

# JINDRAHIMAGES



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## Perception towards sports has changed: PM Modi

**BASTI (UP)**  
Prime Minister Narendra Modi on Wednesday 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  
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## J&K Assembly polls after taking weather, security concerns, other states' poll schedule into account: CEC of India

**JI NEWS DESK SRINAGAR**  
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.  
Replying to a query in a press 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 formalities have been completed. We are of the view that wherever these things are completed, elections 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, 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 Commission headed by Justice Ranjana 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 Kashmir), as Ex-Officio members of the Delimitation Commission finalised the Delimitation Order for the Union Territory of Jammu & Kashmir.  
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## Dialogue with Pakistan need of the hour: Mehbooba Mufti

**SRINAGAR**  
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 persons 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 that has made the issue more complicated".  
She said "I am happy at least the Prime Minister  
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## Government orders magisterial probe in Sidhra encounter

**JI NEWS DESK JAMMU**  
A magisterial probe has been ordered by Jammu and Kashmir government into the encounter in Sidhra area of Jammu in December last year in which four militants were killed.  
An official told the news agency that assistant commissioner Jammu, Piyush Dhotra has been appointed as an enquiry officer.  
The encounter took place near police check-point in Sidhra on December 28, in which four militants were killed and huge cache of arms and ammunition was also 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.  
The probe has been ordered in accordance with the guidelines issued by the National Human Rights Commission 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 her statement 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 JAMMU**  
Congress leader Rahul Gandhi led Bharat Jodo Yatra (BJY), would enter Jammu and Kashmir on January 19 as part of its final destination amid tight security measures in the Union Territory.  
Congress insiders told news agency, grand welcome of Rahul Gandhi's yatra is planned at Jammu and Kashmir's enter gate Lakanpur, 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 Abdullah and Mehabob Mufti, Shiv Sena MP Sanjay Raut, Member



Parliament of Punjab and Himachal 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 BJJ at Lakanpur. The flag handover ceremony will also take place at Lakanpur.  
Gandhi, who started from Kanyakumari in Tamil Nadu on September 7, would culminate 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 Rishi informed that BJJ would enter Lakanpur's Kathua district of J&K from Punjab on January 19 at 4 pm.  
"After the night halt at Hattimorh Kathua, Rahul will lead the yatra from January 20 morning and take a night halt at Chadwal. January 21 will be the break day," she said.  
The rally will reach Jammu on January 23 and the party is planning a big rally in the city, for which request for permission is awaited from the authorities. The yatra would remain in the Jammu region for over a week.  
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## Lt Governor hands over ex-gratia cheque of Rs 10 lakhs to NoKs of each deceased NHM employee

**JI NEWS DESK JAMMU**  
Lieutenant Governor Manoj Sinha handed over an ex-gratia cheque of Rs 10 lakhs to NoKs of each deceased National Health Mission employee.  
The Lt Governor expressed his deepest gratitude to the families and healthcare workers of National Health Mission for their dedication and commitment to serve the people.  
Paying homage to the



deceased employees of NHM, the Lt Governor said that financial aid cannot compensate for their selfless service and sacrifice; 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, doctors, para-medics have served the people during Covid pandemic and vaccination drive is truly inspirational, he observed.  
Speaking on the reforms introduced to strengthen the healthcare system, the Lt 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  
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## Indian Air Force Commences Courier Services From Kargil To Srinagar, Jammu

**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  
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## After Govt directions, authorities issue eviction notices across J&K

**JI NEWS DESK SRINAGAR**  
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.  
The news agency has learnt that the Executive Magistrates 1st Class across J&K have issued notices for the general public with regard to the encroachment

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 people have to pay the charges of the same," the notices issued by Executive Magistrate 1st Class in north Kashmir's Baramulla and Baniyara areas, reads.  
Similar notices have been issued in other areas across J&K, 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 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  
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## DGP sanctions welfare loan/ financial assistance of Rs 78 lakh

**JAMMU**  
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 63 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 marriage, or for marriage of their wards/relatives.  
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## Bomb Found Inside Tiffin In Rajouri, Diffused

**AGENCIES JAMMU**  
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 Wednesday evening.  
The location from where 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 during a search operation in the area, the official said.

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

**JI NEWS DESK JAMMU**  
One District, One Product (ODOP), launched by Union Ministry of Food Processing Industries to help districts reach their full 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 district

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, was chosen as a dairy district due to its enormous potential in the dairy sector. Effective measures are in place to help farmers become self-reliant, and steps are being taken to improve market 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 Commissioner, Rajouri, Vikas Kundi, 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.  
Both departments worked

tirelessly to encourage people to start the milk processing and manufacturing units, and one, Punit Sharma, from Nowshera, 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.  
Puneet Sharma has now established his own milk processing and manufacturing unit in Nowshera, with the active support of the district admin-

istration Rajouri and financial 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 receive very reasonable prices for their produce, removing the farmers' difficulty in gaining market access.  
The majority of farmers of these areas are integrated Dairy Development Scheme (IDDS) beneficiaries besides KVIB  
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## Sanjeev Verma chairs workshop regarding preparation of Climate Resilient City Action Plan

Emphasizes behavioural change towards climate change mitigation



**JJ 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 departments to assess the existing status of service delivery and validated data sets to be collected for GHG emissions inventory of the city to generate a carbon inventory of the city. Besides, the financial and policy level implications of the plan were deliberated upon. The impact of different mitigation and adaptation interventions were also discussed with the 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. He spoke about various schemes initiated by the Prime Minister like

Panchamrit and Mission Life. He 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 planning at local level. The plan will evolve with time but needs decentralized planning and mainstreaming of funds from all allied departments.

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 Pali Panchayat.

PCF (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.

He added that J&K is blessed with healthy forest and biodiversity associated with it for balancing and offsetting the greenhouse gas emissions. In terms of vulnerability, J&K ranks

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

He informed that forest department in collaboration with local municipalities have taken a number of initiatives like Biodiversity Registers and Local Biodiversity Strategy Action plans and these can be incorporated in CRCAP'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.

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 Protection Force, and officers from J&K Shakti (PHE, IFC, RTIC), UFFED, R&B, JMC, JDA, Health, Disaster Management, PDD, PDC, AH, Smart City, Tourism, Agriculture, RD&PR, III Jammu, Jammu University, CUJ, Town Planning, Smart City etc.

Later, a short technical session on Carbon Neutral Gram Panchayat - the models of UP, Pali and Kerala was also organized to sensitize the participants about achieving net zero emissions at grassroot level.

