



TO OUR READERS

On account of Republic Day, the office of JINDRAH IMAGES, shall remain closed on January 26, 27. The next issue of the newspaper will be available on Sunday, January 29, 2023

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We have scripted a golden chapter of employment boom in J&K: Lt Governor



JJ NEWS DESK
JAMMU, JANUARY 25

On the eve of 74th Republic Day, Lieutenant Governor, Manoj Sinha felicitated and handed over certificates to selected Youth who have availed the assistance to start their own business venture.

The Lt Governor said that the administration is fully committed to youth entrepreneurship and ensuring self-employment opportunities.

"We have taken many steps to create supportive infrastructure, schemes and policies to speed up economic development of Jammu Kashmir and to meet the aspirations of our young people. Mission Youth, JKRLM and other government agencies

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Lt Governor graces National Voters' Day Celebrations

JJ NEWS DESK
JAMMU, JANUARY 25

Lieutenant Governor, Manoj Sinha graced the 13th National Voters' Day celebrations today at Convention Centre in Jammu.

Speaking on the occasion, the Lt Governor said that the objective behind this celebration is to encourage our voters to participate in the democratic process.

"Active participation of people in electoral process is key to healthy democracy. Congratu-



lations to the young voters who have enrolled recently," the Lt Governor said.

The Lt Governor said that this year's theme of National Voters' Day, "Nothing like voting, I vote for sure" reminds every citizen of their solemn duty towards the nation and democratic principles.

"On this occasion, let us take a pledge to keep the national interest paramount and rededicate ourselves to strengthen the democratic system, he added.

The Lt Governor said, exercising the 'Right to Vote' is the expression of one's opinion which holds high value in the democracy. He called for upholding the democratic traditions of the country and the dignity of free, fair, transparent and peaceful elections.

The Election Commission of India has gained global recognition for a strong & transparent system. The Election Commission is continuously

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Substantial increase in project completions: CS



JJ NEWS DESK
JAMMU, JANUARY 25

Chief Secretary, Dr Arun Kumar Mehta today remarked that J&K has come a long way in improving both the quality and magnitude of expenditure in the last couple of years which has resulted in five fold increase in number of projects completed.

He made these remarks while speaking in a meeting to review the expenditure out of Capex budget 2022-23 by different departments.

The meeting was attended by the Administrative Secretaries, Directors of Finance and other concerned officers from different departments. Srinagar based officers participated in the meeting

through video conferencing.

At the outset, the Chief Secretary impressed upon the Administrative Secretaries to look out for the projects that are nearing completion so that funds are provided for their early culmination. He urged them to accelerate the pace of expenditure so that no part remains to be unspent before the given period.

Dr Mehta maintained that J&K has improved on many indices continuously from the last few years. He gave out that the developmental curve has seen an upward trend with enhanced focus on both quality and quantity of work done on ground.

The Chief Secretary stressed on continuing this pace

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Driver died, 2 injured after shooting stones hit two vehicles in Ramban

JJ NEWS DESK
SRINAGAR, JANUARY 25

A truck driver died and two other persons were injured when shooting stones hit two vehicles on Srinagar-Jammu national highway near Magarkote area of Ramban on Wednesday.

Deputy Commissioner Ramban, Mussarat Islam told the news agency that due to overnight rains shooting stones hit two vehicles.

He said in the incident, the

truck driver died on the spot while two others were injured. "The injured have been shifted to PHC Ramssoo for treatment", he said.

The truck driver has been identified as Muneeb Hajam of Supat Kulgam and the injured have been identified as Gopal Singh of Peera and Rajinder Nath of Batote.

Traffic officials said the Jammu-Srinagar national highway was closed for traffic on Wednesday as heavy rains and shoot-

ing stones/mudslides between Chanderkot and Banihal has led to blockades along the stretch.

"No fresh vehicular movement shall be allowed from Jammu towards Srinagar and vice versa on Thursday till clearance of the road", officials said.

They said authorities of NHAI also pressed into service their men and machinery to clear the accumulated snow, stones and debris from the Srinagar-Jammu national highway to make the road traffic worthy.

AC Enhances Annuity Grant in favour of Gallantry Awardees from UT

JJ NEWS DESK
JAMMU, JANUARY 25

The Administrative Council (AC) which met here under the chairmanship of the Lieutenant Governor, Manoj Sinha gave its approval for enhancement of Annuity Grant in favour of Gallantry Awardees from the UT of J&K.

Rajeev Rai Bhatnagar, Advisor to the Lieutenant Governor, Dr. Arun Kumar Mehta, Chief Secretary, J&K attended the meeting.

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Govt freezes boundaries of all administrative units in J&K

JJ NEWS DESK
JAMMU, JANUARY 25

The Jammu and Kashmir government has ordered freezing of boundaries of all administrative units in the Union Territory till completion of census 2021.

"In exercise of the power conferred by clause (iv) of rule 8 of the Census Rules, 1990 and in supersession of all notification issued in this behalf, the Government of

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74th REPUBLIC DAY

GREETINGS TO THE PEOPLE OF JAMMU AND KASHMIR

Let us take a pledge to empower common people and build a stronger Jammu and Kashmir

GOVERNMENT OF JAMMU & KASHMIR

DIP/J-14709/22

Atal Dulloo reviews progress on linkage of J&K mandies with e-National Agriculture Market

Over 12,000 farmers, 1800 traders availing benefits from online linkage

JI NEWS SERVICE

JAMMU, JANUARY 25: Additional Chief Secretary (ACS), Agriculture Production Department, Atal Dulloo, reviewed the status of linkage of mandies of Jammu and Kashmir with e-National Agriculture Market (e-NAM) in a meeting held at Civil Secretariat here today.

Under e-NAM, Mandis or Agricultural Produce Market Committees (APMC) are provided an online pan-India electronic trading portal.

In a PowerPoint Presentation given by Director Horticulture (P&M), Vikas Sharma, it was revealed that 9 mandies were onboarded in August 2022 in addition to the already onboarded mandis of Narwal and Parimpora. He informed that DPRs have been submitted for adding more mandis. ACS had a detailed information regarding breakup of number of farmers, traders, commission agents and FPOs registered with the individual mandis. He was apprised that over 12 thousand farmers and more than 1800 traders are availing benefits from this online linkage.

ACS was also apprised of thirty seven inter-state trade transactions being facilitated by e-NAM.

Pertinently, eNAM has successfully achieved trade figures of over Rs. 30 crore as well as fostered encouraging



outcomes in interstate trade.

ACS enquired about the facilities being provided to the registered members and instructed the officers to ensure that trade volume of each mandi increases over time.

ACS also had deliberations with the officers regarding the process of identification of suitable land in coordination with the District Administration for creation of new mandis at Kishtwar, Bandipora, Samba and Reasi for overall development of the agriculture sector.

It was noted that all CA stores and warehouses can be declared as sub market yards and that this process would be fast-tracked in the coming month. Also, it was decided that e-auctioning of the unallotted shop sites in various Mandis will be done.

Further, it was revealed that the State Agriculture Marketing Board (SAMB) is going to meet twice a year to take important decisions for over-

all development of Horticulture sector, functioning of fruit and vegetable markets and for regulation of agriculture marketing in the UT.

It was informed found that there are a total of 36 mandis in the state, with 22 currently functional and 14 in various stages of development.

The meeting was attended by Secretary in Agriculture Production Department, Shabnam Kamili, Joint Director Horticulture Planning & Marketing, Digvijay Gupta, Deputy Director Jammu (Horticulture Planning & Marketing), Ayaz Ahmad Nattoo, Area Marketing Officers of various districts, President and members of Fruit Association Narwal, Jammu and GMI Horticulture (Planning & Marketing), Dr Sudhanshu Gupta.

Officials of Horticulture (Planning & Marketing) from Kashmir and a representative from SFAC Delhi were also present virtually.

District Administration Kupwara organizes interactive meeting with GOC 28 Inf. Division

JI NEWS SERVICE

KUPWARA, JANUARY 25: The District Administration Kupwara today organized an interactive meeting in which Major General, A.S. Penderharkar, General Officer Commanding, 28 Infantry Division C/O 56 APO (Zangli) was the chief guest.

Deputy Commissioner Kupwara, Dr. Doifode Sagor Dattatray; SSP Kupwara, Yougal Manhas; ADC Kupwara, Ghulam Nabi Bhat; ADC Handwara, Nazir Ahmad Mir, ASP Handwara, besides, district officers attended the meeting.

Addressing the meeting, the GOC appreciated the Deputy Commissioner Kupwara and his team of officers for putting their best foot forward for the betterment of the people.

He said Kupwara is a unique and beautiful place he has seen. He said Kupwara has outstanding



peculiarities and he has seen no other place like Kupwara, it is unique and beautiful but simultaneously, it is a remote place. He said to deliver here is also challenging and appreciated officers for doing their best in the district.

He assured Deputy Commissioner, SSP and officers of every possible support wherever they need. He said we all are working as team and apart from rank, officers can also share their suggestions for

the larger interest of Kupwara district.

"We tremendously appreciate your work. You are doing fantastic job", said GOC, adding that in the same way SSP Kupwara is also doing good and effective policing.

Earlier, he received a brief introduction from the officers.

Deputy Commissioner in his address thanked the GOC for accepting the invitation from the District Administration. He said in

last couple of days during the inclement weather, situation arisen in the district where we had to work together. He complimented and thanked the GOC for providing his able guidance and support in evacuation of patients from Tangdar and other border areas.

Deputy Commissioner hoped that in future, GOC will continue to support the administration.

SSP Kupwara and ADC Kupwara also spoke at the occasion.

Dy Mayor SMC reviews arrangements of annual Urs of Bulbul Shah (RA)



JI NEWS SERVICE

SRINAGAR, JANUARY 25: Parvaiz Ahmad Qadri Deputy Mayor, Srinagar along with Ferooz Ahmad Mir Corporator M.R. Gunj accompanied today visited the shrine of 1st Islamic Preacher of Kashmir Hazrat Abdul Rehman Bulbul Shah Sahib

(RA), Bulbul Lankar Nawa Kadal Srinagar to review the arrangements in connection with commencement of annual Urs of Hazrat Abdul Rehman Bulbul Shah (RA) Sahib.

Assistant Executive Engineer (Sub Division Nowpora) RRRWD, SMC, Assistant Executive Engineer (CDC),

SMC Assistant Executive Engineer (PHE) Srinagar and other officers/officials of SMC accompanied the Dy. Mayor during the visit.

Representatives/caretakers of the shrine have requested the visiting dignitary for providing 24x7 Electricity supply during the Urs days, repairing of defunct street lights and installation of new street lights in and around the Hazrat Bulbul Shah Sahib (RA) shrine, repairing of Fountain and providing of 24x7 sanitation service in and around the shrine. The Deputy Mayor gave on spot directions to the concerned officers to take appropriate necessary action with respect to the issues pertaining to each of them and directed for redressal of grievances.

The representatives/ caretakers of the Hazrat Abdul Rehman Bulbul Shah (RA) Sahib shrine thanked the Deputy Mayor for the visit and also assured full cooperation with the SMC Officers/Officials.

13th National Voters Day Celebrated at GDC Khansahib

JI NEWS SERVICE

BUDGAM, JANUARY 25: The Electoral Literacy Club of Govt. Degree College Khansahib today organised a webinar to commemorate 13th National Voters Day, here.

At the outset, Principal of the College Dr. Nargis Bano highlighted the significance of celebrating the National Voters Day. She thanked the PLC for organising the programme and making the presence of students possible during the winter.

Thereafter, Prof. Musadiq Hussain

Qureshi delivered a speech on the theme "Significance of Voting in a Democracy with Special Reference to India". He said Voting in India is a constitutional right and people should vote enthusiastically and exhibit a sense of responsibility by doing so.

Prof. Musadiq said there is a tendency among voters to treat the voting day as a day of rest but they blame elected candidate or political system quite easily when things go wrong. People have rather a duty to

strengthen the democratic roots and bring about a change in the system, just as it is the responsibility of the elected leader to fulfill the well-being of the voters, the same is the need for the people of India to contribute to choosing the correct leader for their representation, he added.

In recent years, there is a considerable rise in the voting percentage and people truly love to be the 'Change Makers'.

Then the 'Voters Pledge' was also administered by Principal.

J&K needs to create a thriving startup ecosystem with a special focus on grassroots entrepreneurs: Director, JKEDI

JI NEWS SERVICE

JAMMU, JANUARY 25: Director, Jammu & Kashmir Entrepreneurship Development Institute (JKEDI), Ajaz Ahmad Bhat (IAS) on Wednesday chaired a review meeting at the Institute's Bari Brahmana campus.

The Director also informed the officials that the Government is revising the Guidelines of J&K Startup Policy in order to make it more startup-friendly. This will boost the startup ecosystem of the UT and will help the innovators and aspiring entrepreneurs in J&K. "We need a robust startup ecosystem in the UT. We have to nurture the innovation and passion of our youth in a positive direction," said



Ajaz Ahmad Bhat.

The Institute is in the process of starting short-term courses in entrepreneurship for school and college students. "The aim behind starting such courses is to enable young minds to develop an entrepreneurial mindset at an early stage and equip them to counter the challenges of building a new venture. Such efforts will pay dividends in the long run and will prove a booster for the

economy of the UT," added Ajaz Ahmad Bhat.

In addition to discussing the Institute's functioning, the status of recovery and repayment under various schemes implemented by the Institute across the UT of J&K was extensively discussed. During the meeting, the Director exhorted upon all the In Charges and District Nodal Officers to double their efforts and make the process of recovery result oriented. He

the meeting was attended by Senior Faculty members and all District Nodal Officers of JKEDI.

Block Diwas camps held at 3 Block of Kulgam



JI NEWS SERVICE

KULGAM, JANUARY 25: To take first hand appraisal of issues and grievances of people at their door steps, the District Administration Kulgam today organized mega grievances redressal camps in three blocks

of the district viz. Devsar, Kulgam and D. H. Pora.

The programme was attended by PRIs and general public who highlighted issues and grievances confronting their areas for early redressal.

To take appraisal of public grievances and demands, the Deputy Commissioner (DC) Kulgam, Dr. Bilal Mohi-Ud-Din Bhat remained available at Kulgam where issues and grievances of people were listened to for redressal.

Officers from District Administration who were present during the Block Diwas also responded to the grievances flagged-off by people during this grievances redressal camp.

People from Mirhama, Bolsoo, Kulgam, Shorath and various other areas participated in the grievances redressal camp and put up various issues of public importance and flagged-off developmental requirements of their areas.

The DC gave a patient hearing to the public issues and some of the issues of immediate nature were redressed on the spot.

Meanwhile, Block Diwas function was also held at D. H. Pora and Devsar where officers listened to issues and grievances of people for redressal.

TLSC Kangan organizes Awareness programme on National Voters Day

JI NEWS SERVICE

GANDERBAL, JANUARY 25: In the directions of Secretary District Legal Service Authority Ganderbal, Nusrat Ali Hakak and under the guidance of Chairman Tehsil Legal Services Committee (TLSC) Kangan, Essar-Ul-Nabi, the Tehsil Legal Services Committee Kangan along with Civil Administration Sub-Division Kangan today observed National Voters Day at Degree College Kangan.

