

# JINDRAH IMAGES

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## J&K Bank Q3 net profit up 79% YoY to Rs 312 Cr

JI NEWS DESK  
SRINAGAR, JAN 23

J&K Bank on Monday said its net profit witnessed a 79% rise year-on-year (YoY) to Rs 311.59 crore for the December Quarter of FY 2022-23 as against Rs 173.95 crore registered for the same period last financial year.

According to the news agency, the bank announced the results after its Board of Directors reviewed and approved the numbers for the third quarter

and nine months ended December 31, 2022, in a meeting held on Monday at Bank's Gurugram Office in Delhi.

"On its trajectory to meet annual profitability targets, the bank's profit for nine months is up 85% to Rs 721.05 crore from Rs 389.36 crore clocked during nine months of the last fiscal," the bank said.

### Performance Highlights

The Bank's Net Interest Income (NII) surged by 27% YoY to Rs 1257.38 crore for the Decem-

ber quarter when compared to Rs 993.30 crore recorded last year, while growing 19% YoY for nine months to Rs 3495.73 crore, the J&K Bank said, adding that its Operating Profit grew by 65% YoY to Rs 544.11 crore for the December quarter, 2022.

The bank further said its NIM has also improved by 54 basis points (bps) YoY to 4.10% - the highest in the last seven years - while as the Return on Assets rose to 0.92% for the December quarter from 0.57% recorded last

year. With Yield on Advances improving by 90 bps to 9.34%, the bank's steadily moderating cost-to-income ratio has come down further to 83.71% for the third quarter, it said.

Commenting on the quarterly growth numbers, J&K Bank's MD & CEO Baldev Prakash said, "Driven largely by an improving asset quality through better SMA management and vigorous recoveries, we have achieved a better set of numbers in our December quarter. And we

remain committed to sustained improvement in our overall functioning and the operating results as communicated in our financial-year guidelines."

### Improved Asset-Quality

The Gross NPA Ratio of the bank has further come down 168 bps YoY and 42 bps QoQ to 7.25% for the quarter, while the Net NPA ratio has moderated YoY by 94 bps to 2.08%, the bank said, adding that the provision coverage ratio (PCR) of the Bank stood at 84.83% for the quarter ended

December 2022.

"Through an ensured institutional focus on the asset quality, we have brought down our Net NPAs to 2.08%, which is the lowest in the last eight years," the bank said. "While each passing quarter is witnessing an improvement in our GNPA figure, we have reduced it further to around 7%, and our Provision Coverage Ratio for the quarter is about 85%," the MD & CEO said, adding, "With the strict regime of early-warning

systems, pro-active monitoring and review mechanisms at all levels coupled with rolling out of timely OTS schemes, we are confident of reducing our gross NPAs to around 6% by the end of fiscal."

### Business Growth

The J&K Bank's net advances are up 14% YoY and 4% QoQ to Rs 77639 crore during the quarter reviewed while the deposits have grown 8% from Rs 109298 crore to Rs 117935 crore.

CONTINUED ON ► PAGE 4

## In Jammu, Rahul Gandhi promises restoration of J&K's statehood

JI NEWS DESK  
JAMMU, JAN 23

On the 129th day of Bharat Jodo Yatra, Congress leader and Member Parliament Rahul Gandhi Monday said that demand for statehood is Jammu and Kashmir's biggest issue and the Congress party will use "full power" to get it restored.

"I have covered more than 3000 kilometers. During the yatra in Jammu and Kashmir, I have met a cross-section of people from the last few days and let me tell you that during my conversation with them, I was informed that statehood for J&K is the biggest issue along with the highest level of unemploy-



ment in the country," Rahul said, addressing a gathering at Satwari Chowk in Jammu, as per news agency. He told

the gathering that Congress party will fully support "you and your statehood demand."

"To restore the statehood, we (Congress) will use our full power to get back the statehood as soon as possible," Rahul said. "Statehood is your (people of J&K) biggest issue. There is no big issue as big as statehood. Your right has been snatched. Cross section of people from J&K during this yatra raised their concerns," Rahul said. "People told me, which I am sharing with you, that their voices are not being heard by the administration. Earlier native people have say in administration and trader but now entire trade is being run by outsiders and people of J&K watch them sitting happily."

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## Congress Party is a group of traitors: J&K BJP chief after Digvijaya Singh's remarks on surgical strikes

JI NEWS DESK  
JAMMU, JAN 23

Jammu and Kashmir BJP President Ravinder Raina on Monday accused the Congress of being a "group of traitors" after Senior Congress leader Digvijaya Singh questioned the 2019 surgical strikes on terror camps by Indian Army across the LoC in POK. Addressing the workers rally at Kathua Ravinder Raina said the Congress should be ashamed by seeking proof of the surgical strikes carried out by the IAF in Pakistan-occupied



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## BJP ready for Assembly elections, will form next govt in J&K: Raina

KATHUA, JAN 23

BJP Jammu & Kashmir concluded its 2-day State Working Committee by holding day-long meeting at Swargiya Ch. Chaggar Singh Sabhagar at Avalon Residency, Kathua.

BJP National General Secretary & Prabhari

CONTINUED ON ► PAGE 4

## President, All J&K Panchayat Conference calls on Lt Governor

JI NEWS DESK  
JAMMU, JAN 23

Anil Sharma, President, All J&K Panchayat Conference called on Lieutenant Governor Manoj Sinha at Raj Bhavan on Monday.

Anil Sharma submitted a representation on behalf of PRI members and AJKPC to the Lt Governor pertaining to releasing of pending instalments of 15th Finance Commission to Panchayats, besides other important issues.



President, AJKPC also expressed his gratitude to the Lt Governor led UT-administration for providing liberal funding, besides

formulating favourable policies for driving the developmental transformation in the rural areas of J&K. KNO

## Rahul Gandhi offers prayers at Shri Raghunath Temple Jammu, will address press conference today

JI NEWS DESK  
JAMMU, JAN 23

Congress leader and Member Parliament Rahul Gandhi on Monday paid obeisance at Jammu's famous Raghunath Temple, soon after his Bharat Jodo Yatra entered the city of temples.

As per news agency, Rahul, who was accompanied by senior party leaders, was greeted by the priests at the temple.



Rahul also participated in special prayers at temples ancient Shiv Mandir and

performed Jal Abhishek to Shiv Lingam

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## J&K Govt orders enquiry into IMPARD faculty appointments made in violation of rules

JI NEWS DESK  
SRINAGAR, JAN 23

The Jammu & Kashmir Government has constituted a committee to enquire into the appointments of faculty members made in the Jammu and Kashmir Institute of Management, Public Administration and Rural Development (JKIMPARD) in violation of rules.

In an order, a copy of which is in possession of news agency, the commit-

tee would be headed by financial commissioner (additional chief secretary), Home department and comprises Director General, Institute of Public Management, Administration and Rural Development, Secretary, General Administration Department, Secretary, Department of Law, Justice and Parliamentary Affairs and Director General (Codes), Finance Department.

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## Longest-surviving Hizbul militant held in J&K's Shopian

SRINAGAR, JAN 23

The longest-surviving militant of Hizbul Mujahideen outfit was arrested in Jammu and Kashmir's Shopian district on Sunday, police said.

Police said that a joint party of police and the army arrested Nasir Ahmed Shergoiji alias Qasim Bhai, who was active since 2017 and was involved in a number of criminal cases.

## Army, security agencies review situation on second day

JAMMU, JAN 23

A joint security review meeting was held on Monday by the Army and other security agencies at Nagrota based White Knight Corps.

"Security Review Meet conducted by Indian Army at Nagrota. Meet chaired by Maj Gen JS Bindra," official Twitter handle of Corps said.

It further said that senior officers from Police, CRPF, BSF and Intelligence agencies attended the meet.

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## PHQ issues induction/absorption list of 89 police personnel

JAMMU, JAN 23

Police Headquarter, J&K vide its order No. 264 has issued the final list of serving Police personnel who have qualified the Assistant Sub-Inspector, Steno (ASI, S) Ministerial Executive Cadre departmental examination. 89 personnel have been inducted/absorbed as ASI (S), Shri Dilbag Singh has congratulated

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## Union Govt rolls out 'U-WIN' pilot project for immunization services

JI NEWS DESK  
JAMMU, JAN 23

After success of eVIN (pillar-1) and CoWIN (pillar-2), Union Ministry of Health and Family Welfare has rolled out the 3rd pillar 'U-WIN' for immunization services which will have Universal Immunization Program module under CoWIN platform.

Secretary Health and Medical Education, Bhupinder Kumar, today launched U-WIN in Samba and Pulwama districts as a pilot project as part of nationwide drive being conducted in this regard.

Director General, Health

and Family Welfare, J&K, Dr Saleem Ur Rehman besides Assistant Directors Family Welfare, Jammu as well as Kashmir division, State Immunization Officer J&K and SPO J&K UNDP and other concerned officers were present during the launching ceremony.

As part of digitization of health services, Secretary Health discussed the importance of an integrated immunization system which will help in effective management of vaccination programmes at UT and district level. He said that the launch of U-WIN portal will do away with the hassle of keeping a physical record.

It will enable digitization of session planning, updating vaccination status on a real time basis, he added.

Beneficiaries will be able to book slots for vaccination in advance. Once the whole immunization programme is digitized, beneficiaries will get certificates on the spot and they can also download them. The key features of U-WIN Portal included the aspects of self registration of beneficiaries for vaccination as well as on-site registration of pregnant woman, infant and children, birth doses of new born and subsequent vaccination events with the features

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## BJP Shared Intertwined Legacy With J&K, Modi Reinforced It: Dr Jitendra

JI NEWS DESK  
KATHUA, JAN 23

Union Minister Dr Jitendra Singh said here today that, right from the beginning, Bharatiya Janata Party (BJP) shared an intertwined legacy with Jammu & Kashmir and Prime Minister Narendra Modi had reinforced it by correcting the anomalies of the past and shifting the focus to development.

Addressing the BJP Working Committee meeting here



today and later speaking to media on the sidelines, Dr Jitendra Singh said, while the resources of Western States have been utilized to a great extent in the past decades, it is Prime Minister Narendra Modi who has turned to the Himalayan

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## 'Centre, UT Govt Jointly Monitoring Narwal Blast Case'

KATHUA, JAN 23

Union Minister Jitendra Singh on Monday said that the Jammu and Kashmir government and Centre together are working on the Narwal blast case and the Union Home Minister Amit Shah himself is monitoring the situation every day.

The Union Minister said that as far as the Narwal blast was concerned,

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## Fresh snowfall on cards as WD approach Kashmir on January 24

JI NEWS DESK  
SRINAGAR, JAN 23

A fresh snowfall would likely occur at most parts of Jammu & Kashmir as the weatherman here has said that a Western Disturbance would affect the Union Territory from January 24 and that there will be no

improvement in the weather conditions till January 31. Deputy Director Meteorological department, Mukhtar Ahmad told the news agency, that wide-spread light to moderate snow is expected in the upper reaches of J&K while the plains would also

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## J&K Startup Policy nurturing young entrepreneurial brains to pursue innovation, entrepreneurship

JI NEWS DESK  
SRINAGAR, JAN 23

Jammu and Kashmir government is building an encouraging ecosystem for nurturing innovation and start-ups in the Union Territory with liberal funding.

Under the J&K Startup Policy 2018-2028, the UT administration aims to nurture and inspire the young

and entrepreneurial brains of Jammu and Kashmir, to pursue innovation and entrepreneurship by creating a vibrant and conducive start-up environment in the region.

Some focus sectors have been identified under this policy which inter alia included Construction and Engineering, Food Processing and Allied activities,

Agriculture including Horticulture and Floriculture, Textiles, Apparel and Fashion Technology, Renewable Energy, Handicrafts and Handlooms and their design element, Electronics System Design and Manufacturing besides Information Technology enabled services among others.

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## DC Ramban finalizes R-Day arrangements

JJ NEWS SERVICE

RAMBAN, JANUARY 23: Deputy Commissioner, Mussarat Islam today finalized arrangements for the celebrations of 74th Republic Day at District Headquarters Ramban in a meeting attended by the senior officers, here at conference hall Maitra.

ADC, Harbans Lal Sharma, CPO, Dr. Kasturi Lal, GM DIC, Ravinder Anand, ADC Ashok Katoch, Dy. DEO Lal Chand, Dy.SP Waqar Butt, CEO, CMO, Executive Engineers, DFOs and various other District and Sectoral officers' officers attended the meeting.

Reviewing the arrangements made by the different departments pertain-

ing to their respective departments, the departments ensure their presence at the Republic Day function at District Headquarters besides directing their subordinate officers and officials to attend national functions at their respective jurisdictions.

It was confirmed that, district-level function shall be organized at District Police Lines Ground, where the National Flag will be unfurled by the chief guest followed by a march past by the contingents of CRPF, JKAP, JKAP, Forest Protection Force and schools.

The DC also reviewed the arrangements like seating, barricading, drinking water, power supply, sanita-

tion, fire services, security, transport, traffic regulations, illumination of government buildings and other necessary arrangements on the national day function.

The DC directed district heads of all departments to illuminate their offices and other Government buildings on occasion, besides ensuring more public participation to make Nation Function more attractive and joyful with patriotic fervor and enthusiasm.

On the occasion, security and traffic management-related arrangements were reviewed and assured foolproof arrangements during the R-Day celebration.

## Court awards 10 years imprisonment to three in culpable homicide case

JJ NEWS SERVICE

JKUT (Jammu), January-23-2023-(JNF)- Principal Sessions Judge Samba Sonia Gupta today awarded 10 years rigorous imprisonment to three including two real brothers namely Rashpal Singh, Sat Pal both sons of Hans Raj and Bodh Raj for offence u/s 304(1) (culpable homicide not amounting to murder) RPC.

According to the police case that on 25.03.2013 at about 1945 hours, SGCt. Bashir Ahmed, No. 262/S of Police Post, Rajpura, produced a Report No.11 of roznamcha dated 25.03.2012 at Police Station, Ghagwal, wherein it is mentioned that statement of injured Seema Devi W/O Govind Ram R/O Paloor, Tehsil and District Samba was recorded by the police in Samba hospital in which she stated that on the 25.03.2013, she alongwith her mother-in-law Rano Devi and sister-in-law Chanchala Devi were working in their fields and at about 1215 hours, Sat Pal S/O Hans Raj and Bodh Raj S/O Ram Chand, both residents of Paloor, Tehsil Samba, who were having an old enmity with them regarding some land dispute, came there and made a murderous attack on them. Bodh Raj was having a bamboo lathi in his hand and he hit on the head of her mother-in-law Rano Devi, as result of which her mother-in-law sustained serious injuries and her sister-in-law was also seriously injured. On their raising hue and cry, her brother-in-law (jeth) and some other people from the neighbourhood came on spot and the aforesaid persons fled away from the spot. She, her mother-in-law and sister-in-law were shifted by her brother-in-law and people to Samba hospital, from where her mother-in-law was referred to GMC Hospital,

Jammu, in view of her serious condition. On the basis of aforesaid report, a case was registered at Police Station, Ghagwal vide FIR No. 21/2013 for the commission of offences punishable u/s 307/323/34 RPC and investigation was assigned to SI Vijay Kumar. During investigation, IO visited the place of occurrence, prepared the site plan, recorded the statements of eye witnesses u/s 161 CrPc, seized the sandal (chappal) and two sickles (daratis) from the spot and prepared the seizure memo. Bodh Raj and Sat Pal were arrested by the police on 25.03.2012 and on enquiry, they made disclosure statements that they had hidden lathies, on which the investigating agency recovered and seized two lathies of eucalyptus on their identification, regarding which recovery and seizure memos were prepared. On 28.03.2013, a message was received through wireless from PGI Chandigarh that patient Rano Devi W/O Milki Ram R/O Paloor, Tehsil and District Samba (hereinafter called as deceased), who was referred to PGI Chandigarh, had expired due to the grievous injuries. IO took the possession of dead body of Rano Devi, got conducted its postmortem and filled the requisite suratthaal form. After conducting the post-mortem, the dead body of deceased was handed over to her legal heirs for performing last rites. The clothes of deceased were also seized by the IO. Accordingly, offence u/s 307 RPC was converted into offence u/s 302 RPC in the case. Principal Sessions Judge Samba Sonia Gupta after hearing Adv RK Kotwal for the accused persons whereas Public Prosecutor Jawaid Khawaja for the UT, observed that in view of the facts and circumstances of the case, evidence adduced

by the prosecution and the discussion made hereinabove, all the accused namely, Rashpal Singh, Bodh Raj and Sat Pal are held guilty and they are convicted for the commission of offences punishable u/s 304(1)/323/34 RPC. Accused No.2 Bodh Raj is on interim bail and his bail is cancelled. He is ordered to be taken into custody.

Court further observed that It is a settled proposition that in awarding sentence in our civilized society, a reasonable proportion has to be maintained by the Court between the heinousness of the crime and the punishment. The sentences are imposed to reflect the seriousness of the crime, to promote respect for the law, to provide just punishment for the offence, to afford adequate deterrent to criminal conduct and to protect the community from further similar conduct. In awarding sentence, the court must look in to the crime, the victim besides the circumstances of the criminal and the impact of the crime on community. In the present case, as submitted by counsel for convicts that Rashpal Singh, Bodh Raj and Sat Pal are middle aged persons and the imposition of imprisonment for ten (10) years u/s 304(1) RPC would serve the interest of justice. Keeping in view the age of the convicts/accused and considering the contention of defence counsel about the crime, I think this case does not fall in the category of sentencing them to imprisonment for life. Keeping in view the age of the convicts, imprisonment for ten (10) years shall be an adequate sentence in the present case u/s 304(1) RPC. Accordingly, the following sentences are imposed upon the convicts/accused for offences U/Ss 304(1)/323/34 RPC. JNF

## 3 Day 'Kupwara Winter Carnival-2023' to begin from January 29

Carnival will boost tourism sector in a big way: DC

JJ NEWS SERVICE

KUPWARA, JANUARY 23: The District Administration Kupwara has decided to conduct 'Kupwara Winter Carnival 2023' from January 29 for 3 days. Deputy Commissioner (DC) Kupwara, Dr. Doifode Sagar Dattatray today said that the first of its kind 3 day Kupwara Winter Carnival 2023 shall be held at Dringyari Kupwara with effect from January 29 to 31.

He said all arrangements have been put in place for successful conduct of the Carnival. He said that holding the Winter Carnival at Dringyari in the lap of picturesque Bangus Valley and Shamasbari mountain will be the grand maiden effort to boost the

tourism sector in the district.

The DC informed that various activities of attraction are being conducted in the winter carnival which include ice skating, ATVs, Snow mobile, sagging bridge and zip line, besides, music, refreshment, food courts have been kept in the state of readiness.

Dr. Doifode Sagar said that the winter carnival is the first of its kind in the district and the people have aspirations on the carnival.

He asked the officers to make this carnival more attractive so that more and more tourists could visit and enjoy the beauty of Kupwara district especially Dringyari which is the grand maiden effort to boost the

He said the conduct of winter carnival shall boost the tourism activities in a big way which will create livelihood opportunities for the local youth of the district.

He hoped and appealed the youth of the district to participate in the Winter festival in large numbers.

The DC directed all the officers to work in close coordination to make the carnival more effective and successful.

He said nature has bestowed Kupwara district with plenty of natural resources, lush green pastures, meadows and water bodies adding that the beauty of these resources double during the winters when there is snow all around.

## 1990 killing of 4 IAF persons and Kidnapping of Dr Rubiya Syed case adjourn for the Feb 24 and 25

Court closed Malik's right to cross-examine prime witness

JJ NEWS SERVICE

JKUT (Jammu), January-23-2023-(JNF)- Special Judge TADA Jammu Ashwani Sharma today adjourned the cases of 1990 killing of 4 IAF persons and Kidnapping of Dr. Rubiya Syed for the Feb 24 and 25, 2023 with the direction to CBI to produce two witness each in case.

Today when the case was started, Court closed KLF chief Yasin Malik's right to cross-examine a prime witness in a 1990 case related to the killing of four IAF personnel after he refused to do so through video connection. Malik, who is in Delhi's Tihar Jail after being convicted in a terror funding case and has been demanding that he be allowed to cross-examine witnesses physically in the Jammu court, was present in court

virtually. He was asked whether he would like to examine V K Sharma, a prime witness in the case. Malik refused and reiterated his stand that he would like to physically question Sharma in court. However, the accused did not do that following which the court closed his right to cross-examine," Kohli told reporters.