## ROAD SAFETY AWARENESS WEEK

### Awareness programme held at GGM Science College

**JJ 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 Theme for National Road Safety Week 2022 i.e. 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 safety, "Nothing is of greater importance

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

Dr. Rajesh Gupta, Principal of the College emphasised that the awareness 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 people. In India itself more than 1.5 lakh people are killed in road crashes every year," he added and emphasized 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 safety while driving.

Dr. Vinod Bakshi Director physical education motivated the volunteers to organise such a type of workshop in the college in the near future.

Large number of students and volunteers participated in the event.

## WEEKLY BLOCK DIWAS

### Public outreach camps held at 4 locations across Doda district

**JJ NEWS SERVICE**  
DODA, JANUARY 18: Public Interactions/ Outreach Programme 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 grievances redressal/ Public Outreach camps were held at Choudary, Block Bhalla, Sub District Baderwah Panchayat Batera, Sub Division Gandoi, Baggar, Sub Division Assar, Tehsil Headquarter Bhella, Sub Division Thathri.

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



death of staff in schools and hospitals, upgradation of schools, banking facilities in rural areas, release of pending wages under MGNREGA etc.

The Presiding officers of the Block

Diwas gave patient hearing to the issues and demands and directed the concerned officers to prepare a list of issues/grievances raised pertaining to their departments and resolve the same at an earliest.

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



**JJ NEWS SERVICE**  
SAMBA, JANUARY 18: In reference 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 Chairmanship of Ms. Sonia Gupta, Pr. District and Sessions Judge, Samba.

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, Special Public Prosecutor NCB Samba, Public Prosecutor, Sessions Court Samba, Incharge Superintendent District Jail Kathua, Incharge Superintendent, Central Jail Kot Bhalwal, Superintendent District Jail Amphalla (through Virtual mode),

and representatives from Police and Housing Board Jammu and PWD(R&B) Samba etc. Secretary, Coordination Committee (Chief 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 implementation of all the resolutions in letter and spirit.

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



**JJ 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.

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. S. K. Gupta, Director Extension, SKUAST-Jammu, Senior Scientists of SKUAST-Jammu, Senior Officer of NABARD, Senior Project Manager, Jammu & Kashmir Rural Livelihood Mission (IKRLM), Heads of NGOs working in Jammu viz. Kristu Jyoti Social Welfare Society, KYASC,

JKDULC & YMC. Dr. A. K. Sood, Chief General Manager, NABARD, Jammu & 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 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 adaptation side of climate change. He further mentioned about the role and scope for NABARD towards promotion, production and value addition of millets in Jammu & Kashmir especially towards popularizing millets amongst farmers. He emphasized on

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 millets in India and scope for NABARD interventions for the promotion of millets in UTs of J&K was given by NABARD. Dr. K. K. Sharma presented about the status of millets in J&K and potential areas where millets can be promoted. He mentioned about developing Kishitwar as Model Millet District in Jammu & Kashmir as Kishitwar grows all types of millets including Bajrabhang. Further, he told the house about plans of Shri Mata Vaishno Devi Shrine 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 of SKUAST in promotion of millets in 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 innovation.

## DC DODA CHAIRS DRSC MEETING

### 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

**JJ NEWS SERVICE**  
DODA, JANUARY 18: To assess the availability and requirement of infrastructure 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 winter audit of all the roads in the district. The executing agencies were further 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.

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 Roadside falling in 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-



lation. The meeting also decided to 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 the Hospital and immediate requirement of Anesthesiologist in the CHC Thathri.

The CMO was instructed to notify

the emergency response team of doctors and other staff along with the vehicle to be put on task immediately in case of any eventuality.

The DRSC also discussed the implementation of previous decisions, and, Road safety funds, iRAD, and other like issues.

The meeting was attended by SSP 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.

## Distt Admin Gbl holds interaction with Media persons

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

**JJ 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 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 information among the public, so that the benefits can reach up to the last person. 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.

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 prompt and robust public service delivery and in this regard concerned departments are also directed to keep facilities centers in their respective offices for the convenience of the general public. While highlighting the achievements in focused areas, the ADDC said that the district administration is working to its level best to ensure overall development of the district and evolve a responsive, transparent and accountable administration in the district.

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

**Launches BBBP signature campaign as part of National Girl Child Day celebration**

**JI NEWS SERVICE**  
RAJOURI, JANUARY 18: To redress the public grievances at their doorsteps, Deputy Commissioner Rajouri, Vikas Kundal today chaired a public outreach camp at Panchayat Prat of weekly Block Diwas. During the event, the public and their representatives highlighted a number of issues and demands 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 JIM, holding of special camps for issuance of disability certificates, sanctioning of PHCs for interior areas etc. 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 public, the DC assured that their genuine concerns would be redressed in a phased manner. Regarding the implementation of Jal Jeevan Mission, he said that the work on many schemes has been allotted and many are

in tendering phase. "All the households of the district would be provided functional tap water connections with the implementation of JIM" he assured. 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 Panchayat Ghars in the current month. Regarding the issue of forest clearance for the

construction of roads, the DC said that the District Administration is committed to provide road connectivity to every Hamlet and assured that all the forest clearance issues shall be resolved at the earliest. The Deputy Commissioner also launched signature campaign under BBBP as a part of National Girl Child Day celebrations. Among the others present during the event were DDC Member Seri, Sangeeta Sharma; BDC Siot, Bal Krishan; ADC Sunderbani, Vinod Kumar Behnal; 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 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 connectivity to minimize the sufferings of

## 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, Sangeeta Sharma; BDC Siot, Bal Krishan; ADC Sunderbani, Vinod Kumar Behnal; 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 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 connectivity to minimize the sufferings of



the commuters.

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

trict and dedicated efforts are in place to complete these projects within the stipulated timeline to provide necessary benefits to the public.

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

**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 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 Basic Infrastructure development etc. The DC exhorted upon the officers of line and works departments to

work in coordinated manner for effective implementation of the programme on ground. He directed to ensure proper implementation of the programme at grass-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 fulfilling all quantifiable indicators under ABDP to undertake developmental activities in each identified Block in the district. He further asked the concerned departments to adopt best practices so as to get tangible results on ground in a time bound manner. The meeting was attended by Additional District Development Commissioner, Showkat Ahmad Rather; Additional Deputy Commissioner, Viqar Ahmed Giri, JD-Planning, Zahid Sajad; CMO, CAHO, CAO, CHO and other officers.

