



# JINDRAH IMAGES



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## BJY has largely succeeded to fight the narrative of hatred in country: Rahul Gandhi

J I NEWS DESK  
JAMMU, JAN 24

Stating that the Congress party is opening "shops of love" Congress leader Rahul Gandhi on Tuesday said that the Bharat Jodo Yatra has largely succeeded in fighting the narrative of hatred being spread across the country.

"The yatra has largely succeeded in fighting against the narrative of hatred being spread across the country," said Rahul Gandhi addressing a press conference here at Jhajar Kotli in the city outskirts on route Udhampur. Gandhi will reach Ramban this evening

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## Kashmir valley bracing for snowfall amid below freezing minimum temp

J I NEWS DESK  
SRINAGAR, JAN 24

Many parts of Jammu and Kashmir experienced intermittent snow and rain including Srinagar on Tuesday evening disrupting normal activities.

Srinagar and its adjoining areas are experiencing intermittent rain amid forecast of rain/snow very likely to intensify as the day progresses with main activity later Tuesday night and Wednesday. Heavy snowfall is very likely over the middle and higher reaches of J&K, the MeT office said.

Srinagar, the summer capital of Jammu and Kashmir, recorded a low of minus 2.3 degree Celsius on Tuesday against minus 3.4 degree recorded Monday night.

Gulmarg in north Kashmir was the coldest place in Kash-



mir valley with the minimum temperature plummeting to minus 9.5 degree Celsius on Tuesday against the minus 9.6 degree Celsius a day ago. Qazigund on Srinagar-Jammu national highway had a low of minus 0.6 degree Celsius against minus 1.0 degree

Celsius recorded the previous night. Tourist hot spot of Pahalgam in south Kashmir recorded a low of minus 6.6 degree Celsius on Tuesday against minus 4.7 degree Celsius the previous night. It also received 0.5 Cms of Snow and 1.7mm of rainfall

during the past 24 hours till 0830 hours on Monday.

Kokernag recorded a low of minus 3.5 degree Celsius and the frontier Kashmir district of Kupwara witnessed a low of minus 3.4 degree Celsius on Tuesday, the MeT office said.

## Founder Chairman, MSME Development Forum meets LG

J I NEWS DESK  
JAMMU, JAN 24



Rajnish Goenka, Founder Chairman, Micro, Small and Medium Enterprises Development Forum met Lieutenant Governor Manoj Sinha at the Raj Bhavan today.

Rajnish Goenka, accompanied by the officer bearers of the organisation appraised the Lt Governor on the achievements with regard to promotion of MSMEs of J&K after the 8th India

International MSME Start-up Expo & Summit held in New Delhi last year. The delegation also briefed him on the preparation and focus areas of the upcoming 9th India International MSME Start-up Expo & Summit, The Lt Governor while interacting with Sh Goenka and the officer bearers of all support from the UT administration in their endeavours of promoting MSME, start-ups of J&K

## Digvijay speaking Pak ISI language to demoralize armed forces: Chugh

J I NEWS DESK  
JAMMU, JAN 24

BJP national general secretary Tarun Chugh today blasted senior Congress leader Digvijay Singh for his remarks saying that the Congress has a habit of speaking the Pakistan ISI language in J&K in their effort to demoralize the Indian security forces.

Chugh demanded the Congress high command to take a disciplinary action against Digvijay Singh and also suggested the Lieutenant Governor of the Union territory to take strong note of the former Madhya Pradesh chief minister for his anti-national speech.

He said the Congress leaders have been always trying to demoralize the armed forces of the country whenever they rose to fight the anti-national elements.



"The surgical strikes were a spectacular achievement of the armed forces which for the first time proved that India could be aggressive as well in fighting the ISI-sponsored terrorism. Instead of saluting the jawans who carried out the strikes, the Congress cannot help adopting an anti-national stance to discourage the armed forces," he said.

Chugh asserted that if the Congress party did not

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## Actor-Politician Urmila Matondkar joins Rahul Gandhi's BJJ in Jammu

J I NEWS DESK  
JAMMU, JAN 24

Actor-turned-politician Urmila Matondkar joined Congress leader Rahul Gandhi's Bharat Jodo Yatra as it resumed from the garrison town of Nagrota on a cold Tuesday morning.

Matondkar, a popular Bollywood star of the 1990s, joined Gandhi shortly after the march started from near the army garrison around 8 am amid tight security, with Congress workers and supporters lined up on the road along the route to welcome them.

Matondkar (48) had resigned from the Congress in September 2019 after a short association of six months, and joined the Shiv Sena in 2020.

Dressed in a cream-coloured traditional Kashmiri Pheran (loose gown) and beanie cap, Matondkar was interacting with Gandhi as they marched along.



Noted author Perumal Murugan and J&K Pradesh Congress committee president Vikar Rasool Wani, his predecessor G A Mir and former minister Abdul Hamid Karra also joined them alongside hundreds of other carrying the tricolor in their hands.

The yatra, which started from Kanyakumari on September 7, entered Jammu and Kashmir from Punjab on Thursday and reached Jammu city on Monday.

The march is scheduled to make two night halts at

Ramban and Banihal along the Jammu-Srinagar National Highway before its culmination in Srinagar with a grand rally at the Sher-e-Kashmir Cricket Stadium on January 30.

A 65-member strong Ladakh delegation led by Ladakh Territorial Congress President Nawang Rigzin Jora joined Gandhi at the start of the yatra and briefed him about the issues and concerns of their people, one of the delegation members said.

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## 'Teacher' who managed entry into education department on fake documents expelled

J I NEWS DESK  
SRINAGAR, JAN 24

School Education Department Kashmir has terminated the services of a teacher who had managed to get entry into the department 13 years ago by producing fake appointment orders.

"In order to that chief education officer Srinagar in a letter in November 2022 has reported that the service book of a 'imposter' working as teacher in government school reveals an entry to the effect that he has been appointed as teacher in 2009 under RBA category, after being selected by the JK Service Selection Board."

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## 2 juveniles among 5 prevented from joining militancy

J I NEWS DESK  
SRINAGAR, JAN 24

Jammu and Kashmir Police on Tuesday claimed to have prevented five youngsters including two juveniles from joining militancy in Baramulla district of north Kashmir.

The five were counselled and handed over to parents, police said.

"Unearthing a major activity of terrorists to misguide the youth and entice them to join terrorist ranks, Baramulla police along with army 29 RR succeeded in rescuing five youths including two juveniles from joining terror ranks," a police statement said. Police said it was learnt that some young-



sters were being enticed by handlers from Pakistan to join militant organizations. "On receiving this input

SFs (security forces) first traced these youth and they were subjected to sustained questioning with the help

of their parents. On their disclosure it was learnt that these youth were in touch with terrorist handlers in Pakistan through social media to get recruited in terror outfits," police statement said. "Terror handlers were trying to radicalize the minds of these boys. These boys, all in their teenage, have now been handed over to parents after proper counselling."

The statement said J&K Police and Indian Army are firm on their resolve to defeat all nefarious designs of the enemy to misguide and radicalize the youth of Kashmir.

Police have requested parents to keep vigil on activities of their children.

## R-Day full dress rehearsal held in Maulana Azad Stadium

J I NEWS DESK  
JAMMU, JAN 24

Amidst tight security arrangements full dress rehearsal for celebration of Republic Day was held on Tuesday here in Maulana Azad Stadium with patriotic fervor and amid tight security arrangements.

The contingents of Army, CRPF, JKP, SSB, NCC cadets and school students presented an impressive March past.

Divisional Commissioner Jammu, Ramesh Kumar inspected the Parade and took the salute.

School children and artists of J&K Academy of Art Culture and Languages presented a colourful cultural programme featuring theme



based presentations. Dare-Devils of Jammu and Kashmir Police astounded the audience by presenting spectacular stunts.

The athletes of J&K Sports Council also presented stunning Gymnastic performances.

The cultural presentations depicted composite culture of Jammu Kashmir, Govern-

ment initiatives for social and economic emancipation of weaker sections of the society. It also featured patriotic based presentations, folk music and dance.

The Social Welfare Department, Information Technology Department, J&K Rural Livelihood Mission (Umecd) also presented cultural presentations depicting their

achievements and initiatives.

Among others Additional Director General of Police, Mukesh Singh; Deputy Commissioner, Jammu, Avny Lavasa; Joint Director Information, Sapna Kotwal, besides Heads of Departments and other civil and police Officers were present on the occasion.

## DGP, ACS (FC) Home chair 48th Police Housing Corporation Ltd. Board of Directors meeting

J I NEWS DESK  
JAMMU, JAN 24

The 48th meeting of Board of Directors of Jammu and Kashmir Police Housing Corporation Ltd. (JKPHCL) was held at Police headquarters here today. The meeting was chaired by the Director General of Police J&K Shri Dilbag Singh alongwith Shri R.K Goyal, Additional Chief Secretary (FC), Home Department, Co-Chairman of board of directors of JKPHC.

Director Police Housing Corporation, Shri Deepak Kumar, ADGP Jammu Zone, Shri Mukesh Singh, ADGP Head-

quarters PHQ Shri M. K. Sinha, DIG Admin PHQ, Ms Sarah Rizvi, Shri S.L. Pandita DG (Codes), Finance Department, Er. P.C. Tamoch DC Works, Shri Sachin Verma FA/CAO PHQ, Shri Amarjeet Singh CA JKPHC, Shri Ashish Gupta Add. Secretary (Law) attended the meeting at PHQ, ADGP Kashmir Zone Shri Vijay Kumar, Iftikhar Ahmad Kaheem Chief Town Planning Jammu, S. Bilal Ahmad, DG Planning, Rafiq A Rafiq, Chief Engineer R&B Kashmir, Dr. Kausar DD Department of Health attended the meeting through video conferencing. In his welcome address the



Managing Director of the Housing Corporation Shri Deepak Kumar presented a report with regard to the functioning of the Police Housing Corporation. He while presenting the agenda for the meeting said that the e-tendering process is in place from last three years. He also presented various proposals on the occasion.

In his address the DGP directing of board members adding that it would enable them to know the functioning of the corporation more closely. He directed for following the procedures as envisaged for the corpora-

tion. He said that board has the responsibility to ensure that all the works of the corporation are being conducted efficiently. He directed for timely completion of work in hand while taking into account all the technical evaluations.

During the discussion on various agenda points the DGP impressed upon the corporation to make efforts for providing low cost housing to the Police personnel for which he directed ADGP Jammu and ADGP Kashmir to identify the suitable land for the projects. He said that while taking up such projects the Housing Policy of

the UT should also be kept in mind. After threebread discussion various agenda points were approved at the conclusion of the meeting. R.K Goyal, Additional Chief Secretary (FC), J&K Home Department, Co-Chairman of Board of Directors of JKPHC gave valuable suggestions to improve the working of the corporation.

While presenting the vote of thanks, the Managing Director, JKPHC assured the DGP and the directors that the corporation will take each and every step to make the corporation more competitive and develop it as a top corporation of the UT.



## Mega event to commemorate National Girl Child Day held at Pulwama

**JI NEWS SERVICE**  
PULWAMA, JANUARY 24: The District Administration Pulwama in collaboration with Department of Social Welfare today celebrated 16th National Girl Child Day under the banner "Beti Bachao Beti Padhao" (BBBP) at Auditorium Hall of Govt Boys Degree College Pulwama, here.

Deputy Commissioner (DC) Pulwama, Baseer-Ul-Haq Choudhary was the chief guest on the occasion.

Speaking on the occasion, the DC said that this day is celebrated to increase the living space of girls in the society. He said that coordinated and convergent efforts are needed to ensure survival, protec-

tion and education of the girl child.

The DC on the occasion enumerated various innovative interventions undertaken under BBBP scheme including celebration of the birth of girl child, capacity building of ICDS and health officials regarding implementation of PCP-NDT Act and health issues of newborn babies and mothers.

He said that the Administration is committed to ensure that every girl child gets all her rights. He urged people to ensure the 'Right to Dignity' of girls. While inculcating good habits among their daughters, parents should make them aware of the values of their dignity, he added.

On the occasion, the DC said that the female folk must realise their importance and role in society. He said the girls who have achieved success in various fields of life must act as ambassadors to guide other girls to utilise their potential in a proper way.

The DC added that be it sports, literature, science or education, the girls have proven their mettle in every field which needs to be appreciated and facilitated. He further said that all the line departments should work in tandem to address the skewed sex ratio. He stressed to promote women empowerment and reinforce gender equality under Beti Bachao Beti Padhao (BBBP) scheme.

On the occasion, speakers from Health and Education Departments highlighted the significance of girl child, its education and nourishment.

Songs, cultural events and anthem were presented on the "Beti Bachao Beti Padhao" theme.

Later, the DC felicitated the mothers of newly born girl child with baby kits and handed over Ladli Beti sanction letters.

ACR Pulwama, CPO Pulwama, District Health Officer, DEPO Pulwama, other concerned officers, Anganwari workers, helpers, supervisors and a large number of people were also present in the function.

## Atal Dulloo chairs review meeting of PMFME, ODOF

**JI NEWS SERVICE**  
JAMMU, JANUARY 24: Additional Chief Secretary (ACS), Agriculture Production Department, Atal Dulloo today chaired a meeting to review the implementation of the Pradhan Mantri Formalisation of Micro Processing Enterprises (PM-FME) and One District One Product (ODOF) schemes in the union territory.

During the meeting, the ACS was presented with proposed projects, budget allotments, and the current status of their implementation. He also received an Action Taken Report and detailed information on targets set and achieved in the current financial year.

down of subsidies provided until January 2023 was presented.

The ACS also spoke with bankers and sought reasons for the present rate of approval for loan applications. He urged them to be cordial and welcoming while approving cases and instructed them to submit a detailed analysis of key reasons for loan rejection.

The District Nodal Officers and District Resource Persons were also directed to be forthcoming and facilitate the public in taking advantage of the scheme.

Atal Dulloo took strong note of the non-availability of DRPs in several districts and directed that they be deployed at the earliest. He also added that all DRPs be trained afresh

and encouraged to work with greater enthusiasm.

He also sought a detailed progress report on establishment of Common Incubation Centres, CIC, in Achabal, Doabgarh and Narwal.

The meeting was attended by Secretary in Agriculture Production Department, Shabnam Kamili, Director Agriculture, KK Sharma; Director Horticulture, Ram Savak; Director Animal Husbandry, Dr Krishan Lal and Managing Director, J&K Agro Industries Development Corporation Limited, Dr. Arun Manhas.

Corresponding officers from Kashmir and representatives of SKUAST-K participated in the meeting virtually.

## National Girl Child Day celebrated at Budgam

*Top women achievers shared their stories*

**JI NEWS SERVICE**  
BUDGAM, JANUARY 24: To celebrate the women achievers of the district and to sensitize stakeholders regarding the importance of gender empowerment, a daylong seminar on 'Beti Bachao, Beti Padhao' (BBBP) was today organised by District Administration in collaboration with Social Welfare Department Budgam at Sheikh-ul-Alam Hall, here.

The seminar was presided over by the Deputy Commissioner (DC) Budgam, S F Hamid.

The seminar among others was attended by ADDC Budgam, Dr. Akramullah Taki, ADC Budgam Dr. Nasir, Chief Education Officer, DSWO, DIO, DHEW all concerned Supervisors, Anganwadi/ Asha workers and a large number of Girl students besides others.

Speaking on the occasion, the DC said that the aim of observing this day is to treat girl child equal to male child in all respects, and pay sincere heed to her needs on similar parameters a male child is receiving.

The DC said Sustainable Development Goals (SDG) of the United Nations has been designed to bring the world to various life-changing "Zeros" by 2030, which includes discrimination against women and girls too. Target-5 of the Goals is specifically concerned with Gender equality and empowerment of all girls.

He further said, if we give education to a girl, it means we have educated the whole family, given the fact that mother is the first and prime educator for a child.

The DC said that during the present era, girl students are competing in every field particularly in competitive exams.

He further said, Prosperous and intelligent societies require equal interventions from talented female gender, in order to materialize that we must grow a girl child in every aspect, put confidence in her, support her that she requires so that she is able to face any challenge shoulder to shoulder along with male gender.

On the occasion District Social Welfare Officer, Dr. Farhana Asgar raised awareness regarding the schemes under implementation in the district. She also highlighted the achievements made under various schemes/ programmes.

She said our focus will be to carry out mass awareness on sex discrimination besides the department is organising Nukkad Nataks, Skits depicting and demonstrating slogans and awareness about Gender sensitisation.

On the occasion CEO Budgam, Mushtaq Ahmad highlighted the importance of education of the girl child for the socio-economic upliftment and equality of women folk.

During the daylong programme many scintillating cultural programmes including skits were presented by the professional artists.

Later, the DC distributed awards, certificates, mementos to the students, athletes, workers and other persons who had demonstrated excellence in their respective fields.

## National Girl Child Day celebrated at Ramban

*Chairperson DDC felicitates women achievers*

**JI NEWS SERVICE**  
RAMBAN, JANUARY 24: Social Welfare Department, in collaboration with District Administration Ramban, celebrated the National Girl Child Day (NGCD) here today.

A program was organised to spread awareness about the importance of girl education and motivate the people to provide equal opportunity to girls at home and at their workplace.

The National Girl Child Day was celebrated across the district by Government institutions, besides other organizations.

Chairperson, District Development Council, Ramban, Dr. Shamshad Shan inaugurated a mega event as a part of week-long celebration. A variety of activities which include motivational lectures, cultural programmes, recitation of poems and informative events on the theme 'Beti

Bachao Beti Padhao' were also presented by the girls of different schools.

On the occasion, the DDC Chairperson also participated in a plantation drive organised by the Social Forestry Division Ramban under the supervision of DFO Mahesh Thakur.

The drive was organised as a part of Azadi Ka Amrit Mahotsav on the theme "Save Forest, Save Environment, Save Life".

Additional District Development Commissioner, Rajinder Sharma; Addl. Deputy Commissioner, Harbans Lal Sharma; CMO, Dr. Kamal Zadoo; CEO, Devanand; DSWO, Rahul Gupta; CDPO, Ravinder Kour and others attended the function.

Highlighting the significance of the day, the Chairperson informed that NGCD is being celebrated to spread awareness among people about the

inequalities faced by girls in the society.

The day promotes awareness about the rights of a girl child and increases awareness on the importance of girl education, health, and nutrition etc.

"We cannot imagine a society without women and it is the social responsibility of every citizen to come forward for protection and upliftment of women folk," she maintained.

The ADDC, ADC and other speakers also elaborated the different extant rules and laws which provide equal rights to women, besides highlighting the women centric programmes launched by the Government.

The Chairpersons along with other dignitaries also felicitated several women and girl achievers with appreciation certificates and prizes for their outstanding achievements in their respective fields.

## GCW Udhampur organises Poster, symposium contest on National Voters' Day

**JI NEWS SERVICE**  
UDHAMPUR, JANUARY 24: As part of National Voters' Day, a Poster Making Competition and Symposium was today organized at Government College for Women Udhampur.

The event was organized by the Department of Political Science and Shikshit Bharat Club under the aegis of Azadi Ka Amrit Mahotsav to make the students aware regarding Universal Adult Franchise and value of Right to Vote.

The Principal of the College was the chief guest on the occasion. The chief guest appreciated the initiative and encouraged the students regard-

ing optimum and cautious use of their voting rights.

The students participated in the Poster Making competition on the theme- Universal Adult Franchise: Value of Right to Vote and showed exemplary talent.

In the second event, around 25 students participated in the symposium competition on the theme Indian Constitution: Strengths and Challenges Ahead.

Prof. Koopa, Dr. Sushma and Prof. Shama judged the events. Certificates were presented to the winners and other participants of both the events. Pledge was also taken by all the facul-

ty members and students present to uphold the values and cherish the principles of the Indian Constitution.

The entire event was organized under the convensorship of Dr. Shaveta Sharma (Head of the Department of Political Science) and Nodal Officer, SVEEP with assistance of Dr. Mudassar and Mahima from the Department of Political Science.