On this occasion SDM Kangan, Tehsildar Kangan, Chairman BDC Kangan, ZEOs of Kangan and Hariganiwan were also present. Speaking on the occasion, Chairman TLSC Kangan highlighted the importance of the day and urged people particularly new voters to cast their vote as it is the right of every citizen. He emphasizes all the participants to use their vote in such a way that it benefits the society. Advocate Sajad Ahmad

Khan who was appointed as resource person also appraised the gathering about the importance of the day and urged new voters to register themselves in electoral rolls and participate in the electoral process. S.D.M Kangan, Javid Ahmad Rather, Professor Mudasar Nazar of Degree College Kangan and Tehsildar Kangan also appraised the gathering about the National Voters Day. S.D.M Kangan highly appreciated the work of BLOs and Supervisors in updating the electoral rolls

of Sub Division Kangan.

At the end of the programme, a facilitation ceremony was also held wherein certificates were distributed among best performing BLOs and Supervisors.

A quiz Competition was held among the students of Govt Degree College Kangan, Govt Boys Higher Secondary School Kangan and Govt Girls Higher Secondary School Kangan. Prizes were distributed among the position holders of the quiz competition.

Block Diwas held at Anantnag & Dachnipora

JI NEWS SERVICE

ANANTNAG, JANUARY 25: Block Diwas was today held at Dachnipora and Anantnag blocks of the district.

At Dachnipora, the event was presided over by Additional District Development Commissioner (ADDC) Anantnag, Bashir Ahmad Wani who gave a patient hearing to the large gathering of people at the event.

The ADC directed the officials from various departments to ensure time bound redressal of registered grievances.

The event coincided with celebration of National Voters Day and the ADC spoke about the importance of various institu-



tions in a democratic setup and the duty of the citizens to play an active role in the electoral process. Additional Deputy Commissioner Anantnag

Gulzar Ahmad Bhat presided over the Block Diwas at Block Anantnag.

The ADC listened to the grievances aired by the people. He issued on spot directions for redressal of same.

A pledge under BBBP programme was also administered here.

The ADC also administered a pledge to the people present pledging to be active participants in the electoral process and responsibly use their power to vote.

The event at both places saw a large gathering of people and officials from various line departments along with concerned PRIs were present on the occasion.

13th National Voters Day celebrated across Kashmir

SRINAGAR, JANUARY 25: The 13th National Voters Day was today celebrated across all the districts of Kashmir to mark the foundation day of the Election Commission of India, established on 25th January 1950.

The National Voters Day is observed annually on 25 January to spread awareness about the importance of voting in a democracy, it also educates people about their voting rights and encourages youngsters, who have reached the age of 18, to participate in the electoral process.

This year the theme of the National Voters Day is 'Nothing Like Voting, I Vote for Sure'.

At Baramulla, the main function to commemorate National Voters Day was held at Dak Bungalow, Baramulla where Deputy Commissioner (DC) Baramulla, Dr Syed Sherrish Asgar presided over the programme as the chief guest.

Additional District Development Commissioner Baramulla, Aijaz Abdullah Saraf besides other district and sectoral officers were also present in the function.

On the occasion, the DC who is also District Election Officer (DEO) administered the Voter's Pledge to the participants.

Addressing the gathering, the DEO said that the main aim of celebrating the Day is that democracy should reach grass roots level so that more and more people take part in the democratic process. She urged the youngsters to know the strength of their vote and make a statement by using their vote.

Dr Sherrish also threw light on the significance of the Day and said that the main objective of the Day is to ensure that a maximum number of young voters take part in the decision making.

Meanwhile, a quiz competition was also organised wherein students highlighted the importance of taking part in Democratic Process and educated new voters regarding the importance of exercising their franchise.

During the function, the best ERO, AERO, BLO's and field functionaries were felicitated for showing extraordinary performance. Students who participated and showed their best performance in the Quiz competition were also felicitated.

At Anantnag, the 13th National Voters Day was celebrated at Government College for Women Anantnag



where Deputy Commissioner (DC) Anantnag, Dr Basharat Qayoom presided over the event.

The event was organized by the District Election Office in collaboration with DLSA and GCW Anantnag.

The DC highlighted the importance of elections in a democratic setup. He said that every vote matters and people must exercise this right responsibly.

He said that in order to enable all eligible voters to exercise this right, special summary revisions were held in the district and a significant number of new voters were fully equipped to cast their vote.

He lauded the organizers at GCW and in other parts of the district for this full hearted celebration of this important constitutional event and said that the importance of voting rights cannot be undermined and people must realize the power at their hands. He said voting rights are a social equalizer, everybody who is a citizen has the same rights and the same say in the formation of Governments.

Students from various educational institutions presented colourful cultural programs on the occasion. A skit was also presented to highlight the importance of voting.

Various speakers including members of DLSA and students from various educational institutions and Dy District Election Officer highlighted the importance of the day, the constitutional provisions related to voting and the need for people to exercise their votes.

On the occasion, speakers as well as newly registered

voters were felicitated besides officials of the District Election Office.

The DC also administered the pledge on the occasion to the participants.

The event was attended by President MC Anantnag, Dy DEO, CEO Anantnag, Secretary DLSA, master trainers, AWCs, ASHAs and faculty and students from GCW and other educational institutions.

At Budgam, the main function to celebrate 13th National Voters Day was held today at the Sheikh-Ul-Alam Hall, Budgam which was chaired by the District Election Officer/Deputy Commissioner Budgam, S F Hamid.

Speaking on the occasion, the DC deliberated on the importance of celebrating the National Voters Day and said that the right to vote empowers citizens to exercise his/her franchise for nation building and for making the democracy strong.

He said this day provides us an opportunity to reach out to the new voters for enrolment in electoral rolls so that they are able to take part in the Democratic process. He said that every single vote is counted and is important for the government formation.

On the occasion, ADC Budgam, Dr. Nasir, CEO Budgam Mushtaq Ahmad, Dy. Election Officer Shakeel Ahmad, PRIs, BDCs, DDCs, Officers from District administration and all other participants took pledge to participate in the election process free and fairly and vowed to contribute in making the nation strong by using their franchise.

The ADC also addressed a large gathering and highlighted various aspects of National Voters Day. He talked about the importance of Election voter identity card (EPIC) and informed the function that 20 new eligible transgender voters have been enrolled in the District.

CEO Budgam, Mushtaq Ahmad said, "Right to vote is our constitutional right". One should actively participate in the process of elections by casting their votes, thereby strengthening democracy, he added.

On the occasion, this year's song "Mein Bharat Hun, Bharat hai muj mein" was inaugurated by DC in presence of all the participants.

Functions were also held at Townhall Budgam, SDM offices, Tehsil Offices, PHE, Social Welfare, District Handicraft office, Labour office, Chief Medical Officer's office and all other offices of the District. Pledges were also taken in this regard.

On the occasion, painting and essay competitions were also held in almost all schools of the district, in which a huge number of student participants were enthusiastically seen participating to celebrate National voters day.

At Ganderbal, the 13th National Voters' Day (NVD) was today celebrated across district Ganderbal by holding pledge taking ceremonies and other activities at Sub-Division, Tehsil, Panchayat and various other levels.

In this regard, a main event was organized in the Conference Hall of Mini Secretariat Ganderbal in which District Election Officer (DEO) Ganderbal, Shyambr administered the NVD Pledge to all the participants.

Additional District Development Commissioner, Mushtaq Ahmad Simnani, President Municipal Council Ganderbal, Advocate Altaf Ahmad Lone, CPO, Irfan Giri; ACP Feroz Yehya, Dy DEO, Councillors and other district and sectoral officers were present on the occasion.

Speaking on the occasion, DEO said that the purpose of celebrating NVD is to create electoral awareness amongst citizens and encourage them to participate in the electoral process. He said that the theme for 13th NVD 'Nothing Like Voting, I Vote for Sure' is dedicated to voters which conveys an individual's feeling and aspiration towards participation in the electoral process through the power of their vote.

Deputy District Election Officer highlighted various activities carried out under SVEEP and said that specific interventions were made to register eligible voters in the district and desired results were achieved during Summary Revision of Electoral Rolls in the district.

At Pulwama, the Deputy Commissioner (DC) Pulwama, Baseer-Ul-Haq Choudhary, who is also the District Election Officer administered voters' pledge today on the 13th National Voters Day (NVD) at Pulwama.

Speaking on the occasion, the DC said that the main aim of celebrating the Day is that democracy should reach grass roots level so that more and more people take part in the democratic process.

As per the instructions of the ECI, the DC said that newly registered voters are Ambassadors of the democracy in Pulwama. He said that a vote empowers the youth to implement their ideas for shaping up the future of the nation.

The DC said that greater electoral participation helps in making good policies which in turn make the roots of democracy stronger. He said Responsible Voting is the key in the development of any Nation and urged the concerned officers to work on mission mode so that maximum people can participate in democratic process.

He congratulated the newly registered voters and hoped that more people would register themselves and participate in the electoral process.

The DC appreciated the electoral team and urged them to work with added zeal and dedication to ensure that they reach to the last voter so that maximum voter participation is ensured. He also stressed on widening the ambit of electoral literacy.

Speaking on occasion, DDC Chairman Bari Andrabi said that the main purpose of the NVD celebration is to



create electoral awareness amongst citizens and encourage them to participate in the electoral process.

A special film on the electoral process was screened on the occasion with a detailed description of the electronic voting machines and VVPAT.

Chairperson DDC Pulwama, Bari Andrabi, SSP Pulwama, DDC Members, BDC members, Municipal President and Councillors, Additional District Development Commissioner Pulwama, ACD Pulwama, Principal GDC Pulwama, Assistant Commissioner Panchayat, Tehsil, Pulwama, officials of District Election Office, BLOs, newly registered voters, and other concerned officials were present on the occasion.

At Kupwara, the District Administration Kupwara today organized various colourful functions across the district to celebrate the 13th National Voters Day (NVD).

The main function was held at Town Hall Kupwara here and was presided over by Deputy Commissioner (DC) Kupwara (District Election Officer), Dr. Doifode Sagor Dattatray. Dy. District Election Officer, Mehraj-ud-Din Wani; CEO Kupwara, Abdul Hamid Fani; Tehsil, Kupwara, ENT, besides, BLOs and election staff were present on the occasion.

Addressing the function, the DC highlighted the importance of celebrating the National Voters Day. He said the district has 514000 registered voters which include 76944 voters enrolled recently during the Special Summary Revision campaign.

He appreciated the election functionaries especially BLOs, AEROs, EROs for making achievements in terms of huge voter enrollment in the district adding that this is a big achievement which needs to be celebrated.

The DC added that enrollment of cent percent voters promise a free and fair election.

On the occasion, speakers including Dy. DEO, CEO and others spoke and threw light on the importance of celebrating National Voters Day.

A voter pledge was also administered by the DC to the participants.

Later, the DC awarded mementos and certificates to various officers, BLOs and election staff for their best work.

At Handwara, the National Voter Day function was chaired by Additional Deputy Commissioner, Nazir

Ahmad Mir. Tehsil, Handwara, concerned officers, BLOs were present on the occasion.

Meanwhile, a voter pledge was taken by the participants and awards were also distributed among officers and officials for their best efforts.

National Voters Day was also celebrated at Tangdar. On the occasion, SDM Karnah, Dr. Gulzar Ahmad Rafter chaired a function consisting of Tehsil/block level officers and BLOs. A Voters Pledge was also taken and awards were distributed.

Similar functions were held in Trehgam, Sogam and Langate to celebrate the National Voters Day and Voters pledge were taken.

Meanwhile, National Voters Day was also celebrated at Panchayati level, ERO and District Levels. The Panchayati Raj Institutions and Educational Institutions across the district also observed the NVD.

At Shopian, the 13th National Voters Day was celebrated today across the district with enthusiasm and fervour amid chilling weather conditions and continuous snowfall.

The main event was held at the Mini secretariat Shopian where the District Election Officer (DEO) Shopian, Sachin Kumar Vaishya presided over the function.

The function was attended by all the District Officers and the newly enrolled voters.

The newly enrolled voters were felicitated with badges and cards carrying 13th NVD theme and other information related to greater participation in electoral process. The function started with the song followed by the pledge taking ceremony.

The DEO in his address informed the audience about the importance of voting and participation in the electoral process.

At Zainapora, Mushtaq Ahmad Lone, SDM (ERO-36) held an impressive celebration which was also attended by Tehsil Zainapora BLOs, officials of SDM office and a good number of Voters attended the function.

Lone threw light on the importance of Vote, Voters right and choice in the vibrant democracy of our country.

Voters Pledge was also taken and BLOs were apprised about their responsibilities towards strengthening the democratic system.

Similar celebrations and pledge taking ceremonies were also held in Tehsil Headquarters of Kellar, Imamsahib, Keegam, Shopian and Harmain.

Besides, pledge taking ceremonies were held in every Govt Office and at Polling Stations.

At Kulgam, a mega function was held today at the mini-secretariat here to commemorate the National Voters Day.

The function was presided over by Chairperson District Development Council (DDC) Kulgam, Mohd Afzal Parrey and District Election Officer Kulgam (DEO) Kulgam Dr. Bilal Mohi-Ud-Din Bhat.

Besides AEROs, EROs, BLOs, PRI members and newly registered voters participated in the programme.

On the occasion, the District Development Council Chairperson highlighted the importance of the day.

Addressing the gathering, the DEO said that celebrating National Voters Day gives us an opportunity to sensitize the people about the importance of vote in democracy and development and to take part in the democratic process and do their part in strengthening democratic values of the Nation.

He further said that the day has unique significance in developing confidence and interest among the newly enrolled voters and simultaneously enables in revisiting the role of all who already are exercising their franchise in nation building and for making democracy strong.

The DEO complimented the electoral team, BLOs, VLWs and other field functionaries for working tirelessly during the summary revision process. He also stressed upon the concerned to organize a series of awareness programmes in other areas.

Dy-DEO, EROs and other speakers also spoke on the occasion and highlighted the significance of National Voters Day. Stress was laid on participation in the electoral process by smartly and actively casting their vote so that real fruits of democracy can be achieved.

Pledge taking ceremonies were also held at the mega function and other places across the district.

National Workshop on "Intellectual Property Rights" held in GDC Kathua

JJ NEWS SERVICE KATHUA, JANUARY 25: Kathua Club in Collaboration with Internal Quality Assurance Cell (IQAC) & Research Development Cell (RDC) of Govt Degree College Kathua on Wednesday organized a National Workshop on Intellectual Property Rights under National Intellectual Property Awareness Mission (NIPAM).

A large number of students and faculty members from across the nation participated in the event.