## 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 exposure tour for members of District Development Council and Chairpersons of Block Development Council of the district. Vice Chairman DDC Kupwara Haji Farooq Ahmad Mir, Additional District Development Commissioner Kupwara, Altaf Ahmad Khan flagged-off the bus from



DC Office Kupwara.

The tour was carried

out in the Kralpora and Sogam area of the district, during which the VC, DDC, ADDC, DDC Members and BDC Chairpersons inspected various health institutions of these areas including Sub District Hospital, Sogam, Sub District Hospital Kralpora and Sub Centre Shuloor. The VC DDC and the team expressed satisfaction over the best management and health care facilities at these health institutions.

## Driving Skill Awareness programme for DL seekers held at Anantnag

**JI NEWS SERVICE**  
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.

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 wearing Seat Belt, wearing Helmets, following road rules and following road signs.

On the occasion, the Pledge Ceremony on Beti Bachao Beti



Padhao was also taken to convey the

message of saving girl children.

## DC B'pora presides over public interaction programme

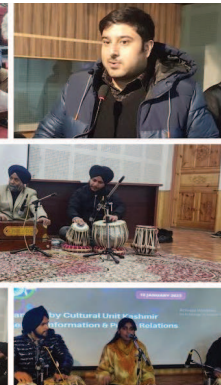
**Discusses town development activities; listens to public issues**

**JI NEWS SERVICE**  
BANDIPORA, 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 listen to the public issues. The programme was attended by ADDC Bandipora Ali Afsar Khan, District Nodal Officer Coordination Mohd Ashraf Hakak, JD planning Intiyaz Ahmad, President MC Bandipora Basharat Hussain, CEO 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 renovation of washrooms in market area, availability of heads in schools, Repair of footpaths, Macadamisation of pending link roads drainage, traffic congestion, street lights, waste management and other issues. The DC on the occasion listened

patiently to the issues raised and passed on spot direction for redressal of issues and asked officers to redress 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 public. Regarding encroachment of state, kachharai 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 business as per norms without violation of rules. While highlighting the role of elected representatives and general public, the DC said elected representatives and general public are essential pillars of the grassroots level democratic process and urged the representatives to prioritize works as per needs of area in planning process. He stressed officers to make exten-

sive awareness campaigns regarding the online service and strengthening jan bhagidari. Dr. Owais 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 has been completed and work on the remaining part is in full swing. 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 shall 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 among beneficiaries. The President MC also urged the public to avail the service of door to door waste collection for proper waste management.

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



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 strong sense of patriotism in each one who witnessed. The auditorium was resplendent with a feeling of belonging and pride. The competition was judged by renowned artists, Ustaad Shabir Ahmed Sazanawaz, Munir Ahmad Mir and Aijaz Sahir. Encouraging the students, Cultural Officer Kashmir Burhan Hussain said, "we discovered potential talent in singing from 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 the success of the show could be well judged by the smile on the faces of young performers. While conducting the proceedings, A&CO Cultural Unit Syed Shakeel 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-expression.

## Block Diwas held at Vessu, Bijbehara



**JI NEWS SERVICE**  
ANANTNAG, JANUARY 18: The public interaction programmes under weekly Block Diwas were today held at Vessu and Bijbehara blocks of the

Anantnag district. At Vessu, the event was presided over by Additional District Development Commissioner (ADDC) Anantnag, Bashir Ahmad Wani who

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 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.

**JI NEWS SERVICE**  
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 Singing Competition "Ae Watan Tere Liye" at DIPR's Pandit Bhanjan 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 and colleges of Srinagar including Amar Singh College Srinagar, Government Girls Higher Secondary School Kothibag, JK Police Public School Bemina, Institute of Music & Fine Arts (KU), Green Valley Educational Institute, Government



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

Hears various public deputations; Inspects SDH Tangdar, Receiving Station

Chairs joint meeting of Officers and public representatives

**JJ 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 a series of activities, visited Sub District Hospital Tangdar and inspected various sections of the hospital including Emergency ward, Operation Theatre, OPD, IPD, X-Ray, Paediatrics etc. He checked the attendance 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.

The DC interacted with the patients and enquired about the healthcare services who expressed their satisfaction 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 Tangdar. SSP Kupwara Yougal Manhas, SDM Karnah Dr. Gulzar Ahmad Rather, Tehsildar, BDO Xen Special Subdivision and other concerned officers 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 problems 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 the public.

BDC Chairperson Tangdhar, Abdul Rahim Mir briefed the DC about the public issues.

The DC took a detailed review of all developmental works and welfare programmes 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 of 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 various public delegations who apprised him about their day to day developmental issues. He heard them patiently and resolved various issues on the spot.

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

**JJ NEWS SERVICE**  
BUDGAM, JANUARY 18: Sakhi One Stop Centre (S-OSC) Budgam in collaboration 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

**JJ 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.

Land measuring 12 Kanals situated at Village Daramdoor recorded as State Land and land measuring 2 Kanals recorded as Kahcharie situated at Diaroo have been retrieved from encroachers.

Tehsildar Keegam supervised the anti-encroachment drive and said that such drives shall continue in



future also to retrieve encroached lands from encroachers.

## Block Diwas: ADDC Gbl listens to public issues/ grievances



The ADDC resolved several issues on the spot besides issuing instructions 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 officers of line 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 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.

**JJ NEWS SERVICE**  
GANDERBAL, JANUARY 18: The Additional District Development Commissioner (ADDC) Ganderbal, Mushtaq Ahmad Simnani today presided over the grievances redressal camp held in Conference Hall of Mini Secretariat, here as part of weekly 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 redressal. The PRI members sought better road connectivity, adequate health facilities, up gradation of PDD infrastructure, shortage of drinking water, desilting of irrigation canals and other related issues concerning their respective areas.

## 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

**JJ 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

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

[https://rcms.jk.gov.in/Show\\_Report.aspx?RID=105](https://rcms.jk.gov.in/Show_Report.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 district.

The department has published phone numbers (9906499872, 8899363543) of the officials for any other query regarding the subject and for hassle free process.

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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.

## ADDC Ganderbal chairs NCORD Committee meeting

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

The meeting was held under the chairmanship of Additional District Development Commissioner (ADDC) Ganderbal, Mushtaq Ahmad Simnani and was also attended by SDM Kangan, Javid 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 addiction, age group of addicts, areas of concern, hotspots of drug use and 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 cultivation of poppy or cannabis crops in the district.

While reviewing the awareness campaigns, the ADDC directed the concerned departments to start massive 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 administration.

