which be identified and trained by March, and a training calendar for 2023-24 be released subsequently. He also emphasised the importance of making use of existing training centres in various departments.

He asked the concerned that training-related videos be made so that more farmers can be educated in the easiest manner. The videos should be made by February ending and be posted on a dedicated YouTube channel. One committee for each course will be formed with constituent members from IIM, SKUAJST and respective departments. The Skill Development programs are planned to begin with an Orientation stage, where line departments, under the supervision of technical working groups/KVKs, will provide training.

The content will be in local vernacular languages only to ensure that the farmers can understand and benefit from the training.

In the Skilling stage, the content will be co-developed by SKUAJST, Line departments and guidance can be sought from IIM-Jammu, NSDC and ASCI. The content will be in the form of e-Content, and will make use of Learning Management Systems (LMS) with a focus on AV medium.

In the last stage, Enterprise Incubation will involve handholding in setting up of enterprise and marketing linkages for self-sustaining enterprise. IIM-Jammu will help in developing a self-sustaining business enterprise/model, providing guidance and support for farmers to establish and grow their own businesses.

The meeting was attended by Directors of Agriculture, Horticulture, Animal Husbandry from Jammu and Kashmir divisions. Vice Chancellor SKUAJST Jammu, Director IIM Jammu among other senior officers were also present at the meeting. Their counterparts from Kashmir participated through video conference.

GCoE Jammu, Ayush start Arogya Vidya- Educate the Educator Initiative to train teachers in strengths of Ayurveda

JJ NEWS SERVICE
JAMMU, JANUARY 17: Directorate of Ayush J&K and Govt College of Education today took a novel initiative to train the prospective teachers i.e. students of B.Ed and M.Ed courses in the strengths of Ayush system for self care and to develop health promoting schools.

Under the initiative, a 10 day, 30 day credit value added course was started in GCoE with technical assistance from the Directorate of Ayush J&K. The exemplary value added course was conceived and implemented under the guidance of Dr. Mohan Singh Director Ayush J&K and Prof. Aekta Gupta, Principal Govt. College of Education.

In all 300 students were enrolled in the course.

The course was based on the learning by doing methodology in which prospective teachers were made aware about principles and practices of holistic health and healthy living i.e. Dinacharya (Daily wellness regimen), Ritucharya (Seasonal Wellness Regimen), Sadvrutta (Health code of

conduct), Home remedies, medicinal plants, Yoga, Naturopathy, Panchkarma etc. The students enrolled in the program were also imparted practical training of all the components of Ayush through onsite demonstrations at Govt. Ayurvedic Hospital and Ayush Health and Wellness centers.

An on-site training was also held at AHWC Smailpur so that prospective teachers get hands-on training and role of teachers in promotion of the health of students.

At the end of the course, an online test was also conducted in which all the students passed in flying colors. The module of course was designed by Prof. Rajinder Kaur from Govt. College of Education and Dr. Arun Gupta from Govt. Ayurvedic Hospital Jammu.

The valedictory function was organized in the premises of Directorate of Ayush J&K, wherein the students of the course were given certificates of course completion. The function was presided over by Prof. Aekta Gupta and Dr. Mohan Singh.

At the outset, Rapporteur Sunakshi Rajput presented a detailed outline of the 10 day program. In her address, Prof. Aekta Gupta congratulated the students and faculty of the course for successful completion of the first batch of Arogya Vidya course and reiterated the need of convergence between the two departments so that the prospective teachers are better equipped to develop each and every school as a health promoting schools based on the principles and practices of Ayush.

The students shared their experiences of the Arogya vidya course and were emphatic to utilize their learning to transform their own health and the health of their pupils. The dignitaries also presented certificates of appreciation to the organizers and resource persons from the two departments.

The valedictory was also attended by the faculty members of Govt. College of Education Dr. Anju, Dr. Jyoti Parihar, Prof. Rajinder Kaur and Shalini Rama. The course was coordinated by Nerali Verma, Ms. Shapna Shammam and Dr. Deep Bangotra.

Dr Samoon lays foundation stone of workshop block at ITI Zainakote

JJ NEWS SERVICE
SRINAGAR, JANUARY 17: Principal Secretary Skill Development Department, Dr Asgar Hassan Samoon today laid the foundation stone for the construction of two storeyed workshop block and development of parking area and play field at ITI Zainakote.

Deputy Commissioner Srinagar, Director Skill Development Department, Principal ITI Zainakote, Principals of other skill institutes, officers from R&B and others were present on the occasion.

The cost of the project is 242.25 lacs and is expected to be completed by December 2024.

Principal Secretary emphasised

upon the concerned agency to work in tandem so that the project is completed well within the timeline.

Principal Secretary said that government is fully committed for enhancing the skill set of students and all efforts are being made in this regard.

He said that there is no lack of opportunities in life, but we need to develop an understanding of how to use these opportunities for success.

Dr Samoon directed the concerned officers to increase the intake capacity of the students at ITI Zainakote with a corresponding increase in the number of trades. He said that relevant trades should be introduced in the ITIs keeping in mind the requirements of

the industrial needs.

He also directed the concerned authorities to maintain fencing of the land at the campus so as to prevent any encroachment.

Principal Secretary also inspected other works at the campus which include levelling and landscaping of ground, laying and fitting of pipe network. Later, Principal Secretary also interacted with the faculty and impressed upon to impart quality training to the students. Director Skill Development Department also spoke on the occasion and said that the department is taking every step in developing the skilling ecosystem in Jammu and Kashmir for the benefit of student community.

All Public services shifted to online mode at Kulgam

JJ NEWS SERVICE
KULGAM, JANUARY 17: With an ultimate aim and objective to ensure prompt and robust public services delivery, the District Administration Kulgam has shifted all its public delivery services to online mode, majority of which are RAS integrated.

This paradigm shift or transition from offline to online mode has been made due to stringent efforts of District Administration. Especially noteworthy has been the digitization of Land Records. Kulgam has achieved the feat of hosting all public services online in a record time, well before the January 26 deadline, informed the Deputy Commissioner (DC) Kulgam, Dr. Bilal Mohi-Ud-Din Bhat.

He further stated that in view of universal use of internet facilities and widening of the CSC network in the district, the complete shift towards e-Services is inevitable and the administration has been effective in providing these services online well before the Government's deadline.

By this noteworthy transition, services are being provided to all at the click of a button with the quality check and feedback system of RAS and is a great feat in ensuring citizen centric public administration, he added. All beneficiary, employment oriented and departments of Industries, Employment, Revenue, Agriculture and allied, Health, H&UDD, Education, Tourism, Social Welfare, R&B, KVIB, Skill Development, FCS&CA, Transport, Jal Shakti, Cooperative, Mining and others have been effectively taken onboard RAS. Services ranging from Applying for Ration Card, mutations, Fard, land demarcations, accessing land records to taking benefits of employment generation schemes, or venturing into entrepreneurship or getting into mining, all is available online now, said DC while adding that all people need to be sensitised about the same.

Shift to e-Services is revolutionary; ensuring prompt & robust public services delivery: DC Kulgam

Over 300 plus services online now, 189 RAS integrated, providing services to citizens through Single Window: Dr Bilal

over 9000 people have applied for various revenue services, out of which, about 88000 people have been provided services within time limits of Public Services Guarantee Act (PSGA) in the ongoing year. Rest is under process.

This online shift of services has paved the way for transparent, accountable and accessible Government to citizen transactions, where people need not to visit offices physically anymore, and has been cost effective for the people.

34th Road Safety Week celebrations culminate with Valedictory function at B'gam

JJ NEWS SERVICE
BUDGAM, JANUARY 17: A week-long programme on Road Safety ended with a valedictory function held at Sheikh Ul Alam Hall, Budgam.

Students from different schools of the district besides Presidents along with drivers from 21 registered sumo stands, PUCC Operators participated in the event.

A thematic play by Raashi Films was also played whereby an attempt to spread awareness about following road safety rules was made.

Speaking on the occasion, the Additional Deputy Commissioner

(ADC) Budgam, Dr. Nasir Ahmad highlighted the importance of road safety measures and requested masses to always abide by the basic traffic rules. He called for spreading mass awareness about the safety rules and taking corrective measures to make the roads safe for commuters.

Dr Nasir also stressed on the concerned officers to take all required measures to decongest the roads to ensure smoother flow of traffic.

Earlier, Sheikh Manzoor Ahmad, Assistant Regional Transport (ARTO) Budgam briefed the audience about the merits of following road safety measures. He also informed the hall

about activities conducted on the subject matter during preceding week and reiterated that such programmes shall continue throughout the year, so that the ultimate goal of reducing road traffic fatalities and injuries is reduced in the district.

Later, Additional Deputy Commissioner (ADC) Budgam, Dr. Nasir felicitated various persons for their adorable contribution to Road Safety week. Besides, CEO Budgam Mushtaq Ahmad, Executive Engineer I&M Amreen Anjum, DIO Budgam Erum Khan and other officers/officials, PRIs and eminent citizens were present on the occasion.

34th Road Safety Week celebrations culminate with Valedictory function at B'gam

JJ NEWS SERVICE
Road Safety Week ADDC Gbl inaugurates free Eye Screening camp for Drivers GANDERBAL, JANUARY 17: on the conclusion day of National Road Safety Week, the Assistant Regional Transport Office (ARTO), Ganderbal in collaboration with CMO Office

today organized a daylong free eye screening cum medical camp for drivers at Bus Stand near SSP Office.

The camp was inaugurated by the Additional District Development Commissioner (ADDC) Ganderbal, Mushtaq Ahmad Simnani along with Chief Medical Officer, Dr Afroz Shah, ARTO, Wajahat Qayoom and EO Municipal Council Ganderbal,

Naveed Aijaz. During the camp, hundreds of drivers were screened for eyesight check-up and other health screening by concerned doctors.

Speaking on the occasion, the ADDC said that lakhs of people die annually in our country due to road accidents and many more are permanently disabled. He said that the aim

G20 NORTHEN RAILWAY E-AUCTION	
The Senior Divisional Commercial Manager, Northern Railway, Firuzpur for and on behalf of President of India invites E-Auction for various Railway Station lot over Punjab Division as per detail given below.	
Name of work	Allotment for Operation and Maintenance of Normal Pay & Use Toilets for the period of Three years.
Auction Catalog No.	EA-FZR-PNU-23-01 dated 13/01/2023
Auction Start Time	30/01/2023 10:30
Lot No.	Name of Station
PNU-FZR-IGN-Tol-9-22-1	Jagrao
PNU-FZR-FDK-Tol-54-22-1	Fardkot
PNU-FZR-BRML-Tol-63-22-1	Baramullah
PNU-FZR-ANT-Tol-59-22-1	Anantnag
PNU-FZR-QG-Tol-58-22-1	Qazikund
PNU-FZR-BDGM-Tol-61-22-1	Budgam
PNU-FZR-SXGM-Tol-82-22-1	Sopore
PNU-FZR-MOGA-Tol-53-23-1	Moga
Only registered Vendors can participate. For other details please visit Railway website www.irps.gov.in	
SERVING CUSTOMERS WITH A SMILE	

THOUGHT OF THE DAY

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

JINDRAH IMAGES

Uncertainty over Assembly polls

The ruling BJP at the Centre is yet to uncover suspense over the conduct of much-awaited assembly polls in Jammu and Kashmir. The BJP is itself unclear as to when the UT will go to polls. While the Saffron party had been claiming that it was ready for its participation in Assembly polls, the Political Resolution adopted in the BJP National Executive meet in New Delhi has further added to the uncertainty about these elections as the document, as reported, had no mention of political scenario in Jammu and Kashmir. The agenda showed only four states as "Election Bound" which are expected to go for elections between March-May this year. It clearly shows that J&K assembly polls are nowhere to be conducted between March and May. The Opposition parties had already been charging the BJP at delaying the Assembly polls for varied reasons. Four States which have been listed in the agenda as Election Going States in the BJP document include Tripura, Nagaland, Meghalaya and Karnataka. Elections are due in Tripura, Meghalaya and Nagaland in March, while polls are slated to be held in Karnataka in April-May. The moot question arises as if the BJP-led Central government is really not interested in holding assembly polls in J&K soon. Jammu and Kashmir has been without a democratically elected Assembly since November 2018. The erstwhile state of Jammu and Kashmir was brought under Governor's rule as the BJP pulled out of the Mehbooba Mufti-led government. Thereafter, the Assembly was unexpectedly dissolved. Now, more than three years have passed since the Centre abrogated the controversial and discriminatory Article 370 but there is still an uncertainty over the conduct of the Assembly elections. Recently, J&K unit of BJP brought a major organisational revamp to achieve the magic figure of 50 plus in the next assembly elections to form its own government in the Union Territory. The reorganization was conducted in such a manner that the new Prabharris and Seh-Prabharris would find and prepare the panels of potential candidates for the newly redrawn constituencies. The political resolution is quite contrary to the BJP's preparations for elections in J&K. Even the BJP national organizational general secretary BL Santosh on January 11 called upon the cadre to gear up for Assembly elections in April-May. Prior to him, the BJP general secretary, Incharge Jammu and Kashmir, Tarun Chugh had also made the similar statement. The BJP government at the Centre had recently granted ST status to nearly 12 lakh Pahari community people in Jammu and Kashmir. The move is expected to propel poll prospects of the BJP, which has been aiming at a "50 plus mission" notwithstanding the fact that some Gujjar and Bakerwal organizations are up in ante against the decision, claiming it would dilute their reservation rights. This time, no particular reason has been explained as to why the BJP did not seek a political report from J&K president of the party during its National Executive Meet. The people of Jammu and Kashmir are eagerly waiting for Assembly polls for the last four years and all political parties, including BJP, should unanimously decide positively in favour of these elections.