The Workshop was inaugurated by Chief Guest, Prof. Sumanesh, Principal, GDC Kathua in presence of Prof. Rakesh Singh, Convener, Science Club, RDC & Head, Department of Chemistry, Prof. Jaswinder Singh, IQAC Coordinator revered resource person Chhavi Garg, NIPAM Officer and Examiner of patents & designs, Ministry of commerce and Industry, Govt of India, advisory committee

members Prof. Anirudh Sharma, Dr. Seema Malpotra, Dr. Ritu Bhagat, Dr. Anupama Arora, Dr. Deepshikha, Dr. Kailash, Prof. Anoop and members of organizing committee Dr. Pankaj Gupta, Dr. Surya Partap, Prof. Ram Krishan, Prof. Neha Mahajan, Dr. Suresh Sharma and Dr. Verinder Singh.

Prof. Rakesh Singh, Convener of the workshop welcomed the Chief Guest, Resource person and all the participants. He said that Science Club of the college is continuously involved in inculcating academic, innovative and research aptitude among faculty & students. The IPRs is the basis of protection of any scientific/creative innovation/idea and the knowledge of various aspects of IPR are very much required at this time when the Higher Education Department is in the process of promoting start-ups and opening incubation & innovation centers in Universities & Degree Colleges.

Prof. Sumanesh, who inaugurated the workshop stressed on the need of such types of workshops for the faculty as well as students. He appreciated the efforts of the Speaker, Convener, members of organizing committee and IQAC for taking this collaborative initiative of organizing the National Level Event in GDC Kathua. Moreover, he encouraged all the faculty members to organize more such events at this time to educate budding entrepreneurs about the importance and advantages of owning IP. Revered resource person of the event, Chhavi Garg, NIPAM Officer and Examiner of patents & designs, Department for promotion of Industry and Internal Trade, Ministry of Commerce and Industry, Govt of India, delivered a very informative talk on "IPR & Patents, Designs Filing." In her deliberations she covered all important aspects of IPR like Copyright, Patents, Design, Trademark and also high-

lighted the criteria for obtaining patents, design registration and the work to be copyrighted. Moreover, she explained in detail how to file patents and apply for copyrights. Speaking on the occasion, Prof. Jaswinder Singh, IQAC Coordinator appreciated the role of the organizing committee and resource person for successful organization of such a national level workshop on a very important topic which will help the Institution in better NAAC grading. He said that IP is a key aspect for economic development. At the outset,

Dr. Pankaj Gupta, Assistant Professor in Chemistry and Organizing secretary, in his inaugural talk, highlighted that the protection of intellectual property is a vital component of innovation and scientific advance since many of the benefits of the invention will be lost if the resulting IP is not timely protected. Moreover, he discussed various initiatives of the Government of India such as "Startup Intellectual Property Protection Scheme", "Atal Innovation Mission" to foster a culture of innovation and entrepreneurship in India.

Rajouri: Agriculture Deptt staff donates Rs 50,000 towards District Red Cross Fund

JJ NEWS SERVICE RAJOURI, JANUARY 25: Chief Agriculture Officer, Sohan Singh, today handed over a cheque of Rs 50,000 to Chairman District Red Cross (District Development Commissioner) Rajouri, Vikas Kundal as a contribution towards the Red Cross fund. The amount has been realized on account of voluntary contribution of Officers/Officials of Agriculture Department Rajouri.

Tourism Directorate Jammu celebrates 'National Tourism Day' at Patnitop-Sanasar

JJ NEWS SERVICE JAMMU, JANUARY 25: Under the close supervision of Secretary to Government, Tourism Department J&K, Sarmad Hafeez, the Directorate of Tourism Jammu, in close collaboration with Patnitop Development Authority, today organized a 'Snow Celebratory One Day Event' in Patnitop and Sanasar to mark the celebration of 'National Tourism Day'.

The event was attended by tourists visiting Patnitop to enjoy the snowfall season and they merri-ly participated in all activities organized on this occasion especially Tug-of-War, fun skiing, snow rafting, ATV rides and other recreational snow activities. The tourists also made Snow Man and appreciated the organisation of such events during the snowfall season at Patnitop and Sanasar.

Speaking on the occasion, Sher Singh, CEO Patnitop Development Authority said that the tourists were enjoying the snowfall season to the



fullest at Kud, Patnitop, NathaTop and Sanasar. The Department of Tourism, J&K shall continue organizing more events for the tourists at Patnitop and Sanasar area this year as well. Sunaina Sharma Mehta, Joint Director Tourism Jammu briefed that about 6.50 lakh tourists visited Patnitop in 2022 and about 0.45 lakh tourists visited Patnitop during January 2023, till date. "We are hopeful that Patnitop will host more tourists in the year 2023" she said and added that the Directorate of Tourism Jammu was organizing a multitude of events in Patnitop, Baderwah and other upbeat and offbeat tourist destinations. It is coming up with the Bani-Basoohi

Festival, Shivkhori Festival and Aksini Bhaderkashi Festival at Baderwah in February 2023. The fun skiing, zorbing and snow rafting activities were flagged off jointly by CEO PDA, Sher Singh and Abdul Jabbar, Deputy Director Tourism Jammu. The activities continued for the entire day at Patnitop and at Sanasar wherein Snowman making and other recreational snow games were enjoyed by visiting tourists.

Among others present on the occasion were Jyoti Koul, Tourist Officer Udhampur, Amarpal Singh and officials of the Tourism Department were present at Patnitop on the occasion to celebrate the 'National Tourism Day'.

Govt awards sanction to award of J&K Police medal for gallantry to 168 police officers, officials

SRINAGAR, JAN 25

The Jammu and Kashmir government on Wednesday awarded sanction to the award of J&K Police medal for gallantry to 168 police officers and officials.

An order issued under number 39-Home of 2023, dated 25-01-2023, a copy of which lies with the news agency—Kashmir News Observer (KNO), reads that sanction is hereby accorded to the award of Jammu and Kashmir Police Medal for Gallantry (JKPMG)/Bar to the police personnel on the occasion of the Republic Day.

The awardees include Surinder Singh, Adil Hassan Khan, Sheikh Aziz

Bashir, Habibullah Lone, Rouf-al-Sadat, Ayaz Ahmed Khan, Karan Singh, Sheeraz Ahmad Ganai, Mohan Lal, Mohd Usman, Mohd Aslam Wani, Intiyaz Ahmad Bhat, Tanveer Ahmad Khan, Tariq Ahmad Bhat, Shameem Ahmad Khan, Amit Bhat, Mohd Majid Malik, Zafar Iqbal Dar, Mohd Usman, Farooq Ahmad Dar, Vikram Kumar Raina, Sameer Ahmed, Showkat Ahmad, Safulallah Qadri (now deceased), Wasim Raja, Dr. Vinod Kumar Satinder Pal Singh, Bilal Ahmad, Kifayat Hussain Bhat, Sakander Ali, Mohd Shafi Parry, Ab. Majeed Malik, Mohan Lal, Mir Kazam, Farooq Ahmad, Raman Kumar, Ishaq Gupta,

Bilal Ahmad Rather, Zubair Ahmad Rather, Saifulallah Majeed Khosa, Tajinder Singh, Reyaz Ahmad, Mush- tahir Ahmad Wani, Sami- Ullah Shah, Pardeep Singh, Sumit Kumar Sharma, Zahoor Ahmad, Bilal Ahmad, Mulikh Raj, Ifkhar Talib, Firdous Ahmad Bhat, Tariq Ahmad Dar, Barkat Ali Dar, Tauseef Ahmad Khan, Amit Raina, Sandeep Singh, Abdul Hamid Gogar (Famda), Sunney Duggal, Javid Ahmad, Zahoor Ahmad, Farooq Ahmad, In- Ajiaz Ahmad Wani, Musir Asgar, Mukhtar Ahmad, Rakesh Balwal-IPS, Bashir Ahmad Chachi, Sajad Ahmad, Shafiq Yaqub, G.V. Sundeep Chakravarty,

Maajid Afzal Wani, Mehraj- ud-din Dar, Khalid Ashraf, Syed Peerzada Mujahid- ul-Haq, Bikram Kumar, Gh. Mohi-ud-Din, Muzaffar Gujjar, Mohd Amin Mir, Mohd Mahmood Sarfaraz, Bashir Ganai, Iqbal Ahmad Mir, Tanushree, Tauseef Ahmad Khan, Amit Raina, Abdul Hamid Khan, Amir Ahmad Wani, Rohit Kumar, Shivam Narang, Javid Ahmad Waqay, Manoor Ahmad, Vikram Kundi, Ashwani Thakur, Muzaffar Mah- bool Lone, Yasir Rashid Bhat, Tanveer Ahmad Bazaada, Mohd Rafiq Sheikh, Salim Ahmad Lone, Tariq Ahmad Wani, Tanveer Ahmad Dar, Basharat Hussain Mangral,

Rashad Rashid, Nazir Ahmad Paray, Rakesh Balwal-IPS, Ajay Kundi, Jaswinder Singh, Mohd, Mubarak Wani, Gulzar Ahmad Lone, Naved Maqbool, Yougal Kumar, Ajaz Ahmad, Reyaz Ahmad Mir, Ishfaq Ahmed Khan, Syed Azhar-U-Din, Tariq Ahmad Mir, Shahid Nawab, Gazanfer Syed, Vimal Singh, Pardeep Singh, Sarfaraz Bashir Ganai, Reyaz Ahmad Mir, Mohd Shafi Shah, Altaf Ahmad Bhat, Pardeep Singh, Rashid Younis, Ajaz Ahmad, Mohd Rafiq, Dalbir Kour, Mushtaq Ahmad Sheikh, Jahangir Ahmad, Altaf Ahmad Bhat, Javid Ahmad Shah, Gulam Jeelani Wani, Sudhir Pandita, Sheeraz Ahmad Pal—(KNO)

Two Jammu and Kashmir residents are among 91 Padma Shri Awardees, whose names were announced on Wednesday after the approval from the President of India on the occasion of Republic Day 2023.

According to a handbook of Ministry of Home Affairs, a copy of which lies with the news agency—Kashmir News Observer (KNO) Mohan Singh and Gulam Muhammad Zaf have been conferred with the Padma Shri Awards this year.

As per the handbook Mohan Singh has been conferred the Padma Award in the field of Literature and Education, while Gulam Muhammad Zaf has been conferred the award in the field of Art.

Padma Awards, one of the highest civilian awards of the country, are conferred in three categories, namely, Padma Vibhushan, Padma Bhushan and Padma Shri.

The awards are announced on the occasion of Republic Day every year.

These Awards are conferred by the President of India at ceremonial functions which are held at Rashtrapati Bhawan usually around March or April every year.

For the year 2023, the President has approved conferment of 106 Padma Awards including 3 duo cases (in a duo case, the Award is counted as one).

This year the Awardees include 6 Padma Vibhushan, 9 Padma Bhushan and 91 Padma Shri Awards.

19 of the awardees are women and the list also includes 2 persons from the category of Foreigners/ NRI/PIO/OCI and 7 Posthumous awardees—(KNO)

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Amid high alert, multi-level security cover in place across J&K for R-Day

J&K NEWS DESK SRINAGAR, JAN 25

Amid high alert, a multi-level security cover that entails special security measures is in place across Jammu and Kashmir to mirror the smooth conduct of Republic Day functions in the Union Territory tomorrow.

Officials told news agency—Kashmir News Observer (KNO) that since high alert has already been sounded across J&K, some extra security measures have been taken to ensure peaceful conduct of Republic Day that will be followed by the Bharat Jodo Yatra, which is scheduled to enter Srinagar on Jan 30. "All security agencies are maintaining the highest level of alert to foil all bids by the enemies aimed at possible disruption of Republic Day," a senior police official said, wishing not to be misquoted.

He said apart from the aerial surveillance in the twin cities of Jammu and

Srinagar, night patrolling, extra deployment of security forces personnel on highways and sensitive areas, strict Close Circuit Television (CCTV) vigil and Mobile Vehicle patrol, this time around in the wake of the killings in Rajouri district and two back to back mysterious blasts in Jammu's Narwal recently that left nine people injured. "Talking to reporters in Pulwama, Deputy Inspector General (DIG) of CRPF (Operations), South Kashmir, Alok Avasthi said that the force is fully alert to ensure peaceful R-Day and BJY.

"We are always alert. If there are intelligence inputs of any element trying to disrupt peace, we will act swiftly against such elements", he said. He said that the force is ready to facilitate BJY. "Whoever travels on the highway will feel secure. All measures are in place to facilitate BJY," he said—(KNO)

Authorities on Wednesday appointed Parikshat Singh Manhas as Chairman of Jammu and Kashmir Board of School Education (JBSE) for a period of two years.

Principal Secretary to Government, School Education Department has said that the new JBSE chairman was deputed on the orders of Lieutenant Governor.

The Principal Secretary in a communiqué, a copy of which lies with the news agency has said, "In exercise of the powers conferred by sub-section (1) of section 12 of Jammu and Kashmir Board of School Education Act, 1975, Dr Parikshat Singh Manhas—Director School of Hospitality and Tourism Management, Faculty of Business Studies, University of Jammu is appointed as chairman of the JBSE on deputation basis for a period of two years from the date of issuance of this notification."

Dr. Parikshat Singh Manhas is Professor, Faculty of Business Studies and National Education Policy 2020—Government of Jammu and Kashmir.

He is also Director, School of Hospitality and Tourism Management, University of Jammu and Coordinator, of Global Understanding Course at University of Jammu being run in collaboration with East Carolina University, USA and Coordinator, UGC - Innovative Programme.

Prof Parikshat is also CEO and Promoter Director, University of Jammu Special Purpose Vehicle Foundation - A Section 8 Company, Director, University Business Incubation and Innovation Centre, University of Jammu.

Earlier he was also Coordinator, National Innovation and Start up Policy and President, Institution Innovation Council, University of Jammu - A Innovation Cell, Ministry of HRD—Government of India Initiative. He was also Dean, Faculty of Hospitality and Tourism Management, and Peace Building Strategies (Revival) Technical University, Bathinda, India and Member, Task Force for Implementation of

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Professor Parikshat earned his PhD in Brand Positioning Strategies from University of Jammu. He did his MBA from GLOBE UNIVERSITY, India and Master's in Tourism Management from IGNOU, New Delhi.

He has been teaching Internet Marketing, Brand Management, Destination Management and Marketing Management at both undergraduate and graduate level and Tourism Research Development to the PhD and other research students in the School of Hospitality and Tourism Management of the University of Jammu since 2001.

His research interests are Tourism, Recreation, and Hospitality Management, Education and Marketing, Sustainable and Responsible Tourism, Brand Management, Post Conflict Tourism and Peace Building Strategies (Revival) Technical University, Bathinda, India and Member, Task Force for Implementation of

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FROM THE FRONT PAGE...

We have scripted...

Along with J&K Bank are helping thousands of new entrepreneurs to set up businesses. The drive during Back to Village and My Town My Pride created a new record enabling 75,000 young entrepreneurs to start a new chapter of their life while celebrating Azadi Ka Amrit Mahotsav," the Lt Governor said.