Among others, Dr. Sushma, HOD Dogri, Prof. Roopa, Assistant Professor Education, Prof. Shama, Assistant Professor Dogri, Prof. Yashpaul, HOD History, Prof. Yash, Assistant Professor Music, with some other faculty members and students.

## EPFO organising Nidhi Aapke Nikat on January 27

**JI NEWS SERVICE**  
JAMMU, JANUARY 24: EPFO Jammu, Srinagar and Ladakh, will be holding Nidhi Aapke Nikat closer to the people and an umbrella awareness program covering themes of Advances for: Illness, Marriage, House Building and Education.

The aim of the program is to ensure broad based participation, awareness, grievances redressal and information exchange network closer to the stakeholders of EPFO.

The P. F. Commissioner, Rizwan Uddin informed that subscribers, pensioners, establishments, labour unions and industrial chambers are advised to actively participate in Nidhi Aapke Nikat Program. The venue of the program will be as following: Nidhi Aapke Nikat will be

held in Samba on January 27, (One hour duration from 10 AM onwards) in the Conference Hall, DC Office in Kathua on January 27 (One hour duration from 10 AM onwards) in Conference Hall, DC Office, in R.S. Pura, Jammu on January 27 (One hour duration from 10 AM onwards) at BDO Office, in Ganderbal on January 27 (One hour duration from 10 AM onwards) in the Conference Hall, DC Office and in Srinagar on January 27 (One hour duration from 10 AM onwards) at Conference Hall, DLC Office, Srinagar. EPFO Jammu takes this opportunity to provide handholding support to the stakeholders at the respective venues besides hearing them (their suggestions, inputs and grievances). Issues and problems faced by the

Organizations in implementing the EPF & MP Act, 1952 will be heard and necessary actions would be taken accordingly. Enrollment of the members, UAN Activation, Bank & Aadhaar Seeding, online claim filing, filing of e-nominations, e-sign filing ECR would be covered in the programme. In addition to above any other relevant issue related to EPFO, which officers or stakeholder desire, would be discussed.

Combined efforts of all stakeholders would help in extension of "social security" (through Pension and Employees' Deposit Linked Insurance Schemes) to every working citizen of Union territory of Jammu, Kashmir and Ladakh. EPFO Jammu is open to every valuable suggestion at the Nidhi Aapke Nikat.

## In'l Year of Millets: Agriculture Deptt Kathua hosts promotional event on millet cultivation

*DC calls for extending adequate handholding to farmers*

**JI NEWS SERVICE**  
KATHUA, JANUARY 24: To encourage people to use Millet in their daily Consumption, Department of Agriculture & Farmers Welfare Kathua today organised a promotional programme here at its Office.

Deputy Commissioner, Rahul Pandey, who was the chief guest, inaugurated the programme.

Pertinently, as proposed by India, the United Nations General Assembly (UNGAs) has declared 2023 as the International Year of Millets (IYM).

Speaking on the occasion, the DC batted for extending adequate handholding to the farmers especially small and marginal farmers to promote millet cultivation. "The farmers can increase their income by adopting

Millet as a crop," he said and added that it being a climate friendly crop, millet can be grown with less water consumption, less carbon emission and even in drought. "Millets provide an alternate food system in present times of increasing demand for vegetarian food, besides contributing to a balanced diet as well as to environment conservation," he added.

The DC appreciated the Agriculture Department for taking Millet production on mission mode by collaborating with women self help groups, women entrepreneurs and organisations to promote it at a bigger scale. He stressed on laying focus on awareness generation among the masses about the nutritional value of millet so that its production and consumption can be

increased in the coming times.

Chief Agriculture Officer, Kathua Sanjeev Rai Gupta said that the agriculture department will make efforts to bring more areas under millet cultivation in the district under Holistic development Program launched by Jammu and Kashmir government.

On the occasion, DC Kathua launched "Multi millet flour" under brand "Kathua Kheti" in presence of Agriculture Officers and members of Women Self Help Groups.

Millet snacks prepared by Multi Millet Grain Flour were also served to the participants to encourage the use of millets. District Agriculture Officer (Ext), Murari Lal, Head, KVK Kathua Vishal Mahajan and other concerned Officers were also present on the occasion.

## PSPS Govt PG College for women celebrates National Voters' Day- 2023

**JI NEWS SERVICE**  
JAMMU, JANUARY 24: The Department of Political Science, in collaboration with IQAC of Padma Shri Padma Sachdev Government P.G College for Women, Gandhi Nagar Jammu celebrated the 'National Voters Day' under the banner of 'Azadi Ka Amrit Mahotsav'. This day is celebrated to commemorate the establishment of the Election Commission of India.

The programme was held under the patronage

of Prof. Minu Mahajan, the Principal of the College. She applauded the role of Election Commission of India in conducting free and fair elections and importance of voting in democratic Nation - state.

Prof. Yash Pal (Convener, IQAC), Prof. Mamta Gupta (Dean, Commerce), Prof. Kamlesh Salathia (Convener, Science) Prof. Mala Bhasin ( staff Secretary) graced the event.

Ashpreet Kour of Semester 3rd (Arts) in her welcome address said that

the National Voters' Day is celebrated to raise awareness among Youth about his/ her voting rights.

Shruti Arora of Semester 3rd (Arts) read the Voters Day pledge, wherein all the staff members and students joined her. Shambhava Sharma of Semester 3rd (Arts) addressed the gathering. She mentioned that this day is observed to spread awareness among voters for active participation in the electoral process. As many as 32 students of Semester-3rd (Department of Political science) presented a skit to sensitise staff and students about importance of Voting and National Voters Day.

The Members of the organizing committee Dr. Pooja Charak (HOD), Prof. Paramjeet Singh, Dr. Harmeet Singh, Dr. Vandana Sharma and near about 150 students along with other College staff members were also present. The program concluded with the vote of thanks proposed by Ashpreet Kour.

## Anti-encroachment drive: More than 500 Kanals of State/ Kahcharie land retrieved at Shopian

**JI NEWS SERVICE**  
SHOPIAN, JANUARY 24: Acting tough against the illegal encroachment, the District Administration Shopian today retrieved 502 kanals of State/ Kahcharal land during massive anti-encroachment drives held across the district.

The land retrieved from SHOPIAN, 44 Kanals in village Dragad tehsil Chitragram, 67 Kanals in village Zainapora tehsil Zainapora and 35 Kanals in Berthipora tehsil Kellar. The drives were conducted under the supervision of Tehsildars of respective Tehsils.

More than 640 Kanals of land were retrieved since yesterday during these anti-encroachment drives.

The District Administration has passed directions to all Tehsildars for intensifying the anti-encroachment drives in the district for retrieval of all encroached state and kahcharie land.

## Power shutdown

**JI NEWS SERVICE**  
JAMMU, JANUARY 24: Chief Engineer (Distribution), JPDCL Jammu has informed that the power supply to Kotli, Kalyana, Dabherh,

Chowala, R5 Pura Town and adjoining areas shall remain affected on January 25 from 9 am to 9:30 am and 2 pm to 2:30 pm.

Similarly, the power supply to Khana Chak,

SKAUST, Chatha, Vijaypur Town, Kolpur, Bandral, BB Town, Sarore, Jakh, Jogpur, Raika, Industry, Patli and adjoining areas shall remain affected on January 25 from 9 am to 2 pm.

Likewise, the power supply to Channi Himmat, Malik Market, Upper Chowadi, Matto Colony and adjoining areas shall remain affected on January 25 from 2 pm to 5 pm.

## Advisor Bhatnagar reviews functioning of School Education, Animal/Sheep Husbandry Deptts

**JJ NEWS SERVICE**  
SRINAGAR, JANUARY 24: Advisor to Lieutenant Governor, Rajeev Rai Bhatnagar, today chaired a meeting to review the performance and functioning of School Education, Animal and Sheep Husbandry Departments of Kashmir division at Civil Secretariat here.

While reviewing performance of School Education Department, Advisor Bhatnagar asked the Director to keep everything in place well in advance before the commencement of class work after the winters. He also directed that preparations for examinations for March session should also be made in coordination with JKBOSE and SCERT before the opening of schools.

Advisor Bhatnagar further asked the officers of SED that any kind of training required for improving quality of teaching should be held before the opening of schools so that no class work time is wasted. He

also asked them to conduct survey of all facilities available in schools like science and computer laboratories, drinking water and toilet service so that the school children don't feel any kind of inconvenience.

During the meeting, Advisor also took detailed assessment of progress achieved under different schemes being implemented by School Education Department as well as Samagra Shiksha. He directed the officers to utilise funds effectively under all the schemes.

Director School Education, Kashmir, Tassaduq Hussain Mir, briefed the Advisor about the progress achieved under different schemes besides preparations of the department for opening of schools.

Meanwhile, Advisor Bhatnagar in another meeting reviewed the performance and functioning of Animal and Sheep Husbandry Departments. The meeting was attended

by Director General, Sheep Husbandry, Bashir Ahmad Khan; Director Animal Husbandry, Kashmir, Purnima Mittal and other senior officers of the department.

Advisor had a detailed review of CAPEX budget, funds released, expenditures incurred under centrally sponsored schemes for 2022-23 and other deliverables of Animal/Sheep Husbandry Departments. He also assessed the progress on Cattle Feed Production Scheme, Integrated Poultry Development Scheme, Fodder Development Scheme, Integrated Poultry Development Scheme, Aquaculture Development Schemes, and other related schemes. While reviewing the performance of Animal Husbandry Department, Advisor asked the Director to set priorities for having projects as per the Apex Committee report led by Dr. Mangla Rai. He asked him that Animal

Husbandry possesses vast potential of creating employment avenues in J&K and the department should utilise the expertise of Dr. Mangla Rai led committee for development of this sector.

Advisor further asked the Director to create awareness among the people about various schemes of department. He also asked them to provide all possible assistance to youth for establishing various units in this sector especially Poultry.

While discussing the aftermath of Lumpy Skin Disease, Advisor Bhatnagar said that though the disease has been contained in J&K, the process of vaccination of livestock should be continued. He also asked them to bring the livestock under insurance cover.

During the meeting, Directors of Animal and Sheep Husbandry departments gave detailed presentations on the targets and achievements.

## CS stresses on protection of forest lands and livelihoods from forests

*Chairs Steering Committee meeting to approve APOs under CAMPA for FY 2023-24*

**JJ NEWS SERVICE**  
JAMMU, JANUARY 24: Chief Secretary, Dr. Arun Kumar Mehta today chaired the 22nd meeting of the Steering Committee of J&K Compensatory Afforestation Fund Management and Planning Authority (CAMPA) to review the implementation of Annual Plan of Operations (APOs) for FY 2022-23 and to consider the APOs for FY 2023-24.

Administrative Secretaries of Departments of Forests; Rural Development & Panchayati Raj; Revenue; Tribal Affairs; Planning; Secretary in Agriculture Production and Farmers Welfare participated besides many senior officers and HoDs from the Forest Department.

Some of the officers participated in the meeting through video conferencing.

The Chief Secretary directed the Forest Department to complete digitalization of boundaries of all forests of Jammu & Kashmir within a year. He directed constitution of joint teams comprising officers from Revenue, Forest, Tourism, RSD, PRI representatives and other stakeholders concerned to facilitate this process.

He enjoined upon them to utilize the latest technology like CORS and GIS in culminating the process scientifically in a time-bound manner. He also underscored the need of fixing boundary pillars demarcating the forest land in the shortest possible time to ensure protection of forest land from encroachment.

Dr Mehta also came up with a concept for utilization of biomass from forests, like lantana and pine needles with the involvement of Self Help Groups. While creating sustainable livelihood for communities living around forests, it will also be helpful

in removal of potential fire hazards like pine needles and other inflammatory materials.

The Chief Secretary stressed on involvement of Panchayats in all afforestation works. Meeting the demands of the forest dependent communities for water, fodder and non-timber forest produce should be main objective of all afforestation works. This will ensure that they become willing partner in protection and conservation of forests, he added.

While reviewing the work proposals relating to Charana Wetland reserve, the Chief Secretary directed the Wildlife Protection Department to make it one of the most important tourist attractions of Jammu. He directed that a comprehensive study should be carried out about the habitat and avifauna of Charana Wetland for its better protection and development. He also emphasized on making arrangements for dissemination of information with visitors and nature lovers so that the visits happen to be a source of infotainment. He told them to look into the potential of developing as a cluster with Border village of Schetgarh so that both are offered as package to the visitors.

PCCF (HoFF), Dr. Mohit Gera apprised the Committee about the main activities of the Department. Under "Green Jammu and Kashmir Drive", a record number of plants are being planted with the people's participation under the campaign "Har Gaon Hariyali". In the current year, against the target of 1.35 crore, the department is making all efforts to plant 1.50 crore, of which about 0.90 crore plants have already been planted. He also informed about the initiatives taken to protect the forest areas through digitalization of boundaries involving Forest (Territorial) and

Settlement and Demarcation Divisions and preparation of digital maps.

CEO, J&K CAMPA, Sarvesh Rai made a detailed presentation covering actions taken on the decisions of the Committee in its last meeting, progress of implementation of the approved APO of 2022-23 and proposed APOs for the financial year 2023-24. He informed that against the current year's target of rehabilitation of degraded forests of 15000 ha area, 8108 ha with planting of 59.70 Lakh plants have already been covered. Winter planting in temperate zone is in progress and targets for the year are likely to be achieved in full.

The meeting was informed that the APOs of FY 2023-24 envisage afforestation of 13,719 ha area through assisted natural and artificial regeneration with planting of about 90.00 lakh plants. APOs also include proposals for eco-restoration of ecologically sensitive areas like Patnitop-Nathatop and areas with southern slopes etc.

Later on the Chief Secretary released publications titled "Har Gaon Hariyali under Green Jammu & Kashmir Drive" and "Digitization of Forests: Strengthening of Forest Protection and Management" by Forest Department, "Pollinators: Nature's Miracle Workers" by J&K Biodiversity Council, and "Key Wildlife Species: Kishtwar High Altitude National Park" by Wildlife Protection Department.

After detailed deliberations on all aspects of the proposals, the Committee approved APOs for next financial year 2023-24 with an outlay of Rs274.00 Cr for its submission to the National Authority, (MoEF&CC), Government of India for their final approval.

## 'NICCI Digi-Dost' Chatbot to assist people in availing digital services now

**JJ NEWS SERVICE**  
JAMMU, JANUARY 24: Chief Secretary, Dr. Arun Kumar Mehta today launched a digital initiative of providing chatbot aided assistance to the applicants making online applications for different services through e-UNNAT platform.

On the occasion Commissioner Secretary, IT and Information Departments; Commissioner Secretary Cooperatives; Secretary PD&MD; Secretary GAD; Deputy Commissioners; SIO NIC, other scientists and officers from the NIC and IT Department were present.

Dr Mehta complimented the IT Department and the local chapter of NIC for developing this facility for public. He impressed upon them to take it to the next level so that it guides people about the timelines and methods for applying for specific services.

He maintained that the Chatbots like Alexa and Siri have been very successful and should actually guide us in upgrading the 'Digidost'. He

underscored the need of including all the instructions, methods, requirements and information about making applications for the benefit of service seekers.

The Chief Secretary further stated that in order to assess the satisfaction level of public about the quality of services, an IVRS based feedback should be taken from the applicants. He remarked that the same should subsequently be upgraded by establishment of call centre for providing all kinds of assistance to the public.

The Chief Secretary maintained that the digital system has simultaneously given rise to transparency. He remarked that transparency as a rule is having the sunshine effect that acts as cure for several ills prevailing before. He advised the officers to work towards integration of all these services with RAS besides creating the facility for auto-appeal for service within timelines by various departments. He also took feedback from the Deputy Commissioners about the status of online services in their dis-

tricts. He asked from them about the response of people besides ways to help them in availing services. He took note of the working of control rooms established in the districts. He told them to provide a Whatsapp number to public for registering their grievances and instant feedback.

Dr Mehta directed the concerned to notify the rates for availing different services from CSCs across J&K. He emphasized that the rates should be standardized for all of services offered and uniform across the UT besides ensuring their smooth availability for the public.

The meeting was informed that 387 services have been integrated with e-UNNAT now. It was further revealed that in coming days more than 400 services would be on boarded with this platform. It was said that the Department is working untiringly in integrating all the relevant services with the platforms like Meri Pehchan, Service Plus and DigiLocker besides making auto-appeal provision applicable for them.

## Atal Dulloo chairs SLEC meet of MIDH

*Exhorts officers for effective implementation of Comprehensive Action Plan*

**JJ NEWS SERVICE**  
JAMMU, JANUARY 24: Additional Chief Secretary (ACS), Agriculture Production Department, Atal Dulloo, today chaired a meeting of State Level Executive Committee (SLEC) of the Mission for Integrated Development of Horticulture (MIDH) here at Civil Secretariat.

Director MIDH, Government of India, Manoj Kumar, was present in the meeting.

The had detailed deliberation on several key agenda points which inter alia included approval of DPR for establishment of nursery under Public Sector by Horticulture Department at Ludwal, Jammu and finalisation and approval of Annual Action Plan 2022-23 and comprehensive Action Plan for five years (2022-23 to 2026-27) under National Bamboo Mission (NBM).

It was informed that a number of ambitious steps are going to be taken under the five year plan. Besides, suitable budget will be allocated to establish 25 public sector bamboo nurseries, each with the capacity to nurture 4 lakh saplings. The private sector will also see the establishment of 12 bamboo nurseries, each having the capacity to raise 1.92 lakh saplings.

The meeting was further apprised that the Agriculture Department will cover 1300 hectare of area under Block plantation /Boundary plantation in addition to High Density Bamboo Plantation on 162 hectare area through Social Forestry/SKUAST.

Also, SKUAST/J&K will help set up tissue culture labs, bamboo shoot processing and incense stick units. Funds will also be allocated for development of tools, equipments, machinery besides identification of genetically superior species of bamboo. Moreover, skill development, workshops, seminars and awareness campaigns will be organized to create a buzz around the bamboo sector.

It was revealed that under the comprehensive action plan, one key objective is to expand the area under bamboo cultivation, with an additional 1462 hectare being brought under cultivation. Besides, 435 farmers and officers would be provided skill development training in reputed institutes of India in addition to their sensitisation through workshops and seminars to educate and create awareness among 1550 farmers and officers.

The ACS directed the stakeholders to enthusiastically partake the imple-

mentation of comprehensive action plan and the National Bamboo Mission. The officers were directed to submit the plan to the Government of India for approval and implementation.

He said that the public sector nursery envisaged under the plan would generate employment and improve local economy.

The National Bamboo Mission is being geared up towards achieving several objectives, one of which is the production of 7 lakh bamboo saplings. This will be accomplished by establishing nurseries of varied sizes, as well as tissue culture labs, in both public and private sectors.

The meeting was attended by the committee members including Mission Director MIDH, G R Mir; Director Agriculture, KK Sharma; Director Horticulture, Ram Sevak; Director HPM, Vikas Sharma, Additional Secretaries from Cooperatives, Finance and Forest departments, DG Floriculture, Jatinder Singh among other senior officers.

Officers from Kashmir, including Director Agriculture, Director Floriculture, Director Extension SKUAST-K besides others participated through video conference.

## Secretary Health reviews progress on establishment of Rs 104 cr Cancer Institute, Jammu and Kashmir

*Asks to start OPD, Day Care Services in first week of February*

**JJ NEWS SERVICE**  
JAMMU, JANUARY 24: Secretary Health & Medical Education, Bhupinder Kumar, today convened a meeting at Government Hospital Gandhi Nagar to review progress on establishment of State Cancer Institute, Jammu.

Secretary had detailed assessment of status of building construction, procurement of machinery and equipments besides selection of Human resource including faculty, nursing and para medical staff by Jammu and Kashmir Public Service Commission and Jammu and Kashmir Service Selection Board.

During the meeting, it was informed that Rs 104 crore State Cancer Institute Jammu had been approved under Centrally Sponsored

Scheme by Union Ministry of Health and Family Welfare, under "National Programme for Prevention of Cancer, Diabetes, Cardiovascular Disease and Stroke (NPCDCS). Besides, most of the works under existing DPR are near completion or in the final stages.

