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Perception towards sports has changed: **PM Modi**

Prime Minister Naren-dra Modi on Wednesday pointed out that the mendra Mout on when pointed out that the mentality that sports is not an important part of life has caused great loss to the country and said that today "new India" is also trying to solve every challenge faced by the sports sector. Inaugurating the second phase of 'Saansad Khel Maha Kumbh 2022-23 via video conferencing, the PM said, 'There was a CONT. ON "> PAGE 4

Dialogue with Pakistan need of the hour: Mehbooba Mufti

Peoples Democratic Party (PDP) President Mehbooba Mufti on Wednesday said that reconciliation and dialogue with Pakistan and the settlement of Kashmir issue in the preview of Article 370 is the need of the hour. Talking to media per-sons in Srinagar after PDP

sons in Srinagar after PDP workers took out a protest procession in Srinagar on Wednesday against land eviction law, Mehbooba said that "we and the like minded parties believe in talks between India and Pakistan and solution to the Kashmir problem in around the special status of article 370 that too has been scrapped by the BJP. been scrapped by the BJP that has made the issue more complicated". She said "I am happy at

least the Prime Minister

Indian Air Force Commences **Courier Services** From Kargil To Srinagar, Jammu

The Indian Air Force on Wednesday commenced courier services from Kargil to Srinagar and Jammu to provide relief and succour to the civil population of the UTs of Jammu and Kashmir and Ladakh.

According to Lieutenant colonel Devender Anand, PRO (Defence), the civilian population of UTs of Jammu and Kashmir and Ladakh face challenging conditions in winter due to the closure of the road from Srinagar to Kargil because of snowfall.

"Indian Air Force has been providing relief and succour to the civil population apart from remaining on high alert to face any unforeseen

CONT. ON » PAGE 4

Bomb Found Inside Tiffin In Rajouri, Diffused

Security forces found an improvised explosive device (IED) in a tiffin box at Kheora ward no 1 of Rajouri town in Jammu and Kashmir on Wednes-day exeming

day evening.

The location from where the armed forces recovered. the armed forces recovered the IED is 300 metres away from a government medical

college.

A bomb disposal squad reached the spot and diffused the IED. The ready-to-use IED was detected

J&K Assembly polls after taking weather, security concerns, other states' poll schedule into account: CEC of India

Chief Election Commissioner of (CEC) India Rajiv Kumar Wednesday said that elections in J&K are due and the same will be held after taking the weather, security concerns and the schedule of other state polls into account.

conference held in New Delhi, CEC Kumar said that process of delimitation has been completed in J&K. "Fixing, re-arranging polling stations, appointing ROS, AEROS and rest of the formali-ties have been completed. We are of the view that wherever these things are completed, elec-tions become due and they must be held," he said as per news agency.



The CEC said that elections in J&K will be held after taking weather, security concerns, and schedule of elections in other states into account He however.

schedule of elections in other states into account. He, however, didn't specify any date or month when J&K would go to polls. The delimitation process in J&K was completed last year. The Delimitation Commis-sion headed by Justice Ran-jana Prakash Desai, (a retired

Judge of the Supreme Court of India), and Sh. Sushil Chandra, Chief Election Commissioner; and Sh. K. K. Sharma, (State Election Commissioner, Union Territory of Jammu and Kashiri), as Ex-Officio members of the Delimitation Commission finalised the Delimitation Order for the Union Territory of Jammu & Kashiri.

CONTINUED ON > PAGE 4

Government orders magisterial probe in Sidhra encounter

Amagu Amagu

recovered.

AC Jammu Piyush Dhotra told KNO that he has been directed to conduct a magisterial enquiry and submit the report to district magistrate, Jammu

Jammu
The probe has been ordered in accordance with the guidelines issued by the National Human Rights Commission.
"In order to gather facts of the matter and to conduct enquiry in a fair and transparent manner, anyone having any information can come to the office and record his or the rstatement from today till January 21", he said. KNO

Rahul's Bharat Jodo Yatra to enter J&K today amid tight security cover

JI NEWS DESK

Congress leader Rahul Gandhi led Bharat Jodo Yatra (BJY), would enter Jammu and Kash-mir on January 19 as part of its final destination amid tight security measures in the Union Territory. Congress insiders told news

Congress insiders told news agency, grand welcome of Rahul Gandhi's yatra is planned at Jammu and Kashmir's enter gate Lakhanpur, near Maharaja Gulab Singh's king-size statue around 4.00 pm in the evening, where Jammu and Kashmir's prominent social and political leaders including two former chief ministers, Farooq Abdhul-lah and Mehaboob Mufti, Shiv Sena MP Sanjay Raut, Member



Parliament of Punjab and Him-achal Pradesh are likely to join the march.

Former Congress leader, Choudhary Lal Singh, who in 2014 quit the grand old party who was denied ticket in 2014,

would also join BJY at Lakhan-pur. The flag handover cer-emony will also takes place at Lakhanpur. Gandhi, who started from

Kanyakumari in Tamil Nadu on

the rally in Srinagar on January 30 after covering more than 3000 kilometers across the country. Earlier, AICC J&K In-charge and Member Parliament Rajni Patil informed that BJY would

and the control of th

Rahul Gandhi Should apologize to the Nation for

Lt Governor hands over ex-gratia cheque of Rs 10 lakhs to NoKs of each deceased NHM employee

JI NEWS DESK

Lieutenant Governor Manoj Sinha handed over an ex-gratia cheque of Rs Iolakhs to Noke cheque of Rs Iolakhs to Noke Mission employee. The Lt Governor expressed his deepest gratitude to the families and healthcare work-ers of National Health Mission for their dedication and commit-ment to serve the people.



the LI Governor said that finan-cial aid cannot compensate for their selfless service and sacri-fice; however, it is our duty and responsibility to ensure their family members live a life of respect and dignity.

The spirit of selfless service, sacrifice and compassion with which our health workers, doc-tors, para-medics have served the people during Covid pan-demic and vaccination drive is truly inspirational, he observed.

Speaking on the reforms introduced to strengthen the healthcare system, the Li Governor said, under the guidance of Prime Minister Narendra Modi, J&K's health sector has gone through a sea change ensuring high-quality affordable, accessible healthcare for all.

Continuous efforts are being made to remove the regional imbalance which existed earlier in the field of health care. J&K is performing better

performing better

the Congress in J&K: Ravinder Raina JI NEWS DESK JAMMU

blunders made by

Before his Bharat Jodo Yatra enters Jammu and Kashmir, Congress leader Rahul Gandhi should apo-ogise to the Nation, espe-cially the people of Jammu & Kashmir, for the blun-ders and the sine commit-

cially the people of Jammu & Kashmir, for the blumders and the sins committed by his family and party in the region over the last 70 years, BJP said.

J&K BJP President Ravinder Ravinder Rain as said that the Congress has been sympathetic to the parties who supported terrorism and asserted that it was Prime Minister Narendra Modi who has truly united the country, while the opposition party has done subversive activities only.

Ravinder Raina accompanied by former Dy, CM Kavinder Gupta, party Vice-President Chander Mohan Gupta, BJP NEM & Headquarter Incharge Priya Sethi and former MLA Balwant Mankottia was addressing Press Conference at BJP headquarter. onference at BJP head-larter, Trikuta Nagar,

CONTINUED ON » PAGE 4

After Govt directions, authorities issue eviction notices across I&K

The Jammu and Kashmir government on Wednesday issued separate notices across the Union Territory, asking the people to vacate the 'state land' on their own, failing which strict action will be initiated against the illegal encroachers.

of the 'state land'.

The notices warned the people, who have allegedly encroached upon state land, to remove encroachments on their own within two days.

"If any person fails to remove the encroachment, the department would swing into action and

vacate the 'state land' on their own, failing which strict action and would swing into action and may be initiated against the illegal encroachers.

The news agency has learnt that the Executive Magistrate 1st Class in north Kashmir's Baramulla and lotices for the general public with regard to the encroachment to the control of the same that the encroachment is even the encroachment. The encroachment, the department of the encroachment, the edepartment of the encroachment of the encroachment, the edepartment of the encroachment, the edepartment of the encroachment of the

reports said.

However, the move has been opposed by the political parties in Jammu and Kashmir, who want the government to reconsider its decision for the sake of the poor reporter.

decision for the sake of the poor people.

National Conference (NC) Vice President, Omar Abdullah said that retrieving the land from people, which has been provided to them under the Roshni scheme, amounts to betrayal.

The order issued by the government has also sparked CONTINUED ON » PAGE 4

DGP sanctions welfare loan/ financial assistance of Rs 78 lakh

In continuation to a series of welfare me In continuation to a series of welfare measures for the Police personnel, the Director General of Police, J&K Dilbag Singh has sanctioned Rupees 75 lakh welfare loan in favour of 68 serving officers and personnel of J&K Police. He has also sanctioned financial assistance of rupees three lakh in favour of NOK of martyrs. Vide PHQ Order No. 188 of 2023, welfare loan ranging from rupees fifty thousand to rupees 1.50 lakh each has been sanctioned in favour of 62 serving Police personnel for the purpose of their self marriage, or for marriage of their wards/relatives.



Progressing J&K: ODOP scheme fostering economic conditions, creating employment avenues in Diary sector in Rajouri district

One District, One Product (DDOP), launched by Union Ministry of Food Processing Industries to help districts reach their processing Industries to help districts reach their all potential, foster economic and socio-cultural growth, and create employment opportunities, especially in rural areas. The scheme aims to identify, promote and brand a product from one district. The ODOP scheme aims to turn every dis-

trict in India into an export hub through the promotion of the product in which the district specializes. The initiative also plans to accomplish this by scaling manufacturing, supporting local businesses, finding potential foreign customers, and so on, thus helping to achieve the "Atmanirbhar Bharat' vision. Under ODOP, Rajouri, a border district of the J&K UT, twas chosen as a dairy district due to its enormous potential in the dairy sector. Effective mea-

being taken to improve mana-access.

The Lam area of the Nowshera tehsil produces the majority of the district's milk, and the people of this area are heavily involved in dairy farming. Although the milk production in this area is very high, the main difficulty that the farmers face is market access, as they have to travel to Nowshera, Sunderbani, and Rajouri to sell their milk and

milk-based products.
Sensing the gravity and the
commitment of the district
administration to provide
market linkage. Deputy Commisstoner, Rajouri, Vikas Kundal,
advised that special camps be
organised by the DIC and KVIB
Departments in Nowshera to
encourage farmers and unemployed youths to set up their
own ventures in the fields of milk
processing and manufacturing
units.

processing and man-units.

Both departments worked

one, Punit Sharma, Iron Poor-shera, expressed keen interest in establishing the unit, for which the KVIB and DIC Department provided the necessary financial assistance as well as technical guidance to him. Puncet Sharma has now established his own milk pro-cessing and manufacturing unit in Nowshera, with the active support of the district admin-

assistance from the concerned departments. Now that the unit is so close to the people of Lam, the dairy farmers in the area sell their milk to Puneet Sharma and their milk to Puneet Sharma and receive very reasonable prices for their product, removing the farmers' difficulty in gaining market access.

The majority of farmers of these areas are Integrated Dairy Development Scheme (IDDS) beneficiaries besides KVIB CONTINUED ON » PAGE 4

Sanjeev Verma chairs workshop regarding preparation of Climate Resilient City Action Plan

Emphasizes behavioural change towards climate change mitigat



JI NEWS SERVICE

JI NEWS SERVICE
JAMMU, JANUARY 18: The
Department of Ecology, Environment
and Remote Sensing organized a
stakeholder workshop for preparation of Climate Resilient City Action Plan for Jammu and Srinagar cities under the chairmanship of Commissioner Secretary Forest, Ecology and Environment, Sanjeev Verma here today.

During the workshop, discussion was held with the stakeholder departwas held with the stakeholder depart-ments to assess the existing status of service delivery and validated data sets to be collected for GHG emis-sions inventory of the city to generate a carbon inventory of the city. Besides, the financial and policy level implications of the plan were deliber-ated upon. The impact of different mitigation and adaptation intervenwere also discussed with the

stakeholders.

Speaking on the occasion, stakeholders.
Speaking on the occasion,
Commissioner Secretary said that the
impact of climate change is gravely
affecting the population so this is the
high time to work in the direction of
climate adaptation and mitigation.

Panchamrit and Mission Life. He added that the mitigation of clip added that the mitigation of climate change is a global phenomenon but the solutions are local which can be brought into action by behavioural change in our daily routines.

He emphasised that 'Climate Resilient City Action Plan' or 'CRCAP' for Srinagar and Jammu

cities is a movement towards plan-ning at local level. The plan will evolve with time but needs decentral-ized planning and mainstreaming of funds from all allied departments Commissioner Secretary

Commissioner Secretary also emphasised that prominence should be given to carbon neutral panchayat to make it workable and profound at panchayat level quoting the example of Palli Panchayat.

PCCF (HoFF,) J&K Forest Department, Dr. Mohit Gera, stated that considerable increase in the green house gas emissions during the last fifty years has created alarming situation in relation to the impact of climate change.

climate change. He added that J&K is blessed with He added that Jen is present
healthy forest and biodiversity associated with it for balancing and offset

higher than rest of the country due to elevation and fragmentation as number of villages are dependent on the natural resources

He informed that forest depart-ment in collaboration with local municipalities have taken a number of initiatives like Biodiversity Registers and Local Biodiversity ategy Action plans and these car

Strategy Action plans and these can be incorporated in CRPCP's as a resilience measure.

S. Rakesh Kumar, Director DEE&RS, while speaking on the occasion, stated that cities have high risk and vulnerabilities due to concentration of people in cities and rapid rate of urbanization.

urbanization. The CRCAP will lay foundation to plan for the vulnerabilities so that the cities are resilient enough to face a natural hazard and bounce back into

action again.

Various experts from TARU
Leading Edge and Vasudha
Foundation presented the vision for
Climate Resilient City Action plan.
The event was attended by
Chairperson PCC, Director Social
Forestry, Chief Wildlife Warden,
Director Soil and Water Conservation
Department. Director. Forest Department, Director, For Protection Force, and officers fro JalShakti (PHE, IFC, RTIC), UEED, R&B, JMC, JDA, Health, Disaster Management, PDD, PDC, AH, Smart

Management, PDD, PDC, AH, Smart City, Tourism, Agriculture, RD&PR, IIT Jammu, Jammu University, CUJ, Town Planning, Smart City etc. Later, a short technical session on Carbon Neutral Gram Panchayat- the models of UP, Palli and Kerela was also organized to sensitize the partic-ipants about achieving net zero emis-sions at grassroot level.

ROAD SAFETY AWARENESS WEEK

Awareness programme held at GGM Science College

JI NEWS SERVICE
JAMMU, JANUARY 18: In connection with the Road Safety Awareness
Week, NSS Unit of GGM Science
College held Road Safety Awareness events in College campus

The event was organized with the heme for National Road Safety Theme for National Road Safety Week 2022 ie Sadak Suraksha-Jeevan Raksha under the guidance of Raj Paul Singh, Additional SP Traffic City Jammu, Dr. Rajesh Gupta, College Principal and Dr. Narinder Kumar, NSS PO. The NSS PO started the event with quotations as "Safety First is Safety Always." Government's first duty

and highest obligation is public safe-ty, "Nothing is of greater importance

than the conservation of human life."
"The speedway ends at the ceme-tery." He underlined that the central government introduced the Motor Vehicles Amendment Bill in 2019 with the aim to improve road condi-tions for safety of lives in Indian cetter and unity territories." states and union territories

Dr. Rajesh Gupta, Principal of the College emphasised that the awareness week is celebrated with the aim ness week is celebrated with the aim to encourage road safety practices among people. Addl. SP said that the road safety week emphasizes the importance of prioritizing safety when travelling by any mode of transportation. He added that it is a crucial step in view of the increasing number of deaths due to accidents. "Every year road crashes result in loss of lakhs of precious human lives and serious injuries to crores of peo-ple. In India itself more than 1.5 lakh people are killed in road crashes every year," he added and empha-sized that sensitivation among Youth sized that sensitization among Youth regarding Road Safety is necessary as they are the future of India.

Dy. SP Satish Kumar appraised the gathering that it is the duty of every citizen to wear helmet, seatbelt etc for

citizen to wear helmet, seatbelt etc tor safety while driving. Dr. Vinod Bakshi Director physical ducation motivated the volunteers to organise such a type of workshop in the college in the near future. Large number of students and vol-unteers participated in the event.

Public outreach camps held at 4 locations across Doda district

JI NEWS SERVICE
DODA, JANUARY 18: P
Interactions/ Outreach Progra were held today at four places across District Doda to listen to the issues and grievances of the people under the aegis of weekly Block Diwas.

the aegis of weekly Block Diwas.
The grievances redressal/ Public
Outreach camps were held at
Choundary, Block Bhalla, Sub District
Bhaderwah; Panchayat Batara, Sub
Division Gandoh; Baggar, Sub
Division Gandoh; Daggar, Sub
Division Masar; Tehsil Headquarter
Bhella, Sub Division Thathri.
The whole programme was held

The whole programme was held under the supervision of Deputy Commissioner Doda, Vishesh Paul

Mahajan.
At all designated locations, the daylong Block Diwas proceedings witnessed huge participation of locals and public representatives. Public and PRIs put forth a range of issues/demands. They demanded augmentation of water supply and electricity, macadamization of roads, meeting



dearth of staff in schools and hospitals, upgradation of schools, banking facilities in rural areas, release of nding wages under MGNREGA

Diwas gave patient hearing to the issues and demands and directed the concerned officers to pr

Pr District and Sessions Judge chairs **Coordination Meeting at Samba**



II NEWS SERVICE

SAMBA, IANUARY 18: In reference SAMBA, JANUARY 18: In reterence to Order No. 502 of 2021 RG dated 14.07.2021 issued by High Court of J&K and Ladakh, the sixth Coordination Meeting was held today in District Samba at Conference Hall, District Court Complex Samba under the plex Samba under the rmanship of Ms. Sonia Gupta, Pr. District and Sessions Judge,

The meeting was attended by Chief

Judicial Magistrate, Samba, Senior Superintendent of Police Samba, Addl. Deputy Commissioner Samba Secretary, District Legal Services Authority Samba, , Deputy Director Prosecution Kathua-Samba, Specia Authority Samba, , Deputy Director Prosecution Kathua-Samba, Special Public Prosecutor NCB Samba, Public Prosecutor, Sessions Court Samba, Incharge Superintendent District Jail Kathua, Incharge Superintendent, Central Jail Kot Ballula Superintendent District Jail Bhalwal, Superintendent District Jail Amphalla (through Virtual mode),

and representatives from Police and Housing Board Janunu
PWD(R&B) Samba etc. Secretary,
Committee (Chief Coordination Committee (Chia) Judicial Magistrate, Samba) Preet Simran Kour put the agenda of the meeting into discussion and some resolutions were passed accordingly. The Chairman impressed upon all the participants of District Administration to ensure the imple-mentation of all the resolutions in let-ter and spirit.

Stress laid on Black Spots identification, Installation of CCTV cameras on Highway; Winter road audit; Creation of Parking Bays, preventing entry of unfit vehicles into the district

JI NEWS SERVICE

DODA, JANUARY 18: To assess the availability and requirement of infra-structure and allied issues for road structure and allied issues for road safety, Deputy Commissioner Doda, Vishesh Paul Mahajan today chaired the District Road Safety Committee (DRSC) meeting here in the DC office complex Doda.

The concerned executing agencies were asked to take measures for win-ter audit of all the roads in the dis-trict. The executing agencies were fur-

trict. The executing agencies were fur-ther directed to identify remaining Black Spots, if any on the roads and to submit the report to the Committee to add to the already finalised list and to decide the corrective actions

decide the corrective actions.

The agencies were also instructed to install crash barriers immediately on all the Spots where accidents have happened in the past and to create parking bays. The GREF and all other road constructing agencies were instructed to remove the encroachments along the Roadsides falling in their area of responsibility.

their area of responsibility.

A Committee headed by ADC and supported by, ARTO, Dy SP Traffic, Concerned Tehsildar, and SHO was constituted to identify the spots for installation of CCTV cameras on the National Highway. The CCTV cameras would be provided by NHIDCL for the public safety and Traffic regu-



introduce small reading books in the Middle Standard Schools and the above classes to teach the students about the importance of traffic rules and other moral values as a part of extracurricular activity.

The Chairman, while reviewing the working of trauma hospital, asked the member secretary to apprise the concerned authorities about the shortage of Staff and infrastructure in Hospital and immediate require-t of Anesthesiologist in the CHC

The CMO was instructed to notify

the emergency response team of doc-tors and other staff along with the vehicle to be put on task immediately

in case of any eventuality. The DRSC also discusimplementation of previous deci-sions, and, Road safety funds, iRAD, and other like issues.

The meeting was attended by SSP Doda, ADC Doda, SE PMGSY, ACR Doda, ADC Doda, SE PMGSY, ACR Doda, CMO, Principal DIET Doda, ARTO, DIO Doda, Dy SP traffic Doda, Executive Engineers of PWD & PMGSY, OC 114 RCC (GREF), DTI traffic, and representatives of other members of the DRSC.