It is a day of pride for J&K. We have identified youth from every panchayat and town of the UT and more than 75000 youth have been connected with livelihood opportunities. I congratulate J&K bank as it has more than 90% share, extending around Rs 900 crores, added the Lt Governor.

We have scripted a golden chapter of the employment boom in J&K. It is our commitment to ensure spirituality, creativity & enterprise of every youth is realized. We have been steadfast in our resolve to empower young generation, the Lt Governor said.

J&K Bank has shed its past image. It is now the common man's bank and significant partner of J&K's developmental journey. Several initiatives have been taken to ensure financial inclusion where every citizen, irrespective of socio economic status, is empowered to participate in the new age economy, observed the Lt Governor.

Speaking on the potential of youth of J&K, the Lt Governor said, from service sector to agri-entrepreneurs & start-ups, our youth have actualized dreams and aspirations.

Pulwama has set a new record by providing opportunities to 7234 youth to set up their own business venture. J&K setting up maximum number of manufacturing units in PMEGP in the country last year and also generating maximum number of employment is a testimony to our commitment to youth, he added.

In all the newly started business ventures, 15% of the entrepreneurs are our daughters who have started their entrepreneurial journey in sectors like training institutes, boutiques, handicrafts etc, the Lt Governor further added.

Women are driving the socio-economic transformation in Jammu Kashmir. They are the backbone of our society. It is indeed a privilege for J&K Bank to contribute in this campaign of women empowerment, the Lt Governor said.

Financial assistance worth thousands of crores rupees have been provided to lakhs of account holders through J&K Bank for better business arrangements and handholding of small entrepreneurs in Jammu and Kashmir, noted the Lt Governor.

The Lt Governor further made valuable suggestions for working in a focused manner to accelerate the development process and making a larger impact on the lives of the people.

Agriculture & allied sectors, education and healthcare, information technology and self-employment are the key areas every citizen, are the five core competencies that should be taken forward with an integrated action plan for the rapid development of Jammu Kashmir, said the Lt Governor.

The banking sector will have to play a pivotal role for the rejuvenation of the agriculture & allied sector. By taking banking services to common man, SHGs, village industries and innovative start-ups can create a competitive economy in Jammu and Kashmir, he added.

On the occasion, the Lt Governor also launched various initiatives of the J&K Bank including enhancement of Group Personal Accident Insurance from Rs 15 lakh to Rs 25 lakh for J&K UT Government Employee and Instant loan disbursement for J&K Government employees.

An MoU between J&K Bank and Jammu Kashmir Energy Development Agency (JAKEDA) was also signed in presence of Lt Governor. The Lt Governor appealed to people to take maximum benefit of the Energy development scheme.

As a part of the Corporate Social Responsibility of J&K Bank, an ambulance was handed over to Government Psychiatric Hospital, Jammu and a computer lab was announced

for Bhatnaya Vidya Mandir, Udhampur.

Dr Arun Kumar Mehta, Chief Secretary, speaking on the occasion, congratulated the J&K bank for launching new initiatives and extending banking facilities across the UT.

Sh Baldev Prakash, MD & CEO J&K Bank highlighted the Bank's role in the Atma Nirbhar Bharat campaign and extending financial assistance to the youth of J&K to set up their business enterprises.

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Lt Governor's...

On this day in 1950, by adopting the values and ideals enshrined in the Constitution, the architects of our country had embarked on a journey to create a society based on justice, brotherhood and equality. This seven-decade-long developmental journey is a living example of our inclusive ideology, national unity, hard work and dynamism, added the Lt Governor.

We pay tribute to the farmers, scientists, engineers, doctors, nurses, teachers, artists, literateurs, artists, business men, workers, youth and women who have infused new energy into Jammu Kashmir and ensured inclusive and sustainable development, the Lt Governor said.

The Lt Governor also paid homage to the founding fathers and the freedom fighters who had supreme sacrifice for the unity and integrity of our Country.

Lt Governor graces...

enriching and strengthening the electoral process by using IT tools, conducting free & fair elections, educating voters and also sharing his expertise with other countries, said the Lt Governor.

Despite all the challenges, as the world's largest democracy rooted in democratic values, we have developed a robust structure which has strengthened inclusive development and fulfilling hopes & aspirations of the people, added the Lt Governor.

The Lt Governor also appreciated the election officials for their invaluable contribution in efficiently improving voter registration, enhancing voters' participation, educating and motivating voters.

The Governor said under the guidance of Hon'ble Prime Minister Shri Narendra Modi, the establishment of three-tier PRS system and their participation in J&K's developmental journey has truly empowered the common man.

He urged all remaining eligible citizens in the UT of J&K to enrol themselves in the Electoral Rolls and exercise the rights bestowed by the Indian Constitution.

The Lt Governor also administered the National Voters' Day pledge and distributed electronic voter ID cards to newly registered voters.

On the occasion, Sh Rajiv Kumar, Chief Election Commissioner of India, through a video message, congratulated the people on National Voters' Day.

Anil Salgotra, Joint Chief Electoral Officer, J&K gave a detailed briefing on the statistics of registration of new voters in J&K and the successful completion of the Delimitation process.

Earlier, the Lt Governor administered the National Voters' Day Pledge to the officials of the Lieutenant Governor's Secretariat and Special Security Force's (SSF) personnel at Raj Bhavan.

KK Sharma, State Election Commissioner, J&K; Dr Arun Kumar Mehta, Chief Secretary; Sh RK Goyal, Additional Chief Secretary, Home Department; Sh Ramesh Kumar, Divisional Commissioner Jammu, joined the celebrations of National Voters' Day at Convention Centre.

Rajinder Sharma, Mayor, JMC; Sh Bharat Bhushan, Chairman DDC Jammu, besides representatives of political parties and people in large numbers were also present.

Substantial increase...

and momentum of development and reforms in administration so that the objective of less government more governance is achieved effectively. He mentioned that the UT has been successful in moving up the ladder on number of developmental parameters. He elucidated that whether it is digitization of land records, construction of roads under PMGSY, tourist arrivals, sports infrastructure or activities, industrial Investments etc, J&K happens to be an example in fast tracking development.

In terms of reforms, he observed that the UT has done a transformative job. He stated that a year or so before, it was unimaginable to think of Digital J&K, which is a reality today. He reiterated that no goal fixed ever has remained too far for J&K to achieve. He stated that the reforms taken by the LG administration had been first of their kind in the history of J&K.

He said that it is District Good Governance Index, Departmental Deliverables, saturation of individual beneficiary programmes, Aspirational blocks, Aspirational Panchayats, introduction of e-office or other measures, J&K has attained a distinction in moving towards a more vibrant, responsive, transparent and accountable system in these years.

The Chief Secretary urged the officers to make preparations for effectively implementing the next year budget. He advised them to have ambitious targets and achieve them efficiently. He made out that each of these set targets should be followed dedicatedly by all of them. He directed for conducting monthly meetings to assess the progress at apex level besides departmental meetings regularly by the respective Administrative Secretaries to achieve the target efficiently on time.

The Chief Secretary also said that number of projects likely to be completed in 2023 is likely to be around 65,000 which shall be more than seven times of number of projects completed in 18-19, reflecting the emergence of new work culture in J&K.

AC Enhances...

The proposal to enhance the grant to the existing gallantry awardees was made in order to bring it to parity with the other neighbouring states/UTs and keeping in view the inflation, since the last revision of rates was done in the year 2008.

As per the decision, the revised rates for Param Vir Chakra is now Rs. 1,75,000 from Rs. 1,25,000. Similarly, the revised rates for Mahavir Chakra Rs. 1,50,000, Vir Chakra Rs. 75,000, Ashok Chakra Rs. 1,50,000, Kirti Chakra Rs. 1,50,000, etc.

Govt freezes...

Jammu and Kashmir hereby freezes the boundaries of Districts/Tehsils, Municipalities, Towns, Revenue villages and other Administrative units in the whole Union Territory of Jammu and Kashmir, w.e.f 1st July, 2022 till completion of Census 2021, read the notification issued by the Planning Department and Monitoring Department in this regard.

ADGP Vijay Kumar awarded President's Police Medal

SRINAGAR, JAN 25

On the eve of Republic Day, Additional Director General of Police (ADGP) Kashmir Zone, Vijay Kumar, was awarded the President's Police Medal on Wednesday.

An official told the news agency—Kashmir News Observer (KNO) that ADGP Vijay Kumar was awarded the medal for his distinguished service in the field.

President's Police Medal is the highest service medal for police and central armed police forces in the country—(KNO)

30 CBI officers, officials awarded President's Police Medal

NEW DELHI, JAN 25

30 officers and officials of the Central Bureau of Investigation have been awarded the President's Police Medal for Distinguished Service and Police Medal for Meritorious Service by the President of India on the occasion of Republic Day, 2023, an official communication issued here on Wednesday said.

As per a statement issued to the news agency—Kashmir News Observer (KNO), President's Police Medals for Distinguished Service have been awarded to 06 officers/officials while Police Medals for Meritorious Service have been awarded to 24 other officers & officials.

President's police medal for distinguished service: Vipulv Kumar Choudhary, IPS, Joint Director, Special Crime Zone, CBI, New Delhi; Sharad Agarwal, IPS, Joint Director, Special Task Zone, CBI, New Delhi; Satya Narayan Jat, Addl. SP, ACB, CBI, Jaipur; Thangliam Mang M, Addl. SP, SC-1, CBI, New Delhi; Anu Ram, Head Constable, SU, CBI, New Delhi & Goutam Chandra Das, Head Constable, ACB, CBI, Bhubaneswar

Police medal for meritorious service: Gagandeep Gambhir, IPS, DIG, AC-II, CBI, New Delhi; Pravin Mandloi, SP, SU, CBI, New Delhi; Kaushal Kishore Singh, Addl. SP, EOB, CBI, Ranchi; Jagrup Singh, Dy. SP, ACB, CBI, Chennai; Darvin KJ, Dy. SP, EOB, CBI, Chennai; Bikash Chandra Chourasia, Dy. SP, EO-II, CBI, New Delhi; Javed Akhtar Ali, Dy. SP, ACB, CBI, Ghaziabad; Kumar Abhishek, Dy. SP, SU, CBI, New Delhi; Manoj Kumar, Dy. SP, Policy Division, CBI, New Delhi; Girish Soni, Dy. SP, ACB, CBI, Pune; Shri Jagadev Singh Yadav, Dy. SP, ACB, CBI, Jaipur; Mukesh Kumar, Dy. SP, CBI Academy, Ghaziabad; Tejvir Singh, Inspector, CBI Academy, Ghaziabad; Munna Kumar Singh, Inspector, BSFB, CBI, New Delhi; Ganesh Shanker, Inspector, ACB, CBI, Lucknow; Jahar Lal Nayek, Head Constable, ACB, CBI, Kolkata; Chhikamandanth Varphese Paulose, Head Constable, ACB, CBI, Bangalore; Jagdish Choudhary, Head Constable, SCB, CBI, Patna; Brijou Barya, Head Constable, STB, CBI, New Delhi; Debdatta Mukherjee, Head Constable, SCB, CBI, Kolkata; Satish Kumar, Constable, ACB, CBI, Chandigarh; Anup Mathews, Office Superintendent, A-C-1, CBI, New Delhi; Khokhan Bhattachajee, Stenographer Grade-I, SU, CBI, Kolkata & Raj Mohan Chand, Senior Public Prosecutor, AC-VI/ SIT, CBI, New Delhi—(KNO)

Pledge ceremonies among series of activities held across Jammu Division to celebrate Voters' Day

JJ NEWS SERVICE

JAMMU, JANUARY 25: Awareness events, expert lectures and pledge ceremonies were organised by the district administrations, Government Departments, Educational and professional Institutions to mark the celebration of Voters' Day on Wednesday across the Jammu Division.

At Doda: District administration Doda organised an impressive function in the Community Hall Doda on the



theme "Nothing like Voting, I Vote For Sure" to mark the celebration of 13th National Voters' Day.

Scores of students and staff drawn from educational institutions from across the district participated in the event. District Election Officer (DEO), Vishesh Paul Mahajan was the chief guest and SSP, Abdul Qayoom was the guest of honour.

At the outset, the DEO administered the Voters' day Pledge to the participants. A debate on the theme "Nothing like Voting, I Vote For Sure" was held in which students of different Degree Colleges and Schools participated. A song on Voters' Day was presented by a girl student from Government Higher Secondary School Girls Doda.

Similar functions were also held at Sub-Divisions, Tehsils, and at designated polling stations in the villages.

At Rajouri: The District Administration Rajouri celebrated the 13th National Voters Day to encourage the eligible youth to enroll as voters and take part in the Election process.

The day was celebrated with the theme, 'Nothing like voting, I vote for sure'.

The day began with an awareness rally comprising students. The rally was flagged off by the District Election Officer, Vikas Kundal. The rally started from DDC Office Complex and culminated at Post Graduate College Rajouri where the main event was held and was presided over by the District Election Officer, Vikas Kundal.

A number of speakers spoke during the event and highlighted the objective of the day and motivated the participants to take part in the election process.

At Ramban: District Election Officer (Deputy Commissioner), Mussarat Islam administered the Voters' pledge to the participants at a function held in Ramban attended by officials of district administration and a large number of students.

Similar programmes were held across the district at Booth, Tehsil and Sub-division levels to mark the national event.

The students presented a colorful cultural program featuring theme based skits and dance and also participated in a debate competition on the theme "Nothing like vot-

ing, I vote for sure."

Later, the DEO felicitated officers and officials for their exemplary contribution in conducting the electoral process. He also awarded the participants of debate and cultural programmes with certificates.

At Reasi: In connection with the celebration of 13th National Voters Day, a District level programme was held in the DC office complex, Reasi.

Babila Rakwal, Deputy Commissioner, presided over the event attended by a large number of students of different schools, besides functionaries of district administration.

Students from different schools spoke about the National Voters Day and Electoral process. A Pledge was also administered to the participants.

Best performing Booth Level Officers and student speakers were given Appreciation letters by the Deputy Commissioner.

An awareness rally comprising students of Govt Girls Higher Secondary School (for Girls) and Govt Boys Higher Secondary School was also taken out. The song "Main Bharat hoon" launched by the Election Commission of India on 13th National Voters Day was played during the programme.

AT UDHAMPUR: Like other parts of the country, 13th National Voters' Day was also celebrated in Udhampur



with the theme "Nothing like Voting, I vote for Sure" as an impressive function was organized by District Administration in the Conference Hall DC Office Complex.

A large number of students drawn from different schools, besides government functionaries attended the function.

ADDG, Ghan Shyam Singh was the chief guest while ASP, Anwar-Ul-Haq was the guest of honour and ADC Mohammad Syed Khan was the Special Guest.

Deputy District Election Officer, Gurdev Kumar administered a pledge to the participants to uphold the dignity of elections and vote in the elections without any fear, inducement or influence.

Later, the ADDG flagged off an awareness rally of students from District Headquarters. The rally passed through Slatia chowk, Ramnagar Chowk, Gole Market, Bus stand and culminated in Model Government Boys Higher Secondary School.