JAPAN, US BOLSTERING TIES TO CONTAIN CHINA

Japan's decision to sharply boost its defence spending and alter its pacifist posture has now been underwritten by a qualitative shift in the nature of US-Japan ties. Tokyo will acquire military capabilities it has till now chosen not to have — counter-strike missiles to deter North Korea and China by their precision-strike capabilities.

MANOJ JOSHI

JANUARY has been a month of dramatic developments in the geopolitics of the Indo-Pacific. Last Friday's meeting between Japan's Prime Minister Fumio Kishida and US President Joe Biden capped the weeklong developments in the US-Japan relationship that have huge implications for the Indo-Pacific, especially for China.

Japan's decision to sharply boost its defence spending and alter its pacifist posture has now been underwritten by a qualitative shift in the nature of US-Japan ties. Sixty per cent expansion of the defence expenditure of the world's third largest economy and a major industrial power in the coming five years is a paradigm shift.

As part of this, Tokyo will acquire military capabilities it has till now chosen not to have — counter-strike missiles to deter North Korea and China by their precision-strike capabilities. In addition, Japan will sharply enhance its cyber capabilities, unmanned systems and satellites to support counter-strike missions. Besides, there will be broad-based investments in defence R&D and possibly the emergence of a dedicated Japanese defence industry.

The Kishida-Biden meeting was preceded by the latest round of the US-Japan '2+2' meeting between their defence and foreign ministers, after which the two sides signed a joint statement titled "A new era of strategic competition".

The statement and the remarks to the media after the meeting suggest that this is a historic shift and that the US and Japan are seriously preparing for the possibility of a major conflict in the region. There are three major components of this effort. First, the doubling of Japanese defence expenditure and outlining a new defence strategy; second, restructured command relationships in the existing US-Japan security alliance and third, substantial posture and capability enhancements.

Japan is establishing a new joint military headquarters for its armed services and the US and Japan say they will explore new command and control arrangements to coordinate with their forces. Till now, where the US-NATO and US-South Korea had considerable



combined command experience, there was no comparable experience between the US and Japan.

Japan has already announced that it will acquire hundreds of American Tomahawk cruise missiles and an outcome of last week's meeting is the US commitment to Japan's space security. According to US Secretary of State Antony Blinken, any attack on Japanese satellites would trigger Article V of the US-Japan Security Treaty, requiring the two to "act to meet the common danger".

In addition to this, it was announced that the US would, by 2025, station a US Marine littoral regiment in Okinawa equipped with anti-ship missiles to defend the southwest islands of Japan that stretch to the proximity of Taiwan. And this is just the beginning; in future we could possibly see Japan joining the core US intelligence alliance — "Five Eyes" — and emerging as a major player in the military export business.

All these developments are hardly pleasing to China. Not only will they change the Japanese relationship with the US and its allies, but also that between Japan and China. The South China Morning Post quoted Liu Jiyang, a Japanese specialist at Tsinghua University in Beijing, as saying that the developments not only exposed Tokyo's

regional ambitions, but of Washington's efforts to encircle and contain China.

Within a few years, Japan's new strategy will begin impacting its place in the international order and in the geopolitics of the Indo-Pacific. So far, Tokyo has chosen to use only its financial clout to establish its influence in the region. It provides substantial official development assistance to Bangladesh, India, Indonesia, Malaysia, Philippines, Vietnam and even China. It also has a major stock of the FDI in the Indo-Pacific region. Its FDI in ASEAN countries like Singapore, Thailand, Indonesia and Vietnam is double of what it has in China. Other countries like Australia, South Korea, India and Taiwan are also major recipients of Japanese investments.

The substantial increase in Japan's defence expenditure, and more important, its move away from its pacifist policies will now provide Tokyo a new military muscle in the region. Even now the Japan Maritime Self-Defence Force is one of the most powerful in the world and larger than those of the UK and France combined. In the coming years, it will become more powerful and expand its footprint in the western Pacific and, possibly, Indian Ocean.

Before arriving in Washington

DC, PM Kishida signed an agreement with the UK to facilitate more joint military exercises. This came after a similar agreement with the other AUKUS member — Australia. The Japanese have also been reaching out to other friends to strengthen their defence ties. As a result, French, Dutch and German warships have been sailing in the region and exercising with the US and Japan.

Last week, too, four Indian Su-30MKI multrole fighters landed at Japan's Hyakuri Air Base near Tokyo accompanied by two IAF C-17 Globemasters and an Il-78 tanker to participate in exercise 'Veer Guardian'.

The exercise was originally planned for 2020, but was postponed. Japan and India have been participating with the US and Australia in the naval exercise 'Malabar' for a few years now.

New Delhi and Tokyo enjoy robust ties, both bilaterally and as members of the Quad. Japan's new orientation offers opportunities for India in both economic and military fields.

India could gain from the Japanese efforts to shift high-tech industries away from China, besides from the overall mood in the Indo-Pacific to establish secure and resilient supply chains.

(Courtesy the tribune)

Multipolarity a challenge in meeting G20 goals

ANITA INDER SINGH

IT is easy to call for reform of the United Nations as the centre of multilateralism and to advocate multipolarity, but as the G20 president, India will face the rifts created by multipolarity. 'Multipolarity' is a catch-all term favoured by any country which does not wish to be pushed around by any superpower. It implies a distribution of power between three or more countries or alliances. But the very countries favouring multipolarity — some of them G20 members, including India, China, Saudi Arabia, France and Germany — are divided about its meaning and aims.

The G20 was created in 1999 by six western allies and Japan to increase the engagement of developing countries in finding ways to advance global economic stability and sustainable growth, and also to prevent financial crisis.

The US, which was one of the G20's creators, sometimes downplays its importance. For example, National Security Adviser Jake Sullivan sees the G7 — which is dominated by the US and democratic European countries — as the 'organising committee of the free world'. Of course, Washington knows that it cannot ignore middle powers at the G20. Their economic weight makes their support crucial to shaping the rules on trade, technology, sanctions and international norms. But New Delhi will also have to face the fact that neither the G20 nor the Global South, stretching across from Latin America, across Africa to the Far East, speaks with one voice.

Furthermore, there are broader, troublesome international security developments.



Russia's war in Ukraine has reconfirmed that military power determines global security. The war has placed the US, democratic Europe and Japan on the one side and Russia and China on the other. And most members of the G20 and many of the Global South countries voted against Russia's invasion of Ukraine at the UN. Significantly, India's partner in the Quad, Japan, is strengthening its defence ties with NATO countries, including Britain, with which it has just signed a pact, and with Italy and Germany. Increasing its defence spending, it is set to become the third largest military power in the world and in Asia, after the US and China.

In Europe, Germany endorses multipolarity because it does not want to weaken its strong economic ties with China at America's behest, though it may lay stress on human rights in future dealings with China.

At another level, each G20 country calling for a multipolar world seeks to advance its national interests and enhance its global image. China is hostile to the US; India walks the tightrope between better ties with the US and time-tested ties with Russia. Practising its

version of multipolarity, India has kept itself aloof from western economic and diplomatic campaigns against Russia and Iran. So, it will join these countries in opening new shipping trade routes that could enable Russia to bypass Europe and western sanctions against Moscow. India could thus hope to avoid being restricted economically by the antagonisms between hostile trading blocs.

Advocates of multipolarity have recently played significant international roles. For instance, Saudi Arabia agreed with Russia to cut oil production. This has sent global oil prices soaring, but they couldn't care less. India has avoided the price rise by buying oil at discount rates from Russia and annoying the US and European Union, which want to forge a united international front against a belligerent Russia with sanctions and an oil price cap.

On a different plane, India has blamed the UN for failing to solve old and new international crises, whether involving Kashmir, terrorism or the Ukraine-Russia war and the food and energy crises it has precipitated.

In contrast, China, which is India's main

challenger in Asia, does not criticise western-created multilateral institutions. It says the work done by its Asia Infrastructure Investment Bank complements the job done by the World Bank and International

the Covid-19 pandemic and the Russia-Ukraine conflict. But India must take care not to give the impression that it is ignoring the highly developed Global North G20 countries, which comprise one-third of its members.

India has kept itself aloof from western economic and diplomatic campaigns against Russia and Iran. So, it will join these countries in opening new shipping trade routes that could enable Russia to bypass Europe and western sanctions against Moscow. India could thus hope to avoid being restricted economically by the antagonisms between hostile trading blocs. However, New Delhi's absence from any regional economic grouping leaves it going out on a limb.

Monetary Fund. Simultaneously, Beijing challenges India's attempt to become the voice of the Global South through China's Global Development Initiative (GDI). Beijing claims the GDI will focus on 'people-centred development' by helping poor countries recover in the post-pandemic era and will strengthen international development cooperation. The UN has welcomed the GDI, and more than 100 countries support it.

Meanwhile, China's new Foreign Minister Qin Gang stuck to a three-decade-old tradition, when, on January 10, he started an official tour of five African countries to assure the continent of China's help as a generous donor and politically experienced friend.

Despite these divisive political problems, the G20 presidency will be an opportunity for India to enhance confidence in multilateral frameworks by highlighting how the Global South can achieve sustainable development goals and steer itself out of the international economic and financial problems created by

And since most G20 countries, unlike India, voted against Russia at the UN, India should take care to prevent this political divide from putting hurdles in its way as the leader of a primarily economic grouping.

Moreover, since many developing countries in Asia and Latin America are ahead of India economically, New Delhi's absence from any regional economic grouping leaves it going out on a limb, despite its G20 leadership. It needs to cultivate closer economic ties with South American, European and Asian countries to alter that image and to gain access to advanced technologies.

Last but not least, professing belief in 'one world, one family' as the current leader of the G20, India should force domestic socio-political consensus; this is a prerequisite for its progress as an influential country. Only then will the aspiring international bridge-builder have reliable credentials to unite the interests of developing and industrialised countries.

(Courtesy the tribune)

Vamshi Paidipally to those calling Varisu 'TV serial': 'They keep people engrossed in evenings, don't degrade anything'

Filmmaker Vamshi Paidipally has reacted to the criticism by some that Varisu has a heavy TV serial hangover. In a latest interview, he asked how can people call it a serial when they don't realize the hard work that goes into making films. He also said TV serials shouldn't be degraded as they keep so many people engrossed in the evenings at home.

Varisu is a family drama with Vijay and Rashmika Mandanna in the lead. The film also stars R. Sarathkumar, Prabhu, Jayasudha, Prakash Raj, Srikanth and others.

In a post release interview with Cinema Vikatan, Vamshi opened up on the criticism Varisu has received from a section of the audience who've said



it feels like a TV serial. "You know how tough it is to make a film these days? Do you know how much a team is working out there to make a film work? You know how much hard work people are putting in to entertain audiences? Brother, it's not a

joke. There are so many sacrifices every filmmaker is making," Vamshi said.

He went on to talk about the hard work actor Vijay, whom he describes as one of the biggest stars in the country, puts in to rehearse his dance steps and dia-

logue. "What do you mean it's like TV serial? Why are you degrading TV serials? Do you know how many people its keeping engrossed in the evenings. Go home and see your uncle and grandma watching serials. Their lives are getting engaged due to these serials. Don't degrade anything, brother. That's also creative job. This is also one. If you want to put down people, remember you're putting down yourself," he further added.