Regional Office NABARD launches Int'l Year of Millets (IYOM) - 2023 in Jammu & Kashmir



JI NEWS SERVICE JAMMU, JANUARY 18: NABARD, Jammu & Kashmir Regional Office today launched the International Year of Millets 2023 under the Chairmanship of Dr. Ajay K Sood, Chief General Manager, Regional Office NABARD Jammu & Kashmir.

Office NABARD Jammu & Kashmir.
The meeting was graced by K. K.
Sharma, Director Agriculture
Department, Jammu Division, who is
also Mission Director for IYOM-2023
for Jammu Division of J&K.
The event was also attended by Dr.
5 K Gupta, Director Extension,
SXIIAST-Jammu Senior, Scientists of

SKUAST-Jammu, Senior Scientists of SKUAST-Jammu, Senior Officer of NABARD, Senior Project Manager, Jammu & Kashmir Rural Livelihood Mission (JKRLM), Heads of NGOs working in Jammu viz. Kristu Jyoti Social Welfare Society, KYASC, Chief General Manager, NADANA Jammu and Kashmir Regional Office welcomed the dignitaries to the programme and apprised the house about the campaign of Govt. of India to take millets to every corner of the world and briefed about the rationale

world and briefed about the rationale behind UN declaring 2023 as International Year of Millets as the world is facing existential crisis of food insecurity and water scarcity. He also highlighted the importance of millets towards nutrition as well as its contribution towards the adapta-tion side of climate change. He further mentioned about the role and scope for NABARD towards promotion, production and value addition of mil-lets in Jamus & Kashmir especially

how FPOs can become a launching spot for millets as minor produce. Dr. Sood enlisted main focus points for deliberations by the house. A detailed presentation on current status of mil-lets in India and scope for NABARD interventions for the promotion of millets in UTs of I&K was given by NABARD. Dr. K K Sharma presented about the status of millets in I&K and about the status of millets in I&K and potential areas where millets can be potential areas where millets can be promoted. He mentioned about developing Kishtwar as Model Millet District in Jammu & Kashmir as Kishtwar grows all types of millets including Bajarbhang, Further, he told the house about plans of Shrir Mata Vasismo Devi Shrira Board for inclusion of Millet based Prasad for distribution to devotees. He also emphasized on nutritional and medicinal value of millets. Dr. S K Gupta spoke about importance of millets and role about importance of millets and role of SKUAST in promotion of millets in Jammu & Kashmir. He emphasized on possible collaboration of NABARD Jammu & Kashmir. He emphasized on possible collaboration of NABARD with SKUAST-J & Agriculture Department, Jammu for mainstreaming millets into food habits of people of J&K through transfer of technology and invascing.

Distt Admin Gbl holds interaction with Media persons

All public services switched to online mode in the district: ADDC

JI NEWS SERVICE GANDERBAL, JANUARY 18: The Additional District Development Commissioner (ADDC) Ganderbal, Mushtaq Ahmad Simnani today chaired an interaction session with the Media persons to strategize a plan the Media persons to strategize a plan for dissemination of information related to Government schemes and to evoke feedback and suggestions from different stakeholders associated with the media in the Conference Hall of the Mini Secretariat, here.

On the occasion, the ADDC said that the media plays a significant role in educating the masses about the Government schemes and programs meant for the public welfare and

asked them to disseminate the inforasked them to disseminate the infor-mation among the public, so that the benefits can reach up to the last per-son. During the interaction, the media persons appreciated the District Administration for its efforts to resolve the difficulties of the general public and measures being put in place for the overall development of the district.

the district.

They also highlighted some issues faced by them while discharging their professional duties at ground level and also shared some valuable suggestions with regard to redressal of public concerns. The ADDC appreciated them for sharing their valuable thoughts and assured early redress of

their genuine concerns.

Addressing the media persons, the ADDC said that the District Administration has switched all public services to online mode to ensure apparts and solute half in swife. prompt and robust public service delivery and in this regard concerned departments are also directed to keep facilitation centers in their respective offices for the convenience of the gen offices for the convenience of the gen-eral public. While highlighting the achievements in focused areas, the ADDC said that the district adminis-tration is working to its level best to ensure overall development of the district and evolve a responsive, transparent and accountable adminis-tration in the district.

Weekly Block Diwas: DC Rajouri listens to people's issues at Siot

II NEWS SERVICE

RAJOURI, JANUARY 18: To redress the public griev ances at their doorsteps ances at their doorsteps, Deputy Commissioner Rajouri, Vikas Kundal today chaired a public out-reach camp at Panchayat Prat of block Siot as a part of weekly Block Diwas.

During the event, the public and their represen-tatives highlighted a number of issues and demands of their areas. They of their areas. They demanded up-gradation of schools, posting of Urdu teacher at HSS Channi Prat, Widening of Thandapani Channi road, functioning of irrigation canals etc.

Other issues projected included implementation

of JJM, holding of special camps for issuance of disability certificates, sanc-tioning of PHCs for interior

The Deputy The Deputy Commissioner gave a patient hearing and passed on the spot directions to the concerned officers for the early redress of the genuine public concerns. Responding to the issues and demands of the general

and demands of the gener-al public, the DC assured that their genuine concerns would be redressed in a phased manner.

Regarding the imple-mentation of Jal Jeevan Mission, he said that the

in tendering phase. "All the households of the district would be pro-vided functional tap water

with implementation of JIM" he He further assured to

He further assured to organise special camps for issuance of disability certificates to clear the pendency in this regard.

About the sanctioning of

new PHCs, he said that a proposal for four to five villages would be submitted in near future. He further said that efforts would be made to complete all the incomplete l Panchayat he current onth. Regarding the issue forest clearance for the

said that the District Administration is committed to provide road conn tivity to every Hamlet and assured that all the forest arance issues shall be olved at the earliest.

The mmissioner Commissioner also launched signature campaign under BBBP as a part of National Girl Child Day

Among the others present during the event were DDC Member Seri, Sangeeta Sharma; BDC Siot, Bal Krishan; ADC Sunderbani, Vinod Kum Behnal: CPO, Mohamm

DC Rajouri kick starts work on Channi to Bakhar Road

JI NEWS SERVICE RAJOURI, DECEMBER 09: Deputy Commissioner Rajouri, Vikas Kundal today kick started construction work on Channi to Bakhar road. DDC Member Seri,

DIX: Member Seri, Sangeeta Sharma; BDC Sito, Bal Krishan; ADC Sunderbani, Vinod Kumar Behnaj; CPO, Mohammad Khurshid and EXEn PMGSY, Subash Chander were also present on the occasion. The EXEn PMGSY, Subash Chander informed that the 4.5 KM road estimated to cost Rs. 468 crore would

mated to cost Rs 4.68 crore would benefit about ten thousand souls

While interacting with the locals, the DC congratulated them and said that the Government was committed to provide the best possible relief to the general public in terms of connec-tivity to minimize the sufferings of



He also said that a number of connectivity projects are being executed by different departments in the dis- sary benefits to the public

trict and dedicated efforts are in place to complete these projects within the

Distt Admin Kupwara organizes tour for DDCs, BDCs

VC DDC, ADDC Kupwara flag-off Bus from DC Office Kupwara

JI NEWS SERVICE
KUPWARA, JANUARY
18: The District
Administration, Kupwara
today organised a day-long inter-district expo-sure tour for members of
District Development
Council and Chairpersons
of, Block Dawadonward Block Development ncil of the district

Vice Chairman DDC Kupwara Haji Farooq Ahmad Mir, Additional District Development Commissioner Kupwara, Altaf Ahmad Khan flagged-off the bus from



out in the Kralpora and Sogam area of the district, during which the VC, DDC ; ADDC, DDC DCDC, DDC Members and BDC Chairpersons inspected various health institutions of these areas including Sub District Hospital, Sogam, Sub District Hospital Kralpora and Sub Centre Shuloora.

The VC DDC and the

Sub Centre Shuloora.

The VC DDC and the team expressed satisfaction over the best management and health care facilities at these health institutions.

DC Kulgam reviews implementation of ABDP in D. K. Marg, Manzgam Blocks

II NEWS SERVICE

JI NEWS SERVICE
KULGAM, JANUARY 18:
To review the progress
made with regard to implementation of Aspirational
Block Development
Programme (ABDP) in D.
K. Marg and Manzgam
Blocks, a meeting of officers was today held under
the chairmanship of the
Deputy Commissioner
(DC) Kulgam, Dr. Bilal Deputy Commissioner (DC) Kulgam, Dr. Bilal Mohi-Ud-Din Bhat at mini-

Mohi-Ud-Din Bhat at mini-secretariat, here.

At the outset, the DC took a detailed review of the sector wise activities being carried out by the Agriculture, Horticulture, Animal Husbandry, RDD, Education and other Departments in these Blocks of district under ABDP based on various performance indicators covering various aspects



including Poverty, Health & Nutrition Education and & Nutrition Education and Basic Infrastructure devel

ner for effective implemen-tation of the programme on

roots level. He said the ABDP is a

timeline-based programme and requires execution of

all activities at a fast pace. The DC also called for

The DC also called for fulfilling all quantifiable indicators under ABDP to undertake developmental activities in each identified Block in the district. He further asked the con-cerned departments to adopt best practices so as to eyet tanvible results on get tangible results on ground in a time bound

The meeting was attended by Additional District Development Commis-sioner, Showkat Ahmad sioner, Showkat August Rather; Additional Deputy Commissioner, Viqar Ahmed Giri, JD-Planning, Zahid Sajad; CMO, CAHO, CAO, CHO and other offi-

Driving Skill Awareness programme for DL seekers held at Anantnag

ANANTNAG, JANUARY 18: In a bid to impart a sense of road safety among drivers and riders who had come for Driving license test at Trial Ground Harnag Anantnag, the Motor Vehicle Department (MVD) Anantnag on Wednesday launched a new initiative 'Driving Skill Awareness Training' as part of Road Safety, here

Safety, here.

Speaking on the occasion, Assistant
Regional Transport Officer (ARTO)
Anantnag, Dr Mohammad Zubair
Lattoo said that in Kashmir, awareness of correct and safe riding technique is a humongous challenge. So
to make the public aware about safer
road rules and laws is the need of
hour so that people will change their
attitude while on the roads.

He insisted to the prospective
applicants about the importance of

applicants about the importance of earing Seat Belt, wearing Helmets, following road rules and following









interaction programme Discusses town development activities; listens to public issues

DC B'pora presides over public

II NEWS SERVICE

BANDIPORA, JANUARY 18: The Deputy Commissioner (DC) DANDIPORA, JANUARY 18: The Deputy Commissioner (DC) Bandipora, Dr. Owais Ahmed on Wednesday presided over a public interaction programme at Mini Secretariat here to discuss various town development activities and listent to the public issues

town development activities and instent to the public issues.

The programme was attended by ADDC Bandipora Ali Afsar Khan, District Nodal Officer Coordination Mohd Ashraf Hakak, JD planning Imtiyaz Ahmad, President MC oora Basharat Hussain, CEO MC Bandipora, District Officers of MC Bandipora, District Officers of various departments, Executive Engineers, Councillors of MC Bandipora, Civil Society Members, Transporters, traders and large gathering of general public. The civil society members, elected representatives, traders, transporters

raised various issues regarding reno-vation of washrooms in market area, availability of heads in schools, Repair of footpaths, Macadamisation of pending link roads drainage, traffic congestion, street lights, waste man-

patiently to the issues raised and of issues and asked officers to redress the public grievances on priority

the public grievances on priority.

Regarding traffic congestion in the main market Bandipora, Dr. Owais said that a traffic management plan has been approved and directed concerned officers to implement the plan for the convenience of the general mublic.

kahcharai and roshni land, the DC said that no one will be spared and all encroached land will be retrieved

through impartial approach.

He also urged the public to take permission under rules for any type of construction in the town area.

Dr Owais also urged traders to run rusiness as per norms without viola-

business as p-tion of rules.

While highlighting the role of elected representatives and general pub lic, the DC said elected representa tives and general public are essential pillars of the grassroots level democratic process and urged the repre sentatives to prioritize works as per needs of area in planning process

sive awareness campaigns regarding the online service and strengthening ian bhagidari.

Dr. Owais said that people do not

Dr. Ówais said that people do not have to run from pillar to post to get their work done and urged the public to avail the benefits of online services. President Mc Bandipora, Basharat Hussain Najar highlighted various works carried out during MTMP including Shopping complex worth 45 lakh at New Bus stand, terminal building at Bus Stand, repairing of footpath, welcome boards, kangri chowk and other works. He said 50% work on Marriage hall

He said 50% work on Marriage hall has been completed and work on the

emaining part is in full swing. President MC said DPR of Rs. 5 President MC said DPR of Rs. 5 crore was submitted for car parking at main market out of which 35 lakh stands released for which work shalt start soon besides work on Children's park and slaughter house is in the final stage. He said under PMAY-U around 2crore have been disbursed amono

2crore have been disbursed among beneficiaries. The President MC also urged the public to avail the service of door to door waste collection for

Cultural Unit Kashmir of DIPR organises Patriotic Singing Competition"Ae Watan Tere Live"





II NEWS SERVICE

SRINAGAR, IANUARY 18: As part of SRINAGAR, JANUARY 18: As part of Republic Day, 2023 celebrations, the Cultural Unit Kashmir of Department of Information & Public Relations (DIPR) today organised an Patriotic Song Singing Competition "Ae Watan Tere Liye" at DIPR's Pandit Bhajan Sopori Auditorium Srinagar. The aim of the programme was to demonstrate love for the country,



enthuse the spirit of patriotism and highlight the history and promote ideals. Students from different Government as well as private schools Government as well as private schools and colleges of Srinagar including Amar Singh College Srinagar, Government Girls Higher Secondary School Kothibagh, JK Police Public School Bemina, Institute of Music & Fine Arts (KU), Green Valley Educational Institute, Government College for Women Nawakadal and Government Degree College Kangan participated in the competition. The young student participants were enthusiastic and eager to showcase their talent. Their songs invoked a who witnessed. The auditorium was resplendent with a feeling of belong-

resplendent with a feeling of belong-ing and pride. The competition was judged by renowned artists, Ustaad Shabir Ahmed Saznawaz, Munir Ahmad Mir and Aijaz Sahir. Encouraging the stu-dents, Cultural Officer Kashmir Burhan Hussain said, "we discovered potential talent in singing from amonost our students and are very amongst our students and are very optimistic that these students will bring glory to the nation in future".

Appreciating the group and solo performers, the Cultural Officer said that

formers, the Cultural Officer said that the success of the show could be well judged by the smile on the faces of young performers. While conducting the proceedings, AE&CO Cultural Unit Syed Shaked Shan said that music is beneficial for children as it not only develops their aesthetic sense, but is also the key to creativity.

It is one of the most beloved human experiences and plays an important role in the education of a child by providing him/her an opportunity of self-

Block Diwas held at Vessu, Bijbehara



II NEWS SERVICE

IANIIARY 18: The public interaction programmes under weekly Block Diwas were today held at Vessu and Bijbehara blocks of the Anantnag district su, the event was presided

by Additional gave a patient hearing to the large gathering of people. The ADDC directed the officials from various departments to ensure time bound redressal of grievances.

On the occasion, a pledge was also administered by the ADDC whereby administered by the ADDC whereby all officials pledged to exert their best ability for fulfilling goals of Beti Bachao Beti Padhao program. Additional Deputy Commissioner (ADC) Anantnag, Gulzar Ahmad Bhat presided over the Block Diwas at Block Bijbehara. He was accompanied by BDO Bijbehara.



Padmashri Sonu Nigam's I Believe Music and JetSynthesys' Global Music Junction bring a divine adaption of Shri Hanuman Chalisa to the audiences

- The launch was held at the 'Gorakhpur Mahotsav 2023' by Sonu Nigam in the presence of CM Yogi Adityanath
- ~ Dignitaries at the event included renowned singer Sonu Nigam, Rajan Navani, Chairman & MD, JetSynthesys, and Rajkumar Singh, CEO, Global Music Junction
- ~ JetSynthesys is Warner Music India's official India partner for all things related to music, mobile gaming and esports

JI NEWS DESK

IMMMU
On the auspicious occasion of
'Makar Sankranti' in Gorakhpur, Padmashri Sonu Nigam's I
Believe Musica dong with Global
Music Junction - the digital entertainment arm of JetSynthesys
launched the music video of Shri Hanuman Chalisa. The launch
took place at the 'Gorakhpur
Mahotsav 2023', in the presence
of Hon. CM Yogi Adityanath. The
event witnessed a huge footfall
of over 50,000 people from in and
around the city.
With this music video featuring Sonu Nigam, the audience
gets to experience a new version
of the devotional hymn praising
Hanumanji with unique video
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social media platform, the video is all set to attract both young and old audiences of the country. Releasing simultaneously on 50+

ner Music India's official
YouTube channels, making it the
first ever in the history of a music
asset launch.
Addressing the audiences, Yogi
ji said, "We just heard a line now
from Shri Hanuman Chalias sung
by Shri Sonu Nigam ji. Hanuman
Chalias i a famous work composed by Goswami Tulsidasji.
Whether an educated or an illiterate person, singing Hanuman
Chalias i as simple and easy for
both. Every person, every Indian
recites the Hanuman Chalias with
great reverence and respect. Here
today, the famous musician Shri
Sonu Nigamji has given it a new
height with his voice. I thank him
from the bottom of my heart for
this, that by giving voice to this
chalias of Bajrangbali Hanuman,
he supreme devotee of Shri Ram,
Sonu ji has not only produced his
work through this medium but
has also given a new direction to
Lord Hanuman's devotees. For has also given a new direction to Lord Hanuman's devotees. For this, I again extend my heartfelt thanks to Sonu ji."



"It was my mother who in my childhood insisted that I visit a childhood insisted that I visit a temple every Tuesday and recite the Hanuman Challsa. She was the one who inculcated into me the spirit of reverence to one super consciousness represented by multiple faiths. I, being a moth-er's boy, did obey her always and thus Hanuman Chalisa became an integral part of my life. When I sat down to compose it, I could feel my mother streaming down the compostion and the arrangements spiritually. It was like magic. This is my tribute to my mother, the is my tribute to my mother, the beautiful 'Sanskars' of Hinduism that I was born to, the Great Saint Tulsidas Goswami and our beau-tiful Motherland Mother India",

unul Motherland Mother India", said veteran singer Sonu Nigam. Commenting on the launch of the music video, Rajan Navani, Chairman & MD. JetSynthesys said, "The Hanuman Chalisa is the most popular hymn in praise of Hanuman and is recited by millions every day. We are excited to

launch the never-seen-before ver-sion of shri Hanuman Chalisa in collaboration with Sonu Nigam's I Believe Music as we fuel the growth of JetSynthesys' digital entertainment further in India. entertainment further in India. It has always been delightful to work with Sonu ji in all our verticals and look forward to continuing this long partnership. We are also eternally grateful to CM Yogi Adityanathij for kindly gracing our event with his presence." Thrilled with this development, Rajkumar Singh, CEO, Global Music Junction said, "Music is

Rajkumar Singh, CBO, Global Music Junction said, "Music is instrumental for the Indian society, not only for entertainment but also for devotion and practicing spirituality. Tapping into this understanding of society, the new version of the Chalisa and the ingenious music video will intrigue all generations. We are excited to see the listeners showering their love on the video across the platforms we will be distributing it on."

FROM THE FRONT PAGE...

J&K Assembly...

J&K ASSEMBLY...

As per the final Delimitation Order, the following things came into effect from the date to be notified by the Central Government: Out of the 90 Assembly Constituencies in the region, 43 will be part of Jammu region and 47 for Kashmir region keeping in view the provisions of Section 9(1)(a) of the Delimitation Act, 2002 and Section 9(2)(b) of Jammu & Kashmir Reorganization Act, 2019.

After consultation with Associate Members, representatives of political parties, citizens, civil society groups, 9ACs have been reserved for STs, out of which, 6 are in Jammu region and 3 ACs in the Valley.

There are five Parliamentary Constituencies in the region. The Delimitation Commission has seen the Jammu & Kashmir region as one single Union Territory. Therefore, one of the Parliamentary Constituency has been carved out combining Anantmag region in the Valley and Rajouri & Poonch of Jammu region. By this reorganization each Parliamentary Constituencies each.

Names of some ACs have also been changed keeping in view the demand of local representatives.

liamentary Constituency will have an equal number of 18 Assembly Constituencies each. Names of some ACs have also been changed keeping in view the demand of local representatives.

It may be recalled that the Delimitation Commission was constituted by the Govt. of India, in exercise of powers conferred by Section 3 of Delimitation Act, 2002 (30 2002), for the purpose of delimitation of Assembly and Parliamentary Constituencies in the Union Territory of Jammu & Kashmir. The Commission associated in its work, five members of Lok Sabba elected from the UT of Jammu and Kashmir. These Associate Members were nominated by the Honbiel; Peaker

Associate Members were nominated by the off-Lok Sabha. The Delimitation Commission was entrusted with the work of delimiting the Assembly and Parliamentary Constituencies in the UT of Jammu and Kashmir on the basis of 2011 Census and in accordance with the provisions of Part-V of the Jammu and Kashmir Reorganisation Act, 2019 (34 of 2019) and the provisions of Delimitation Act, 2002(33 of 2002), KNO

Rahul's Bharat...