At Samba: To celebrate the 13th National Voters Day, District Administration Samba organized a series of programmes in each assembly constituency of the district and conducted a multitude of activities.

The NVD programmes were organized in conference hall DC office Samba in addition to HSS Rajpura and HSS Vijaypur.

District Election Officer (Deputy Commissioner) Anuradha Gupta presided over the function at DC office. On the occasion, the DEO handed over felicitation certificates to PwDs, senior voters and election icon Rupali Sathalia besides mementos and appreciation certificates to the officers and employees for their contribution in the election process.

Students of degree college samba participated in a symposium on the election process and principles of democracy.

Pledge on National Voter Day was administered in Govt offices, colleges, schools, ULBs, PRIs and locals across the district.

Special arrangements were also made for playing 'Main Bharat Hoon' songs on the occasion of NVD.

At Kathua: To mark the celebration of 13th National Voters' Day, the District Administration Kathua organised an impressive function here in the Auditorium Hall of Government Degree College. Deputy Commissioner, Rahul Pandey presided over the function.

A debate competition was also held wherein students from various educational institutions participated enthusiastically. The DEO also felicitated the winners of Debate competition and administered pledge to all the participants including District Officers, staff of the college and students present on the occasion. Pledge ceremonies were also held in all government offices to create awareness about the right to franchise among all eligible voters.

Earlier, Deputy Commissioner Kathua flagged off an awareness rally of school students from the premises of DC Office complex which culminated at GDC Kathua.

AT Poonch: To commemorate the foundation day of Election Commission of India and spread awareness about the necessity of voting and to encourage the young generation to exercise their franchise, District administration Poonch today celebrated the 13th National Voters Day with the Slogan, "Nothing like voting I vote for sure".

On the occasion, an awareness rally of students was flagged off by the Deputy Commissioner Inder Jeet. The rally started from DC Office complex and culminated at GDC Poonch. Students from different schools were carrying placards with slogans like "Voting is the Weapon of Non Violence".

A pledge taking ceremony was also held during the event at Government Degree College.

A large number of students, staff and functionaries of district administration attended the function.

At Kishtwar: To commemorate the 13th National Voters Day, a grand and impressive function was held here at Kendriya Vidyalaya, Kishtwar

The function was presided over by the Deputy Commissioner, Dr Devansh Yadav.

Around 200 students of Colleges and Hr. Secondary Schools besides functionaries of district administration attended the function

A Nukkad Natak on this year's theme was presented by students of polytechnic college. A quiz competition on the theme of National Voters Day was organised in which 4 teams from various institutions participated.

Voter's pledge was also administered to new voters and the other participants by Dy DEO.

A Felicitation programme was also held on the occasion and the programme concluded with the vote of thanks presented by ACD Kishtwar.

Jammu Municipal Corporation: On the occasion of 13th National Voters Day being celebrated across the country, a pledge function was organized in the premises of Jammu Municipal Corporation. All the officers and officials, BLOs attended the function. The function was chaired by Commissioner Jammu Municipal Corporation Rahul Yadav.

Rimpy: Ohri (ERO-Jammu East) Joint Commissioners JMC and Parvinder Kour (ERO-78 Jammu West AC) Secretary, Jammu Municipal Corporation were also present on the occasion.

Speaking on the occasion, the Commissioner said this year's theme "Nothing Like Voting, I Vote for Sure" is dedicated to voters which conveys individual's feeling and aspiration towards participation in the electoral process through power of their vote. He also drew the attention of the participants towards the importance of participation in the electoral process freely and fearlessly.

DLSA Samba: District Legal Services Authority, Samba observed "National Voters Day" with the theme (2023) "Nothing Like Voting, I Vote for Sure" by organizing an



Awareness Camp and Door to Door campaign to spread awareness among the tribal people at Village Deon, Block Purnamand.

Vishal Sharma, Panel Advocate, District Legal Services Authority Samba acted as a resource person who deliberated upon the theme and importance of the Day.

The main objective of organising the program was to encourage, facilitate, and maximise enrolment, especially for new voters. The program was attended by Panel Advocate, District Legal Services Authority, Samba, tribal people of village Deon and also Para Legal Volunteers of the District Legal Services Authority Samba.

Cultural Wing DTPR: A symposium on National Voters Day was organised by the Cultural Unit Jammu of Department of Information and Public Relations at Bhartiya Vidya Mandir High School, Nainsoo, Udhampur.

As many as 8 students participated in the symposium competition.

Pratibha Singh bagged the First position, while Kanushi Sharma, and Dikshit Thakur clinched second and third positions respectively. Competition was judged by Anju and Monika.

SHD: The National Voters' Day with the theme "Nothing like Voting, I Vote for Sure" was observed today in Sheep Husbandry Complex, Jammu with the solemnity and earnestness befitting the occasion.

All the Officers/Officials took pledge to uphold the democratic traditions of India and to vote in an ethical manner in every election.

GDC Ramgarh: The National Service Scheme unit 'Prabha' of Government Degree College Ramgarh organized a 'One-Day Seminar on National Voters' Day 2023' in collaboration with the Department of Political Science on the concluding day of the ongoing 7-Days NSS Special Winter Camp.

The theme of the Seminar was 'Nothing like Voting, I Vote for Sure'. The event was organized under the able supervision and leadership of Prof. (Dr.) Satinder Kaur, the Principal of the College.

Prof. Paramjeet Singh, Assistant Professor of Political Science at Padma Shri Padma Sachdev Government PG College for Women, Gandhinagar, was the resource person. He gave a detailed account of why India observes 25th of January of every year as National Voters' Day since the year 2011. He gave a historical account of how elections came into existence.

A symposium competition was also held on the last day of the Special Winter Camp in which the students of the College participated.

GDC Sunderbani: Government Degree College Sunderbani organized a pledge ceremony. The staff members of the college and students took the Voters' pledge at the event organized under the supervision of the College Principal Prof. Minnie Sharma.

The faculty members also threw light on the value of vote that makes the citizens the real rulers in a democratic country.

YUVTARANG Cultural series concludes in PSPS Govt P.G. College for Women

JAMMU, JANUARY 25: The Yuvtarang - a special series of cultural activities and competitions organised by Department of Students' Welfare Cluster University of Jammu in PSPS Govt P.G. College for Women, Gandhinagar concluded today. The cultural bonanza featured Skits, Mimicry, Mime and Group Dances (Folk). All the cluster colleges of Jammu participated enthusiastically and enthralled the audience with their electrifying performance.

In Group Dance (Folk) and Mime, the participants from PSPS Govt P.G. College for Women, Gandhi Nagar bagged first position, while in Skit, the participants of PSPS Govt P.G. College for Women, Gandhi Nagar got second position. The best actor award was given to Naeyya Gupta. In Mimicry, Savi and Ashpreet Kaur from PSPS Govt P.G. College for Women, Gandhi Nagar secured second and third positions, respectively.

Amil Tikoo (JKAAFL), Hira Kak (Cultural Officer IU), Abhishek Bhatti (Theatre Director), Shashi Kumar (Choreographer), Dr Priya Dutta (IMFA) and Shivani Kapoor (IMFA) acted as jury members.

Prof Bechan Lal, Vice Chancellor CLUJ, Dr Jitender Khajuria, Registrar CLUJ, Dr Twinkle Suri, Dean Students' Welfare CLUJ, Dr Zubair Kalis (Dean Teacher Education), Dr Ranvijay (Dean Research Studies CLUJ), Associate Deans CLUJ, Cultural Coordinators CLUJ, Assistant Deans CLUJ graced the occasion.

The Principal of the Host College, Prof Minu Mahajan appreciated and applauded the efforts made by the students and the experts. The pro-



gram was coordinated under the guidance and supervision of Dr Revika Arora, Convener Cultural Committee. The proceedings of the event were conducted by Prof Sugandha Mahajan, Assistant Professor in Botany.

DC Rajouri visits DPL Ground; reviews preparedness for Republic Day celebrations 2023

JJ NEWS SERVICE RAJOURI, JANUARY 25: One day ahead of Republic Day celebrations, Deputy Commissioner Rajouri, Vikas Kundal today visited to District Police Line Ground to review the preparedness for the smooth and successful celebration

of the National Day. Accompanied by a team of officers, the DC reviewed the arrangements put in place by different departments at the venue including security, sitting, barricading, decoration of the venue and other suitable arrangements.

Block Diwas: DC Rajouri listens to public issues at Panjgrain

RAJOURI, JANUARY 25: As a part of the weekly Block Diwas, District Administration Rajouri today organised a public outreach camp here at block Panjgrain. The Camp was presided over by the Deputy Commissioner, Vikas Kundal.

Among the issues raised by the public and their representatives during the event were sanctioning of funds under SSY and TSP inclusion of poor and needy people in BPL category, completion of Dhana Khankari road, construction of road from Hayat Pura to Mangal Nar; unconnected habitations to be covered under PMGSY, sanctioning of new PHCs etc. Officers of different departments also educated the public about a number of schemes and programs being implemented by their departments in the district and motivated them to avail the necessary benefits of the same. They also replied to the queries raised by the public during the event. The DC gave a patient hearing and assured the public that all their genuine concerns would be looked into for early redressal. The DC asked the officers and PRI members to educate the common masses



regarding the welfare initiatives so that maximum people could be benefited. The people were informed about the health screening of children in the block under Rashtriya Bal Swasthya Karyakram (RBSK). The DC asked the concerned officers to give wide publicity to the schedule to ensure coverage of maximum children under the program. The DC further asked the concerned officers to take all possible measures to ensure that all eligible persons are enrolled

for Aadhaar Card and SEHAT scheme. He also issued on-spot directions to concerned officers to resolve the public grievances in the shortest possible time. Officers present were CPO, Mohammad Khurshid; ACD, Vijay Kumar; ACP, Sheraz Chowhan; CMO, Dr Abdul Hamid Zargar; DDE, Qadeer Ul Rehman; CEO Education, Sultana Kouser; DSWO, Wakeel Ahmed Bhatt; Tehsildar Manjakote, Javid and other District and Sectoral officers.

Block Diwas: Grievances Redressal, Awareness camps held at 4 locations across district Doda

DODA, JANUARY 25 In continuation to the UT administration's multiple campaigns, initiatives launched to reach out to the people at their doorsteps to assess the disparities in development, listen to the public aspirations and plan out a holistic programme to address their genuine issues and aspirations, District administration Doda on Wednesday organised Grievances Redressal cum Awareness camps at four locations under the weekly Block Diwas program. The Block Diwas meetings were held at

Block Headquarter Baderwah, Sub District Baderwah; Sub Divisional Headquarter, Sub Division Gandoh; Higher Secondary School Assar, Sub Division Assar and Revenue Complex Thathi, Sub Division Thathi. People in large numbers attended the Block Diwas at all the four locations and projected their demands. They demanded up-gradation of local infrastructure in the Health and Education sectors, besides extension of road connectivity, water and power facilities in the area.

THOUGHT OF THE DAY

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

JINDRAH IMAGES

Ladakh stalemate to end soon?

Ministry of Home Affairs, Government of India appears to have made fresh efforts to end the stalemate persisting over the participation of two frontline groups--Leh Apex Body (LAB) and Kargil Democratic Alliance (KDA)--speaking struggle for major demands of Ladakhi people after the Centre recently constituted a High-Powered Committee to ensure the protection of land and employment for local people of the region. It is heartening to hear that two sides may achieve some breakthrough to end the deadlock as the MHA emissary has reportedly established a contact with LAB chairman and former Lok Sabha member Thupstan Chhewang. The media reports suggested that the MHA could alter composition of the HPC so that a dialogue process is initiated. Two frontline organizations have also written a joint letter to Union Home Minister Amit Shah suggesting that, to begin with, dialogue should be initiated with two representatives of each of LAB and KDA with the provision of wider participation. Ladakh leadership's U-turn from its longstanding demand of the Union Territory status to full-fledged statehood to Ladakh has formed the basis for two ideologically-different and communally-sensitive districts--Kargil and Leh--to iron out differences and display a rare unity for "restoration of democracy" in the region. The biggest example of bringing an end to their differences was the recent amicable resolution of construction of a Gonpa in Kargil town, which was bone of contention between two districts for the last more than six decades. There had been several disputes between Leh and Kargil people, some on communal lines, for several decades and the people of two districts always took different stands on a particular subject but the developments (after the abrogation of Article 370) forced the right-thinking and constructive people to end their differences and fight unitedly to save Ladakh from bureaucratic rule. Though Kargil people never supported the demand for UT status to Ladakh, it was Leh people who had been demanding UT status for Ladakh, and they have now realized that they have got UT status having nothing for Ladakhi people. With the presence of some right-thinking people in LAB and KDA, two districts have been successful in cementing rare unity for a common cause of full-fledged statehood for Ladakh. The BJP, which rules Ladakh Autonomous Hill Development Council (LAHDC) Leh, has stayed away from the agitational programme in Ladakh. The BJP has distanced itself from the LAB as well as KDA on the ground that the grant of Union Territory was a major demand of Ladakhis, which was accepted by the Central Government on August 5, 2019. The need of the hour is that two sides should reach an agreement and come to the table to resolve all issues for the betterment of strategically-important Ladakh region. Both sides should display flexibility while negotiating on contentious issues to end the ongoing impasse.

SLOW SUBSIDENCE OF SCIENTIFIC INSTITUTIONS

Suppression of scientific information or expert knowledge has serious ramifications for the application of science for the public good. It is not a matter of the right of an individual scientist or researcher to express views or share data but is related to the role of science in public policymaking as well as shaping an informed public opinion.

DINESH C. SHARMA

THE Joshimath crisis has laid bare another equally serious challenge -- the slow subsidence of Indian scientific research councils and academic institutions. Their foundational ground of rational and independent thinking, new ideas and scientific discourse is slowly sinking. Like Joshimath town, which has been experiencing a gradual subsidence, the crisis in our scientific research organisations has been in the making for some time.

A significant flashpoint came on January 11, with the Hyderabad-based National Remote Sensing Centre (NRSC) -- an arm of the Indian Space Research Organisation (ISRO) -- coming out with a preliminary assessment of the Joshimath subsidence based on remote-sensing data. It reported the truth as seen from space -- the town had sunk up to 9 cm between April and November 2022, and more rapidly between December 27 and January 8. It was the first scientific report that pointed to the gravity of the situation in Joshimath.

Instead of acknowledging the seriousness and accepting that it had failed to act in time, the National Disaster Management Authority (NDMA) issued a gag order on scientific institutions, telling them not to share any information or opinion on Joshimath with the public through the traditional or social media.

Among the scientific institutions asked to keep mum are not just the NRSC and ISRO but also research labs belonging to different scientific agencies -- the Council of Scientific and Industrial Research, Department of Science and Technology, Ministry of Water Resources, Indian Institute of Technology-Roorkee as well as the Survey of India and Geological Survey of India.