Reacting to the clip, some called Vamshi "very rude" in sharing his opinion. One user wrote: "Everyone works hard. Rehearsing steps and practicing dialogues is an actor's responsibility...not something to be glorified. People called a bad movie

bad. Learn from it and try to grow instead of becoming emotional. You people earn in 100s of crores. Be more responsible for the work you do (sic)." Another user wrote: "So only cinema people are working hard? Rest of the public are living their dreams? People have the right to say what they want after paying their hard earned money to watch a movie. Sheer arrogance from the director after making such a substandard movie (sic)." One more person said, "This tone is threatening. You know how much effort audiences take to watch a film? The cost and time. You should respect people's feedback. You can't call out openly like this @directorvamshi. You didn't make the best of best film remember (sic)."

Akshay Kumar says he and Twinkle Khanna are 'stuck together' in wedding anniversary post



Akshay Kumar has shared a short but sweet wish for wife and actor-turned-writer Twinkle Khanna on their 22nd wedding anniversary. He shared a happy candid picture of them together from a festival along with a message. They are currently in UK where Twinkle is pursuing a course in fiction writing.

Sharing the picture, Akshay wrote on Instagram, "Two imperfect people who have perfectly been stuck together since twenty-two years! Happy anniversary Tina, with a kiss emoji. While Akshay is seen in a kurta, Twinkle Khanna is seen in a red and white attire. The couple shared a laugh. Many of their fans called them 'favourite jodi' in the comments section. A fan also wrote, "Happy Marriage Anniversary Mr AND Mrs KHILADI." A day before, Twinkle had shared a video from their boating session on an icy lake with their daughter Nitara, along with a caption about the perils of a marriage. She wrote along with the video, "On a freezing Sunday morning, someone decides we must pedal along an icy lake. No prizes for guessing the name of the perpetrator of this diabolical plan. My usual philosophy states: Whatever floats your leaky boat as long as I am not compelled to come along for the ride. Unfortunately the laws of philosophy, physics, and thermodynamics all crumble within a Faraday cage called marriage. True? False? She also shared a picture with Akshay on her Instagram Stories and asked her fans to choose the most suitable caption. She asked, "Please help us solve this. What's a better title. A) I say - The God of small things. B) He says - Live a little. C) Save me from this man - Help."

Akshay and Twinkle worked in two films together, Zulmi and International Khiladi in 1999, before she switched to being a writer.

ANANYA PANDAY CRIES INCONSOLABLY IN OLD PHOTO WITH CHUNKY PANDAY, BHAVANA PANDEY AND JACKIE SHROFF



On Tuesday, Ananya Panday celebrated her parents, Chunky Panday and Bhavana Pandey's 25th wedding anniversary. She posted some old photos of them with one also featuring Jackie Shroff. Ananya also talked about her expression in one of the photos in which she appeared to be crying and shouting at an event. The first photo shared by Ananya has her posing with Chunky Panday, Bhavana and her sister, Rysa during her childhood. The next one is a throwback photo of Chunky and Bhavana. It's followed by the couple's wedding photo.

In the last one, Chunky and Bhavana are joined by Jackie Shroff. While the couple flaunted their biggest smiles for the camera, it's little Ananya in the

arms of the actor who is crying inconsolably. Recalling the memories, Ananya wrote in the caption of the post, "Happy 25th anniversary Mama and Papa (heart emoji) thank you for showing us how easy love can be (and for ur gorgeous genes)."

Talking about the cameo of Jackie Shroff in the last photo, Ananya added, "Also the last picture is here because I think @pnabhidu is the coolest and also my expression hasn't changed in the last 24 years (heart emoji) and also I love the kids expression in the second last picture idk who he is but it's too good." Reacting to it, Jackie commented, "Love ya and ur sweetest maa papa."

Celebrities like Zoya Akhtar, Sanjay Kapoor, Tanya Ghavri, Nandita

Mahtani, Amrita Arora and Ayushmann Khurrana sent their love to the couple on the special day. Joining them Shweta Bachchan commented, "Happy Happy Bhavana and Chunky. You two also make a deadly articulate team!" Ananya Panday is the first child of Chunky and Bhavana. They also have a younger daughter, Rysa. Ananya made her Bollywood debut with Karan Johar's Student Of The Year 2, alongside Tiger Shroff and Tara Sutaria. She was last seen in Vijay Deverakonda's Liger, which flopped at the box office.

Chunky fell in love with Bhavana during the peak of his career. Bhavana was from Delhi and later shifted to Mumbai after tying the knot with the actor. She is a part of Fabulous Lives Of Bollywood Wives, with Maheep.

RHEA CHAKRABORTY SCOLDS PAPARAZZI AFTER SHE ALMOST FALLS FACE DOWN AS THEY ASK HER TO WAIT FOR PICS

Actor Rhea Chakraborty scolded the paparazzi after she tripped as they asked her to pose for pictures. In a video shared by a paparazzo account on Instagram on Tuesday, Rhea was seen outside a salon in Mumbai. In the clip, the actor got out of her car near the venue.

While the paparazzi asked her to wait so that they can click pictures, Rhea started walking quickly. While climbing the stairs she tripped and was about to fall. However, she quickly maintained her balance.

Turning around, she smiled and said, "Dekho peecha karoge toh aesa hoga (If you follow then this will happen)." The

paparazzi apologised to her instantly. Rhea also posed for a brief moment and waved at the paparazzi.

The actor was seen in a black top under a cream sweater and denim. She wore sandals and also carried a bag.

Rhea was seen at the salon a few weeks after she attended an event at which Hrithik Roshan and Sussanne Khan's sons Hrehaan Roshan and Hridaan Roshan had performed. The event was also attended by Farah Khan Ali, Zayed Khan, Arslan Goni, Saba Azzad, Farhan Akhtar, Adhuna, Akira, Anusha Dandekar and Shibani Dandekar among others.

Last month, Rhea was seen

with her rumoured boyfriend Bunty Sajdeh's sister Seema Sajdeh at filmmaker Amrithal Singh Bindra's bash in Mumbai. As per a Hindustan Times report, Rhea and Bunty started dating earlier last year. "It's so good to see them together and happy."

Whatever Rhea has been through in the last few years, Bunty has been her shoulder and support system. He was there for her when things were getting dirty. They are currently together and wish to keep this news private," as per a source.

Earlier, Rhea was in a relationship with actor Sushant Singh Rajput, who died in April 2020. Rhea was embroiled in his death



investigation and the corresponding drugs case.

She even had to spend close to a month in jail. She was arrested by the Narcotics Control Bureau (NCB) in the drugs case and later

released on bail.

She was last seen in Rumi Jaffrey's Chehre. The film also starred Amithab Bachchan and Emraan Hashmi among many others.

Daler Mehndi Fulfills Raipur Bride's Dream

Dream come true moment for Raipur bride. Sher-e-Punjab Daler Mehndi surprises the bride by fulfilling her dream. He not only attends the ritual but also gets their name written on his palm. Recently, the Badshah of Indipop got a mehendi designed on his palm that he attended as the star attraction. It was during his Raipur live show tour when he was specially invited for the mehendi ritual. The bride was in complete awe when the legendary singer graced the occasion and fulfilled her dream.

filled her dream. These days, the artist is seen travelling across the country for his live shows. And amidst this busy schedule, he managed to take out time for this cute ritual. In the video, Sher-e-Punjab, Mehndi walks up to the bride to bless her when the latter demands to get her and the groom's name inscribed on his palm. The king of Indipop humbly agrees to the cute demand. One can see in the video, that the mehendi artist is writing 'Sahib Di Simran' (Sahib's Simran, Sahib is the groom and Simran is the bride) on his palm with henna.



FANS CALL OUT BIGG BOSS 16 FOR ARRANGING A 'B**CHING SESSION' AGAINST PRIYANKA CHAUDHARY

Bigg Boss gave a new task to the housemates in the latest episode. The inmates were supposed to comment on co-contestant Priyanka Chaudhary's game plan in Bigg Boss's house. In a new promo shared on social media, contestants are seen entering the confession room one by one and talked about Priyanka's game. Shalin Bhanot called her 'illogical' while Shiv Thakare labelled her 'zero.' MC Stan said that her nature cannot be changed because she is too



stubborn. Many fans came in support of Priyanka and slammed Bigg Boss for arranging a 'b**ching session' against her. ColorsTV share the promo on their social media handles with the caption, "Sach, bahut hi ajebo gareeb hota hai yeh sach (The truth is always bitter and weird in nature)." The promo opened with Bigg Boss asking, "Priyanka ka kya game plan hai (What is the game plan of Priyanka)?" Shalin said, "Uske logics sahi nhi lagte hai (Her logics are baseless)." Then a

voiceover in the background said, "Sach, bahut hi ajebo gareeb hota hai yeh sach (The truth is always unusual and weird)." Shalin continued and said, "Doosre ko neeche dekhkar, apne apko upar, apni superiority dikhaaye, Priyanka unme se ek hai (She pulls down others to uplift herself, she shows herself as superior in comparison to other)." MC Stan sat with his friend Shiv in the confession room and said, "Uska nature koi badal nhi sakta (Nobody can change her nature)." Immediately, Shiv said, "Priyanka ka main strong tha ladai, jaise woh nikal diya, Ankit ke baad se woh shuny lag rahi hai (Priyanka's forte was to fight, since Priyanka's friend Ankit got evicted, she is looking like a zero in the show without his support)." Reacting to the clip, one person commented, "Priyanka against ek pura b**ching session arrange kiya Bigg Boss ne (Bigg Boss has arranged a full b**ching session against Priyanka)." One person came in Priyanka's support and

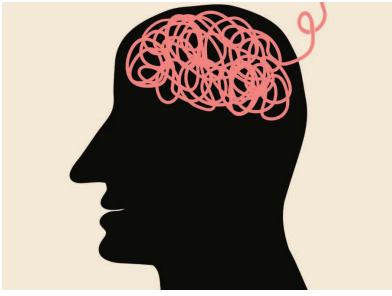
wrote, "Without Priyanka, Bigg Boss game is zero." Other person wrote, "Shiv lagta hai, Nimrit ke baare mai baat raha hai (I feel Shiv is talking about Nimrit's game plan)." "Priyanka hi trophy lekar jaaeygi (Priyanka will take the show's trophy to her home)," added one fan. A person criticised Shiv and wrote, "Shiv ki journey. Sajid ka naukran ban rah gya...sir...sir...sir. Sir ke ilawa kuch nhi kiya (Look at Shiv's journey, he was Sajid's servant and pleased him through out the show)."

ADHD AND MENTAL HEALTH ARE STRONGLY CORRELATED: RESEARCH REVEALS

According to new research led by psychologists at the University of Bath in the UK, adults with high levels of attention-deficit hyperactivity disorder (ADHD) symptoms are more likely to experience anxiety and depression than adults with high levels of autistic traits. This study is the first to show that ADHD is more predictive of poor mental health outcomes in adults than other neurodevelopmental conditions, like autism.

Until now, there has been a dearth of information on the effects of ADHD on poor mental health, with far more research focusing on the impact of autism on depression, anxiety and quality of life. As a result, people with ADHD have often struggled to access the clinical care they need to cope with their symptoms. (Also read: Daily habits that can help manage ADHD symptoms in kids)

The study's authors hope their findings will trigger new research into ADHD and ultimately improve the mental health outcomes for people with the condition. ADHD is a neurodevelopmental condition characterised by inattention and/or hyperactivity and impulsivity. The condition is estimated to affect between 3 per cent and 9 per cent of the popula-



tion. Speaking on Blue Monday (January 16) - the third Monday of January, described by some as the gloomiest day of the year - lead researcher, Luca Hargitai, said: "Scientists have long known that autism is linked to anxiety and depression, but ADHD has been somewhat neglected.

"Researchers have also struggled to statistically separate the importance of ADHD and autism for mental health outcomes because of how frequently they occur together," he said.

Ms Hargitai, a PhD Researcher at Bath, added, "Our aim was to precisely measure how strongly ADHD personality traits were

linked to poor mental health while statistically accounting for autistic traits."

The new research - a collaborative effort between the Universities of Bath, Bristol and Cardiff, and King's College London - is published this week in the prestigious journal *Scientific Reports*. It comes in the same month that two British TV personalities - Johnny Vegas and Sue Perkins - have opened up about their recent diagnoses of ADHD.

"The condition affects many people - both children and adults - and the fact that more people are willing to talk about it is to be welcomed," said Ms Hargitai, adding, "The hope is that with greater

awareness will come more research in this area and better resources to support individuals in better managing their mental health."

Overly active, as though driven by a motor

The study used a large, nationally representative sample of adults from the UK population. All participants completed gold standard questionnaires - one on autistic traits, the other on ADHD traits - responding to statements such as "I frequently get strongly absorbed in one thing" and "How often do you feel overly active and compelled to do a motor drove thing like you?"