She further added that the yatra would enter Kashmir om Jawahar Tunnel on Srinagar-Jammu national highway

from Jawahar Tunnel on Srinagar-Jammu national highway on January 27.

The closing of the yatra would take place at Sher-e-Kashmir cricket stadium in Srinagar on January 30, where the party has planned a mega rally in which senior party leadership, chief ministers of Congress led states and heads of its allies among like-minded social and political persons will be present.

Meanwhile, the Director General of J&K Police Dilbagh Singh has said all security needs of the yatra will be taken care of and security will be ensured in every district.

"Whatever security measures are needed will be put in place for the yatra," he said adding, "Yatra will be regulated to ensure that people don't face inconveniences." KNO

Lt Governor hands...

than the national average on several parameters. The health indicators exemplify our efforts to ensure well being of the common citizens, he added.

"In our journey to achieve Quality & Accessible Health-care, we have taken special care to make our health services effective, people-centered and equitable", observed the Lt Governor.

Improved health infrastructure, expansive network of health & wellness centres, substantial increase in MBBS seats, universal health coverage, ambulance services, mobile clinics, besides decentralization of medical facilities have ensured expansion of health services in remote & far-flung areas, he added.

Several reforms were undertaken to implement the system

areas, he added.
Several reforms were undertaken to implement the system
of 'Any Treatment, Anywhere, Anytime'. The 'e-SAHAJ'
initiative entails online appointments from doctors, and
digitization of patient's medical records. As many as 575
health facilities are covered under this initiative, the Lt
Governor said.

Governor said.

J&K administration is spending Rs 2 crore everyday on the treatment of common people and 97% of our population has insurance cover. SBHAT Golden cards have been provided to 80 lakh citizens, with 28,000 hospitals extending treatment facilities to them across the country. Today, dialysis facilities have been made available in all the districts. Geriatric and Pediatric wards have been established in all district hospitals, he further added.

hard reductive man have been escausisted in an district of hospitals, he further added.

Bhupinder Kumar, Administrative Secretary, Health and Medical Education informed that J&K Contributory Corpus Funds was started by J&K Government under the directions of the LI Governor. The NHM employees are provided financial assistance on account of disability or death, he added. A total of 34 families of deceased NHM employees were provided an ex-gratia of Rs 10 Lakh each, it was informed. Sanjeev Gadkar, Mission Director, National Health Mission, J&K assured every possible support of the department for the welfare of families of the deceased employees. Senior officers and officials of National Health Mission and family members of deceased employees were present on the occasion at Raj Bhawan. KNO

After Govt...

protests in different parts of the UT, especially in Jammu where people have also been served notices by revenue uthorities, asking them to vacate the state land or face

molition.

However, Commissioner Secretary to the Government,
epartment of Revenue, Vijay Kumar Bidhuri couldn't be
ontacted for the comments as repeated calls to reach him

contacted for the comments as repeated calls to reach him didn't fructify. Pertinently, Bidhuri has instructed all Deputy Commissioners to ensure that all encroachments on state land, including Roshni and Kahcharai land, are removed to the extent of 100 per cent by January 31, 2023.

The Commissioner Secretary of Revenue has also instructed the Deputy Commissioner to develop a daily anti-encroachment drive strategy and designate Additional Deputy Commissioners as District Nodal Officers for coordination and efficient drive implementation. KNO

DGP sanctions...

Similarly, a welfare loan of rupees 1.50 lakh has been sanctioned in favour of 01 Police personnel for whose ward is pursuing higher education.

The welfare loan sanctioned to the serving Police personnel is refundable and is recovered in monthly installments from their salaries without any interest. This welfare loan has been sanctioned out of the Central Police Welfare Pund. Besides the DGP has sanctioned financial assistance of

Besides the DGP has sanctioned financial assistance of rugoes one lakh each in favour of NOK of martyr SQL Gh Mohammad, martyr Ct. Ab Majeed and martyr Ct. Nazir Ahmad for the purpose of marriage of their daughters. Police Headquarters under different welfare schemes is providing financial assistance to all the ranks serving/retired of Jammu and Kashmir Police and to serving SPOs. Financial support to the families & wards of Martyr Police personnel and wards of martyr SPOs is also taken care of by the Police Headquarters.

Rahul Gandhi...

"Gandhi family and Congress have made historic blunders related to Jammu & Kashmir and are directly responsible for the eruption of terrorism which has consumed thousands of lives.

ilves. Before entering J&K. Gandhi should apologize to the

"Before entering J&K, Gandhi should apologize to the Nation, especially people of J&K, over the mistakes and sins of the party which it committed over the past 70 years, Raina told reporters.

He referred to the now-scrapped special status under Article 370, the Permit system, the exile of the last Dogra ruler Maharaja Hari Singh hi and the 'denying of the rights' to various communities including refugees from Pakistan and Pakistan occupied Jammu-Kashmir, Valmiks, Gorkhas and Paharis."

"The atroetites committed by the Gandhi led Congress

"The atrocities committed by the Gandhi led Congress

and Paharis."

"The atrocities committed by the Gandhi led Congress family cannot be forgotten. There is a long list of how they humiliated and jailed the nationalists who campaigned against its wrong policies, he said.

He stressed that Gandhi should also answer why the nation was divided in 1947.

"Major parts of Jammu-Kashmir and Ladakh are under illegal occupation of Pakistan, why Aksai Chin is under lilegal occupation of Pakistan. He should tell the people who are responsible for this."

"They back stabbed Bharat Mata. They were sympathetic to the parties who supported terrorism and arrested the nationalist among Sikhs, Muslims and Hindus, who tried to unfurl the national flag in Lal Chowk (Srinagar) during their rule. BJP leader said.

Muslim Gandhi must an were that why Sh. Shama Prasad Muslim Gandhi must awwer that why Sh. Shama Prasad Mahar Lal Nehru arrested Shyama Prasad Mukherjee and later was murdered in Jail in Kashmir.

However, he said Prime minister Narendra Mod provided justice all the sections of society including women who were also being deprived of their rights.

The BJP lase facilitated and strengthened crassroots.

usince an the sections of society including women who were iso being deprived of their rights.

The BJP also facilitated and strengthened grassroots wel democracy in J&K by holding Panchayat elections and empowered institutions by implementing necessary

'Modi has truly united the country, while Congress has

Progressing J&K: ODOP...

and DIC is also playing major role in raising the socioeconomic status of the farmers.

The majority of milk processing and manufacturing units have been established in urban areas, but because dairy farmers live in rural areas and cannot afford to travel to urban areas daily to sell their milk, there has been a shift in trend, and the government is now focusing on establishing the said units in rural areas for the convenience of the dairy farmers. This will not only mitigate the farmer's difficulties but also create ample employment opportunities for the unemployed and educated youth.

The dairy farmers of the Lam area have highly appreciated this intervention by the District Administration, stating that

their difficulties with market access has been alleviated to a great extent, and now they are getting very good prices for their milk at their doorsteps. They have also appealed to the district administration to keep taking such steps in the near future for their welfare.

Perception towards...

time when sports was counted as an extracurricular activity. That is, apart from studies it was considered only a means of time pass. The children were told and taught the same thing:

me tning. "Generation after generation a mentality was instilled in "Generation after generation a mentality was instilled in the society that sports are not that important, they are not a part of life and future. This mentality caused a huge loss to the country. This led to many talented sports persons not achieving their potential" he said. Modi said that in the last 8 to 9 years leaving behaviour

Modi said that in the last 8 to 9 years leaving behind the old mentality, work to create a better environment for sports has been done in the country. "This is the reason that now more children and our youth are looking at sports as a career option. From fitness to health, from team bonding to a means of relieving stress, from professional success to personal improvement, people are beginning to see the different benefits of sports, "he said.

He said, "And it is a matter of happiness that parents are also taking sports seriously now. This change is good for our society as well as for sports. Sports are now getting social recognition."

recognition."
The PM said that the benefit of this change in the mental

and same gold as for sports. Sports are now getting social society as well as for sports. Sports are now getting social receipt as a well as for sports. Sports are now getting social receipt as well as for sports. Sports are now getting social receipt as well as for sports. Today India is constantly of the people is directly visible in the achievements of the country in the field of sports. Today India is constantly creating new records. We did the best ever performance in the Olympics and Paralympics. India's performance in tournaments of different sports is now becoming a topic of discussion. My young friends, this is just a beginning. We have a long journey to go, new goals to achieve and many new records to break, "he said.

He said that sports is a skill and it is also a nature, sports is a talent, and it is also a determination. Training has its own importance in the development of sports and it is also necessary that sports competitions and tournaments should be organised continuously. This gives players a chance to test their training," he said.

Modi said that Basti is the holy land of Maharishi Vashishtha, the land of labour and meditation, penance and sacrifice. "For a player his game is also a spiritual practice and a penance. I am happy that such a huge Khel Maha Kumbh is being organised in Basti. This Khel Maha Kumbh will give a new opportunity to local sportspersons who are traditionally well-versed in indian sports," he said.

He said. Thave been told that about 200 MPs of India have organised similar events in their respective constituencies in which thousands of youth have participated. I am also an MP from Kashi. So, in my parliamentary constituency of Kashi, such a series of sports competitions has started.

While congratual rang local MP Harish buyled for organ shape the future of the new generation by organising such which thousands and the start of the search of the said. He said, "More than 40,000 youths are taking part in this will greatly benefit the youth power of the country," he sai

This kind of MP Khel Maha Kumbh has a big role in finding and grooming this sports talent. he said. He said that the sports competitions at different levels and in different regions help the players a lot. With this, the players not only get to know about their potential, they are also able to develop their own techniques. The coaches of the players asks come to know what are the shortcomings in their pupil and where there is a need for improvement, he said.

he said.

The PM said, "That's why maximum opportunities are being given to the players from Saansad Maha Kumbh to National Games. That's why more and more Youth Games, University Games, Winter Games are happening in the country today. Thousands of players are participating in these games every year."

He said that under the Khelo India campaign the government is also vocational assistance of the players.

He said that under the Khelo India campaign the govern-ment is also providing financial assistance to the players. "At present, there are more than 2,500 athletes in the country who are being given more than Rs 50,000 every month under the Khelo India campaign. Our government's Target Olympic Podlum Scheme (TOPS) is helping the sportspersons going to the Olympics. Under this scheme also, about 500 sportsper-sons are being given financial assistance every month. Keep-ing in view the need of some players of international level the government is extending them assistance of Rs 2.5 crore

to Rs 7 crore," he said.

Modi said that today's new India is also trying to solve every challenge faced by the sports sector and emphasis is being laid on ensuring that the players have adequate resources, training, technical knowledge, international exposure and transparency in their selection.

He said, "Today, infrastructure related to sports is being prepared in Basti and other such districts, stadiums are being built, coaches are being arranged. More than 1.000 Khelo India district centers are also being so the parents have been country. I am happy that more than 750 of these centers have been completed. Geo-tagging of all playgrounds across the country. I ask be being done so that players do not face any the parents of the parents of the parents of the secondary is also being done so that players do not face any the parents of the parents of

Dialogue with Pakistan...

of Pakistan is talking about the reconciliation and dia-logue with India, instead the government of India run by BJP is negating it".

s negating it". e former Chief Minister of Jammu and Kashmir said The former Chief Minister of Jammu and Kashmir said that it was the path of late Prime Minister of India Atal Bihari Vajpayee ji that dialogue and reconciliation between the two neighboring countries should take place to live together and peacefully and simultaneously for Vajpayee ji) was also talking about the settlement of Kashmir issue.

together and peacefully and simultaneously he (Vajpayee ji) was also talking about the settlement of Kashmir issue. "This is a good sign that our neighbouring country understands the need for dialogue in spite of the fact that BJP are negating it", Mehbooba said in reply to a question. She said that the dialogue and the reconciliation to settle the Kashmir issue has to be with the restoration of Article 370 whatever has been taken away from the state in 2019. "We believe and the people of Jammu and Kashmir believe that the hand with the Union of India extended during that the taccession was on some basis and believing in secularism', she said and added "we here in Kashmir also fought a long battle against the then Maharaja for restoration of democratic rights to the people".

"PDP Delieves that the settlement of the Jammu and Kashmir issue should be in the preview of the constitution of the country which has given us the special status of Article 370' she added.

The PDP President said that the relationship of India and Pakistan should be retored on a smooth and good wafe

and all roads should be open and the trade restored besides people from both the countries could travel to each other's

nations.

"PDP believes in what late Prime Minister Vajpayee Ji was saying reconciliation and dialogue between the two countries," she added.

Indian Air Force...

contingencies," the Lieutenant colonel said.
During these difficult times, IAF provides airlift to the cals from Srinagar to Kargil and from Kargil to Jammu ad Srinagar.

locals from Srinagar to Kargil and from Kargil to Jammu and Srinagar.

IAF also assists by evacuating patients using helicopters from remote locations, as a life-saving measure.

"This year Kargil courier services from Kargil to Srinagar and Jammu commenced on January 18 and will continue throughout the road closure period. The courier services will operate between Srinagar and Kargil on every Monday and Wednesday and between Kargil and Jammu on every Tuesday and and Jammu on every Tuesday and between Kargil and Jammu on every Monday and Wednesday and between Kargil and Jammu on every Monday and Wednesday and between Kargil and Jammu on every Tuesday and Tursday.

A coordination meeting was held recently between resentatives of IAF and civil authorities to work out the modalities and details of the courier services.

DC Kupwara visits Snowbound Karnah; inspects delivery of public services in sub-division

Hears various public deputa-tions; Inspects SDH Tangdar, Receiving Station

Chairs joint meeting of Officers and public representati

II NEWS SERVICE

JI NEWS SERVICE
KUPWARA, JANUARY 18: The
Deputy Commissioner (DC)
Kupwara, Dr. Doifode Sagar
Dattatray along with SSP Kupwara
Yougal Manhas today held an extensive tour of Snow bound Karnah sub-division to take stock of various public services.

During the visit, the DC carried out

During the visit, the DC carried out a series of activities, visited Sub District Hospital Tangdar and inspected various sections of the hos-pital including Emergency ward, Operation Theatre, OPD, IPD, X-Ray, Paediatrics etc. He checked the atten-dance of doctors and medical staff and directed them to work with added zeal for proper treatment of the patients. He also took stock of supply positions and availability of medicine in the Hospital. medicine in the Hospital.

The DC interacted with the patients

and enquired about the healthcare services who expressed their satisfac-tion over the facilities.

tion over the facilities.

SDM Karnah, Dr. Gulzar Ahmad
Rather, Tehsildar and other concerned officers accompanied the DC.

The DC also inspected Receiving
Station Tangdar and took stock of
feeders and power supply.

The DC chaired a joint meeting of
all subdivision level officers and



public representatives, Sarpanches, Panchs at DakBanglow Tangdhar.

Kupwara Yougal SDM Karnah Dr.Gulzar Ahmad Rather, Tehsildar, BDO ,Xen Special Subdivision and other concerned offi-

Subdivision and other concerned offi-cers were present in the meeting.

The DC said that the aim of his visit to Karnah was to check the public service delivery and assess the prob-lems of people in the area during the winter months. He said Karnah sub-division is the top most priority of District Administration and efforts are on to provide better services to are on to provide better services to

BDC Chairperson Tangdhar, Abdul Rahim Mir briefed the DC about the

Ration lists made available for Public at Pulwama

No in-eligible/ non-deserving family shall be included in the AAY & PHH/BPL category: DDC Pulwama

Says redressal of grievances is the ultimate priority of District Administration

Choudhary, FCS&CA Department

Pulwama issued a public notice for the information of general Public

seeking objections regarding inclusion of ineligible/non-deserving households in NFSA (AAY/PHH) within a period of 21 days. The Department of FCS&CA has

The DC took a detailed review of all developmental works and welfare es and received updated status and feedback from the SDM. officers and the representatives. He also reviewed the status of old age pension cases and asked the concerned to speed up the process cases and facilitate old aged perso

cases and facilitate old aged persons properly.

DC also reviewed the stock and supply position of food grains and other essential commodities.

During the visit, the DC met vari-

ous public delegations who apprised him about their day to day developmental issues. He heard them patiently and resolved various issues on the

https://rcms.jk.gov.in/Show_Reports.aspx?RID=105.

ts.aspx/RID=105.

The objections can be submitted at the Office of the AD FCS&CA Pulwama, near SSP Office or at different Tehsil Supply Offices of the

S-OSC B'gam organises Awareness programme for Women at Hanjigund Chadoora

II NEWS SERVICE

JI NEWS SERVICE
BUDGAM, JANUARY 18: Sakhi One
Stop Centre (S-OSC) Budgam in col-laboration with DHEW and Special
Cell for Women Budgam today
organised an awareness programme
at Anganwadi Center Hanjigund

Chadoora.

The programme was attended by AWWs, AWHs, Sarpanch, panchayat representatives, adolescent and local women of the adjoining areas. The team of One Stop Centre Budgam awarded the participants about vari-

ous services provided at One Stop Centre like counselling, free legal aid medical and shelter facility to the

aggrieved women irrespective of age.
At the end of the programme pamphlets were also distributed among the women

14 Kanals of encroached land retrieved from encroachers at Shopian

JI NEWS SERVICE
SHOPIAN, JANUARY 18: A
Revenue team of Tehsil Keegam
under the supervision of Tehsildar
Keegam, Shopian today conducted
an anti encroachment drive at village Daramdoor and Diaroo Shopian.

Shopian.

Land measuring 12 Kanals situated at Village Daramdoor recorded as State Land and land measuring Stanals recorded as Kahcharie situated at Diaroo have been retrieved from encroachers.

Tehsidar Keegam supervised the anti-encroachent drive and said that such drives shall continue in



Block Diwas: ADDC Gbl listens to public issues/ grievances



JI NEWS SERVICE

GANDERBAL, JANUARY 18: The Additional District Development Commissioner (ADDC) Ganderbal, Ahmad Sim nani todav Mushtaq Ahmad Simnani today presided over the grievances redres-sal camp held in Conference Hall of Mini Secretariat, here as part of week-ly Block Diwas and listened to the issues of people of Block Ganderbal. During the camp, PRIs of block Ganderbal apprised the ADDC about various issues and grievances and sought his intervention for early

The PRI members sought better The PKI members sought better road connectivity, adequate health facilities, up gradation of PDD infra-structure, shortage of drinking water, desilting of irrigation canals and other related issues concerning their issues raised. He assured the PRIs that all their

genuine issues will be taken into con-sideration in a time bound manner and directed the officers of line departments to work in coordination

departments to work in coordination with the PRIs so that equitable development of all panchayats is ensured in the district.

Speaking on the occasion, the ADDC said that the District Administration has switched all public services to online mode to ensure prompt and robust public service delivery. He directed concerned departments to ensure facilitation centers are installed in their respective offices for the convenience of the tive offices for the convenience of the general public

general public.
Chief Planning Officer, Irfan Giri,
ACD, Dr Bashir Ahmad; Executive
Engineers of R&B and I&FC, DFO
Sindh Forest Division, DMO, LBM,
BDO Ganderbal and other concerned
district and sectoral officers attended
the camp.

JI NEWS SERVICE PULWAMA, JANUARY 18: Food, Civil Supplies and Consumer Affairs Department Pulwama issues a Public Notice seeking objections from general Public of District Pulwama regarding inclusion of ineligible Households in NFSA (AAY/PHH). On the directions of District Development Commissioner (DDC) Pulwama, Baseer-Ul-Haq district. The department has published phone numbers (9906499872, 8899363543) of the officials for any other query regarding the subject and for hassle free process. **Block Diwas: ADDC Gbl listens to public** issues/ grievances

made Ration lists available at all sale outlets of the District and the same can also be fetched from the Departmental online website at

JI NEWS SERVICE

JI NEWS SERVICE GANDERBAL, JANUARY 18: The Additional District Development Commissioner (ADDC) Ganderbal, Mushtaq Ahmad Simnani today presided over the grievances redres-sal camp held in Conference Hall of Mini Secretariat, here as part of week-

Mini Secretariat, here as part of week-ly Block Diwas and listened to the issues of people of Block Ganderbal. During the camp, PRIs of block Ganderbal apprised the ADDC about various issues and grievances and sought his intervention for early

The PRI members sought better road connectivity, adequate health

facilities, up gradation of PDD infra-structure, shortage of drinking water, desilting of irrigation canals and other related issues concerning their respective areas.