The NDMA order is unprecedented and brazen. Neither the NDMA nor the Ministry of Home Affairs (MHA) under which it functions is the parent body of any of the scientific organisations being gagged. It is a political decision since the NDMA order mentions that it was taken at a meeting chaired by the Home Minister. Even if it was so, scientific agencies like the ISRO and CSIR are autonomous bodies (at least, on



paper) and they are not under the MHA.

Only a few months ago, the Home Secretary transgressed his powers by calling a meeting of secretaries of all scientific departments and abolished hundreds of awards given to scientists and researchers in one go. The Indian Council of Agricultural Research recently warned working and retired scientists against deviating from the official position on genetically modified food. Those not following the diktat were warned of action against them.

Discussions based on scientific observations and the sharing of that information in the public domain should be encouraged. In many sectors, including remote sensing and earth observation, scientists routinely share data and publish findings in research journals, and present papers at conferences. The US National Aeronautics and Space Administration (NASA) has portals where remote-sensing data are regularly shared. The data on earthquakes anywhere in the world is available in real-time on the website of the United States Geological Survey. There are genetic sequence databases accessible to researchers from all over the world. A part of the assessment the NRSC put out is based on imageries from the Sentinel-1 satellite of the European Space Agency (ESA). This satellite has a Synthetic Aperture Radar which helps it acquire data even through cloud cover and during day or night time under all weather conditions. The second part of the NRSC assess-

ment is based on imageries from the Indian satellite, Cartosat-2S, which provides panchromatic imagery with a resolution of 0.65 metres. The NRSC must be complimented, not gagged, for coming up with the analysis using remote-sensing data from the ESA and ISRO. Shockingly, the NDMA finds the analysis as something that is "creating confusion among affected residents and also among citizens of the country."

The discussion on the usability of the remote-sensing data is taking place in the context of Uttarakhand because its capital, Dehradun, is the birthplace of remote-sensing studies in India. It was here that the Indian Photo-interpretation Institute (IPI) was founded in 1966 as a result of an agreement signed with the Netherlands during the visit of Jawaharlal Nehru in 1957. The IPI functioned under the Survey of India and was subsequently transferred to the ISRO which was formed in 1969. It now functions as the Indian Institute of Remote Sensing under the ISRO.

The first Indian remote-sensing satellite to become operational was IRS-1A in 1988. Today, the space agency has four series of sophisticated remote-sensing satellites -- Resourcesat, Cartosat, Oceansat and RISAT. A landmark contribution of the ISRO in the 1980s was using remote-sensing data for the preparation of a forest map of India which showed large-scale deforestation.

This finding was at variance with the maps produced by the Forest Survey of India (FSI). The

ISRO and NRSC (then known as the National Remote Sensing Agency), however, were not asked to keep shut. Instead, the FSI was made to incorporate the remote-sensing-based technique in its mapping process. This resulted in a far more accurate assessment of the forest cover over the years.

Suppression of scientific information or expert knowledge has serious ramifications for the application of science for the public good. It is not a matter of the right of an individual scientist or researcher to express views or share data but is related to the role of science in public policymaking as well as shaping an informed public opinion. Sharing of data, expert views or research papers can contribute to a healthy discourse on contested subjects, be it genetically modified foods, Himalayan ecology, substandard drugs, data privacy or antimicrobial resistance. In a country like India with a vast network of research institutes, universities and academic centres with experts on a range of topics, differences of opinion are bound to surface. Such differences can be sorted out through healthy public debates on key issues with the involvement of scientists, academics as well as civil society. In the 1980s, the Indian Institute of Science organised a debate between nuclear scientists and environmental activists at the height of the controversy on the Kaiga Nuclear Power Plant. Nowadays, research councils, academic institutions and science academies are shying away from such discussions.

Need to raise standard of education in rural India

SUBIR ROY

THE Indian Republic is no longer young. It is turning 73. It is also on the way to becoming the most populous country in the world, leaving China behind. What is more, the fertility rate (the number of children that a woman is likely to bear during her reproductive years) has fallen below the replacement level of 2.2. This means the country will cease to reap the demographic dividend -- a large number of youngsters will not be there to join the workforce to take care of an increasingly ageing population that has stopped earning.

At this juncture, the country needs to execute a dramatic shift in the economic policy so that the youngsters joining the workforce henceforth can be more productive, contributing more to the economy than was the case earlier. This requires a shift in political perceptions, social policy and public spending.

Foremost, the policy must seek to bring down the maternal and infant mortality rates, improve nutrition levels and expand training. This will allow healthy mothers to go back to work after giving birth and their babies to grow up to become healthy youngsters and robust workers. The youngsters must be properly educated so that after completing schooling they are able to access vocational training and acquire skills which enable them to work with increasingly sophisticated technology. Instead of running lathe machines, they would need to operate digitally driven workstations.

On farms, they will have to grow crops using less water and deliver the right level and mix of plant nutrients instead of simply



dumping chemical fertilisers. And post-harvest, they must know how to market the produce at best prices by accessing farm information portals and joining farmer producer organisations, which sell at the best price available, instead of simply dumping the crop at the nearest mandi or the first middleman who arrives at the village after harvest with cash. They should take loans from a micro-finance organisation or bank-linked self-help groups, instead of falling prey to local money-lenders.

This in itself is a tall order, but it is not enough. Right now, there is a mini crisis at hand. Gains in learning skills from schooling have received a setback as a result of school

closure during the pandemic and inadequacies of learning from home via the digital network. Now that schools have reopened, there needs to be an emergency national plan so that children can have the same level of reading, writing and comprehension skills that they would have had if the pandemic had not struck.

Lastly, the system must develop the infrastructure for retraining workers so that they can handle newer machines. In Scandinavian countries, workers are paid to go on study leave so that with reskilling they are able to operate the newest machines which have just been installed at factories. This will raise the productivity level of a worker and take care of

the impact of fewer workers as a result of fewer babies being born.

A comprehensive agenda for action to address all these issues has been formulated by the global civil society organisation, Oxfam. Its first point is to raise the tax burden on the rich and lower it on the poor. It can be done by imposing a wealth tax on the wealthy and reducing the tax burden on the poor by lowering the GST rates on essential items which the poor have to consume in order to keep hunger and destitution at bay.

With the fiscal resources so gained, the prime policy objective would be to improve access to public services like health and education. Foremost, the budgetary allocation to the health sector has to be increased to the target of 2.5 per cent of GDP by 2025, as envisaged in the National Health Policy. This will lead to the poor needing to spend less out of pocket for emergency medical treatment as public healthcare delivery will improve as a result of higher budgetary allocation.

This will happen when more and better primary and community health centres and medical colleges, along with district hospitals, are established. The latter will raise the supply of paramedics and doctors to man the extended healthcare system. Simultaneously, says Oxfam, the budgetary allocation for education must be raised to 6 per cent of the GDP, as outlined in the National Education Policy. The increased resource allocation and provisioning of educational capacity must have a specific focus: concentrate more on areas which have a large number of members from deprived communities like the Scheduled Castes and Tribes and girls across the board.

As the poor get better healthcare and education, their households must be brought under a wider social security network. This is essential as 90 per cent of India's labour force is engaged in the informal sector where a day's absence from work or inability to find work means loss of a day's income without a fallback.

The circle of entitlement will not be completed if a labourer has to think twice before taking an ill family member to a well-provided public health centre because it will mean staying away from work for a day and, thereby, losing a day's wages. Besides, just as there is a system of anganwadis to take care of preschool children, there has to be an elaborate pension provision for all so that those too old to earn do not become a severe burden on their families.

In order for all this to happen, the citizenry must know what to seek from their leaders, both politicians aspiring for office and officials manning the administration. For this, the citizenry needs to be made wise on what is its due and ask for it in a coherent manner. This job of helping the citizenry to correctly articulate its demand and insist on adequate delivery has to be done initially by civil society organisations. Over time, politicians aspiring for power, from the panchayat level onwards, must know what they have to promise and deliver to the electorate for them to not just acquire power but retain it.

As the message travels up the political ladder, political parties at the apex will have to formulate the right platforms to acquire power and deliver on the promises to remain in power.

Nora Fatehi talks about 'biggest red flag in a guy': You know he is talking to more than one girl when...

Alleged conman Sukesh Chandrasekhar recently claimed that Nora Fatehi has always been 'jealous of Jacqueline Fernandez', with whom he was in a serious relationship'. The actor-dancer has been in news for her association with Sukumar, who is involved in an alleged ₹200 crore money laundering case. Now, in a new interview, Nora has opened up about what she thinks is the 'biggest red flag in a guy'. Nora also revealed what is the 'pettiest thing' one can do after a breakup.

Both Nora and Jacqueline Fernandez are being investigated because of their association with alleged conman Sukesh Chandrasekhar, who has been charged with extortion, and was



arrested last year. In a recent interview, without taking any names, or confirming that she was speaking from personal experience, Nora said 'disappearing' was the biggest red flag in a guy, according to her.

Nora explained how 'disappearing' was different to 'ghosting'. She told Bollywood Hungama, "The biggest red flag in a guy is disappearing. Not ghosting, like he will talk to you a lot today and tomorrow, and

then for five days he is quiet, and then he will come back again and talk to you, like intense, and then he disappears again. Then you know he is talking to more than one girl... (when asked if this happens with her) I don't know. I am saying generally."

In the same interview, Nora was asked what she thought was the 'pettiest thing' one can do after their breakup. The actor said she herself had 'not done anything petty yet', although she hinted that she did come close to it. "I have not done anything petty yet. I was thinking of doing one (petty thing). I think something petty is telling people the business, the person's private business. I think that is really petty," Nora said. In December

2022, Nora Fatehi had slammed claims made by actor Jacqueline Fernandez and denied receiving any gifts from alleged conman Sukesh Chandrasekhar. In her recent statement to Delhi's Patiala House Court in the alleged extortion case, Nora said that Sukesh had promised her 'a big house and a luxurious lifestyle' if she agreed to be his girlfriend. In a recent statement to the media, Sukesh had responded to Nora's statement, and said, "Today she (Nora) talks about me promising her a house, but she already has taken a large amount from me to purchase a house for her family in Casablanca, Morocco, all these new stories are crafted by her to escape law after ED statement 9 months ago given by her."

Soha Ali Khan shares candid pics with Kunal Kemmu on wedding anniversary, Kareena Kapoor sends 'love'



Soha Ali Khan took to her Instagram handle and shared a video featuring actor-husband Kunal Kemmu as they marked eight years of their wedding on Wednesday. The clip showed their best moments together with adorable pictures from their vacations, outings and events. Kareena Kapoor also wished the two with a sweet message. Many fans reacted to her anniversary post and extended warm wishes to her and husband Kunal on their special day.

In one of the pictures, the couple can be seen kissing each other while posing for the camera at the Pataudi Palace. In another picture, both of them opted for black, and sat on sofa. In other picture, Soha dressed up as Anarkali and Kunal as Salim from Mughal-e-Azam. She also posted their wedding picture. There was also a picture, where both Kunal and Soha wore beauty face masks. While he little Red Miss Princess, Soha gave him a head massage. There were a couple of photos from their vacations as well.

Sharing the video, Soha simply added an infinity sign in the caption. Actor Kritika Kamra commented, "Lots of love and forever happiness (pink heart emoji)." Cyrus Sahukar, Nisha Aggarwal and Shikha Talsania dropped heart and hug emojis. Reacting to the anniversary post, one of Soha's fans wrote, "You both are the best couple in Blown."

RRR's 'Jenny' Olivia Morris finally reacts to Naatu Naatu Oscar nom, Golden Globe win after fans' demands

Actor Olivia Morris finally reacted after the song Naatu Naatu was nominated in the Best Original Song category for the 95th Academy awards. Olivia essayed the role of Jenny in SS Rajamouli's epic drama RRR. After the song bagged the nomination, fans were left wondering why she didn't react to the news. Several people took to Instagram and shared comments on her posts. A person wrote, "Hey @oliiviakmorris our Naatu Naatu song is in Oscar nominations."

Later, taking to Instagram, Olivia shared a still of herself from RRR in which she is seen laughing. Olivia also featured in the song Naatu Naatu along



with Ram Charan and Jr NTR. Sharing the picture, Olivia captioned the post, "Me right now." "The Naatu Naatu sequence was by far my favourite thing to work on in RRR and it was only

made possible by the incredible @ssrajamouli and @mmkeeravaani. To see Naatu Naatu being nominated for best original song at the Oscar's and winning at the Golden Globes is

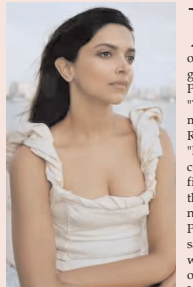
such a huge and wonderful thing. So grateful to have been a part of this epic film (sparkles emoji)," she also added.

Reacting to the post, a fan said, "You have a Lovely performance, Olivia. You added such value to the RRR Movie." Another person commented, "Jenny we love you. Do one more film with #NTR ANNA." An Instagram user said, "Congratulations, you look awesome and brilliant in acting...hope we would see you again in Indian movies." "Yeah, your work was also an incredible one," read a comment.

On Tuesday, actor Ram Charan reacting to the news tweeted, "What brilliant news!

Truly an honour to see Naatu Naatu nominated for the Oscars. Another very proud moment for us & India. Well deserved @MMKeeravaani Garu, @SSRajamouli Garu, my brother @lara999 and the entire team of #RRR (folded hands). All love (red heart emoji)." Jr NTR wrote on Twitter, "Congratulations @MMKeeravaani Garu and @boselyricist Garu on achieving another well-deserved and monumental feat... This song will forever hold a special place in my heart. @ssrajamouli @alwaysramcharan #RRRMovie #NaatuNaatu #Oscars95." Chiranjeevi also congratulated the team.

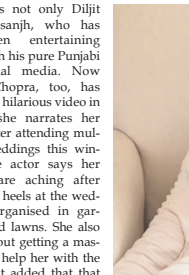
Deepika Padukone Is A Member Of 'Tukde-Tukde' Gang, Shah Rukh Khan A 'PFI Agent', Alleges BJP MLA



BJP MLA Hari Bhushan Thakur Bachaul on Wednesday alleged that Deepika Padukone is a "Tukde-Tukde gang member" and Shah Rukh Khan (SRK) is a "PFI agent". "Saffron colour signifies sacrifice and austerity but the Tukde-Tukde gang member Deepika Padukone is wearing saffron colour innerwear. Why Deepika only went to JNU. Incidents like that had

happened in several places of the country. The people associated with this film are members of IS and supporters of Ghazwa-E-Hind," Bachaul said. Deepika visited JNU on January 9, 2020 to show solidarity with students who were attacked by a mob (JNU violence). "Shah Rukh Khan is a PFI agent. The makers of the film had made it to insult Hindus," he alleged. 'Besharam Rang' song of the 'Pathaan' movie had created controversy over the saffron colour bikini Deepika is donning and some objectionable scenes.

Tisca Chopra shares her wedding woes in Punjabi, complains of pain after wearing heels in lawns



It is not only Diljit Dosanjh, who has been entertaining fans with his pure Punjabi on social media. Now Tisca Chopra, too, has posted a hilarious video in which she narrates her woes after attending multiple weddings this winter. The actor says her calves are aching after wearing heels at the weddings organised in gardens and lawns. She also talks about getting a massage for help her with the pain, but added that that too turned out to be too much for her. Tisca spoke about her wedding woes, all while taking a sip from the drink in her hand.