The researchers found that ADHD traits were highly predictive of the severity of anxiety and depression symptoms: the higher the levels of ADHD traits, the more likely a person is to experience severe mental health symptoms. Through innovative analytical techniques, the study authors further confirmed that having more of an ADHD personality was more strongly linked to anxiety and depression than autistic traits.

These results were replicated in computerised simulations with a 100% 'reproducibility rate'. This showed, with great confidence, that ADHD traits are almost certainly linked to more severe anxiety

and depression symptoms in adults than autistic traits. Shifting the focus of research and clinical practice

Ms Hargitai said, "Our findings suggest that research and clinical practice must shift some of the focus from autism to ADHD. This may help to identify those most at risk of anxiety and depression so that preventative measures - such as supporting children and adults with the management of their ADHD symptoms - can be put in place earlier to have a greater impact on improving people's wellbeing."

According to Dr Punit Shah, senior author and associate professor of Psychology at Bath, another important aspect of the new study is that it advances the scientific understanding of neurodevelopmental conditions.

"By addressing the shortcomings of previous research, our work provides fresh information about the complex links between neurodiversity and mental health in adults - an area that is often overlooked," he said.

"Further research is now needed to delve deeper into understanding exactly why ADHD is linked to poor mental health, particularly in terms of the mental processes that might drive people with ADHD traits to engage in anxious and depressive thinking," he said.

Bone Health: IS EATING MEAT Healthy For Your Bones?



As to how consuming animal or plant protein impacts bone composition, many studies have been published. Numerous studies have shown that compared to plant-based protein, animal-based protein weakens bones. According to several research, persons who consume a lot of meat are more likely to develop osteoporosis (thin bone tissue) and fractures.

Resorption and formation of new bone are constantly balanced in healthy bones. Resorption is the breakdown of old bone to be reabsorbed (modeling). Most individuals are aware of the significance of calcium and vitamin D in the development and maintenance of strong bones. However, a theory that protein altered the body's natural chemistry in such a way that too much calcium was being excreted in urine emerged based on past research.

In one of her recent Instagram posts, nutritionist Anjali Mukerjee shares how meat protein can impact bone health. She writes, "A high protein diet, especially from animal sources, can lead to calcium loss and harm bone health."

Meat has a high phosphorous-to-calcium ratio which increases calcium excretion and can cause bone demineralization.

Consuming animal protein, especially red meat, can make the blood acidic and lead to calcium being removed from bones."

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She further writes, "Protein is important for bone health, but too much animal protein, especially red meat, can actually harm your bones. So we need to make sure to include dairy, fish, chicken, and plant-based sources of protein in your diet, and don't forget to balance it with plenty of fruits, vegetables, and whole grains."

LAUGHING CAN HELP IMPROVE YOUR MENTAL HEALTH: FIND OUT HOW

Laughter is considered to be 'the best medicine in the world', and rightly so. Apart from connecting people and keeping you rejuvenated, laughter serves as a perfect antidote to a host of mental issues, according to nutritional psychiatrist Dr Uma Naidoo. According to a study published in the *National Library of Medicine*, "Laughter is a positive sensation and seems to be a useful and healthy way to overcome stress. Laughter therapy is a noninvasive and non-pharmacological alternative treatment for stress and depression, representative cases that have a negative influence on mental health." Another study Georgia State University found that "incorporating bouts of simulated laughter into an exercise program helped improve older adults' mental health as well as their aerobic endurance". As such, the mental health benefits of laughter are enormous. "It can help keep you alert, focused, and grounded. Laughter holds so much power in supporting your emotional health," Dr Naidoo wrote, sharing five such benefits of laughing on mental health in an Instagram post.

Health Matters | From Drinking Ghee to Soaking 'Methi', It's Time to Unfollow Instagram's Health Hacks

From boba tea and flax seeds to ABC juice, Keto, Paleo, Atkins Low-carb, Dukan, Intermittent Fasting to gulping down water soaked in 'bhindi' (ladyfinger), drinking ghee or making fenugreek deco-

cially Instagram, YouTube and WhatsApp forwards. And the results are the worst.

This edition of Health Matters is based on several interactions and interviews of dietitians and doctors that I conducted to delve

TAKING TIPS ON DIETING OR AN IDEAL DIET FROM INSTAGRAM INFLUENCERS OR SOCIAL MEDIA CAN BE HARMFUL BECAUSE THEY MAY NOT BE QUALIFIED TO GIVE NUTRITIONAL ADVICE AND MAY PROMOTE FAD DIETS OR QUICK FIXES THAT ARE NOT SUSTAINABLE OR HEALTHY IN THE LONG TERM

tions - We are crazy about our dietary choices and easily go gaga over stuff promoted on social media.

Most of us tend to look out for 'superfoods' or special diets, either to shed those few extra kilos, solve existing health issues or prepare our bodies to fight poor environmental conditions and create a strong immune system.

While the intention is good, unfortunately, the majority of us fall prey to social media - espe-

cially Instagram, YouTube and WhatsApp forwards. And the results are the worst.

This column is an extension of a previous article I wrote about how Instagram reels and DIY videos are leaving users with damaged skin that ultimately needs expert intervention.

He was treated immediately with stenting to the LCX artery. He was diabetic since he was 10 years old but when he approached the hospital, his HbA1C was 14 per cent - more than double the normal levels. HbA1C measures the amount of



blood sugar (glucose) attached to your haemoglobin.

The case study was shared by Dr Deepak Krishnamurthy, a senior interventional cardiologist at Sakra World Hospital, Bengaluru, on Twitter.

"Veeramachaneni or VRK diet recommends the consumption of 100-gram ghee in one meal. The

fact that the 'one size fits all' approach does not work in the real world.

In another instance, a 40-year-old man diagnosed with Type 2 diabetes and on medication opted for intermittent fasting and a low-carb diet sponsored by an influencer.

"He followed it without any medical supervision. As a result, he developed severe hypoglycemia. One day, he fainted at work and injured his back severely," Dr Subhasree Ray, PhD in clinical nutrition and a wellness expert, told me over a WhatsApp chat.

Such stories are endless now.

In Kerala, a fruit called Averrhoa Bilimbi, famously known as Bilimbi, is used in making a tangy fish curry. A WhatsApp forward made it famous for lowering cholesterol levels. Dr Rajeev Jayadevan, former president of the Indian Medical Association (IMA), told me.

Love cheese and hate tofu? 14 vegan obstacles - and how to push past them

We all know why veganism is a good idea: it is better for the planet and can be better for our health, while animals shouldn't be exploited to feed and clothe us. Each step towards the invention of good vegan cheese makes it slightly easier to make the switch. But for many of us, going vegan still seems hard.

If you are a couple of weeks into Veganuary, the campaign that encourages people to try being vegan for the month, you may be considering extending it - 23% become vegan and 43% reduce their consumption of animal products by at least half afterwards, according to the organisation - or perhaps you're struggling. Here are some of the most common sticking points, and some advice

A few weeks into Veganuary, you may be wondering how to keep a plant-based lifestyle going. Whether you're worried about supplements, expense or food aversions, here's everything you need to know

that might help you embrace a vegan life.

"We hear that a lot, particularly with cheese," says Toni Vernelli, head of communications at Veganuary. She advises starting by removing things that you won't miss, or swapping them for alternatives where you probably won't notice the difference. "A lot of people are happy having fake meat burgers and sausages."

A vegan "chicken" nugget, she says, is virtually indistinguishable from a highly processed meat one. "If there's something you really love, swap that last. It doesn't have to be an overnight change." She

advises trying a variety of other options - even within the last year, there have been improvements in products such as vegan bacon and cheese.

After a few months of vegan experimentation, your cherished foodstuff may become less important to you than you thought. "There's nothing wrong with saying to yourself: 'Four times a year, I'm going to have a bacon butty because I can't imagine life without it.' You might find that the first time it comes round, your taste buds have changed and you don't want something that greasy any more."

"I don't want to bother with

supplements"

Chantal Tomlinson, dietician for The Vegan Society, says that some supplements can benefit everyone, vegan or not - UK guidelines are that everyone should consider taking vitamin D in autumn and winter, and for some people it should be year-round.

"Fortified foods and supplementation of vitamin B12, vitamin D, iodine and selenium are important elements of a well-planned vegan diet, complementing a balanced and varied intake of plant foods," she says, adding that you can get specialist vegan supplements that contain these in one tablet.



"I exercise a lot"

The number of elite athletes that are vegan - tennis player Venus Williams and boxer David Haye among them - should convince you that your parkrun time won't suffer if you cut out the steak. "Active people need to ensure that they're consuming enough energy, most of which will come from carbohydrate found in starchy foods such as oats, potato, pasta and fruit," says

Tomlinson. "Carbohydrate-rich options containing a moderate amount of protein are ideal." She says the best sources of plant protein "contain good amounts of lysine. Lysine is one of the essential amino acids, meaning that the body can't make it. Good sources include beans, lentils, peas, soybeans, peanuts, quinoa, cashew nuts and pumpkin seeds. For those that are active, protein needs are higher, therefore having

enough high-protein foods with higher amounts of lysine is crucial." Tomlinson also recommends fortified soya milk, which "contains much more protein than other plant milks, and the quality of soya protein is similar to that of meat and dairy". "I'm pregnant or breastfeeding" "Aim to eat at least two portions of calcium-rich foods every day, such as two glasses (400ml) of fortified plant milk," says Tomlinson.

Booth Level Workers are real Strength of BJP: Bharat Bhushan

JI NEWS SERVICE
JAMMU, JAN 17: BJP Talab Tillo Mandal under the Presidentship of Mandal President Keshav Chopra organised organizational meeting of Talab Tillo Mandal Office Bearer, Shakti Kendra Parmukhs.DDC chairman Bharat Bhushan Presided the meeting of Talab Tillo Mandal as Constituency Incharge, District President Jammu Parmod Kapahi, Former Minister Sat Sharma CA, Prabhari Rajeev Charak, BJP JKUT Secretary Ayodhya Gupta, Hardeep Singh Mankotia as Constituency Convener addressed the meeting of workers.



Downloading Saral App so that Karyakartas can get all the details regarding working of the party at one click. He also Appreciated the working of Talab Tillo Mandal Team.

Speaking on the occasion Bharat Bhushan discussed the party's forthcoming programmes with the party workers and stressed that BJP's programs are specifically intended to build stronger and better coordination in the party cadre and also with the public. Bharat Bhushan also discussed the Benefits of

the BJP government, both in state and center, and discuss their issues in detail alongside. Keshav Chopra Gave Detailed Presentation about the Works done by the Workers of Talab Tillo Mandal and Assured that in future also we will work together to strengthen the party at grass root Level. Municipal Councillors Jeet angral, Sucha Singh, Sat pal Karliupia, District General Secretaries Kuldeep Khandari & Adv. Rajesh Gupta, Distt. Vice President Manav Gupta,

Pratibha Sharma, Deepak Kumar, Rahul Nargotra, Deepak Sharma, Varinder Dogra, Geeta Sodhi, Bablu Chand, Bhupinder Gupta, Bhubesh Sharma, Arjun Gupta, Ghansham Sharma, Jatinder Khajuria, Sudesh Chandervanshi, Vikas Gupta, Ritesh Peer, Vikas Kumar, Sumit Malhotra, Arun Khajuria, K.L Sharma, Dharamveer Singh Jammwal, Dr Jeet Raj, Sanchit Sharma, Meena Jammwal, Sachin Nargotra, Omkar Verma and others were also present during the meeting.

Dogri film Mouj Masti's audio songs, trailer and poster released



JI NEWS SERVICE
JAMMU, JAN 17: Dogri Film 'Mouj Masti' team released the audio songs, trailer and poster of their much-awaited film at a function here today. The function which was held at Press Club of Jammu saw a galaxy of TV and film fraternity of Jammu during the official release of the audio songs, trailer and poster of the much-awaited Dogri film Mouj Masti where Padamsree Balwant Thakur was the Chief Guest.

Speaking on the occasion Balwant Thakur appreciated the efforts of the producers and the director for promoting Dogri through films and TV and said that Jammu has the abundance of talent which is now coming to the forefront to preserve the rich cultural heritage and language through the medium of films. Advising the local

film fraternity to create a viable and strong film industry Balwant Thakur said that artists and technicians must join hands to create a strong film movement with local content as the core so that Jammu earns a name in the film making sector like that of Punjab's Film Industry. Mouj Masti, the film in Dogri language produced by Mohd. Aslam Mir, Vinod Jaral, Rakesh Chalotra and directed by Heera Mani Singh deals with the rising drug abuse in the society that has been wreaking havoc among the younger generations thereby destroying families, relationships and social fabric of the society.