The ADDC resolved several issues on the spot besides issuing instruc-tions to the concerned departments to take measures to address the public

issues raised. He assured the PRIs that all their genuine issues will be taken into consideration in a time bound manner and directed the offi cers of line departments to work in coordination with the PRIs so that Speaking on the occasion, the ADDC said that the District Administration has switched all public services to online mode to ensure prompt and robust public service delivery. He directed concerned departments to ensure facilitation centers are installed in their respective offices for the convenience of the convenien general public. Chief Planning Officer, Irfan Giri;

ACD, Dr Bashir Ahmad; Executive Engineers of R&B and I&FC, DFO Sindh Forest Division, DMO, LBM, BDO Ganderbal and other concerned

Republic Day arrangements finalized at Handwara

JI NEWS SERVICE
KUPWARA, JANUARY 18: The
Additional Deputy Commissioner
(APC) Handwara, Nazir Ahmad Mir
today convened a meeting of all concerned officers, here to finalize the
arrangements for smooth and hassle
free celebration of Republic Day 2023.
The meeting held threadbare discussion and the officers gave details
of their preparations with regard to

of their preparations with regard to smooth celebration of the National

event. The meeting was informed that the function will start with Shanai vadan at 8:05 Am, while the National Flag will be hoisted at 10:00 AM. The meeting was further informed that the main function of Republic Day will be held at District Police Lines (DPL) Kulangam Handwara, where National Flag will be hoisted and the VIP will take salute on the March past comprising the contin-March past comprising the contin-gents of Para-Military Forces, JKP, JKAP, CRPF, IRP, FPP, Home Guards, NCC cadets and school chil-dren . The ADC asked all officers to dren. The ADC asked all officers to work with coordination and ensure proper arrangements on ground for smooth conduct of the event. It was given out in the meeting that uninterrupted power and water sup-ply shall be kept available at the variety for which correspond officers.

venue for which concerned officers were given directions on the spot Likewise, BMO Chogal was directed to keep Ambulance available at the venue. Dy Medical Superintendent Handwara was asked to ensure first aid, doctors and 500 hundred masks

aid, doctors and 500 hundred masks available at the venue. EO MC Handwarn was asked to maintain proper sanitation and clean-liness at the event. The Information department was asked to ensure proper coverage of the event besides installation of the Public Address sys-



tem. Police department was asked to keep alternate PAS available at the

Other arrangements were also reviewed which included refresh-ment, reception of chief guest, transport, fire and emergency services, cultural programmes, deployment of Magistrates, distribution of invitation cards, selection of officers/ officials for recognition of their extraordinary services. The ADC asked concerned officers to ensure proper exhibition of schemes through Tableaus to show case developmental activities of their respective departments and govern-ment schemes. He said all efforts shall be made to make the Nationa Function more attractive and inform

The ADC directed the concerned Officers for maintaining proper protocol in seating arrangements. He also asked officers to ensure their presence including staff in the Republic Day functions and ensure Flag hoisting in their respective offices.

offices.

Principal GDC Handwara, Dy CEO, BMO Chogal, ZEO Handwara, Dy Medical Superintendent, District, Sectoral officers, besides, senior officers of Police and CRPF were present on the occasion.

ADDC Kulgam reviews progress on **Cluster Tribal Model Village 'Nagras'**

II NEWS SERVICE

JI NEWS SERVICE
KULGAM, JANUARY 18: The
Additional District Development
Commissioner (ADDC) Kulgam,
Showkat Ahmad Rather today
chaired a meeting of officers to
review the progress made in development of Model Tribal Cluster
Village (MTCV), Nagras.
Deriver the meeting the ADDC

During the meeting, the ADDC took stock of works under Education, Health, PHE, Youth Services and Sports and reviewed the status of implementation of various schemes by Animal Husbandry, Sheep and

other departments in MTCV Nagras and heads of departments briefed the and heads of departments briefed the chair about the progress made on work projects and implementation of various schemes. During the meet-ing, the chair was informed that land for construction of the sub-centre building has been identified and work will be started soon. The MTCVs are being developed to pro-vide amentities and promote educa-vide amentities and promote educavide amenities and promote educa-tion, health, skill development, horticulture, agriculture, tourism in the area with ST population so that they can have better basic amenities.

ADDC Ganderbal chairs NCORD Committee meeting

JI NEWS SERVICE

JI NEWS SERVICE
GANDERBAL, JANUARY 18: The
District Level Committee meeting
under the Narco Coordination Centre
(NORD) was held today at
Ganderbal to discuss various measures to curb the drug abuse and narcotic trade in the district.

cotic trade in the district.

The meeting was held under the chairmanship of Additional District.

Development Commissioner (ADDC)
Ganderhal, Mushtaq Ahmad Simani and was also attended by SDM
Kangan, Javaid Ahmad Rather; DySP
HQ, Chief Agriculture Officer, Chief Horticulture Officer, District Social
Welfare Officer and other concerned officials

During the meeting, threadbare discussion was held on various issues related to incidence of drug addic-tion, age group of addicts, areas of concern, hotspots of drug use and cultivation of illicit poppy, cannabis

cultivation of illicit poppy, cannabis in the district.

The meeting also discussed the action taken on directions issued in the previous meeting of NCORD.

The ADDC sought details from the concerned departments about the measures taken to control the drug



menace and cultivation of illicit poppy, cannabis in the district. He urged the Agriculture and Horticulture departments to keep record on cultivation of illicit cultiva-tion of populy or cannabis crops in the tion of poppy or cannabis crops in the

campaigns, the ADDC directed the campaigns, the ADDC directed the concerned departments to start mas-sive awareness camps and Tehsildars were directed to activate Lumberdars and Chowkidars to keep vigil in their respective areas. Besides, DSWO was

directed to carry awareness at village level involving SHGs, ASHA workers and local PRIs. The Police department was asked to keep strict vigil against drug proliferation, consumption and intensifying awareness against such addictive substances involving concerned stakeholders from civil administra-

Dy Sp HQ was directed to seal all such properties that are acquired by any person through NDPS trade in THOUGHT OF THE DAY 9 9

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

JINDRAH MAGES

Bring perpetrators of Dhangri massacre to justice

t has been more than 18 days since cowardly terrorists gunned down seven innocent people, including minors, in Dhangri village of Rajouri district but no major breakthrough has been achieved so far. Security agencies seem to be groping in the dark, notwithstanding the fact that the Director General of Police (DGP). Dilbagh Singh claimed that they have got many solid proofs and would achieve success in the case soon. The case has shattered the faith of local people in security agencies. The massacre of minority community people in Dhangri village was not only an attempt to revive terrorism in the border districts, including Poonch, but terrorists understandably wanted to create a situation similar to the 1990s in Kashmir Valley when the minorities were targeted and forced to leave their homes and hearts. In the Dhangri incident, terrorists too checked Aadhaar cards of all victims before spraying bullets on the basis of their religion. The massacre is, no doubt, a clear case of major security lapse and negligence. Locals had reported terrorist sightings in Rajouri and the intelligence agencies had also raised an alarm about a likely 'fidayeen' attack days ahead of the Dangri massacre. What was more shocking is that security agencies could not anticipate the likely target of the terrorists or trace their movement. At least two well-trained terrorist groups were tipped to be moving around in the upper reaches of Pir Panjal region, comprising Poonch and Rajouri districts in the later part of last year. Both these districts border Pakistan-occupied Kashmir and have a long Line of Control with dense forest cover. Till 2019, Rajouri was declared as zero-militancy district, when the Centre abrogated controversial Article 370. Under desperation and guided by their mentors from across the border, terrorists have increased their activities in Rajouri and Poonch districts in recent months. As assured by the Union Home Minister Amit Shah, the National Investigation Agency (NIA) should hold an in-depth inquiry into the incident and find out the lapses that led to gruesome killings of minority community people. The UT administration should also fix responsibility to send a strong message that complacency has no room. Another major aspect came under debate was the virtually non-existence of Village Defence Committees in Pir Panchal region. Locals alleged that the police had taken away the weapons of those VDC members who were above 60 and didn't replace them with others. The withdrawal of weapons from VDCs made them sitting ducks to terrorists. There are more than 4.100 VDCs in the Union Territory of Jammu and Kashmir and they are trained by the Army and Police from time to time in weapons-handling and intelligence-gathering skills. It is, though encouraging, that security agencies are now training the people for self-defence by equipping them with modern guns as well as providing them training to operate these weapons. There is a need for immediate revival and strengthening of VDCs to restore shattered confidence of the people in border areas. And it will get impetus only when security agencies will crack the case and bring the perpetrators of the crime to justice.

CHERISH CHANDIGARH AS A **CITY OF URBAN EXCELLENCE**

form urban grain, as an impact zone is needed to absorb its monumental thrust. For the coherence of this visual order, it was essential to ensure an unhindered view of the hills. The other issue is that the Phase 1 with its large plots and low heights allows plenty of green surfaces that absorb a lot of rainwater and permit it to percolate down to recharge groundwater.

RAJNISH WATTAS

HE quintessential message in the Supreme Court's recent order, forbidding ensification of residential units of the first 30 Sectors constituting Phase 1 of Chandigarh, is

Phase 1 of Chandigarh, is a resounding validation of the city's 'outstanding universal value' and the need to preserve it stringently. The SC recognised that Chandigarh transcends other Indian cities. It is the modern era's greatest urban experiment, planned by the iconic architect-planner and visionary of the 20th century, Le Corbusier. Chandigarh is a rare creation of a city when visionary founding fathers, archiventers. visionary founding fathers, architects and eminent engineers, all tects and emment engineers, all came together, driven by the idealism of nation-building. No wonder, its Capitol Complex was accorded the UNESCO heritage tag in 2016 — the first in the country under the modern architecture heritage category.

itage category.

In the larger context, the apex court also red-flagged serious concern over the unplanned urbanisa-tion mushrooming across the countion mushrooming across the country. Coming in the wake of the recent sinking of Joshimath and other hill towns, lakes choking up in Bengaluru, unseasonal floods in Chennai and waterlogging in Gurugram, the call for sustainable cities with environmental protection comes not a day too soon. Amidst such burgeoning urban crises, the urgency and significance of saving Chandigarh, the country's foremost 'Garden City', endowed with highest tree canopy cover, clean air and other excellent

cover, clean air and other excellen environmental attributes, besides heritage architecture, becomes

heritage architecture, becomes even more imperative.

But why is the conservation of the 'Corbusean Chandigarh' – its northern Sectors from 1-30 consti-tuting Phase 1 – much more criti-cal? The spotlight falls on this com-ponent as it was planned and developed under the direct control of Le Carbusier's team. The second of Le Corbusier's team. The second and third phases of the city grew later, when on its periphery, in grave violation of an act, rival satellite townships were developed both by Punjab and Haryana.

both by Punjab and Haryana.

To fully comprehend the pivotal location of the northern sectors in the larger context of the city's layout plan, it is essential to go back to the evolution of the plan from its



inception.

Corbusier observed that the Shivalik range provided a striking background to the city site and it had a gentle southern slope, facilitating easy and efficient drainage of the site. "The morphological order of the timeless countryside reseated the exact combination of presented the exact combination of quality for merging landscape and urban design into a single totality, to integrate the spatial value of the architecture with the symbolic value of the natural environment."

value of the natural environment," says Maristella Casciato, a Corbusean scholar. This manifested in Chandigarh's layout plan when he deliberately placed the city's crowning glory, the Capitol Complex, at the head of the plan, slightly detached from the rest of the city's layout. In fact, even before Corbusier,

In fact, even before Corbusier, the original American team of Albert Mayer and Matthew Nowicki, too, had aligned the vertical axis of the city plan towards the mountains. They had also accorded great value to the majestic view of the hills and incorporated it in their plan.

However, what had been earlier just sketchy ideas found fructification in the gridiron layout plan of Le Corbusier, based on the module of a neighbourhood unit that laid

of a neighbourhood unit that laid great emphasis on this aspect. He envisaged city's north-east edge as a 'Capitol Parc', stretching from Sukhna Lake to the Capitol Complex, an area reserved exclu-sively for naturalistic features. It has the lake, forests, nature trails and theme gardens, enhancing exerctly are counters of the citizens. everyday encounters of the citizens

The Capitol was placed at the 'head' of the city layout as its crowning glory, tucked away in earthen forms and plantation as a earthen forms and plantation as a modern-day Acropolis of Athens, which was his inspirational influ-ence. As such, the northern sectors were kept as low rise neighbour-hoods with large-plotted develop-

imperative, as right next to the monumental Capitol edifices, one cannot have dense built-form urban grain, as an impact zone is needed to absorb its monumental thrust. For the coherence of this visual order, it was essential to ensure an unhindered view of the

The other issue is that the Phase The other issue is that the Phase I with its large plots and low heights allows plenty of green sur-faces that absorb a lot of rainwater and permit it to percolate down to recharge groundwater. As the northern sectors are so close to the Sukhan Wilding Sanchurg, Pock-Sukhna Wildlife Sanctuary, Rock Garden, Bird Park and city forest, excessive concretisation, additional

hard surfaces and increase ir hard surfaces and increase in vehicular traffic that would surely follow redensification would impose environmental pressure on the presently seene surroundings adjacent to the 'Capitol Parc'. Another vital reason for conserving the 'Corbusean Chandigarh' is to embed it in the collective memory of its citizen as an era of 'mod-

ry of its citizens as an era of 'modern architecture' that employed indigenous materials like concrete indigenous materials like concrete and brick and employed simple locally available technology. Or else, the coming generations will lose out on a sense of history of the making of their city. Notwithstanding all heritage preservation imperatives, the door for redensification has not been shut. Should it become an absolutely necessity in future it

absolutely necessity in future, it must be done with due diligence and only after rigorous environ-mental impact assessment under-taken. It should not be a laissez-

taken. It should not be a laissez-aire affair or growth by stealth. Edward Glaeser, eminent Harvard professor, in the Triumph of the City, rightly says that cities are our species' greatest invention. 'Cities enable collaboration, espe-cially the joint production of knowledge that is mankind's most important creation.' Therefore, quality urbanisation is the need of the nation and not its commercialithe nation and not its commerciali-

Address fighter shortage with indigenisation

ABHIJIT BHATTACHARYYA

THE Military Balance 2001-02, pub HE Military Balance 2001-02, published by the International Institute for Strategic Studies, London, reported that when the Indian Air Force (IAF) operated 40 fighter squadrons in 2001, Pakistan had 19 squadrons. At that time, the Chinese air force's numbers were three times that of India and Pakistan taken together. Hence, whatever the quality of the two South Asian countries' fighter aircraft, the sheer squadron volume of the China-Pakistan duo make it a daunting task for the IAF to deal with in a multi-front conflict. multi-front conflict.

The glib talk about confronting two hostile neighbours makes little sense because of the rapidly dwindling squadrons of IAF fighters. Successive Indian Air Force chiefs have

Successive Indian Air Force chiefs have wailed, failed and faded away, yet the establishment has remained ummoved.

Does anyone remember the then IAF Chief, NAK Browne's words of October 2013? "Of 42 squadrons it should have, IAF now has 34." And now, incumbent IAF Chief Air Chief Marshal VR Chaudhari stated on December 22, 2022, that the "squadron strength is down to 31" and that "fighter shortage is now critical"

Isn't India proving herself to be an amazing compound of contradictions, chaos and con-fusion? Do time and tide wait for anyone in the combat zone or, for that matter, on the

the combat zone or, for that matter, on the nation's enemy lines? While the IAF plays the tragic tune of the depleted and fast-depleting strength of its fighter squadrons, a small bunch of self-serv-ing optimists, including some NRIs, is mis-



leadingly telling the world as to how great the economy of India will become if the rupee depreciates visa-vis the dollar every hour, foreign exchange reserves deplete every week, and the current account deficit mounts every month to an astronomical figure, and that what a boon it would be for Delhii if it allows Beiling to spread its wines in industry. allows Beijing to spread its wings in industry, investment, commerce, trade, banking etc.

investment, commerce, trade, banking etc.

No country of India's shape, size and demography can ever prosper with a mounting debt, an unbridgeable deficit trade, skyrocketing negative current account, depreciating currency and unbridled entry of an enemy nation just for a few investment projects covered with a systemically entrenched espionage in the Indian hinterland.

The harsh reality is that India's imports are several times higher than her exports, thereby making the imported foreign-made goods

much more expensive, which inflicts a mount-ing deficit on India's economy. Thus, whereas importing a fighter aircraft in 2001 would have been an outflow of Rs 45 a dollar, the same import will now be Rs 83 a

Hence, even assuming that the unit production and sale price of the imported machine is constant at \$40 million, one can very well calculate the price difference (owing to the mounting rupee-dollar exchange rate differ-ential) between 2001 and 2023.

ential) between 2001 and 2023.

The reference to the fluctuating rupee-dollar exchange rate was made to make a point to modernise the fighter fleet, for which India needs to curb mounting import expenditure and cultivate doubling up her indigenous combat craft enterprise. Like what China achieved after Mao's death in October 1976. Today, the Beijing air force inventory contains

2,500 combat-capable aircraft because went all out with indigenisation and went slow on imported craft. Thus, it's now an open secret that it will take several years for the IAF to operate to its sanctioned 42

zones. So much so that the West is now bogged down in the yellow terrain just as the way Hitler's tanks got stuck in the slushy soil of Russia during the harsh winter of the early 1940s.

India must modernise its fighter fleet, for which it needs to curb mounting import expenditure and cultivate doubling up her indigenous combat craft enterprise, Like what China achieved after Mao's death in October 1976, Today the Beijing air force inventory contains 2,500 combat-capable aircraft because China went all out with indigenisation and went slow on imported craft.

So, how did China lure the West and '50, how did China lure the West and endure her worst to develop indigenous fighters to stump all? Chinese indigenisation began in the early 1980s with lightning speed copying of Soviet fighters and inviting UK's Rolls Royce and Canadian Pratt and Whitney engines, followed by American Bell and French Dauphin helicopter. The Chinese strategy was clear. Cultivate the West through the charm offensive. Follow Deng Xiaoping's dictum: "Hide and bide" (hide intent and bide time) — show the smilling teeth and bite when time) - show the smiling teeth and bite when you get the time. Thus, when the

is, when the Soviets were neck-deep in Thus, when the Soviets were neck-deep in the Afghanistan quagmire, the Chinese silently cut a deal with US aviation giant McDonnell Douglas to co-produce MD-82 twin engine passenger jet in January 1984. During the course of the next three decades, Communist China-backed companies lured cullible western compositions to strike deal Communist China-backed companies lured gullible western corporations to strike deal after deal to shift their production line and lat-est technology to Beijing's special industrial

By the late 1980s, it was western aviation on By the late 1980s, it was western aviation on eastern soil. From capitalist America's Grumman Corporation, McDonnell Douglas to British Aerospace to French Aerospatiale, all are collaborating with the communist China in building air power. And today, the situation has reached a point of no return for the West. The West groans in agony in vain because engine makers of all variety and shade have entered China: the likes of Fratt and Whitney, General Electric, Honeywell, French Snecma, and even Germann's MTU, French Snecma, and even Germany's MTU, thereby making the Chinese air force 'atmanirbhar'.

atmaniponar.

The desperate callout of successive IAF chiefs needs be understood and acted upon in this grim perspective. India must accelerate this grim perspective. India must accelerate indigenisation through any means; fair of foul.

Morality and ethics have no place when it comes to national self-interest, especially if there is an existential threat to national security in the form of the perennially active, two-front, unholy Sino-Pak alliance.

Sonam Kapoor talks about son Vayu's privacy: Never had a bad experience with the Indian paparazzi

ctor Sonam Kapoor has been living out of a suitcase, courtesy her back and forth to London, and Delhi, however, she admits "Mumbai is always going to be home," for her. "I'm a Bombay girl, it is never going to change, My accent is a typical Bombay accent, and have Beause of my memory. Idid'n's always. Because of my pregnancy, I didn't leave my house and I realise saare road khod dive hai (laughs). Hopefully, it's for the best," she quips, hinting at her recent tweet, where she slammed the construc-

tweet, where she slammed the construc-tion work in the city.

Sonam, who was attending an event in the city on Tuesday, had paparazzi wait-ing for her outside the premises, to click her pictures. While Sonam is extremely comfortable with the papz, she is guarded about her child, Vayu's privacy. She has requested the Indian papz to refrain from clicking his picture and she reveals they have obliged. "They don't take photo-graphs. The Indian paparazzi are not like



that (invading privacy). If you request them not to do something, they won't do it. I never had a bad experience with the Indian media or paparazzi. If I told them I do not want his photos taken, they wouldn't take it," Kapoor elaborates.

Citing her mother Sunita Kapoor - who has always shied away from the limelight - as an example, Sonam further solidifies her statement: "My mother has asked them repeatedly to never take her photo, and when she asks them not to do it, her

photos are not taken. So I know the Indian media will not cover him till I don't allow it." Talking about the baby, Sonam admits that motherhood has made her more responsible. "You become more responsible as a human being (post motherhood). You give your time only where it's needed and to what's important. Your time is basically owned by someone else. My time is mostly for my son and busband. time is mostly for my son and husband. I love my work and that'll also be an equal love my work and that'll also be an equal priority. Now your timings change. Frivolous things aren't as important as you thought they used to be," she explains. Ask her to name one frivolous thing out of her list and she quickly replies, "Scrolling on Instagram (laughs)." As she mentions work, she also confesses she doesn't "know what's going on" in the industry. With the barrage of negativity that the Hindi film industry is facine.

ity that the Hindi film industry is facing, Sonam, 37, feels "it's important to support

Vicky Kaushal photobombs Katrina Kaif's selfie with young fan

ctor Vicky Kaushal recently photobombed a picture of his wife-actor Katrina Kafi with a young fan. In the photo, that emerged online, Katrina is seen clicking a selfie with a young boy next to her. Vicky is seen behind them, as he walked by unaware of the picture being clicked.