Sharing the video on Instagram, Tisca wrote, "Winter wedding woes..." Sitting on a chair wearing a blue sweatshirt with pants, and holding a drink in her manicured hands, Tisca says in Punjabi, "Is season Delhi which aeni wedding aan, tussi pujo

na. Log vyah kara kara ke hi nahi thakte. Pahlia vyah, duja vyah, teja vyah. Main kariyan, tuanu apni fikar nahi, saadi te socho. Heela pa pa ke garden which ghusdiyan rahandiyan, calfa jeda which pain honda hai. Ye kaende ne tu massage karale. Utthe gai ki kudi na mere naal karate hi kar ditte. Hor dard hon lagya (There were so many weddings in Delhi this season.

People are not tired of weddings. If you don't care about yourself, think about us. The heels sink in the garden, the calves ache. My husband suggested I should get a massage but that girl did karate on me. Now it's aching even more." Tisca's fans were very impressed with her Punjabi. One commented, "Absolutely well spoken

in Punjabi accent Tisca, too good." Another said, "Superlike... Please do more Instagram reels in this Punjabi accent." One more said, "Hehe so sweet. Tisca ji tuss ta fatte chak ditte (you did so well)." A fan said in sarcasm in Punjabi, "Uff thwada naal ta bada galat hoye (oh, such injustice for you)." Another one said, "Good one heela garden vich ghusdiyan rehndiyan ne bahot vadda dukh aa (heels sinking in garden is a very big problem)." A comment also read, "Regularly use medicine: rum." A fan also hailed her 'outstanding performance'.

Tisca was last seen in Raj Mehta's Jugjugg Jeevy, opposite Anil Kapoor. The film had Anil, Kiara Advani, Varun Dhawan and Neetu Kapoor as the lead cast. She was also seen in a Disney+ Hotstar web series, Dahan last year.

Amit Trivedi Lends New Folk-Fusion Texture To His Hit Rajasthani Folk Track 'Chaudhary'



The hit track 'Chaudhary', composed by Amit Trivedi for Coke Studio, is back in new form this time featuring singers Jubin Nautiyal, Yohani and Mame Khan. The song, written by Shelle, is a folk-fusion and features Rajasthan folk and modern music. Talking about the song, Amit Trivedi said, "Chaudhary is a song loved by all and this time I have added elements of Rajasthan folk with modern music in it. Jubin, Yohani and Mame Khan have done a phenomenal job at understanding the feel of the song and bringing it to life. I'm sure the listeners will enjoy this new version." The song brings back the hit pair of Jubin Nautiyal and Yohani, who earlier sang 'Manike Mage Hithe' for the Hindi audience.

Singer Jubin Nautiyal said, "The song 'Chaudhary' is a perfect mix of folk and modern elements. Amit Trivedi has added an amazing flair to this song. The incredible location and the vibrant colours in the music video is what made the shooting experience memorable. Like always, it was amazing working with Yohani and it was my first time working with Mame Khan, who has an excellent and powerful voice." For Yohani, it was a unique experience because of the completely new language, outstanding outfits and the

Twinkle Khanna shows the 'mole' above her lip, fans think it looks 'bigger than her two nostrils combined'

On Wednesday, Twinkle Khanna took to Instagram Reels to share a glimpse of her 'mole'. The actor-turned-author flaunted an oversized 'mole' above her lip on the left in the photo she posted along with a funny caption. In the photo, Twinkle wore no makeup and raised her face as she looked intensely at something away from the camera. The text on her image read, "Should fake moles be the new Berkins (luxury handbag from designer label Hermes)? And like in the

old movies, will you only recognise me when I peel this mole off? Yes/ no?" Twinkle further wrote in her caption that as a kid, she used to love watching films, where the 'heroes' would wear fake moles and looked unrecognisable after they took them off. She also asked her Instagram followers to share more of such 'strange moments or cliches' from old Hindi films. Twinkle wrote in her caption, "Making a mountain out of a molehill. As a kid I used to love those movies where the hero takes

off his mole and suddenly you are meant to recognise him! What strange moments or cliches do you remember from old Hindi movies?" Her post attracted equally hilarious responses from Instagram users. One joked about her photo, "In this case - mole looks bigger than two your nostrils combined." Another one commented on Twinkle's fake mole, "It's not looking good on your face." Reacting to her caption, a person wrote, "The moustache. I clearly remember was also used in the

same sense. Especially to make distinction between twins." Another one wrote, "I don't know about old movies, but Rab Ne Bana Di Jodi was an epic example of how chashma (a pair of spectacles) and some change of clothes can make someone unrecognisable." Twinkle had recently reacted to Prince Harry and Prince William's feud in her own hilarious way, and involved sister Rinke Khanna as she joked about herself being the 'heir'. Twinkle had compared her sister with

Prince Harry, and called her the 'spare'. Twinkle, who is married to actor Akshay Kumar and shares two children with him, Aarav and Nitara - made her acting debut with Barsaat in 1995. After her 2001 film Love Ke Liye Kuch Bhi Karega, she quit her acting career. In 2015, Twinkle made her debut as an author with Mrs Funnybones. She followed it up with an anthology of stories titled The Legend Of Lakshmi Prasad (2017), and the fiction novel Pyjamas Are Forging (2018).



How to use intuitive eating to develop your own guilt-

Everyone's relationship with food is different, which is not a bad thing — depending on what that relationship looks like.

If you find you have a difficult or challenging relationship with food, you might want to consider a way of eating that is guided by your personal experience, rather than outside influence, like intuitive eating, according to Wendy Lopez, a registered dietitian.

"With intuitive eating, instead of focusing on external food rules to guide your eating choices, one of the goals is to cultivate trust in yourself when it comes to food and the innate instincts that you have," she says.

Lopez, who co-hosts nutrition podcast "Food Heaven" with Jessica Jones, is promoting a new partnership with Take Root Organics.

Often, diet culture can influence people to eat the foods they enjoy less and prioritize weight



loss, she adds. "Intuitive eating kind of helps quiet the noise, and you're able to tune into what [eating] habits work best for you," Lopez says.

Here are some obstacles you may face as you adjust from adhering to social standards that surround eating, and begin to eat intuitively. Plus, how to overcome them.

2 things to know about intuitive eating

1. You can still meal plan and meal prep

Eating intuitively doesn't mean sacrificing structure altogether, says Lopez. In fact, you should still eat at least three meals a day, she notes.

"You also want to make sure you're nourishing yourself. Part

of intuitive eating is also honoring your health and honoring your nutrition. So, it's important that you're getting the nutrients you need," Lopez says.

Instead of sticking to specific foods, aim for variety and you'll still be eating intuitively, she adds.

You can also use the MyPlate method to ensure that most of your plate is planned around plant-based foods, and you're receiving carbohydrates, protein and grains in each meal, says Lopez.

2. You can count calories initially, but don't make it a habit. Regardless of if you're eating intuitively or not, you should be aiming for at least 500 calories per meal, Lopez says.

"I don't recommend counting calories. But, if you're under-eating, it might be helpful to count calories for a few days, unless you've been medically advised to continue, just to make sure you're

actually meeting your minimum needs," she says.

If you're following the MyPlate method, then you're likely meeting the recommended calorie intake, Lopez says. Consider adding avocados, nuts and seeds to your meals to up your intake.

"There is a misconception that you just eat whatever you want, whenever you want. But, part of intuitive eating is also listening to your body and how you feel," Lopez says. If after eating something too often, your body isn't reacting well to it, consider reducing your consumption.

But remember, "unless there is a medical reason or you have an allergy, there really isn't a need to say 'This food is completely off limits.' There's flexibility there. You get to decide how often you get to enjoy it.

This is all something that you take into account, and you decide what you want it to look like for you."

High inflammatory diet found to increase likelihood of depression, new study finds



A new study published in the Journal of Affective Disorders has found a correlation between a highly inflammatory diet and an increased risk for depression.

And the researchers state their findings will have an impact on public health, as it's an indication that a controlled diet could potentially help those with depression or prevent the illness in the first place.

The participants included 30,627 individuals from the U.S. who had been studied in the National Health and Nutrition Examination Survey (NHANES), a program of studies designed to assess the health and nutritional status of adults and children in the United States from 2007 to 2018.

The study aimed to assess the association between the dietary inflammatory index (DII), which is a scoring algorithm designed to estimate how diet impacts inflammation in the body and health outcomes as a result, to the cross-sectional study of NHANES.

The participants were asked questions regarding which foods they consume as their diet, and were given a score based on their dietary inflammation, and also rated for depression.

Based off this data, the researchers found what is called a J-shaped relationship, which is defined, according to academics, as a non-linear relationship between two variables and appears as a curve that initially falls, but then rises to become higher than the starting point, between DII and depression.

Meaning, at a set point, the amount of inflammation within the body appeared to exceed the body's capacity.

Then, as the J-shape indicates, the high inflammation in the body of the participants was found to begin to correlate with a significantly higher risk for depression for participants.

This J-shaped relationship showed a positive association between depression and inflammation, which remained intact even after the researchers adjusted for factors such as demographic data, lifestyle habits, disease, body mass index (BMI), and C-Reactive Protein (CRP), which is the level of a certain protein that your liver makes that results if bodily inflammation is too high.

This confirmed the association of high inflammation and depression in U.S. adults, according to study authors.

Research has linked a high intake of inflammatory foods, such as sugar and fat and a low intake of fruits and vegetables, to chronic diseases such as diabetes, cancer, and coronary heart disease, to name a few.

Meanwhile, other studies have shown that the Mediterranean diet, which is a low-inflammatory diet consisting of high amounts of vegetables and fruits, more seafood than meat and other high healthy-fat foods like olive oil, actually can aid in preventing, or improving chronic diseases.

And while past studies have found that many chronic diseases can actually get worse as a result of chronic inflammation in the body, which is known as a slow, long-term inflammation lasting for prolonged periods of several months to years, depression can also worsen from this chronic inflammation.

Want to stop sugar spike after meals? Eating almonds before can help, even reverse diabetes

With strapped devices, test subjects, who had almonds, showed a significant 20 per cent drop in their post-prandial sugar spikes. The study was authored by Dr Seema Gulati, Centre for Nutrition Research, National Diabetes, Obesity, and Cholesterol Foundation (NDOC), and Dr Anoop Misra, Chairman, Fortis CDCC Hospital for Diabetes and Allied Sciences.

If you take 20 grams of almonds about 30 minutes before each of the three major meals of the day, then this collective pre-meal load of 60 gms can actually cut back your post-prandial blood glucose spike by 20 per cent. Yes, an India-specific study has finally proved this corrective nature of the nut. Almonds were chosen as a pre-meal load because of their familiarity among Indians, their concentration of mono-unsaturated fatty acid (MUFA), fibres and proteins.

This study was authored by Dr Seema Gulati, Centre for Nutrition Research, National Diabetes, Obesity, and Cholesterol Foundation (NDOC), and Dr Anoop Misra, Chairman, Fortis CDCC Hospital for Diabetes and Allied Sciences.

"We have published this research in two papers. The first, which studies the immediate effect, has been published in the European Journal of Clinical Nutrition, and the second paper, which assesses the long term effect of pre-meal almond load, has been published in Clinical

Nutrition ESPEN. Both are peer-reviewed journals," says Dr Gulati.

"The study is significant because most Indians are so bothered about their fasting glucose that they rarely bother about watching their post-prandial glucose level, which is usually higher given the composition and carbohydrate-heavy nature of our main meals of the day. What many do not realise is that the post-meal sugar spike is the first indication of the onset of Type 2 diabetes. Uncontrolled, the elevated levels would also reflect in the fasting sugar tests down the line. The beneficial rollover effect of consuming almonds before meals can not only halt the progression of Type 2 diabetes but also raise the chances of reversing it in early onset cases. In short, it can prevent complications related to diabetes," says she.

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Now use of almonds as a pre-meal snack has led to a significant difference in the two-hour post-meal sugar load by 20 per



cent, surprising even the researchers. The team was very thorough with their calculations. "We closely monitored the almond consumption impact on the immediate post-prandial load. We fixed a continuous glucose monitoring system (CGMS) on each subject's abdomen. Through a thin filament, this measured blood glucose 280 times a day. So, the patient was strapped to his device between one and three days. We could monitor blood glucose levels through the day and after every meal. Even the patients wrote down by how much their post-meal sugar levels spiked or not after eating a certain kind of food," explains Dr Gulati.

For the long-term study, researchers tracked patients for three months and found results

corroborating the shorter study.

"Consistent results, serum insulin and glycaemic parameters were safe.

The subjects showed reduction in inflammatory markers and lipids along with HbA1c levels and post-prandial glucose. Besides, a lot of our test subjects came to know that they had pre-diabetes in the first place during the course of the trial. Diabetes is truly a silent killer. So, if there are 90 million diabetics, there are 90 million more who have pre-diabetes but are not diagnosed at the right time. So, pre-loading meals with nuts seems to be a promising strategy to roll back the disease, particularly among this group. We are already using this in our dietary strategies for patients at our centre because prevention is better than cure,"

says Dr Gulati.

"We have been constantly researching diets in our institute, wondering what could be the best pre-meal load. Nuts of all kinds are healthy and well-accepted by Indians; they are very easy to carry to work, do not go bad or rancid and have good fats and proteins, which Indians do not have much of," adds she.

The same team had earlier also released a study proving how including almonds in the diet could significantly reduce the risk of cardiovascular diseases in Indians with Type 2 diabetes and improve their general health.

"India is known as the diabetes capital of the world, with the incidence of Type 2 diabetes currently reaching epidemic proportions," the researchers had written in the study published in the journal, Metabolic Syndrome and Related Disorders. Once deemed a disease of the affluent, the prevalence of Type 2 diabetes now cuts across all social, demographic and age groups, they had said. They attributed this higher and earlier incidence of Type 2 diabetes in part to the "South Asian phenotype," a genetic predisposition that makes Indians more susceptible to insulin resistance and Type 2 diabetes. "That was the first free-living study to demonstrate the health benefits of including almonds in the diet among Asian Indians with Type 2 diabetes," said Dr Gulati, who was lead researcher.

Nutrition myths experts wish would die

Soy milk can raise the risk of breast cancer. Fat-free foods are healthier than high-fat foods. Vegans and vegetarians are deficient in protein. Some false ideas about nutrition seem to linger in American culture like a terrible song stuck in your head.

So, to set the record straight, we asked 10 of the top nutrition experts in the United States a simple question: What is one nutrition myth you wish would go away — and why? Here's what they said.

Myth No 1: Fresh fruits and vegetables are always healthier than canned, frozen or dried varieties.

Despite the enduring belief that "fresh is best," research has found that frozen, canned and dried fruits and vegetables can be just as nutritious as their fresh counterparts.