Sharma had identified Malik before the examiner-in-chief of the court as well as the CBI as one of the terrorists involved in the January 25, 1990 killing of four IAF personnel on the outskirts of Srinagar. During the course of hearing, Counsels for the CBI Monika Kohli and SK Bhat informed the court that the Union Home ministry had passed an order barring Malik from moving out of Tihar jail for one year from December

22, 2022 because of pending NIA cases against him.

Yasin Malik has been charged in the case along with six others. The charges were framed against the accused in 2020, 30 years after CBI filed the charge sheet before a designated TADA court in Jammu. According to the CBI, the IAF personnel were fired upon by terrorists. Forty, including a woman, received serious injuries and four were killed on the spot.

In case of kidnapping of Rubiya Syed case, the witnesses were not reached Court due to Jammu-Srinagar Highway was closed and the flights were cancelled. Upon this Court adjourned the case and fixed February 24 and 25, 2023 for further examining of witnesses. JNF

## Director Agriculture conducts 2- Day Extensive Tour of Udhampur District

JJ NEWS SERVICE

UDHAMPUR, JANUARY 23: To review the development works in the agriculture sector and the preparedness and sensitization of field extension agencies, Director Agriculture K.K. Sharma conducted a 2-day tour of district Udhampur.

During the visit, Director Agriculture K.K. Sharma interacted with field staff and visited far off areas of Pancheri Garlic Cluster, Hi Tech Mushroom Unit at Pathi developed under National Horticulture Board, as well as initiatives of Chief Agriculture Complex viz. Urban Farming Model, Medicinal/Aromatic Plants, Mushroom Units, Polyhouse, Hydroponic Units for fodder, vegetables and Aquaponics. He also visited the "Kisan se Dukaan Tak" stall displaying the organic local produce of farmers.

Thereafter, he chaired a meeting of all District/ Sub-Divisional/ Zonal level officers and reviewed progress

of work on the agriculture sector projects. The Director Agriculture also visited Seed Multiplication Farm Kawa.

While briefing the media persons regarding his extensive Two Day Tour of District Udhampur, he expressed gratitude to LG Manoj Kr. Sinha and Additional Chief Secretary APD, Atal Dulla for their visionary guidance and support.

He highlighted the ongoing as well as future strategic plan of U.T and centre Government for empowerment of the farming community by enhancing their Socio-economic Status under the Holistic Agriculture Development Plan.

He said under the Holistic Agriculture Development Plan J&K is heading towards a revolution in the agriculture sector. "Under this plan UT Level, Divisional Level and District Level orientation trainings are being conducted with the purpose to enrich the field functionaries of all

ranks, involving line departments/state agriculture universities with active support of KVKS at District Level through the master trainers.

Director also urged the field staff to motivate farmers to adopt specific areas to promote Millets in District Udhampur in accordance with the International Year of Millets-2023.

Chief Agriculture Officer Udhampur Sanjay Anand, Ashwani Kumar Jorja Area Dev. Officer, District Agriculture Officer Anil Kachroo, R.K. Pandoh ASC, D.R. Barua MDO, S.Sukhbir Singh Distt SMS, Dr. Vinay Jandial ASCO, Varun Verma Asst. Engineer, Mohan Lal Apiculture Development Officer, S.Kuldeep Singh SDAO Ramnagar, Shiv Purshtottam Jyoti SDAO Udhampur, Sub divisional SMS's, Vinod Gupta, Yash Gupta, Surinder Gupta, Jyoti Karkash, Kulbushan Singh Farm Manager Kawa and all AEO's were accompanying the Director Agriculture.

## Awareness camp on Horticulture mechanization held at Panchayat Rehmbal Lower-2

JJ NEWS SERVICE

UDHAMPUR, JANUARY 23: Department of Horticulture, Udhampur today organized an Awareness camp on "Horticulture Mechanization" here at Panchayat Rehmbal Lower-2. A large number of farmers/orchardists of Block Udhampur participated in the camp.

Chief Horticulture Officer, Rajinder Kumar discussed in detail different schemes of the department and held a fruitful interaction with the participants/farmers/orchardists. He laid stress on soil testing, integrated pest and disease control practices and use of bio-fertilizers/bio-pesticides in

order to promote organic cultivation of fruits.

The CHO emphasized on quality fruit production with the use of modern techniques available with the department.

The orchardists were also made aware about the different measures undertaken by the Department of Horticulture for the betterment of fruit growers. Horticulture Development Officer, Udhampur gave an introductory lecture on importance of mechanization in the management of the orchards and also discussed different measures to increase the income of orchardists.

Block Development Council Chairman, Udhampur, Balwan Singh motivated the farmers to come forward for getting the maximum benefits under different CSS/UT schemes of the Horticulture Department.

Sarpanch Shamsheer Singh (Rehmbal Lower-2), Sushma Devi (Rehmbal Lower-1) and other PRI members of different panchayats i.e. Surinder Sharma, Asha Choudhary & Munna Ram participated and also made interactions with the visiting officer and advice the farmer to avail the benefits from the existing schemes and uplift their socio-economic livelihood.

## DDC reviews R-Day arrangements at Udhampur

JJ NEWS SERVICE

UDHAMPUR, JANUARY 23: To finalise necessary arrangements for the smooth celebration of Republic Day function 2023 at District Head Quarter with National enthusiasm and gaiety, a meeting of District Officers of different departments was held today under the Chairmanship of Deputy Commissioner, Udhampur, Kritika Jyotsna at Mini Conference Hall DC Office Complex.

SP, Udhampur, Dr Vinod Kumar; Additional District Development Commissioner, Ghan Shyam Singh; Additional Deputy Commissioner, Mohammad Syed Khan; Assistant Commissioner Revenue, Rafiq Ahmed Jara; Chief Planning Officer, Mudassar Yaqoob Zargar and other District heads of line departments

attended the meeting

Threadbare discussions were held on various arrangements which include seating arrangement, barricading, security, traffic regulation, drinking water and power supply, sanitation, transport, distribution of prizes, illumination of government buildings, first-aid, PAS, Fire-tenders and refreshment to students participating in the National function were also discussed in the meeting.

It was decided in the meeting that the main function would be held in the Government PG Degree College Boys, where the chief guest would hoist the National flag and take the salute at 9:55 Am. The contingents drawn from JK Police, District Police Line, NCC, CRPF and Home Guard would participate in

the march past. The function would start with the Shehna Vadam programme in the morning by the Information department.

Speaking on the occasion, the DC asked all officers to put in place all the necessary arrangements well in time for the smooth and enthusiastic celebrations of the National event. He called upon the officers and employees of all departments to remain present at the venue, on the day of function.

The DC directed the Xens PSE & PWD to ensure seating, barricading and drinking water arrangements, besides Xen PDD was asked to ensure uninterrupted power supply at the function site. Chief Executive Officer, Municipality was asked to maintain cleanliness in the town as well as at the venue.

## Kathua administration plans to upgrade tourist amenities around Ujh Barrage

DC discusses modalities with stakeholder departments

JJ NEWS SERVICE

KATHUA, JANUARY 23: To tap the tourism potential of the area in and around Ujh Barrage, Deputy Commissioner Kathua Rahul Pandey today chaired a meeting here in DC Office complex to discuss modalities with the stakeholder departments.

At the outset, the Deputy Commissioner enquired about the already existing tourism sector infra-

structure at the site of Ujh Barrage. He was apprised that the tourism department has 60 kanal land while RTIC has 40 kanal of land near the Barrage which can be used to raise facilities on the already existing infra for the tourists.

The directions were passed to the CEO, Lakhanpur Sarthall Development Authority (LSDA) to submit the proposal for development

of the area including amenities for the tourists besides exploring the potential of water sports facilities so as to make the area an attractive tourist destination.

The DC called upon the officers of Tourism, Floriculture, and RTIC to share their proposed rejuvenation plan for Ujh Barrage so that the same can be taken up with higher authorities to seek approval at the earliest.

## Anti-encroachment drive: More than 135 kanals of State/ Shamilat land retrieved at Shopian

JJ NEWS SERVICE

SHOPIAN, JANUARY 23: As part of ongoing anti-encroachment drive, the District Administration Shopian today retrieved more than 135 Kanals of land from illegal encroachments at

village Pahnoo. The Land, retrieved from illegal encroachment consisted of both state and shamilat.

The drive was conducted under the presence of Tehsildar Shopian Fida Mohd Bhat.

The District Administration has passed strict directions to all Tehsildars for intensifying the anti-encroachment drives in the district for retrieval of all encroached State/Kachharie land.

## Amrit Sarovar sites to be developed as tourist-destinations under 'District Tourism Plan': DC B'gam

**Chairs inaugural Stakeholders meet at Amrit Sarovar- Monu Talab Chararisharief**

**JI NEWS SERVICE**  
BUDGAM, JANUARY 23: The Deputy Commissioner (DC) Budgam, S F Hamid today chaired inaugural stakeholders meet at Amrit Sarovar - Monu Talab in Block Charar-i-Sharief.

During the program, the DC interacted with PRIs and other local deputations from Monu, Charar-e-Sharief (A), Fressedab, Kantidjan, Zinpanchal and adjacent villages and sought their suggestions and involvement in developing the area as a tourist hub.

The participants also discussed Establishment of Home Stays in the areas for which the DC assured full support.

The DC said that Amrit Sarovar sites shall be developed as tourist spots under the District Tourism Plan.

## NIFT Sgr celebrates 38th foundation day

**JI NEWS SERVICE**  
SRINAGAR, JANUARY 23: The National Institute of Fashion Technology (NIFT) Srinagar, on Monday observed its 38th foundation day at its campus in Ompora Budgam. NIFT as a pan India institution was established on 22nd January 1986.

The function was celebrated with much enthusiasm and was part of the Celebrations being held in all the 18 campuses across India.

On the occasion, artistan Shah Nawaz Ahmad Sofi, Artisan and Entrepreneur who was felicitated at the occasion.

Director NIFT Srinagar, Dr Javid Ahmad Wani said that NIFT was established on 22 January 1986.

## DC, SSP B'la felicitate newly Selected JKAS Qualifiers

**Advise them to work with Dedication, Honesty to excel in their Careers**

**JI NEWS SERVICE**  
BARAMULLA, JANUARY 23: The Deputy Commissioner (DC) Baramulla, Dr Syed Shrish Asgar in presence of Senior Superintendent of Police, Nagpure Amod Ashok today felicitated newly selected candidates of Jammu and Kashmir Administrative Service (JKAS Batch 2023) in a function organised at DC Office here.

Dr Shrish Asgar asked them to be innovative and contribute to the welfare of the society in whatever capacity they are placed and be a role model for others to emulate.

The DC while extending appreciation to the JKAS qualifiers said that she hopes their selection will inspire many other youth from the region to crack other prestigious examination in order to serve the society in the best possible way so that their energy would be utilized for the development of the Nation.

Senior Superintendent of Police Baramulla also had an interaction with the candidates and shared his valuable experience with them.

## Greening around Religious Places launched in Kishtwar

**Plantation Drive conducted in vicinity of Shiv Temple, Semna Colony**

**JI NEWS SERVICE**  
KISHTWAR, JANUARY 23: A plantation drive was today conducted in the premises of Shiv Temple, Semna Colony, range Kishtwar under "Greening around religious places" drive.

Deputy Commissioner, Dr. Devansh Yadav, was the Chief Guest of the function, who marked the start of the drive by planting Deodar sapling.

Others who participated in the said drive were ADDC, Sham Lal Sharma; ASP, Rajinder Singh; DFO, Sagor Singh; SPS, District Nodal Officer AYUSH Dr Vikram Singh; Vice-president Smtan Dharm Sabra Rajinder Gupta; Assistant Commandant CRPF, Vijay Hemraj; Inspector AK Mahaptra, local PRIs, public and Staff of Forest, CRPF and Police Department.

More than 200 Deodar saplings were planted with the provision of the Tree guards for their protection.

## Parakram Diwas observed at IIM Jammu with patriotic fervor

**JI NEWS SERVICE**  
JAMMU, JANUARY 23: Indian Institute of Management (IIM) Jammu celebrated "Parakram Diwas" to mark the Birth Anniversary of Netaji Subhas Chandra Bose.

Prof. B.S. Sahay, Director, IIM Jammu, Dr. Ashish Kumar, Chairperson Student Affairs, IIM Jammu, Cmr. Kesavan Baskaran, Chief Administrative Officer along with other faculty, officers, and staff offered floral tributes to Netaji on his birth anniversary. On this occasion, UGC organized a National Webinar on the Life & Times of Netaji Subhas Chandra Bose on 23 January 2023 which was attended by faculty, officers, staff, and students at the Institute on online mode.

Prof. B.S. Sahay, Director, IIM Jammu said, "Parakram Diwas" is the occasion to remember the great son of our motherland who dedicated his

life to the nation and the people. He credited the Hon'ble Prime Minister of India for giving him due recognition by unveiling a grand statue at the India Gate. He spoke highly about Netaji's overall competence, personality, organizing capacity, and mobilizing capacity being unparalleled to anyone. He also reminded everyone about the sacrifices made by him, remembering his contributions, and mentioned him as the greatest leader of his times. Adding further, he said Netaji Subhas Chandra Bose was an embodiment of patriotism, courage, sacrifice, and determination. He urged everyone to follow in his footsteps and rise above his comfort zones and work passionately toward the nation.

## GDC Ramgarh organises Extension Lecture on Conservation of Environment

**JI NEWS SERVICE**  
SAMBHA, JANUARY 23: The National Service Scheme unit 'Prabha' of Government Degree College Ramgarh organized an extension lecture in its adopted school - Government High School Swankha' on the theme of 'Conservation of Environment'.

The extension lecture was organized on day-five of the ongoing '7 Days NSS Special Winter Camp' under the banners of 'My College My Pride' and 'My Town My Pride'. The drive was conducted under the guidance and leadership of Prof. (Dr.) Satinder Kaur, the Principal of the College.

Dr. Shamsheer Lal, the NSS Programme Officer, along with the NSS Committee members and NSS volunteers visited the adopted school. In his address, he motivated the students of the adopted school to protect and conserve the environment in order to observe sustainable development. He also said that environmental conservation is a practice that paves the way for protecting the environment and natural resources on the individual, organizational as well as governmental levels.

Dr. Anjali Bala of Department of Environment Science, who is also one of the NSS Committee members, gave a powerpoint presentation to the students and the staff of the Government High School Swankha.

## JU's Poonch Campus organises extension activity- "Adoption of Seri-Village and Plantation Drive"

**JI NEWS SERVICE**  
POONCH JANUARY 23: Department of Sericulture, Poonch campus, University of Jammu, in collaboration with Department of Sericulture, SKC GDC Poonch today organized Extension activity entitled "Adoption of Seri-Village and Plantation Drive" for implication of MoU signed by the twin institutions.

Under the activity, the department adopted Dingla, Jannary Village of NSSB Block for promotion of sericulture industry.

Prof. Dipankar Sengupta, Director Poonch campus, extended heartfelt thanks to the district administration and Panchayat members especially, Rubina Anjum, Sarpanch village Dingla and other panches for their cooperation during the said event.

Prof. Sengupta also congratulated all the staff members of Department of Sericulture, Poonch campus, and SKC GDC Poonch for their outstanding contribution in making this event successful.

The programme was attended by 18 PG students, 31 UG students and 20 farmers along with 02 panches of the NSSB blocks along with the teaching and non-teaching faculty of university and college.

The meeting was chaired by Additional District Development Commissioner Samba Rajinder Singh, in which SDM Ramkesh Sharma, ACR Manu Hansa, SDM Vinay Sharma, Dy DFO, DIO, CEO, SVEEP, representatives of Degree Colleges, HSS and other concerned officials were present.

Headreable discussions were held in the meeting on the arrangements to be placed in and activities to be conducted on occasion of the NVD to be held on 25th January.

It was decided to hold the three programmes in each constituency viz Samba, Ramgarh and Vijaypur wherein the students, citizens and other stakeholders shall participate in the celebration of NVD. ADDC directed to launch an awareness campaign across the district for maximum participation of citizens in the electoral process and to encourage the newly eligible voters.

## DC Anantnag felicitates JKCCS qualifiers

**JI NEWS SERVICE**  
ANANTNAG JANUARY 23: The Deputy Commissioner (DC) Anantnag, Dr Basharat Qayoom today felicitated the qualifiers of Jammu and Kashmir Combined Civil Services Examination, 2021.

Dr Basharat while interacting with the qualifiers congratulated them and said that the result is a manifestation of their hard work and dedication. He impressed upon them to work with utmost sincerity and integrity towards the service of the people. He shared his own experiences and exhorted them to put their best efforts. The DC said that the qualifiers are a beacon of light for their peers and youth of today who shall follow in their footsteps. He said they have set a way forward for others and he is confident that the youth of Anantnag have the capability to excel in any field.

Among the qualifiers felicitated were Aeshal Nisar Dalal of Janglat Mandi, Yawar Nisar from Liver Pahalgam, Afer Jalar from Lal Chowk and Mohammad Muneeb Bhat from Mir Danter Anantnag.

## Preparation for celebration of National Voters Day 2023 finalized in Samba

**JI NEWS SERVICE**  
SAMBHA, JANUARY 23: A meeting to review the arrangements for the celebration of upcoming National Voters Day was held in the DC office Samba here today.

The meeting was chaired by Additional District Development Commissioner Samba Rajinder Singh, in which SDM Ramkesh Sharma, ACR Manu Hansa, SDM Vinay Sharma, Dy DFO, DIO, CEO, SVEEP, representatives of Degree Colleges, HSS and other concerned officials were present.

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## Series of new events being organised as part of Republic Day celebrations 2023 in Samba

**JI NEWS SERVICE**  
SAMBHA, JANUARY 23: District Administration Samba, under the week long Republic Day 2023 Celebrations, today organised a multitude of events in the district Samba.

The celebrations will be a tribute to INA veterans, people and tribal communities, who participated in the freedom movement as a part of Azadi Ka Amrit Mahotsav.

The inauguration function was organized in the Government Gujjar and Bakarwal Boys hostel Samba, which saw huge participation of students from the tribal community. A scintillating cultural program featuring patriotic songs depicting National fervor was presented on the occasion.

Chief Guest, Deputy Commissioner, Anuradha Gupta called upon the students and others to take part in the ongoing Republic Day celebrations as Jan Bagidari and promote the ideals of Azadi Ka Amrit Mahotsav. She also exhorted students to inculcate hobbies like singing, dancing, writing, reading as well as excelling in sports to channelize the energies in the right direction for the development of our Nation.

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FROM THE FRONT PAGE...

J&K Bank Q3...

However, the bank witnessed 21% YoY growth in advances in its operational geographies across Rest-of-India (RoI), it said.

The bank's overall business increased by 10% to Rs 195774 from Rs 17684 crore recorded last year while its CASA Ratio continues to remain one of the industry's best - at about 54%.

In Jammu, Rahul...

He further said that Jammu and Kashmir has the highest level of unemployment in the country. "Youngsters aspire to become engineers, doctors and lawyers but they find they cannot because of lack of opportunities," he said.

On unemployment: Youth of the country looked towards the Army for serving the nation as well a great source of employment but BJP came with Agniveer trying to destroy "this intuition."

Rahul said: "The working implementation of GST, demonetization is worsening the condition of small scale traders."

"Nation's wealth is going to 3-4 big business units and leftover citizens are experiencing the brunt of unemployment and inflation," he said.

Rahul Gandhi said that Pandits are facing injustice at the hands of the government and added Jammu and Kashmir Lieutenant Governor Manoj Sinha to apologise to the community for telling the prime minister's package employees that they should not seek aims.

"Injustice is being meted to Kashmiri Pandits by this government. This morning... I had a meeting and our ministers were turned off and we briefed me about their issues. I was surprised to know that their delegation was told by the lieutenant governor that they should not seek aims."

Rahul said he wanted to tell the lieutenant governor that he is not demanding aims but is seeking their rights. "I do not seek forgiveness from them (Pandits)."

Earlier, Rahul said that yatra has been started from Kanyakumari and "we learned a lot during this period. Every state teaches us a lot and it."

Congress Party is...

Jammu Kashmir (POJK) in response to the IR terror attack and Balakote (Pakistan) Airstrike by Indian Air Force after Pulwama terror attack.

"The Congress has once again stabbed Bharat Mata in the back. By questioning the surgical strikes, the party has humiliated our brave Jawans of Army and Indian Air Force (IAP) personnel who carried out the strikes in Pakistan-occupied Kashmir and Pakistan and destroyed terror camps," Raina said.