Further, it was informed that the State Cancer Institute shall provide State of art cancer prevention and treatment in the Union Territory of Jammu and Kashmir especially in Jammu region with latest technology and scientific knowledge so that the patients don't have to go out of Union Territory for cancer treatment. The Government of J&K has already entered into an MoU with Tata Memorial Hospital, Mumbai for hand holding, development and trainings. After threadbare discussion,

Secretary issued directions for starting of Out Patient Department and Day Care Services in State Cancer Institute in first week of February 2023.

He further directed for timely procurement of machinery and equipments for the institute. He also asked the officers to speed up expansion of surgical and intensive care services so as to provide quality services to the patients in the UT.

The meeting was attended by Principal Government Medical College, Jammu, Director Finance H&ME, Director Coordination New GMCs, MD JKMSCL, Joint Director Planning, H&ME, Nodal Officer, SCI while Dr Ashish Gulia, Director Homi Bhabha Research Centre Mumbai participated online.

## J&K Bank commissions ATM in Kupwara, CRM at TP Anantnag

**JJ NEWS SERVICE**  
SRINAGAR, JANUARY 24: Extending basic banking services to people in Kashmir, J&K Bank has commissioned an ATM at Army Garrison Paypura in Kupwara and a Cash Recycler Machine (CRM) at Treasury Premises in Anantnag.

General Officer Commanding (GOC) Kupwara Major General Abhijit S Pendarhkar inaugurated the machinery today in presence of Cluster Head Kupwara Shadab Mehboob, Lieutenant

Colonel Sudhir Dhanthar besides other bank officials. Speaking on the occasion, Major General Abhijit S Pendarhkar congratulated the Bank for taking lead in catering to personal as well as business needs of the people of Kupwara town.

While commending the Bank for installing ATM in the garrison, he said that the ATM will help the troops as well as the locals to withdraw money at ease without having to visit the branch physically. Meanwhile, Deputy

Commissioner Anantnag Dr Basharat Qayoom inaugurated the CRM at T P Anantnag on Monday in presence of Bank's Zonal Head Anantnag Tasaduq Ahmad Dar, Cluster Head Shaishta Manzoor amid a gathering of people and bank officials.

While lauding the contribution of J&K bank in economic development of the UT, Deputy Commissioner said that the installation of a CRM will bring further ease for the people availing basic banking services like depositing and receiving

the cash even after the banking hours. He urged the people to avail the facility as per their convenience.

Earlier, Zonal Head briefed the DC about the utilities of CRM and reiterated bank's commitment to provide best banking facilities and financial services to the people irrespective of their location, status and gender. "The commissioning of Cash Recycler Machine here will also help in reducing the footfall at the Bank's adjacent branches", he said.

## DC Jammu chairs meeting for effective roll out of APDP

**JJ NEWS SERVICE**  
JAMMU, JANUARY 24: Deputy Commissioner Jammu Avmy Lavasa, today chaired a meeting to discuss the roll out of Aspirational Panchayat Development Program (APDP).

The Deputy Commissioner also discussed the mechanism for timely collection of data in respect of 100 identified indicators under APDP.

She said that the APDP program is aimed at socio-economic develop-

ment of panchayats on selected parameters through convergence and additional financial support.

The Deputy Commissioner asked for selection of one panchayat per block for the effective roll out of APDP. The Deputy Commissioner also constituted a committee under the Chairmanship of ADDC for the verification of job card holders under MGNREGA. She said that concerned BDOs, Panchayat Secretaries,

Numberbards and Chowkidars will verify the active/inactive job card holders. The Deputy Commissioner asked the concerned officials from different departments to work in coordination and synergy to provide maximum benefits to the common masses. ADDC Ramesh Kumar, CPO Yoginder Katoh, ACD Preeti Sharma along with BDOs and senior officers from concerned departments were present in the meeting.



# Electoral confidence and stakeholder trust, necessary for technology absorption in electoral processes: EC Anup Chandra Pandey

New Delhi, Jan 24  
Election Commissioner Shri Anup Chandra Pandey today presided over the concluding ceremony of the two-day international conference on 'Use of Technology and Election Integrity' organized by the Election Commission of India. This was the 2nd such Conference being hosted by the Election Commission of India under the aegis of the Cohort on 'Elections Integrity', which was established under the Summit for Democracy - Year of Action Programme.



In his address at the concluding ceremony, EC Shri Anup Chandra Pandey highlighted the positive role played by the technology in the election process. "With the introduction of technology, complex electoral management processes can be made simpler and easier to organize. Advances in technology can thus speed processes up and reduce the workload involved in election management. In many countries today, technology is seen by the electoral management body (EMB) also as a means of minimizing the potential for errors, and not just a tool for problem solving", the EC said.

# 13th National Voters' Day to be celebrated on 25th January 2023

New Delhi, Jan 24

Election Commission of India is celebrating 13th National Voters' Day on 25th January 2023.



Hon'ble President of India Smt. Droupadi Murmu will be the Chief Guest at the national function being organized in New Delhi by the Election Commission of India, Union Minister for Law and Justice, Shri Kiren Rijiju will grace the function as Guest of Honour.

spheres such as IT initiatives, Security Management, Election Management, Accessible Election, Electoral Roll and contribution in the field of voter awareness and outreach. National Awards will also be given to important stakeholders like government departments and media organizations for their valuable contribution towards voters' awareness.

During the event in New Delhi, the Hon'ble President will present the National Awards for the year 2022. National Awards for the Best Electoral Practices will be presented to State and District level in recognition of their outstanding performance in the conduct of elections during 2022 in different

will also be screened. The song brings forth the power of vote and celebrates the spirit of inclusive, accessible, ethical, participative and festive elections in the largest and most vibrant democracy of the world.

## FROM THE FRONT PAGE...

### BJY has largely...

and the Bharat Jodo Yatra will march towards Banihal on Wednesday on way to Kashmir. The Yatra has brought the people together, said Rahul adding, "Lot many lessons are learnt and many experiences are gained through yatra as people from different shades got connected."

### on our stage. I would like to tender my apology if we have hurt Azad or Lal Singh."

However, on Congress leader Digvijay Singh's remarks on surgical strikes against Pakistan, Rahul Gandhi said, "I disagree with him (Digvijay Singh). Noone can question the Army or ask for proof. We respect our Army and we have full faith in it. Digvijay Singh's views are personal."

# Narendra Singh Tomar addressed the valedictory function of India International Science Festival

New Delhi, Jan 24

The India International Science Festival concluded today in Bhopal, Madhya Pradesh. On this occasion, the Union Agriculture and Farmers Welfare Minister, Shri Narendra Singh Tomar said that science and technology are developing rapidly in the country under the leadership of Prime Minister Shri Narendra Modi.



which Prime Minister Shri Modi increased to more than Rs 6,000 crore. The priority of the government can also be understood from the fact that the then former Prime Minister Shri Lal Bahadur Shastri had given the slogan of 'Jai Jawan-Jai Kisan', and later Prime Minister Shri Atal Bihari Vajpayee included Science and given the slogan 'Jai Jawan-Jai Kisan-Jai Vigyan', now Prime Minister Shri Modi has included Anusandhan and now it has become 'Jai Jawan-Jai Kisan-Jai Vigyan and Jai Anusandhan. Tomar said that science has a great impact upon our lives. Today its utility can be felt all over the world including in our country. India also has the ability to achieve a position in today's competitive world, but to reach there and be able to go ahead, we should know the scientific importance of even the smallest thing. Only then we will be able to go ahead in the world competition. Tomar said that when we came into today no field is untouched by science and technology. In the agriculture sector

too, due to technology, work has become easier, losses are being reduced and time is being saved. The use of drone technology is being made accessible to farmers. Farmers will get huge benefits through Digital Agriculture. In addition, he said, Based on the way research is being done in the agriculture sector, we can say that in the coming days, India will increase its production and productivity by using technology. Along with fulfilling the country's needs, we will also be successful in discharging our responsibilities towards the world.

and the Bharat Jodo Yatra will march towards Banihal on Wednesday on way to Kashmir.

and the Bharat Jodo Yatra will march towards Banihal on Wednesday on way to Kashmir.

### Teacher' who...

ascertain the genuineness of his appointment order, the original order issued by DSEK on December-12-2009 appointment Service Selection Board were verified and it has been found that his name does not figure anywhere in the original appointment order nor original select list of JKSSB," the order read.

### Actor-Politician...

A group of Kashmiri Pandit migrant women, wearing their traditional attire and carrying flower petals, were waiting outside the famous Kool-Kandoli temple to welcome Gandhi.

### Actor-Politician...

A group of Kashmiri Pandit migrant women, wearing their traditional attire and carrying flower petals, were waiting outside the famous Kool-Kandoli temple to welcome Gandhi.

# 9 grams of heroin and one sharp edged weapon recovered by Jammu Police. Two peddlers arrested

JAMMU, JAN 24

Continuing it's drive against drug trafficking and substance abuse, Jammu Police achieved major success by recovering 9 grams of heroin at two different naks i.e 05 Grams of heroin at a naka in the Poonichak area and 04 Grams of heroin and one sharp edged weapon at Kotli Miran Fateh Naka in the Miran Sahib area under the jurisdictions of PS Domana and PS Miran Sahib respectively.

A police team of PP Poonichak constituted under the supervision of SDPO Domana Sunil Singh and led by SHO PS Domana Inspr Tlak Raj assisted by I/C PP Poonichak SI Ram Rattan rounded up a suspect namely Santosh Kumar S/O Darshan Lal @Munna R/O Ghomanahasa near Ghomanahasa area. During search, total 05 grams of heroin, was recovered from him.

In this regard, Case FIR No. 36/2023 U/S 8/21/22 NDPS Act got registered at PS Domana and accused got arrested. Similarly a special naka was laid by police teams of PS Miran Sahib constituted under the supervision of SDPO RS Pura Surinder Singh and led by SHO PS Miran Sahib Inspr Zaheer Mustaq where police teams rounded up a suspect later identified as Baldev Raj S/O Kalu Ram R/O Blandiy Kothey Tehsil Bishnah Distt. Jammu who was caught from Langotian towards Miran Sahib. During search, 04 grams of heroin and one sharp edged weapon was recovered from his possession.

In this regard a case FIR No. 21/2023 U/S 8/21/22 NDPS Act, 4/25 Arms Act got registered at PS Miran Sahib and accused got arrested. Further investigation of the case is going on. Jammu police is working intensively to uproot the chains of drug supply in the region and thorough questioning of the accused is going on to know the origin of the drugs supply chain.

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

# 10 vehicles involved in illegal mining seized by Jammu Police

JAMMU, JAN 24

In a quest to stern the menace of illegal mining, a multi-pronged strategy was devised by Jammu Police in which police teams of PP Chatha and PP Phallian Mandal acted stringently on the specific inputs and raided at a location in their respective area and seized 10 vehicles involved in illegal mining. Details of the vehicle seized are as under:

- 1) JKCC-4431
- 2) MBNB56AEMLL123614
- 3) MBNB53AAMCK95337
- 4) MBNAALXBKJ003768
- 5) MBNB53AAPA47173
- 6) MBNB53AAKCF29235
- 7) MBNAAL28MIR01314
- 8) MBNCAALDBMR01758
- 9) WZCE456906196646
- 10) MBNB54GACNYC343996

DMO Jammu was also intimated about the same. The recoveries were made by I/C PP Chatha PSI Harjinder Paul Singh and I/C PP Phallian Mandal PSI Ajesh Singh Jammu in the areas under their respective jurisdictions.

The mining was done in violation of order of Hon'ble High Court of J&K. In order to strictly implement the drive against illegal mining and to tighten noose against the violators of the law Jammu Police has initiated strict action.

# I missing lady reunited with her family by Police Station Bagh-E-Bahu Jammu.

JAMMU, JAN 24

A complaint was lodged at PS Bagh-E-Bahu, by the legal heirs of a lady, stating that she got missing from her home.

In this regard missing report, got registered at PS Bagh-E-Bahu under relevant sections and investigation got started. On this special police teams of PS Bagh-E-Bahu were formed under the supervision of SDPO East Sayed Zaheer Abbas Jafari. The team led by SHO PS Bagh-E-Bahu Inspr Sikandar Singh did hectic efforts and traced out the lady from Kotla Ror Punjab.

Subsequently family of the missing lady was informed and the traced lady was handed over to her family members after completing all the legal formalities.

# Piping ceremony held at SDPO office Pattan

SRINAGAR, JAN 24

Piping ceremony of recently promoted 02 Sub-Inspectors was held during an impressive ceremonial function at SDPO office Pattan.

The promoted officers were decorated with their new ranks by SSP Baramulla Shri Amod Ashok Nagpure-IPS along with CO 25RR Col. Banarjee, besides, SDPO Pattan, SDPO Kresri, DySP PC Pattan and SHO PS Pattan were also present on the occasion.



**Advisor Bhatnagar meets delegations, individuals at Srinagar**

*Says citizen centric governance established across J&K*

**JJ NEWS SERVICE**  
SRINAGAR, JANUARY 24: Advisor to Lieutenant Governor, Rajeev Rai Bhatnagar, today interacted with scores of public delegations and individuals from different parts of Kashmir delegation at Civil Secretariat here. The delegations and individuals briefed the Advisor about the issues and demands pertaining to their respective areas seeking an early redressal to the same. While interacting with the delegates, Advisor Bhatnagar said that accountability and prompt resolution of public concerns and grievances is priority of the present LG led administration. He added that in last few years a citizen-centric governance system, providing seamless and integrated public services, has been established across J&K.

During the interaction, a delegation of casual workers of J&K SC/ST/OBC Development Corporation met the Advisor and apprised him of various issues pertaining to Human Resource Development in the corporation. Similarly, a delegation of Jammu and Kashmir Drug Inspectors Association raised various issues concerning their working. They requested for creation of career progression avenues. Likewise, a delegation of J&K Dental Association met Advisor Bhatnagar and raised the issue of creation of posts and promotional avenues for BDS doctors. They demanded streamlining and simplifying the procedure for registration of private clinics. A delegation of employees of J&K

Forest department apprised the Advisor of their service related issues. They demanded timely conduct of DPCs and early redressal of their pending service issues. Similarly, Principals of ITIs also met the Advisor and brought to his notice several Human Resource Development issues. A delegation of officers of Jammu and Kashmir Police (Telecom) projected various issues faced by them regarding their service matters. Meanwhile, several individuals from different areas of Kashmir division like Kupwara, Baramulla, Sopore, Budgam, Kulgam, Anantnag and other parts met the Advisor and raised several developmental issues seeking an immediate redressal to the same.

**Addl Com, Kashmir inaugurates CBC's two day ICOP on AKAM in Srinagar**

*It is important to know our past to excel in the future: Abid Hussain*

**JJ NEWS SERVICE**  
SRINAGAR, JANUARY 24: The Additional Commissioner (Addl Com) Kashmir, Abid Hussain Kira on Tuesday inaugurated a two day long Integrated Communication and Outreach Program (ICOP) on Azadi Ka Amrit Mahotsav (AKAM) at Government Girls Higher Secondary School, Kothibagh Srinagar. The outreach programme is being organised by the Central Bureau of Communication (CBC), Ministry of Information and Broadcasting, Government of India as part of a series of awareness programmes organised in Jammu and Kashmir.

The highlight of the outreach programme, is a photo exhibition showcasing the Indian National Movement and tracing the journey of India's freedom struggle. The photo exhibits contain valuable information about the unsung heroes of the freedom struggle and important events of the movement. In addition to the exhibition, the outreach programme aims to inform masses about various welfare schemes of the government through expert lectures, group discussions and distribution of printed awareness material and through live performing arts. Addressing a gathering of officers and officials from CBC and J&K

administration, ICDS field workers, teachers and students, the Additional Commissioner, Kashmir said that Azadi Ka Amrit Mahotsav (AKAM) is a celebration of India's rich and glorious past. He said that diversity is the strength of our nation which has been a cultural and economic power even in the past. He impressed upon the field officials of the ICDS to take the messages of development to the last person, adding that the field workers have a direct contact with the people at the grassroots level and can be instrumental in the success of welfare schemes.

**Full dress rehearsal held across Jammu division ahead of Republic Day- 2023**

**JJ NEWS SERVICE**  
JAMMU, JANUARY 24: Full dress rehearsal was held today across the districts of Jammu division ahead of the celebration of Republic Day-2023. Impressive parade by the contingents of School Children, NCC Cadets Army, Police CRPF and other belt forces, besides colourful cultural presentations marked the Full dress rehearsal. At Doda: The Full dress rehearsal was held in Sports Stadium Doda. Additional Deputy Commissioner, Dr. Ravi Kumar Bharti hoisted the National Flag and took salute at an impressive March past comprising contingents drawn from the CRPF, JKAP, JKP, FPF, Home Guard, NCC and Government and Private school children besides Police Band. In his address, the ADC Doda highlighted the efforts of the Administration in bringing the services of all the departments

to the doorsteps of the people. He highlighted the initiatives of District Administration under ADHUT Doda. At Kathua: Full Dress rehearsal for the celebration of Republic Day 2023 was held with great enthusiasm here in the Sports Stadium, Kathua. Deputy Commissioner, Rahul Pandey took salute at an impressive march past comprising contingents drawn from Police, CRPF, Forest Protection Force, platoons of NCC cadets besides formation of Police Band. On the occasion, students presented scintillating cultural items based on patriotic themes, folk dance and music. Speaking on the occasion, the DC highlighted the District Development Profile and listed the ongoing projects and programmes besides sector wise achievements. The DC called upon the participating students to give their

best performance to make the celebration of the National Day a grand success. At Kishtwar: Amid cloudy weather conditions, the full dress Republic Day rehearsal was held in the premises of DC Office Complex. Additional District Development Commissioner, Sham Lal unfurled the Tricolour and took the salute at the march past presented by contingents of CRPF, Police, CISF, JKAP, NCC, Forest Protection Force, Homeguard and School Children. The programme was conducted with due adherence to the SOPs. The ADC highlighted the sacrifices of the freedom fighters besides throwing light on the significance of the Constitution of India. He also highlighted the developmental scenario of the district and counted the progress made by the Youth of Kishtwar in the

education and other fields. At Ramban: Full Dress Rehearsal for 74th Republic Day celebrations was held with patriotism at District Police Lines, Ramban. Additional Deputy Commissioner, Harbans Lal Sharma unfurled the National Flag and took salute at the Parade comprising contingents of Police, CRPF, IRP, Home Guards and school children. The march-past was followed by colourful cultural programmes presented by the local artists and students of different educational institutions of the district. At Udhampur: In view of the preparation for Republic Day-2023 celebrations, the full dress rehearsal was conducted at Government PG College Boys Udhampur. Additional Deputy Commissioner, Mohammad Syed Khan hoisted the National flag at 9:55 AM and took salute

at an impressive march past of 28 contingents drawn from District Police, CRPF, Volunteer Home Guards, NCC and other civil troupes besides Police Band, took part in a full dress rehearsal. Addressing the participants, he highlighted the achievements of the district administration, listed ongoing developmental works and mega projects being implemented in different sectors. At Reasi: The full dress rehearsal, in connection with the celebration of Republic Day, was held in the Mini Sports Stadium Reasi under the supervision of Additional Deputy Commissioner (ADC) Abidul Star. The ADC took the salute at an impressive march past of 21 contingents drawn from CRPF, IRP, J and K Police, NCC and various educational institutions of Reasi and its adjoining areas. Students drawn from different educational institutions pre-

sented a scintillating cultural program based on patriotism, cultural ethos and social evils. At Rajouri: The full dress rehearsal for the Republic Day Celebrations concluded successfully in Rajouri on Tuesday. The full dress rehearsal was conducted under the overall supervision of the District Magistrate, Vikas Kundal. Additional Deputy Commissioner Rajouri, Sachin Dev Singh took salute at an impressive march past of contingents drawn from the Police, CRPF, Forest Protection Force, NCC, and students from various educational institutions, in addition to the Police Band in the District Police Lines. At Poonch: Additional Deputy Commissioner, Tahir Mustafa Malik took salute and hoisted National Flag at the Full dress rehearsal in Sports Stadium Poonch. Additional Deputy Commissioner expressed satis-

faction over the performance of parade contingents and arrangements put in place for the celebrations of the National Day. Students from various government and private schools of Poonch city and its peripheries presented a cultural show. At Samba: Full dress rehearsal was held in Sports Stadium Arazi Samba. Additional Deputy Commissioner, Rakesh Dubey unfurled the tri-colour and took salute at the March Past comprising contingents of Police, ITBP Army, NCC School Children and led by DySp (Operations) GR Bhardwaj. A cultural program featuring patriotic songs, folk music and dance was presented by students of Degree College, Samba, JNV school, Girls Govt. Higher Secondary school, Govt. High school and other Government and private institutions.