In the photo, Katrina wore a yellow suit under a black jacket and sunglasses. Vicky Kaushal was seen in a black jacket too over a yellow T-shirt. He also wore a cap and sunglasses. In the picture, Katrina

cap and sunglasses. In the picture, Katrina and the boy smiled as they looked into the camera. Recently, Katrina was seen at the Mumbai airport's departure terminal in the yellow outfit.

the yellow outfit.

Vicky and Katrina are often seen together in Mumbai. Recently, the duo reached the Siddhivinayak Temple right after their New Year vacation, which they spent in Rajasthan. Several pictures of the



couple surfaced online. Vicky wore a was seen in a green-coloured salwar suit. white shirt and grey pants, while, Katrina Both were adorned with offerings from

the temple, including a yellow-and-red cloth hanging on their shoulders. Vicky received an image of Lord Ganesha and a garland of red flowers. In a photo, the duo paid their obeisance to the deity with their eyes closed. After holidaying at Jawai in Rajasthan, the star couple had returned to Mumbai on December 30. Vicky took to Instagram and shared how the duo celebrated a few days as 2022 almost drew to a close. He posted a string of images from his Rajasthan string of images from his Rajasthan

2022 almost drew to a close. He posted a string of images from his Rajasthan diaries. In one of the photos, Katrina and Vicky posed for a selfie dressed in winter jackets. The two also enjoyed a beautiful sunset. Katrina was recently seen in the horror comedy film Phone Bhoot alongside Siddhant Chaturvedi and Ishaan Khattar. Helmed by Gurmmeet Singh and written by Ravi Shankaran and Jasvinder Singh Bath, the film failed to impress the audience at the box office.



L Rahul and Athiya Shetty's wedding will

a three-day affair starting from January 21. The pre-wedding festivities will reportedly take place at Athiya's father, actor

Step inside Suniel Shetty's lavish Khandala farmhouse. which is Athiya Shetty and KL Rahul's wedding venue

Khandala. Ki. Rahul's Mumbai home is already decked up for the festivities as latest paparazzi videos showed fairy light decorations outside the building. Before Athiya's wedding with the cricketer, take a peek inside Suniel's spacious Khandala farmhouse Jahaan, reportedly the venue for the upcoming wedding. Khandala, KI, Rahul's Mumbai

wedding.

In a 2022 episode of the YouTube show Where the Heart You lube show Where the Heart Is, Suniel Shetty had opened the doors of his impressive Khandala family home built over a hilltop. The massive farmhouse is situated amidst nature and comes with scenic views, expansive gardens, stone sculp-

tures, soothing interiors, a swimming pool and much more.
Suniel's Khandala farmhouse has a zen vibe, with an almost life-size Buddha installation sitting pretty in one of the garden.
There's another Buddha statue by the corecous infinity, no come alive.

Another highlight of the home where or saveline indoor-outdoor in the control of by the gorgeous infinity pool, which is surrounded by green-ery. There are also tons of out-door seating areas with red

door seating areas with red bricks and picturesque patios making them a perfect spot for hanging out and taking pictures. The house also comes with a massive living room, not to men-tion a media room, and several dining spots interspersed throughout the space. The house features warm wooden flooring with white and brown furniture

is a sprawling indoor-outdoor room, which offers a dreamy seating area, perfect for soaking in an uninterrupted view of the hills. What's more the ceiling hills. What's more the ceiling even opens up to give a glimpse of Khandala's foggy skies. It features wooden flooring and white lounge-worthy sofas juxtaposed with dark glass windows. Huge lamps, plants, cushions of all sizes also make an appearance, much like the other spots in the house.

Shah Rukh Khan heans praises on 'gentle giant' John Abraham amid reports of tiff: 'He called me national treasure'



Khan will be seen at loggerheads with John Abraham in their upcoming action film, Pathaan. Amid the urs of their real-life tiff, Shah Rukh recently titf, Shah Rukh recently opened up about work-ing with John. He revealed how John refused to punch him during the shoot and called him a 'national

treasure.' Directed by Siddharth Anand, Pathaan stars Shah Rukh as a soldier named Pathaan, who ends his 'hiatus' as he is called to take down a ter rorist outfit led by John Abraham. Deepika Padukone joins Shah rorist outfit led by John Abraham. Deepika Padukone joins Shah Rukh in his mission. Now talking about the film, Shah Rukh in a chat

session, shared on Yash Raj Film's YouTube account, shared his thoughts on John playing a negative role. He recalled how he has known John since he shifted to Mumbai and snitted to Mumbai and became friends. Describing him as 'shy, very quiet and reculsive', Shah Rukh said he was keen on seeing John in Pathaan.

when he was doing a film or we wanting to do a film together and this happened per chance. I was very keen he does it and he was kind enough to do a role where he is really a bad guy. He is a

op star. He has his own franchises happening and he has got these really cool action films happening and to decide to take on a film where he is a bad guy, you know, so takes a lot of guts," he added.

Shah Rukh also shared while most actors refuse to play antagonists in films, John is different "Takes a lot of confidence in your own self, espe-cially when I see in the cially when I see in the Hindi film scenario. Heroes don't play bad guys. I'd love to play a bad guy. I'd love to play a bad guy. I gained deep respect for him." "It was nice working with him and all so I realised he is a gentle giant. You know when we were doing action and everything. He savs...he called me a He says...he called me a national treasure and said. 'I will not hurt you said, 'I will not hurt you.' I said you can, it's ok. He is very shy and I had to do a lot of convincing to tell him it's ok, you can punch me and I won't get hurt. I think he is so proficient in action. He really helped me look nice you know, in body language. know, in body language. It was very kind of him. I think when you are doing a film with a co-star like John, there is a lot to learn from him lot to learn from him. Being the star that he is and the respect that he has for me," said the superstar. He signed off with these words: "Thope when Pathaan comes out, one of the most liked characters, genuinely is characters, genuinely is John's. I really wish it because it takes a lot of guts to do what he has done as an actor and as a star," Shah Rukh shared

star." Shah Rukh shared his work experience with John in their first film together. Previously, reports suggested things were not alright between John and Shah Rukh. Reportedly. John was upset about the final cut of Pathaan which might have strained his equation with Shah Rukh

Lara Dutta reacts to Harnaaz's Miss Universe gown with her face on it, calls her 'diamond

arnaaz Sandhu, who was crowned Miss Universe in 2021, is only the third Indian woman to do so after Sushmita Sen and Lara Dutta were crowned with the stringers 1004. winners in Miss Universe 1994 and Miss Universe 2000 respectively. On Wednesday the former Miss Universe took to Instagram to share her photos from the recent Miss Universe 2022 pageant, where she crowned the new Miss Universe, R'Bonney Gabriel. At the event, Harnaaz

grabbed attention with her black gown, which featured photos of the winning moments of the only other Miss Universe crown holders from India – Sushmita Sen and Lara Dutta.

Giving a better look at her special outfit from Miss Universe 2022, Harnaaz wrote an emotional note as she recalled her Miss Universe journey and paid a tribute to the two 'incredible women' from India, who inspired her 'dream gown' at the event.

In her Instagram caption, Harnaaz Sandhu wrote, "It's my purest honour and gratitude to represent my incredi-ble country at Miss Universe. For my finale walk as reigning Miss Universe, I couldn' thank @officialsaishashinde and her team enough for making this dream gown come true! A huge tribute to these two incredible women from

India you have been making our country proud since becoming Miss Universe. Sushmita Sen and Lara Dutta,

I truly adore you both a lot...this one is for you and

post, "May you always shine bright like the diamond you are!! Stay your humble, amaz are!! Stay your humble, amaz-ing , strong self sista!!! Here's looking at you kid!!!!! Good luck for all that's yet to come!' Earlier, Lara had wished her the best of luck for her journey ahead and wrote on Instagram Stories after the Miss Universe 2022 pageant, "Wishing Harnaaz Sandhu the brightest ad ahead!! Am sure she's bing to blaze her own indi-

vidual, glorious path."

At the recent pageant, which was held in New Orleans, Louisiana, in the US, Harnaaz Sandhu had gotten emotional Sandhu had gotten emotional as she gave her final walk on the Miss Universe stage as the reigning Miss Universe. She had tripped on stage as she walked up in front of a cheering crowd, with many social media users praising her for finishing her walk with grace.



Reducing calories may result in greater weight loss than intermittent fasting: Study reveals

A ccording to a research, the number and quantity of meals were more important predictors of weight gain or reduction than the interval between meals. The findings of the study were published in the Journal of the American Heart Association, an open-

American Heart Association, an open-access, peer-reviewed journal of the American Heart Association. According to the senior study author Wendy L. Bennett, M.D., M.P.H., an associ-ate professor of medicine at Johns Hopkins University School of Medicine in Baltimore, although time-restricted eating patterns² s. Nown as intermittent fastine. - known as intermittent fasting are popular, rigorously designed studies have not yet determined whether limiting

have not yet determined whether limiting the total eating window during the day helps to control weight. (Also read: Intermittent fasting: Nutritionist on tips to make fasting easier and healthier)

This study evaluated the association between time from the first meal to last meal with weight change. Nearly 550 adults (18 years old or older) from three health systems in Maryland and Pennsylvania with electronic health records were enrolled in the study. Participants had at least one weight and height measurement registered in the two years prior to the study's enrollment perior. years prior to the study's enrollment peri-od (Feb.-July 2019).

od (téc.)-July 2019).

Overall, most participants (80%) reported they were white adults; 12% self-reported as Black adults; and about 3% self-identified as Asian adults. Most participants
reported having a college education or
higher; the average age was 51 years; and
the average body mass index was 30.8,



which is considered obese. The average follow-up time for weight recorded in the electronic health record was 6.3 years. Participants with a higher body mass index at enrollment were more likely to be Black adults, older, have Type 2 diabetes exhibit black advented by the property of t or high blood pressure, have a lower education level, exercise less, eat fewer fruits cation level, exercise less, eat fewer fruits and vegetables, have a longer duration from last mealtime to sleep and a shorter duration from first to last meal, compared to the adults who had a lower body mass index. The research team created a mobile application, Daily24, for participants to catalog sleeping, eating and wake up time for each 24-hour window in real time. Emails, text messages and in-app notifications encouraged participants to use the app as much as possible during the first app as much as possible during the first month and again during "power weeks" -- one week per month for the six-month intervention portion of the study.

Based on the timing of sleeping and eating each day recorded in the mobile app, researchers were able to measure:

the time from the first meal to the last meaning the mobile applies of the study of the st

meal each day; the time lapse from waking to first meal; and the interval from the last to first meal, and the interval from the last meal to sleep. They calculated an average for all data from completed days for each participant. Although the study found that meal frequency and total calorie intake were stronger risk factors for weight change than meal timing, the findings could not prove direct cause and effect, according to lead study author Di Zhao, Ph.D., an associate scientist in the division of cardiovascular and clinical epidemiolo-gy at Johns Hopkins Bloomberg School of yat Johns Hopkins Bloomberg School of gy at Johns Hopkins Bloomberg School of Public Health.

the study since they did not evaluate the complex interactions of timing and fre-quency of eating. Additionally, since the study is observational in nature, the authors were unable to conclude cause and effect. Future studies should work toward including a more diverse population, since the majority of the study's participants were well-educated white w mid-Atlantic region of the U.S., the authors

noted author.

Researchers also were not able to determine the intentionality of weight loss among study participants prior to their enrollment and could not rule out the additional variable of any preexisting health conditions.

According to the American Heart association's 2022 statistics, 40% of adults in the U.S. are obese; and the Association's current diet and lifestyle recommendations to reduce cardiovascular disease risk include limiting overall calorie intake, eat-ing healthy foods and increasing physical

activity.

The 2017 American Heart Association scientific statement: Meal Timing and Frequency: Implications for Cardiovascular Disease Prevention did not offer clear preference for frequent small meals or intermittent fasting. It noted that irregular patterns of total caloric intake amorat to be less favorable for the mainter. appear to be less favorable for the mainteappear to be less lavorable for the manner ance of body weight and optimal cardio-vascular health. And, altering meal fre-quency may not be useful for decreasing body weight or improving traditional car-diometabolic risk factors.

Creatine supplements: what the research savs about how they can help you get in shape



reatine is one of the most popular nutritional supplements, widely used by bodybuilders and athletes alike. Many claim that they feel better after they include it in their diets, and believe it helps them get fit and build muscle.

While some feel these supplements may be controversial, there's quite a lot of scientific evidence behind taking creatine, especially for exercise. Studies suggest creatine can help boost your performance during workouts, which, in turn, may help

formance during workouts, which, in turn, may nepy you get in shape.

Creatine is a natural substance produced by the body. It's also found in foods such as red meat and seafood. Creatine also plays an essential role in cell regulation and helps rapidly regenerate adenosine triphosphate (ATP), an organic compound in our bodies that gives cells the energy they need to func-tion

In humans, most of our body's creatine (around 95%) is stored in our muscles. As such, it helps give

our muscles on-demand energy when needed.

The more creatine stored in our muscles, the more energy we can draw on when exercising. This may

The more creatine stored in our muscles, the more energy we can draw on when exercising. This may explain why taking creatine supplements may translate into better-quality workouts with less fatigue. But although creatine may aid your workouts and energy available for the working muscles, it will not suddenly make you fitter, especially if you already have naturally high stores of it to begin with. That said, a wealth of research indicates that taking creatine alongside exercise can benefit your training). In some cases, it can improve the amount of weight you're able to lift by up to 32% and increase muscle mass by 7.2%, particularly in the upper body, when compared with those who don't take creatine. More recently, there's evidence that water uptake into cells as a result of creatine supplementation may trigger gene associated with muscle growth, leading to greater lean muscle gains. While largely contested, a few studies have also shown creatine can modestly reduce overall body fat especially when taken immediately before and after exercise. There is also evidence suggesting creatine can support recovery from exercise, especially if consumed with a protein drift, and he by with injury.

can support recovery from exercise, especially if con-sumed with a protein drink, and help with injury

But it's not just about physical gains. Around 5% of the body's creatine is stored in other tissues including our brain. Taking creatine has been shown to significantly improve cognitive function and decision-making, particularly in vegetarians. Around 8 grams of creatine taken daily for five days has been shown to reduce mental fatigue acceptability. grams of creatine taken daily for five days has been shown to reduce mental faigue associated with task repetition, and higher doses (20 grams) may improve brain-muscle-related fatigue. This further highlights that creatine could be beneficial to enhancing the quality of your workouts. How much to take?

Intermittent fasting leads to earlier death? Study suggests restricted eating not so good after all

or many people, there's a constant, nagging inner monologue telling them to start a new diet or get back in the gym. However, some dieting and fitness plans may be doing more harm than good. Whether it's intermittent fasting, cutting caths, or going Keto new it's intermittent fasting, cutting carbs, or going Keto, new research is advising caution for those who restrict their eating habits. Researchers at The University of Tennessee Health Science Center say that eating only one meal per day is associated with an increased risk of death in American adults 40 and older. The findings contradict the many articles on intermittent fasting research previously published on StudyFinds which demonstrate the wide-ranging

demonstrate the wide-ranging benefits of the practice. For exam benefits of the practice. For exam-ple, just recently one report linked intermittent fasting to greater longevity. Another shows that it could potentially help pre-vent diabetes. Any changes to your diet should always be dis-



sed with your doctor first.

cussed with your doctor first.

According to the scientists
behind this latest report, skipping
meals can have harmful effects to
your health. While you might
enjoy dropping a few extra
pounds, skipping breakfast i
associated with a higher risk of
cardiovascular disease mortality.
Similarly missing lunch or din. Similarly, missing lunch or din-ner can lead to a higher risk of death in general

The timing of your meals also

plays role in health. For those who eat three meals daily, researchers say that meals should be spaced out by 4.5 hours of each other. Otherwise, you may be inching closer to death's door. "At a time when intermittent fasting is widely touted as a solu-

fasting is widely touted as a solution for weight loss, metabolic health, and disease prevention, our study is important for the large segment of American adults who eat fewer than three meals each day. Our research revealed that individuals eating only one meal a day are more likely to die than those who had more daily meals," says lead study author Yangbo Sun, from the Department of Preventive Medicine at The University of Tennessee Health Science Center, in a medic selesse in a media release.

2 in 5 people follow a restricted

The investigators analyzed The investigators analyzed responses and causes of death from over 24,000 American adults 40 years-old and older who participated in the National Health and Nutrition Examination Survey (NHANIES) between 1999 and 2014. The survey collects data on everything from diet to and 2014. The survey collects data on everything from diet to general health across the U.S.

Researchers found that people who ate less than three meals a day (about 40% of the participants) shared common characteristics such as having less educa-tion, lower income, food insecuri-ties, drinking more alcohol,

smoking, and have less energy intake overall.
"Our results are significant even after adjustments for dietary and lifestyle factors (smoking, alcohol use, physical activity leads, els, energy intake, and diet quali-ty) and food insecurity," adds the study's senior investigator, Dr Wei Bao, from the Department of Epidemiology, College of Public Health at the University of Iowa.

Health at the University of Iowa.

Dr. Bao explains that skipping meals means obtaining more energy all at once, which can throw off your body's ability to metabolize glucose. This can result in damage to your metabolism. So, the next time you're considering hopping on the newest diet trend, think twice. Limiting your body's food, dang fuell. your body's food (and fuel) intake can have serious long-term consequences and that is more important than fitting into the next size down in jeans. As men-tioned, it's best to talk with your

Simple everyday ways to boost your nutrition without noticing

The start of a new year is known as "diet season"
- a time in which every new program, potion and supplement will be flogged as a way to undo the damage of several weeks for feetings. eral weeks of festive season overeating. Inevitably these extreme regimes come and go, and we return to our regular and we return to our regular food and lifestyle habits fairly quickly. Instead, why not make several small, sustainable swaps, which will have a significant impact on your overall nutrient intake, and slip so easily into daily life, you barely notice you have made any changes at all?

Get serious about your daily

bread
The type of bread you choose can make a massive difference to nutritional intake. For example, large, thick slices of white bread add significant amounts of refined carbs into your diet, and flatbreads such as Turkish and Lebanese breads can con-tain 3-4 times the amount of carbs as traditional sandwich slices. Swapping to thin, small or even lower-carbn/wdrate or even lower-carbohydrate bread varieties that are wholegrain-based can reduce your calorie intake, and boost the and mineral content of

10 simple cooking resolu-tions you might actually be able to stick with Tick the box on your good

fat at breakfast Including 3-4 serves of good fats in your diet each day - such as oily fish, avocado, nuts, seeds and extra virgin olive oil - will ensure you get the optimal amounts of these important fats for metabolism, and including them at each meal aids feelings of fullness. For example, at breakfast, adding avo to your toast or smoothie, or a tablespoon of nuts or seeds to your cereal, yoghurt or smoothie, will help to tick the box every

Know your smart spreads

Know your smart spreads
You may routinely reach for
the butter, cholesterol-lowering
margarine or a little mayo or
pesto to season your favourite
toast, wrap or sandwich, but
uturitionally these spreads are
high in fat and calories and can
the alote for first devertable oil add a lot of refined vegetable oil into the diet. Lighter yet tasty options include the growing range of vegetable dips made with a base of cucumber or with a base of cucumber or beetroot, or try hummus or

Season your vegies and sal-ads the healthy way
When our vegetables and sal-ads taste good, we eat more of them, and the good news is you can season your vegies and salad, guilt-free. For salads, try balsamic or apple cider vinegar for both flavour and blood glu-cose control. Meanwhile, cooked vegetables are delicious with a dollop of Greek-style yoghurt, cottage cheese, sour cream or homemade cheese sauce.

Nourish your gut
Our digestive health impacts
our overall health and wellbeing in many ways. Rather than supplements or powders, good digestive health is much more about the ways in which we nourish our digestive tract on a daily basis. In food terms, a daily serve of yoghurt, kefir, miso or fermented vegetables will support your digestive health long term.

Leave the skin on

Whether it is on your favourite fruits - think apples, pears or even kiwifruit (yes, really!) - or vegetables such as potato, zucchini and carrots, leaving the -1-: leaving the skin on means dietary fibre and nutrients

Get smart with seafood

All seafood offers protein and essential nutrients including Omega-3, but before you reach for yet another can of tuna, it may be of interest to know that some relatively cheap seafood options including canned salmon, and shellfish like oysters and mussels are among the most nutrient-rich. Tinned salmon and sardines, especially when eaten with the bones when eaten with the bones, are packed full of Omega-3 fatty acids and are non-dairy sources of calcium, while mussels and oysters are high in iron and zinc.