Reacting to the statement of Congress leader Digvijay Singh, Ravinder Raina said the world watched how the Indian Army hit the terror camps in PoJK in September 2016 in the aftermath of a terror attack on an Army camp in north Kashmir's Uri that left 19 soldiers attacked martyrdom and again in Balakote in Pakistan (IAP) on February 26, 2019 in response to the Pulwama terror attack in which 40 CRPF Jawans laid down their lives.

"The Congress should be ashamed by seeking proof of the surgical strikes and Mr. Rahul Gandhi owes an apology to the nation for this treason, Raina said.

He further said Congress is responsible for the partition of the country in 1947 and all the problems in JK."

Ravinder Raina made a Seething attack on Congress Party and said "The Congress is a group of traitors and the treason with the country is in their DNA. He said the nation will never forgive this party," Raina said.

BJP ready for...

J&K Tarun Chugh, J&K BJP President Ravinder Raina, Union MoS PMO Dr. Jitendra Singh, MP Jugal Kishore Sharma (former President of BAR), Bal-Such-Prabhar, Ashish Sood, former State Presidents Dr. Nirmal Singh (former Dr. CM), former Dr. CM Kavinder Gupta and General Secretary (Org.) Ashok Koul chiefly addressed the meeting.

BJP State Office Bearers, Morcha Presidents, Executive Body, Special Invitees, Department Incharges, Cell Convenors, former MLAs and other senior party leaders participated in the meeting.

Tarun Chugh initiated his address while paying tributes to Neta ji Subhash Chander Bose and narrated his important role in Indian freedom struggle.

Chugh blamed Congress for building anti-National and divisive narrative along with NC and then PPP that was given birth and then nurtured to reap undue benefits in politics. Their anti people design murred democracy in J&K, at a time, all the forms of all Praja Parishad candidates were rejected and NC was forcibly thrust upon J&K.

Chugh added that misdeeds of parties like Congress, NC, PPP made J&K as terrorist hub, but now with the dedicated leadership efforts of Modi government now there is new opportunity of development, where youth is looking for opportunities.

Ravinder Raina in his Presidential address thanked Prime Minister Narendra Modi for unprecedented growth and development in Jammu & Kashmir and said that the region is witnessing major development under Modi government. He said that terrorist activities are on sharp decline in these years. Our brave security forces will soon eliminate all terrorists who are still taking innocent precious lives.

"BJP is ready for Assembly elections and will form the next government in J&K with absolute majority", said Ravinder Raina and added that BJP has consistently secured more votes in every election held in J&K. He appreciated party activists in every acting BJP as a reckoning force in the region.

Raina said that Modi government has worked on principle of 'Sabka Saath, Sabka Vikas, Sabka Vishwas'. He enumerated various public welfare schemes like PMAY, Swachh Bharat, e-Shram cards, Pension schemes etc and their direct welfare benefits to the people population.

Dr. Jitendra Singh spoke on the historical discourse of BJP. He said that earlier, Jana Sangha and then BJP led truly Bharat Jodo Yatra in the past with a clear intention of uniting the whole Nation. BJP's Yatras were forcibly crushed, leaders jailed even sacrificing our greats like Dr. Shyama Prasad Mukherjee by Congress led governments. He added that the world is ready to be led by India, but we must also prepare to accept the staged.

Ashok Koul discussed the organizational matters to strengthen the party in all Mandals up to booths. He also discussed the details of forthcoming party programmes and asked all the leaders to ensure party programmes with involvement of ground activists.

Ashish Sood asked all BJP leaders to pledge to contribute in Nation's development on birth Anniversary of Neta ji Subhash Chander Bose. He said that Congress' so called Bharat Jodo Yatra entered J&K on 19th January when J&K was destroyed by Congress and the innocent Kashmiris were driven out of their homes in Kashmir.

Nirmal Singh elaborated on the issues covered in Political Resolution. Benefits of G-20 meet, regional development and others.

Kavinder Gupta read statement on the security scenario in J&K. He said that J&K has continuously borne the burnt of separatism and terrorism since 1947 but now that dark era has come to an end with the abrogation of controversial Article 370.

Jugal Kishore Sharma presented the political resolution after which suggestions on the issues were sought. The resolution was seconded by Dr. Jitendra Singh and Dr. Nirmal Singh which was later adopted after necessary changes.

General Secretary Vibooth Gupta elaborated on the importance of listening Mann Ki Baat among the masses. He said that issues of public importance are taken in the programme and local heroes are picked up and their stories shared to boost others.

General Secretary Dr. Devinder Manjal elaborated on the Vidhan Sabha Pravas Yojana of the party. He said that the party has all elected Convenors, Incharges and whole timers in the teams.

Former MLA Rajiv Sharma presented details of the visits by MPs in the Lok Sabha Pravas programmes. HE asked the party leaders to get the most of their contributions in developing Lok Sabha constituencies.

Adv. Ishant Gupta presented innovative ways of using Information Technology in Political system. He said that today world has gone digital and we must also adopt to change.

Earlier, Meeting began with the lighting of Traditional Lamp and recitation of an organisational Song and Vande Mataram by Media Incharge Dr. Pardeep Mahotra.

Vice-President Shakti Parihar conducted the proceedings of the meetings.

Union Minister Rajiv Jasrotia presented Note of thanks. BJP NEM & Headquarter Incharge Priya Sethi read the condolence note to pay tributes to all the party leaders and others who lost their lives in recent months.

Office Secretary Tilak Raj Gupta read the minutes of the last meeting.

Welcome address was given by District President Gopal Mahajan.

The working committee was kept almost paperless with the expertise of party's IT Department.

Rahul Gandhi offers...

Earlier, Gandhi reached Jammu district after covering around 100 kilometers distance on 5th day after his Yatra entered Jammu and Kashmir.

Gandhi, who walked wearing a white T-shirt, was welcomed by the public and party workers waiting in large numbers on either side of the road.

At Satwari Chowk, he addressed the concluding function of the day in Jammu.

On Tuesday, the yatra will resume from Jammu's outskirts Nagrota for a night halt at Udhampur, 60 kilometers away.

"The yatra will cover approximately 60 kilometers, longest in the day so far and will make a halt at Udhampur on Tuesday evening," said a party leader.

On Tuesday afternoon, Gandhi will also address a press conference in the afternoon at Jajjar Kotli area. KNO

J&K Govt orders...

The committee shall also inquire into the reasons for not previously reporting to the government the irregular appointments of the faculty members in the Institute, which pre-date the term of the current Director General.

The committee has also been mandated to look into the number of meetings of the governing Council required to be held under norms vis-a-vis the actual number of meetings held over the last five years and whether the matter involving irregular appointments was ever brought to the notice of the Members of the Governing Council.

The committee shall also evaluate the overall functioning of the IMPARD over the last five years and submit its recommendations for improving work/academic environment, management efficiencies and institutional integrity on a sustainable basis.

The committee shall be serviced by the J&K IMPARD and submit its report to the Government within one month. KNO

Union Govt rolls...

of individualized tracking of beneficiaries for vaccination status, digitization of session planning, updating vaccination status on real time basis from the last mile of service delivery by the vaccinator.

The Secretary further directed the Family Welfare department to ensure continuous monitoring of U-WIN project in the pilot districts and initiate the data collection as well as preparations for rolling out of U-WIN project in all other

districts of J&K after successful implementation in these pilot districts.

U-WIN project was launched successfully at H&WC Birpur from Samba and at SDH Pamnore, PHC Kakapora, SDH Tral and Rajpora sites from Pulwama and many beneficiaries by children and Pregnant females were immunized. Immunization certificates were handed over to the beneficiaries immediately after the immunization. KNO

BJP Shared Intertwined...

resources of J&K and neighbouring regions as well as the ocean resources of the coastal States along the Bay of Bengal and Arabian Sea. The glittering testimony of this, he said, is the "Aroma Mission" which was initiated from Jammu & Kashmir and the "Purple Revolution" which was born in J&K and has grown to be an attractive avenue for Agri-StartUps from far and wide.

Recalling the close relationship which the BJP and erstwhile Bharatiya Jana Sangh have shared with J&K, Dr. Jitendra Singh said, it was in district Kathua, not very far from the venue of today's Working Committee meeting, where the formation of erstwhile Bharatiya Jana Sangh Dr. Syama Prasad Mookerjee was arrested by deceit before he passed away in Srinagar over a month later under suspicious circumstances. Thus the first flame of struggle for nationalism was ignited from here which the Bharatiya Jana Sangh and later BJP carried forward for over the next half of century, he said.

Most of the schemes and year-centric schemes rolled out by Prime Minister Modi, said Dr. Jitendra Singh, are the ones with which the BJP Karyakartas can get associated by way of promoting them and ensuring that they reach the right kind of people for whom they have been planned. He suggested that Bharatiya Janata Yuva Morcha and Mahila Morcha also opening a cadre of programmes to reach out to people with schemes like Ujjwala Yojana, Mudra Yojana, PM Awas Yojana, etc.

Describing Modi as not only the longest serving Head of the Government, first as Chief Minister and then as Prime Minister, Dr. Jitendra Singh said, he is also amongst the longest serving Heads of the Government in the world as it is during Modi's term in office we have witnessed so many Presidents getting replaced in the USA and series of Prime Ministers getting replaced in United Kingdom. The world today looks upon Modi not only with respect but also for guidance, he said.

Describing the current year of 2023 as being of special importance for India, Dr. Jitendra Singh said this is the year when India hosts G20, when on India's proposal the world is observing International Year of Millets and when India's economy has overtaken UK and India's StartUp ecosystem has been rated third in the world. It is also the year, he said, when the global is being looked into, for security purposes, these things are not discussed openly, this makes people think that no action is being taken," he added.

"I can assure that sufficient and decisive action is on the way," he added.

On the ongoing Bharat Jodo yatra, he said that the BJP respects the democratic and constitutional rights in the Bharat Jodi Yatra.

On Bharat Jodo Yatra, which is being led by Rahul Gandhi, Jitendra Singh said that the BJP also held three yatras in the past which includes the yatra led by Dr. Shyama Prasad Mukherjee on 11 May 1953. When he was arrested at Lakhnapur in Jammu and Kashmir and later died in mysterious circumstances in police custody.

"Second yatra was in 1992 by led Dr. Murlidhar Manohar and Narendra Modi as Ekta Yatra, and the third was the Tiranga Yatra in 2011 led by Arun Jaitley and Sushma Swaraj which was not allowed in Jammu and Kashmir. The BJP leaders were arrested and forced to leave the weather conditions would unlikely be further alleged that Congress had adopted the policy of oppression."

"The policy of oppression was adopted by the then Jammu and Kashmir government. Now, this is the first time that the Bharat Jodo Yatra has started, and the BJP Govt followed and respected the democratic bequest and constitutional legacy. The yatra went on unhindered in the country. Now the public will decide the fate of this yatra," he added.

Jitendra Singh talked to the media after the BJP State working committee meeting at Kathua. He has also attended the BJP working committee to chalk out the future plans of the party. (Agencies)

Fresh snowfall...

receive light snowfall from Jan 24-25.

He said that a Western Disturbance is affecting J&K from tomorrow and the weather would remain wet and cloudy till January end. "After possibility of snowfall on January 24-25, the weather would remain mostly cloudy on Jan 26 and would remain the same till Jan 28 following which a fresh Western Disturbance would affect J&K from Jan 28," he said.

"After receiving the weather conditions would unlikely witness improvement till January 30, which marks the end of the 40-day harshest winter period—Chila-i-Kalan in Kashmir. Chila-i-Kalan is followed by a 20-day long Chila-i-Khur (soft cold) that occurs between January 30 and February 18 and a 10-day long Chhill Chilla (baby cold) which is from February 19 to February 28."

The Met officials further informed that overall, weather would very likely remain erratic with cloudy, intermittent light rain and snow till ending January across J&K.

Moreover, the officials also said that people living in snow-bound areas are once again advised to remain alert and cautious while venturing in areas which are vulnerable to snow avalanches.

Meanwhile, the Jammu & Kashmir State Disaster Management Authority (JKDMA) has issued a fresh avalanche warning for six J&K districts for next 24 hours.

As per the warning issued by JKDMA, an avalanche with medium danger level is likely to occur above 2500 metres over Baramulla & Kupwara districts in next 24 hours.

It further said that an avalanche with low danger level is likely to occur above 2500 metres over Doda, Ganderbal, Kishtwar, & Ramban districts in the next 24 hours.

As per the weather forecast for a couple of days, the night temperature has plummeted again across Kashmir as Srinagar recorded a low of minus 3.4 degree Celsius while Gulmarg, a famous ski-resort, recorded a low of minus 9.6 degree Celsius.

The snowfall in Pahalgam settled at minus 4.7 degree Celsius while Qazigund recorded a low of minus 1.0 degree Celsius. Meanwhile, the Srinagar-Jammu highway remained closed today for nearly two hours with officials stating that due to filling of potholes at Mehar and Panthal by CPPL C-N Tunnel, the highway was closed for vehicular movement for one and a half minutes.

Won't allow an inch of J&K land to be provided to outsiders: Altaf Bukhari

SRINAGAR, JAN 23

Former minister and president Apni Party, Syed Altaf Bukhari on Monday said that they won't allow an inch of Jammu & Kashmir's land to be provided to outsiders.

Addressing a news conference, Bukhari, as per the news agency said the drive to retrieve state and Kachharal land from the land grabbers must exclude poor people.

"Those who have grabbed a huge chunk of land can be dealt with strictly, but those who belong to the downtrodden section of the society must be excluded from the drive," he said.

Bukhari, however, said that the land being retrieved will not be given to people from outsiders.

He further said that only five per cent land of J&K can be provided for industrial purposes to outsiders, but this law can be changed by the next government in Jammu and Kashmir.

Responding to the query, he said that he believes that Kuku Parey father of Imtiyaz Parrey, who recently joined the Apni Party, was better than other politicians.

"Whatever Kuku Parrey did, he did at the face value and other politicians did the same behind the curtains, so Kuku Parrey was better than those politicians," he said.

About Bharat Jodo Yatra, Bukhari said that he has not been invited to the Yatra. KNO

'Doda Azad Party': Jairam Ramesh takes dig at Azad-led DAP

JAMMU, JAN 23

In yet another jibe on J&K's former Chief Minister Chulham Nabi Azad political party, senior Congress leader Jairam Ramesh on Monday called his party as the "Doda Azad Party" and added that it would soon become "Dead Azad Party."

Talking to reporters, Ramesh said that the Azad-led political party has now been reduced to "Doda Azad Party".

It has now become Disappearing Azad Party. It is not only Disappearing Azad Party, but has now become "Doda Azad Party" as its influence is limited to Doda. It would soon become "Dead Azad Party", Ramesh told reporters, as per news agency

Ramesh, who has become a vocal critic of the Azad-led party, said that the senior Congress leader who had joined the Azad-led party has now returned to the party.

"They have returned to the party after holiday of two months," he said. KNO

J&K Startup Policy...

Innovation labs in selected Higher Secondary Schools and Colleges and setting up of at least three fabrication labs, one each in Jammu, Kashmir and Ladakh regions besides creating a strong institutional framework for effective implementation, monitoring and evaluation of this policy.

The policy also focuses on innovative projects like ideas capable of introducing new or disruptive technology in the development of existing and new products, processes or services, capable of addressing any of the present challenges before the society at large in an effective manner. The policy also provides special focus on start-ups, promotion of platforms like start-up hub, incubator, angel investors, innovation labs, Entrepreneurship Development Cells and Fabrication Lab among others.

The Jammu and Kashmir Entrepreneurship Development Institute (JKEDI) has been declared the nodal agency for implementation of this policy and Director, JKEDI has designated as the UT nodal officer.

The policy also provides various benefits and incentives to the entity recognized as a start-up. The government provides co-working space with uninterrupted high-speed internet to the selected recognized start-ups at a subsidized price through JKEDI at its campuses in Pamnore and Bari-Brahmana and all the 22 district centres besides a monthly allowance of Rs. 10,000 (for a period of one year) is also being paid to the start-ups.

Similarly, startups are provided one time assistance of Rs 10 Lakh for Product Research and Development/Marketing/Patent. The scheme also has provision of 100 per cent subsidy on purchase and installation of Diesel Generator set or Solar/Wind Generator or Hybrid Solar Wind System to the recognized start-ups.

Lieutenant Governor, Manoj Sinha, recently asked all stakeholders to focus on affordability, sustainability of innovative products, creation of industry innovation clusters to encourage young entrepreneurs and drive job creation.

Under the guidance of Prime Minister, Narendra Modi, India's Start ups are making their place in the global market. India is now ranked third in the world in terms of innovation and start-ups after USA and China," the Lieutenant Governor said.

Notably, J&K featured among the five 'top performers' in the start-up India State's ranking 2021, scoring high on parameters like incubation support, institutional support and fostering innovation and entrepreneurship.

Considerably, the start-up ecosystem in J&K comprises of local versions or mimics of national players like Ola, Uber, Amazon, Flipkart and Zomato as these unicorns have minimal presence in the region in terms of service areas or penetration level. KNO

Army, security...

"The review of internal situation was conducted based on inputs shared," it read.

Earlier on Sunday, Indian Army along with other sister concern agencies held a security review meeting ahead of Republic Day celebrations and recent Terror Attacks in which seven people were killed and 15 injured in bordering Rajouri district of Jammu and Kashmir.

The meeting discussed the prevailing security situation in the region and other areas of concern, an official said.

PHQ issues...

all the inducted officers and their families. In his message, he has expressed hope that this elevation would bring a new and positive energy among them to work tirelessly for achieving the organization's goals as well as serving the people of the UT. He further said that more such opportunities would be given to the in-service personnel in future also.

The sanction in respect of these officers has been accorded by the Board of officers headed by ADGP (Coord) PHQ Shri Danesh Rana, which was constituted vide PHQ order No 932 of 2022 dated 16-03-2022 conducting pre-selection tests in respect of in-service eligible candidates for induction/absorption in Ministerial Executive Cadre as ASI (S).



# Assisting disables our moral & social responsibility: Chief Secretary

*Calls for making public buildings especially schools, hospitals specially abled friendly structures*

JAMMU, JANUARY 23: Chief Secretary, Dr Arun Kumar Mehta today emphasised upon the need for having public infrastructure amenable to specially-abled people for their easy access to them, especially schools and health institutions of the UT. Dr Mehta made these remarks while chairing the 22nd Steering Committee meeting of Scheme for Implementation of Rights for Persons with Disabilities (SIPDA) here. The meeting was attended by Principal Secretary, H&UDD; Principal Secretary, PWD; Principal Secretary, Education; Commissioner Secretary, Social Welfare; Commissioner Secretary, IT and Information Departments; Secretary, Transport; Deputy Commissioner, Jammu; DG, I&C, Jammu; Directors of Social Welfare Department and other concerned officers.

The Chief Secretary stressed on taking all the measures possible for making public offices and infrastructure accessible to such persons. He advised them to have ramps and rails in every office especially those visited often by such persons. He told them to have disable-friendly washrooms in such buildings besides signages and other facilities for assistance to

such persons. He advised them to take both short term and long term measures to tackle this issue.

In terms of adopting the innovative approaches, the Chief Secretary underscored the need for establishment of a helpline with a nodal officer who could facilitate them in getting appointments with senior officers or offices in administration. He told them to create waiting halls for these persons in the ground floor of these offices for meeting the officers to apprise them about their issues. He also directed for giving suitable accommodation to specially-abled employees in the ground floor of the office they are working at.

He enjoined upon them that it is the social obligation of all of us, besides our moral responsibility, to assist them in every manner. He asked them to have wheel chairs available in the main offices for their ease, besides providing them help in reaching the particular place in the office complexes.

The Commissioner Secretary, SWD, Sheetal Nanda apprised the meeting that the SIPDA Scheme has been formulated by Government of India to provide barrier free environment for the persons with disabilities which

include access to built environment in schools, colleges, academic and training institutions, offices and public buildings, recreational areas, health centres/hospitals etc.

This also includes provision for ramps, rails, lifts, adaptation of toilets for wheelchair users, brail signages and auditory signals, tactile flooring, causing curb cuts and slopes to be made in pavement for the easy access of wheelchair users, the adds.

It also includes engraving on the surface of zebra crossing for the blind or for persons with low vision, engraving on the edges of railway platforms for the blind or for low vision and devising appropriate symbols of disability, etc, as was discussed in the meeting. It was made out that government websites should also be accessible to PwDs as per guidelines issued by NIC and Department of Administrative Reforms and Public Grievances (D/o AR&PG), Government of India. The concept behind this scheme is to achieve universal accessibility that will enable persons with disabilities to gain access for equal opportunity and live independently and participate fully in all aspects of life in an inclusive society.