**Full dress rehearsals for Republic Day, 2023 held across Kashmir**

**JJ NEWS SERVICE**  
SRINAGAR, JANUARY 24: Ahead of 74th Republic Day, full dress rehearsal was held, on Tuesday, across all the districts of Kashmir, giving a glimpse of the grand spectacle to unfold on Thursday. The rehearsal is a precursor to the actual Republic Day parade scheduled to be held on January 26. In Srinagar, the full dress rehearsal was held at S.K Stadium Sonwar, Srinagar where Divisional Commissioner Kashmir, Pandurang K Pole unfurled the tricolor over the mast and took salute at the March-past. On the occasion, various contingents of security agencies took part in the parade including J&K Police, J&K Armed Police, Indian Reserve Police, SSB besides Home Guards, Fire & Emergency contingent, NCC cadets and students. Later, Div Com witnessed various cultural programmes based on cultural and patriotic songs presented by different artist groups, troupes and students to enthuse the spirit of patriotism among the people. Among others present in the full dress rehearsal function were ADGP, Kashmir, Deputy Commissioner Srinagar, SSP Srinagar and senior officers from security departments and line departments. At Ganderbal, in connection with the forthcoming 74th Republic-day, full dress rehearsal was held in district Ganderbal at Qamariya Ground, here. Deputy Commissioner (DC) Ganderbal, Shyamvir unfurled the tricolor, took the salute at the march-past, inspected the parade and expressed satisfaction over the arrangements made by various departments for the hassle free celebration of the national event at the venue. The march-past was presented by the contingents of JKP, JKAP, CRPF, SSB, PTS Manigram, Forest Protection Force, SPO Ganderbal, District Police, Home Guard, Fire Service and students of various

schools. On the occasion, a colourful cultural show was presented by the students who also presented patriotic songs and folk dance. In his address, the DC complimented all the departments engaged in preparations for hassle free celebration of 74th Republic Day. He gave on spot necessary instructions to the concerned committee members for further fine tuning the arrangements with regard to media management, cultural programs, stage, etc. The event was witnessed by ADDC, Mushtaq Ahmad Simnani; ADC, Mehraj-ud-Din Shah; ASP, Feroz Yehya, CPO, ACR, besides other district officers from civil and police department. At Anantnag, the Additional District Development Commissioner (ADDCC) Anantnag, Bashir Ahmad Wani today unfurled the national flag, inspected the parade and took salute at the march past presented by the contingents of CRPF, J&K Police, Home Guards, NCC and school children at GDC Boys, Khanabal. Addressing the gathering, the ADDC highlighted efforts and achievements made by the district under various priority areas including education, healthcare, languishing back to village, district capex, agriculture and allied sectors, women and youth empowerment, MGNREGA, JIM, water and electricity supply to Anganwadis Centres and schools, rural development, macadamisation and road connectivity, social welfare, Nasha Mukht Bharat, industries, self-employment, Nasha Mukht Bharat and creation of durable and sustainable assets. On the occasion, colourful cultural programmes on patriotic themes were presented by the students from schools and artists of the Information department. Among others, ADCs, SP HQ, CMO, ACR, Ex. Engineer R&B, Flood, ARTO, KPDCI, Tehsildar Anantnag, officers from civil and police adminis-

tration and general public were present during the full dress rehearsal. At Budgam, Full dress rehearsal in connection with the Republic Day celebrations was today held at Sports Stadium Budgam. On the occasion, Additional District Development Commissioner (ADDCC) Budgam, Dr Akramullah Tak hoisted the National flag, inspected the parade and took salute at the march-past. Speaking on the occasion, ADDC paid rich tributes to the freedom fighters and highlighted the development initiatives undertaken in the district. A variety of cultural programmes were presented by various schools enthraling audiences with their performances. The march-past was presented by the contingents of JKP, JKAP, CRPF and Home Guards. ADDC Budgam, Additional SP Budgam and other Civil and Police officers were also present on the occasion. At Pulwama, in connection with Republic-Day celebration-2023, full dress rehearsal was today held at District Police Line Pulwama. On the occasion, the Additional District Development Commissioner (ADDCC) Pulwama, Dr Ab Aziz Sheikh hoisted the National Flag and took salute at the march past comprising contingents of CRPF, District Police, IRP, JKP Womens Wing, Home guard, Commandant forces, Band squad and School children from various educational institutions. Speaking on occasion, ADDC congratulated the people on the coming 74th Republic Day and hailed the rich heritage of the district. He highlighted various developmental works and achievements of the district. He appealed to the concerned to hoist the National Flag on every Govt. and Public building to mark Republic Day. On the occasion, artists from Information Department and Youth services and sports mesmerized the function with patriotic songs. Besides, local artists

also presented Cultural programmes, Patriotic Songs and Skits. Senior officers from Police and civil Administration, School children and a large number of people were present on the occasion. Similar function was held at DPL Awantipora where ADC Awantipora, Zafer Ahmad Shahl hoisted flag and took salute at the march past presented by the contingents of JKP, JKP, CRPF, NCC cadets and school children. At Kulgam, the full dress rehearsal was held at District Police Lines Kulgam where Additional District Development Commissioner (ADDCC) Kulgam, Showkat Ahmad Rather unfurled the National Flag, inspected the parade and took salute at the march past. The march past was presented by contingents of J&K Police, CRPF, Women Police, IRPF, Home Guard, Police band, new police recruits, NCC cadets, School children and other contingents. Addressing the occasion, the ADDC congratulated the people and highlighted the importance of the Republic Day and the Indian Constitution and said that it is because of this constitution people are enjoying fundamental rights in free India. Meanwhile, multiple Cultural programmes were presented on the occasion by school students. Officers and officials from civil and police administration attended the full dress rehearsal. At Baramulla, Ahead of Republic Day celebrations 2023, a full dress rehearsal was held today at District Police Lines Baramulla where Additional Deputy Commissioner (ADC) Baramulla, Zahoor Ahmad Raina unfurled the national flag besides inspected the parade and took salute at the March Past. The march past was presented by the contingents of J&K Police, CRPF, Home guards, Armed Police, NCC and

Students from different Schools. Speaking at the event, the ADC highlighted the importance of Republic Day in Indian history. He said that Baramulla is leading on the path of development on multiple fronts at an accelerating pace. Addressing the gathering, the ADC said that Baramulla is recognized in the country as in the recently issued NITI Aayog's Delta Ranking, Baramulla district has achieved remarkable achievement in Aspirational District Programme in the country. Moreover, the ADC enlisted various projects that were developed in the district in different sectors viz. health, education, rural development etc and said that the district has recorded immense achievements in multiple fields. Meanwhile, a variety of colourful cultural programmes on patriotic themes were presented by students from schools and local artists. At Kupwara, Full dress rehearsal for Republic Day celebration 2023 was held at District Police Lines Kupwara where Additional Deputy Commissioner (ADC) Kupwara, Ghulam Nabi Bhat unfurled the National Flag, inspected the parade and took salute at the march-past presented by contingents of JKP, JKAP, CRPF, IRP, Home Guards, FPF and police contingents. Besides, in its first experience, Jankis were also presented during the parade which showcased achievements of different line departments. Addressing the function, ADDC highlighted various major developmental works carried out during the current financial year in the district. He said the approved District CAPEX budget of the current financial year 2022-23 was 1598.53 crore which is double that of previous year. A variety of cultural programmes were presented by the school children during the function. On the occasion, CEO

Kupwara, ACD, Civil and police officers were present. At Handwara, full dress rehearsal was held at District Police Lines Handwara where Sub Registrar Handwara, Arshid Ahmad Khan unfurled the National Flag, inspected the parade and took salute at the march past presented by contingents of JKP, JKAP, JSF, CRPF, IRP and Police band. Jankis were also presented on the occasion. Cultural programmes were also presented by the school children. Officers from civil administration, police department and other concerned were present on the occasion. Full dress rehearsal was held in Karnah Sub-Division, Lolab where respective Tehsildars unfurled the National Flag and took salute at the march past. Meanwhile, school children also presented colourful programmes. Full dress rehearsal functions were also held in various educational institutions across the district. At Shopian, Full Dress Rehearsal in connection with the celebrations of 74th Republic Day 2023 was held with great enthusiasm at District Police Lines, here. The contingents of CRPF, JKP, Forest Protection Force, Home Guards, NCC cadets and School Children of various Educational Institutions presented an impressive March past. Additional Deputy Commissioner (ADC) Shopian, Yar Ali Khan unfurled the National Flag, inspected the parade and took salute at the March Past. Speaking on the occasion, ADC put up the District Development Profile comprising ongoing projects and programmes besides distinguished sector wise achievements of the district. The ADC called upon the participating students to exhibit their best performance with the spirit of patriotism at the Republic day function to make the celebration a grand success.

He also called upon the officers, school children and the public to come in large numbers to celebrate the National function enthusiastically. On the occasion, Students of various educational institutions presented scintillating cultural items based on patriotism, cultural traditions and folk dances which received great applause by the audience. Senior officers from Police and Civil Administration were present on the occasion. At Bandipora, Ahead of Republic day celebrations, full dress rehearsals were held today across Bandipora district. The main event was held at S. K Stadium Bandipora where Additional District Development Commissioner (ADDCC) Bandipora, Ali Afsar Khan accompanied by ASP Bandipora Ashiq Hussain Tak unfurled the flag and took salute at the march past presented by the contingents comprising JKP, CRPF, SPOs, NCC cadets and contingents from various schools. Senior officers of Civil Administration, Army and paramilitary forces were also present at the full dress rehearsal. In his speech, ADDC threw light on the celebrations of Republic Day and highlighted the developmental activities carried out in the district. The cultural programmes by various schools were also presented to enthral the audience. Cultural programmes presented on the occasion depicted the country's rich cultural heritage and economic and social progress. The full dress rehearsal was also held at Mini Secretariat Bandipora where ADC Bandipora Waseem Raja unfurled the flag. Similar functions of full dress rehearsal were held at Sub Division Sumbal and Gurez where respective Tehsildars unfurled the flag. The full dress rehearsal functions were also held across the district at Block Level, panchayat level and in schools.



## THOUGHT OF THE DAY

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

## JINDRAH IMAGES

## Congress-BJP spar over surgical strike remarks

The row over controversial remarks made by the senior Congress leader and former Madhya Pradesh Chief Minister Digvijay Singh on surgical strikes has refused to die down. It has rather turned more intense with the BJP criticising the grand old party for repeatedly making such comments. Instead of initiating action against the leader, the scion of Gandhi family Rahul Gandhi, who has taken out Bharat Jodo Yatra and is in the final leg of this more than four months old movement, has resorted to damage control exercise by showing his disagreement with Digvijay Singh's "ridiculous" remark. A massive controversy has erupted after Singh raised questions over the surgical strike and demanded proof of the Army's action inside Pakistan. Rahul said that those were Singh's personal views. 'Being a democratic party, we run our party with principles of conversations but we don't appreciate Digvijay Singh's personal views', was the response of Rahul Gandhi. "I would like to say that Digvijay Singh's views are outline views; they are not the views that are held by the party. Our stand is absolutely crystal clear that the armed forces did an exceptional job and they don't need to provide any proof for anything", Gandhi said. During the Yatra when some media persons sought to seek a reply from Singh about his Monday remarks Jairam Ramesh immediately intervened and stopped the media from repeatedly asking this question from his party colleague. Enraged Jairam Ramesh has lashed out at the media, saying all that needed to be said about Digvijay's comment have already been done. The questions should now be directed at the Prime Minister. Singh said that while the BJP government at the Centre claims to have carried out a surgical strike against Pakistan, there was no proof of the same. His comments have seriously put a dent to the Bharat Jodo Yatra as the BJP has trained guns at the Congress for questioning the valour of armed forces. It said the Congress has a habit of projecting uncomfortable views of its leaders as their personal views and asked if there is any limit to such opinion. This is not for the first time when the Congress has put a question mark on the valour of armed forces. It has recently questioned the government's handling of the border standoff with China and claimed that the Chinese were "beating up" Indian soldiers. It is long held views that armed forces conducted surgical strikes to convey a message across the globe that India won't tolerate state sponsored terrorism at its soil and it could hit back with full force. Congress should cautiously move and take action against the leaders who are hell bent to damage the Bharat Jodo yatra by making illogical comments.

## NEED TO RAISE STANDARD OF EDUCATION IN RURAL INDIA

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.

PREM CHOWDHRY

THE 2022 Annual Status of Education Report (ASER) sheds light on learning outcomes in schools in rural districts of India. Conducted every year since 2005, this survey is a key source of information about children's learning skills across the country. The current report, released after a gap of four years, records the impact of school closure on the studies of children during the Covid pandemic in 2020 and 2021.

A household-based, rather than school-based, survey, it includes children who have never been to school or have dropped out, as well as those who are in government schools or private ones. Around 7,00,000 children in the age group of 3 to 16 years, who are residents of these households, were surveyed across the country. In each rural district, 30 villages were sampled and in each village, 20 randomly selected households were surveyed. This process generated a total of 600 households per district, or about 3,00,000 households. Information on the schooling status was collected for all children living in sampled households who were in the required age group. Children in the age group of 5-16 years were tested to assess their basic reading and arithmetic skills.

Major findings of the report are not entirely negative, but they do underline the need to improve the standard of education in rural India. The national-level study shows that despite school closure during the pandemic, the overall enrolment figures, which have been above 95 per cent for the past 15 years for the age group of 6 to 14 years, increased from 97.2 per cent in 2018 to 98.4 per cent in 2022. Government schools have seen a sharp increase in children enrolled, from 65.6 per cent in 2018 to 72.9 per cent in 2022, reversing the trend of a steady decrease in student enrolment seen since 2006, when it was 73.4 per cent. The report also suggests that despite wide variations in how children accessed technology during the pandemic years, most schools, even those in rural areas, 'attempted to keep learning going with digital resources'. Some of the parents followed suit. This needs to be encouraged hugely.



The report also lays to rest apprehensions about the pandemic forcing families to withdraw girls from schools and push them into early marriage. It finds that the percentage of girls in the age group of 11 to 14 years, who were out of school, declined to 2 per cent from 4.1 per cent. The decrease in the proportion of girls not enrolled in school is even sharper among older girls in the age group of 15 to 16 years, which stood at 7.9 per cent in 2022 as compared with 13.5 per cent in 2018.

However, the report shows a severe decline in reading ability and comprehension of the students. The percentage of Class III students in government or private schools who could read a Class II book fell by nearly 7 per cent from 27.3 per cent in 2018 to 20.5 per cent in 2022. This decline is visible in every state, and for children in both government and private schools. States showing a decline of more than 10 percentage points from the 2018 level include those that had higher reading levels in 2018, such as Kerala (from 52.1 per cent in 2018 to 38.7 per cent in 2022), Himachal Pradesh (from 47.7 per cent to 28.4 per cent), and Haryana (from 46.4 per cent to 31.5 per cent). Large drops are also visible in Andhra Pradesh (from 22.6 per cent to 10.3 per cent) and Telangana (from 18.1 per cent to 5.2 per cent). Nationally, the proportion of chil-

dren enrolled in Class V in government or private schools who could at least read a Class II-level text fell from 50.5 per cent in 2018 to 42.8 per cent in 2022 i.e. dropping to pre-2012 levels and reversing several years of improvement.

While families withdrew students from private schools to save money spent on tuition fees, they also invested in private tuition classes, which increased as the proportion of such students rose from 26.4 per cent in 2018 to 30.5 per cent in 2022 in both private and government schools. This may also be the reason why learning gaps are sharper in reading because students typically choose to study mathematics and science in tuition classes.

What is it that the ASER survey forces us to think without spelling it out in as many words? Directly, it deals with a lot of figures and facts, but indirectly, it compels us to critically analyse what exactly is wrong with our education system, particularly in rural India. With nearly 64.61 per cent of the population being rural, issues of quality and access remain areas of concern in the sphere of rural education. Children in rural areas remain deprived of quality education owing to factors such as lack of competent and committed teachers, shortage of textbooks or teaching-learning material, among other things.

Infrastructure in rural schools is

far below the satisfactory level, with 82 per cent of the schools requiring renovation; books are often unavailable and teacher absenteeism tends to be high. A large number of teachers are unwilling to teach in rural areas and those that do are usually under-qualified. Improvement is only possible if more schools are established and the basic infrastructure of the existing ones is upgraded. Also, by bringing innovative teaching methods like in private urban-based schools and promoting computer literacy, things can definitely be bettered.

However, due to the shortage of resources and lack of political will, this system suffers from massive gaps, including high pupil-to-teacher ratio, shortage of infrastructure and poor level of teacher training. Since 80 per cent of all recognised schools at the elementary stage are run or supported by the government, making it the largest provider of education in rural India, it is for the government to enforce these remedies as soon as possible and make the required changes.

As schools have reopened, the situation requires urgent thought, attention and immediate action. Things can definitely be improved if the required steps are initiated immediately. The ASER survey has clearly set the alarm bells ringing. The solution lies in accepting it and rectifying the shortcomings in education.

## Why China is forced to improve ties with US

YOGESH GUPTA

During the last three months, the image and standing of Chinese President Xi Jinping have weakened with widespread protests breaking out in November against his zero-Covid policy, after which he was forced to abandon it, resulting in waves of Covid-19 infections rampaging China.

Xi was forced to acknowledge popular criticism of his zero-Covid policy in his New Year address when he said, "In a big country, it is natural for different people to hold different views on the same issue."

With the majority of the population getting infected due to Covid, deaths of a large number of elderly and other persons, losses suffered by middle-class people due to defaults by many property companies, and loss of jobs due to the closure of several companies, the discontent against Xi's governance has risen considerably.

As the maintenance of domestic peace, stability and order is of the highest priority for him and the Chinese Communist Party's (CCP) rule in the country, Xi has gotten hyperactive to thwart the criticism of his policies.

Reaching out to the USA and others in his New Year address, Xi avoided his pet word "reunification" of Taiwan with Mainland China and said, "The people on both sides of the Taiwan Strait are members of one family" and hoped that they would work together with "a unity of purpose to jointly foster lasting prosperity of the Chinese nation."

Talking to different groups at home, Xi



defended his zero-Covid policy, saying that it had "enabled China to withstand several rounds of virus mutations", lowered the proportion of severe cases and the fatality rate to the greatest extent possible. Asking for more patience and forbearance as Covid wades through the rural areas, Xi said, "Tough challenges remain, but the light of hope is right in front of us. Perseverance means victory."

Bad news for Xi continued as China's National Bureau of Statistics announced on January 17 that the country's population had fallen by 8.5 lakh in 2022. This was the first decline after 1961 when China's population had fallen due to Mao Zedong's Great Leap Forward industrial policy failing because of

floods and drought. China's population is shrinking as the country's rulers decided to follow the single-child policy in 1979 to overcome its vast poverty quickly without studying the long-term implications of the move.

According to Professor Yi Fuxian, a researcher based in the USA, China's fertility rate has fallen to 1.3 per cent (the replacement rate for population is 2.1 per cent) and if the country can stabilise its fertility rate at 1.2 per cent, China's population would drop to 1.07 billion in 2050 and 480 million by 2100. A declining population means a smaller workforce, older people with health and social welfare needs, reduced savings, manufacturing, exports and revenues for the government,

weaker consumption and lower economic growth.