Time to juice
Fruit-based juices are a concentrated source of sugars sugars few of us need - but
there are plenty of benefits associated from adding a vegetablebased juice into your daily diet
instead, Juices which are made
100 per cent from vegetables
add concentrated nutrients,
including beta carotene, and a add concentrated nutrients, including beta carotine, and a number of powerful antioxidants. The key is to find a mix that is palatable, but including brightly-coloured vegetables such as beetroot, carrot and spinach is a good start.

by PM Modi led Govt: Ganga

II NEWS SERVICE

SAMBA, JAN 18: A gr

SAMBA, JAN 18: A grand Kissan Sammelan conduct-ed at Ghagwal witnessed a mammoth gathering of participants here today. On the occasion, senior BJP leader and former min-ister, Chander Prakash Ganga was the Chief Guest while the event was precided over the Sarakiti presided over by Sarabjit Singh Johal, President BJP n Morcha J&K and

Kissan Morcha J&K and DDC Member Ramgarh. The event was organised by Suresh Phalli, DDC Member Ghagwal. Senior BJP leader Chander Prakash Ganga, while addressing the gathering at the Sammelan, asserted that Prime Minister Modi led Govt at the Centre stands fully the Centre stands fully committed to the welfare committed to the welfare of the farmers who deserve special attention especially in view of their being the food producers of the nation, He said the govern-ment is making every effort to double the farm-ers' income and boost agri-culture economy.

culture economy.
"Since the BJP led government came into power, it has been taking all neces-sary initiatives to boost and bolster the agricultural economy along with farmers' welfare schemes," said Ganga. He said that the



The BJP leader briefed bout the various farmer about the various farmer welfare schemes sponsored by Prime Minister Narendra Modi led Union government. He said that the schemes and initiatives by the government like Kissan Sammaan Nidhi, Kissan Credit Card, Kissan Fasal Bima, Soil Health Card, Pradhan Mantri Krishi Sinchayee Yojana (PMKSY), National Agriculture Market (e-NAM), SVAMITVA Yojana, and many more such schemes have been providing benefits to all the farmers of the nation. Kissan Sammaan Nidhi, the farmers of the nation. He asked the Kissan Morcha leaders and work-ers to establish a strong connect with the farmers' community and ensure that they avail the benefits of the aforecast

of Union Govt viz-a-viz J&K, said that as of today there is no firing on bor-ders due to complete ceasefire on borders and the Pak refugees have got all the rights now which are at par with those of the rest of the people across the nation. He also underlined that under the Kissan Nidhi under the Kissan Nidhi Yojana the farmers are get-ting financial assistance direct from Centre into their accounts. He said that the greatest achievement of the BIP Govt is the abroga-tion highly discriminatory Article 370 from the Constitution. He said that all the achievements in IeK all the achievements in J&K have been possible after abrogating Articles 370 and 35A as these were big hur-dles in the path of development and progress of J&K and the welfare of its peo-ple. Suresh Phalli, District and the welfare of its peo-ple. Suresh Phalli, District Development Council (DDC) Member Ghagwal

Valmiki Samaj is grateful to the Prime Minister Narendra Modi who is working relentlessly to ensure upliftment of the underprivileged classes including the Valmikis and the farmers

Prominent among others Prominent among others who attended the grand Sammelan were BJP District President Samba Kashmira Singh, Amar Singh, General Secretary BJP Kissan Morcha J&K Rakesh Pant, Imtiyaz Ahmad Dar, Balbir Kour, Chowdhay Darshan Anmad Dar, Baibir Kour, Chowdhary Darshan Singh, Gurbachan Singh, Manik Sadhotra, Parveen Sharma, Varinder Verma, Dist President Kissan Morcha Mohinder Pal Morcha Mohinder Pal Bika, Rashpaul Verma, Jatinder Sharma, Ajay Sharma, Mandal Adyaksh Ghagwal Rajesh Upadhyay and Tarsem Lal.

Another jolt to DAP as over a dozen leaders join back Congress in Kashmir

Tara Chand, other senior leaders welcome them



JI NEWS SERVICE SRINAGAR JAN, 18: Dozens of founding mem-bers of Democratic Azad Party rejoined Congress at Srinagar party office under the presence of Former Dy.Chief Minister Tara Chand,AICC Coordinator Chetan Chauhan and Senior Congress Leader Mohd Anwar Bhat.

remor Congress Leader coming. They expressed great satlond Anwar Bhat. Those who rejoined According to a statement Congress party including Congress while accepting

Former Dy.Chief Minister Dy.Chief Minister who flew to Srinagar to partici-pate in the rejoining func-tioning at Srinagar Party Office welcomed the Former Congress Office bearers and other leaders into the Party while hailing their decision of home their decision of home

Former PCC Vice President Former District President Haji Abdul Gani Khan, Haji Abdul Gani Khan, Former District Working President Mir Ruvais, Former PCC Secretary Subodh Mukoo along with other former Congress Leaders and prominent Party workers. They expressed great sat-

They expressed great sat-

their previous decision of rejoining DAP a step taken in haste.

in haste.

We have rectified our mistake of defecting Congress three month's back, they added and vowed to strengthen Congress Party further in Sciences district and also Sciences district and also Srinagar district and also contribute in other districts by way of garnering people support to Congress Party, which has also served people to the best of its ability, they said.

On this occasion Former Dy.Chief Minister Tara Chand flanked by AICC Coordinator Chetan Chauhan and Senior Leader Mohd Anwar Bhat addressed a press confer-

Former Dy CM also addressed workers meet-ing and urged them to work hard to strengthen

DAP protest against land eviction order in Kathua

II NEWS SERVICE

JAMMU JAN 18: Hundreds of work-JAMMU JAN 18: Hundreds of workers, leaders on Wednesday staged the peaceful protest in Kathua against the land eviction order by the Jammu and Kashmir government. The DAP protesters urged the government to revoke the order of land eviction which is affecting the poor people in Jammu and Kashmir.

The memorandum was submitted to the DC Kathua by Subash Gupta Vice President Jammu Province & Vice President Jammu Province

Vice President Jammu Province & Brijeshwar Singh President DAP Brijeshwar Singh President DAP Kathua in presence of General Secretary DAP R.S.Chib, Vice Chairman G. M. Saroori, Juga Kishore Sharma Provincial President, Salman Nizami Chief Spokesperson, Naresh Gupta Provincial Vice President, Ghulam Hyder Malia Davinder Singh Bindu, Aradhna Andotra & others. General Secretary thall be revoked immediately by the government. It is hitting the poor and needy people," they said. needy people," they said

They also submitted the memoran-



dum to the district development com-missioner in which the party termed the order of eviction unfair and anti-people. "We want this order to be revoked immediately. We can't keep watching the sufferings of our peo-ple. Instead government shall frame the policies to empower the people." the policies to empower the people," he said. The party leaders said that the protest was organized on the instructions of party Chief Ghulam

Nabi Azad. They said DAP is work-ing for the socioeconomic empower-ment of people and it will fight against all those orders which are hurting the interests of common peo-ple. Among others who participated in the protest were Arjun Singh, Advocate Ajat Shatru, Kamal Singh, Rainder Thakur, Ashutsh Raina Rajinder Thakur, Ashutosh Raina, Sarpanch Nawab Din, Surjeet Singh, Tarseem Singh & others.

Farmers' issues best addressed Purnima slams NC, PDP for shedding crocodile tears in front of ECI

JI NEWS SERVICE JAMMU, JAN

NEWS

JAN 18: Purnima Advocate

Sharma, Spokesperson BJP J&K, and former Deputy Mayor today slammed the Valley based political par-ties for shedding crocodile tears over plights of people of Jammu and Kashmir, while participating in the meeting called by the Election Commission of In a statement issu

here today, the senior BJP leader asserted that the Kashmiri mainstream Kashmiri mainstream political parties like NC and PDP have deprived and deceived Jammu and and deceived Jammu and Ladakh regions for the last 70 years and looted the government resources for their own good. "They exploited Jammu and Kashmir's resources in the name of Article 370 and are



mula but people are aware of such tactics. They have lost their credibility and the dynastic politics has ended with the abrogation of Article 370," she said. The former Deputy

The former Deputy Mayor said that NC and PDP are L they are themselves responsible and are shed-ding crocodile tears over the plight of Jammu which is an outcome of regional discrimination and injustice meted out to Jammu during over four decades of rule of these two political parties. She said the NC had not conducted ULB and Panchayat for 13 years, depriving people of three tier democracy.

Purnima Sharma reiter-Purnima Sharma reiter-ated that political outfits like NC, PDP, Congress and their ilk are opposing BJP for the sake of opposi-tion otherwise they have no valid reason or issue to contest party's dedication contest party's dedication towards people. She added that PDP is a marginalised force now and no one takes Mehooba Mufti seriously. The BJP Spokesperson asserted that BJP govern-ment under PM Mod's dynamic leadership has

dynamic leadership has dynamic leadership has changed the development course of the UT and peo-ple have enjoying the fruits of robust government ini-tiatives. She said that progressive changes which took place in J&K after PM ndra Modi led gov

including abrogation of contentious Article 370 and Article 35A, bringing region under direct control region under direct control of Centre, holding of ULB and Panchayat elections, elimination of terror mon-gers, stronger vigil along borders including IB, LOC and LAC, introduction of several laws which earlier several laws which earlier were barred in the erstwhile State due to Art 370 while State due to Art 3/0 barrier, and many others have convinced people considerably that BJP is the only party which values nationalism, public good and development the most

Purnima Sharma asserted that under the dynamic ed that under the dynamic leadership of Prime Minister Narendra Modi the country's development profile has witnessed tremendous growth and democracy has reached

2nd National Theatre Carnival Pankaj Sharma exhibits great deal of mental and physical focus in 'Yeh Meri Wife Hai'

JI NEWS SERVICE
JAMMU, JAN 18: On the
third day of ongoing
National Theatre Carnival
Natraj Natya Kunj today
Presented Pankaj sharma's
hilarious comedy Ye Meri Presented Pankaj sharma's hilarious comedy Ye Meri Wife Hai here at Abhinav Theatre Jammu. On the occasion Padma Balwant Thakur was the Chief Guest and Bharat Chief Guest and Bharat Singh Manhas Secretary J&K Academy of Art, Culture & Languages was the Guest of Honour. Supported by Ministry of Culture, Government of India, Indian Council For Cultural Relations J&K, Lammu & Kashmir Jammu & Kashmir Academy Of Art Culture & Languages, Punjab Sangeet Natak Akademi & Haryana Kala Parishad, in Haryana Kala Parisitou, ... today's performance Pankaj Sharma once again Pankaj Sharma once again impressed with his solo performance in play 'Yeh Meri Wife Hai', which was performed as the penulti-mate presentation of ongo-ing theatre fest being organized by Natraj Natya Kuni. Cultural Society

Kunj, Cultural Society Jammu at Abhinav Theatre



here today. Choudhary and Pankaj Sharma, who also directed and acted as the sole-actor and acted as the sole-actor in multiple roles, the play in Hindustani while high-lighting the changing paradigms of husband-wife relationships from the initial years of loving affectionate and carring partners to the subsequent transformation as bitter selves with the expansion of family, financial problems etc. The

play ends with the hus-band realizing that it was his inflated ego that his inflated ego that stopped him from seeing the dedication of his wife towards him and her fami-

Right from the starting Right from the starting sequence, the casual man-ner in which the actor directly narrates the play's story to the audience gave enough inkling about the style of the presentation. Such an approach which 'fourth wall 'that separates the actor from the audience, certainly touched the

ence, certainly touched the chord of the spectators. Their minimal set of three centrally placed blocks, with bare wooden door frames carrying plac-ards with written labels like Bed Room, Kitchen, Drawing Room, provided freedom to spectators to freedom to spectators to visualize the props and setting of the household according to respective according to respective imaginations. It goes to the credit of the acting skills of Pankaj Sharma who as a solo actor exhibited great deal of mental and physical focus that goes into one-man plays and the con-comitant seamless transition from one character and kept the spectators. Play was equally supported by all the backstage of the property of the property of the spectators. ed by all the backstage including Lokesh chander on music Tara Chand on lights and supported by all the staff of abhinav Theatre.

Tomorrow, on the 4th day Samooh Theatre will present Chitta Singh at Abhinav Theatre, Jammu

Good governance in J&K confined to papers only: Dr Manohar



JI NEWS SERVICE

BILLAWAR, JAN 18: Alleging that d to bring any de ment in the Billawar constituency former Minister Dr Manohar I former Minister Dr Manohar Í.al Sharma asked the people to teach a lesson to the present Government for making them to suffer on every count. Addressing a huge public rally at Six Acres Farm Mandil, Billawar . Dr Manohar said from the past eight years, BJP Govt failed to fulfill the basic needs of people as the people are facing many hardships and have to run from post to pillar to get their grievances addressed. The meeting was organized to brief people of Billawar constituency in wake of new development including coming of development including coming of Azad Sahib along with many senior leaders at his residence to convince Azad Sahib along with many senior leaders at his residence to convince him to rejoin DAP and also Azad Sahib explanation why he was expelled from party to seek their point of view. It was unanimously decided to call another public meeting on 1st Feb 2023 to decide what to

do and where to go.

Prominent among those present or the occasion include Th. Budhi Single Senior Leader,Sham Spolia Senior Leader,Tek Chand Retd Head Leauer,1ek Chand Retd Head Master,Om Dutt Manhas Retd Head Master, Mukesh Kumar Sarpanch Puran Chand Sarpanch, Romesh Spolia Ex Sarpanch, Rattan Tripathi, Raj Kumar, Rangeel Singh Makhanu, Sunil singh Bhadwal, Romesh Bhagat Sunil singh Bhadwal, Romesh Bhaqat Municipalty Corporator, Subash Singh Municipalty Corporator, Surinder Tripathi,ch. Mahmood, Makhan Tripath ppt Member, Som Dutt pyt Member, Mohd Rafiq Retd Range officer, Girdhari Lal, Mohinder Raina Retd Range officer, Sagar Singh Biloria, capt. Anchail Singh, Uttam Singh Rtd Head Master, Krishan chand Rtd Master, Joginder Singh Retd Head Master, Doctor Tara Retd Head Master, Doctor Tara Chand Verma, Ishar Dass Sangra, Ram Lal Bhatti,Masr Ram Verma,Firoj Dien Rtd Head Master,Romal ZEO.Hukan

Chand (Retd) Master, Ram Kumar, Capt Hans Raj, Vipul Sharma Youth, Gian Chand Sharma, Kirishan Chand Sharma, Jia lal Vidyal, Tilk Raj Patak, Bansi lal Verma, Mohd Nadeem Ex Sarpanch, Capt Bansi lal, Sarpanch

Is Sarpolitity. Api Datist al, surjance Ramesh Kumar besides others.

Speaking on the occasion, Dr Manohar said BJP Govt failed to pay any attention towards the problems being faced by the people of this constituency", he said, adding that now the people want to change this trend and want to get rid of such politicians, who misused them after providing them only false promises. Billawar is a hilly place which is far away from Kathua headquarter and need roads, water and electricity," said Dr Manohar. He said that district headquarter is 120 km away from Billawar because of which the poor Ramesh Kumar besides others Billawar because of which the poor people are not able to reach there. "Being a remote place, the develop-ment, electricity, water and road construction can be done when it is giver district status which is long pending demand of the people," said Dr Manohar.

Manohar.

He said that Billawar extends from
Basohli to Dudu-Basantgarh of
Udhampur district, and from
Hiranagar tehsil to Kathua. It has
mostly hilly areas, some kandi belts
and some plain areas. "The distance
of Billawar from district headquarters
is 81 kms and some areas have 150 is 81 kms and some areas have 150 kms distance or more from Kathua headquarters," added Dr Manohar who pitched for the district status of

ECI's word on J&K poll preparations commendable: Kavinder

Inaugurates cultural & literary society 'Navras

(BJP) in the upcoming elec-

Kashmir Union Territory

to further strengthen the

Modi led Govt and its pro-

grammes.
After inaugurating the literary society, Kavinder complimented Satish Sharma, former Income Tax Commissioner, for starting the literary society 'Navras' in Kammu.
The senior BJP leader said that such endeavours are precessary to provide

are necessary to provide needful acumen to the peo-

ple to make the society more aware and enlight-



JI NEWS SERVICE JAMMU, JAN 18: Senior BJP leader and forme Deputy Chief Minister former Kavinder Gupta on Wednesday welcomed the announcement by Election Commission of India (ECI) Commission of India (ECI) over completion of all nec-essary preparations for holding Assembly polls in J&K. The former deputy Chief Minister said that it is highly appreciable that ECI has completed its homework for holding the polls to elect UT Assembly in J&K though security clearance from the Centre is still awaited. He antici-

J&K is promising with terror mongers ge tralized on a regular basis and security forces sanitiz ing major areas with high morale enthusiasm. The BIP stalenthusiasm. The BJP stal-wart was speaking after inaugurating a cultural and literary society 'Navras' in Jammu today. Kavinder Gupta has asked the people to have full faith in the Prime Minister Narendra Modi led Govt at the Centre as it stands fully committed to fulfill the aspirations of all the sec-tions of the society. He made a fervent appeal to

He said that culture of he region showcases the the region showcases the past of the people living in the vicinity and literary pursuits help in enhancing the attributes and quality. the attributes and quality of life thus both hold significance as far as improing the lifestyle and qualiof life is concerned. He said Jammu is culturally rich and it become very rich and it becomes solemn responsibility of such societies to educate people about their heritage and lineage to ensure development toeing the same old lines which had helped ancestors to live a meaningful life. Former IAS office Ashok

Angurana was the Guest of Honour while Vinay Gupta, She Prabhari BJP Jammu, Raj Bharti Owner Viraj Kala Kender, Sameer Viraj Kala Kender, Sameer Bharti, CA Gandotra, Vijay Saraf, Dr Baljeet Raina, Dr Manjeet, Smt Vijaya Thakur, Smt Santosh Sangra, Dr Yudvir Gupta, Adarsh Gupta, Neeraj Anand, Narender Gupta, Sh Vageesh Sharma were present on the occasion

JI NEWS SERVICE Chakroi in JI NEWS SERVICE JAMMU, JAN 18: Taranjit Singh Tony, Chairman Village Chakroi in Suchetgarh constituency. The camp was organised by Sarpanch Sham Lal, District President APP Jammu Central in which Mandeep Choudhary, AAP Singh Tony, Chairman Aam Aadmi Party (AAP) Jammu and Kashmir for Administrative Engage-ment and Minority Affairs, and District Development Council (DDC) Member youth leader, Sarpanch Shashi Bhagat, Tilak Raj, Suchetgarh on Wednesday asserted that BJP is in state Kala Choudhary, Meeta Lambardar and Sarpanch

asserted that BJP is in state of tizzy and deeply disturbed after analyzing probable outcome of Assembly polls in J&K as saffron party's position is dwindling and crisis-ridden In a statement issued to media persons, the AAP functionary accused the saffron brigade of creating ambiguity on the poll sce-nario in J&K to kill some The senior AAP leader was speaking after inaugumore time as it is quite sure that holding election soon rating the medical camp at

will be devastating for the BJP as majority of people have been enraged by this party's policy deficit for J&K. He alleged that the confusion over time for holding elections in J&K is creation of BJP leadership as in the meetings of local leadership with high com-mand, the real picture about people's ire against the party has been unrav-eled time and again thus

Ambiguity on polls shows BJP in

state of tizzy, panicked: Tony

the party has been unraveled time and again thus forcing the top leadership, which is running the government to go slow on conducting polls in J&K.

Tony said it is sure like death that Assembly polls in J&K today will not fetch

even five seats in favour of BJP as incapable leadership of the party in the UT has made mess out of every-thing and for even small made mess out of every-thing and for even small matters like constructing a drain, these spineless rep-resentatives seek permis-sion from Home Minister, Defence Minister or even the Prime Minister. He however sought early elections in J&K to resolve the issues of people on mi-

the issues of people on pri-ority as there is no comparison to a popular govern-ment. He said that people by now have become quite by now have become quite smart and they know well that only the AAP model of governance in Delhi can sort out issues of people in J&K.

Tony said that unemployment, education sec-tor, healthcare and many other sectors are in doldrums but the dispensation is busy in self-praise there fore the one and only solution to all the problems of people is AAP Government in the UT and for this people should also mount pressure on LG's government to go for early polls as under present dispensation the common man is suffering a lot.

Dr Rohit Gupta demands revamp of developmental activities

Dozens of people join Apni Party



JI NEWS SERVICE

JI NEWS SERVICE JAMMU, JAN 18: Apni Party Provincial Secretary and District President Jammu Urban, Dr Rohit Gupta has demanded revamp of developmental activities in Subash Nagar and other adjoining areas

Addressing a meeting of Apni Party workers at ward number 26 in

JMC has provided equitable develop-ment in all the wards of the areas falling under the jurisdiction of Jammu Municipal Corporation

(JMC).

He said that the people have no hopes with any other political parties.