# DC chairs meeting regarding rollout of Aspirational Panchayat Development Programme at Udhampur

JJ NEWS SERVICE

UDHAMPUR, JANUARY 23: To discuss different parameters/indicators with the regard to Aspirational Panchayat Development Programme (APDP) launched by the Planning, Development and Monitoring Department, J&K for short listing of the least developed Panchayats in each Block in the District, Deputy Commissioner, Udhampur Kritika Jyotsna convened a meeting of officers of different departments, here in the Conference Hall of DC Office Complex.

At the outset, the CPO informed the Chair about the rollout of APDP and its significance in future planning of least performing panchayats. He added that the main objective of the

program was to improve and uplift the socio-economic development scenario of these panchayats on selected parameters.

The meeting was also informed that as per the instruction of the PD&MD, Assistant Commissioner Panchayat has been nominated as the District level Nodal Officer and to complete the exercise in a time bound manner he will be assisted by a team of 12 Sub-Nodal officers for collection of data as per the format. The whole exercise will be carried out under overall supervision of the Additional District Development Commissioner, Udhampur.

DC directed all the heads of concerned departments to put their efforts while collecting the data while

maintaining its sanctity. The DC exhorted upon the officers of concerned departments to start the exercise of data collection on the parameters pertaining to their respective departments of all 236 panchayats across the Udhampur district. Officers were directed to work with zeal and dedication to complete the process in a transparent and time bound manner and ensure that no panchayat is left out.

Additional District Development Commissioner, Ghan Shyam Singh, Chief Planning Officer, Mudassar Yaqoob Zargar, Assistant Commissioner Revenue, Rafiq Ahmed Jara, and other officers of various departments attended the meeting.

# DIPR Cultural Wing organises cultural programme at GPS Pacca Talab

JJ NEWS SERVICE

JAMMU, JANUARY 23: Cultural wing of Department of Information and Public Relations (DIPR) today organised a cultural program in the Government Primary School, Pacca Talab, Bahu Fort, Jammu to mark the celebration of Republic Day.

Artists of Cultural Wing Information Department Jammu par-

ticipated in the event and presented patriotic songs. Students of the school also presented a colourful Cultural program.

While speaking on the occasion, incharge Headmaster of the school, Subash Chander shared his views on the importance of Republic Day. She also appreciated the Cultural Wing of the Department of Information and

Public Relations for organizing such a meaningful program to aware the future of the nation.

Among others, staff members of the school, officials of the Information Department and a large number of audience witnessed the program. The program was conducted under the supervision of Cultural Officer, Parul Khajuria.

# R'Day arrangements finalized at Karnah

JJ NEWS SERVICE

KUPWARA, JANUARY 23: The Sub Divisional Magistrate (SDM), Karnah, Dr. Gulzar Ahmad Rather today convened a meeting of all concerned officers to finalize the arrangements for smooth and hassle free celebration of Republic Day 2023, here.

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 main function will be held at Mini Secretariat Tangdar where the National Flag will be hoisted at 10:00 AM and the VIP will take salute on the March past comprising the contingents of JKP, NCC cadets and school children. The SDM asked all officers to work in 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, the health department was directed to keep Ambulance, first aid and doctors available at the venue.

The R & B department was asked to maintain proper sanitation and cleanliness at the event. Information department was asked to ensure proper coverage of the event besides installation of the Public Address system at the venue. Other arrangements were also reviewed which include refreshment, reception of chief guest, transport, fire and emergency services, cultural programmes, deployment of Magistrates, distribution of invitation cards, selection of officers/offi-

cials for recognition of their extra arrangements.

The SDM 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.

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

Principal GDC Tangdar, ZEO Tangdar, Tehsildar, BDO, Sectional and Tehsil level officers, besides, senior officers of Police were present on the occasion.

Brigadier 104 Brigade, and OC Beacon for such incredible and tremendous work. Beopar Mandal Karnah expressed its gratitude and salutes to the Administration and all those officers who had participated in the operation. Deputy Commissioner Kupwara, Dr. Doifode Sagar Dattatray complimented the efforts of all stakeholders who provided their support to make the operation successful.

# Dead bodies reach Tangdhar; people express gratitude to Administration

JJ NEWS SERVICE

KUPWARA, JANUARY 23: The District Administration Kupwara in collaboration with Civil Administration Karnah, JK Police Karnah, and Indian Army successfully took two dead bodies to Tangdar during intervening night of 22 January enabling their families to perform their last rites. These 2 dead bodies were stuck at Kupwara due to closure of Sadhna pass due to ava-

lanche warning. It was the first time a rescue operation was done at night while snowing and crossing Sadhna pass in -15 degree temperature.

Not only two families of the deceased but the whole of Karnah valley especially PRIs, Sarpanch Abdul Hamid Khan, President Beopar Mandal Karnah Haji Tasleem expressed their gratitude to DC Kupwara, GOC, SDM Karnah, Tehsildar Karnah, SHO Karnah,

# Lt Governor's Message on National Girl Child Day-2023

JJ NEWS SERVICE

JAMMU, JANUARY 23: Lieutenant Governor Manoj Sinha in his message on National Girl Child Day has urged everyone to step forward and help in empowering the girl child in every possible way.

If a girl child is empowered, the prosperity of the society is certain. We must proactively build a system to empower the girl child through quality education and thereby raising their capacity to contribute to the

nation building, the Lt Governor said.

Under the visionary guidance of Hon'ble Prime Minister Shri Narendra Modi, Nari Shakti is breaking the barriers and showing exemplary leadership in multiple areas. They have become the role model for the nation and not only transforming the future of their families but also shaping the future of the country, he added.

The Lt Governor while appreciat-

ing the efforts of all the organisations and individuals working towards the empowerment of the girl child, appealed everyone to provide all support and opportunities to the girls and promote awareness about the rights of girl child, importance of their education, health and nutrition.

On this occasion, let us rededicate ourselves to empowerment of girl child and creating a society in which our Nari Shakti is able to realize their full potential, said the Lt Governor.

# DC finalises arrangement for Republic Day celebration in Poonch

JJ NEWS SERVICE

POONCH, JANUARY 23: To finalise the arrangements for Republic Day 2023 celebrations, Deputy Commissioner Poonch, Inder Jeet on Monday chaired a meeting of concerned officers here in the Dakbungalow.

The meeting finalised arrangements for smooth conduct of the national event. The DC also instructed the concerned to organise a colourful cultural program to mark the event. The DC instructed the officers to put in place elaborate arrangements for smooth conduct of this National function.

The meeting held threadbare discussions on arrangements to be put in place at the venue including security, seating, car parking, transportation and illumination of buildings, refreshments, water, Power, Barricading, Canopies, PA System, Reception Committee, seating

arrangement, Media Gallery, Medicare facilities besides accommodation for the participants.

The meeting was told that the Republic Day celebrations will begin with playing of Shreevani Vadan at designated places by the Information Department in the wee hours.

The DC directed all the concerned departments to make fool proof arrangements for R-Day celebration and Full dress rehearsal.

The contingents of Police, CRPF, JKP, JKQRT Commando, Home Guard, NCC from degree college Poonch besides Police Band will be the part of celebration.

The meeting was attended by Additional District Development Commissioner Poonch, Malikzada Sheraz Ul Haq, Senior Superintendent of Police, Rohit Bakotra, Additional Deputy Commissioner Poonch, Tahir Mustafa Malik, Assistant

Commissioner Revenue, Zaheer Ahmed Kaifi, Assistant Commissioner Development, Abid Hussain shah, CEO Tourism, Dr. Mohd. Tanveer, General Manager DIC Poonch, Dr. Zakir Hussain, DFO, Sureah Manda, DFO, Naveed Ahmed, Programme Officer, Dyp Dar, Mohd. Shafeeq, District Information Officer Poonch, Vishaldeep Chandan, District Treasury Officer Poonch, Rashid Dostum, ARTO Poonch, Basharat Mehmood, ACP, Naheem un Nissa Bhatti, Chief Education Officer, Bishamber Das, Chief Agriculture Officer, Rakesh Kumar, Chief Horticulture Officer, DSWO, Mohinderpal, CEO Municipality, Harvinder Singh, DYSSO, Mohd. Qasim, DSWO, Xen PDD, Ishad Hussain, Xen PHE, Mumeer Hussain Xen AD Foor Ranjeet Singh, AD fisheries, Ashish Mahajan, Naib Tehsildar, Maroof Khan.

# DC Srinagar reviews Implementation Status of City Action Plan under National Clean Air Programme

JJ NEWS SERVICE

SRINAGAR, JANUARY 23:- To review the Implementation Status of City Action Plan under National Clean Air Programme (NCAP) being carried out to improve Air Quality Index in Srinagar, a meeting of District Implementation Committee was held today under the Chairmanship of Deputy Commissioner (DC) Srinagar, Mohammad Aijaz Asad here at Conference Hall of the DC Office Complex.

Besides, Regional Director, Pollution Control Board, Kashmir, Rafi Ahmad Bhat and Scientist B, Central Pollution Control Board (CPCB), Sahil Patel, the meeting was attended by DSP Traffic Police, Chief Planning Officer, Chief Agriculture Officer, DFO Urban, Chief Sanitation Officer, DFO City Forests, District Floriculture Officer, District Officer Pollution Control Board, ARTO and other Engineers & Officers from SMC, FCS&CA.

At the outset, the Deputy Commissioner took a detailed review about Implementation Status of City Action Plan under National Clean Air Programme (NCAP) being executed in Srinagar aimed at 25% reduction in PM10 levels by 2025 to improve Air Quality Index in District.

During the meeting other aspects under NCAP were also discussed threadbare including Annual Action Plan with Micro Detailing, Source Apportionment and Emission inventory studies, preparation of Hot Spot Action Plan and Timelines for Preparation of Action plan for 2023-24.

On the occasion, the Deputy Commissioner asked the concerned Officers to develop an Annual Action Plan with Micro Detailing at the earliest. He also asked the SMC authorities and other line Departments to prepare an Action Plan for 5 identified Hot Spots in the City.

The DC urged the Officers to lay special focus on Source Apportionment and Emission inventory studies that form the basis for identification of areas with high air pollution levels and in planning the strategies & development of action plans for control & abatement of air pollution.

The DC also emphasized on proactive actions and proper coordination among the line Departments in better implementation of the City Action Plan under NCAP. He asked all the line Departments to work in unison to prepare a concrete Action plan for the year 2023-24 at the earliest.

With regard to launching of planta-

tion drive in City to increase green cover to attain better Air Quality Index in years ahead, the DC asked DFO Urban and DFO City Forests to submit a plan for undertaking plantation in Zewan and Khonmah areas particularly in stone quarry affected areas and barren patches so that green cover is increased to these affected areas with visible impact.

Regarding air pollution caused due to smoke/pollution generating units, the DC asked the Officers to conduct specific drives and pollution audit of all such smoke/pollution generating units in the District to ensure all safety measures are in place in these units to keep vigil on any violation of guidelines of the Government.

Earlier, Scientist B, CPCB gave a detailed PowerPoint presentation, on National Clean Air Programme (NCAP) and Stakeholder wise key action points like Source Apportionment Study & Ambient Air Monitoring, Control & Monitoring of Industrial Emission, Road Dust Management, Construction of Roads & Pavements, Solid and C&D waste management, Adoption & Promotion E- Vehicles/Cleaner Fuels, Checking of Vehicles/PUC Centers and Good Traffic Management, Increase and Maintenance of Green Area Public Awareness & Data Dissemination.

# DC Srinagar conducts inspection of SK Cricket Stadium Sonwar

*Finalises arrangements for smooth conduct of Republic Day Celebrations*

JJ NEWS SERVICE

SRINAGAR, JANUARY 23: In connection with celebration of upcoming Republic Day-2023, the Deputy Commissioner (DC), Srinagar, Mohammad Aijaz Asad Monday morning visited SK Cricket Stadium Sonwar to take site review of the arrangements being put in place by the different departments. At the outset, the DC along with Officers went around the Stadium pavilion and VIP gallery to have first hand appraisal of the arrangements being made for the events to be held on January 24 (full dress rehearsal) and on January 26 (Republic Day). The DC took onsite review of the arrangements being put in place for smooth conduct of the Republic Day event. On the occasion, the DC directed officers of all concerned departments to ensure all preparations regarding various facilities including seating arrangements, cultural programmes, march past parade, transport and parking facilities, power supply, deployment of

medical and first aid and fire and emergency teams, installation of PAS. Besides Media management, security related matters and entry of VVIPs, VIPs and other participants were also finalized. The DC stressed on making fool-proof security arrangements in and around the stadium to ensure peaceful and hassle-free celebrations of the function. He also enjoined upon the officers to maintain close coordination with each other for holding the function smoothly. Regarding parking for vehicles, the DC asked the Officers of the Traffic Department to make proper parking arrangements at identified parking slots.

While SMC authorities were asked to ensure that all washrooms are functioning properly, besides ensuring proper sanitation and cleanliness in and around the venue.

The DC also stressed on making elaborate arrangements to tackle Snow accumulation and water logging, if any caused due to Snow/showers on the occasion of Full dress rehearsal

ceedings and the main event on January 26.

He emphasized on timely issuance of the Movement/Entry passes for the officials engaged in making arrangements. The DC asked R&B Department to install hoardings at designated spots in the stadium besides erection of canopy for setting up stalls by various departments at the Venue. He also finalized the boarding/lodging of participating students and artists. Besides, ADDC, Srinagar, Zahoor Ahmad Mir, RIO, Kashmir, Sajid Yehya Naqash, Additional Deputy Commissioner, Syed Shabir Ahmad; the DC was accompanied by Superintendent of Police East, SP Security, SP Traffic, CPO Srinagar, SDM West, CMO, CEO, Deputy Director Information, Deputy Director Cultural Academy, Tehsildar South and Khan, Executive Engineers of PHE, PDD, R&B, ACD, DYSSO, besides other Officers of Hospitality & Protocol, Fire & Emergency, Mechanical Engineering, SKTC and other line Departments.



## THOUGHT OF THE DAY

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

## JINDRAH IMAGES

## Transparency in FPS allotment

Transparency and accountability appear to be taking shape in the government system and have become a hallmark of the good governance model in Jammu and Kashmir. It is heartening to hear that UT administration has notified fresh guidelines for issuing ration cards, licenses of Fair Price Shops (FPS), ration permits and related issues under the Public Distribution System. The fresh guidelines entail that only a local unemployed educated individual would be eligible to apply for a fair price shops license. He should be domicile of J&K and voter of the respective Panchayat, Municipal Ward and ULB. What is more important and significant is that a person holding a post of profit in the government or the position of Sarpanch, Panch, ward member, member of district development council or block development council, MLA and MP or an elected member of municipal bodies, would not be eligible for allotment of a fair price shop. Till now, only influential people with political backing were able to get licenses of fair price shops while depriving the unemployed educated youth of such privileges. There were certain Panchayats and locations in Jammu and Kashmir which attained notoriety for having nexus between PRI members and those running fair price shops. Such people easily managed to swindle the ration and food grains meant for poor and BPL community people with no major check on their activities. The Aadhar card linking with ration cards has helped the Department of Food, Civil Supplies and Consumer Affairs, Government of J&K to plug the pilferage to great extent. As per the fresh guidelines, the Government would issue ration cards to the households who fulfill the conditions for getting the same as per the policy and instructions issued from time to time and fall within the criteria prescribed in rule 3 of the J&K Food Security Rules 2021. The guidelines also suggest that specific card or permit may be issued to the inmates or destitute homes, convents, Ashrams, orphanages or like establishments for availing food grains, if any, decided to be distributed to them under National Food Security Act or specific scheme by the Government without reference to the term 'household' as defined in the Rules. The ration card holder now draws his entitled quantity of food grains from a fair price shop after verifying his identity through the electronic point of sale device or such instrument installed in the shop. Another area of concern is the overcharging by the dealers of fair price shops. Now, it is mandatory for licensee of fair price shop to maintain and display a notice board at conspicuous place outside the shop and a price and stock display board inside the shop, which contains information on daily basis regarding category wise number of number of ration cards, entitlement of food grains and other commodities and prices. Authorities at the helm of affairs should ensure that fair price shop dealers, at no point of time, are able to dupe the ration card holders and the latter get all their benefits.

# INDIA WARY OF INSTABILITY IN MYANMAR

In view of the Chin rebel issue and the unresolved Rohingya crisis, it would be prudent to promote increased military training between India and Myanmar. India could offer it operational training in MiG-29s, Su-30s and Mi-35s with suitable inter-governmental quid pro quo.

GP CAPT MURLI MENON (RETD)

There are not many countries that opt to employ their air power against their own citizens. Pakistan has had no qualms about using its air force against terror elements in the Federally Administered Tribal Areas (FATA). According to British media reports, the Myanmar air force recently carried out a MiG-29 airstrike on Camp Victoria, the military headquarters of the Chin National Army, near the Mizoram border.

Indian government sources have categorically stated that no bombing took place over Indian territory. India's concern amid the unstable situation in Myanmar since the military coup in February 2021, and the standoff between pro-democracy forces and the military junta is the large number of Myanmar rebel elements (50,000 by one account) fleeing to Mizoram.

Linkages between Christian Chin separatists and anti-national elements within India need to be monitored with appropriate use of our reconnaissance (including using unmanned aerial vehicles) and intelligence sources.

There are known ethnic linkages between the Chin National Front rebels and Indian Naga tribes in Mizoram. Though the relations between both countries have been friendly since 1993, Myanmar's proclivity to cosy up to the Chinese has been worrisome. Chinese and Russian hardware freely flows into Myanmar, especially for its air force, now equipped with modern aircraft such as the Su-30, MiG-29, JF-17, Q-5, F-7, Mi-35 and FC-2000.

The Myanmar air force has nearly 290 aircraft, including helicopters and transport planes, which constitute reasonably viable air power, though it is not really a tangible threat to the Indian Air Force. Another airstrike by the Myanmar air force against Kachin rebels further north in October last year is known to have killed 80 civilians. Similar air attacks have been reported along Myanmar's borders with Thailand and Bangladesh.

India has been resisting getting directly involved in Myanmar's internal situation, mainly to protect its own strategic interests vis-a-vis China. China's presence in



Myanmar, through the Belt and Road Initiative, is another security concern for India. China's attempted 'string of pearls' policy to circumvent Indian interests in South Asia needs to be seen in its recent forays into Sri Lanka's maritime zone, increased PLA presence in Pakistan-occupied Kashmir and the Chinese ventures at the Gwadar port. India-Myanmar relations were built historically along ethnic, cultural and religious lines. The 1,600-km-long land boundary stretches across Arunachal Pradesh, Nagaland, Manipur and Mizoram, and a maritime boundary in the Bay of Bengal. The porous border is highly vulnerable to infiltration. A 2.5-million-strong Indian-origin diaspora and treaties of friendship dating back to 1951 had laid foundations for a strong bond between the neighbours.

There are several institutional mechanisms established over the years to facilitate regular dialogue on a range of bilateral issues; so, tackling cross-border terror should not pose a major issue. The five Bs that encompass bilateral ties are Buddhism, business, Bollywood, Bharatanatyam and Burma teak. The BIMSTEC (Bay of Bengal Initiative for Multi-Sectoral Technical and Economic Cooperation) free trade agreement further enables sound bilateral trade between the two countries. India has been abstaining from recent UN sanction motions against the Myanmar junta. The

intent has been to not vitiate bilateral relations. The government there has been supportive in tackling insurgents operating across the borders. Myanmar has relied on Indian Covid vaccines in preference to the Chinese ones and traditionally its military has greater regard for the Indian military than for the PLA. Though India needs to promote democratic elements in Myanmar to the extent possible, it needs to ensure that bilateral ties do not get compromised adversely by the political instability there. India has been playing host to the military of Myanmar, albeit on a relatively modest scale. The Defence Services Staff College has been one such avenue open to the Myanmar.

In view of the Chin rebel issue and the unresolved Rohingya crisis, it would be prudent to promote calculated, increased military training between the two countries. In this context, the course to become a qualified flying instructor and other courses at our Tactics and Air Combat Development Establishment may be considered to augment confidence-building and goodwill between the two governments.

The Buddhism link is crucial too and we should consider bolstering trans-border tourist linkages to promote religious tourism via rail and riverine connectivity to places such as Bodhi Gaya, as is being done with Sri Lanka.

The Chin rebels had shot down a

Myanmar air force helicopter a year ago, quite likely with a shoulder-fired missile. It is intriguing that, as per The Guardian report, a MiG-29 was used for the counter-insurgent strike on Camp Victoria, though it is not an ideal platform for such a mission. Perhaps, the gunship Mi-35 or even a Pilatus-class low-speed aircraft may have been more suitable for such a mission. India could offer it operational training in MiG-29s, Su-30s and Mi-35s with suitable inter-governmental quid pro quo. It is learnt that most of its JF-17s are grounded and it could be enticed to opt for the Tejas initially and then Tejas 2.