China has unveiled plans to introduce more robots and automation in manufacturing, agriculture, logistics, healthcare, energy and other sectors but the impact of this measure would be limited as the country already has 322 robots per 10,000 people, surpassing the USA and putting it in the fifth place in 2021, according to the World Robotics Report 2022.

The other news which would have upset Xi includes continued sanctions being imposed by the USA and its allies on the export of microchips to about 100 Chinese companies which would retard China's progress in the strategic domain, besides the decision of the Japanese government to term China as an "unprecedented strategic challenge" and increase its defence spending to 2 per cent of its GDP by 2027.

Japan is to acquire counterstrike capabilities (aimed mainly against China and North Korea), including new missiles, technologies relating to unmanned systems, cyberspace, outer space, the electromagnetic spectrum and artificial intelligence.

The news about the rising India - the projections of Ernst and Young that the Indian economy could reach \$26 trillion by 2046 and the decision of Apple to shift about 25 per cent of American cell phone manufacturing from China to India by 2025 - would not have pleased Xi as China has always aimed at containing India's progress to assert its supremacy in the region. Xi would view it as another example of the Indo-US collusion aimed at weakening China's economic power.

Xi has taken several steps to signal

improved relations with the USA. Firstly, by lowering the rhetoric aimed against Washington and giving his concurrence for a meeting of the ministers in charge of foreign affairs, national security, finance, climate change and others. His ministers have put aside their wolf-warrior diplomacy and are now seeking meetings with their American counterparts. China is seeking stronger ties with Germany, France and Italy as these countries are taking a stance more independent of the USA towards China. To signal the change and openness to global investment and market reforms, Xi sent Liu He, a vice-premier and his old Economic Adviser whom he had removed from the Politburo at the 20th Party Congress in October 2022, to represent China at the World Economic Forum in Davos as he is well known to big western companies.

At home, Xi has changed his earlier policies on the regulation of technology companies and tightening of credit to the real estate companies. Xi and his ministers are inviting foreign investors again to China, promising equal support to the private sector and more market reforms.

The news, trust, outlook and confidence of the USA, many European, Asian and other countries and companies in Xi have been badly shaken due to his erratic and misguided policies. They think that the change in Xi's approach and about-turn in policies is only tactical to ride out the present difficult economic environment.

They would continue to put pressure on China to weaken its economic growth and hamper its technological rise to resist Xi's aggression and hegemony.



# Deepika Padukone talks about Shah Rukh Khan and shooting for Pathaan songs, calls Besharam Rang 'massive hit'

Actor Deepika Padukone spoke about the song Besharam Rang from her upcoming film Pathaan, for the first time. In a video shared by Yash Raj Films on YouTube, Deepika revealed how the film's team worked in 'very difficult conditions' for the song. She also called both the songs 'massive hits'. Deepika was asked to choose her favourite song from Pathaan-Jhoomo Ja Pathaan or Besharam Rang.

Responding to the question, Deepika said, "Both of the songs are my favourite. It's very difficult to choose.

They are both very different. For Besharam Rang, I had to work a lot harder. That's sort of



in a way my solo song. The location we were shooting at was really difficult. Even though the song looks really summery,

bright and beautiful, it was actually freezing and extremely windy. So we were working in very very difficult conditions

and still to sort of make it look like it was beautiful and sunny was the tough part."

"Having said that I think I had fun in both of the songs. The second one is with Shah Rukh Khan. Again when he and I dance together we have a really good time. I think both of us are the kind of dancers that don't really worry about the technicality of a step. We just understand what a step is and have fun with it. So yeah, I think I have enjoyed both of the songs. Both are my favourite but the beautiful part is that both the songs are a massive hit," she also added.

Both the songs feature Shah Rukh Khan and Deepika. Besharam Rang, which was choreographed by Vaibhavi

Merchant in Spain, is sung by Shilpa Rao, Caralisa Monteiro, Vishal and Sheykhkar. The music has been composed by Vishal-Sheykhkar and the lyrics by Kumaar. The song was released on December 12 last year. Jhoomo Ja Pathaan was unveiled on December 22. The song is performed by Arijit Singh, Sukriti Kakar, Vishal Dadiani and Sheykhkar Ravijani.

Speaking about her on-screen chemistry with Shah Rukh, Deepika added, "Well, he and I can both take credit for that. Again he was also on this intense diet and exercise. So, he and I can both take credit for the work we have put individually. But at the end of the day, it is the team that you work with."

# Farhan Akhtar: Didn't attend award shows for Dil Chahta Hai, was scared people would ask me to speak on stage



Farhan Akhtar's a natural on stage, and that's something pretty much everyone agrees with. And a testament to this is his live shows- his band Farhan Live recently completed 10 years since its inception. Even in the award shows he has hosted, he never fails to make people laugh.

Which is why it's surprising when he reveals that he has come a long way when it comes to speaking on stage. "I was not comfortable speaking on stage. If I am going down and doing music, I know what I am supposed to do so it's easy for me.

If I have a conversation with you, it's still easy because we are engaged in that. But if somebody says 'go on

stage and speak to the crowd for 25 minutes', there's a part of me that always wonders 'why are they interested in what I have to say? What am I going to do, give a PPT presentation?' That stuff unnerves me," laughs the 49-year-old.

But he is in a profession ironically which requires him to speak to people all the time. Akhtar continues, "I come prepared for that. When you play a character, you lose inhibitions because the character allows you that. It's a strange psychological thing which happens. It's easier when I am a character. If something makes you nervous, you should do it more so you can ease it out."

He cites an example of hosting award shows.

# Raveena Tandon On Being Selected For W20: Proud To Be Born In India Which Gives Umpteen Opportunities To Women

Raveena Tandon wears many hats. Apart from being a National Film Award-winning actor, she is also known to be a philanthropist, associated with various causes. Due to the strong roles, she has played over the years in empowering women and the work she has been doing for women and girl children for which she has also been awarded by the Women and child ministry. She became a pioneer after she adopted 2 girls and became a single mother at the age of 21. Now, she has been chosen by the ministry to be a delegate at the prestigious W20, the Women's Empowerment engagement



wing at G20 India's Presidency.

The Women 20 (W20) is an official G20 engagement group, established during the Turkish presidency in 2015. The objective is to ensure that gender considerations are mainstreamed into G20 discussions and translated into the G20 Leaders Declaration as policies and commitments that foster gender equality and women's economic empowerment.

Talking about the kind of things she would like to highlight as a delegate of the W20, Raveena Tandon says, "First and foremost, I have to say that I am very proud to be born in India which gives

umpteen opportunities to women. Women in our country have broken glass ceilings.

Whether we have truck drivers, or pilots or in the army, or the air force or even working in fields, in the agricultural sector, in the railways, even becoming engine drivers, bus drivers, truck drivers, auto rickshaw drivers, bus conductors, tickets collectors, etc - I think our women are making progress in leaps and bounds. I am very proud that I live in a country that is giving women this freedom and these kinds of opportunities, as sex holds no bar. You can participate and just be and decide and choose your own career options."

# Sudhanshu Pandey On National Girl Child Day: Need To Focus On Creating Right Mindset



Actor Sudhanshu Pandey said that people's mindset needs to change, as he shared his views on the National Girl Child Day. He added that it is important to change many misconceptions and notions about girl child in the society.

He shared: "I wouldn't say that in India we treat women as inequality, we are the oldest civilisation and this is the only country that worships a lady called Ardhanarishvara which is a symbol of equality and a symbol of man and woman in one body. The atrocities on women can happen anywhere in the world."

"There's always good in evil society, it is a part of human life and whenever there is something wrong there is always something right also. I would say that we have a festival called Navratri where we pray to 9 forms of goddess Durga," he added.

# Priyanka Chopra sports new look in strapless dress, fans call her 'gorgeous'

Priyanka Chopra has shared new pictures of herself in an all new look. The actor sports shorter hair in a new shade as she poses in a strapless white attire. Sharing them on Instagram, Priyanka wrote, "When the glam is so fun you gotta go out. #nofilterneeded @bulgari." Her fans loved her decked-up look.

A fan commented on her post, "You're perfect in every way". Jewellery designer Farah Khan Ali wrote, "Gorgeous you," along with fire emoji. A fan even asked, "I need details on every makeup product used here! gorgeous." One more fan wrote, "Love this new look Priyanka! You look so happy. I am so happy for you! Have fun!!" "Gorgeous! Love the hair," read yet another comment.

During the weekend, Priyanka had stepped out



with husband Nick Jonas and daughter Malti to spend some quality time on the beach in Malibu. Earlier this month, Priyanka hosted a special screening of the SS Rajamouli's RRR in the US where she met Rajamouli

and music composer MM Keeravaani, who won back to back trophies at the Golden Globes and the Critics Choice Awards for the hit track Naatu Naatu. She sent her best wishes to the RRR team and said she is happy to have con-

tributed to the film's journey. Rajamouli hailed her as a "global superwoman" in response to her post. He wrote, "You are a global superwoman! Touched by your heart-warming words and intro. Thank you Priyanka for hosting our show and your kind wishes."

She also hosted a special screening of Pan Nalin's Last Film Show (Chhello Show), India's official entry for the 2023 Oscars. The Gujarati-language film has been shortlisted by the Academy for the best international feature film award at the 95th Academy Awards. Priyanka will soon make her Bollywood comeback with Farhan Akhtar's Jee Le Zaraa. The film will also star Alia Bhatt and Katrina Kaif. She also has Love Again and Ending Things besides her OTT debut Citadel lined up for release.

# Bigg Boss 16's Tina Datta to be seen in a big budget South project?



Actress Tina Datta has been making a lot of noise in Colors' Bigg Boss season 16. She rose to fame with Uttaran that was a blockbuster hit and as she returned to the small screen with Bigg Boss, she has been topping the headlines and creating a lot of buzz around. Recently, there was a news floating that Tina has been roped in to play the lead role in Colors' Durga Aur Charu, and now we learn she has another interesting project in her kitty.

From our sources we learn that Tina has been roped in for an upcoming south blockbuster and this will mark her Telugu debut. The actress has fine features

and expressive eyes, and that made her best suited for this project. The film is untitled and revolves around a couple who come from opposite family backgrounds, while Tina will be an obedient daughter of a rich politician, will fall far for a boy who works for her father, and then followed by heated drama ahead...

Tina has been an absolute stunner in Bigg Boss, from her stylish looks to fashion sense, she has raised the fashion element in the show. Her bold stand, comebacks, witty humor and charming appearance has made a talk of the town. It's interesting to see her comeback in the fiction zone after Bigg Boss.

# Shriya Pilgaonkar tweets a plea on actors getting work based on their follower count, gets support from colleagues

Actor Shriya Pilgaonkar reacted to actors getting work merely basis on number of followers they have on social media handles. She said fan-following should not be the yardstick to help them get work. Many fans agreed with what she said, and wrote their opinions in the comment section. Shriya is also a director, producer, and stage performer.

Taking to Twitter handle on Monday, Shriya wrote, "Actors should not be made

to feel that they NEED to have a certain social media following to be considered for projects." Actor Suzanne Bernert commented, "Very true...but it seems to be reality...also relevant: if the casting person likes you..not the director but the casting person. Many times, I feel my audition is not even shown" and Swastika Mukherjee wrote, "That's what is happening. I hear from so many places casting is being done on the basis of Instagram following. Shocking but true."

Reacting to her tweet, one of Shriya's fans wrote, "Yes that's a rubbish yardstick to be honest." Another fan commented, "They need to have acting skill-please remind them." Other fan wrote, "So so true...it is not about acting anymore. Anybody that gets famous because of something, suddenly gets cast for a role...So sad." A person wrote, "Actors should stop paid posts. Should stop wearing crazy stuff to airports. Stop posing for paparazzi. Stop behaving like stars.

Actors should be like Irfan, Manoj, Nawaz." "Absolutely. I see people with cringe and foppish content with million of followers, and supremely talented artists with only a thousand social media followers. Can't agree more", added one. "You certainly don't need any. You are doing great work", wrote another. Shriya is the daughter of actors Sachin Pilgaonkar and Supriya Pilgaonkar. She has starred in several films such as Fan, Jai Mata Di, House

Arrest, Bhanga Paa Le, Kaadan among others. She has also made her mark in web series such as Mirzapur, Guilty Minds, The Game Game, Crackdown, The Broken News, Beecham House among others. She rose to fame with her role of Swaragini 'Sweets' Gupta from Mirzapur. Earlier this month, she saw release of her web series, Taaza Khabar, which released on Disney+ Hotstar on January 5. It also starred Bhuvan Bam.





## Could the actual superfood be... a cheese sandwich?

Those of us of a certain age remember the idea from school and the importance of fresh fruit and vegetables in the diet.

Since then we've had 5+ a day and the food pyramid. But consumption continues to be lower than recommended and results from a survey by Research First released in October gives price as "often the justification".

The confirmation from Stats NZ that we've hit a 32-year record, 11.3% food price inflation for the year ended December, supports the justification.

In comparison with December 2021, fruit and vegetable prices increased 23%. Other food categories also increased, but not by as much as fruit and vegetables.

More Stuff you might like:

\* Quiz: Kids trivia challenge: January 18, 2023

\* Are backyard chickens the answer to the egg crisis?

\* Passengers asked teen driver to slow down before fatal crash

Food is clearly more expensive

than it was, but the question of actual expense depends upon what one is trying to calculate. This could be the margin of profit for producers or supermarkets, affordability relative to income, or "value for money".

If the latter, what is the value that is desired? Taste? Energy? Vitamins? Protein?

Coffee contains three to four times as much caffeine as Coke, but black coffee (without sugar), like Diet Coke, has no energy, whereas regular Coke does.

Whether at home or in a cafe, a cup of coffee and a glass of Coke are similar in cost. If it's caffeine that is desired, coffee gives better value.

For most animals the first requirement after sleep is energy, followed by protein. The theories about protein include the requirement to gain sufficient essential amino acids to meet physiologi-

cal requirements.

These are gained for fewest calories (energy) from animal protein. This is because the essential amino acids are in an absorbable form in ratios



that meet animal (including human) requirements.

The question of how to meet essential nutrient intake has been answered by Canterbury-based nutrition scientist Dr Graeme Coles.

He has calculated that an

adult's essential amino acid, energy and fibre needs could be met with six cheddar cheese sandwiches.

More good news is that a cheese sandwich (or six) meets nutritional needs with lower environmental impact than other choices.

The key is that cheese is made from milk which is a complete food for infant animals. All protein in milk is accessible, in contrast to that in meat or soy.

Further, the essential amino acids are at a favourable

protein:calorie ratio. In 100 grams of milk all 3.7g of protein are usable and associated with 42 calories.

For interest, 100g steak has 18.4 g usable protein associated with 187 calories.

In an unsubsidised food distribution system such as New Zealand's, meeting daily essential

amino acid requirements is markedly cheaper using dairy, particularly cheese and butter, than any other approach.

Coles has calculated that 2000 calories can be provided by sandwiches using 180g of cheddar cheese, 60g of butter and 12 slices of wholemeal bread, and this also provides all essential amino acid requirements and enough dietary fibre to fulfil health recommendations. All for about \$8.

Further, research has shown that such a diet minimises greenhouse gas emissions as well.

"A well-managed dairy cow meets the annual essential amino acid needs of approximately 17 adults, and the energy needs of around 15", Coles says.

This calculation does not exclude the importance of fruit and vegetables, essential for vitamins as well as contributing to fibre, hence the 5+ a day mantra.

A shopping trolley like this would make a dietitian happy, but it may prove painful at the checkout.

## 5 Healthier Foods To Have in the Fridge for Quicker Weight Loss



When you're looking to lose weight, developing healthy eating habits is a crucial part of the equation. It's much easier to maintain said habits by having nutritious food options at the ready, along with ditching any unhealthy temptations that'll veer you off course. We chatted with Laura Burak MS, RD, founder of GetNaked@Nutrition and author of "Slim Down with Smoothies," who shares five healthy foods for quicker weight loss that you should always have in your fridge.

According to Burak, "One of the first things to do in order to create healthier eating habits is to stock a handful of fresh, frozen, and pantry staples so you can easily make better meal and snack choices. When you open the fridge doors, if healthier food is visually in front of you, you are much more likely to grab it."

"One of the first things I reach for when I want to make a quick meal is eggs," Burak tells us. "It isn't called the incredible edible egg for nothing!"

You can use eggs to seamlessly prepare healthy meals—from omelets to egg muffins—no matter the time of day. Or, consider hard-boiling your eggs and putting them back in the fridge for a nutritious snack you can grab and enjoy whenever.

Eggs are a stellar choice to support your weight loss efforts, and research backs this up. According to a 2014 study, individuals who ate eggs for breakfast, as opposed to steamed bread, experienced a boost in fullness and decreased body weight. More research reveals individuals who eat eggs over cereal can experience greater satiety and reduced hunger.

Next up in Burak's healthy foods for quicker weight loss, she suggests, "Always keep a few veggie options in the produce drawer to throw into those scrambled eggs or to make as side dishes, as part of salads, or use in tons of other ways to create volume and add nutrients to your diet."

There's a lot of science out there that explores the positive link between vegetable consumption and weight loss. For instance, according to research published in *Nutrients*, previous studies show that boosting veggie intake could lead to weight loss and a reduced risk of gaining weight or becoming obese.

The next time you're craving something sweet, you should snack on in-season fruits rather than reaching for pantry items like chocolate chip cookies and sugar-packed candies.

A study published in *PLOS Medicine* reveals the weight loss benefits of adding fruit to your diet. The research found that a boost in fruit consumption correlated to weight loss over a four-year timespan. The fruits that yielded the most benefits included apples, berries, and pears.

Good-quality salad dressing

"A good-quality salad dressing for drizzling onto veggies or to enhance the flavor of any dish [is the way to go]," Burak says.

Many pre-made salad dressings are jam-packed with calories and fat, so be sure to choose a good-quality one, or whip up your own salad topper! For instance, you can stash some lemons away in the fridge to add an extra bit of zesty flavor to your greens.

## Weight-loss diets boil down to one thing, and it's not science jargon

January is peak diet season, and if it has you reaching for the latest weight-loss regimen, you're not alone. But how do you know if that choice is just another crank diet?

Its lips are moving.

So what exactly is a crank diet? Here's what I think: It's a way to eat less, cloaked in a science explanation of why the particular combination of foods being prescribed works metabolic magic. If the diet just says, "Eliminate high-carb foods and you'll end up eating less," well, that book wouldn't sell many copies. There has to be a reason, and that's when its lips start moving.

Let's be clear: You absolutely, positively can lose weight on a crank diet. If you have lost weight on a diet eliminating fat, or carbs, or gluten, or plants, or meat, or sugar, you're not alone. But the dirty little secret is that, if you've lost weight at all, it's because you've found a way to eat fewer calories than you expend. Eliminating categories of food is one way to do that. A good way, for lots of people, at least for a while.

We should eat more plants. Here's which ones are best for the planet.

Okay, so now maybe you're thinking that, if those diets work, why write a whole column about their crankiness?

Truth, justice and the American way, of course. But

also maybe empowerment. Because people should know when they're being sold a bill of goods.

Let's look at some fun examples of diets that fit the crank model:

The grain-free diet, a la "Wheat Belly," holds that wheat digestion yields polypeptides that bind with opioid receptors in the brain, which makes wheat an appetite stimulant.

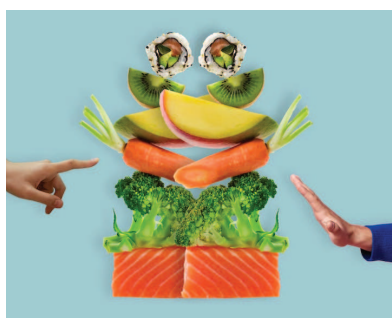
The carnivore diet claims to decrease hormonal fluctuations, because the insulin spikes associated with carbohydrates create a "cascade of other imbalances" of hormones associated with hunger and fat storage.