"The traditional political parties have been exposed because of their divisive agenda. Hence, they have

pinned their hopes with the Apni Party under the leadership of Shri Party under the leadership of Shri Syed Mohammed Altaf Bukhari sahab, President of the Party," he

mitted to overall development and protection of the rights of the people. "It is the result of the Apni Party's policy and agenda that dozens policy and agenda that dozens of people are joining us day by day," he said while welcoming the new entrants into the party. Over a dozen people join the party in presence of Dr Rohit Gupa while expressing faith in the party's leadership and agenda. Prominent among those who attended the meeting include Provincial Secretary Apni Trade Union Daljit Singh, Kishore Chib, Om Parkash Dansalia, Vikas Bakshi, Mohan Lal, M I Mahajan, Kanav Singh, Attar M 1 Mahajan, Kanav Singh, Avtar Singh, Kuldeep Singh, Mohd Hafiz, Mohd Sadiq, Dwarka Nath Khajuria,

said. He said that the Apni Party is com

the legislat

Sarpanch along with people of Gurha **Jagir felicitates SSP Mohan Lal**

JI NEWS SERVICE AKHNOOR, JAN 18: In an

sive programme organised by Varinder Kumar (Bubby) Sarpanch Gurha Jagir, SSP Mohan Lal Bhagat who was conferred with the presti-gious Union Home Minister's Medal gious Union Home Minister's Medal for excellence in training was felicitat-ed by the prominent people of the area. SSP Mohan Lal Bhagat on reach-ing his home land received a warm welcome by Sarpanch Varinder Kumar (Bubby) accompanied by Bandana Devi Naib Sarpanch, Jaswant Singh Ex Sarpanch, Retd. Capt. Faizu Ram Bhagat Ex Sarpanch, Rtd TSO Manohar Lal Sharma, Capt. Neelam Kumar Panch, Sunita Neelam Kumar Panch, Sunita Choudhary Panch, Sunita Bhagat Panch, Surinder Takayia Panch, Rakesh Kumar Panch, Vijay Kumar Panch, Bachno Devi Panch etc. The gathered prominent personalities garlanded SSP Mohan Lal and hon-

garlanded SSP Mohan Lal and hon-oured him with a token of respect. Varinder Kumar (Bubby) while addressing the gathering during the program praised SSP Mohan Lal Bhagat for his extraordinary services in every sphere of life. He added that SSP Mohan Lal

Bhagat who is also the son of the soil has already been awarded the Police Medal for Gallantry by the Hon'ble President of India in 2002, Parakram Padak "Wound Medal" in 2008, 1st Bar to the Police Medal for Gallantry Bar to the Police Medal for Gallantry by the Horble President of India in 2010, DGP's Commendation Medal in 2012, Police Medal for Meritorious Services by the Hon'ble President of India in 2020. He said the officer being highly decorated is still con-



nected with his roots in his village. He said there is a sense of great pride in the whole of Akhnoor because of SSP Mohan Lal. He said that the young generation of the area is largely following the officer as their role

Ex Sarpanch Jaswant Singh in his words appreciated the honest officer He said that SSP Mohan Lal Bhagat i He said that SSP Mohan Lal Bhagat is contributing to society with his best services. He said that other than a brilliant officer Mohan Lal Bhagat is a kind human being who is always helpful to society. He said that the officer is regularly conducting coun-selling sessions for the youth of the area and is inspiring them to con-tribute something positive for society SSP Mohan Lal while speaking on the occasion extended gratitude to

He said it is because of the bles ings of you all that he can achieve such milestones in his life. He recalled that it is because of the proper guidance and support of the elders

the people of Panchayat for their hon-our and respect recognising his serv-

focussed and work hard for their goals as there is no shortcut for sucgoals as there is no shortcut for suc-cess in life. He apprised them that if he can achieve such things why can-not they do so. He appealed to the parents and other elders to be the torch bearers to the youth of the soci-ty. He appealed to youth to shun drugs and other evils to choose a path of nation building in which they should contribute something positive for the society. for the society

of the area that he can contribute for the nation and society. Addressing the youth present in the programme Mohan Lal encouraged them to be

He appealed to them to be disciplined and punctual to become suc-cessful in their lives. The officer assured his services including any kind of financial help to the needy youth for their career building and higher education. He at last thanked higher education. He at last thanked the elders, youth and women frater-nity in particular for giving him such honour. He assured that he will keep serving the society and nation in whole with the same spirit and pas-

Dr. Vikas Sharma condemns LG admin's eviction order obtained the ownership of

Majority of land being used by poor, EWS'



JAMMU, JAN 18: Coordinator Jammu District Urban and Zonal Secretary, JKNC Dr. Vikas Sharma have criticised the J&K administration's order eeking vacation of state land a ss the union terri tory (UT) before the end of the month

tory (U1) before the end of the month. Lashing out at LG administration, Dr. Sharma said "the time has come to stand and fight for rights in J&K, adding, the land under the Roshni act was allotted to people through re of erstwhile nu and Kashmir State infortunate now that who benefited from



Jangi Lal Bhagat were pres-

In a statement issued to

the scheme are forced to vacate the land; despite the matter is subjudice before the high court and the Supreme Court of India."

land. Where shall they go in these harsh winters," he

in these harsh winters," he added, before terming the developments a "human rights violation". He said the majority of land, described as State land by the administration, is being used by the poor and economically weaker sections of the society sections of the society. sections of the society. "They are mainly using it for agricultural purposes or at the most for shelter," he added.

added.

Blaming the Centre govt for complete mess in J&K post August 5, 2019 when its special status was removed and it was downgraded to the level of

Union Territory, he said, "Unemployment rate is the highest in J&K and there is highest in J&K and there is lack of transparency in recruitment processes owing to which youth has turned pessimistic and suf-fering from depression. Their families are also under depressive state of mind and staring at dark future."

future."

Dr. Vikas appealed to the people of J&K especially youth to come forward and get ready to play their role n the restoration of demoin the restoration of demo-cratically elected political dispensation which can take popular decisions for welfare of each and every section of society.

Bharat Jodo Yatra: Youth Congress holds preparatory meeting with KPs at Jagti

Kashmir created by BJP in 2022 is dangerous than any other place in the world: Uday

II NEWS SERVICE

JAMMU, JAN 18: Today Youth Congress held a preparatory meeting with Kashmiri Pandits in connection with upcoming Bharat Jodo Yatra at Jagti

Bharat Jodo Yatra at Jagti camp today. The meeting was organ-ised by Indian Youth Congress Spokesperson Deepanshu Bhat, and JKPCC member and senior KP Leader Munish Saproo. In the meeting, scores of young Kashmiri Pandits joined the Youth Congress in the Kashmiri Migrant mmunity, Jagti headed Deepanshu Bhat and Munish Saproo. The me

Munish Saproo. The meet-ing was attended by hun-dreds of Kashmiri Pandits living in the camp. Senior Congress leaders present in the meeting were [KPCC Migrant Cell President Shadi Lal Pandita, Indian Youth Congress Secretary and Incharge Jammu and Kashmir Amit Pathania. Kashmir Amit Pathania, Jammu, and Kashmir Youth Congress President, Uday Bhanu Chib, Indian Youth Congress Secretary Ajaz Ahmed Choudhary and District Youth Congress President and Kashmir

Congress President Poonch, Fiyas Diwan. In the meeting, the community members expressed their anger



towards the current BJP regime and showed their nense love and support Indian National

Congress.

Uday Chib accused BJP of exploiting the pain and suffering of Kashmiri Pandits and said the government had failed to protect the minority communication. tect the minority communi-ty in Kashmir. "This gov-ernment has failed to pro-tect Kashmiri Pandits. It is only exploiting the pain and suffering of the com-munity for its own bene-fits," he added. Chib said that the

Chib said that the Kashmir created by BJP in 2022 is more dangerous than any other place in the world as under the regime of the biggest political party of the world, no one

is safe and people have developed enmity against each other. He said that those BJP leaders who are those BJP leaders who are acting as champions of Kashmir should first tell that where they have brought Kashmir as no one is feeling safe today and those employees who have left the valley due to target-ed attacks are openly chal-lenging the top leadership of saffron party to first visit Kashmir without security Kashmir without security and then ask them to go

back and work there back and work there.
Uday Chib said that the
Bharat Jodo Yatra being
taken out by the AICC
leader Rahul Gandhi has
developed a hope and confidence amongst the countrymen and it is set to bring
the derailed democratic system back on the track, aiming to end the hate pol itics and wrong policies adopted by the BJP for the sake of Pov

sake of Power.

The Youth Congress leaders appealed to the members of the Kashmiri community to participate in the upcoming Yatra in large numbers to make it a grand success.

Those Young Kashmiri

Those Young Kashmiri Pandit leaders who joined the Youth Congress include Aryan Raina Ji, Shri. Shivam Kaul ji, Shri. Shri, Shivam Kaul Ji, Shri, Aryam Ambedar, Shri, Divianshu Dhar Ji, Shri, Himanshu Bhat Ji, Shri, Akash Singh Ji, Shri, Abhijeet Singh Ji, Shri, Shivansh Raina Ji, Shri, Manmeet Singh Ji, and oth-ers.

India favours secular character but is Congress secular questions Brig Gupta

JI NEWS SERVICE JAMMU, JAN 18: As the date of Bharat Jodo Yatra entering J&K is nearing many tall but not really statements are being made by the Congress leaders in order to mislead leaders in order to mislead the people and woo them through emotional integra-tion to join the Yatra, asserted Brig Anil Gupta (retd) spokesperson of the Bharatiya Janata Party. One such lie is repeated often that Congress is a sec-ular party. The reality in ular party. The reality in fact is far from the truth. "Ever since the days of Nehru secularism for the Congress meant appeasing the minorities. When an the minorities. When an agitation was launched in the Jammu region led by Praja Parishad against the separatist and exclusive politics of the Sheikh, Nehru dubbed it as communal and joined hands with Sheikh to crush and suppress the nationalist suppress the nationalist agitation," stated Brig



equality, and plurality as also a firm believer of Sarv Dharam Samadar, Congress has tried to prove its secularism by appeasing minorities and compromising the interest of the majority. If appeasement and caste-ridden vote bank politics is secularism then Congress definitely is secu-lar. But the reality is that Congress is the most communal party with a proven track record of appeasement, promoting deep-rooted communal divide and inciting hate/violence for political gains, reiterat-ed Brig Gupta. Despite its policy of appeasement of minorities, Congress has While the BJP has always been losing election after romoted co-existence, election. To curb the trend, Manmohan Singh crossed all the limits when he said, "minorities particularly Muslims must have the must have the first claim on the nation's resources."

Maximum communal

riots in different states of the country happened dur-ing the Congress rule. Carrying on the British legacy of divide and rule Congress spared no effort in dividing independent India on the basis of caste, religion, language, and faith. The Sikh massacre as an aftermath of Indira Gandhi's death which Rajiv Gandhi justified as the country happened dur-Gandhi's death which Rajiv Gandhi justified as Kajiv Gandhi justified as "When a big tree falls, the earth shakes", speaks vol-umes of the secularism of Congress. In 2007, the Congress government filed an affidavit that Bhagwan Shri Ram did not exist. In 2014. Rahul Gandhi who is 2014, Rahul Gandhi who is leading the repentance Yatra and prime ministerial face of Congress said, "Those who go to the temples. molest girls." In J&K Congress leaders made

but not for Hindu and Sikh West Pakistani refugees. Congress calls itself secular

for coining the term "Hindu Terror" or "Saffron Terror." BJP is called nonsecular just because it does not follow the sickular pol-icy of the Congress and does not indulge in Hindubashing resorted to by libtards and pseudo-intellec-tuals backed by the Congress, lamented Brig

Gupta.

The reality has dawned on many minorities who are inching toward BJP. It has shaken the very foundation of Congress as well as the confidence of its leaders. "Bharat Jodo Yatra leaders. "Bharat Jodo Yatra is aimed at once again maligning BJP in order to win back the minorities and divide the Hindus, a futile exercise which is bound to fail against the BIP's commitment to Sah BJP's commitment to Sab Ka Saath, Sab Ka Vikas and Sab Ka Vishwas," emphasised the BJP spokesper-

Kashmir leaders should stop befooling the People: Y.V.Sharma

IAMMU, IAN 18: Y. JAMMU, JAN 18: Y. V. Sharma spokesperson JK BJP asked the so called Kashmiri leaders to stop befooling the people by issuing tobly false, baseless, irresponsible and highly provocative statements at a time when the conditions in JK UT are fast returning to normalcy and the region is witnessing an era of unprecedented development in almost every sphere of activity. In a press statement Mr. Sharma reacted very sharply to a recent state-

In a press statement Mr. Sharma reacted very sharply to a recent statement by Omar Abdullah, the former Chief Minister and National conference Vice President, claiming the militancy is on rise despite no Article 370 and B,J.P befools the country, Sharma suggested him to Shun his communal and myopic attitude which is meant to incite the inno ent people of J&K and see with wide open eyes the pace of far reaching development taking place in IKUT post the abrogation of place in JKUT post the abrogation of article of 370 and 35A which have earned accolade not only throughout earned accolade not only throughous the country including JK UT but also in the international media. In response to Omar Abdullah's asser-tion that instead of curbing militancy, the region is witnessing rise in mili-tant activities post abrogation of spe-cial status of J&K that bellies the claims of normalcy by Narendra claims of normalcy by Narendra Modi BJP Govt. and the situation is out of control and uncontainable in J&K, Mr. Sharma reminded Omar Abdullah of the conditions prevailing Abdullah of the conditions prevailing in the state before the abrogation of 370 and 35A. He asked him if he has forgotten the days of frequent incidents of hartals, protests, sit ups, stone pelting and unprovoked firing by militants in broad day light? Is he witnessing such things now? About the recent killings of civilians in Dapang Raiguri attack and sending Dhangri Rajouri attack and sending more troops in J&K by Govt. of India a asserted that BIP Govt. in

tancy once and for all with its full power and determination. Mr. Abdullah must realize that most of the militants killed in the JK U.T. in recent days are Pakistanis and the Govt. of India is making all efforts to defeat the nefarious designs of that Govt. of India is making all efforts to defeat the nefarious designs of that country which has brought its own people to the brink of total destruction and starvation but have Abdullahs, Muftis and other self styled leaders of Kashmir ever criticized or condemned Pakistan openly for sending trained militarsh in IK IIT or sending trained militarsh in IK IIT. for sending trained militants in JK UT and openly supporting the local mili-

tants.

Sharma lashed out at Farooq
Abdullah and Mehbooba Mufti who
frequently talk about having parleys
with Pakistan to solve the Kashmir
problem.Mr Sharma emphasized that
Pakistan is no party to discuss the
Kashmir issue.The only problem
with Pakistan about Kashmir is that
they have to return the area of they have to return the area of Kashmir which they have grabbed illegally by attack.India is fully committed to take that area back if mitted to take that area back if Pakistan fails to return it peaceful-ly,Mr Sharma went on to say that Abdullahs and Muftis are no one's to talk on an issue which is only the domain of the Foreign Ministry and

Sharma also blamed the Kashmir based politicians for the woes of Kashmiri Pandit population who closed their eyes and remained silent closed their eyes and remained silent when they were targeted, harassed and were forced to leave the homes. Mr. Sharma asked Omar Abdullah what he has done to ensure their safe and respectable return to the valley. If the Kashmir leaders are the real well wishers of Kashmir landits and are really disturbed at the targeted killings of Kashmiri Pandits and other non-punslims they west conother non-muslims they must convince the Kashmiri people to put an end to this inhuma

was a temporary provision of the Indian constitution, but it was mis used blatantly by the Kashmir politicians for their self interest and for fanning communal passions and for segregating the people of J&K from the rest of the country. The development deficit of J&K for all these years before the abrogation of this article was mainly due to the wrong politics of the Kashmir leaders who main tained all these years that J&K had a special and unique identity different from the rest of the country. This mind set did a great loss to the state only due to the short sighted approach of the Kashmir leadership.

Sharma emphasized that it was the interest of the people as well as the leaders of Kashmir that they should face the reality. Understand the nefarious designs of Pakistan which is the acknowledged nursery of militancy in the whole world, stor talking of relations with Pakistar which has occupied a large territory of I&K by attack and take steps to get the occupied areas vacated and make concerted efforts to bring about the welfare of the people by creating an atmosphere of good will, peace and prosperity in the state.

Sharma also cautioned the Pakistani leadership to stop blowing hot and cold in the same breath and limit themselves to solve the worst conditions of Pakistan who are na ing through the worst phase of their existence at present times. They will not be able to divert the attention of their people by raking the Kashmir issue and depleting the already fin ished resources by sending trained militants, drugs and armaments to foment trouble in India especially in

BJYM conducts border outreach programme at Village Jhiri

Onus of party's success lies on ground level workers: Arun Prabhat



Responding instantly the Prime Minis Minister Narendra Modi's Modi cal Narendra Modi's Modi call for intensifying outreach programmes to bring in more youth into the party fold especially those belonging to marginalized and underprivileged sec-

tions, a Bharatiya Jana Yuva Morcha (BJYM) team conducted an outreach programme in Jhiri Village here today

here today.

The programme was conducted in consonance with the contours laid by the PM for the party's 2024-Outreach at the BJP's National Executive Committee meeting in New Delhi the other day. It is pertinent to mention is pertinent to mention here that today's pro-gramme was organized as part of the party's border e outreach pro-ne that will continue

Amandeep Singh, National Media Prabhari of the party was the Chief Guest during the pro-gramme organized under the directions and patron-age of Arun Prabhat,

the directions and patronage of Arun Prabhat, President BJYM J&K. State President BJYM J. Arun Prabhat, while addressing the party workers and others attending the programme asserted that for every BJP Karyakarta nation is always first and self the last. He explained to the BJYM workers the purpose BJYM workers the purpose and aim of the significant outreach programme. He asked them to have a better asked them to have a better understanding of the living conditions and development of the border areas by reaching to each and every person in every neods and corner of the border area and conduct meaningful interaction with them to identify their issues and problems and address the same to ensure their ease of

Karyakartas are the foot soldiers and constitute the backbone of the party and keeping in view that with keeping in view that with roughly 400 days to go for the 2024 general elections, they will have to intensify the party's outreach among all sections of society and minorities, especially marginalized communities, undertake membership drive on mission mode, and focus on young people. and focus on young people between the ages of 18 and

The BJYM leader asserted that the onus of party's success lies with the ground level workers abili-ty to connect with the ground level workers abili-ty to connect with the masses and once this target is achieved and the people get the picture about BJP's public-friendly policies, no power on earth can defeat the party in any form of political contest political contest

oroblems and address the aame to ensure their ease of BJYM while addressing the

people at the programme asked them that initiating from the booth-level they must reach out to prospec-tive voters from all segments and age-groups thus making sure that substan-tial number of young vot-ers support the party in every booth across Jammu and Kashmir

and Kashmir.

Singh said that it is important to bring the young voters to the polling booth and efforts should be made by the party cadre to meet this challenge with utmost ease through strong resolve and conviction. He specifically mentioned that specifically mentioned that the Youth of Jammu and Kashmir had played a vital role during the 2014 Assembly Elections and Assembly Elections and 2019 Parliamentary elections in Jammu and Kashmir so the same tempo and spirit should be continued not only in the forthcoming Assembly elections but in the 2024 Parliamentary elections too. He asked party workers to disseminate the ers to disseminate the information about the youth welfare schemes launched by the Modi gov-ernment among the youth of Jammu and Kashmir.

focusing on making its Booths vibrant and dynamic. He exuded confidence that the BJYM workers will leave no stone unturned in

Employees suffering without salaries in spite of registration on JKHRM Portal

JI NEWS SERVICE JAMMU, JAN 18: Former MLC & JK UT spokesper-son of BJP Girdhari Lal Raina has asked chief Secretary Dr. Arun Mehha to look into the sufferings to look into the sufferings of government employees are without salaries for several months now These government employ ees have been withou salaries since October 2022,

he said.

Recalling that in its efforts to streamline the Human Resource

Management System across various departments of J&K, the GAD had advised all the employees to register themselves on JKHRM portal and for-ward the service details to

the concerned DDOs for verification/updation a move that has been wel-comed and has been laud-ed by almost every right thinking person. GI. Raina said that it will not only restructure records of employees with the advan-tage of contemporary tech-nolovy but will also elimic. nology but will also eliminate problems faced by individual employees in

more than one way. Now that most of the Now that most of the employees have obeyed the orders and have completed the process of registration their salaries are yet to be released, he affirmed. It is affecting their family life, as a government life as a government employee has no other source of income, Raina

added. Ex-MLC asserted added. Ex-MLC asserted that Employees drawing salary at resident commis-sioner's office at 5 PrithviRaj Road New Delhi in particular are complain-ing about non-payment of salaries. Former MLC asked the

Former MLC asked the Chief Secretary to issue a general instruction to all the DDOs to withdraw the the DDOs to withdraw the salary of those employees who have completed the process as was required. These employees must not be forced to wait for their salary till all employees complete the process, as seems to be the case at present, he opined. GL Raina also raised the issue of other employees,

issue of other employees, mostly on the verge of

retirement, who find it dif-ficult to procure first appointment orders. In those days the orders were mostly issued in groups and pasted on notice boards. Individual copies to employees were not to employees were not delivered. Service book of such employees however is in order and properly attested. A mechanism needs to be adopted for such employees where records can be cross

records can be cross checked and employees in distress provided an acceptable way out. BJP spokesperson also highlighted the issue of PM Package employees who have joined their duties in Kashmir but are still with-out relatives.

Cultural aggression on Dogra identity: BHSS RS Pura lacks Dogri Lecturer

JI NEWS SERVICE R.S.PURA, JAN 18: There is a popu

R.S.P.URA, JAN 18: There is a popular saying which states that "If a country is to be corruption free and become a nation of beautiful minds, there are three key societal members who can make a difference They are The father. The mother and The Teacher ". In another ironical situation,faced by the School Education Department, which defy the above philosophy, a clear case of partisan-ship has surfaced. On one side the School Education Department claims that they have taken all necessary tionally makes mockery of its own claim by making such arrangements

gets devoid of proper education for pure selfish gains.