Dy SP HQ was directed to set all such properties that are acquired by any person through NDPS trade in the district.

## Republic Day arrangements finalized at Handwara

**JJ NEWS SERVICE**  
KUPWARA, JANUARY 18: The Additional Deputy Commissioner (ADC) 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 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 contingents of Para-Military Forces, JKP, JKAP, CRPF, IRP, FPP, Home Guards, NCC cadets and school children. 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 supply shall be kept available at the 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 available at the venue.

EO MC Handwara was asked to maintain proper sanitation and cleanliness 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 venue.

Other arrangements were also reviewed which included refreshment, 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 Tableaux to showcase developmental activities of their respective departments and government schemes. He said all efforts shall

be made to make the National Function more attractive and informative.

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.

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'

**JJ 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.

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 chair about the progress made on work projects and implementation of various schemes. During the meeting, the chair was informed that land for construction of the sub-centre building has been identified and MTCVs will be started soon. The MTCVs are being developed to provide amenities and promote education, health, skill development, horticulture, agriculture, tourism in the area with ST population so that they can have better basic amenities.

## THOUGHT OF THE DAY

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

## JINDRAH IMAGES

## Bring perpetrators of Dhangri massacre to justice

It 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 Dhangri 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 Panjal 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

It was certainly an urban design 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 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

THE quintessential message in the Supreme Court's recent order, forbidding re-densification of residential units of the first 30 Sectors constituting 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, architects and eminent 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.

In the larger context, the apex court also red-flagged serious concern over the unplanned urbanisation 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 environmental attributes, besides heritage architecture, becomes even more imperative.

But why is the conservation of the 'Corbusean Chandigarh' – its northern Sectors from 1-30 constituting Phase 1 – much more critical? The spotlight falls on this component as it was planned and developed under the direct control 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.

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 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," says Mariastella 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, 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 fruition in the gridiron layout plan of Le Corbusier, based on the module 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 exclusively for naturalistic features. It has the lake, forests, nature trails and theme gardens, enhancing everyday encounters of the citizens with nature.

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

It was certainly an urban design 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 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. As the northern sectors are so close to the Sukhna Wildlife Sanctuary, Rock Garden, Bird Park and city forest, excessive concretisation, additional

hard surfaces and increase in vehicular traffic that would surely follow re-densification would impose environmental pressure on the presently serene surroundings adjacent to the 'Capitol Parc'.

Another vital reason for conserving the 'Corbusean Chandigarh' is to embed it in the collective memory of its citizens as an era of 'modern architecture' that employed 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 re-densification has not been shut. Should it become an absolutely necessary in future, it must be done with due diligence and only after rigorous environmental impact assessment undertaken. It should not be a laissez-faire 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, especially the joint production of knowledge that is mankind's most important creation." Therefore, quality urbanisation is the need of the nation and not its commercialisation.

## Address fighter shortage with indigenisation

ABHIJIT BHATTACHARYYA

THE Military Balance 2001-02, published by the International Institute for Strategic Studies, London, reports 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.

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 wailed, failed and faded away, yet the establishment has remained unmoved.

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 confusion? Do time and tide wait for anyone in 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-serving optimists, including some NRIs, is mis-



leadingly telling the world as to how great the economy of India will become if the rupee depreciates vis-a-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 Delhi if it allows Beijing to spread its wings in industry, 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 exports are several times higher than her imports, thereby making the imported foreign-made goods

much more expensive, which inflicts a mounting 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 dollar.

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 differential) 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 China 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 was 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.**

squadron-fleet level.

So, 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 smiling teeth and bite when you get the time.

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 glib western corporations to strike deal after deal to shift their production line and latest technology to Beijing's special industrial

By the late 1980s, it was western aviation on eastern soil. From capitalist America's Grumman Corporation, McDonnell Douglas to British Aerospace to French Aerospace, 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 Pratt and Whitney, General Electric, Honeywell, French Snecma, and even Germany's MTU, thereby making the Chinese air force 'atmanirbar'.

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

Actor 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, always. Because of my pregnancy, I didn't leave my house and I realise saare road khod diye hai (laughs). Hopefully, it's for the best," she quips, hinting at her recent tweet, where she slammed the construction work in the city.

Sonam, who was attending an event in the city on Tuesday, had paparazzi waiting 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 photographs. 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 husband. I 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 facing, Sonam, 37, feels "it's important to support each other."

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



Actor Shah Rukh Khan will be seen while most actors refused to play antagonists in films, John is different. "Takes a lot of confidence in your own self, especially when I see in the Hindi film scenario. Heroes don't play bad guys. 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 says...he called me a national treasure and 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. 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. Being the star that he is and the respect that he has for me," said the superstar. He signed off with these words: "I hope when Pathaan comes out, one of the most liked 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 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.

# Vicky Kaushal photobombs Katrina Kaif's selfie with young fan

Actor Vicky Kaushal recently photobombed a picture of his wife-actor Katrina Kaif 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 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.

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 white shirt and grey pants, while, Katrina was seen in a green-coloured salwar suit. 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 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 Jaspinder Singh Bath, the film failed to impress the audience at the box office.

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



KL Rahul and Athiya Shetty's wedding will reportedly take place on January 23, 2023, and will be

Suniel Shetty's farmhouse in Khandala. KL 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.

In a 2022 episode of the YouTube 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 gardens. There's another Buddha statue by the gorgeous infinity pool, which is surrounded by greenery. There are also tons of outdoor 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 mention a media room, and several dining spots interspersed throughout the space. The house features warm wooden flooring with white and brown furniture

and furnishings.

Decor elements such as a rustic artwork, statues, paintings, other collectibles and oversized indoor plants make the whole space come alive.

Another highlight of the home 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 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.

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

Harnaaz 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 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 incredible country at Miss Universe. For my finale walk as reigning Miss Universe, I couldn't thank @officialsaihashinde 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 India."

Appreciating her gesture, Lara commented on Harnaaz's post, "May you always shine bright like the diamond you are! Stay your humble, amazing, 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 road ahead!!! Am sure she's going to blaze her own individual, glorious path."

At the recent pageant, which was held in New Orleans, Louisiana, in the US, Harnaaz 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

According 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-access, peer-reviewed journal of the American Heart Association.

According to the senior study author Wendy L. Bennett, MD, MPH, an associate professor of medicine at Johns Hopkins University School of Medicine in Baltimore, although 'time-restricted eating patterns' - known as intermittent fasting - are popular, rigorously designed studies 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 period (Feb.-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 or high blood pressure, have a lower education 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 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 meal each day; the time lapse from waking 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 epidemiology at Johns Hopkins Bloomberg School of Public Health.