Commando training with the Army's counter-insurgency establishment and, possibly, even the Indian Navy's MARCOS, could be considered to draw the Myanmar into a cooperative counter-terror ambit. Our experience in dealing with the Maoist terror elements would come in handy in this training. Insurgent groups such as the National Socialist Council of Nagaland (NSCN) and United Liberation Front of Asom (ULFA) could also seek refuge in Myanmar sanctuaries. Besides, several drug smugglers and traffickers of wildlife products also transit this border, seeking shelter across. The inhospitable terrain and riverine landscape further aid organised crime with insurgencies. India needs to be proactive in checking cross-border activity from Myanmar.

## Punjab's agri policy must be all-encompassing

RANJIT SINGH GHUMAN

The Punjab Government's decision to have a 'new' agriculture policy by March 31 is a welcome step as the state's agriculture sector has been under great stress for long. As a matter of fact, it will be the first, rather than a 'new', agriculture policy since the advent of the Green Revolution and reorganisation of Punjab in 1966.

The Punjab State Farmers' Commission had prepared two draft agriculture policies, one in 2013 and another in 2018, and submitted them to the government. I was part of the discussant groups of both drafts. Unfortunately, the then governments not even discussed those drafts, what to talk of finalising a policy. It showed the then governments' callous attitude towards agriculture and, thereby, the state's economy.

The ongoing crisis in agriculture and deceleration of Punjab's economic growth can largely be attributed to the prolonged apathy of the powers that be. Let us hope that Punjab Chief Minister Bhagwant Mann keeps his promise and the agriculture policy sees the light of day. The constitution of a committee, and its composition, to formulate the agriculture policy is an indication that the government means business.

Since the terms of reference of the committee are not known yet, it is



expected that the committee would come up with an all-encompassing agriculture policy having a clear thrust on sustainable agricultural development, benefitting all stakeholders, especially small farmers and agricultural labourers. The first and foremost task of the committee must be to diagnose various ailments, challenges and opportunities in the agriculture sector as a whole.

Punjab's agriculture model, developed mainly to grow more food for

teeming millions, has been a grand success and the country got rid of the problem of perpetual food shortage. In the process, Punjab overexploited its natural resources to the extent that its soil health and groundwater are exhausted. Overuse of chemical fertilisers, pesticides and weedicides have polluted its air and water. Thus, the policy must focus on sustainable agricultural development, rejuvenating soil health, crop diversification and water conservation.

Other serious concerns are the ever-increasing cost of cultivation, declining net per-acre income and shrinking employment in agriculture. The solutions to all these problems may not be found within the agriculture sector alone. It would require more value addition to the agricultural produce by way of processing and involving rural youth in a big way.

In other words, the foremost challenge is how to make agriculture cost-effective, environmentally sustainable and employment-oriented so that it not only increases the farmers' income, but also benefits other stakeholders. The agriculture policy must be, thus, all-encompassing and intertwined with the industrial policy in particular and the macroeconomic policy in general as economic development of any region or state is organically interconnected.

The agriculture policy would also have to address the issues of rising debt burden on farmers and agricultural labourers and the increasing number of suicides by them. Crop diversification leading to the diversion of substantial area away from paddy so as to reduce excessive dependence on groundwater is another uphill task.

It is an established fact that in the form of rice, Punjab has been virtually exporting its river waters and groundwater. Out of the total groundwater consumed in producing

rice, around 82 per cent is used in producing Punjab's contribution to the central pool.

Promoting organic farming may also be of some help. On crop diversification, the reports of Jhok Committee-1 (1986) and Jhok Committee-2 (2002) may still be relevant. Surface-water harnessing and conservation, along with deteriorating quality of water and water logging, also need serious attention.

Ever-increasing dependence on groundwater, mainly due to paddy, is not only heavily exploiting the aquifer layers, but also leading to greater consumption of electricity by way of increasing brackish horsepower of motors. In the water sector, the biggest challenge is how to break the paddy-water-energy nexus.

During my recent visit to California, I witnessed a very long portion of a canal (many miles in length) having sunk into the ground due to excessive mining of groundwater by tubewells. I wish we may not face such a situation.

Incidentally, Punjab, so far, does not have any water policy. We must have one and it should be an integral part of the agriculture policy.

While moving towards crop diversification, one thing that must be kept in mind is that the farmers are assured at least as much per-acre income from alternative crops as they are getting from wheat-paddy crop

rotation. That would require R&D in alternative crops and remunerative prices of those crops and incentive to farmers to shift to the alternative crop. Area planning and risk insurance would also be of great help.

Marketing of alternative crops would be another major challenge. In view of the changing consumption habits of the people and emerging issues under the World Trade Organisation regime, market intelligence in the agricultural sector should also be a part of the policy.

Management of paddy straw and residue of other crops, along with in-situ incorporation and ex-situ gainful usage, should also be the focus of the policy. Absorbing surplus workforce in agriculture would be another important area of concern. All this require a medium and long-term roadmap which, in turn, would require adequate public investment in the agriculture sector. There may be numerous other challenges which the committee may have to address.

In view of these challenges, the stipulated time period (up to March 31) for preparing and finalising any comprehensive agriculture policy and that too the first one may not be sufficient. Once finalised, the policy would have to be implemented in letter and spirit as even the best of policies fail for want of implementation, mainly owing to the lack of political and administrative will.



# Athiya Shetty and KL Rahul dance to Hamma Hamma on their Sangeet night, video surfaces online

Actor Athiya Shetty is all set to tie the knot with her longtime boyfriend, cricketer KL Rahul. Ahead of their wedding on Monday, a video from the venue during their sangeet night has arrived on Twitter. Recorded somehow through the drapes of the decoration, the video featured guests dancing on the track Hamma Hamma.

The video also had a blurred Rahul shaking his leg with the guests. Athiya makes a blink-and-miss appearance seemingly in a white outfit. Several other videos also featured songs like Salman Khan's Mujhse Shaadi Karogi and Hero No 1 song Sona Kitna Sona Hai, which was a part of the playlist of the sangeet



night which took place at Athiya's father-actor Suniel Shetty's farmhouse in Khandala. Athiya and KL Rahul had been dating for quite a few years. They, however, never spoke about each other publicly, but kept dropping hints on social

media. They finally made it Insta official with a birthday post. Later, they made their relationship public at the screening of her brother Ahaan Shetty's debut film, Tadap. Rahul and Athiya were also joined by Athiya's family, who shares a good bond with him, at the red carpet event.

According to sources, their wedding is a three-day private affair at Suniel's Khandala farmhouse, only attended by their family members and close friends.

It kickstarted with a ladies' night. An insider earlier told Hindustan Times, "It is an extremely close-knit family affair. Only friends and family members will be a part of the wedding. It's most likely that

you may not see many industry peers."

Suniel Shetty, who repeatedly denied reports about Athiya and KL Rahul's wedding, recently talked to the paparazzi about the bride and assured them that the bride and groom will pose for pictures after the wedding on Monday. In a video shared by a paparazzo account, Suniel said, "Main kal leke aata hoon bachhon ko. Apne jo pyaar dikhaya uske liye bohot bohot thank you (I will bring the kids tomorrow, Thank you for showing so much love)." Athiya made her acting debut with the romantic action film Hero in 2015. Since then, she has starred in only two films—Mubarakan (2017) and Motichoor Chaknachoor (2019).

## Vaibhavi Merchant reacts to Besharam Rang controversy: 'Nobody goes to a beach wearing full clothes'



Choreographer Vaibhavi Merchant addressed the recent controversy surrounding her song Besharam Rang. She said 'nobody goes to a beach wearing full clothes.' She also mentioned that since the song is all about 'sensuality', it made sense for Shah Rukh Khan to enjoy being 'shirtless' on the beach. She talked about the beach party track in great length in a YRF video, giving her perspective around the song. Ever since Besharam Rang, the first official track from Shah Rukh Khan and Deepika Padukone's starrer Bahaan was released, the music video has been receiving a lot of backlash for showing Deepika in a

saffron bikini. The song has drawn attention of many politicians, who have termed it indecent and a section of people have even hinted at some communal angle in the costumes of the two prominent actors.

In a video shared by YRF on their YouTube handle, Vaibhavi said, "I was very clear that I did not want it to look like a typical Hindi film beach party song. The song is very languid. It is laid back, it is that of adaa (moves). It does not have ki ab steps daalun iss mai, iss mai bohot saare movements daalun. (It was not about adding steps and movements). Logically, also if the hero met the girl, obviously there has to be a chemistry, chemistry building. He cannot just land up at location, and start dancing. This song was about nuances, about adaa, about sensuality and relaxed in your body. Therefore, it made sense for even Shah Rukh's character to lose that shirt of his and walk out. Nobody goes to a beach wearing fully clothes."

## Rashmika Mandanna on hate from trolls: 'Don't be abusive, it's mentally affecting...'

Actor Rashmika Mandanna, who was recently seen in Mission Majnu, has opened up about the hate she's been receiving from trolls over the last few months. In a new interview, Rashmika spoke about the troll having a problem with everything she does in her life. She added that she's willing to listen if they communicate properly but says it affects mentally when they turn abusive.

In an interview, Rashmika was asked if she felt like giving up everything, despite the success and fame. The actor said 'sometimes' the thought did cross her mind.

Talking to Prema the Journalist on her YouTube channel, Rashmika said, "People are having a problem with my body. If I work out too much, I look like a man. If I don't work out too much, I'm too



fat. If I talk too much, she's too cringe. If I don't talk at all, oh, it's attitude. I'm like people will have a problem with me breathing and not breathing as well. So

what do you want me to do? Should I leave? Should I stay?" she said.

Rashmika said she will listen to people if they clearly tell her what they want her to change about herself. "If you're not giving any clarity and at the same time saying all of this, what should I do? Give me clarity. If you have a problem with me, say what problem you have. Why do you have this problem? Don't be abusive. Some words and phrases that they use is mentally affecting some of us," She added. Several people in the comments section empathized with Rashmika. Many of them said she doesn't deserve this kind of hate treatment. One user wrote: "I don't understand why y'all bother celebs then get mad when they respond. At the end of the day, they are still human like us and have feelings!"

## After 'Big Boss 16', Tina Datta Roped In To Play The Lead In A Telugu Big-Budget Film



Tina Datta has been making a lot of noise in 'Big Boss 16'. She rose to fame with 'Uttaran' which was a blockbuster hit and as she returned to the small screen with 'Big Boss', she has been topping the headlines and creating a lot of buzz around. Recently, there was a piece of news floating that Tina has been roped in to play the lead role in 'Durga Aur Charu', and now we learn she has another interesting project in her kitty. As per a statement from the actress' team, we learn that Tina has been roped in for an upcoming south big-budget film and this will mark her Telugu debut. The actress is best suited for this project, as per the makers. The film is untitled and revolves around a couple who come from opposite family backgrounds. Tina will be an obedient daughter of a rich politician and will head over heels for a boy who works for her father, and then followed by heated drama ahead.

## Sonakshi Sinha: My debut web series Dahaad going to Berlinale will definitely add gravitas to it

Strap - the actor is ecstatic at her debut web series Dahaad premiering at the Berlinale, says 'its a big deal'. She is set to kick off in her debut web series, which is already off to a rocking start. Sonakshi Sinha's show Dahaad, where she will be seen in the role of a cop, has become the first Indian series to have its premiere at the prestigious Berlinale International Film Festival.

In a chat with us, about the new development, she calls it the "best news". "It's something so special I shot. It's been a while, we have been waiting for it to release, but I guess the producers were waiting for the right moment. And with the news of the show going to the Berlin Film Festival, is the best news all of us in the team could have got. It's huge, for the first time an Indian series is going to be there at the



festival," says the 35-year-old, currently busy with filmmaker Sanjay Leela Bhansali's OTT project, Heera Mandi. The actor also confirms starring in the biggie Bade Miyaan Chhote Miyaan with Akshay Kumar and Tiger Shroff. "I am very soon going to start working on it. A lot of new and exciting things are coming up," she beams.

Sinha is excited on the "huge platform" Dahaad

will get. "It's got a great storyline, and stupendous cast. It's well directed by Reema Kagti... It's the best way to bring our show to the world and our Indian audiences as well," she says.

Does doing the rounds of such festivals lend gravitas to a project back home in India? Sinha says it definitely does. "It is great for everybody involved with the project. But in terms of whether a

viewer takes the projects more seriously... I feel a viewer in our country will decide that for himself/herself when they watch the show or film. That's when they know if they like or don't like something, and if they will watch it. It is very subjective. For us, Berlinale is a big deal. I hope and pray that the viewers also enjoy watching the project as much as we enjoyed making it," she ends.

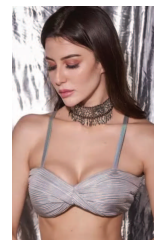
## 5 Times Giorgia Andriani Gave Us Easy To Style Outfit Inspiration

Giorgia Andriani has paved her way into the hearts of the audience with her gorgeous good looks and fashionable style. Over the years, the actress has also emerged as a fashion icon. Be it a star-studded event, a promotional event, or just a gym look, Giorgia Andriani often makes a statement with her sartorial choices.

So now, we bring to you a few looks from the actress that will totally inspire you to upgrade your everyday outfit looks:

Are you looking for a way to stand out from the crowd? Then check out Giorgia Andriani's trendy Gen Z look. A mini pleated skirt, black stockings, a black crop top, and a varsity jacket with your initials is all you need to keep up with the latest trends and still be cozy and comfy. With minimal makeup and open hair, you can create the perfect airport look inspired by Giorgia in just minutes.

Giorgia Andriani Reveals Marriage Plans



With Arbaaz Khan, Showers - Praise On Malaika Arora Arbaaz Khan On 21-Year Age Gap With Girlfriend Giorgia Andriani: It's Humongous, But Neither Of Us Has Felt It

Are you looking for the perfect winter outfit that's both fashionable and comfortable? Giorgia's green sweater look with a mini skirt is the perfect solution! This cozy combination will keep you comfortable while still looking chic. With curly hair, minimal makeup, and a sling bag, you'll be sure to stand out like Giorgia on your next outing.

## Nawazuddin Siddiqui's mother files FIR against his wife Aaliya over property dispute, case registered

Actor Nawazuddin Siddiqui's mother Mehrunisa Siddiqui has filed an FIR against the actor's wife Aaliya. As per news agency ANI, the Versova police has called her for questioning. It is alleged that Aaliya had an argument with Nawazuddin's mother according to the Versova Police.

As per the police, there is a property dispute between Nawazuddin, his mother and Aaliya alias Zainab. A case has been registered under sections

452, 323, 504 and 506 of the Indian Penal Code.

Zainab is Nawazuddin's second wife as per the report. Nawazuddin tied the knot with Aaliya aka Anjana Kishor Pandey aka Zainab over a decade ago. They are parents to son Yaani Siddiqui and daughter Shora Siddiqui. In 2020, Aaliya had sent a legal notice to Nawazuddin demanding a divorce. She had also stated the reason behind her decision to part ways. Aaliya had alleged that she

was subjected to domestic violence. She claimed that though Nawazuddin never raised his hand at her, his brother Shamas Siddiqui hit her.

In 2021, however, Aaliya reversed her decision to divorce Nawazuddin. Speaking with ABP News, Aaliya had said, "Earlier, he was never able to pay attention to his children. But now, I am really surprised to see him like this. Both me and Nawaz will try together to remove all the problems between us. Going

forward, we will sort all the problems and misconceptions. We have been talking about this."

After Aaliya first opened up about her wish to mend her marriage, Nawazuddin had told Bombay Times, "I prefer not to talk about my personal life, and I have never spoken of anyone. I don't let negativity and hatred get to me. She is still the mother of my children, and we have shared a decade of our life together. I will always support her no matter

what." Nawazuddin was last seen as the antagonist in Tiger Shroff and Tara Sutaria-starrer Heropant 2. He has several films in the pipeline slated for release soon. He will essay the role of a transwoman in Haddi. It is directed by Akshat Ajay Sharma, who also co-wrote it with Adama Bhalala.

Nawazuddin also has Kanganana Ranaut's production, Tiku Weds Sheru in the pipeline. He will also be seen in Bole Chudiyan, Jogira Sa Ra Ra and Afwah.





## Belly fat in women: 6 ways to reduce fat around your stomach

Oh God, belly fat! We have all been there and it's not a good sight. The fat around the stomach is one of the worst fats to deal with – it's stubborn and does not budge! While we are all about body positivity, sometimes health doesn't allow us to love it as much. Too much belly fat can sabotage your health and lead to serious conditions. It is not just something hanging out of your body, belly fat surrounds your internal organs, leading to problems like diabetes, liver problems, and heart disease.

To avoid complications and help you reduce belly fat, HealthShots reached out to global fitness expert Aminder Singh.

How to lose weight around the stomach?

Believe it or not, your belly fat says more about your health than you know! In pursuit of getting rid of belly fat, many people turn to exercise to help them get rid of stubborn fat. However, it doesn't work all the time. Aminder Singh



says, "There is no specific activity to eliminate belly fat. Though it is possible, only via strength training. However, there are certain ways you can lose belly fat."

6 ways to help you lose weight:

1. You should have a clear aim

The first step will be to establish a clear aim for the specific fat you want to eliminate and the motivation for doing so. For example, if you wish to shrink your midsection or abdominal fat, you should understand why

you desire to do so. It will help you achieve your goals.

2. Train larger muscle groups  
Secondly, it is beneficial to train multi-joint moments or larger muscle groups, as they will help you burn more calories. You can go for squats, deadlifts, chest press, leg pull-downs, and other multi-joint activities that would involve larger muscles. In this category, even if you do not train your abdominals, it will help reduce the fat accumulated around the stomach. Abdominal training is important for developing core muscles even though it does not burn calories.

3. Cut back on calories  
Calorie deficit is the way to go if you want to lose weight. It refers to the reduction of calories. The next step would be to burn more calories than you are consuming.

You might even need to cut 20-25 percent of your daily food intake to reach that stage.

4. Plank hold  
Don't underestimate the power

of a plank! It is one of the best exercises that will help strengthen your core and increase muscle endurance. This basic yet efficient bodyweight exercise works the core muscles (rectus abdominis (abs), transverse abdominis (abs), and obliques), as well as the upper and lower back, shoulders, and glutes.

5. Walk, walk and walk  
Walk at least 12,000 steps every day. If a person covers this much, it suggests the person is active throughout the day. Not only will it help you build your strength and keep your overall weight in check.

6. Improve your sleeping pattern  
The last and most important factor is your sleeping routine. If you sleep and wake up on time, your body will heal quickly and your chances of gaining belly fat will reduce.

So, get at least 7 to 8 hours of sleep every day. Now you know what you need to do to reduce belly fat.

## Six Minutes of Intense Exercise Boosts a Crucial Molecule in Your Brain



Six minutes of high-intensity exercise is enough to produce a key protein in the brain, one that's important in brain formation, function, and memory, and which has been implicated in the progress of neurodegenerative disorders such as Alzheimer's disease.

The specialized protein in question is called brain-derived neurotrophic factor (BDNF), and it promotes both the growth and survival of neuron cells in the brain, as well as facilitating the development of new links and signaling pathways.

"BDNF has shown great promise in animal models, but pharmaceutical interventions have thus far failed to safely harness the protective power of BDNF in humans," says environmental physiologist Travis Gibbons, from the University of Otago in New Zealand.

"We saw the need to explore non-pharmacological approaches that can preserve the brain's capacity which humans can use to naturally increase BDNF to help with healthy aging."

In this study, 12 physically active volunteers (aged 18 to 56 years) were put through three tests to see which was best at generating BDNF in the brain: 20 hours of fasting, 90 minutes of cycling, or 6 minutes of vigorous cycling.

The brief and intensive burst of cycling saw the best results in terms of BDNF production. In fact, it boosted BDNF levels in the blood by four or five times, compared with a slight increase after light exercise, and no change with fasting.

The next question is why this is happening – and that's something for a subsequent study. Ultimately, high-intensity exercise could be used as a convenient, inexpensive way of keeping the brain healthy and protecting against the development of disease.

It's possible that the increase in blood platelets that naturally occurs with exercise could explain these findings. Platelets store a large amount of BDNF, which might account for the spike that coincides with intense cycling.

Alternatively, the increase might be caused by the brain switching between fuel sources following intense exercise, the researchers say, forcing the body to draw on lactate rather than glucose reserves.

"This substrate switch allows the brain to utilize alternative fuels and initiates the production of key neurotrophic factors such as BDNF," says Gibbons.