The film is a take on the current scenario in the state of J&K where drugs have made deep inroads into the society with numerous youths finding themselves caught in the cobweb of drugs and their families

bearing the brunt partly for ignoring the early signs and partly due to ignorance besides the role of the law enforcement agencies and how the entire web silently engulfs the families and the future of the children in our society. The film which has been shot entirely in Jammu and its surroundings is a full entertainer with local cast tries to create awareness about the menace of drugs in the society where people hardly talk about it in public but in reality, is witnessing an alarming rise destroying the youth of the society like a silent killer on the prowl.

Mouj Masti also ensures that the film does not become a heavy dose of negativity by sprinkling it with logical comedy thus making it a complete entertainer through relevant comic scenes, songs and dance sequences.

The film has a pure pro-

fessional touch and competes with regular feature films in terms of making, dialogues, lyrics and songs that have been entirely done in Jammu itself by local technicians, lyricists, musicians with local cast and directed by highly acclaimed Heera Mani Singh who is synonymous in J&K with the best talent in the field. The film has two songs written by Shivani Tak while the music has been composed by Surinder Manhas and choreographed by Akash Dogra.

The cast includes Parvej Mir, Rakesh Chalotra, Davinder Nanda, Raj Kumar Bhat, Sapna Soni, Ritu Mehra, Shekhar, Shazi Khan, Rajat Salgotra, Sars Bhatti, Sakshi Bhat, Drishti Rajput, Puneet Gupta, Divyansh Baba, Garu Ram, Prayog Deoria and Aboli Damankar.

Mouj Masti has been directed & edited by Heera Mani Singh, Story and Screen Dialogues by Rajeshwar Singh Raju, Play Back Singer, Mohd Rizab Malik, Sumshita Banerjee and Vanshika Jaral and King C Bharati as Media Advisor. Shazi Khan compered the programme while King C Bharati presented the welcome address. Mouj Masti which has received the clearance certificate from the Censor Board is soon going to hit the screens very soon.

AJKPC holds protest against RDD for freezing funds under 14th FC

JI NEWS SERVICE
JAMMU, JAN 17: All Jammu and Kashmir Panchayat Conference, representative body of elected PRI members today held a strong protest against the J & K government for its decision to freeze the funds for further utilization that were already available with the Panchayats under 14th Finance Commission.

Panches and Sarpanches from different areas of Jammu division participated in the protest. The protestors while raising slogans against the Commissioner/secretary Rural Development condemned the officer for his dictatorial approach and undermining the Panchayati Raj Institutions in Jammu and Kashmir.

Anil Sharma, president of the AJKPC informed the media persons that an order dated 16/Jan/2023 has been issued by the office of Commissioner/Secretary Rural Development wherein all the BDOs have been asked to freeze the funds available with the Panchayats under 14th Finance Commission and submit amount surrender statement by 22/01/2023.

Sharma intimated that earlier the union government had issued an order wherein the deadline for utilization of these funds (under 14th FC) was fixed till 31st March 2023 and all the PRI members and the officers of the Rural development department were working accordingly, but out of blue, government order No. 21-JK(RD & PR) of 2023 dated 16/01/2023 has been issued without any application of mind or taking any brief and inputs from the PRI members, Block Development Officers or



district level officers(ACDs) of the Rural development department.

"Earlier the e-tendering process took so much time and now when the time has come for execution of developmental work, this order for freezing of amount under 14th FC within 6 days has come as a big shock for the elected Panches and Sarpanches as they are accountable to the people unlike the bureaucrats sitting in their cozy chambers of civil secretariat and sipping exotic coffee and juices", Sharma Lamented.

The other protestors also vowed to continue such protests outside the civil secretariat if such an authoritarian order is not rescinded back by the government.

They said, the PRI members laid down their lives for strengthening democracy in J & K and bridging the gap between the people and government but the officers instead recog-

nizing the sincere efforts of the PRI members are hell bent to make them laughing stock in the eyes of the citizens.

The protesting Panches and Sarpanches demanded that the deadline for utilization of these funds be relaxed till 31/March/2023 as earlier stated by the union government and the Gram Sabhas be delegated powers to utilize these funds and to allot work to the local educated youth because otherwise all the time would be lost in completing formalities of inviting e-tenders, fixing eligibility criteria of contractors and finalizing the rates etc. The prominent BDC and Sarpanches who join the protest include AK Pandita , Parveena Akhtar, GH. Rishi , Ram Saroop Sharma, Des Raj Bhagat , Ashwani Sharma , Bhisrat Malik, Shah Nawaz, Shabeer Ahmed Khan , Ramesh Kumar, Kanta Devi and others.

JU alumni Vikas Pandita conferred with National Youth Award

JI NEWS SERVICE
JAMMU, JAN 17: Former NSS Volunteer and alumni of Jammu University Vikas Pandita has brought laurels to the Union Territory of Jammu and Kashmir as he has been awarded with the prestigious National Youth Award by the Ministry of Youth Affairs and Sports, Government of India. The award was conferred in the closing ceremony of National Youth Festival held at Hubli, Dharwad, Karnataka from 12th to 16th January. The National Youth Festival was inaugurated by Hon'ble Prime Minister of India Sh. Narendra Modi on 12th Jan on the occasion of National Youth Day being the birthday of Swami Vivekanand.

Anurag Thakur, Union Minister of Youth Affairs and Sports, Government of India conferred the award in the presence of Hon'ble Governor of Karnataka, Hon'ble Chief Minister of Karnataka, Hon'ble Minister of Coal and Mining Sh. Pralhad Joshi and other dignitaries. The prestigious National youth award was conferred to 19 Individuals across the India who have made exemplary contributions in different fields.

Vikas Pandita has completed his Masters Degree in Computer Applications from the Department of



Computer Science and IT, University of Jammu and has remained active NSS volunteer throughout his University days.

He is currently working in one of the leading IT company, Tata Consultancy Services Ltd. Vikas Pandita was also recently awarded by the Hon'ble President of India, Sh. Ram Nath Kovind for his extraordinary contribution in NSS and Social activities.

Every year Ministry of Youth Affairs and Sports, Government of India confers National Youth Award on individuals (aged between 15-29 years) and organisations for excellent work and contribution in different fields of development and social service such as health, promotion of human rights, active citizenship and community services.

Vikas Pandita has worked for society in multiple domains like Blood Donation, Environment, Swachh Bharat Abhiyaan, Menstrual Hygiene, Health, Education, etc. He is 3 times National Award Winner and has represented India at International Level during the International Youth Exchange Programme held at South Korea. He also participated in various International, National and State Camps and has made significant impact.

Vikas Pandita was working as frontline warrior during the Covid19 pandemic and helped the administration in the fight against Covid19.

Dr. Meghna Dhar, NSS Programme Officer, Science Unit, University of Jammu congratulated Vikas Pandita for receiving the prestigious award.

Congress to revive terrorism in J&K through BJY: Bali Bhagat

JI NEWS SERVICE
JAMMU, JAN 17: Bali Bhagat, senior Bharatiya Janata Party leader and former minister has asserted that Congress is the mother of terrorism and seeing the terrorists being eliminated in Jammu and Kashmir Union Territory by the deadly action of the security forces under the Operation 'All Out', it is making every effort to revive terrorism in Jammu and Kashmir.

He stated this while reacting sharply to the statement of a senior Congress leader Shager Ahmad in Jammu. He was addressing the Shakti Kendra workers during a BJP programme at Khour on the third day of the campaign as In-charge of Chhamb Constituency.

It is pertinent to mention here that the said Congress leader during a press conference said that on coming into power Congress Govt will provide Rs. 1 crore each to the families of

the terrorists killed in encounters besides setting free all those in jails for alleged involvement in terror activities. It seems that the said Congress leader came to Jammu on the directions of Rahul Gandhi ahead of upcoming Bharat Jodo Yatra.

The Congress leader did not stop here but further stated that Congress will bring new law to ensure that the BJP leaders or officers in administration who are behind these alleged terrorist killings are hanged to death. Bali Bhagat while tearing into the Congress party said that it has shown its real face of supporting terrorists and anti-India elements.

He said that if Congress had been strict against terrorism, it would not have found place in India and the statement of the said Congress leader clearly reflects the commitment of the party to revive and nurture terrorism and terrorists in J&K where they have been reined in by the incumbent BJP

Govt at the Centre by giving a free hand to the security forces.

Bali Bhagat said that the Congress party has ganged up with all the anti-national elements and embarked upon the so called Bharat Jodo Yatra to boost the morale of terrorists and unite anti-India forces including Tukre Tukre Gang, OGWs, pro-Pakistan, pro-China and anti-India political parties. He said that together these are pursuing the agenda of 'Bharat Tere Tukde Honge Insha Allah Insha Allah'. He said that the people are already aware of the ugly face and malafide intentions of party and this will get proved when the 'Bharat Jodo Yatra' will not find any takers in Jammu and Kashmir. Meanwhile Bali Bhagat appealed to the BJP workers and activists to gear up for the upcoming polls in J&K and leave no stone unturned in ensuring unprecedented victory for the Bharatiya Janata Party.

Unprecedented work done in the agriculture sector during Modi Govt: Rekha Mahajan

JI NEWS SERVICE
JAMMU, JAN 17: Keeping in view the interests of the public, furthering the activities in Jammu South Bharatiya Janata Party (BJP), Jammu South conducted an introductory meeting of its important pillar, BJP Kissan Morcha here, at the Jammu South today. The meeting was chaired by BJP District Jammu South President Rekha Mahajan along with Ex MLA Prof Garu Ram Bhagat, District General Secretary Akash Chopra, District Vice President and Prabhari Kissan Morcha Tarsem Sharma, Mandal President RS pura-MiraNSahib Vikram Sandhu, District Spokesperson K. L. Sharma, District team and Morcha Mandal Presidents were present in the meeting.

Rekha Mahajan in an Introductory meeting of BJP Kissan Morcha District Jammu South, the meeting was organized under the Presidentship of President Kissan Morcha District Jammu South Gurdeep Packaya. Proceedings of the meeting were conducted by Morcha General Secretary Pawan Kumar. Rekha Mahajan said during the BJP Kissan Morch meeting that our farmers are venerable and adorable like the soldiers, guarding the borders of the country. She said Kissan morcha is an important part of the party and plays crucial role to build a strong bond between general public and the party. She said, Kissan, do a lot of sacrifices to feed the countrymen and added that farming and securing the borders are equally important vocations, which enrich the soul of the country Rekha added. She said that if the villages are prosperous and self-reliant, then the country itself will become prosperous and self-sufficient. Mrs. Rekha while Addressing the farmers, and encouraging them, said that agriculture is our priority and the backbone of our economy. She said that there is a need to pioneer the agriculture sector because the tradi-

tion economy of agriculture and villages is the biggest strength of the country.

She highlighted that today youth, retired employees, and people associated with the corporate sector are also coming forward for farming. People's interest in organic and natural farming is also increasing. "There has been a record export of agricultural products worth more than Rs. 4 lakh crore, unprecedented work done in the agriculture sector during the Modi Government Rekha, said."

Ex-MLA Garu Ram said, no matter how adverse the situation, agriculture always proves helpful for our economy. He said that the merchant-entrepreneur should give the maximum price of agricultural produce to the farmer. This will not only make our farmers prosperous but also inspire the next generation to do farming. He encourages kisan morcha workers to connect with all segments of society and contribute to the development of the country.

Dr. Meghna Dhar, NSS Programme Officer, Science Unit, University of Jammu congratulated Rekha Mahajan for receiving the prestigious award.

J&K economy plunges into abyss post re-organization: Harsh Dev



JI NEWS SERVICE

CHENANI, JAN 17: Former Minister and senior AAP leader, Mr. Harsh Dev Singh today observed that the post Re-organization era has witnessed a massive slow down in J&K with development taking a back seat, militancy showing an upward trend and growing unemployment becoming more pronounced.

The dismantling of J&K state has adversely impacted the trade, tourism and economy of the erstwhile princely State of the country. There is an all-round dis-enchantment amongst the people who were caught unawares on August 5, 2019 when the BJP led govt at the centre all of a sudden announced Re-organization of J&K, downgrading it to UT and its division into two Union Territories, said Mr. Singh. He was addressing a public meeting in village Karlah of Chenani constituency today.

"While the economy fast dissipated

and development came to a grinding halt, the ever growing unemployment seemed to be the only notable feature of the saffron rule. Pak sponsored terrorism had claimed several precious lives with armed militancy spreading its tentacles even in hitherto peaceful areas of Jammu region.

The extension of several draconian laws after abrogation of Art 370 including opening of lands and jobs to outsiders had in particular, come as a rude shock for the people of J&K who stood divested of their jobs and marginal land holdings. The unemployed youth of Jammu region have been the most disappointed lot with their share in services having been abysmally reduced.