Intermittent fasting holds that restricting intake for an extended period of time gives your body no choice but to tap fat stores, so you lose more than if your body has continuous access to blood sugar.

The blood type diet says that your blood type tells you your ancestry, and we thrive on the food our ancestors ate. And there are plenty of other ancestral diets that double down on this idea.

And of course low-carb/keto, which holds that, because insulin is key to fat storage, if you don't eat carbs, you don't release insulin and you store less fat.

To be fair, there are a couple of diets that tell you flat-out they're essentially a strategy to eat less. A primary rationale of the low-fat



diet is that one 1 gram of fat has 9 calories and 1 gram of carbohydrate or protein has 4, so if you sub in more lower-calorie macronutrients, you consume fewer calories overall. And the Volumetrics diet posits that if you eat food that's less calorie-dense, you end up consuming fewer calories.

While some diet rationales are pretty silly, they're not all false. Insulin, for example, really does facilitate fat storage. But there's one nutrition fact that trumps all the others, and it's really the only thing you need to know about food and health: What we know is absolutely dwarfed by what we don't know.

The simple diet swap to help

you lose weight and lower health risks

Remember the parable of the blind men got to "see" an elephant by feeling a part of it, and they each came away with vastly different ideas of what an elephant was. The guy holding the tusk thought it was like a spear; the guy with the trunk thought it was like a snake. You get the idea. They came away with inaccurate ideas because they couldn't feel the whole thing.

That's what's going on with diets. Nobody can see the whole elephant. Science hasn't painted it (yet). So each diet guru latches onto some piece of human metabolism and decides that it's the key

to health and weight loss — but really, it's just the toenail. Sure, digesting wheat yields polypeptides! But there's so much else going on in the human body that it's very hard to know how that plays out.

There's one way to find out, of course: actual trials. And — surprise, surprise — the ones we have (and we have a lot) show that, long-term, no diet works for weight loss. The trajectory — subjects lose weight for a while, even up to two years, and then regain — is similar for all.

But let's go back to that part where people actually lose weight on crank diets. Why is that? Because, after we peel back the science stuff, there are usually some pretty decent strategies for doing that thing that's at the heart of weight loss — eating less.

So how about this: Ignore the science and cut right to the strategies. Sure, intermittent fasting doesn't outperform other diets, but that doesn't mean closing the kitchen after dinner is a bad idea. In fact, it's a damn good idea.

Then look at low-carb. No, insulin doesn't correlate cleanly with subsequent eating and weight gain, but that doesn't mean cutting out sugar and refined grains is a bad idea. In fact, it's a damn good idea.

To lose weight, you don't have to understand the nitty-gritty of human metabolism; diet isn't a knowing problem.

## Want to live longer? Follow these 4 healthy eating patterns, new study finds

Your dietary pattern may help predict how long you live. This is the conclusion from a new study published in *The Journal of the American Medical Association* assessing diet quality and mortality. The study found that individuals that consumed a more nutrient-dense diet were less likely to die early.

The eating habits of 119,315 individuals (75,230 women and 44,085 men) from the Nurses' Health Study and the Health Professionals Follow-Up Study were assessed over 36 years. During that time frame, they evaluated adherence and outcomes related to four different dietary patterns, all of which adhere in some capacity to the United States Dietary Guidelines for Americans.

The four eating patterns analyzed were:

The Healthy Eating Index 2015 (HEI), which measures diet quality and adherence and utilizes guidelines from the Dietary Guidelines for Americans in its scoring assessment.

The Alternate Healthy Eating Index (AHEI), which was created by researchers at the Harvard T.H. Chan School of Public Health as an alternative to the original HEI. Like the HEI, it provides scoring but focuses more on reducing chronic disease risk.

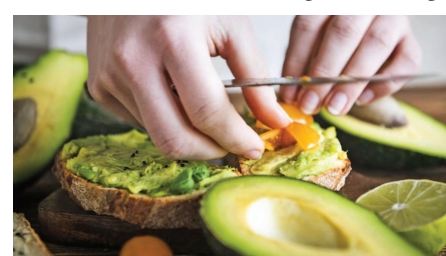
The Alternate Mediterranean Diet (AMED), which measures adaptation to the Mediterranean diet principles.

The Healthful Plant-based Diet Index (HPDI), which measures adherence to a healthy plant-based diet.

The study found there are multiple ways to adhere to a healthy diet

Individuals with the greatest adherence to at least one of the healthier eating indexes had the lowest risk of death compared with individuals with the lowest adherence. This outcome was seen amongst all four healthy eating indexes. Additionally, this outcome was consistent amongst multiple racial and ethnic groups. It was also seen in a dose-dependent fashion (the greater the score, the lower the risk for early death from cardiovascular disease, respiratory disease, and cancer). Higher adherence scores for AMED and AHEI were further associated with a lower risk of neurodegenerative disease mortality.

There were several key takeaways from the study. First, it emphasized that there are multiple ways to adhere to a healthier way of eating. Since there is no "one size fits all" diet, it demonstrated that different dietary patterns could be adapted to any ethnic or personal preference. Second,



there were many similarities between the four eating patterns. For example, all eating habits were nutrient-dense, providing abundant vitamins and minerals. They were also more slanted towards more plant-based approaches. Dr. Frank Hu, chair of department of nutrition and epidemiology at Harvard T.H. Chan School of Public Health, was the study's lead author. He tells TODAY.com,

"Although these diets differ in some aspects, they all include high amounts of healthy plant foods such as fruits, vegetables, whole grains, nuts, and legumes, and lower amounts of refined grains, added sugars, sodium, and red and

processed meats."

For a longer life, focus on these 5 dietary habits:

1. Focus on fiber

One of the best ways to consume more plants is to focus on getting more fiber. A 2019 systematic review and meta-analysis in the journal *Lancet* found that adequate fiber intake (between 25g to 29g per day) was also associated with a reduction in risk of all causes and decreases in heart disease, Type 2 diabetes, and colorectal cancer.

2. Nosh on nuts

Nut consumption was emphasized in all four eating patterns in the study. Nuts are high in healthy fats,

which may help increase satiety and fullness, a key component of weight management. They have also been associated with better brain health and may lower the risk of heart disease.

3. Get colorful

Color is vital in the plant world and comes from compounds called phytonutrients that provide both hue and benefit to the plant. Studies show that consuming colorful fruits and vegetables can also lead to a longer life.

4. Opt for plant and marine sources of protein

Beans, legumes and fish were highlighted in several of the eating patterns. The AMED pattern, for example, encouraged the consumption of fatty fish, like salmon, that can provide abundant amounts of omega-3 fatty acids. In contrast, beans and legumes provide fiber in addition to protein.

5. Find flexibility

The study demonstrated that healthy eating can be tailored to the individual — and that following multiple approaches within the common themes could lead to significant health benefits. "In order for someone to stick to a healthy diet long-term, one needs to enjoy it. So it is important for individuals to adapt these

healthy eating patterns to their own food and cultural preferences. Also, one does not need to stick to only one dietary approach for their whole life. To enhance variety and adherence, one can switch between these various healthy diets or create their own flexitarian diet. However, the core healthy eating principles should remain the same: Eat more minimally-processed plant foods such as fruits, vegetables, nuts, whole grains, and legumes; eat less red meat and ultra-processed foods high in sugar, sodium, and refined starch," Hu explains.

Overhauling your dietary pattern seems overwhelming, consider this — baby steps will go further than no movement at all. Hu says that many healthy dietary patterns have been associated with, not only a longer life, but a reduction in chronic disease risk complications as well. Hu explains that, for example, "a greater adherence to the Mediterranean diet reduces the risk of cardiovascular complications among people with diabetes." Also, healthy eating patterns have been associated with better survival among people with breast or cervical cancer.

As Hu says, "it's never too late to adopt a healthy diet."



## DSS cautions, seeks experts committee

JAMMU, JAN 24: Alarmed with the recent reports from Joshimath and in the backdrop of the Chamoli disaster earlier, the executive committee of Dogra Sadar Sabha (DSS) has appealed to the Hon'ble Lt Governor Shri Manoj Sinha to constitute and invite an Experts' Committee to Ramban district at the earliest to review adhoc execution of works being carried out on haphazard road and rail alignments that are causing extensive damage to houses and agricultural lands of hundreds of residents of nearby villages, besides forest lands in the district under NH 44 National Highway Widening Project and stated that a man-made disaster, similar to the recent one in Joshimath in Uttarakhand, is starting into the face in Ramban district as accelerated and unabated landslides and sinking agricultural and forest lands have caused cracks in the walls of hundreds of houses, shops, commercial establishments and temples in villages of Dalwas, Dharmond, Nashri, Kunfer, Peerah, Chanderkote, Karole, Nera, Seri etc.,

Shri Gulchain Singh Charak, Former minister and President DSS addressing a press conference along with Executive Committee members of the DSS said that residents of Chanderkote -Ramban area have been complaining of execution of Project works, not by the officially engaged company, but by the unqualified contractors to whom the job has been outsourced by it. Even the alignments have been made at several places out of political considerations for inclusion and exclusion of villages and not based on technical study.

Shri Charak appealed to the Hon'ble LG Shri Manoj Sinha and the Hon'ble Highways and Transport Minister of the Union Government Shri Nitin Gadkari to "constitute an appropriate and empowered committee to have a detailed appraisal, unbiased supervision and monitoring of ongoing works to fix responsibility for losses and to accelerate provision of due compensation / relief and permanent accommodation to adversely affected families, besides suggesting corrective measures".

In Uttarakhand While conveying heartfelt sympathies with thousands of hapless residents of Joshimath affected by widening cracks in their Land Owners (Zamindarans) whose land was acquired by the government



hailed Government of India for readily constituting a Committee to conduct a rapid study of the occurrence of land subsidence and its impact in the Joshimath region of Uttarakhand.

Shri Charak said that he had already written to the Hon'ble Lt Governor and Hon'ble Highways and Transport Minister about the grim situation in Ramban district which had deprived hundreds of residents of their livelihood and has repeatedly brought the issue to the notice of the concerned district and divisional level authorities on several occasions, but little heed has been paid to our concerns.

Shri Charak further said that huge debris (mulba) excavated with the use of heavy machinery and explosives for ruthless cutting of earth along steep mountain slopes during the road widening project is being thrown straightaway into River Chenab giving an open invitation to serious floods that may occur due to blockage of the flow of waters in River Chenab. He pointed out that in Dalwas village, houses were seen with the earth cut and removed from about 60 ft. vertically beneath the foundations, while the retaining walls constructed were quite insufficient.

Shri Charak said that inadequate relief and compensation was provided to some affected families and initially the District Development Commissioner, Ramban and Tehsildar Batote had provided some temporary accommodation to affected families in government schools and the Company's quarters at Dalwas, but no succour came later and no compensation was paid to them. There was an undue delay in release of Compensation to other Land Owners (Zamindarans) whose land was acquired by the government

for link roads and other Road Construction during 2007 - 2010 under NABARD projects. He added that the contributors of land had approached Revenue Authorities of Distt. Ramban many a times for early release of pending dues, but the matter continues to be delayed on one pretext or the other.

Shri Charak emphasised that if the slopes and fragile soils of the Shivalks and Peer Panchal ranges of the Himalayas and the hills of Jammu region are not taken care of properly and at the earliest, the unplanned and ill executed road and railway line construction works through excessive use of explosives and JCBs will continue to bring greater disasters.

Shri Charak stressed that regular landslides are leading to excessive loss of fuel, travel and hours of journey and danger level of expected damages is on manifold increase.

The rampant deforestation in the name of clearing the road alignment is unchecked and rampant, with no reforestation plans in sight, either by contracted agencies or the forest department. There seems to be no 'Relief and Disaster Management Policy' to deal with any such foreseeable calamity. Shri Charak further stated that though there is a pressing need to construct good roads, improve last village connectivity, construct hydel-projects and other necessary infrastructure to meet the requirements of ever increasing population, visitors, tourists' traffic and development, but there is also an urgent need to make proper plans and execute works properly to avert disasters.

Among others who participated in the conference included Prem Sagar Gupta, G. A. Khawaja, Col. Dr. Viorenda K. Sahi V.C. Gambhir Dev Singh, Chander Mohan Sharma.

## Congress party is playing into the hands of anti-India forces: Ravinder Raina



JAMMU, JAN 24: Ravinder Raina made a scathing attack on Congress party and sought apology from Rahul Gandhi over the baseless remarks made by senior Congress leader on Indian Army and Indian Air Force.

J&K BJP President Ravinder Raina accompanied by former Dy. CM Kavinder Gupta, J&K BJP General Secretary Adv. Vibodh Gupta and was addressing a Press Conference at BJP headquarter, Trikuta Nagar, Jammu.

"The bravehearts of the Indian Army, JKP, paramilitary forces, Air Force, Indian Navy have sacrificed their lives for the Nation. They have given a befitting reply to the enemy forces", said Raina.

"Whereas the whole Nation salutes these soldiers, the Congress leader has chosen to insult them. Congress leaders ask for proof when the whole

world stands witness to the Indian Air strength. But Congress has always chosen to insult India at every platform which will not be tolerated at any cost", said Raina.

"Congress has always sided with the terrorists and separatists betraying India. It has become customary for Congress to speak against the interests of the Nation.

It now has a stack of sins against the Nation accumulated over 70 years," said Raina.

"Congress divided India. It gave rise to separatism, terrorism. Gifted a big chunk of Jammu & Kashmir to Pakistan and China" said Raina.

"Rahul Gandhi said that he is trying to understand the pain of J&K, but he must answer why Congress never gave rights to Gujjars, Bakkarwals, women, PoJK refugees, SCs etc. Congress is the culprit of the whole Nation, but it has specifically devas-

tated Jammu & Kashmir," said Raina.

"Today, Congress is talking of Kashmiri Pandits, but they had to suffer forcible ousts from their homeland and had to face horrible atrocities at the hands of fanatics, due to sins of Congress. Congress never talked to the Nationalists, but only with the terrorists like Yasin Malik. It has remained a supporter and sympathizer of terrorists", said Raina.

"Today, Rahul Gandhi could enter J&K with ease only due to the sacrifice made by Dr. Shyama Prasad Mukherjee who laid down his life to remove the Visa like Permit system. This Permit, separate flag, separate Constitution, separate Prime Minister was a specific gift of congress to terrorists" said Raina. "Rahul Gandhi must learn about the contribution of RSS, Jana Sangha activists in the security and services to the Nation. Even former PM Pt. Nehru had called RSS contingent for the Republic Day Parade or their services to the Nation. We worship Bharat Mata and for us there is always Nation First" said Raina.

"The Modi government is working on the Ek Bharat, Shreshtha Bharat and Sabka Sath, Sabka Vikas missions.

"We have a vision for a perfect harmonious society of all religions living together with love," said Raina.

## Anti Crime Organises Painting competition at GMS-Bishnah

JAMMU, JAN 24: NGO, Anti Crime Team today organised Drawing Competition at Government Middle School Bishnah under Supervision of its Chairman Sham Lal Gupta.

DDC Member Bishnah Constituency Dhaminder Kumar was Invited as Chief Guest on the occasion, Chairman MC Bishnah Sharma, Principal GGHSS Bishnah Ashok Khajuria, S.I P/s Bishnah Amit Roshan, BJP Sr Leader Prem Sharma and Corporator Sahil Gupta were Present as Special Guests in the Program. Around 60 Students of GMS Bishnah Participated in the Drawing Competition and 6 Student's were Honoured, 3 with Memento Prizes and 3 students with Cash Prizes.



Student's showed their talent and Guest on the occasion Selected the Merit ones.

Chief Guest DDC Member Dhaminder Kumar along with Special Guests Distributed the Prizes and Appreciated the Teacher's Management and Talent of Students.

Anti Crime Chairman Sham Lal Gupta told that today is his birthday and to make Children's day mem-

orable, he organised such an event in which the children were very Happy and got to learn new things. Gupta said that Anti Crime will continue to do such similar works in future too.

Chairman MC Bishnah Rajan Sharma, S.I P/s Bishnah Amit Roshan Appreciated efforts of NGO Anti Crime Team and asked them to continue the same events in Government Schools.

GGHSS Principal Sh Ashok Khajuria, Teachers Bhopinder Kour, Anita Kumari and Sarita Sharma also Appreciated Step of NGO and Importance of Program.

Anti Crime Chairman along with Corporator Sahil Gupta, NGO Members Vijay Kumar, Ratan Lal, Ravi Kumar, Rohit Kumar, Vansh, Abhishek Sharma and others were Present.

## Fair selection in JK CCE eye-opener for those opposing repealing of Art 370: Abhinav

JAMMU, JAN 24: Abhinav Sharma Spokesperson BJP J&K on Sunday asserted that the fair selection in Jammu and Kashmir Combined Competition Examination is an eye-opener for those opposing abrogation of Article 370 because during the existence of this contentious Article of Constitution selection lists for job aspirants were finalized by Abdullahs and Muftis.



In statement issued to media persons, the BJP leader said that BJP Government led by Prime Minister Narendra Modi has ensured a discrimination-free selection procedure in the Combined Competition Examinations delivering justice to the people of Jammu for the first time in the history of the region as earlier the contents of such lists were

changed more than once to adjust blue-eyed hailing from Valley and giving a slip to genuine aspirants from Jammu region who had toiled hard to achieve the feat.

The BJP Spokesperson said that now three siblings from a single family hailing from Jammu region got through the same exam showing the difference between the times when there was Article 370 and now when the same has been made null and void by the BJP dispensation led by PM Modi. He said that one could say by affirm-

ation now that the era of discrimination with Jammu has gone and the BJP dispensation has ensured a fair deal for one and all in J&K. He asserted that under the present regime both the regions i.e., Jammu and Kashmir are getting equal development and share without any discrimination.

"On the same lines, earlier selection processes which were initiated on account of extraneous consideration nepotism and favoritism were never investigated and the blue eyed personnel were selected and appointed whereas after scrapping of Article 370 many tainted selections have been cancelled and investigation handed over to a premier agency," he said, adding that people by now would have understood well that it is only BJP which can

ensure fair deal to all in the Union Territory as all other political outfits have been exposed on various counts at different points of time in the past as far as dubious selections and partial deals are concerned.

The senior BJP leader said that only BJP can ensure a government in J&K which is free from prejudice and can guarantee a fair deal to all whether it is recruitment process, allotment of seats in professional colleges or anything else. He said that Article 370 was the main bottleneck in making J&K a place where justice should prevail as the political class, which was biased, and lopsided used this contentious Article for its convenience by fooling the common person especially those belonging to Jammu Province and Ladakh region.

## Indian Army screening patriotic movie at Kunda, Pogal



JAMMU, JAN 24: Indian Army kick starts the celebrations for the Republic Day by screening 'Shershaah' patriotic movie in Kunda Madrasa of Pogal in Pogal Panchayat, Ramban District. With the aim of instilling the

sense of patriotism in the budding minds and to keep them away from anti-social activities, Indian Army took up the initiative to screen a patriotic movie and tell the children about the basic etiquettes and their responsibilities towards the nation. A large

no of children of age group 8 years to 18 years, 3 maulvi and 16 civilians attended the program. Children were enthusiastic and joyful. Children also presented their views on Republic Day and Unity in Diversity.

The event instilled the sense of patriotism and also gave the message of single identity of being Indian. The program emerged out to be a valuable platform where the people of Pogal enjoyed togetherness and felt proud of Tricolour.

Awaam gave a heartfelt gratitude to the Indian Army for conducting this event. They were happy and enthusiastic for event being in remote area Pogal, Ramban district.

## DF&SS hold protest against Digvijay's remark over Surgical strikes



JAMMU, JAN 24: Senior Congress leader and former Madhya Pradesh CM on Monday courted controversy after he questioned the authenticity of surgical strikes carried out by the Indian Armed Forces across the Line of Control.

They(Centre) keep harping on surgical strikes. They talk about how many were killed in surgical strikes but there is no proof of it. The workers of Dogra Front & Shiv Sena under the leadership of President Ashok Gupta took out a massive protest rally in Jammu city against the Digvijay Singh statement by burning the effigy of the Ex Madhya Pradesh Chief

Minister.