The team is now keen to add more experiments to the mix, such as three whole days of fasting, to see how this affects BDNF levels in the blood. The combined effects of fasting and intense exercise are another potential avenue to explore.

We now have numerous studies linking together exercise with benefits that can be noticed in the brain, whether it's improving concentration or giving a boost to cognitive function, and it's likely that there are many more discoveries to come.

"It is becoming more and more clear that exercise benefits brain health at all stages of life," says Kate Thomas, exercise physiologist and study author at the University of Otago.

"These data show one avenue by which intense exercise may play a role. Fortunately, exercise is widely accessible, equitable, and affordable."

## 5 Bad Fitness Habits That Cause You To Lose Muscle Mass

KEEP YOUR BODY STRONG BY KEEPING THESE HABITS OUT OF YOUR LIFE.

The foundation of any successful fitness regimen is built upon healthy habits. Whether your goal is to run your first marathon, set a deadlift personal record, or commit to a daily walking routine, the key is sticking to regular habits that nudge you along the path to a healthier, fitter you. However, when it comes to reaching your health and fitness goals, knowing what not to do is often equally as important as knowing the right things to do. Building and maintaining muscle mass is no exception to this universal rule. To help you develop and hold on to your lean muscle, we're sharing five bad fitness habits that cause you to lose muscle mass so you can avoid them at all costs.

You can spend countless hours in the gym and train with Tanzanian devil-like intensity, but if you have lousy fitness habits, you're shooting yourself in the proverbial foot and are unlikely to reach your fitness goals. Fortunately, by making minor tweaks to your nutrition, workout routine, and daily behaviors, you'll avoid the pitfalls of bad habits and drastically improve your ability to grow muscle.

Certified personal trainer Kate Meier, CPT of Gym Garage Reviews shares the lowdown on

which bad fitness habits you should avoid like the plague. Keep reading to find out what they are, then check out The 5 Best Diet & Exercise Tips To Regain Muscle Mass.

1 You're not eating enough calories.

A surefire way to lose muscle mass is not consuming enough energy (calories). Food is fuel for your muscles, and not eating enough calories means your body will run on an empty tank.

"Significantly cutting calories combined with intensive cardio will lead to muscle loss over time," says Meier. "Speak with a nutritionist or use an online calorie calculator to help determine how many calories your body needs to support everyday functions and your training regimen."

2 You're overtraining.  
"Training consistently is a key aspect of building muscle, but overtraining can have the exact opposite effect," cautions Meier. Unless you're an endurance athlete who runs marathons or competes in triathlons, working out too much can lead to overtraining syndrome (OTS), a condition that occurs when you don't allow for proper recovery after consistent, vigorous training sessions, according to the Hospital for Special Surgery (HSS). Additionally, reduced muscle glycogen levels and muscle



weakness are associated with overtraining, research shows.

Common symptoms of OTS include extended fatigue, poor sleep quality, low energy, persistent muscle soreness, and mood swings, according to the HSS.

3 You're not prioritizing sleep.

Sleep is likely the most powerful (yet most underrated) aspect of any health or fitness goal. Practicing good sleep hygiene and making high-quality, restorative sleep a top priority will help you maintain and grow muscle. Research shows that not getting good quality sleep, or not sleeping enough, can heighten

your risk of losing muscle mass. "Your muscles repair and grow while you sleep, and sleep regulates virtually all of your bodily functions," says Meier. "Aim to get eight solid hours of shuteye each night. This will help prevent long-term fatigue and help with muscle growth if you work out consistently."

4 You're not consuming enough protein.  
Your body consists of roughly 20% protein; it's found in all of your cells. Therefore, getting enough protein is critical for not only good health but also for building and retaining muscle mass. "Regardless of your nutri-

tion strategy, ensure you're getting enough protein in your diet," says Meier. "Muscle is fueled by protein, so proper recovery and muscle growth depends on it."

While the international recommended dietary allowance (RDA) for the amount of protein you should consume is 0.8 grams per kilogram of your body weight, you'll need to consume more if your goal is to optimize muscle growth and recover from workouts faster. The American College of Sports Medicine (ACSM) recommends consuming between 1.2 and 2.0 grams of protein per kilogram of body weight daily for the best results. Just make sure you're strength training and getting your protein from whole food sources and high-quality protein powders.

5 You're doing too much cardio.

While regular cardio exercise is fantastic for overall health, going overboard can cause muscle loss. The Physical Activity Guidelines for Americans recommend that healthy adults get a minimum of 150 minutes of moderately intense aerobic exercise per week. However, consistently going above and beyond this threshold—combined with not eating enough calories or doing strength training—is a bad habit for anyone wanting to maintain or regain muscle mass.

## THIS 10-MINUTE BODYWEIGHT WORKOUT BUILDS STRENGTH WITHOUT EQUIPMENT

Save this quick and effective bodyweight workout to your favorites

A bodyweight workout could help you build muscle and strength across your entire body while improving flexibility and cardio fitness, with no weights necessary. If you travel often, or just need a convenient bodyweight workout you can attack from home, hit save on this workout.

The 10-minute home workout comes from Fraser Wilson (opens in new tab), who clocks millions of views and subscribers to his YouTube workouts. This particular beast might look simple with 30 seconds of work per exercise, but the rest only comes in snips, and exercises are performed back to back – although you have full permission from Fraser to pause as often as you need.

"Functional" bodyweight workouts are brilliant for building functional muscle and strengthening your body. In

fact, we swear by this calisthenics workout here if you don't have weights handy. But what do we mean by "functional"? Well, nearly every move in this workout is a compound exercise – meaning it recruits multiple major muscle groups and joints – which could help you build up your everyday strength and mobility (think push-ups and mountain climbers). When used several times a week, it's the most efficient way to hit muscles multiple times.

As a trainer, I firmly believe that you should train multiple muscle groups several times a week where possible, especially if your goal is to improve your strength or build muscle mass. While isolation exercises like bicep curls undoubtedly have a time and place by strengthening one area of the body, compound exercises get the job done quickly and efficiently



and target more muscles in just a few exercises, also increasing your overall calorie burn.

For beginners, you can follow along with Wilson's video

below and pause when you need a breather. Otherwise, move quickly to the next exercise with little to no rest until Wilson grants a 30-second

break. It's worth watching this over at least once before giving it a go so that you know what to expect. You could even grab the best

adjustable dumbbells to increase load and intensity. But trust me – you won't need it.

Watch Fraser Wilson's 10-minute bodyweight workout

While there aren't any sets or reps to follow, try to stay consistent with your reps and aim for at least 8-12 per exercise. During the wide push-ups, you'll target more of your chest and shoulders – compared with narrow push-ups that torch the triceps, so focus on controlling the movement and giving your chest a good squeeze at the top.

A few exercises require you to maintain a plank position for a go so that you know what to expect.

During core exercises like toe crossovers, Russian twists, or oblique crunches, try to keep

your core tight and breathe into your diaphragm rather than your chest, working for the full 30 seconds if possible. The workout routine is pretty core-heavy, but if you're craving crunches over burpees, check out this Pilates ab workout for abs and glutes for a more direct approach.

Regardless of how you prefer to exercise, throwing a few bodyweight workouts into the mix could challenge your muscles and keep you motivated, especially if you're recovering from injury and need to work back up to weights. The research strongly agrees, and according to this study (opens in new tab), bodyweight training helps you develop lean muscle mass and improves your body's control, coordination, and muscle endurance.

And before you ask, there are burpees. But we can manage 30 seconds of anything, right?



# DWST distributes blankets among needy people



**JI NEWS SERVICE**  
JAMMU, JAN 23: Dogra Sewa Sambhal Trust (Regd.) members are distributing blankets observing the rising cold among the needy people by setting up camps at various places with the aim of public service.

On the occasion, Dogra Sewa Sambhal Trust of its president Rajeev Sharma and members organised a program of blanket distribution at Trust, Head office

Gangyal in RS Pura-Jammu South Assembly constituency.

Deputy Mayor Jammu, Baldev Singh Billawaria as the chief guest and Corporator Anil Masoom as a Guest honor distributed blankets to approximately 150 women.

Speaking on the occasion, Deputy Mayor Jammu, Billawaria said that the aim of this camp is to provide blankets to the people who are in need and

facing financial difficulties due to the cold weather. He also added that Dogra Sewa Sambhal Trust has been doing a great job in helping out the needy.

He further said that this initiative is a part of the larger initiative started by the trust to provide assistance to those in need. He also mentioned that the trust has been providing help to the poor, destitute and needy people in the form of food, clothes, med-

icines and other necessary items.

Deputy Mayor Jammu also urged citizens to come forward and contribute to this noble cause. He said that the trust is always open to receive donations in kind or in cash. He added that such charitable initiatives should be encouraged in order to provide a better life to the needy and poor people.

The members of the Dogra Sewa Sambhal Trust also expressed their gratitude to Deputy Mayor, Jammu Baldev Singh Billawaria for his support and appreciated his efforts in providing assistance to the people.

They also mentioned that the trust will continue to do its best in helping the needy and destitute people. Ramesh Gupta, Pura Singh Noni, Inderjit Kaur, Pitambar Sharma, Kulbir Kour, Randhir Singh and others were present.

# Send him to Pakistan: Vibodh on Digvijay demanding proof of surgical strike

Rahul's yatra uniting anti-national powers: Vibodh

**JI NEWS SERVICE**

JAMMU, JAN 23: After senior Congress leader Digvijay Singh stirred a row by asking for evidence of the surgical strike carried out by the Army in Pakistan-Occupied Jammu & Kashmir (PoJK) in September 2019, the Bharatiya Janata Party (BJP) launched a scathing attack on him saying that he is talking like a "traitor".

BJP J&K general secretary Vibodh Gupta said, "Congress senior leader Digvijay Singh is talking like a traitor to undermine the Indian Army. A traitor like him who seems to be an agent of Pakistan and China doesn't deserve to be in the land of India. The country will never accept him or his leader Rahul Gandhi."



Briefing media Vibodh further said that Congress and Rahul Gandhi have organized this yatra to unite anti-national powers. The Congress leaders are trying to divide the country

into religious lines but people have rejected all their sham narratives and nefarious designs, he added. He strongly asserted that Mr. Rahul's Bharat Jodha Yatra is purposeless as their only agenda is to break the country and spread hate.

Vibodh told that BJP believes in the politics of development while Congress has always promoted dynastic politics full of corruption and nepotism. Their objective is to grab power while BJP has always promoted the slogan of Nation First, Party Second, and Self Last. He claimed that in the next parliamentary election, Congress will not be able to cross double digits while BJP under the visionary leadership of Hon'ble PM Narendra Modi will ensure Congress Mukht Bharat.

# GDC Udhampur Remembers Netaji on Prakram Diwas

**JI NEWS SERVICE**

UDHAMPUR, JAN 23: In continuation of Azadi Ka Amrut Mahotsav with a vision to celebrate the glory of India and to pass on the rich legacy to the next generation for a Shikshit Bharat, the AKAM Cell and NSS Units of the College under the patronage of Principal Prof.(Dr) Ramesh Kumar Gupta remembered Netaji Subash Chandra Bose on his 126th Birth Anniversary.

Speaking on occasion the Patron and Principal Prof.(Dr) Ramesh Kumar Gupta paid a verbal tribute to one of the greatest leaders of India and accentuated for imbuing the spirit of Netaji in life and actions by the present and the coming generations to keep India free, vibrant and United as a Nation. He appreciated the efforts of AKAM cell



and NSS for organising the event in such a meticulous way.

Prior to this, The Programme Started with the Welcome address of Mr Sourabh Kumar, a senior NSS Volunteer.



It was followed by the deliberations of student volunteers namely Ms Kumari Ashwini, Mr Mohit Singh and Mr Amandeep Singh, who presented their views covering a good deal of life, work, struggle and

vision and mission of Netaji that made him one of the tallest and the strongest leaders of India.

Dr. Pankaj Sharma and Dr. Ajay Kumar Sharma spoke about the importance of the Day as Prakram Diwas and appealed to the youth to be action-oriented and nationalist in feelings, thoughts and actions by displaying a disciplined and harmonious character that contributes to the national integration in the longer run.

The entire programme was completed by Master. Akshay.

The Programme was attended by the students of PG English, NSS Volunteers and other students of the College.

At the end vote of thanks was tendered by Rahul Salmotra, the senior NSS Volunteer.

# JMC Corporator inaugurates tiles, PHE Pipe Works

**JI NEWS SERVICE**

JAMMU, JAN 23: Jammu Municipal Corporation (JMC), Corporator Amit Gupta, inaugurated Tiles work At New Company Bhag in Ward-19 at the cost of Rs 2 lakhs which are in dilapidated condition since long.

The Tiles And phe Pipe work are in dilapidated condition since long and the residents especially old persons were facing lot of problems while passing through these busy lanes.

Corporator Amit Gupta while addressing the media appealed the general public to come forward and cooperate with Jammu Municipal Corporation in various development works undertaken by the depart-



ment with in the Jammu city. He urged upon the residents to avoid using single use plastics, polythens in their routine work, don't throw debris, garbage fill

etc in the public Ties and lanes Drain and nallahs.

Amit Gupta added that kindly to adopt the habit of segregation of dry and wet garbage at their own level

so that Jammu can be made neat, clean, green and beautiful city. Local residents including and other were present on the occasion. Other member

# NSS, Unnat Bharat Abhiyaan of JU organises one day Winter Clothes distribution drive

**JI NEWS SERVICE**

JAMMU, JAN 23: The Office of the Programme Coordinator NSS in collaboration with Unnat Bharat Abhiyaan, Jammu University Chapter organised winter Clothes donation drive at Akhnor(Mathuravillage), in one of the adopted villages of Jammu University. Around more than 200 villagers participated in the camp belonging to all the age groups. Initially, these clothes were collected by the Office of the Programme Coordinator NSS

University of Jammu from 3rd to 5th Jan,2023. Later the segregation and packing of clothes were done by the NSS volunteers of University of Jammu.

The entire activity was conducted under the supervision of Professor Jasbir Singh, Convenor, Unnat Bharat Abhiyaan, and Dr. Hema Gandotra, Programme Coordinator, NSS University of Jammu. Dr. N. Suresh Rao, the core committee member of the UBA managed and looked after the entire event. Prof Neeru Sharma and

Prof Samridhi Arora motivated the NSS volunteers at the University of Jammu to undertake such activity. On this occasion UBA faculty members, scientists, Volunteers and Research scholars accompanied the drive. The drive was supported by the presence of Dr Monika Bhardwaj, NSS Programme Officer, Dr Amit Sharma, Dr Bhasir, Dr Surinder, the scientist in the UBA team, Mr Anil Sharma, Ms NehaUtam, Ms Manu Saini and the NSS students Volunteers were present on occasion.

# District Administration Ramban gears up to celebrate 13th National Voters' Day

**JI NEWS SERVICE**

RAMBAN JANUARY 23: District Election Officer (DEO), Ramban, Mussarat Islam today chaired a meeting of officers to finalize the arrangements to be put in place for celebration of 13th National Voters' Day, on the theme 'Nothing like voting, I vote for sure' on January 25, in the district.

Addressing the meeting, the DEO informed that the National Voters' Day (NVD) was being celebrated across the country to mark the foundation day of Election Commission of India on 25 January every year since 2011. He said that the main objective of the day was to sensitize the people in general and young voters in particular about the electoral process and importance of votes, besides encouraging them to actively participate in the electoral process. It is also an occasion to highlight the remarkable contributions of the Election Commission of

## DEO finalises arrangements

India in strengthening the democratic fabric of the country, besides ensuring free, fair and smooth conduct of elections, the DEO added.

The main function of NVD shall be organized at District Headquarters, the DEO said and added that the functions, in this regard, shall also be organized at EROs, AEROs, and Polling Station levels. He directed that the Government Departments, educational institutions, PRIs and NGOs shall also organize functions to celebrate the NVD across the district in which pledge taking ceremonies, and various attractive and informative events shall be held.

Earlier, Deputy District Election Officer, Lal Chand informed the meeting that a circular instructions has already been issued to organize the functions at EROs, AEROs, and Polling

Station levels.

Among others, the meeting was attended by the Additional Deputy Commissioner Harbans Lal Sharma, Chief Planning Officer, Dr Kashturi Lal, General Manager, DIC,

Ravinder Anand,-Assistant Commissioner / Development, Ashok Singh, Chief Education Officer ( Nodal Officer SVEEP) Dev Anand, besides AERO Rafiq Ahmad and official of election department attended the meeting.

## DC finalises R-Day arrangements at Sports Stadium Doda

**JI NEWS SERVICE**

DODA, JANUARY 23: To review and finalise the arrangements for the celebration of Republic Day this year, DC Doda Vishesh Paul Mahajan today inspected Sports Stadium Doda where the main function would be held. The DC was accompanied by SSP, Abdul Qayoom, ADDC, Pran Singh, ADC, Dr R K Bharti and other concerned officers involved in different arrangements. The DC gave necessary directions for the successful conduct of the national festival.

The arrangements for, March Past, Inspection of Parade by VIP, seating arrangements, cultural programmes, Drinking water facility, power supply, Parking facility, first aid arrangements, Sanitation, Security, Public Address System, Fire tenders, Display of tableaux, besides other arrangements were discussed and finalised.

# JU organises awareness Lecture on "Constitutional Rights and Obligations of the Citizens of India"



**JI NEWS SERVICE**

JAMMU, JAN 23: An Awareness Lecture was organised for the students and scholars of Department of Sociology on 'Constitutional Obligations: Values, Rights, Duties and Responsibilities of the Citizens' by The Law School, University of Jammu. Dr.PalviMathavan from the Law School was the resource person of the day. Ms. Diksha Nargotra faculty, Department of

Sociology welcomed and introduced the speaker to the department.

Dr.Palvi in her lecture focussed on the need to follow the ideal code of behaviour, which runs parallel to the eleven basic obligations on the fundamental duties, which are the essence of the Constitution.

She further explained that the Indian Constitution outlines people's basic rights and responsibilities which are

developed along the lines of a moral, ethical, and cultural code of behaviour that must be observed by the citizens in order to maintain and defend sovereignty, unity, and integrity of the nation, which aids the government in preserving good governance and enabling a democratic society. Prof Vishav Raksha, Head Department of Sociology, in her concluding remarks focussed on the need for such awareness programmes for the

younger generation. She further appreciated the efforts of the Law School, University of Jammu for coordinating with different departments of the University and providing their expertise to make these programmes a success. The lecture was followed by a question and answer session where the enthusiastic students and scholars asked questions on the core values of Constitutional rights and fundamental duties at length.

Dr. Hema Gandotra, Ms. Kajal Kalsi, Dr. Gopal Sharma, Dr. Vandana Sharma the faculty members of the Department of Sociology and Law School also attended the programme.

# 7th NCORD meeting held at Budgam

ADC directs Officers to curb drug menace with iron hand

**JI NEWS SERVICE**

BUDGAM, JANUARY 23: 7th Narco Coordination Committee (NCORD) meeting was held on Monday here in the conference hall Budgam.

SP Al Tahir Gilani, ADC Budgam, Dr. Nasir, CEO, SDM Khansahab, Principals of all colleges, DSWO, DIO, representatives from Health sector, Assistant drug controller and other District Officers were present in the meeting.

ADC Budgam, Dr.Nasir convened the meeting and took stock of the efforts made by the designated members against the drug abuse in the district. Speaking on the occasion, SSP Budgam Al Tahir Gilani said, the situation of drug addiction is serious and alarming. He said, all the stakeholders need to take this menace seriously. There is a dire need to segregate a drug peddler from a drug user, as a drug user is a victim, he added.

Further, SSP Budgam said that Police and Civil administration need to work together on a war footing basis to curb this evil from the society.

Various officers of the Committee presented the latest developments and activities taken up in the district by the intending departments. They informed the Committee that the mass level awareness has been generated through different means of media and promotional activities were carried out, coupled with measures to keep strict vigil on the drug trafficking.

Assistant Drug controller said various shops have been sealed and various licenses have been cancelled in the district so far. The ADM directed the Forest, Agriculture and other concerned departments to come up with a proposal for plantation of useful vegetation to replace the wild

cannabis (Bhang) in the district.

The sub divisional administrations were directed to coordinate with police and assistant drug controllers and make a committee at sub-division level to carry out joint puppy destruction exercises involving PRIs and other stakeholders.

The ADC directed the education, health and Social welfare departments to conduct awareness/ health check up of students in all Degree Colleges, Higher Secondaries and High Schools under the direct supervision of SDMs and Tehsildars of the area. He directed to complete the exercise within the shortest possible time. Seeking strict enforcement of drug control rules, he asked the SDMs and Tehsildars to ensure mandatory maintaining of record of sale of psychotropic drugs and installation of CCTVs by the medical stores.