The Daily wagers, the contractuals, the underemployed have all felt cheated in the present regime", regretted Harsh. Singh said that the past few years witnessed massive public uprisings against the anti

Jammu and anti people policies of the ruling dispensation which continued to be suppressed through iron fist of police and civil administration. Taking repeated somersaults on almost all its professed promises, the narcissistically pleased and power intoxicated regime continued to use the coercive apparatus of state to silence all those who dared raise their voice for justice and sought fulfilment of promises made by it during elections. Rather than honouring the commitments made by it during elections, it was trying to crush the dissenting voices by causing dissensions in and breaking the opposition parties. Describing the BJP's handling of dissent and disquiet as oppressively bizarre, undemocratic and morally sinister, Mr. Singh appealed to the general masses not to succumb before the machiavellian designs of the power hungry politicians. He said that AAP had emerged as a strong force and would stand with the common masses through thick and thin and continue to expose and oppose those who exploited the gullibility of poor people for their personal and political gains, asserted Harsh.

Alleging that a deep rooted culture of corruption was prevalent in the UT, Mr. Singh called upon the vigilante organizations to keep a close watch over the functioning of various Depts particularly PHE, Revenue, Education, Power and RDD. He said that the lackadaisical approach of the concerned authorities was responsible for the power and drinking water crisis in the majority of the urban as well as rural areas.

Dy Mayor felicitates Deaf Judo players for their outstanding performance



JI NEWS SERVICE

JAMMU, JAN 17: Deputy Mayor of Jammu Baldev Singh Billawaria felicitated five Deaf Judo players for their outstanding performance at the 25th Senior National Deaf Judo Championship held at Indore. These players won gold medals in the 25th Senior National Deaf Judo Championship held at Indore. Deputy Mayor Jammu, Baldev Singh Billawaria congratulated all the players for their success and appreciated their hard work, dedication and wished them all the best for the future. He said that 10

players won gold medals in the Deaf National Championship, in which 5 players are from Jammu and Kashmir. He said that these five players will represent India in the Asia Pacific Deaf Championship to be held in Kyrgyzstan this year, which is a matter of pride for India and Jammu and Kashmir.

He said that the success achieved by the players is a matter of great pride for Jammu and Kashmir. He added that such achievements motivate the youth of the state to excel in different fields and strive to bring laurels to their

respective districts as well as state. The Deputy Mayor Jammu also appreciated the Jammu and Kashmir Judo Association for their efforts in promoting the sport in the state. He promised to extend all possible assistance to the association and its members in order to improve the standard of the sport in the state. The Deputy Mayor Jammu, further urged the youth of the UT to take up sports as a serious career option and strive to make them proud. He said that the central government has already taken various initiatives to promote sports

and that the youth should take advantage of these initiatives taken by the Government. The Deputy Mayor of Jammu, Baldev Singh Billawaria expressed his admiration for the slogan of Prime Minister Narendra Modi, "Khelo India".

He said that it is a great slogan and encourages everyone to participate in sports and activities. He further said that it will help in creating a healthier and physically active nation. He also said that it will help to promote a positive attitude towards life and inculcate a sense of responsibility in all citizens of the nation. Deputy Mayor Jammu, Baldev Singh Billawaria also facilitated Judo coach Surya Bhan Singh & praised and said that behind every player there is hard work of a good coach, only then the players reach such goals.

The Deputy Mayor also appreciated the parents and family members of the players for their support and guidance in helping the players reach this level of success. The players expressed their gratitude to Deputy Mayor Jammu Baldev Singh Billawaria for his appreciation and felicitations.

Rahul Gandhi must come clear on grave mistakes committed by Congress in relation to J&K: BJP

JI NEWS SERVICE

JAMMU, JAN 17: Rahul Gandhi must come clear on grave mistakes done by Congress in relation to Jammu & Kashmir before leading "Bharat Jodo Yatra" to J&K, said Sunil Sethi, Chief Spokesperson Adv. Sunil Sethi.

Sunil Sethi accompanied by J&K BJP Office Secretary Tilak Raj Gupta and J&K BJP Media Secretary Dr. Pardeep Mahotra raised burning questions on "Congress's intention in its 'Bharat Jodo Yatra' led by Rahul Gandhi which is about to enter Jammu & Kashmir.

Sunil Sethi raised the questions like:

When Maharaja of Jammu & Kashmir was willing for accession in June-July 1947, Pt. Jawahar Lal Nehru resisted the historic steps in order to allow a greater role to Sheikh Abdullah and deliberately tried to sideline Maharaja. Good decision at that time could have prevented loss of uncountable precious lives in J&K's later.

Indian forces were successfully marching ahead on the occupied lands; why Pt. Nehru took the matter to the UN stopping the triumphant Indian forces.

Why Pt. Nehru raised the issue of plebiscite? Nehru's decision to declare J&K's accession to be "provisional" led to the birth of Article 370.

He should also answer the question like:

Upon the defeat of Pakistan in war, we released 90,000 soldiers but did not ask for release of our occupied lands of PoJK. In the 1971 war there



was grave injustice done to the Chamb Displaced.

Why there was no state subject of West Pakistan refugees.

Rahul Gandhi should answer the Valmiki Samaj who could not apply for jobs other than Safai Karamcharis. He should answer the Gorkha samaj, He should answer all those women who were denied rights.

Former PM Rajiv Gandhi made the accord, which forcibly put the NC government at the powerhouse in J&K and subsequent Rigging of elections, which led to the start of displacement of Kashmiri Pandits.

Kashmir displaced people are also questioning Congress for their negative role in probably the world's largest internal displacement.

History of congress clearly tells us that they support Bharat Todo instead of Bharat Jodo. If they truly wished to unify India, today the condition could have been different.

Another question is that today the Gupkar gang is supporting Bharat Jodo Yatra. The Gupkar gang is supporting talks with China and

Pakistan on J&K Does Rahul Gandhi support these persons?

Pakistan is continually sending terrorists like Kasab, should we talk to that Nation which is promoting terrorism in India.

Rahul Gandhi must clear his stand that whether he stands for the unity of India and he is more interested in supporting the persons longing to divide India.

After 2019, now peace is prevalent more than ever.

BJP understands that Congress wants to divide the Nation on the name of region, religion and sentiments so that Congress and Gupkar could reap benefits out of the turmoil.

Sunil Sethi also added that when Rahul Gandhi enters Jammu & Kashmir, he must bow down at the feet of Shyama Prasad Mukherjee to thank him that he is entering the region without first applying for Permit.

Aijaz urges Govt to review order to retrieve Stateland

JI NEWS SERVICE

RAMBAN, JAN 17: Apni Party Vice President, and Former Minister, Aijaz Ahmed Khan today urged Govt of Jammu and Kashmir to review its order to retrieve Stateland from the people as it has spread panic among the marginalized and farmers across the erstwhile State.

Addressing a party workers meeting at Dalwah Block Sangaldan, Aijaz Ahmed Khan said that "The people are deeply concerned about the order issued by the Revenue Department and to retrieve stateland from the people across J&K. The marginalized section of society, especially farmers, are dependent upon the land for cultivation, and cattle rearing, otherwise there is no other option for the people to depend on any other option."

He said that "Majority of the people especially farmers have not more than 5 to 10 kanals of land for agricultural purpose, small houses, and cattle rearing."

"If the marginalized section is dependent upon the Stateland for their livelihood, can it be termed as illegal encroachment or illegal use of the land? Is it not a welfare state? If yes, why are these orders being issued which are against the people and can have devastating effect on large population in J&K?" he questioned the Govt of J&K which asked the people to vacate the Govt land in a stipulated time frame or they will launch an anti-encroachment drive.

He said that "These people have been cultivating their fields and have



small houses on the stateland for the last three to four generations. If the Govt officials visit them on the ground, they will see the reality of poverty and backwardness among the people in view of other options."

He said that the situation will further aggravate and will give more issues if the people are uprooted and their houses are razed by the Govt officials without considering the humanitarian crises their order would cause.

"It is the fault of the Revenue Officials who did not register Intikal in the Revenue Records despite sanction from the cabinet of the Govt of J&K. The people were left helpless and now this Govt has issued an order without knowing the ground reality," he said. He however assured the people that the Apni Party will support them and no one will be allowed to uproot the marginalized section or farmers from the lands they have been holding for decades.

He said that "Ramban district is one of the most backward districts in

J&K. The people have hardly any other source of earning. The people are working in highway widening and power projects with minimum wages as labourers."

He demanded that educational institutions should be upgraded in Ramban, Banihal and other areas in the District, roads connectivity should be improved, electricity should be provided round the clock, and its usage bills should be reduced, upgradation of the health infrastructures and staff in the education and health institutions.

He said that employment opportunities should be provided to the educated youth in Ramban as the regular advertisement for recruitment in Govt jobs has declined and it has resulted that the youth have become overaged while waiting for the jobs.

He said that authorities have made very difficult procedures to get electricity, water connections, pension and other facilities of the Govt which needed to be eased out in favour of the people.

Sat inaugurates Saini Di Hatti sweet shop at Talab Tillo



JI NEWS SERVICE

JAMMU, JAN 17: In a small but impressive program, Saini Di Hatti (Sweet Shop) was inaugurated at Talab Tillo, Ward 40. The shop was inaugurated by Former Minister and Ex MIA Jammu West Sat Sharma (CA) in the pres-

ence of a large number of people including District President Jammu BJP Pramod Kapahi, Mandal President Keshav Chopra, Corporator Neelam Nargotra, the owner Purshottam Lal, locals and social and political activists.

Addressing the gather-

ing, Sat Sharma appreciated the efforts of the owner who will serve people of Jammu with the taste of various sweets. He said the owner has also provided jobs to 3 people which will benefit the same number of families as well. He said by opening such shop in the city, people will also experience the taste of sweets of other States as well as owners also prepare Rajasthan and famous sweets of various other States which are famous across the nation. He also advised the owners to maintain the standard of products in the Shop and always serve quality products to the public.

The owner also thanked the Former Minister and other dignitaries for the inauguration of the shop.

Prominent among others present on the occasion were Abhishek Sharma, Chaman Lal Bhagat, Yash Pal Shivgotra, Radhe, Onkar Verma, Vinay, Rahul Nargotra, Sachin Nargotra, Vikas Kumar, Sardari Lal, Puran Chandel, Krishna Lal Sangral and others were also present on the occasion.

SMVDU celebrates World Logic Day



JI NEWS SERVICE

JAMMU, JAN 17: A special lecture was organized by the School of Philosophy & Culture at Shri Mata Vaishno Devi University to celebrate "World Logic Day", an International Day declared by UNESCO in associa-

tion with the International Council for Philosophy and Human Sciences (CIPHS). Shri Sumanta Sarathi Sharma, Head of the School of Philosophy & Culture, welcomed all guests and participants.

Prof. B. H. Boruah (Dean of

International Relations, IIT Jammu) delivered an intriguing lecture on the topic "On Critical Thinking and Logic."

His talk shed light on the importance of logic and why everyone should study it, in his words, "no one can run away from logic." He addressed specific questions like the relationship between logic and ontology, logical and analytical truths, and the status of the empty domain and the conceptual truths.

Logic is related to other fields of study like physics, mathematics, etc. We cannot think of pure mathematics without logic.

He defined logic as a study of certain mathematical properties of certain artificial formal languages, valid inference and certain unique truths or facts. He also explained some of the debatable topics in logic like the debatable.

DAP Delegation join protesting Rehbar e Janglat, NYC youths

JJ NEWS SERVICE
JAMMU, JAN 17: The delegation of Democratic Azad Party on Tuesday visited the protesting Rehbar e Janglat and NYC youths in Jammu. The delegation led by R.S.Chib General Secretary on the instructions of party Chairman Ghulam Nabi Azad while meeting the protesting candidates assured them that they stand for their genuine rights.



The delegation urged the government to have a humane approach towards their demands since they have given the best of their life to serve the government.

The other members of the delegation comprises G.M.Saroori Vice Chairman, Jugal Kishore Provincial President, Salman Nizami Chief Spokesperson, P.R.Manhas

Zonal President, Mehboob Azad Secretary, Prabha Salathia Mahila President, Samita Arora Secretary, Ashutosh Raina Social Media Head and others. "They are promised regularisation of jobs after completing successfully the tenure. Now whosoever

have completed the tenure shall be regularised," demanded Chib. The delegation said that they will continue to fight and stand for them as long as the government is not fulfilling their demands.

"The party chairman Ghulam Nabi Azad had ten

years back visited them and supported in their fight for rights.

It is unfortunate that our highly educated youths who should have been serving the government are protesting this time in harsh winters," said R.S.Chib.