Gupta stated that Singh made the comment on the day when the country is celebrating Parakram Diwas, the birth anniversary of freedom fighter Netaji Subash Chandra Bose.

India will not tolerate if they speak against armed forces.

The party has distanced itself from the statement of Digvijay Singh but this is not the first time the Ex Madhya Pradesh Chief Minister has made remarks like this when the surgical strike happened in 2016 Singh Pointing out that UN Observers and its official spokesperson had disputed India's claim, in the first week of October he argued

that "leave Pakistan ... but if an independent body like the UN is doing that we should do everything to prove them wrong and to protect the credibility of our armed forces".

He further stated that "Added one more to his list

of anti-national activities. Calling terrorist Osama, Osama ji; sharing stage with Zakir Nair; constant disrespect to the mother power with speeches.

Digvijay Singh has become a symbol of giving venomous remarks. Trust in the Army is unbreakable and above politics. If the Army said that there was a surgical strike, then also you ask for proof repeatedly.

He further stated that the Indian Army is not bound to give proof about the Surgical strikes it conducted in Pakistan-Occupied Kashmir, adding that the government knows that sharing the details of the attack is 'against the policy of the army'.

## National Girl Child Day celebrated at Anantnag

JAMMU, JAN 24: An event was today organized by the District Social Welfare Department Anantnag to celebrate National Girl Child Day at Govt College for Women, Anantnag.

The event marked the culmination of the Girl Child Week being celebrated in the district under the aegis of 'Beti Bachao Beti Padhao'. Speaking on the occasion, Secretary DLSA, Mir Wajahat highlighted the importance of creating awareness in the society about the importance of girls. He said that strict legal provisions are in place to prevent sex determination prior to birth.



## Congress should not drag army in baseless controversies: Kavinder



**JJ NEWS SERVICE JAMMU, JAN 24:** Taking strong exception against the statement by Congress leader Digvijay Singh, senior BJP leader and former deputy chief minister advised the leadership of country's oldest party to refrain from dragging army in the groundless controversies claiming that the same amounts down the morale of the personnel responsible for country's protection from adversaries.

The BJP stalwart was chairing the meeting of Jammu South Constituency here on Tuesday. The meeting was organised by Rekha Mahajan President Jammu South Constituency to make the strategy for the ensuing polls in the UT of

J&K and sensitizing the party activists ahead of political contests including the Assembly, Lok Sabha and the Panchayat polls. Kavinder said that the divergent remarks by the Congress leaders including Rahul Gandhi, Jairam Ramesh and Digvijay Singh during the BJY has made one thing clear that there is difference of opinion on every issue in the party and the time is not far when the Congress will die its own death. He said, "It is anybody's guess that BJY is the last fiddle to save the Congress' ship from sinking, but deep in heart Rahul and his ilk know well that it is the mission impossible as no power on earth can rejuvenate it". He said that leaders like Digvijay

should desist from decrying the army as this amounts to lowering of the morale of the brave security forces in the country. He said that historically Congress had created a State of J&K as a separate entity in the country, which the BJP leadership has undone after much difficulty therefore it is advisable for the old party to keep off from J&K to help the people lead a life with dignity and peace as earlier these two things were snatched by this directionless political outfit. He also slammed senior Congress leader Jairam Ramesh for misbehaving with media persons during the press conference of Rahul Gandhi. He said that such unwarranted behaviour by such a senior

leader is unacceptable.

Earlier, Kavinder also felicitated the newly elected office bearers of the Jammu South Constituency.

Kavinder laid emphasis on the party workers to focus on upcoming polls and make all possible efforts to ensure victory of BJP in the ensuing elections in Jammu and Kashmir Union Territory.

Rekha Mahajan said that the party cadre is ready to go for any political battle in J&K as ground work for the polls has been accomplished to the satisfaction of party leadership. She however asked the cadre to continue with the good work by remaining proactive on ground until the party registers a thumping majority in Assembly as well as Lok Sabha polls.

Other prominent persons present in the meeting included Ayodhya Gupta Parbhari, Vikram Randhawa Ex MLC, Garu Ram Bhatag DDC Member, Pt Ashok Khajuria, Narinder Koki, Shaluu Gupta, Karuna Khetri, Aakash Chopra, Pushpendar Charak, All Morcha Presidents, Divya Jain, Mohd Rafeeq, Raman Sharma, Monu Salathia and Rohin Chandan.

## Model Academy organised Science and Art Exhibition



**JJ NEWS SERVICE JAMMU, JAN 24:** Model Academy, the prestigious school of MIER organised a 'Science and Art exhibition' under the banner of Art Integration, an innovative project by the CBSE.

The objective of art-integrated learning is to bring forth the innate skills and hone the creative genius of students. It further aims to make students 21st century-ready citizens, by empowering them with the competencies to understand, analyse, evaluate, interpret and innovate various real life situations. The exhibition was inaugurated

by Mrs. Rupa Gupta, Jt. Director MIER.

There were a number of working models on display some of the notable ones were rainwater harvesting, bio diversity, thermodynamics and other innovative projects under ATL. The art and craft pavilion depicted a comparative study of J&K and Tamil Nadu. The notable highlights were dresses, tourist places, jewellery and cuisine of both the regions. The management of the school visited the exhibition and viewed each and every project/model and craft work prepared by the

students. The students gave demonstrations and detailed explanations regarding their projects.

Mrs. Rupa Gupta applauded the efforts of teachers and students for their innovative and novel ideas and emphasised that such exhibitions are important for students to apply the scientific method to conduct independent research. The purpose to conduct a science exhibition is to instil a scientific attitude in the young generation and to make them realise the interdependence of science, technology, art and their responsibilities

towards society. It provides a platform for the students and teachers where they can learn great experiences and get motivated to design and develop something new and innovative. She further said that such exhibitions instilled confidence in the young minds to think as artists, designers and innovators.

Principal, Mr. Pramod Kumar Srivastava in his interaction with students said that exhibitions provide platform for students to use scientific knowledge and it also allows them to work in groups and learn from each other. Mr. J K Dhiman, Vice-Principal, while appreciating the students said that art and science integrated exhibitions provide opportunities to students to display their talents, broaden their curiosity and horizon of learning. Ms. Ishika Gupta, of class XI and student coordinator provided support and guidance regarding the exhibition.

## Manjit Singh, villagers stage protest against proposed dumping zone in Amwol village

**JJ NEWS SERVICE SAMBA, JAN 24:** Apni Party Provincial President Jammu and Former Minister, S. Manjit Singh along with dozens of people protested against the proposed dumping zone which is going to be established at Amwol village of the district.

The protesting villagers assembled in front of the SDM office in Samba and shouted slogans against the authorities for their proposal to establish a dumping zone in Amwol village without the consultation of local residents.

The villagers led by S. Manjit Singh assembled outside the office of SDM and submitted a memorandum to the SDM concerned demanding replacement of the site far away from the



proposed site for dumping zone in the village as it has caused environmental hazard. "The dumping zone will become a threat to ecology, ground water, ponds and the playground nearby the proposed site for the dumping zone. In this regard, the authorities

should review the proposal and shift the site to an alternative at an isolated place," he said. To avoid environmental problems, he said, the authorities should avoid putting the people in trouble and identify an alternative place to establish a

dumping zone. Later, he submitted a memorandum to the SDM and informed him about the problems that would emerge after the establishment of the dumping zone. The SDM however assured Manjit Singh that he would look into the demands.

## Imran Khan met with Rahul Gandhi during Bharat Jodho Yatra



**JJ NEWS SERVICE JAMMU, JAN 24:** Large no of people have reached Jammu to participate in Bharat Jodho Yatra and journalists from across the country were present to cover Bharat Jodho Yatra. The one man who shine in Jammu was Imran Khan Journalist from Thanamandi area of District Rajouri. He met with Rahul Gandhi in Jammu and told him that the media in JK is providing coverage all the issues of common people in all leading newspaper.

He also showed him press cutting of leading newspaper Daily Excelsior covering Bharat Jodho Yatra from day one. Imran Khan is working with Daily Excelsior and during his interaction he shared news of Bharat Jodho Yatra covered by Daily

Excelsior.

During his interaction Rahul Gandhi told him about his mission to start Yatra and told him that unemployment and poverty is at its highest rate in India and Government at centre isn't concerned about the problems of people and instead of controlling poverty and unemployment they are spreading hate among people. Even they don't allow Independent Institutions to work at their own.

Imran Khan told him that people of entire J&K like him very much and were eagerly waiting for entry of Bharat Jodho Yatra in Jammu and that's why people in large no came on road to welcome him.

During the meet he also shared with him about his reason of wearing

T Shirt in cold climate as he met three girls in a shirt and after that he decided to complete the Yatra in a simple T Shirt and will wear jacket only when he will feel coldness. Rahul Gandhi told that he feels the problems being faced by people and very much concerned about them. Imran told him that media in J&K is independent and covering all the happening of day today and there is no such issue of being deviated to only one party or region.

Rahul Gandhi highly appreciated him for his work done and for raising public issue in media. Rahul Gandhi told that he visited Border areas of Poonch in 2015 and haven't seen any changes till now after that and from that large no of people are killed. He told that Yatra is very successful for him as he interacted with different people during Yatra and learned a lot from them.

He added that from day one to till now people in large no are joining with him everyday. He told that everyone will see how people will welcome Yatra in Srinagar. He added that he is spreading the message of peace and brotherhood through this Yatra.

## A.S.N.School conducts Medical check-up camp

**JJ NEWS SERVICE JAMMU, JAN 24:** A.S.N.Hr.Sec.School, channi Himmat, Jammu today conducted Medical Check-up camp in collaboration with Bharat Petroleum Corporation Limited inside the school auditorium where in around 100 students and 20 teachers of the school participated. Mr. Varun Sharma, Sales Officer BPCL, Mr. Summet Mahajan, Prop. Shiv Gas Agency participated from BPCL and demonstrated the proper use & installation of gas cylinder along with chullah.

Dr Ashok Kumar Gupta, Retd Professor & Head Pediatrics GMC, Dr. Pranav Gupta & Dr Etti Goyal (Eye Specialists) conducted the routine health & eye check-up and briefed the children about the various do's and don'ts.

The Programme started with presentation of bouquet to the distinguished guests followed by lamp lighting.

Mr. Ritesh Kapoor, Administrator of the school presented the formal welcome address and highlighted the need for the routine medical check-ups.



He said human body is more like a machine and the way we get the regular servicing & checking of the machinery, the same way human body also needs routine check-ups.

He added that good health is a key to long and healthy life but in present scenario, our sedentary lifestyle and fast food culture has spoiled our health to the great extent specially in students life as their routine is deprived of the same.

Speaking on the occasion, Mr Varun Sharma, Sales officer BPCL appreciated the efforts done by the school management for the wonderful conduct of the show.

He said that schools play major role in teaching the child about the health benefits and such programmes makes them more aware about the ill effects. The programme concluded with presentation to souvenirs amongst the guests followed by National Anthem.

## Jio announces the largest ever jio true 5g roll-out with 50 cities across 17 States/UT

**JJ NEWS SERVICE JAMMU, JAN 24:** Reliance Jio today announced the largest-ever launch of its True 5G services across 50 cities. With this, Jio users across 184 cities are now enjoying Jio True 5G services.

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

Commenting on the occasion, Jio Spokesperson said, "We are thrilled to launch Jio True 5G services in 50

additional cities across 17 states and union territories, taking the total count to 184 cities. This is by far one of the largest rollouts of 5G services, not just in India, but anywhere in the world.

We have stepped up the speed and intensity of True 5G rollout across the nation because we want every Jio user to enjoy the transformational benefits of Jio True 5G technology in the new year 2023. The entire nation will be able to enjoy and benefit from Jio True 5G services by December 2023.

We are grateful to the State Governments of Andhra Pradesh, Assam, Chhattisgarh, Goa, Haryana,

Jharkhand, Karnataka, Kerala, Maharashtra, Odisha, Puducherry, Punjab, Rajasthan, Tamil Nadu, Telangana, Uttar Pradesh, and West Bengal for their continuous support in our quest to digitize every region."

Jio True 5G has a three-fold advantage that makes it the only TRUE 5G network in India:

Stand-alone 5G architecture with Zero dependency on 4G network, the largest & best mix of 5G spectrum across 700 MHz, 3500 MHz, 26 GHz bands, Carrier Aggregation that seamlessly combines these 5G frequencies into a single robust "data highway" using an advanced technology called Carrier Aggregation.

## Indian Army organised Patriotic Song Competition at Gool

**JJ NEWS SERVICE RAMBAN, JAN 24:** In its effort of nurturing the young minds towards Patriotism, Nationalism and peace, Indian Army organised patriotic song competition for the students as a part of celebration on the occasion of 74th Republic Day under the initiative, 'We care' and 'We can' for local Awama.

A Patriotic Song competition was conducted at Army camp Gool in District Ramban (J&K) for students of different age groups. Teachers were also interacted to understand



their narrative of changing environment from militancy to current situation and improvement in education system in the region.

Aimed at generating national fervor among the Awama populace, it was

heartening to see 21 students subscribing to the event and showcasing their talent with their creativity in form of songs.

Post completion of the event Prize distribution was carried out from the

participants.

Amidst the appreciation of locals that the efforts of Indian Army towards the Awama are aimed at instilling sense of togetherness and unity among them.



## NDPI urges people to join peaceful struggle against discrimination with Jammu

**JI NEWS SERVICE**  
**JAMMU, JAN 24:** NDPI chief appeals political, social, cultural and the common masses to join the peaceful struggle against discrimination with Jammu National Democratic Party Indian (NDPI).  
 National Democratic Party Indian (NDPI) expressed its strong concern over the Jammu region is grossly discriminated in all most all walks of life and for this discrimination not only the valley based political masters are responsible but the passive attitude of the Jammu political leaders is no less responsible for the gross discrimination and injustice with the Jammu region.  
 NDPI held an office bearers meeting in the party office, here on Tuesday, which was addressed by NDPI chief Rajesh Gupta who was accompanied by other senior leaders including Umesh Manhas, Rajiv



Luthra, S. Kuljit Singh, Sandeep Anand and Tilak Raj.  
 Rajesh Gupta appealed to people of all walks of life of Jammu to join the peaceful struggle against discrimination with Jammu. NDPI chief said, "In the matter of education, employment, professional trainings, allocations of the funds and budgets, economic and social development and for the national projects and its allocations the Jammu stands discriminated and this is a sad commentary and it adversely impacts all of us. So the political leadership of

Jammu, social and cultural organizations as well as the common masses of Jammu should stand up and be ready for the peaceful struggle so that the discrimination with the Jammu province will be removed but it requires selfless struggle on the part of the people and political leaders."  
 NDPI leader said, "the Jammu province has been largely discriminated by the successive valley dominated rulers ever since the dawn of the democratic rule. The fact that the Jammu region stands grossly discriminated is not hidden from anyone.  
 It is very disturbing that step-motherly treatment has been meted with the Jammu region and there is an immediate need to do away with over seven decades of the continuous discrimination and give the people of this region its

due share in the matters of socio economic and political development."  
 NDPI president further added, "Thus discrimination is rife large on the face of Jammu and this is a serious matter and the political parties and leaders of Jammu should not play second fiddle to the perpetuation of the hegemony by the Kashmir centric rulers and political masters. So serious efforts need to be undertaken by the powers that be to facilitate the discrimination-free Jammu so that this division will also feel justice and equity in the lap of the democracy and the sooner it is done the better.  
 He also called for immediate assembly elections in Jammu and Kashmir and said that only a democratically elected Government can come concrete on the security front as the bureaucratic setup of LG Administration has failed.

## Govt must come clean on Land eviction order; DAP protest campaign reaches Poonch



**JI NEWS SERVICE**  
**POONCH, JAN 24:** The peaceful protest campaign of Democratic Azad Party on Tuesday reached Poonch district, demanding the withdrawal of order which directs authorities to evict the land from the common people. Hundreds of workers, leaders from the party defying the weather conditions and incessant rains marched towards the office of district development commissioner amid slogans of "Land Order

wapis lo" and submitted the memorandum in presence of General Secretary R.S.Chib, Jugal Kishore Sharma Provincial President, Salman Nizami Chief Spokesperson, Riyaz Bashir Naz DDC Member & Secretary DAP, Ex MLA Ashok Sharma, Secretar Masood Choudhary, Zonal President Zahid Sarfaraz Malik, Senior DAP leader Sobat Ali & others seeking revocation of order. R.S.Chib said that the order is unfair which denies a dig-

nified living to common people and rendering them homeless overnight. "All we want an election in Union Territory immediately. Let the people elect the government who can decide their fate," he said.  
 He said the statements of government are misleading and needs to be cleared in written.  
 Chief Spokesperson Salman Nizami said, the LG Manoj Sinha says that poor won't be touched and only the land grabbed by influential

and powerful people will be retrieved. But on ground the reality is different and the poor is suffering the most," he said, adding a directive shall be issued by the government which makes the things clear and poor can defend themselves legally. The DAP leaders said that the protests will continue in future peacefully to ensure the rights of the common people are not violated by this executive diktat. "If needed we can go for UT level peaceful agitation. Our demand is simple and clear. Spare the poor and needy. Revoke the order as soon as possible." Among others who participated in the protest were Haji Mohammad Sadiq, Nazir Tantry, Ch Akbar Dedhar, Ch Mohd Hanief, Bashir Ahmed Thakkar, Ch Fazal badana, Iqbal Sheekh, Farooq Khan Aslam sheekh, Azad Chohan, Ahmed Din, Haji Khadim Hussain, Sanaullah Shikh, Gulam Mohd Diku, Ab Hamid Bhat, Javid Tantry, Aziz Sheekh, Sanjeev sharma, Bittu Sharma, Gurjeet Singh, Sunny Sharma & others.

### NC sees off 'Bharat Jodo Yatra'

## Babu Rampaul joins Rahul Gandhi's Yatra from Nagrota



Ch.Rehmat Ali BDC Chairman, Israr Khan Vice-President Central Zone, Dr. Vikas Sharma, Bharat Bhushan, S.Surjeet Singh Sasan, Adv Aslam Choudhary, Dr. Gourav Bharat (all Secretaries Central Zone), Shabir Sambyal, District Vice President Jammu Urban, S.Teinder Singh District Youth President, N.Goswami and others reached at Nagrota bypass this morning—the place from where Bharat Jodo Yatra was to start.

**JI NEWS SERVICE**  
**JAMMU, JAN 24:** A delegation led by former Minister and President Central Zone (Jammu-Samba-Kathua) Babu Ram Paul today participated in the 'Bharat Jodo Yatra' at Nagrota which proceeded towards Kashmir.  
 The National Conference has supported Rahul Gandhi's Bharat Jodo Yatra and on his arrival at

Lakhanpur a delegation led by party President Dr. Farooq Abdullah has reached the gateway of Jammu and Kashmir to receive the Bharat Jodo Yatra. The National Conference workers have wholeheartedly supported this yatra on the way to Jammu from Lakhanpur.  
 While reaching Jammu yesterday the Central Zone led by its President Babu

Ram Paul welcomed the participants of the yatra by serving them tea and snacks at Digiana and later participated in the programme organized at Satwari. As the Bharat Jodo Yatra was to leave for Kashmir from Nagrota this morning a delegation led by President Central Zone which comprises of Shamim Begum DDC Member Dansal,

## DCE organises awareness lecture to mark National Girl Child day

**JI NEWS SERVICE**  
**JAMMU, JAN 24:** Population Club of Dogra College of Education Organized an Awareness Lecture on the Topic "Importance of Girl Education in India" on the occasion of "National Girl Child Day" on 24th January 2023 in the Auditorium of the College. The resource person on the occasion was Mrs. Shivali Mehta, Lecturer in Mathematics, Dogra College of Education. The programme started with lighting of traditional lamp followed by welcome address given by Ms. Simran Jamwal, student of B.Ed. Semester 3rd.