Researchers note there are limitations to the study since they did not evaluate the complex interactions of timing and frequency 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 women in the 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, eating 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 appear to be less favorable for the maintenance of body weight and optimal cardiovascular health. And, altering meal frequency may not be useful for decreasing body weight or improving traditional cardiometabolic risk factors.

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



Creatine 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 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 function.

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 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 genes 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 drink, and help with injury prevention.

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 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

For 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 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 benefits of the practice. For example, just recently one report linked intermittent fasting to greater longevity. Another shows that it could potentially help prevent diabetes. Any changes to your diet should always be discussed 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 is associated with a higher risk of cardiovascular disease mortality. Similarly, missing lunch or dinner 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 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 media release. 2 in 5 people follow a restricted diet plan. 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 (NHANES) between 1999 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 education, lower income, food insecurities, 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 levels, energy intake, and diet quality) 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. 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 (and fuel) intake can have serious long-term consequences and that is more important than fitting into the next size down in jeans. As mentioned, it's best to talk with your doctor first to figure out the best dietary routine for your health.

## 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 of festive season overeating. Inevitably these extreme regimes come and go, 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 exam-

ple, large, thick slices of white bread add significant amounts of refined carbs into your diet, and flatbreads such as Turkish and Lebanese breads can contain 3-4 times the amount of carbs as traditional sandwich slices. Swapping to thin, small or even lower-carbohydrate bread varieties that are whole-grain-based can reduce your calorie intake, and boost the fibre and mineral content of your diet.

**10 simple cooking resolutions 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 day.

**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 nutritionally these spreads are high in fat and calories and can 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 beetroot, or try hummus or

mashed avocado.

**Season your vegies and salad the healthy way**

When the vegetables and salads 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 glucose 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 skin on means more 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, 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 vegetable-based juice into your daily diet instead. Juices which are made 100 per cent from vegetables add concentrated nutrients, including beta carotene, 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.



# Farmers' issues best addressed by PM Modi led Govt: Ganga

Art 370 abrogation paved the way for upliftment of farmers, underprivileged: Johal

**JJ NEWS SERVICE**  
SAMBHA, JAN 18: A grand Kissan Sammelan conducted at Ghagwal witnessed a mammoth gathering of participants here today.

On the occasion, senior BJP leader and former minister, Chander Prakash Ganga, while addressing the gathering at the Sammelan, asserted that Prime Minister Modi led Govt at the Centre stands fully committed to the welfare of the farmers who deserve special attention especially in view of their being the food producers of the nation. He said the government is making every effort to double the farmers' income and boost agriculture.

"Since the BJP led government came into power, it has been taking all necessary initiatives to boost and bolster the agricultural economy along with farmers' welfare schemes," said Ganga. He said that the farmers' issues have been best addressed by PM Modi led Govt at the Centre.



The BJP leader briefed 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. He asked the Kissan Morcha leaders and workers to establish a strong connect with the farmers' community and ensure that they avail the benefits of the aforesaid schemes.

Sarabjit Singh Johal, in his address while highlighting the achievements

of Union Govt viz-a-viz J&K, said that as of today there is no firing on borders 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 Yojana the farmers are getting financial assistance direct from Centre into their accounts. He said that the greatest achievement of the BJP Govt is the abrogation of highly discriminatory Article 370 from the Constitution. He said that all the achievements in J&K have been possible after abrogating Articles 370 and 35A as these were big hurdles in the path of development and progress of J&K and the welfare of its people. Suresh Phalli, District Development Council (DDC) Member Ghagwal

while delivering the vote of thanks said that the whole 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 who attended the grand Sammelan were BJP District President Samba Kashmiri Singh, Amar Singh, General Secretary BJP Kissan Morcha J&K Rakesh Pant, Intiyaz Ahmad Dar, Balbir Kour, Chowdhary Darshan Singh, Gurbachan Singh, Manik Sadhotra, Parveen Sharma, Varinder Verma, Dist President Kissan Morcha Mohinder Pal Bika, Rashpal Verma, Jatinder Sharma, Ajay Sharma, Mandal Adyaksh Ghagwal Rajesh Upadhyay and Tarseem Lal.

# Purnima slams NC, PDP for shedding crocodile tears in front of ECI

**JJ NEWS SERVICE**  
JAMMU, JAN 18: Advocate Purnima Sharma, Spokesperson BJP, J&K, and former Deputy Mayor today slammed the Valley based political parties for shedding crocodile tears over plights of people of Jammu and Kashmir, while participating in the meeting called by the Election Commission of India.



In a statement issued here today, the senior BJP leader asserted that the Kashmiri mainstream political parties like NC and PDP have deprived 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 now trying the same formula 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 Mayor said that NC and PDP are bemoaning Jammu's misery for which they are themselves responsible and are shedding 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.

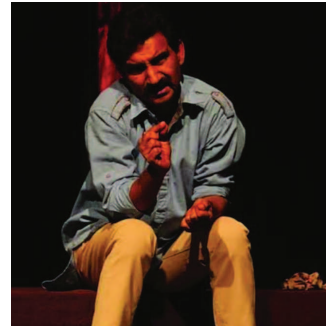
Purnima Sharma reiterated that political outfits like NC, PDP, Congress and their ilk are opposing BJP for the sake of opposition otherwise they have no valid reason or issue to contest party's dedication towards people. She added that PDP is a marginalised force now and no one takes Mehbooba Mufti seriously.

The BJP Spokesperson asserted that BJP government under PM Modi's dynamic leadership has changed the development course of the UT and people have enjoying the fruits of robust government initiatives. She said that progressive changes which took place in J&K after PM Narendra Modi led government came into power including abrogation of contentious Article 370 and Article 35A, bringing region under direct control of Centre, holding of ULB and Panchayat elections, elimination of terror mongers, stronger vigil along borders including IB, LOC and LAC, introduction of several laws which earlier were barred in the erstwhile State due to Art 370 barrier, and many others have convinced people considerably that BJP is the only party which values nationalism, public good and development of the most.