Ras Kala Manch Haryana presents Chekhov Ki Duniya at Abhinav Theatre

JJ NEWS SERVICE
JAMMU, JAN 17: On the 2nd day of the ongoing National Theatre Festival named 2nd Theatre Carnival, Ras Kala Manch Haryana today presented play Chekhov Ki Duniya, a theatrical adaptation of four stories written by great Russian writer Anton Chekhov. The stories were translated in Hindi by Ranjit Kapur and were directed by seasonal director Ravi Mohan. Organized by Natraj Natya Kunj, cultural society Jammu (regd.) and supported by Ministry of Culture, Government of India, Indian Council For Cultural Relations J&K,



Jammu & Kashmir Academy Of Art Culture & Languages, Punjab-Sangeet Natak Akademi & Haryana Kala Parishad, today's performance is based on four stories named Chhink, Surgery, The Seduction and Bank Manager, performed over 2 hours, deal with a gamut of human emotions, relationships, power play, sublime love of common man and every day to exceptional circumstances from the abyss of poverty to idle game of the rich. This play mainly compels the audiences to mull how worse the present days to stay happy. Be as the doyen of psychology, Sigmund Freud claims that "although an individual may be unable to recall the memory, it may still affect the individual through subconscious influences on behavior and emotional responding".

1st story named Chhink is a Story

about a guy who works in the forest department as a clerk. A middle-class man who loves watching theater plays. Story tells us about the difference between the middle class and upper class. 2nd story Surgery is the story of Kuryatin who is an assistant chief doctor in the clinic. Today the doctor is outside and, in his absence, suddenly the church father who suffered from toothache came into the clinic and met Kuryatin who desperately wants to do his first Surgery. After a thorough inspection, he decided to remove his teeth. Will he be able to do it? Third story, "Seduction is about a man named Peter whose first task is to seduce women. What makes this difference is his behavior. Can a man attract a woman in the absence of a mutual glance or without talking or even writing letters to her?"

Last story, A Defenseless Creature, takes place in the premises of a bank where Everyone was working smoothly in the bank until she entered. Her husband was fired from work and not paid his dues. Instead of going to their office for recovery she came to a Bank asking the bank manager to pay that amount. The Bank Manager is already suffering from pain in his leg. Will he pay that? Speaking on the occasion chief guest Padma Shri Balwant Thakur congratulated the team of Natraj Natya Kunj Jammu for organizing such a big event. He said it's high time that we should preserve our art and culture through these kinds of cultural events. He appreciated the Team of Ras Kala Manch Haryana for presenting this kind of scintillating performance at Abhinav Theatre Jammu.

Double-engine mechanism will lead to faster development in J&K: Slathia



JJ NEWS SERVICE
RAMGARH JAN 17: Pradesh BJP Vice President and former minister Mr Surjeet Singh Slathia today said that the double engine mechanism of governance will ensure faster and equitable development in Jammu and Kashmir, which has undergone a difficult phase over decades.

Addressing Prabharis of various wings of the party of Mandal Baba Sidh Goria Swankha in the Ramgarh Assembly Constituency, as part of the Prawas Programme, Mr Slathia said the BJP is committed towards a prosperous and inclusive Jammu and Kashmir with the people getting

equal opportunities of progress and development, irrespective of regional or religious affiliations.

"The people deserve a better and fair deal in opportunities without any discrimination or appeasement", he said, adding that every compatriot has to play their pivotal role in realising the PM's vision of Naya J&K, with avenues of progress to all, irrespective of religion or caste.

He said this is possible with strong and stable governments at the Centre and in the Union Territory that can deliver on ground zero as per the urges and aspirations of the citizenry. Slathia said the continued support

of the people to the BJP will help in expediting the development process and bringing about peace and harmony. While the developmental momentum is already in full gear, the Union Territory is all set to become an investment hub in the wake of path breaking initiatives of the Centre, which will eventually lead to growth and generation of jobs for educated unemployed, skilled and unskilled workforce. The sustained measures taken during the past four years are reflective of the Centre's intent to put this region on the path of inclusive development, he added.

He urged the Karyakartas to establish a bridge between the people and the administration and play their role in getting their problems solved.

Prominent among those present on the occasion included Chairman, District Development Councilors Keshav Sharma DDC Anita Choudhary, Mandal President Shamsher Singh, Shiv Choudhary, Convener Darshan Choudhary, General Secretary Mandal Naveen Sharma, Vistarak Babu, Ram Bhagat and others.

Border people will never bow down to nefarious designs of coward enemy: Vibodh



JJ NEWS SERVICE
RAJOURI, JAN 17: BJP State General Secretary and former MLC Vibodh Gupta accompanied by party leaders today organized a series of meetings at the border villages of Sankari and Kotdihara in Rajouri. This tour was specially organized to have an on-the-ground security assessment and to boost the morale of the local villagers after the recent attack by militants in Dhangri village.

Speaking on the occasion, Vibodh praised the bravery, vigilance, and alertness of local people of these bor-

der areas to keep the borders secured. He made it clear that border people will never bow down to the nefarious designs of coward terrorists. He further added that these cowardly enemy tries to derail the peace and tranquility in our border areas by attacking innocent locals but they will never succeed in such unholy and unethical designs. The supreme sacrifice of seven people in Dhangri will not go in vain and the whole nation is unitedly standing behind the families of these terror victims, remarked Vibodh. While referring to the recent

visit of Union Home Minister Amit Shah to meet the families of the Dhangri Massacre, Vibodh said that such commitment from the top leaders of the nation has helped to boost the morale of not only the affected families but also of the general public at large. Home Minister telephonically contacted the families of terror victims after his visit could not complete due to bad weather. Local people are appreciating the prompt action on handing over the investigation to NIA and the immediate deployment of more security personnel in these areas. While raising their demands locals in these villages demanded the security posts of CRPF and BSF in their respective villages.

This they said will help in breaking the backbone of various OWGs operating in the area.

The meetings were also addressed by BJP District Vice President Raja Rattan Singh and Mandal Prajnan Kulbir Singh who expressed their full faith in the security agencies and offered their full support to them in anti-terror operations.

Jio launches true 5G services in 16 more cities

JJ NEWS SERVICE
JAMMU, JAN 17: Reliance Jio today announced the launch of its True 5G services across 16 cities namely Kakinada, Kurnool (Andhra Pradesh), Silchar (Assam), Davanagere, Shivamogga, Bidar, Hospet, Gadag-Betageri (Karnataka), Malappuram, Palakkad, Kottayam, Kannur (Kerala), Tiruppur (Tamil Nadu), Nizamabad, Khammam (Telangana), and Bareilly (Uttar Pradesh).

Reliance Jio has become the first and the only operator to launch 5G services in majority of these cities. Jio users in these cities will be invited to the Jio Welcome Offer, to experience Unlimited Data at up to 1 Gbps+ speeds, at no additional cost, starting today.

Commenting on the occasion, a Jio Spokesperson said, "We are proud to rollout Jio True 5G services in 16 additional cities across 7 states, taking the total count to 134 cities. We have stepped up the speed and intensity of True 5G rollout across the nation because we want every Jio

user to enjoy the transformational benefits of Jio True 5G technology in the new year 2023.

These newly launched True 5G cities are important tourism and commerce destinations as well as key education hubs of our country. With the launch of Jio's True 5G services, consumers of the region will not just get the best telecommunication network but will also get infinite growth opportunities in the areas of e-governance, education, automation, Artificial Intelligence, gaming, healthcare, agriculture, IT, and SMEs.

We are grateful to the State Governments of Andhra Pradesh, Assam, Karnataka, Kerala, Tamil Nadu, Telangana and Uttar Pradesh for their continuous support in our quest to digitize the region."

Jio True 5G has a three-fold advantage that makes it the only TRUE 5G network in India. Stand-alone 5G architecture with advanced 5G network with Zero dependency on 4G network. The largest and best mix of 5G spectrum across 700 MHz, 3500 MHz, and 26 GHz bands, Carrier

Aggregation that seamlessly combines these 5G frequencies into a single robust "data highway" using an advanced technology called Carrier Aggregation

Reliance Jio Infocomm Limited, a subsidiary of Jio Platforms Limited, has built a world-class all-IP data-strong future-proof network with 4G LTE technology. The network is 5G ready with no legacy infrastructure and an indigenous 5G stack. It is the only network conceived as a Mobile Video Network from the ground up. It is future-ready and can be easily upgraded to support even more data, as technologies advance to 6G and beyond.

Jio has brought transformational changes in the Indian digital services space to enable the vision of Digital India for 1.3 billion Indians and propel India into global leadership in the digital economy. It has created an eco-system comprising of network, devices, applications and content, service experience, and affordable tariffs for everyone to live the Jio Digital Life.

Road Safety Week concludes: MVD Ramban conducts enforcement drive, bike rally

JJ NEWS SERVICE
RAMBAN, JANUARY 17: "Road Safety Week 2023" concluded today in the district Ramban with conduct of enforcement drive and a bike rally organised by Motor Vehicle Department (MVD).

Implementing the directions issued by the Lieutenant Governor, Manoj Sinha, on last day of the National Road Safety Week, ARTO, along with joint enforcement team removed the illegally parked vehicles from road sides in Ramban town, besides organizing a bike

rally. The Motor Vehicle Department, Ramban in coordination with other departments, members of Transport Union, Drivers, Conductors, local public, and staff members organized various activities during "Road Safety Week 2023" and "Swachhata Pakhwada" to sensitise the youth, drivers, and local population about the road safety norms and rules and the importance of personal hygiene and cleanliness.

Assistant Regional Transport Officer, Samrinder Singh and all the stakeholder departments, including Traffic and District Police, highlighted the different aspects of road safety and the importance of wearing seat belts and helmets in saving the precious life of an individual.

They stressed the need for strict adherence to the traffic norms and appreciated cooperation provided by the District Administration for disseminating awareness about road safety rules and regulations. They also highlighted the responsibilities of the general public in implementing the traffic rules.

Galvanizing youths NC has emerged as force to reckon with: Rattan Lal Gupta

JJ NEWS SERVICE
JAMMU, JAN 17: Galvanizing the youths of every nook and corner of the region, the National Conference has emerged as the force to reckon with in the political arena of J&K.

This was stated by Provincial President NC Jammu Rattan Lal Gupta after endorsing the newly formed youth wing of the party for district Ramban. It is pertinent to mention that Ajaz Jan Provincial President NC Youth Wing Jammu has constituted a youth body of district Ramban at Sher-e-Kashmir Bhawan Jammu after the approval of Rattan Lal Gupta and recommendations of Sajjad Shaheen, District President JKNC Ramban.

The newly elected youth wing team included Mohd Nafees Mir as President YNC Ramban, Behari Lal Bushan and Kuldeep Kumar as Senior Vice Presidents, Mohd Musharaf Naik as District Secretary, Mohd Saqib, Farooq Ahmed Malik, Adv Asif Lone and Mujahid Ali as Vice Presidents, Salam Din, Bilal Ahmed Mir, Haroon Rashid, Mohd Salim, Shoket Ahmed Khan, Bashir Ahmed, Mohd Younas Malik, Riyaz Ahmed Lone, Farooq Ahmed Margrey and Nihar Ahmed Naik as Joint Secretaries and Jagjit Singh, District Coordinator.

Rattan Lal Gupta asked the newly formed youth wing for Ramban District to work with utter dedication to strengthen NC at ground level

because the youths have got the seamless energy and they have the convincing power to educate masses about the prolific policies of NC as other parties especially BJP is misleading the people and using different sections of the people for satiating its vested political interests. He said that youths can play a vital role in making NC more stronger and in shaping the future of J&K and providing succor to people who are facing troubles day in day out due to directionless policies of BJP Government which is experimenting on regular basis by playing with the lives of people. Ajaz Jan said that only National Conference can bail out J&K from the current morass as targeted killings, draconian orders by the BJP government to harass people and prejudice with employees on every step has made the life of people akin to virtual hell. He anticipated that the newly formed body for

Ramban will help NC to become voice of the region and develop a strong connection between party and people. Nafees assured the party senior functionaries that his new team leave no stone unturned to make NC people's first choice and will also provide succor to people who are disenfranchised with anti-party policies of BJP governments both at centre and in J&K. He assured that his team will work with dedication and strengthen the party at grass roots level. Other NC leaders present on the occasion include Sheikh Bashir Ahmed Provincial Secretary Jammu, Pardeep Bali Secretary, Dr. Chaman Lal Bhagat Ex-MLA, Bimla Luthra Ex-MLA, Arif Mir District Secretary Ramban, Abid Magrey District Vice President Ramban, Deepinder Kour Ex-MLC, Vijay Lakhshmi Datta, Rita Gupta, Adil Mir, Hafeez Malik, Dr. Amina and others.