The resource person on the occasion shared her views regarding the Importance of Girl Education in India and to raise awareness of injustice that girls experience in Indian society. In her lecture, resource person focused that the day is cel-

ebrated to create awareness about the rights and opportunities every girl deserves. It helps to eradicate gender biases and create a positive environment for valuing the girl child.  
 She further added that national girl child day demands equal amount of respect and value of the girl child from the society to make their living better and to promote the girls position in the society. Prof. Darshana Sharma, Director Dogra Group of Colleges also expressed

her views on the topic. She stressed that there is no better way of promoting girls welfare than provide them the best educational opportunities.  
 Awareness lecture was attended by approximately 70 students of B.Ed Semester 1st and 3rd along with 30 people from local community of Bassi Kalan.  
 The lecture was followed by interaction of the local community people and students with the resource person.  
 Prominent among those

present on the occasion were Prof. (Dr.) Darshana Sharma, DGC & DC, Dr. Vikesh Kumar Sharma, Principal, Dogra College of Education, Dr. Shefali Sharma, IQAC/Academic Coordinator and all the faculty member of Dogra College of Education. A formal vote of thanks was presented by Mrs Sarika Kumari who thanked the learned speaker for delivering a thought provoking lecture and local community people for participating in the programme.

## Neeraj Dewan felicitates Megha Gupta for securing Rank 1 in JKPS/JKAS CCS Exams

**JI NEWS SERVICE**  
**BARAMULLA, JAN 24:** Neeraj Dewan BJP Leader and Contested MLA felicitated Megha Gupta D/o Dharmendra Gupta R/o Janipur Colony Jammu who secured Rank 1 in the JKPS/ JKAS CCS. She did her schooling from Presentation Convent School and later she did masters in Environmental Science from Jammu University. Sh. Neeraj Dewan said that Miss Megha Gupta has created history by securing rank 1



JKPS/ JKAS CCS Exams. He said that it is a proud

moment for our society, community and People of Janipur Colony. He further that we are hopeful that the youngsters of Jammu will take inspiration from Miss Megha Gupta and in future more youngsters will qualify the competition exams and make us proud. Sh. Dewan said that we are looking ahead bright future of Miss Megha Gupta and our best wishes are with her.  
 He said that we are hopeful that Miss Megha Gupta will work for the upliftment of the society and community.

## Rising graph of secular forces proving nightmarish for BJP: Rattan Lal

**JI NEWS SERVICE**  
**JAMMU, JAN 24:** Termining the response of BJP leadership against Congress' Bharat Jodo Yatra as bizarre and obsessive, Rattan Lal Gupta National Conference Provincial President Jammu said that increasing graph of secular forces is proving as a worst ever nightmare for the BJP leaders in J&K.  
 In a statement issued to media persons, the senior NC leader said that the reaction by the frustrated BJP leaders towards BJY is testimony to the fact that they have become restive

because from top to bottom every single leader of the party in power is commenting on the aforesaid initiative taken by Rahul Gandhi and supported by the J&K National Conference and its leadership in J&K as if party has no other work to accomplish in the Union Territory, which is entangled with so many vital and burning issues.  
 "Surely, BJY has made BJP leaders restless especially because the NC and other secular forces in J&K have extended whole hearted support to the endeavoured started by the

Congress to counter the hate politics being played by the party in power", Gupta said, adding that the frustration of BJP leaders in J&K has surpassed the aggravation of BJP's national leaders as they have engaged in giving unfounded statements against NC and its leaders as this political outfit has also supported the aforesaid Yatra.  
 Rattan Lal said that BJP leaders should recall and remember that NC is the party who had rejected the two-nation theory on the basis of which the country was divided and joined

hands with secular India of Mahatma Gandhi, Jawahar Lal Nehru and Maulana Abdul Kalam Azad.  
 He said that the level of frustration of BJP leadership has crossed all the limits due to the popularity of secular forces in the country.  
 The Provincial President said that the proxy government of BJP in Jammu and Kashmir has failed to fulfill the aspiration of general public and now they are trying to impose property tax which will overburden people, who are already struggling to make ends meet.

## National Girl Child Day celebrated with great enthusiasm & fervor at B'la

District Administration committed for empowerment of Girl Child: Dr. Sehrish

**JI NEWS SERVICE**  
**BARAMULLA, JANUARY 24:** The Social Welfare Department Baramulla in collaboration with District Administration today held a day-long function at Dak Bungalow in connection with the celebration of girl child day being observed across the country.  
 Deputy Commissioner (DC) Baramulla, Dr. Syed Sehrish Asgar presided over the function as chief guest whereas Principal, Government Medical College Baramulla, (Prof) Dr Ruby Reshi, Chief Medical Officer Dr Bashir Ahmad Malik and officers of different departments also showed

their participation. Speaking on the occasion, Dr Sehrish said that the aim and objective of observing this day is to treat girl child equal to male child in all respects, and pay sincere heed to her needs on similar parameters a male child is receiving.  
 If we give education to a girl, it means we have educated the whole family, given the fact that mother is the first and prime educator for a child, the DC said adding, every religion has treated female gender with respect.  
 The DC in her address said that various initiatives have been taken on the part of district administration for

educating and empowering a girl child besides terms them at par with boys in every respect.  
 Meanwhile, various other speakers also highlighted the importance of celebration of Girl Child Day and also highlighted the achievements made under various schemes/ programmes meant for the socio-economic development of the Girl Child.  
 Later, a felicitation programme was held during which DC distributed awards, certificates, mementos to the girl students, athletes, workers and other persons who had demonstrated excellence in their respective fields at National and International level.

## Indian Army organises Painting Competition at Chas

**JI NEWS SERVICE**  
**KISHOTWAR, JAN 24:** Indian Army undertook an initiative of organising a Painting Competition as part of Republic Day celebration at Chas in District Kishotwar (J&K).  
 A large no of boys and girls participated in the event despite of heavy snow and extreme weather

conditions reflecting spirit of patriotism and love for country in the young minds. The creativity of the children was commendable and praiseworthy. Theme of the painting competition evoked patriotism and love for Nation on the other. In the end, the Indian Army officials, recognising the efforts of

kids gave away prizes. Miss Tanya secured 1st position, Miss Aaisha Rukhsar 2nd position & Miss Deepali 3rd position.  
 The Indian Army officials praised the participants for showing creativity and determination and also encouraged them to practice and excel in all such events in future.

The event was also witnessed by various civil dignitaries of Chas. Teachers and students from the school and parents of students highly appreciated the efforts of Indian Army towards providing the students with such opportunities which prove quite helpful in their all round development.



## Sgr-Jmu NH closed only for 8 hours this winter: Officers to CS

JJ NEWS SERVICE

JAMMU, JANUARY 24: Chief Secretary, Dr Arun Kumar Mehta today chaired a meeting to review the status of development of different roads and Highways connecting different parts of the UT.

The meeting was attended by Principal Secretary, PWD, Secretary, Transport, Deputy Commissioner, Ramban, Transport Commissioner, Representatives from NHAI and other concerned officers.

Dr Mehta impressed upon the officers to ensure that there is smooth movement of traffic on the National Highway during these winters. He asked them to be ever ready with requisite men and machinery to deal with the weather vagaries. He stressed on minimising disruptions and ensuring that traffic movement remains uninterrupted throughout the year. He reiterated that traffic on this National Highway should move in both ways after 15th March as much of the



Two way traffic on the Highway to commence by 15th March

Handing over Jaiswal bridge by 15th Feb & T5 tunnel by 15th March for public

bridges and tunnels being constructed would get completed by then. He enjoined upon the officers focus on the difficult stretches between Banihal and Ramban. He urged them to take instant measures in case of inclement weather. He took note of the under construction bridges at Maitra, Ramban and one at Jaiswal. He passed on directions to the concerned to accelerate the pace of work so that these vital connections are completed soon.

The Chief Secretary stressed

on developing roads leading to the tourist spots of Mantalai and Sanasar. He maintained that the better road links to these places would give boost to the tourism there as these places have great potential as tourist destinations.

He also reviewed the status of roads developed under Bharat Mala programme and its allied infrastructure. He enquired about different roads and bridges taken up by the PWD for construction in the length and breadth of the UT. The Chief Secretary stressed on developing

the internal roads in both the cities. He remarked that the face of any region are its roads. He made out that road networks facilitate development of whole regions besides adding to the beauty and aesthetics of the city. He urged the concerned Departments not only to just maintain city roads but develop them on modern lines too.

He directed face lift of the entry point of UT at Lakhampur in district Kathua. He remarked that it should be attractive benefiting the pace of progress and

development. Dr Mehta directed the traffic police to strictly maintain lane discipline on the road and take all the steps against the violators including e-Challenging. He asked them to act tough on those resort to road side parking and disrupt others.

The meeting was informed that this winter the Sgr-Jmu National Highway remained closed for just 8 hours in total as against 220 hours in previous winter. No full day was lost in last two years due to closure of NH. It was further given out that in order to ensure movement of traffic on both the sides of the Highway the T5 tunnel would be dedicated to public on 15th of March and Jaiswal bridge on 15th of February this year.

## National Lok Adalat to be held on February 11 at DCC Moominabad Srinagar

JJ NEWS SERVICE

SRINAGAR, JANUARY 24: The District Legal Services Authority (DLSA), Srinagar is organizing National Lok Adalat on 11 February, 2023, in the premises of District Court Complex Moominabad, Srinagar.

Parties or their Advocates, whose cases are pending before any Court at District Court Complex, Moominabad, Srinagar or before the Court of Additional Mobile Magistrate (IFC) Panthachowk, are desirous to settle their cases/ claims/ matters through the above scheduled Lok Adalat, shall approach the concerned Courts by or before 08 February, 2023.

Besides, the parties whose cases are not pending (i.e. Pre Litigation Matters) in any court but are desirous to settle their disputes can also approach office of the DLSA Srinagar on any working day or before 08 February, 2023 so, that their cases, claims or matters are processed and referred to the National Lok Adalat for settlement.

Various types of cases (Pre Litigation and pending in courts), Pre Litigation, NI Act cases under Section 138, Money recovery Cases, Labour dispute cases, Electricity and Water bill cases (excluding non-compoundable), Maintenance cases Other (Criminal compoundable and other civil disputes) Pending in courts shall be taken up for settlement.

## GDC Ramgarh organises Rally on Beti Bachao Beti Padhao

JJ NEWS SERVICE

SAMBA, JANUARY 24: The National Service Scheme unit 'Prabha' of Government Degree College Ramgarh organised a rally on 'Beti Bachao, Beti Padhao' as an extension activity on the day-six of the ongoing 7-Day NSS Special Winter Camp under the banners of 'My College My Pride' and 'My Town My Pride' initiatives.

The camp was conducted under the supervision and leadership of Prof. (Dr.) Satinder Kaur, the Principal of the College. She said that 'Beti Bachao, Beti Padhao' (Save the Daughter, Educate the Daughter) is a campaign launched by the Government of India. She explained that female foeticide has led to a sharp drop in the ratio of girls born in contrast to boy infants in some states in India. Ultrasound technology has made it possible for pregnant women and their families to learn the sex of a foetus early in a pregnancy. Discrimination against girl infants, for several reasons, has combined with the technology to result in a rise in abortions of foetuses identified as female during ultrasonic testing. In order to curb this social issue, the Government of India has formed a National Executive Committee to promote 'Beti Bachao Beti Padhao' across the country. The committee is organizing several programs to promote 'Save Girl Child' and 'to Educate Girl Child' since January 2015. Further, she added that the College has always performed its social responsibilities towards the society through such extension activities.

Dr. Shamsheer Lal, the Programme Officer of the NSS unit 'Prabha' of the College, the NSS Committee members, Physical Training Instructor, other staff members and the NSS volunteers participated in the Rally that was carried out in the College's adopted village 'Kalah'. The participants carried posters and chanted slogans in support of 'Beti Bachao, Beti Padhao'. The residents of the College's adopted village 'Kalah' applauded the College administration for these initiatives.

## DC Rajouri reviews progress under Jal Jeevan Mission



JJ NEWS SERVICE

RAJOURI, JANUARY 24: Deputy Commissioner Rajouri, Vikas Kundal today chaired a meeting of the concerned officers to review the progress made under Jal Jeevan Mission.

CPO, Mohammad Khurshid; DSEO, Sandeep Sharma; SE Hydraulics, Sanjeev Sharma; ExEn Jal Shakti Rajouri, Adarsh Kalsotra; ExEn Jal Shakti Nowshera Vipin Kumar; ExEn Jal Shakti Mechanical, Manmohan Singh and other concerned officers attended the meeting. The meeting was informed that out of 183 schemes, the tenders for 45 schemes have been allotted while the work on 29 schemes is in progress.

Discussing the progress under JJM in Nowshera division, it was informed that out of 110 schemes, the tenders for 40 schemes have been allotted while the work on 25 schemes is in progress. The DC also reviewed the IEC activities being carried out in the district under JJM by ISA. It was informed that the IEC activities are being carried out in the district by Integrated Support Agency (ISA) to sensitize the public about water conservation; different aspects of the Jal Jeevan Mission and the role and responsibilities of the Gram Sabha in the conservation of local water resources. The DC emphasized on making every effort to ensure that the goal of providing tap water to all households was achieved in time. He also stressed on timely utilisation of the funds sanctioned for the JJM Projects and ensuring regular inspection of the ongoing projects.

## Director RDD reviews construction of houses under PMAY-G (SECC)

JJ NEWS SERVICE

JAMMU, JANUARY 24: Director, Rural Development Department Jammu, Mohammad Mumtaz Ali today chaired a meeting through video conference mode to review the progress of PMAY-G (SECC) here from his Office Chamber.

Assistant Commissioners Development Udhampur, Kishtwar, Rajouri, Kathua, Reasi, Poonch and Ramban along with Block Development Officers of 50 low performing blocks of different Districts of Jammu Division attended the meeting.

He took extensive review of the low performing Blocks and directed the BDOs to expedite the pace of completion of houses under PMAY-G (SECC) / Awasplus as per targets already allocated to each District. He further directed to issue notice to the beneficiaries who have not started the work of houses despite receipt of Installments. He also impressed upon the low performing blocks to work with zeal and dedication to achieve the set targets well before timeline. He also issued strict instructions to clear the gaps between target and sanction list installment to all the eligible cases as per guidelines before 31st January, 2023. All the Assistant Commissioner Developments/Block Development Officers were directed to ensure that all the beneficiaries who have received all their installments complete their houses by 31.01.2023. He also advised them to coordinate with the PMAY cell in case of any technical glitch/issue. Instructions were also issued for maintaining transparency in the process of timely completion of houses as per Targets assigned to each Block.

## Rs 3.5 lakh fine imposed on erring FBOs at G'bal

JJ NEWS SERVICE

GANDERBAL, JANUARY 24: The Court of Adjudicating Officer, Additional District Magistrate Ganderal, Mehraj-ud-Din Shah today imposed a fine of Rs 3.5 lakh on Food Business Operators (FBOs) including manufacturers, wholesale dealers and retailers for violating the Sec.51 and 52 of FSS Act-2006.

The fine was imposed on the erring traders (miss branded and sub standard food) during the proceeding of cases of various blocks of district Ganderal related to the Food Safety and Standards Act-2006, listed before the Adjudicating Officer. The Adjudicating Officer also warned them to abide by the legal regulations adding that non-compliance of food safety and standards Act and rules thereunder by the food business operators of the district will be dealt with more strictly in coming time.

## National Girl Child Day 2023 celebrated at Kishtwar

JJ NEWS SERVICE

KISHTWAR, JANUARY 24:

To motivate the people to provide equal opportunity to girls at home and at their workplace, the National Girl Child Day 2023 was today celebrated in the district Kishtwar under Beti Bachao Beti Padhao (BBBP) and Azaadi Ka Amrit Mahotsav. An impressive function was organized by the Social Welfare Department in collaboration with ICDS and other departments. A variety of activities were held on the occasion, including motivational lectures on the theme 'Beti Bachao Beti Padhao' a Nukkad Natak by the girl students, besides a song by child singer Samridhi Sen.

Additional District Development Commissioner Sham Lal was the chief guest, while SDM Paddar, Dr Rishi Sharma was the guest of Honour. The programme was



organised by the District Social Welfare department in collaboration with Officials of One Stop Centre & District Hub for Empowerment of Women (DHEW) and Mission Shakti. District Social Welfare Officer, Zubair Ahmed, Nodal Officer JKRLM, female SHG members, girl Students, Tehsil Social welfare Officers, besides prominent female personalities were also present on the occasion.

At the outset, the DSWO welcomed the

chief guest and highlighted the importance of the "Beti Bachao Beti Padhao" Campaign. He talked about the significance of the National Girl Child Day celebrated every year on January 24.

The Speakers highlighted the achievements of girls in different fields of life, besides highlighting measures taken by the government for social security and protection of rights of womenfolk.

Several meritorious girls were also felicitated by the chief guest in presence of other dignitaries.

A signature Campaign was also organised where-in participants marked their support for the education and gender equality.

In his address, the ADDC apprised the girl students about the various women and girls centric initiatives and welfare schemes launched by the government. He also highlighted the importance of education of the girl child for the socio-economic uplift and equality of women folk.

## DC B'la distributes Tabs among field functionaries of Revenue Department

JJ NEWS SERVICE

BARAMULLA, JANUARY 24: In a bid to make all Government services online for the ease of people, the Deputy Commissioner (DC) Baramulla, Dr Syed Sherrish Asgar in presence of Assistant Commissioner Revenue, Peerzada Mumtaz Ahmad today distributed

tabs among the field functionaries of Revenue Department (Pathwaris) in a function organised at Dak Bungalow here.

During the function, the DC took first hand appraisal from each of the officials about their progress in LG's initiative Land Records Information System (LRIS) in the district. She

asked them to make every preparation of offering Services in online mode from now onwards.

Dr Sherrish observed that people should be able to avail each service from the comforts of their homes. She made out that our mobile phones should simply replace offices for the common masses.

## Mission Youth organizes Career Guidance, Interaction session under PARVAAZ scheme

JJ NEWS SERVICE

JAMMU, JANUARY 24: In a first of its kind initiative, Mission Youth organized a one day Career Guidance and Interaction cum Feedback session with candidates undergoing coaching under PARVAAZ scheme in Jammu. The event was conducted for the candidates being mentored and coached for both IAS and JKAS besides NEET and JEE examinations. Secretary, Tribal Affairs and Chief Executive Officer, Mission Youth, Dr. Shahid Iqbal Choudhary was the chief guest on the occasion.

Deputy Director, Tribal Affairs Department, Dr. Abdul Khahir and senior officers from Mission Youth were present.



The event was organized with an aim to provide exposure to the candidates selected under PARVAAZ scheme through the medium of direct interaction and Q&A session with the officers from both IAS and JKAS. Around 500 candi-

dates, who are undergoing coaching at various institutes empanelled with Mission Youth, participated in the event along with representatives from coaching institutes. Tabish Saleem spoke about the idea behind the initiative while

Dr. Abdul Khahir educated the candidates on important topics of Stress Management and Mental Health. The marquee event of the day was the interaction cum feedback session of the candidates with Dr. Shahid Iqbal.

He had an exclusive interactive session with the candidates entirely based on the expectation and questions of the candidates. He spoke about the way India and J&K were moving forward and co-related the same with the evolved role, responsibilities and expectations from Public servants. He discussed in detail the benchmark expectations from candidates by UPSC/JKPS in examinations like IAS/JKAS. He told how important it was for the candidates to under-

stand the requirement of a multifarious job like that of the public servant before entering the service itself. Dr. Shahid Iqbal emphasized on the students to have an open mind to learning, mindful of their strengths and weakness and not to fall into the trap of herd mentality. He exhorted upon candidates to not get disheartened if they are not able to clear the exam but take the learning to become better individuals and citizens. During the entire interaction, students gave feedback regarding ongoing PARVAAZ scheme courses and expressed gratitude to the J&K government for running such a scheme to give wings to the aspiration of thousands of youth of the UT.