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

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

**JJ NEWS SERVICE**  
JAMMU, JAN 18: On the third day of ongoing National Theatre Festival National Theatre Festival Natraj Natya Kunj today presented Pankaj Sharma's hilarious comedy Yeh Meri Wife Hai here at Abhinav Theatre Jammu. On the occasion Padma Shri Balwant Thakur was the 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, Jammu & Kashmir Academy Of Art Culture & Languages, Punjab Sangeet Natak Akademi & Haryana Kala Parishad, in today's performance Pankaj Sharma once again impressed with his solo performance in play 'Yeh Meri Wife Hai', which was performed as the penultimate presentation of ongoing theatre fest being organized by Natraj Natya Kunj, Cultural Society Jammu at Abhinav Theatre



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

play ends with the husband realizing that it was his inflated ego that stopped him from seeing the dedication of his wife towards him and her family.

Right from the starting sequence, the casual manner 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 successfully breached the 'fourth wall' that separates the actor from the audience, certainly touched the chord of the spectators.

Their minimal set of three centrally placed blocks, with bare wooden door frames carrying placards with written labels like Bed Room, Kitchen, Drawing Room, provided freedom to spectators to visualize the props and setting of the household 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 concomitant seamless transition from one character and kept the spectators. Play was equally supported by all the backstage departments including Lokesh chander on music, Tara Chand on lights and supported by all the staff of abhinav Theatre.

Tomorrow, on the 4th day Samooch Theatre will present Chitta Singh at Abhinav Theatre, Jammu at 4:30 pm.

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

Tara Chand, other senior leaders welcome them



**JJ NEWS SERVICE**  
SRINAGAR JAN, 18: Dozens of founding members 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.

According to a statement

issued here, Former Dy.Chief Minister who flew to Srinagar to participate in the rejoining functioning at Srinagar Party Office welcomed the Former Congress Office bearers and other leaders into the Party while hailing their decision of home coming.

Those who rejoined Congress party including

Former PCC Vice President Dy.Chief Minister Tara Chand flanked by AICC Coordinator Chetan Chauhan and Senior Leader Mohd Anwar Bhat addressed a press conference.

Former Dy CM also addressed workers meeting and urged them to work hard to strengthen Congress Party further in their respective districts.

They expressed great satisfaction over rejoining Congress while accepting

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



**JJ NEWS SERVICE**  
BILLAWAR, JAN 18: Alleging that BJP Govt failed to bring any development in the Billawar constituency, former Minister Dr Manohar Lal 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 Mandli, 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 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 on the occasion include Th. Budhi Singh Senior Leader, Sham Spolia Senior Leader, Tek Chand Retd Head Master, Om Dutt Manhas Retd Head Master, Mukesh Kumar Sarpanch, Pura Chand Sarpanch, Ramesh Spolia Ex Sarpanch, Rattan Tripathi, Raj Kumar, Rangleel Singh Makhana, Sunil Singh Bhadwal, Ramesh Bhagat Municipality Corporator, Subash Singh Municipality Corporator, Surinder Tripathi, ch. Mahmood, Makhana Tripathi pvt Member, Som Dutt pvt Member, Mohd Rafiq Retd Range officer, Tara Chand Retd Range officer, Girdhari Lal, Mohinder Raina Retd Range officer, Sagar Singh Bitoria, capt Anchal Singh, Uttam Singh Retd Head Master, Krishan Chand Retd Master, Joginder Singh Retd Head Master, Doctor Tara Chand Verma, Ishar Dass Sarpanch, Ram Lal Bhatti, Masr Ram Verma, Firoj Dien Retd Head Master, Romal Singh (Retd) ZEO, Hukam

Master, Ram Kumar, Capt Hans Raj Vipul Sharma Youth, Giani Chand Sharma, Krishan Chand Sharma, Jial Lal Vidyal, Filik Raj Patak, Bansil Lal Verma, Mohd Nadeem Ex Sarpanch, Capt Bansil Lal, Sarpanch 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 people are not able to reach there.

"Being a remote place, the development, electricity, water and road construction can be done when it is given district status which is long pending demand of the people," said Dr 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 kms distance or more from Kathua headquarters," added Dr Manohar who pitched for the district status of Billawar.

# DAP protest against land eviction order in Kathua

**JJ NEWS SERVICE**  
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 & Brijeshwar Singh President DAP Kathua in presence of General Secretary DAP R.S.Chib, Vice Chairman C. M. Saroori, Jugal Kishore Sharma Provincial President, Salman Nizami Chief Spokesperson, Naresh Gupta Provincial Vice President, Ghulam Hyder Malik, Davinder Singh Bindu, Aradhna Andotra & others. General Secretary DAP said "The order is anti-poor. It shall be revoked immediately by the government. It is hitting the poor and needy people," they said.

They also submitted the memoran-

dum to the district development commissioner 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 people. Instead government shall frame 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 working for the socioeconomic empowerment of the people and it will fight against all those orders which are hurting the interests of common people. Among others who participated in the protest were Arjun Singh, Advocate Ajat Shatru, Kamal Singh, Rajinder Thakur, Ashutosh Raina, Sarpanch Navab Din, Surjeet Singh, Tarseem Singh & others.

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

**Inaugurates cultural & literary society 'Navras'**



**JJ NEWS SERVICE**  
JAMMU, JAN 18: Senior BJP leader and former Deputy Chief Minister, Kavinder Gupta on Wednesday welcomed the announcement by Election Commission of India (ECI) over completion of all necessary 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 through security clearance from the Centre is still awaited. He anticipated that security clearance by the Union

Government will follow soon as the situation in J&K is promising with terror mongers getting neutralized on a regular basis and security forces sanitizing major areas with high morale and exemplary enthusiasm. The BJP stalwart 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 sections of the society. He made a fervent appeal to

people of J&K to support the Bharatiya Janata Party (BJP) in the upcoming elections in the Jammu and Kashmir Union Territory to further strengthen the Modi led Govt and its programmes.

After inaugurating the literary society, Kavinder complimented Satish Sharma, former Income Tax Commissioner, for starting the literary society 'Navras' in Jammu.

The senior BJP leader said that such endeavours are necessary to provide needful acumen to the people to make the society more aware and enlightened as the same is neces-

sary in the modern day world.

He said that culture of the region showcases the past of the people living in the vicinity and literary pursuits help in enhancing the attributes and quality of life thus both hold significance as far as improving the lifestyle and quality of life is concerned. He said Jammu is culturally 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 Bharti, CA Gandotra, Vijay Saraf, Dr Baljeet Raina, Dr Manjeet, Smt Vijaya Thakur, Smt Santosh Sangra, Dr Yuvvir Gupta, Adarsh Gupta, Neeraj Anand, Narendar Gupta, Sh Vagesh Sharma were present on the occasion.