Arrangements for celebration of National Girl Child Day finalized in Rajouri

JJ NEWS SERVICE
RAJOURI, JANUARY 17: District Development Commissioner Rajouri, Vikas Kundal, today chaired a meeting to discuss and finalize the arrangements for National Girl Child Day in the district. Officers in attendance included

ADC, Sachin Dev Singh; CPO, Mohammad Khurshid; and DSWO, Wakeel Ahmed Bhatt.

The day, which will be celebrated on 24 January 2023, is intended to recognize the importance of adolescent girl children and to open opportunities for them to realize their power and potential.

DC Srinagar chairs meeting of District Task Force on Measles-Rubella(MR) Elimination

JJ NEWS SERVICE
SRINAGAR, JANUARY 17: A meeting of District Task Force (DTF) on Measles & Rubella Elimination was today held under the Chairmanship of the Deputy Commissioner (DC) Srinagar, Mohammad Ali Azad here at Conference Hall of DC Office Complex, in order to further pace up the progress towards Measles-Rubella Elimination in the District. Programme Officer, ICDS, Zeenat Ara, Chief Medical Officer, Srinagar Dr Jameel, Chief Education Officer, Mohammad Shabir, Deputy CMO, Dr Nighat, Deputy CEO, Anjum Raja, all Block and Zonal Medical Officers, District Monitoring & Evaluation Officer and other concerned were present in the meet-

ing. During the meeting, a three-hour deliberations were 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 upon the senior Health functionaries of the District to take all possible measures with focused attention in unison with ICDS and Education Departments to identify the dropout cases in District besides immunization process for Measles, Rubella Elimination in the District. The DC further stressed on better management of Universal



Immunization programme and Surveillance activities to achieve the target in stipulated time. He urged the Officers to adopt a multipronged inter-

Over 95% target population covered under immunization;

District achieves prescribed MNMR discard rate

Identifying dropout cases, examining positive cases among adults key to MR free district: DC Srinagar

ventions to identify the target at the right time to arrest the disease at the right time.

With regard to reporting of Measles cases in adults, the DC asked the Officers to examine the matter seriously to prevent the spread of the disease in the District. The DC also highlighted

the importance of acquiring complete knowledge about the preventive measures of Measles-Rubella disease, and asked the officers to identify the target groups, conduct surveys and go ahead with concrete plans to achieve the results as set by the Government.

He further asked them to put in a committed effort in order to achieve the objective of the campaign i.e to rapidly build up immunity for both Measles and Rubella diseases and ensure that all the children should receive MR vaccine during the campaign.

Earlier, through a PowerPoint presentation, the Deputy CMO gave a detailed overview about the present status and progress achieved in the District under Measles-Rubella Elimination programme.

SEC extends period of filling of claims, objections for updation of Panchayat Electoral Roll by two days

JJ NEWS SERVICE
JAMMU, JANUARY 17: The State Election Commission (SEC) has extended the period of filling of claims and objections for Addition/Deletion/Correction/ Transposition by two days upto 20th January, 2023;

The extension in the dates from January 18th to January 20th has been done to facilitate all the eligible persons for getting themselves registered as voters in the Panchayat Electoral Roll. It is pertinent to mention that a comprehensive revision of Panchayat Electoral Roll with 01.01.2023, as qualifying date has been taken up in all Panchayat Halqas of Union Territory of Jammu and Kashmir.

Further, the Commission has informed that the dates regarding final disposal of claims which is January 30, 2023 and the final publication of Electoral Roll which is February 10, 2023 shall remain unchanged.

DC Rajouri Flags off Students' Rally to spread awareness about Road Safety

JJ NEWS SERVICE
RAJOURI, JANUARY 17: Deputy Commissioner Rajouri, Vikas Kundal, on Tuesday flagged off a Students' Awareness Rally in Rajouri to create awareness about road safety and the importance of following road etiquette.

The event was organized as part of the Road Safety Week-2023 celebrations.

The rally, with the participation from private and public schools, as well as from various colleges and institutions from across the district, was flagged off from the New Bus stand Rajouri.

The rally passed through various market places and residential areas of the city and culminated at PWD Dak Bungalow.

The Deputy Commissioner expressed his pleasure over the enthusiasm of the students for the noble cause. He hoped that the demonstration by the students and their creative slogans would help spread the message and bring a positive change in the behavior of the people on the roads.

He urged everyone to be more aware and responsible while on the roads, so as to avoid accidents and save precious lives. He also mentioned various traffic rules and laws important for the safety of all.

He appealed to the public to be responsible and thoughtful when driving, as it benefits everyone to be safe on the road.

The rally was well received by the general public with many of them joining in and showing their support for the cause.

MSME DFO Jammu organizes webinar on ZED sustainable scheme

JJ NEWS SERVICE
JAMMU, JANUARY 17: MSME DFO J&K Ministry of MSME Government of India, Jammu today organised one day webinar on MSME ZED Sustainable Scheme. The objective of the Webinar was to enhance the competitiveness and quality of MSME sector in the global market.

The webinar was inaugurated by G. Velladurai, Joint Director MSME-DFO Jammu and attended by about 52 unit holders.

In his inaugural address, he informed the participants about the importance of ZED in context of Jammu & Kashmir & appealed all the MSME participants to make use of the programme for getting required information on ZED & implement ZED in their units for producing products with Zero defect & Zero cost environment.

Guest faculty Sonal Saggi, ZED consultant New Delhi, discussed ZED sustainable scheme through a power point presentation. The webinar was beneficial for the existing unit holders, who were explained by the Guest Faculty about Zero defect Zero cost (ZED) and its utility in production of different products, and also in service sector.

Earlier, the Welcome Address was presented by Vinu Iee Koul, Programme coordinator MSME DFO Jammu.

Vote of thanks was presented by Rajesh Kumar, Asst Director MSME DFO Jammu.

J&K team wins 10th National Pencak Silat Championship



JJ NEWS SERVICE
JAMMU, JANUARY 17: The winning streak of J&K athletes continues and this time around, it is the 10th Sub-Junior, Junior, and Pre-Teen National Pencak Silat Championships where the players of J&K have emerged as overall winners of the championship.

The championship was held at the Indoor Sports Complex, Swami Ramanand Teerth University, Nanded in Maharashtra.

The 2022 edition of the Sub-Junior and Junior Pencak Silat Nationals was held from January 13th to 16th with participation from 34 States and Union Territories comprising both girls and boys' teams from as many regions.

More than 1400 players took part in the tournament and those doing well shall be called for Indian national camps for the forthcoming Junior Asian Championship to be held at Tashkent Uzbekistan and Junior World and Commonwealth Championship 2023 likely to be held in

Singapore. Secretary J&K Sports Council, Nuzhat Gull congratulated the J&K team which emerged overall champions with 29 Gold, 35 Silver, and 35 bronze medals while Maharashtra emerged as the runners-up overall in the championship, and Haryana was placed at the 3rd spot in the total medal tally. Assuring the winning team of all the support, Secretary Sports Council said more training centers in different games shall be made operational in some time so that the holistic development of sport that we are aiming at is achieved. Muhammad Iqbal team coach and Irfan Aziz Bhatta Treasurer of Indian Pencak Silat Federation was accompanying the team. The Championship by Maharashtra Pencak Silat Association under the aegis of the Indian Pencak Silat Federation and under the banner of the Ministry of Youth Affairs and Sports, Govt of India and Sports Authority of India.

JSSC organises 2 orientation workshops on BLS

JJ NEWS SERVICE
JAMMU, JANUARY 17: Jammu Skill & Simulation Centre (JSSC) at Regional Institute of Health & Family Welfare (RIHFW) conducted a two day hands on tool orientation workshop on Basic Life Support (BLS) for two batches.

The events were on 9th & 10th and 16 & 17 January 2023 for Block Medical Officers and Medical Officers of Basohli, Chowki Choura, Surankote, Nowshera, Manjakot, Chenani, Assar, Thathri, Mandi, Darhal, Kandi, Majalata, Basantgarh, Nagri Parole of Jammu Division. Twenty participants attended these training programmes organised under the able guidance and supervision of Director General Family Welfare, MCH & Immunization, J&K and Director Health Services Jammu Dr. Saleemur-Rehman, Dr. Shelly Mahajan,



Consultant Anesthesiologist, Master trainers of Health Department (Jammu Division) conducted the training sessions through lecture demonstration and power point presentation as well as simulation based hand on tool training to the participants with the prime aim to equip them to practice all emergency resuscitation steps including CPR and Airway management during emergent crises through live

Demo on Sim Man by creating different case situations to make better understanding among the participants.

The live demonstration during the training program was conducted under the supervision of Dr. Manoj Bhagat, Principal RIHFW & Jammu Skill & Simulation Centre Nagrota and the simulation training was facilitated by Rajeev Gupta In-charge coordinator of skill lab.

5-Day Community awareness campaign on Solid Waste Management begins in Palli

DC bats for one Har Ghar Champion

JJ NEWS SERVICE
SAMBA, JANUARY 17: District Administration Samba, in collaboration with Save the Children NGO and Nokia Smartpur project today inaugurated a 5 day community based awareness campaign on Solid Waste Management here in Palli Panchayat, Bari Brahmana.

Deputy Commissioner, Anuradha Gupta, after inaugurating the awareness campaign called upon local communities to participate



enthusiastically in the awareness programme and contribute towards a sustainable and eco-friendly environment.

On the occasion, Deputy Commissioner Samba mentioned that the Nokia Smartpur project holds

importance as it was on the personal initiative of Lieutenant Governor, J&K, Manoj Sinha that the project was launched on the occasion of National Panchayat Raj Day on 24th April 2022, the day on which Prime Minister

Narendra Modi visited the Panchayat.

The DC emphasized that Palli Panchayat being a model panchayat is setting precedent of being zero littering and 100% solid waste management Panchayat of the district. She said each household should nurture a champion under Har Ghar Champion campaign and spread the message of disposing waste scientifically. She also exhorted young children present on the occasion to embark upon the journey of converting waste into monetary value through Swachta Bank.

State Handloom Expo 2023 hosted by Handicrafts & Handloom Directorate concludes at Jammu Haat

JJ NEWS SERVICE
JAMMU, JANUARY 17: To provide a vibrant platform to the Weavers and cooperatives of Jammu Division to exhibit and sell their handmade products, the Directorate of Handicrafts & Handloom, Jammu, under the guidance of Prashant Goyal, Principal Secretary to the Government, Industries & Commerce Department, J&K, organised a 15 Day State Handloom Expo 2023 sponsored by the Development Commissioner for Handlooms, Ministry of Textiles, Government of India.

Valedictory function on the successful conclusion of the State Handloom Expo 2023 was held at Jammu Haat.

Anoo Malhotra, Director General



Industries & Commerce, Jammu was the chief guest at the event.

Dr. Vikas Gupta, Director Handicrafts & Handloom, Jammu; Atul Sharma Managing Director J&K

Handicrafts & Handloom Corporation and Joint Director MSME; Tilak Raj, Joint Director Handicrafts, Jammu; Pardeep Singh, Joint Director Handloom, Jammu,

Development Officers, Deputy Directors, Assistant Directors and Deputy Registrar Induscos of the Directorate, were also present.

Speaking on the occasion, Dr. Vikas Gupta, Director Handicrafts & Handloom, Jammu apprised the guests about the functioning of the directorate. He affirmed the resolve of the directorate to work in the interests of the weaver community. He also appreciated that the Department is making great efforts for the welfare of artisan and the weaver community. The department not only provides skill training to unemployed youth of the region in various crafts through its training centres but also provides for handholding of these trained weavers and artisans by getting themselves

registered with the department for availing various benefits being provided by the Government through different schemes. Besides organizing District and State Handloom Expos, the directorate also provides artisans and weavers of Jammu division with the opportunity for participation in various UT/National and even international level exhibitions where they can display and sell their products.

Anoo Malhotra appreciated the efforts made by the directorate in organizing the State Handloom Expo and providing a platform to the weaver community for selling their handmade products. She appealed to people to support the local weavers and artisans by purchasing local handmade products. More than 60 cooper-

atives/weavers from all over the UT participated in the said event and a sale of Rs. 1.25 Crore (approx.) has been realized during the said event. These kinds of events not only provide a platform for sale of handmade products to the weaver community but also provide them with the opportunity to showcase their beautifully handmade products and to interact with the buyers directly to understand contemporary demand for making changes in their products accordingly.

A special Cultural Programme was also the part of the valedictory function. All the weavers/cooperatives who participated in the event, appreciated and thanked the directorate for organizing the expo.