## For Congress it's 'Dynasty first, Self next & Nation nowhere': Kavinder



**JI NEWS SERVICE**  
**JAMMU, JAN 23:** Congress has once again proved that the national pride and the valour of the nation's Defence forces does not matter to them the least and that the principle and ideology of 'Dynasty first, Self next and the Nation nowhere' is deeply embedded in their philosophy and attitude. This was expressed by the senior Bharatiya Janata Party leader and former Deputy Chief Minister Kavinder Gupta while responding to the statement issued by the

Congress leader Digvijay Singh seeking the proof of Operation Balakote, surgical strikes, etc. While addressing media persons on the sidelines of a function here today, Kavinder Gupta said that Congress stands totally exposed before the people of the nation today as the speeches delivered by its leaders during the Bharat Jodo Yatra were through and through venomous, against the nation. The height of the things is that on entering of the Yatra into Jammu and Kashmir, the Congress leaders are

behaving as if they are the spokespersons of Pakistan, China and Terrorists and separatists operating in this most sensitive region. Referring specifically to the remarks of Digvijay Singh, Kavinder Gupta said that the obvious remarks of the Congress leader has proved beyond doubt that Congress party is Pro-Pakistan and the B-string of Bharat Jodo Yatra has been made to bite the dust by the Defence forces umpteenth times. He warned the Congress against issuing such obvious statements that are insulting the Defence forces but the nation as a whole.

ers who are not only parroting the language of Gupkaris but at the same time raising fingers at the Indian Army, Indian Air Force and other paramilitary forces including CRPF. Kavinder Gupta pooh-poohed the Congress leaders for giving clean chit to the perpetrators of cross-border Jihadi terrorism sponsored by Pakistan and now they are unashamedly asking for proof and evidence of the most sensitive and secret operations of the nation. It is really an irony of the nation that for Congress post operations briefings conducted by the senior Army and Air Force officers carry no meaning and on the contrary but they trust the Pak Army and ISI which have been made to bite the dust by the Defence forces umpteenth times. He warned the Congress against issuing such obvious statements that are insulting the Defence forces but the nation as a whole.

## Tantray welcomes LG's assurance for sparing poor people in anti-encroachment drive

**JI NEWS SERVICE**  
**POONCH, JAN 23:** Apni Party District President, and Ex-MLA, Shah Mohammed Tantray has welcomed the statement of Lt Governor Manoj Sinha that no poor will be displaced during the anti-encroachment drive in Jammu and Kashmir. Addressing a joint programme in which people from Julhas and Slotri Panchayats participated, Shah Mohammed Tantray said, "We thank Lt Governor for assuring that common masses will not be harassed / displaced in the anti-encroachment drive."



He was referring to the crackdown of the authorities on the innocent people and snatching land from the people who have no other source of earning or shelter. "The people are uprooted from the land which they cultivated and constructed their houses. The drive seems selective and the authorities must desist from driving people out of the state land as it would widely make the people landless and homeless," he said and expressed faith in the LG's assurance that no innocent

poor / marginalized people will be harassed or displaced from the state land. He said that the issue should be handled on humanitarian ground and the authorities should regularize the illegal colonies on state land without displacing the people from their existing houses, or agricultural land. He was addressing the Apni Party leaders in the meeting which was organised under the chairmanship of senior leader, Apni Party Capt Balraj Tatta (Shuriya Chakra) chairmanship while welcoming the new entrants into the Party. Prominent among those

who were present on the occasion include Party District General Secretary, Surj Singh, District President Minority Gurdev Singh, Raja Mumtaz, Zone President Trade Cell, Mashooq Khan, Manzoor Seth, Yousaf Fojji, Haji Razak, Ghulam Rasool, Ghulam Mustafa and they also spoke on the occasion. He welcomed the new entrants into the party folds and hoped that their joining would strengthen the party. Prominent among those who joined Apni Party include Haji Mushtaq, Haji Sadeeq Ayub, Lansnaki Shafi Khadam, Latif Rashid, Choudhary Reyaz, Ch Qamar and others.

He also said that "The people of J&K are lucky that they have a hard-working people's leader and great human being Syed Mohammed Altaf Bukhari, who has delivered and shown his capacity as Finance, Education, and PWD Minister." Meanwhile, he appealed to the people to extend their support to Altaf Bukhari sahab. He also demanded that the Govt should hold assembly elections in J&K and restore statehood to J&K. Besides, he also condemned the firing incident on Ex-MLA Choudhary Akram's residence and appealed to the Govt for full proof security.

## Indian Army organises Snow Art Competition at Banihal



**JI NEWS SERVICE**  
**RAMBAN, JAN 23:** To encourage children and commemorate upcoming Republic Day, the Indian Army organised a snow art competition at

Neel Valley in Ramsoo Block of Ramban District. A large no of children of various age groups from villages of the Neel Valley participated in the competition. The participants

surprised the spectators with their ingenuity and innovative art reflecting their hidden talent. Emotions were expressed by means of art carved out of snow and beauty was enhanced by adding colors to their snow sculptures. The enthusiasm, creativity and patriotism of the children added to the charm of the event. All the participants were felicitated with painting kits to further encourage them in pursuing their studies and taking art as a hobby. The initiative was widely appreciated by the Awaam. The enthusiasm, creativity and patriotism of the children added to the charm of the event. All the participants were felicitated with painting kits to further encourage them in pursuing their studies and taking art as a hobby. The initiative was widely appreciated by the local populace.

## AoL conducts Prison Smart Workshop under Prison Rehab Program in District Jail



**JI NEWS SERVICE**  
**JAMMU, JAN 23:** To celebrate 75th year of India's independence "Azadika Amrit Mahotsav Art of Living Prison Rehabilitation Program has been started as a project with the Ministry of Culture, Govt. of India in 15 states in collaboration with Art of Living Foundation Bangalore. Under which Workshop namely Prison Smart has been conducted in the District Jail Kathua from Jan 16 to 23, 2023 in which 35 jail inmates and jail staff attended the 8 days workshop. Rohit Ranjan, Senior faculty member AoL from International Centre Bangalore conducted the workshop in which Yoga Asanas, Pranayamas, Sudershan Kriya and Meditations were taught to the participants and tips to improve self-strength, bal-

ance, flexibility, disciplinary practices, meditation and selfless action to stay away from negative thoughts were given. All participants felt relaxed with peace of mind, improvement in sleep quality and freedom from negative emotions after this workshop. On the concluding day, the participants shared their experiences. Many participants informed about the change of their state of mind, improved quality of sleep, relaxed and calmness in their minds and improvement in their physical health. The participants thanked the Art of Living and Jail Superintendent for organizing the beautiful workshop. Superintendent Kathulajail Sh. S P Kaushal and Sh. Rohit Ranjan from AoL highlighted about workshop benefits and suggested to the inmates that if

they perform Pranayamas and Sudershan Kriya on daily basis, probably they would notice the benefits of these activities and feel relaxed and better from their physical and more important mental health point of view. A cultural program was presented by Jail inmates during the concluding function as entertainment therapy. Superintendent Jail thanked the Art of Living for conducting the workshop and informed that more workshops shall be organized in near future for the wellbeing of inmates. The workshop was remarkably assisted by Anujjarsoria and Sunny AoL Faculty form JnK Chapter and Organised by DDC member Sh. A K Katal. Art of Living the Prison Program transforms the lives of people working in or incarcerated within the

criminal justice system. This program teaches skills that reduce stress, heal trauma and provides practical knowledge of how to handle negative emotions in order to live to one's highest potential and contribute to society in a positive way and the impact of this workshop is that it has been active in over 65 countries and continues to grow. In India, over 100 prisons have implemented the program. More than 800,000+ prison inmates & staff have been transformed through these programs, said Ajay Kapoor State coordinator - Art of Living Bureau of communications and projects. Benefits of the Prison Program are improved immunity and physical well-being, Reduced depression and anxiety, More respectful relationships between prisoners and prison staff, Normalized sleep patterns, Freedom from traumatic scars of the past, Better mutual understanding among prisoners, Removal of tendency to seek revenge as well as feelings of guilt, Reduced crime in society. "If people get sick, we take them to the hospital and give them the right medicine to get better. If people's behavior is sick, we bring them to the prison, but we forget the medicines." Rightly said Gurudev Sri Sri Ravi Shankar about this program.

## DAP protests against land order reaches Rajouri

**JI NEWS SERVICE**  
**RAJOURI, JAN 23:** Resolving to continue their efforts politically to secure the land rights of people, DAP on Monday held a massive public protest at Rajouri. Hundreds of DAP leaders, workers marched towards the Deputy commissioner office and submitted the memorandum in presence of General Secretary R.S.Chib, Jugal Kishore Sharma Provincial President, Salman Nizami Chief Spokesperson, Ashok Sharma Ex MLA, District President Sushil Sharma, Masood Choudhary Secretary, Zahid Malik Zonal President. Add Spokesperson Sanam Shah urging authorities not to trouble people in winters and revoke the land eviction order. "DAP is fighting for the people of Jammu and Kashmir and it will continue to fight as long as our rights are not secured and guaranteed by the government," R.S.Chib said. The DAP workers & leaders criticized the UT government for its anti people policies and said that the centre government shall immediately hold the elections in Jammu and Kashmir. They said in the presence



of a non-elected government, the people suffer a lot and every day people are served fresh notifications by the officers making their life miserable. DAP said that as long as the present dispensation prevails in the UT, the people will continue to suffer. "The only solution to address the woes of common people is to have elections in Jammu and Kashmir. Once we have an elected government in effect, that has the constitutional mandate to frame the public policies. These executive orders have no space in democratic set ups." Chief Spokesperson Salman Nizami said. DAP workers threatened to continue the peaceful protests across the

Union Territory if the land eviction order is not revoked. "Our position is the same as the observations of the Supreme Court. That is why we demand a white paper from the government to ensure no poor are suffering and becoming homeless by the anti people land eviction diktat." Ever since the order of land eviction was issued by the government, the DAP is holding protests across all regions of UT outside district headquarters. It also held the two mega protest rallies in Jammu and Srinagar following the instructions of party Chief Ghulam Nabi Azad. Among others who participated in the protest were Khurshid Janam, Capt Joginder Singh, Sushil

Jamwal, Ashfaq Mirza, Subash vaid, Hassan Mirza, Sarpanch Akram, Sarpanch Naseem Akhter, Sarpanch Abdul Rehman, Vinod Sharma, Bilal Ahmed, Pali Gupta, Vijay Gupta, Kashmir Singh, Mohd Farooq, Abdul Majid ch, Shabir Ahmed, Shran Gupta, paramver Sharma, Tosef Manhas, Raja Khan, Abdul Salam, Mohd Abdullah, Mohd Kabir, Altaf Husain, Bashir Ahmed ch, Mohd Ramzan, Mahesh khajuria, Bal krishan Khajuria, Sarpanch Mohd Azam, Sarpanch Hamid, Ashuni Sharma, Rashid Shaheen, Hassan Mirza, Shadi Lal, Shafi Mir, Jatinder Singh, Girdari Lal, Rishab Sharma, Abdul Razaq, Shabir Mirza & others.

## One Week VAC Workshop organised by UESDC, JU

**JI NEWS SERVICE**  
**JAMMU, JAN 23:** University Entrepreneurship and Skill Development Centre under the able guidance of Hon'ble Vice Chancellor Prof. Umesh Rai has started a series of five-day workshop modules of Value Added Courses. The second module "Soft Skills for Workplace" was organised for the students of the Department of Political Science and Buddhist Studies. The week-long programme included four daily sessions comprising two-morning sessions and two-afternoon sessions. Total of 20 sessions were conducted by various industry experts, leading academicians and motivational speakers within and outside the university namely Ms. Geetika Kohli, Writer and Entrepreneur, Ms. Payal Jain, Brand Consultant, Ms. Swati Basotra,

founder of Talkeasytakeasy, Dr. Neelika Arora from Central University of Jammu, Prof. Vinay Chauhan, Dr. Anil Gupta, Dr. Garima Gupta, Dr Sarita Sood and Dr. Pallavi Sachdeva from Jammu university. A valedictory function was organized to conclude the module and Prof. Naresh Padha, Dean Academic Affairs; University of Jammu was the Chief Guest. The certificates were handed over to the concerned heads for distribution to the students. Prof. Naresh Padha in his address expressed his satisfaction over the conduct of the Life Skills Program and reiterated the need for such programs at the University of Jammu. He also informed that as per the new University Calendar for the session 2022-23, all the departments shall have to allow their students to learn various skills outside the classroom

and trusted that UESDC will be able to add value to the students during their stay in the University. During the program the students also shared their feedback and suggested that more such programs should be organized. The Head of Department of Political Science, Prof. Baljeet Singh while talking on the occasion gave special remarks about the workshop. He emphasized upon the need of such workshops for the University students that are under immense academic and competitive pressure. Prof. Alka Sharma, Convener University Entrepreneurship and Skill Development Centre gave the welcome address. She spoke of the initiative to run these modules throughout the year to ensure that all the students of Jammu University are benefited by these sessions.



# MIER college hold guest lecture on mental health



**JI NEWS SERVICE**  
**JAMMU, JAN 23:** MIER College of Education organized a guest lecture on the theme "Mental Health: A Holistic Approach to Health" for the faculty of P.G. and U.G. departments and students of B.A. Psychology Honours and B.Ed. Special Education (ID). The resource person was Dr. Gurmeet Kour, Psychiatry & De-addiction Expert, Govt. Gandhi Nagar Hospital, Jammu.

Dr. Gurmeet Kour worked as In-charge and Head of the De-addiction Centre Dept. of Psychiatry in GMC, Jammu. Presently she is working with Narcotics Bureau Jammu zone as a technical help against de-addiction drive. She is well-published and has presented papers at national and international conferences and seminars.

Dr. Gurmeet Kour opened her deliberations by explaining the concept of health and its six quadrants like mental, social, cultural, physical, occupational, environmental, and psychological health. By citing examples from real life, she explained the difference between illness, disease, and health. She said that negative thoughts result in negative emotions and feelings which lead to negative actions. Dr. Kour emphasized that by changing an activity, one can change feelings and thoughts with the help of Cognitive Behaviour Therapy (CBT). She also suggested many tools such as breathing exercises, meditation, music, or befriending to maintain good mental health. She engaged the audience in activities not only in explaining the concept but also implementing different techniques for mental wellbeing. Dr. Kour talked about different addictions including mobile addiction and suggested various ways for de-addiction. Students and faculty members also took a pledge to say no to drugs in all circumstances and also help others who have been trapped under the effect of drugs and addiction. This was followed by an active interaction session where the faculty members and students clarified their doubts and queries.

In the Presidential remarks, Dr. Renu Gupta, Chairperson MIER, elaborated upon the techniques to improve the holistic health of an individual and suggested deciding battles of life wisely. She also elaborated on the causes of mental health issues such as trauma, discrimination, isolation, long-term illness, physical disabilities, stress, etc. Dr. Gupta discussed various strategies for mental wellbeing like connectiveness, values, achievements, self-care, mindfulness, physical and recreational activities.

Mr. Vishal Dogra, Assistant Professor, presented a formal vote of thanks to the distinguished speaker and the audience. Dr. Bindu Duablay conducted the programme.

# Hold Assembly Elections in J&K without further delay: Manjit Singh

Says administration responsible mistrust among people

**JI NEWS SERVICE**  
**JAMMU, JAN 23:** Apni Party Provincial President, Jammu, and Former Minister, S. Manjit Singh today demanded holding of Assembly Elections in Jammu and Kashmir.



Addressing a party worker's meeting after inaugurating Apni Party Office in R.S.Pura, the Former Minister said that "The people have lost their faith in the administration due to their failure to deliver and growing of frequent issues being confronted by the people in both the regions of Jammu and Kashmir."

"The unemployed youth are concerned about employment; farmers are worried about their agricultural fields and marginalized are spending sleepless nights fearing that they will be displaced from their respective land on the name of stateland, outsiders are grabbing resources, poor employment opportunities, increase in prices of essential commodities etc," he said.

He was addressing the Apni Party leaders meeting following the inauguration. The programme was organised by District President Jammu Rural-B Adv Harpreet Singh.

In his speech, he said that "The people are fed up with the administration and hence, there is an urgent need to hold assembly elections in Jammu and Kashmir and restore the statehood."

He said that "If an elected Govt replaces the LG administration, the issues of the people can be addressed in respectable manner by consulting the elected representatives and no harsh decision will be taken as the elected Govt is always answerable to the people."

However, the bureaucracy is not answerable to the people due to which they are working in a wayward manner."

He referred to the ongoing anti-encroachment drive in Jammu and Kashmir and condemned it because the administration has targeted selected people with their ulterior motives and leaked selected to gain popularity.

He said that the drive must not target the poor and marginalized people by displacing them from their agricultural fields, land, houses or commercial places as the drive has affected the poor.

He also said that the people should not be forced to come on the road in protest against the anti-encroachment drive. He warned the Govt that the anti-encroachment drive will create humanitarian crises in Jammu and Kashmir.

Meanwhile, he also demanded revamp of development in border villages for tourism.

The Former Minister said that the border town and villages have enough potential to attract tourism and the Suchetgarh border,

and Gharana Wet Land are among the tourism attractions but the authorities are not concerned about the development and improvement in road connectivity.

He said that "The authorities should make a plan to revamp the development in RS Pura and its adjoining areas known for tourism as it would also fulfill the basic needs of the locals."

Prominent among those who were present on occasion include Provincial Secretary / District President Jammu Urban, Dr Rohit Gupta, State Coordinator SC Wing, Bodh Raj Bhagat, State President, Apni Party, Ajaz Kazmi, Gurmeet Singh, Krishan Singh, Panch Chohalla, Janak Raj, Kirti Devi, Rakesh Kumar and others.

# Annual Basant Mahotsav starts at Baba Ballo Ji Devasthan Mathwar

**JI NEWS SERVICE**  
**JAMMU, JAN 23:** The annual Basant Mahotsav was started at Baba Ballo Ji Devasthan Mathwar today with Vidyarthi Poojan, in which devotees received blessings by attending Baba's Darbar today.

In this annual function organized under the chairmanship of Mahant Yashpal Sharma of Gaddi, the whole Darbar has been decorated with beautiful flowers by the Emil family, the devotees will start pouring in from today itself and on January 26, Basant Panchami with Purnan Ahuti. The ceremony will be over, like every year, this year too, apart from Baba's devotees, sages and saints, many prominent



political personalities and administrative officials will also receive Babaji's blessings, worship will be performed at Baba Ballo Ji Devasthan at the time of Purnahuti and Flowers will be showered in the sky from Chapar, in this whole program Mahant Yashpal

worships cow worship, Brahmin worship and worships Baba Ballo Devasthan. Mahant Yashpal ji appealed to the devotees to come here on the occasion of Basant Panchami to Baba Ballo Devasthan, where on the occasion of Basant

Panchami there is a meeting of Parashar fraternity in which people from all over the country reach. Mahant Yashpal ji said that we have a request to Baba ji that there should be peace in the world and God's blessings should be on everyone.

# J&K on the boil, BJP govt clueless: Harsh Dev

**JI NEWS SERVICE**  
**JAMMU, JAN 23:** "While J&K continues to boil, burn and bleed, the GOI appears clueless over the issue of tackling Pak sponsored terrorism in the UT. With the erstwhile state witnessing death and destruction on a regular basis, the administrative apparatus seems to have collapsed in J&K. The Union Home Ministry despite its loud exhortations and tall pronouncements has not succeeded in curbing the militants' onslaughts claiming precious lives of innocent civilians on day to day basis. The post State Re-organization era is a witness to the peoples' painful journey from frustration to despair with an apathetic regime aware to the woes of the suffering people of the UT". This was stated by Mr. Harsh Dev Singh, Former Minister and senior AAP leader while addressing a press conference today.



Accusing the BJP govt of making false claims of normalcy post Art 370

abrogation, Mr. Singh said that J&K was fast sliding into the abyss of lawlessness and anarchy. The declamatory and bombastic slogans of BJP of "ten Pak heads for one Indian head" had all proved a hoax with the saffron leadership having gone on back-foot over civilian killings. Those who

groaned over trivial issues and often shed a monsoon of tears here, there and everywhere over Kashmiri Pandits' plight had gone into hibernation even after the intense bloodshed and mayhem in the valley, said Mr. Singh.