The curious case of this is seen in The curious case of this is seen in Government Boys' higher secondary school, RS PURA where one Rohit Kumar, lecturer in Biochemistry has been posted since last 7 years despite not a single student of this subject being admitted in the school for all those years. Moreover, the school did not have a sanctioned post of Biochemistry in it, still Rohit Kumar managed to survive here for seven years and is still working in the school. Apparently, this Lecturer is getting a salary for so many years without teaching a single student. Ironically, he has been posted in those years. Moreover, the school did

BHSS RS PURA against the post of Dogri. Every year a number of students take Dogri as one of their subdents take Dogn as one of their sup-jects in this school but there is no Lecturer to teach them for the last seven years as the post of Dogri -the pride of Jammu ,has been occupied by Rohit Kumar.The million dollar question which arises here is whether this blunder is intentional or some this bunder is intentional or some officials are misguiding the depart-ment to shield Rohit Kumar. Whatever the reason is , the thing which suffered the most is the future of students of Dogri in this heritage school and future of students of bios. school and future of students of bio chemistry in some other school where there is no Lecturer to teach biochem

steps to give education to all and on that had become a casualty during suc-cessive National Conference and Mishra said that the move is in conthe other side the department inten-

JI NEWS SERVICE JAMMU, JAN 18: Danish Mishra, Vice

JAMMU, JAN 18: Danish Mishra, Vice President, Bharatiya Janata Yuva Morcha, J&K, while welcoming the directions issued to the Divisional Commissioners and Deputy Commissioners and Deputy Commissioners regarding hundred percent removal of encroachments from State, Roshni and Kahcharie land, has sought the implementation of aforesaid directions in letter and spirit. It is pertinent to mention here that pointing towards instructions issued from time to time with regard to the said encroachments, the Commissioner Secretary to the Government, Department of Revenue Vijay Kumar Bidhuri has directed all

Vijay Kumar Bidhuri has directed all

the Deputy Commissioners to er

to media here today, Danish Mishra said that these directions prove beyond doubt the bonafide intentions of the J&K UT Administration to restore the Rule of Law in this region Congress regimes in the erstwhile State of Jammu and Kashmir. He said State of Jammu and Kashmir. He said that these NC and Congress rulers have looted the resources of J&K to the hilt filling their personal coffers and leaving the common people high and dry. Making a scathing attack on the regime that brought Roshni Act, the senior BJYM leader asserted that Roshni turned out to be the biggest scam in lammu and Kashmir. He said scam in Jammu and Kashmir. He said that under the umbrella of this Roshni that all encroachments on State land including Roshni and Kahcharie land are removed to the extent of 100% by January 31, 2023. In a statement issued Act not only the favourites were made owners of the illegally occupied State and Kahcharie land but it was aimed at ring a demographic change in the

Danish lauds Govt's directions to remove

encroachments by Jan 31

Jammu region. The rates fixed under the said Act were nowhere near the actual value just to favour a particular group of people besides depriving the exchequer of revenue.

sonance with the orders of Judiciary. He said that the Government of J&K He said that the Government of J&K has already conveyed to the High Court that Government has accepted the DB judgment dated October 9, 2020 in totality except that it wants slight modifications to formulate a policy for poor people who are having small dwelling houses and also for landless agriculturist category.

The senior BJYM leader asserted that the common people across the Union

the common people across the Union Territory are quite happy with the Govt's initiative to effect hundred percent removal of encroachments by Jan 31, 2023 as there was a dire need to do

GSS endorses Govt's stand on evicting encroachers from state land

II NEWS SERVICE

JI NEWS SERVICE
JAMMU, JAN 18: Pritam Singh
Saini, National Vice President of
Gantantrik Samaj Sangathan (GSS)
today endorsed the stand taken by
J&K Government on evicting
encroachers from the state land
terming it befitting and rightful.
In a statement issued to media
persons, the GSS National Vice
President said that political outfits

which are opposing this move by the government are party to this ploy to loot the state resources as manby of their leaders have acquired huge land chunks by just giving peanuts misusing the so-called Roshni Act which in actual is contrary to its name because vari-ous dark deals were carried out under its garb to benefit the politi-cal class which used to usurp the

belongings of people by hook or crook in the past. Naming the Congress, NC and PDP leadership Congress, NC and PDP leadership behind this scam of usurping state land, Pritam Saini said that BJP Government under the leadership of PM Narendra Modi should undo all the wrongs committed by these entities which worked in the past as the assets of J&K were the part of their personal fiefdom.

J&K to generate 16k jobs in next 5 years in dairy sector: Atal Dulloo

JI NEWS SERVICE JAMMU, JANUARY 18: Jammu and Kashmir will produce around 16,000 jobs

produce around 16,000 jobs and 600 enterprises in next five years in dairy sector thus securing livelihood and assuring employability avenues for the youth.

The J&K government has proposed an amount of over Rs 350 crore in next five years for Development of dairy sector across Jammu and Kashmir.

The Jammu and Kashmir.

The Jammu and Kashmir administration has recently approved a project to

approved a project to increase milk production in the region by a significant 70 percent within the next years. According to the

five years. According to the approved document among the strategies include securing livelihood through enhanced Jobs and income. Livestock sector projects were cleared by the Apex Committee led by Dr Mangla Rai in Dairy Development in J&K. Linder the able guidance

Under the able guidance f Additional Chief

II NEWS SERVICE

Panchavats,

JI NEWS SERVICE
JAMMU, JANUARY 18:
To get first-hand account
of the public grievances,
Deputy Commissioner,
Avny Lavasa today
presided over the weekly
Block Divas programme
here at Chatha and
Bhalwal. Several delegations. from different

apprised her about the problems being faced by them in day to day life. The main issues high-lighted during the pro-gramme at Chatha were related to irregular sup-ply of water and electrici-ty, payment of land com-pensation, road connec-

pensation, road connec-tivity, drinking water availability, cleanliness

and up-gradation of sanitation etc. Shifting of the

transformer, renovation of Balol Nallah, establish-

of Balol Nallah, establishment of dispensary, con-nectivity to Shamshan Ghat were other issues. The DC asked the con-cerned to take up phase wise construction of Balol Nallah and target the vul-perable spots in the first

nerable spots in the first phase so that people phase so that people don't face any kind of

from different

besides scores of individuals apprised her about the

Secretary, Agriculture Production Department, Atal Dulloo who says that these projects shows the government's commitment towards improving the livelihoods of the people living in Jammu and Kashmir. Dairy develop-ment is a crucial aspect of the region's gronomy as ment is a crucial aspect of the region's economy, as well as a vital source of nutrition for its residents. Livestock husbandry of which Dairy is the biggest component besides playing a pivotal role in sustaining the agriculture income of farmers acts as a growth farmers acts as a growth engine for agriculture and

allied sectors in J&K.

Atal Dulloo remarked that I&K can be a model for that J&K can be a model for dairy development in entire country by milking farm policy reforms. The ACS said that dairying con-tributes positively and sig-nificantly to the income and employment of rural areas. At present, the annual milk production in Jammu and Kashmir is 26 Lakh

rainy season. The Deputy Commissioner also asked

to organise a special camp to convert NPHH

PHH before

people regarding differ-ent government spon-sored schemes. The DC also inspected

The DC also inspected the door to door garbage collection service under Swachh Bharat Mission. Later, the Deputy Commissioner also visit-ed Tehsil office Bhalwal to attend another public grievances redressal camp.

camp.

The DC gave a patient hearing to the delegations

and passed on the spot directions to the con-

cerned officers for early

redress of their genuine

grievances. She assured that the

sne assured that the highlighted issues of pub-lic importance will be taken up with higher authorities, besides all the

pendency and public service delivery slackness shall be reviewed thor-

Deputy

The

WEEKLY BLOCK DIWAS **DC Jammu listens to public**

grievances at Chatha, Bhalwal



JAMMU | THURSDAY, JANUARY 19, 2023

Metric Tons (LMT), but according to the project, the Jammu and Kashmir administration has set a target to increase this figure to 44 LMT. This increase in 44 LMT. This increase in milk production is expected to be achieved through a range of measures, includ-ing the expansion of breed-ing coverage and increasing per animal productivity. One of the key elements of the project is to increase per animal productivity.

per animal productivity from 2400 litres to 4300 liters, which is a significant increase. This will be achieved through a range of interventions, including the expansion of Artificial semination (AI) centers

JI NEWS SERVICE
CHANDIGARH, JANUARY 18:
Department of Tourism, Jammu &
Kashmir participated in the Road
Show at CII office, Chandigarh,
organized by the Ministry of
Tourism, Government of India.

The Road Show was a precursor to Global Investors' Summit 2023 which is scheduled to be held from

which is scheduled to be held from 10-12 April 2023 at Pragati Maidan, New Delhi. The road-show was specifically organized for the Tourism and hospitality Industry of Northern Region. The Show, which witnessed the presence of entrepreneurs from all walks of life like Manufacturing, Real Estate, Tourism, Hospitality, Financial, Agricultural and Farming, was organized within the precincts of Chamber of Commerca and IndustryCIID. Chandiearh.

and Industry(CII), Chandigarh. Hundreds of visitors attended and viewed the interesting programme which included presentations from various States.

various States.
Under the close supervision of Secretary Tourism Department, J&K Sarmad Hafeez, a team of officers headed by Sunaina Sharma Mehta,

Joint Director Tourism Jammu rep-resented J&K with a purpose of

exchange of ideas & best practices to promote investments in the tourism

JI NEWS SERVICE
JAMMU, JANUARY 18: Advisor to
Lieutenant Governor, Rajeev Rai
Bhatnagar has expressed deep grief
and sorrow on the sad demise of Dr.
Shalinder Sharma, HoD,

Orthopaedics at Government Medical College (GMC), Rajouri who passed

from 1389 to 2189. This increase in AI centers will

increase in AI centers will be carried out through the involvement of 800 private AI workers or MAITRIS. In addition to this, the government will establish a Murrah buffalo breeding farm and doubte the output from semen stations, with the aim of producing 19 lac doses annually. doses annually.

Dairy Development in
J&K is one among the 29

projects, which were approved by the Jammu and Kashmir administraand Kashmir administra-tion after being recom-mended by the UT Level Apex Committee for holistic development of Agriculture and Allied Sectors in UT of J&K. The committee is headed by Dr Mangala Rai, Former DG ICAR and has other luminaries in the field of Agriculture, Planning, Statistics & Administration like Ashok Dalwai, CEO NRAA, Dr. P. K Joshi, Secretary, NAAS, Dr. Secretary, Prabhat Kumar

Horticulture Commissioner Horticulture Commissioner MOA & FW, Dr. H. S Gupta, Former Director, IARI, Atal Dulloo, Additional Chief Secretary Agriculture Production Department apart from the Vice Chancellors of SKUAST-Kashmir/Jammu. Under this project the

Under this project the government also plans to set up 400 satellite heifer set up 400 satellite heifer rearing units, which will help to improve the quality of new genetic material and enhance milk production in the region. This is expected to uplift the dairy industry in the union territory and make Jammu and Kashmir one of the leading milk pro-ducing regions in the coun-

J&K Tourism department participates

in Road Show at Chandigarh

participants and motivated them to invest in the UT of J&K and also

explore the tourist destinations across J&K. She further spoke about the investment opportunities and multiple tourism products, tourism attractions, promotion of trade and Culture of J&K.

Culture of J&K.

The participants were acquainted about the reforms undertaken by J&K Govt regarding investment in industries, film making and outsourcing of Assets Jaighlighting therein that J&K is the first union territory of India to integrate with National Sincle Window System

National Single Window System and J&K also ranks first amongst all UTs in National e-governance serv-ice delivery. The officer also dis-

cussed the industrial policy 2021-30, J&K Tourism Policy 2020 and J&K Film policy 2021 in detail with the participants. Promotional material

Advisor Bhatnagar condoles sad demise of Dr. Shalinder Sharma

In his condolence message, Advisor

In his condolence message, Advisor Bhatnagar said that the departed soul was very dedicated medical profes-sional who always performed his duties sincerely and honestly. The Advisor termed his death as a major loss to the medical fraternity of Jammu and Kashmir.

aspect of the dairy develop-ment project is the strength-ening of milk chilling, pro-cessing and marketing.

The government has decided to augment milk processing capacity and to strengthen marketing and value addition. This will be achieved through four times increase in milk colunies increase in milk col-lection& chilling infrastruc-ture through installation of 500 village level AMCUs and 50 BMCs.

and 50 BMCs.

To promote village enterprise at least 110 lakh liters of additional milk shall be value added at village levels. every year through Self Help Groups.

The government will also follow the Denmark model

tollow the Denmark model to increase milk productivity in the union territory.

To achieve these ambitious targets, the government will be working on various components including 70% Artificial Insemination coverage in mination coverage in

covering information about multi-ple tourist destinations in J&K was distributed among visitors. The aim and objective of this Roadshow is to redefine the magnitude and dimensions of the ever-expanding Domestic Tourism Industry all over

the Country in special reference to Jammu and Kashmir.

Jammu and Kashmir.

Joint Director Tourism Jammu
was accompanied by Anu Sharma,
Under Secretary Tourism Department and Zeeshan Khan,
Asstt. Director Tourism, Kashmir.
The Event was followed by High
tea where in an informal discussion
took place and the roadshow concluded with a strong message that

the J&K Government is focussed on

offering progressive ,competitive

and investor friendly policies by strengthening the coordinated

efforts by all the departments of the

The Advisor also expressed his deep sympathy with the family members of the doctor and prayed for peace to the departed soul.

Meanwhile, Secretary, Health and Medical Education, Bhupinder Kumar also expressed his condolence on the sad demise of Dr. Shalinder Sharma

District Vigilance Committee conducts social audit of ration distribution in Ramban

JI NEWS SERVICE

JI NEWS SERVICE
RAMBAN, JANUARY 18: Chairperson District
Development Council, Ramban Shamshad Shan today
discussed the procedure for social audit of Ration distribution here in the District Vigilance Committee
meeting, besides reviewing recommendations of
Village and Block Level Committees.

The meeting was attended by Vice -Chairperson
DDC, Rabia Hamid, members of District Development
council, AD FCS&CA Shoaib Latief and other con-

cerned officers.

The Chairperson said that Ramban is the first district to complete social Audit by conducting District Vigilance Committee meeting under which a threadbare discussion was held about maintenance of records of Fair price shops, display of rate list and proper dis-tribution of ration in the district.

tribution of ration in the district.

The Chairperson also reviewed the stock, supply position, distribution system, grievance redressal system and other related matters. She appreciated the FCS&CA Department for its performance in ensuring uninterrupted supply of ration to the consumers especially in far flung areas during adverse weather conditions. She also urged to maintain the quality of food grains distributed by the department and said there can be no compromise with the quality of food and asked the officials to have regular checks and tests of the food grains to ensure that quality ration is provided to the consumers.

DDC Reasi presides over Block Diwas at Kambal Danga

Diwas ensures doorstep services delivery and redres

Power shutdown

JAMMU, JANUARY 18: Chief Engineer (Distribution) JAMMU, JANUARY 18: Chief Engineer (Distribution), IPDCL Jammu has informed that the power supply to Badyal, Kadyal, Abdullian, Chaatha, SKUAST, Indira Nagar and adjoining areas shall remain affected on January 19 from 9 am to 2 pm.
Similarly, the power supply to Bhaderwah and its adjoining areas shall remain affected on January 19 from 10 am to 4 pm.
Likewise, the power supply to Jakheni, Pathi, Devik, Dairy Farm and adjoining areas shall remain affected on January 20 and 22 from 9 am to 5 pm.

today organized a Weekly Block Diwas meeting at Block HQ Kambal Danga where Deputy Commissioner, Babila Rakwal along with a team of officers listened and resolved issues of the local people.

officers listened and resolved issues of the local people. Block Development Council Chairman, Sarpanchs, Panchs, ACD, Tehsildar Reasi, Xen PWD, XEn Irrigation and other concerned officers attended the outreach programme. Scores of individuals and deputations, including PRI members projected demands and apprised the District Administration about the problems faced by the inhab-itants of their respective areas.

Administration about the problems faced by the inhabitants of their respective areas. Panchs and Sarpanches from Agaar Baliyan, Silla, Gran, Panassa, Mari projected their demands and sought installation of power transformer, opening of dispensary, construction of High School boundary wall, completion of road work, restoration of existing irrigation kuls and construction of new ones, providing old age pension to eligible persons, ATM service near Government hospital Reasi, replacement of electric polls and wires, meeting of scarcity of water, avoiding unscheduled power and other issues.

The DC passed on the spot directions to the concerned departments to ensure the redressal of the issues highlighted by people on priority and in a time bound manner.

Addressing the gathering, the DC said the Block sal of the genuine grievances of the common man. She called for coordination and collaboration among the

called for coordination and collaboration among the departments and PRIs to achieve desired development objectives besides timely intervention and action to mitigate the sufferings of the people.

The officers and officials of different departments updated the people about various welfare schemes and programmes meant for their well-being and urged upon them to avail the benefits of the same.

II NEWS SERVICE

Govt lifts ban on intra, inter district movement of bovines, import of elite dairy animals from outside J&K

JAMMU, JANUARY 18: Following declaration of Jammu and Kashmir as "Free Area" for LSD, the Agriculture Production Department has lifted ban on intra district and inter district movement of bovines in J&K along with import of elite healthy dairy animals from outside the

An official order issued in this regard stated that all the provisions related to "Free Area" contained in PCICDA, Act 2009, shall be strictly adhered to while importing the dairy animals from outside the UT.

Pertineutly, the government of

Pertinently, the government of J&K yesterday declared whole of the UT of J&K as "Free Area" for Lumpy Skin Disease (LSD) vide Notification S.O 36 dated 16.01.2023 as per the provisions of Prevention and Control of Infectious and Contagious Diseases in Animals Act 2009 as processed in Lumpy Skin Diseases no case of Lumpy Skin Disease (LSD) in bovines has been reported in UT of J&K for last two months and also more than 90% affected animals have recovered from the disease

from the disease.

It has been reported that the disease is under control in the UT and also in neighbouring states. Around 72728 cattle contracted LSD in J&K since July 2022, out of which, 3015 animals died due to the disease.

The UT government acted swiftly towards tackling the dis-

ease and initiated various meas-ures to control the disease which included vaccination of 20.5 lake cattle and ban on import of dairy animals from outside the UT. Any individual, bovine dealer

or beneficiary of any scheme who intends to import the dairy animals from neighbouring states should necessarily carry a valid Certificate indicating date of vac-cination; vaccine type used; brand name; dose; route of vaccibrand name; dose; route of vaccination; specie/breed of animal; age; lactation number; status of animal (Milking or Pregnant); INAPH lag number, name of previous owner along with parentage and mobile number from a qualified Veterinarian of Animal Husbandry Department of respective state serving in the sourced area along with official seal, signature and mobile num-ber/email address of the Veterinarian. The concerned Veterinarian of sourced area should also certify that had along should also certify that the dairy

animal has not contracted the Lumpy Skin Disease Infection during recent outbreak

during recent outbreak.
Besides, samples shall be collected from 5% of the imported
animals at Lakhanpur for close
monitoring of the disease.
The order also said that
Transport of Animals
(Amendment) Rules 2009 issued
vide SO 2465 (E) dated 22 Sep
2009 and all the standing instructions/ guidelines issued by l&K tions/ guidelines issued by J&K Government for import of dairy

animals into the UT shall be

animals into the UT shall be strictly followed. Chief Animal Husbandry Officers of the districts declared as Free Area for Lumpy Skin Disease have been directed to closely monitor the situation and the decision on lifting the ban on import of dairy animals can be reviewed depending on the evolving situation.

Pertinently, the ingress of LSD

Pertinently, the ingress of LSD into UT of J&K has impacted the implementation of Integrated Dairy Development Scheme (IDDS) during 2022-23. Lifting of ban will provide relief to dairy farmers of J&K as well as intended beneficiaries of IDDS and Breed Multiplication Scheme of Rashtriya Gokul Mission.

Army organises "Ex-Servicemen Meet" at Bhandarkut Kishtwar

II NEWS SERVICE

JI NEWS SERVICE
KISHTWAR, JANUARY 18: In an endeavour to outreach Army veterans of the region, Army today organised an Ex-Servicemen Meet at Bhandarkut, DisttKishtwar (åKS). 40 Veterans, 11 Widows, One Veer
Mata and 27 dependents attended the event.
During the event, Army Officials informed the veterans about various schemes and programmes which
are beneficial to them and families. The event was
aimed to address issues concerning the veterans and

aimed to address issues concerning the veterans and acquainting them with various schemes and plans for acquainting them with various schemes and plans for enhancing quality of life and reducing hardships even after retirement. During the meet, routine medical checkups were carried out by Specialist Medical Officers and essential medicines were also provided. To make the event colourful students of Girls High School, Durbeel displayed their culture by dance and song. The widows and Veer Matas have been honoured with Kashmiri Shawl. The Meet culminated with the National Anthem. The meet was an endeavour by the Army to address the grievances of Veterans and their dependents and express grafitude towards their service to the Nation. their service to the Nation.





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