## Ambiguity on polls shows BJP in state of tizzy, panicked: Tony



**JJ NEWS SERVICE**  
JAMMU, JAN 18: Taranjit Singh Tony, Chairman Aam Aadmi Party (AAP) Jammu and Kashmir for Administrative Engagement and Minority Affairs, and District Development Council (DDC) Member Suchetgarh on Wednesday 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.

The senior AAP leader was speaking after inaugurating the medical camp at

Village Chakroi in Suchetgarh constituency. The camp was organised by Sarpanch Sham Lal, District President APP Jammu Central in which Mandeep Choudhary, AAP youth leader, Sarpanch Shashi Bhagat, Tilak Raj, Kala Choudhary, Meeta Lambardar and Sarpanch Jangli Lal Bhagat were present.

In a statement issued to media persons, the AAP functionary accused the saffron brigade of creating ambiguity on the poll scenario in J&K to kill more time as it is quite sure that holding election soon

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 command, the real picture about people's ire against 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 that unemployment, education sector, healthcare and many other sectors are in doldrums but the dispensation is busy in self-praise therefore the one and only solution to all the problems of the 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.

even five seats in favour of BJP as incapable leadership of the party in the UT has made mess out of everything and for even small matters like constructing a drain, these spineless representatives seek permission 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 priority as there is no comparison to a popular government. He said that people 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.

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## Dr Rohit Gupta demands revamp of developmental activities

**Dozens of people join Apni Party**



**JJ 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 Subash Nagar, Dr Gupta said that the

JMC has provided equitable development 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 Syed Mohammed Altaf Bukhari sahab, President of the Party," he said.

He said that the Apni Party is committed 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 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 Gupta 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, Avtar Singh, Kuldeep Singh, Mohd Hafiz, Mohd Sadiq, Dwarika Nath Khajuria, Kewal Singh, and others.

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

**JJ NEWS SERVICE**  
AKHNOOR, JAN 18: In an impressive programme organised by Varinder Kumar (Bobby) Sarpanch Gurha Jagir, SSP Mohan Lal Bhagat who was conferred with the prestigious Union Home Minister's Medal for excellence in training was felicitated by the prominent people of the area. SSP Mohan Lal Bhagat on reaching his home land received a warm welcome by Sarpanch Varinder Kumar (Bobby) accompanied by Bandana Devi Naib Sarpanch, Jaswant Singh Ex Sarpanch, Retd. Capt. Faizur Ram Bhagat Ex Sarpanch, Rtd ISO Manohar Lal Sharma, Capt. 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 honoured him with a token of respect.

Varinder Kumar (Bobby) 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 by the Hon'ble 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 model.

Ex Sarpanch Jaswant Singh in his words appreciated the honest officer. 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 counselling sessions for the youth of the area and is inspiring them to contribute something positive for society.

SSP Mohan Lal while speaking on the occasion expressed gratitude to the people of Panchayat for their honour and respect recognising his services.

He said it is because of the blessings 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

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 focussed and work hard for their goals as there is no shortcut for success in life. He apprised them that if he can achieve such things why cannot they do so. He appealed to the parents and other elders to be the torch bearers to the youth of the society. 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.

He appealed to them to be disciplined and punctual to become successful 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 the elders, youth and women fraternity 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 passion.

**Majority of land being used by poor, EWS'**

## Dr. Vikas Sharma condemns LG admin's eviction order

**JJ NEWS SERVICE**  
JAMMU, JAN 18: Coordinator Jammu District Urban and Zonal Secretary, JKNC Dr. Vikas Sharma has criticised the J&K administration's order seeking vacation of state land across the union territory (UT) 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 the legislature of erstwhile Jammu and Kashmir State. It is unfortunate now that those who benefited from



the scheme are forced to vacate the land; despite the fact that the matter is subjudice before the high court and the Supreme Court of India." "The government cannot force the eviction of the people who have legally

obtained the ownership of land. Where shall they go 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.

"They are mainly using it for agricultural purposes or at the most for shelter," he 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 lack of transparency in recruitment processes owing to which youth has turned pessimistic and suffering from depression. Their families are also under depressive state of mind and staring at dark future."

Dr. Vikas appealed to the people of J&K especially youth to come forward and get ready to play their role in the restoration of democratically 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**

**JJ NEWS SERVICE**  
JAMMU, JAN 18: Today Youth Congress held a preparatory meeting with Kashmiri Pandits in connection with upcoming Bharat Jodo Yatra at Jagti camp today.

The meeting was organised by Indian Youth Congress Spokesperson Deepanshu Bhat, and JKPC member and senior KP Leader Munish Saproo. In the meeting, scores of young Kashmiri Pandits joined the Youth Congress in the Kashmiri Migrant community, Jagti headed by Deepanshu Bhat and Munish Saproo. The meeting was attended by hundreds of Kashmiri Pandits living in the camp.

Senior Congress leaders present in the meeting were JKPC Migrant Cell President Shadi Lal Pandita, Indian Youth Congress Secretary and Incharge Jammu and Kashmir Amit Pathania, and Kashmir Youth Congress President, Uday Bhanu Chib, Indian Youth Congress Secretary Ajaz Ahmed Choudhary and District Youth Congress President Poonch, Fiyaas Diwan.

In the meeting, the community members expressed their anger



towards the current BJP regime and showed their immense love and support for 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 community in Kashmir. "This government has failed to protect Kashmiri Pandits. It is only exploiting the pain and suffering of the community for its own benefits," he added.

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 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 targeted attacks are openly challenging the top leadership of saffron party to first visit Kashmir without security and then ask them to go 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

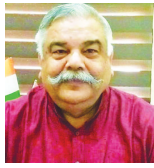
system back on the track, aiming to end the hate politics and wrong policies adopted by the BJP for the sake of Power.

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 Pandit leaders who joined the Youth Congress include Aryan Raina Ji, Shri. Shivam Kaul ji, Shri. Aryam Ambedar, Shri. Divyanshu Dhar Ji, Shri. Himanshu Bhat ji, Shri. Akash Singh ji, Shri. Abhijeet Singh ji, Shri. Shivansh Raina Ji, Shri. Manmeet Singh Ji, and others.

# India favours secular character but is Congress secular questions Brig Gupta

**JJ NEWS SERVICE**  
**JAMMU, JAN 18:** As the date of Bharat Jodo Yatra entering J&K is nearing, many tall but not really true statements are being made by the Congress leaders in order to mislead the people and woo them through emotional integration to join the Yatra, asserted Brig Anil Gupta (ret'd) spokesperson of the Bharatiya Janata Party. One such lie is repeated often that Congress is a secular 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 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 agitation," stated Brig Gupta.