Maintaining that vague assertions and unproductive meetings by the Home Ministry had failed to produce any tangible result on the ground, Mr. Singh said that ever growing militant activity had posed the gravest threat to the very existence of J&K as an entity. Normalcy is not about letter, but spirit as well. The rhetorical overtures would not satisfy the people as long as a suitable strategy was not evolved and operationalized to deal with the present crisis. He said that with growing alienation amongst the masses in J&K, the govt should take all political parties on board and involve them in confidence building so as to steer the erstwhile state out of crisis.

# Yashu Vardhan flays bio-metric attendance of MGNREGA workers

**JI NEWS SERVICE**  
**JAMMU, JAN 23:** Th Yashu Vardhan Singh, Additional Spokesperson and Incharge Sunderbani & Kalakote constituency J&KNC, expressed anguish over the recent guidelines of the Union Ministry of Rural Development, wherein it has been asked by the Union Government that the labour engaged under MGNREGA shall made compulsory biometric attendance twice a day i.e. in the morning and evening.

In a statement issued here today, the senior NC leader termed the decision of holding bio-metric attendance of the workers twice a day as conspiracy to fail the MGNREGA scheme which is providing livelihood to millions of rural population at door

steps. He said the Government instead of clearing the pending wages and releasing the MGNREGA dues under material component have now issued this diktat which is unacceptable because of obvious technical and practical reasons.

The Additional Spokesperson JKNC informed that elected PRIs are full supportive of the inception of the technology to ensure transparency in the system and to eradicate corruption but the order of the Union Government to hold bio-metric attendance is not practically possible as there are over 4000 Panchayats in Jammu and Kashmir spreading over far off places and in border areas and more than half of these Panchayat headquarters even do not have even

electricity forget mobile and internet connectivity. He stated that already the RDD is under staff and one GRS/Panchayat Secretary/TA technical assistant is holding charge of 5 to 6 Panchayats so it is impossible that anyone can get the attendance of these MGNREGA workers twice a day moreover the difficult terrain of J&K makes things further difficult to hold such exercise.

Th Yashu Vardhan Singh warned the government to roll back this anti-labour decision otherwise the NC workers have no option left to come on roads to seek justice. He also appealed to the government to release the pending installments of the Finance Commissions that are due to the Panchayats.

credit in future also. Her achievement was a proof of her hard work, dedication and determination. He exhorted the youth to try to emulate Aana's example and contribute in the progress of the nation by their achievements.

Speaking on the occasion, Aana Jamwal gave the credit of her success to the support she received from her parents.

Ms. Aana's father, Sh. K.D. Jamwal, and Chairman, S.D. Memorial Trust, Sh. Rakesh Gandotra were also present on the occasion.

# Delhivery launches "Delhivery Training and Recruitment Program"

**JI NEWS SERVICE**  
**JAMMU, JAN 23:** Delhivery, a logistics provider, has announced the launch of the Delhivery Training and Recruitment Program, an initiative to empower young jobseekers to build a career in the logistics industry. The program ensures guaranteed jobs for recruits in entry and mid-level operational roles. The company will conduct a national entrance exam with an initial focus on 25 - tier 2 and tier 3 cities

on February 19, 2023, to select candidates for a 5-week training program in Gurgaon. The training is both classroom and practical in-center covering subjects such as operational processes, software tools, soft skills, and people management. After successfully completing the training, the recruits will be onboarded for open managerial roles at Delhivery facilities across India. Candidates between the ages of 22 to 32 who are

10th / 12th pass or diploma holders and have basic English reading and writing abilities are eligible to apply for the program.

Commenting on the initiative, Pooja Gupta, Chief Human Resources Officer, Delhivery, said, "This initiative is in line with our long-term vision to connect with talent across the country and create secure employment opportunities in one of the fastest growing sectors in India. We are looking forward to welcoming our first set of recruits and investing in their growth and success at Delhivery." Talking about the program, SurajDutta, Head of Delhivery Academy, said, "Our 5-week training is a comprehensive, in-house program designed by Delhivery academy, focused on creating a ready talent pool in logistics. The depth and breadth of the program will empower the youth with all the necessary skills to excel in logistics."

# Aana brings laurels to Raipur Village by securing 6th position in JKAS exams

**JI NEWS SERVICE**  
**JAMMU, JAN 23:** Mahant Rohit Shastri, President of Shri Kalikah Jyotish evam Vedic Sansthan Trust Ban Talab, Jammu felicitated Aana Jamwal, daughter of Sh. K.D Jamwal, of Raipur Village, who brought laurels to Village by securing 6th position in JKAS exam, and presented a copy of Bhagvadgita and a tulsi plant to her.

He said that Aana Jamwal's success has great added to the honour of her village. All the resident of the village are proud of her glorious achievement.

ment.

Speaking on the occasion, Mahant Rohit Shastri said that she worked hard day and night and created history through her achievement.

He said that her example shows that we should not give up chasing our dreams when confronted with challenges. We should have faith in ourselves that come what may, we are going to succeed and emerge victorious.

He wished best of luck for her brilliant future and hoped that she would have many more achievement to her credit in future also. Her achievement was a proof of her hard work, dedication and determination. He exhorted the youth to try to emulate Aana's example and contribute in the progress of the nation by their achievements.

Speaking on the occasion, Aana Jamwal gave the credit of her success to the support she received from her parents.

Ms. Aana's father, Sh. K.D. Jamwal, and Chairman, S.D. Memorial Trust, Sh. Rakesh Gandotra were also present on the occasion.

# ADC Bharderwah finalises Arrangements for R' Day

**JI NEWS SERVICE**  
**BHADARWAH, JANUARY 23:** Additional Deputy Commissioner Bhardarwah, Choudhary Dil Mir today convened a meeting to finalize the arrangements for the celebration of upcoming Republic Day-2023.

The arrangements regarding security, first aid, sanitation, Fire and Emergency Services, seating arrangements, Power & Water Supply, and issuance of invitation cards were finalised in the meeting.

All the concerned departments were directed to finalize the required

arrangements before 24th January-the day of full dress rehearsal.

The meeting decided that the function would be held in the New Bus Stand Kotli, where the National Flag would be unfurled at 9:55 AM and the contingents of JKAP, NCC senior wing of girls and boys from Degree College Bhardarwah, Tinnu Playtoms from Government/Private Schools will perform March past parade. Besides, cultural programmes would be performed by the students of various schools. It was also decided that the day shall start with playing of

Shenai Vadan by the Information Department Bharderwah. The Full Dress Rehearsal of the programme will be held on 24th January 2023. The meeting was attended by SDPO Bhardarwah, CO 33 CRPF, Executive Engineer PWD, BMO Bhardarwah, TSWO Bhardarwah, ISO Bhardarwah, ZEPO Bhardarwah, AEE PMGSO, besides other officers/officials also attended the meeting. Various committees were formed for proper management and were directed to perform their responsibilities assigned to them for successful conduct of the event.



## Atal Dulloo reviews status of micro irrigation, irrigation for Kharif 2023

Discusses availability of seed, semen, planting material under Apex Committee Projects

### JJ NEWS SERVICE

JAMMU, JANUARY 23: Additional Chief Secretary (ACS), Agriculture Production Department (APD), Atal Dulloo, today chaired a meeting to review the status of micro irrigation and irrigation for Kharif season-2023 here at Civil Secretariat.

Principal Secretary Jal Shakti, Shaleen Kabra, Secretary in APD, DG Planning APD, DG Command Area Development, Chief Engineers Irrigation and Flood Control Jammu/Kashmir, Director Agriculture Jammu/Kashmir and other senior officers of Agriculture and allied departments participated in the meeting in person and through virtual mode.

The meeting held a threadbare discussion over the irrigation requirement, de-silting of irrigation canals, critical growth of different crops besides deliberating on month-wise irrigation scheduling of major crops under canal



command of both the divisions of the Union Territory.

Directors Agriculture, both Jammu and Kashmir, displayed presentation on status of micro irrigation and other irrigation facilities for Kharif season-2023.

ACS directed the officers of concerned departments to open the canals and make those functional by 1st March in Jammu division and 1st April in Kashmir division. He said that

there is a lot more to be done in deficient areas and it should be ensured that water reaches the tail end of the canals in every village in Jammu and Kashmir.

Dulloo also instructed Directors of Agriculture Jammu and Kashmir to prepare an irrigation schedule with the assistance of CEs Irrigation, FC Jammu and Kashmir which would be used by the farming community.

On the occasion, Chief Engineers Irrigation and Directors of Agriculture of both the divisions were directed to formulate a project proposal for Udhampur and Baramulla districts under PM Gati Shakti scheme.

Later, ACS chaired a meeting to review the availability of seed, semen and planting material in terms of Apex Committee Projects.

The meeting discussed the availability and requirement with respect to breeder seed requirement, foundation seed requirement and certified seed etc.

Similarly, the meeting held threadbare discussion on availability of semen in animal and Sheep Husbandries and plant material from alternate channels including CSP, SPOs, SKUAST-J/K through holistic development of agriculture in Jammu and Kashmir.

The meeting was attended by Secretary in APD, DG Sericulture J&K, DG Sheep Husbandry J&K, Director Horticulture Jammu/Kashmir, Director Animal Husbandry Jammu/Kashmir, Director Fisheries J&K, Director Sheep Husbandry Jammu, Director Agriculture Jammu/Kashmir, Technical Officers APD while KAS based officers participated online.

## Principal Secretary I&C chairs 10th BoDs meeting, 4th AGM of JKPTO

### JJ NEWS SERVICE

JAMMU, JANUARY 23: Principal Secretary, Industries & Commerce (I&C), Prashant Goyal, today chaired 10th Board of Directors (BoDs) meeting and 4th Annual General Meeting (AGM) of Shareholders for the Financial Year ended 31st March, 2022 of Jammu and Kashmir Trade Promotion Organization (JKPTO) here at Civil Secretariat.

Managing Director, JKPTO, Khalid Jahangir, presented the agenda and agenda notes for 10th Board of Directors meeting. The Board deliberated on various agenda points and also approved the Director's/Board Report for the Financial Year ending 31st March, 2022 along with other items.

The 4th AGM for adoption of accounts for the Financial Year ending 31st March, 2022 was also held after the BOD meeting and 4th annual report for the Financial Year ending 31st March, 2022 was unanimously adopted by the shareholders (Government of Jammu and Kashmir, ITO and EPCH) of the company. The Board also approved the decision of Administrative Council for the change of name of the organization from Jammu and Kashmir Trade Promotion Organization (JKPTO) to Jammu and Kashmir Trade Promotion and Export Agency (JKTP&EA) subject to name availability by ROC and further approval of shareholders / members.

## 14th FC unspent funds to be utilized for ongoing works: Mandeep Kaur

Says, unspent funds shall also be expended on approved plans for Solid Waste Management

### JJ NEWS SERVICE

SRINAGAR, JANUARY 23: Commissioner Secretary, Rural Development and Panchayati Raj, Mandeep Kaur, today directed the officers to utilize the unspent funds under 14th Finance Commission for ongoing works and plans duly approved by the District Development Commissioner for Solid Waste Management after approval of the competent authority.

According to an official communiqué received here in this regard, it has been reiterated that districts will not lose funds of 14th FC but in order to ensure timely and rational utilization of funds before 31st March 23, it is important that every penny of FC funds lying with 4291 panchayats, are accounted for and unspent funds are utilized for Swachh J&K, which is the top most priority of the government.

Pertinently, the Fourteen Finance Commission was constituted (FFC) by the President on 2nd January 2013 to give recommendations on specified aspects of Centre-State fiscal relations from 2015-2020, where J&K received first two instalments during the year 2015-16. Afterwards, due to expiry of five year term of Panchayati Raj Institutions in 2016, J&K couldn't receive the remaining instalments for three years due to non-existence of PRIs in the UT.

After constitution of PRIs in 2019, J&K received 6 more instalments during 2019-20 and 4 more for 'Back to Village' programme phase III. The scheme was supposed to be closed on 31st of March 2021 but due to constraints faced by the Gram Panchayats on account of COVID pandemic requests from various states and union territories including J&K were received by MoFR regarding utilization of FFC grants beyond FY 2020-21.

The MoFR, accordingly, took up the matter with the Ministry of Finance (MoF) and obtained one time dispensation for incurring expenditure out of FFC grants by the Gram Panchayats beyond FY 2020-21 and up to 31/03/2022.

However, the Gram Panchayats were directed to utilize the unspent amount of FFC grants only on the works included in the GPPDs and in conformity with the extant guidelines issued by MoF. In this regard, various communications were disseminated to all the sub-ordinate offices of RDD to reconcile the FFC accounts and complete all the ongoing works by December 2022.

## DC Kathua chairs DLC meeting on NCDC central loan scheme of Yuva Sahakar

### JJ NEWS SERVICE

KATHUA, JANUARY 23: A District Level Committee headed by Deputy Commissioner Kathua, Rahul Pandey today met to finalise the cases for self-employment under NCDC Central Loan Scheme of Yuva Sahakar and under NHBM scheme here at DC Office Complex.

Reviewing implementation and monitoring of NCDC Central Loan scheme, the committee gave approval to the proposal received from department of Cooperative Societies Kathua and it was decided to forward the approved proposal to the Registrar Cooperative Societies J&K for consideration/sanctioning of the financial assistance under NCDC central loan scheme.

The proposal worth Rs 7.8 Lac for Micro Food Processing unit for spices (Turmeric) was approved in favour of M/S Sherpur Farmers Agri-Cooperative Marketing Limited as per the laid down criteria of the scheme.

Underlining the need to engage youth in self employment avenues, the DC urged the stakeholder departments to create awareness and extend proper handling to make them self reliant. He said departments should make concerted efforts to encourage the youth to avail benefits under the cooperative business ventures.

GM, DIC Kathua, CAO, DHO, DAHO, DSHO, Deputy Registrar Cooperatives, Deputy Registrar CAD, ISWO were also present.

## DC B'la finalizes arrangements for R-Day, 2023 celebrations



### JJ NEWS SERVICE

BARAMULLA, JANUARY 23: In order to finalise the arrangements for Republic Day, 2023 celebrations, the Deputy Commissioner (DC) Baramulla, Dr Syed Sehrih Asgar today chaired a meeting of concerned officers at the Meeting Hall of DC Office Complex, here.

The meeting discussed various issues with regard to peaceful celebration of Republic Day in the district.

It was given out in the meeting that the main function in the district will be held at District Police Lines Baramulla and similar functions will also be held in all sub divisions of the district.

During the meeting, it was informed that the Chief Guest will hoist National Flag at District Police Lines Baramulla and take salute of the march-past, which will be presented by the contingents of JKP, JKAP, CRPE, IRP, Fire and Emergency Services,

NCC and School Children.

Speaking on the occasion, Dr Sehrih Asgar asked the security agencies to ensure fool proof security at all venues throughout the district.

She also exhorted upon the concerned functionaries of all departments to ensure all the arrangements including seating arrangements, barricading, security, traffic regulation, drinking water and power supply, sanitation, first-aid and Public Address System are put in place for the said national event. Moreover, in view of current weather conditions, the DC asked the concerned engineers to keep men and machinery ready in case of snowfall.

Later, in a separate meeting, the DC also finalized plan/ activities for celebration of 13th National Voters Day in the district during which she directed all concerned officers for smooth conduct of the programme.

## Div Com reviews progress of work on JMRDA Projects

Calls for expediting pace to ensure timeline completion

### JJ NEWS SERVICE

JAMMU, JANUARY 23: Divisional Commissioner Jammu, Ramesh Kumar, who is also the Additional Chief Executive Officer- Jammu Metropolitan Region Development Authority (JMRDA), today reviewed the progress of work on different projects being executed by JMRDA here at a meeting with concerned officers.

The meeting was attended by Chief Engineer, JPDC, Superintendent Engineer PWD, Jal Shakti, Jammu Development Authority, Accounts Officer JMRDA, Architect JMRDA and other concerned officers.

During the meeting, the Div Com took stock of the status of ongoing projects including Development of Transport Nagar Jammu, construction of Parking/ Bus terminal, development of pathways, green spaces in Hiranagar Town, development of pathways, amenities for Tawi River Front View Project Jammu, development of Bus stand at Thandi Khui Vijaypur and other development projects.

Reviewing the improvement of



Transport Nagar, it was informed that the work on the project is in progress. Responding to the issues of utility shifting, the Div Com directed JPDC, Jal Shakti, UEED to start the work on shifting of utilities and complete the same in a time-bound manner.

The Div Com stressed on maintaining close coordination among all the stakeholders for smooth execution of work on the prestigious project. It was informed that various other projects have been approved and are coming up in the districts.

The concerned executing agencies apprised the Div Com about the

progress on each project. It was informed that the work was in progress on the projects while some projects are at different stages of execution.

The Div Com directed the concerned departments to expedite the pace of work on all the ongoing projects and float tenders for pending projects.

The Div Com instructed executing agencies to submit progress reports on a regular basis. He also instructed the Executive agencies to expedite the pace of work on the projects and ensure their completion within fixed timelines.

## DC Rajouri reviews arrangements for R-Day celebrations 2023 at Nowshera, Sunderbani

### JJ NEWS SERVICE

RAJOURI, JANUARY 23: Vikas Kundal, Deputy Commissioner Rajouri, today visited Nowshera and Sunderbani to review preparations for Republic Day 2023 celebrations in the twin Sub-divisions.

The arrangements for Republic Day celebrations such as security,

seating, barricading, venue decoration and other preparations were reviewed in depth during the visit of the DC to the venues of the celebration.

The Deputy Commissioner stressed on maintaining close synergy among the concerned departments, while making arrangements

and asked them to celebrate the day with patriotic spirit and with added zeal.

He also directed them to work in tandem to ensure that all necessary arrangements were put in place well in advance for the smooth and successful celebration of the National day.

## National Workshop on "Research Methodology" organized in GDC Kathua

### JJ NEWS SERVICE

KATHUA, JANUARY 23: Science Club of Govt Degree College Kathua in Collaboration with IQAC on Monday organized a National Workshop on Research Methodology.

A large number of students and faculty members from across the nation participated in the event. Workshop was inaugurated by Chief Guest, Prof. Sumansh, Principal, GDC Kathua in presence of Prof. Rakesh Singh, Convener, Science Club & Head, Department of Chemistry Prof. Jaswinder Singh, IQAC Coordinator, revered resource persons Dr. N. Roheen Meetei, Dr. Neha Gupta, advisory committee members Prof. Anirudh Sharma, Dr. Seema Malpotra, Dr. Ritu Bhagat and members of

organizing committee Dr. Pankaj Gupta, Dr. Surya Partap, Prof. Ram Krishan, Prof. Neha Mahajan, Dr. Suresh Sharma and Dr. Verinder Singh.

Prof. Rakesh Singh, Convener of the workshop welcomed the Chief Guest, Resource persons and all the participants. He said that Science Club of the College was continuously involved in inculcating academic and research aptitude among faculty & students. The research methodology is the basis of writing any scientific documents and the knowledge of various aspects of research are required at this time when the Higher Education Department has taken a number of initiatives for promoting research in colleges. Prof. Sumansh, who inaugurated the workshop,

stressed on the need of such types of workshops for the faculty as well as students engaged in or willing to pursue research. He congratulated the Convener, members of organizing committee and IQAC for taking this collaborative initiative of organizing National Level events in GDC Kathua. He encouraged all the faculty members to organize more such events for the upliftment of research acumen among the students/researchers.

First resource person of the technical session, Dr. N. Roheen Meetei, Assistant Professor, AIBAS, AMITY University U.P. delivered a very informative talk on "Significance of Review Literature". In his deliberations he highlighted the importance of Literature Review while framing a good Hypothesis.

Moreover, he also explained various variables required for a scientifically apt and valid review. Dr. Neha Gupta, Assistant Professor, AIBAS, AMITY University U.P. in her deliberations on "Fundamentals of research article/paper" highlighted various aspects of writing good research articles. She emphasized the need of body and research methodology in producing quality publication. Moreover, she explained in detail how to cite research articles and books in the reference section.

Speaking on the occasion, Prof. Jaswinder Singh, IQAC Coordinator appreciated the role of the organizing committee and resource persons for successful organization of such a national level workshop on a

very important topic which will help the Institution in better NAAC grading.

Earlier, Dr. Pankaj Gupta, Assistant Professor in Chemistry and Organizing secretary in his inaugural talk highlighted the importance of such type of workshop, especially within the content of dissertation and thesis at the time when NEP-2020 has been implemented in the Degree Colleges of J&K UT. He said that it is very important to get results from experiments but the most important is the process/ methodology in getting the results. In the end an impressive video of thanks was delivered by Dr. Surya Partap, Head, Department of Zoology and Co-organizing Secretary of the Workshop.