While the BJP has always promoted co-existence, equality, and plurality as also a firm believer of Sarv Dharma Samadhi, 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 secular. 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, reiterated Brig Gupta. Despite its policy of appeasement of minorities, Congress has been losing election after election. To curb the trend,

Manmohan Singh crossed all the limits when he said, "minorities particularly Muslims must have the first claim on the nation's resources." Maximum communal riots in different states of the country happened during 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 "When a big tree falls, the earth shakes", speaks volumes 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 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 voter cards for Rohingyas

and Bangladeshi Muslims 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 non-secular just because it does not follow the secular policy of the Congress and does not indulge in Hindu-bashing resorted to by liberals and pseudo-intellectuals 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 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 BJP's commitment to Sab Ka Saath, Sab Ka Vikas and Sab Ka Vishwas," emphasised the BJP spokesperson.

# BJYM conducts border outreach programme at Village Jhiri

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



**JJ NEWS SERVICE**  
**JAMMU, JAN 18:** Responding instantly to the Prime Minister 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 sections, a Bharatiya Jan Yuva Morcha (BJYM) team conducted an outreach programme in Jhiri Village 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 here that today's programme was organized as part of the party's border village outreach programme that will continue upto 23rd January.

Amandeep Singh, National Media Prabhari of the party was the Chief Guest during the programme organized under the directions and patronage of Arun Prabhat, State President BJYM 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 and aim of the significant outreach programme. He 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 nook 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

living. Prabhat asserted that the Karyakartas are the foot soldiers and constitute the backbone of the party and 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 between the ages of 18 and 25.

The BJYM leader asserted that the onus of party's success lies with the ground level workers ability 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.

National Media Incharge BJYM while addressing the

people at the programme asked them that initiating from the booth-level they must reach out to prospective voters from all segments and age-groups thus making sure that substantial number of young voters support the party in every booth across Jammu 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 the Youth of Jammu and Kashmir had played a vital role during the 2014 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 information about the youth welfare schemes launched by the Modi government among the youth of Jammu and Kashmir.

He said that real ambassadors of the party are the ground level activists and that is the reason BJP is focusing on making its Booths vibrant and dynamic. He exuded confidence that the BJYM workers will leave no stone unturned in achieving success for the party.

# Danish lauds Govt's directions to remove encroachments by Jan 31

**JJ NEWS SERVICE**  
**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 regarding hundred percent removal of encroachments from State, Roshni and Kahchharie 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 the Deputy Commissioners to ensure that all encroachments on State land including Roshni and Kahchharie land are removed to the extent of 100% by January 31, 2023. In a statement issued

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 that had become a casualty during successive National Conference and Congress regimes in the erstwhile 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 Jammu and Kashmir. He said that under the umbrella of this Roshni Act not only the favourites were made owners of the illegally occupied State and Kahchharie land but it was aimed at ensuring a demographic change in the

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.

Mishra said that the move is in consonance with the orders of Judiciary. 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 agriculturalist category.

The senior BJYM leader asserted that 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 so.

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

**JJ NEWS SERVICE**  
**JAMMU, JAN 18:** Y. V. Sharma spokesperson JK BJP asked the so called Kashmiri leaders to stop befooling the people by issuing totally 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 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 innoent people of J&K and see with wide open eyes the pace of far reaching development taking place in JKUT post the abrogation of article of 370 and 35A which have earned accolade not only throughout the country including JK UT but also in the international media. In response to Omar Abdullah's assertion that instead of curbing militancy, the region is witnessing rise in militant activities post abrogation of special status of J&K that belies the 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 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 Dhangri Rajouri attack and sending more troops in J&K by Govt. of India, Mr. Sharma asserted that BJP Govt. in India is determined to root out mili-

tancy once and for all with its full power and determination. Mr. Abdullah must realize that most of the militants killed in the JK UT. In recent days are Pakistanis and the 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, Mufitis and other self styled leaders of Kashmir ever criticized or condemned Pakistan openly for sending trained militants in JK UT and openly supporting the local militants.

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 Kashmir which they have grabbed illegally by attack. India is fully committed to take that area back if Pakistan fails to return it peacefully. Mr. Sharma went on to say that Abdullahs and Mufitis are no one's to talk on an issue which is only the domain of the Foreign Ministry and GOI.

Sharma also blamed the Kashmir based politicians for the woes of Kashmiri Pandit population who 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 Kashmiri leaders are the real well wishers of Kashmiri Pandits and other non-muslims they must convince the Kashmiri people to put an end to this inhuman carnage.

Sharma reiterated that article 370

was a temporary provision of the Indian constitution, but it was misused 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 maintained 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 in 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, stop talking of relations with Pakistan which has occupied a large territory of J&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 passing 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 finished resources by sending trained militants, drugs and armaments to foment trouble in India especially in Kashmir.

# Employees suffering without salaries in spite of registration on JKHRM Portal

**JJ NEWS SERVICE**  
**JAMMU, JAN 18:** Former MLC & JK UT spokesperson of BJP Girdhari Lal Raina has asked chief Secretary Dr. Arun Mehta to look into the sufferings of government employees who are without salaries for several months now. These government employees have been without 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 forward the service details to

the concerned DDOs for verification/updation a move that has been welcomed and has been lauded by almost every right thinking person. GL Raina said that it will not only restructure records of employees with the advantage of contemporary technology but will also eliminate problems faced by individual employees in more than one way.

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 employee has no other source of income, Raina

added. Ex-MLC asserted that Employees drawing salary at resident commissioner's office at 5 PrithviRaj Road New Delhi in particular are complaining about non-payment of salaries.

Former MLC asked the Chief Secretary to issue a general instruction to all 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, mostly on the verge of retirement, who find it difficult 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 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 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 without salaries.

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

**JJ NEWS SERVICE**  
**R.S.PURA, 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 partisanship has surfaced. On one side the School Education Department claims that they have taken all necessary steps to give education to all and on the other side the department intentionally makes mockery of its own claim by making such arrangements

through which a chunk of students gets devoid of proper education for pure selfish gains.

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

BHSS RS PURA against the post of Dogri. Every year a number of students take Dogri as one of their subjects 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 officials are misguiding the department 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 biochemistry in some other school where there is no Lecturer to teach biochem-

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

**JJ 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 many 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 various dark deals were carried out under its garb to benefit the political class which used to usurp the

belongings of people by hook or crook in the past. Naming the 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.