"They can also be a money saver and an easy way to make sure there are always fruits and vegetables available at home," said Sara Bleich, outgoing director of nutrition security and health equity at the US Department of Agriculture and a professor of public health policy at the Harvard T.H. Chan School of Public Health. One caveat: Some canned, frozen and dried varieties contain sneaky ingredients such as added

sugars, saturated fats and sodium. Bleich said, so be sure to read nutrition labels and opt for products that keep those ingredients to a minimum.

Myth No 2: All fat is bad.

When studies published in the late 1940s found correlations between high-fat diets and high levels of cholesterol, experts reasoned that if you reduced the amount of total fats in your diet, your risk for heart disease would go down. By the 1980s, doctors, federal health experts, the food industry and the news media were reporting that a low-fat diet could benefit everyone, even though there was no solid evidence that doing so would prevent issues such as heart disease or overweight and obesity.

Dr Vijaya Surampudi, an assistant professor of medicine at the UCLA Center for Human Nutrition, said that as a result, the vilification of fats led many people — and food manufacturers — to replace calories from fat with calories from refined carbohydrates such as white flour and added sugar. (Remember "SnackWell's") "Instead of helping the country stay slim, the rates of overweight and obesity went up significantly," she said.

In reality, Surampudi added, not all fats are bad. Although certain types of fats, including saturated and trans



fats, can increase your risk for conditions such as heart disease and stroke, healthy fats — such as monounsaturated fats (found in olive and other plant oils), avocados, and certain nuts and seeds) and polyunsaturated fats (found in sunflower and other plant oils, walnuts, fish and flaxseeds) — actually help reduce your risk. Good fats are also important for supplying energy, producing important hormones, supporting cell function and aiding in the absorption of some nutrients.

If you see a product labeled "fat-free," don't automatically assume it is healthy, Surampudi said. Instead, pri-

oritize products with simple ingredients and no added sugars.

Myth No 3: "Calories in, calories out" is the most important factor for long-term weight gain.

It's true that if you consume more calories than you burn, you will probably gain weight. And if you burn more calories than you consume, you will probably lose weight — at least for the short term.

But the research does not suggest that eating more will cause sustained weight gain that results in becoming overweight or obese. "Rather, it's the types of foods we eat that may be the long-term drivers" of those condi-

tions, said Dr Dariush Mozaffarian, a professor of nutrition and medicine at the Friedman School of Nutrition Science and Policy at Tufts University. Ultra-processed foods — such as refined starchy snacks, cereals, crackers, energy bars, baked goods, sodas and sweets — can be particularly harmful for weight gain, as they are rapidly digested and flood the bloodstream with glucose, fructose and amino acids, which are converted to fat by the liver. Instead, what's needed for maintaining a healthy weight is a shift from counting calories to prioritizing healthy eating overall — quality over quantity.

Myth No 4: People with Type 2 diabetes shouldn't eat fruit.

This myth stems from conflating fruit juices — which can raise blood sugar levels because of their high sugar and low fiber content — with whole fruits.

But research has found that this isn't the case. Some studies show, for instance, that those who consume one serving of whole fruit per day — particularly blueberries, grapes and apples — have a lower risk of developing Type 2 diabetes.

And other research suggests that if you already have Type 2 diabetes, eating whole fruits can help control

your blood sugar.

It's time to bust this myth, said Dr Linda Shue, an internist and the director of culinary medicine and lifestyle medicine at Kaiser Permanente San Francisco, adding that everyone — including those with Type 2 diabetes — can benefit from the health-promoting nutrients in fruit such as fiber, vitamins, minerals and antioxidants.

Myth No 5: Plant milk is healthier than dairy milk.

There's a perception that plant-based milks, such as those made from oats, almonds, rice and hemp, are more nutritious than cow's milk. "It's just not true," said Kathleen Merrigan, a professor of sustainable food systems at Arizona State University and a former US deputy secretary of agriculture. Consider protein:

Typically, cow's milk has about 8 grams of protein per cup, whereas almond milk typically has around 1 or 2 grams per cup, and oat milk usually has around 2 or 3 grams per cup. While the nutrition of plant-based beverages can vary, Merrigan said, many have more added ingredients — such as sodium and added sugars, which can contribute to poor health — than cow's milk.

BJP puts Congress in spot regarding carnage, exodus of KPs from Kashmir

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JAMMU, JAN 25: Quick on heels of addressing a press conference at Jammu and entry of Bharat Jodo Yatra in Kashmir, Mr. Ranbir Singh Pathania, former MLA and moderated by BJP Spokesperson and Girdhari Lal Raina, noted KP leader and BJP Spokesperson have questioned the culpability of Congress, its weak leadership and skewed policies for the worst and one-of-its-kind-carnage in the history of Independent India. Kashmiri Pandits were driven, raped, pillaged and ultimately driven out of their homes in an atmosphere which was charged with bigotry, frenzy and fundamentalism. Selective targeting of Kashmir Hindus formally started while Rajiv Gandhi was at the vanguard of a Congress government at the Centre and Farooq Abdullah in J&K. Anyhow, it has its roots back to the 1960s, when a CID inspector, Pt. Amar Chand Naedhal, who tracked and unfolded the game plan of Al-Fatah and Maqbool Bhat. He was brutally done to death. A case was registered, challenged leading to awarding of death penalty to Maqbool Bhat. The learned Judge, Pt. Neel Kanth Ganjoo, who awarded death penalty Maqbool Bhat was again done to death.

And the countdown could briefly be enumerated as, Srikanth Pandita renowned medical practitioner of Kachwa Muqam in June 1980, saint

August Rishi of Gulabal Rafiahad in 1984, Pt. Kehav Nath Mahant of Vichar Nag Srinagar on 9th December, 1988, Smt. Prabhawati of Chadoora Budget on 14.03.1989 at H.S.H. STREET, Pt. Dina Nath Raina of Drabray Srinagar on 15.08.1989, Smt. Sheela Tickoo Srinagar 01.11.1989, Sessions Judge Pt. Neel Kanth Ganjoo at Srinagar on 01.11.1989. And tallest leader of the community Pt. Tika Lal Taploo Chinkral at Mohalla Srinagar.

Anyhow, the pogrom has its roots back to 1947 when a pretty communal, divisive rhetoric of Muslim Conference was embraced by Congress. Unilateral ceasefire and offering Aksai Chin, Shaksgam Valley on platter to China. Historians and political analysts have repeatedly termed these as Nehruvian blunders. Maharaja warned again and again. He elaborates it in his letter to Sardar Patel. Anyhow, the honeymoon of Sheikh Abdullah ended. He was put behind the bars and his government dismissed in 1953. It was once again, in 1975, Congress upset the apple cart by giving government to Sheikh Abdullah on a platter.

This ultimately led to re-emergence of divisive rhetoric on the political hemisphere of J&K. And then Rajiv-Farooq award of 1987 which muzzled the people's mandate and ultimately offered the incendiary for restart of insurgency in Kashmir.

The spokespersons made reference towards nuisance created by anti-national elements during an international cricket match in 1983 in the presence of Chief Minister, Dr. Farooq Abdullah and Anantnag riots of 1986 wherein involvement of Mufti Mohd Sayyid, PCC Chief, was established. To add salt to the wounds of Kashmiri Pandits, Mufti was rewarded with a ministerial berth in union cabinet.

Nailing white lies of Congress about PM package of 2008, it was clarified by Mr. Pathania and Mr. Bhat that only 1470 posts were filled till 2014. It was only with the persistent efforts of Late Sushma Swaraj as Chairperson of Department Related House Committee on Home Affairs that rest of the posts were advertised. Moreso, accommodation was not part of the package. This component was added by BJP government in 2015.

Another outrageous insult to the injury unforgotten when the traumatised, victimised community of Kashmiri Pandits was clubbed with widows of slain terrorists in relief assistance. Refuting the Congress allegation that PM package employees have met Rahul Gandhi, it was said that a small section of Congress workers have called upon Rahul Gandhi. Kashmiri Pandits have ultimately kept distance from Rahul Gandhi and from Congress's Bharat Jodo Yatra too.

Need to nip the evil in the bud: Dr. Parneesh

JJ NEWS SERVICE

JAMMU, JAN 25: Dr. Parneesh Mahajan, Convener Department of Training, Bharatiya Janata Party (BJP) Jammu and Kashmir, while welcoming the Lt. Governor Manoj Sinha's directions issued while reviewing security scenario in the Jammu region in six-hour long meeting with top brass of police, civil administration and Intelligence agencies, has asserted that the recent extension of target killings and other related incidents to Jammu region is a matter of great concern and the same requires to be dealt with iron hands. He said that the best way is to nip the evil in the bud



before the problem assumes a huge dimension.

In a statement issued to media here today, Dr. Parneesh Mahajan said that keeping in view the gravity of the situation and the sensitivity of the issue of the Lieutenant Governor's clear cut directions to police and Intelligence officials to take all possible measures to finish militancy in the Jammu region by launching drive against active militants and

Over Ground Workers (OGWs) and smash their networks indicates the strong determination of the Administration to totally wipe out the terrorism from the soil of Jammu and Kashmir. He said that though the terrorists stand decimated to a tiny spec but the Govt will leave no stone unturned in making the region absolutely terror free so that the people live in a peaceful environment in every nook and corner of this Union Territory. He said that people across the region are highly optimistic about the ability of the incumbent Govt at the Centre as well as the UT Administration to restore the pristine glory of J&K where peace and prosperity rule the roost.

It is pertinent to mention here that close to the heels of terror strikes in Rajouri, Jammu and Poonch districts, Lieutenant Governor Manoj Sinha on Sunday reviewed security scenario in the Jammu region in six-hour long meeting with top brass of police and civil administration and Intelligence agencies in which certain measures were discussed and tasks given to the officials to curb the militancy. The meeting at Jammu Convention Centre started at 11 am and lasted till 5 pm during which issues other than security situation of the region also figured.

Rajiv-Farooq Accord responsible for rise of terrorism in Jammu Kashmir : Arun Prabhat

JJ NEWS SERVICE

JAMMU, JAN 25: Bharatiya Janata Yuva Morcha (BJYM) Jammu Kashmir President Arun Prabhat has lashed out against Congress leader and Member of Parliament (MP) Rahul Gandhi for recent comments during Bharat Jodo Yatra in Jammu and Kashmir.

The BJYM leader expressed surprise over the remarks of Rahul Gandhi that outsiders are ruling J&K "It is very shameful that Rahul Gandhi who is leading the so-called Bharat Jodo Yatra is divid-

ing the people and spreading hatred against people from other states of India who work in J&K", he said.

BJP youth leader also urged Rahul Gandhi to clear his stance on Article 370 and 35-A, which has kept J&K away from the rest of the country. "Congress party is yet to clear its stance on Article 370 which has granted special status to J&K and 35-A which was discriminatory against women", he said.

Prabhat alleged that Congress policies were responsible for the rise of terrorism in J&K which has led to the death of thousands of people. He alleged that rigged assembly elections in 1987 were responsible for the entry of guns into Kashmir.

"Kashmir's turning point was the rigged assembly election of 1987 when Farooq Abdullah was the Chief Minister of erstwhile state and late Rajiv Gandhi was the Prime Minister.

The rigging led to decades of violence in which thousands of people have been killed", alleged Prabhat.

He claimed that it was due to the policies of the then congress government at New Delhi, that remained mute spectator to the eruption of terrorism in J&K.

"The rise of terrorism led to the exodus of Kashmiri Pandits from the Valley. It was because of policies of Congress that lakhs of people belonging to minority communities were forced to leave their homes", said Prabhat.

Mr. Rahul Gandhi must apologize to the people of Jammu Kashmir for the wrong deeds done by the Congress party.

Col Mahan visits GMC, enquires about health of accident victims

JJ NEWS SERVICE

KATHUA, JAN 25: Chairman DDC Kathua, Col. Mahan Singh today visited Government Medical College Kathua and enquired about the health of the injured in Billawar accident victims.

Pertinent to mention here that five passengers were killed and 15 others injured today when a Tempo rolled down into a deep gorge in Dhanu Parole area of Billawar teshil in this district.



Col. Mahan Singh today visited Government Medical College Kathua and enquired about the health of the injured in Billawar accident victims.

The DDC Chairman along with Advocate Rakesh Thakur visited the

hospital and asked the doctors about the status of injured and directed them to extend best Medicare to them for their early recovery.

He also extended heartfelt condolences to the bereaved family of deceased and prayed for external peace to the departed soul.

'Selective condemnation of land encroachers disdainful' Govt concealing the names of blue-eyed encroachers, BJP leaders: Harsh Dev

JJ NEWS SERVICE

JAMMU, JAN 25: "While the J&K govt claims to have identified the cases of land encroachments by influential persons and land mafia and publicized the names of some of the opposition leaders in the media, it seems to have granted immunity to its blue-eyed encroachers and leaders associated or affiliated with saffron party."

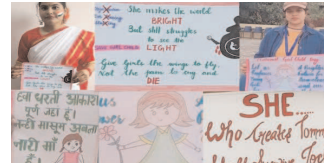
This was stated by Mr. Harsh Dev Singh, former Minister and Chairman AAP J&K SCC, while the names of some NC, PDP and other opposition leaders are being mentioned in the lists of encroachers as being circulated in the media, the govt functionar-

ies seem to be under pressure to cover up the land scams of the saffron leaders, maintained Harsh. The lists of encroachers being provided to the media are not being seen as credible in view of the selective revelations of land encroachers. The lists infact reveal less and conceal more, said Singh. He was addressing a press conference today.

Pointing towards the illegal encroachments of several Ex-Ministers/MLAs, Mr. Singh said that majority of them originally belonged to BJP. And other encroacher Ex-Ministers and MLAs who belonged to opposition parties had crossed floors and joined BJP to escape the wrath of investigating agencies and had therefore become 'clean' after merging their identity in the saffron stream. Both the aforesaid categories of land encroachers had therefore become immune from legal action. Not only that the majority of BJP leaders were illegally occupying govt Bungalows and other Estates mansions with the present bureaucratic rule conniving with them in illegal retention of the said public premises. Not only that all comforts and luxuries including free furniture, fixtures, TVs, A/Cs, refrigerators were being provided to the said usurpers of govt property by the Estates deptt at taxpayers expense, revealed Singh. And still the vigilante organizations and other agencies had failed to act in view of the political clout enjoyed by the delinquent politicians.

Strongly condemning the selective action of the govt against the inconvenient politicians and other poor people, Mr. Singh called for strict penal action against all politicians/land mafia while ensuring that the poor, landless and other indigent farmers were not harassed or dispossessed of their marginal land holdings.

GCOE Jammu observes National Girl Child Day



of girls and day coincides with Government initiatives and campaign like Save the Girl Child, Beti Bachao Beti Padhao, free or discount education and women's reservation in colleges and universities.

Dr. Shubhra Jamwal, Programme Officer of NSS, who organized the competition, said that a world devoid of girls would be like a world devoid of water. "The world could grind to a halt without the presence of girls", she further said and appreciated the NSS volunteers for their active participation in the slogan writing competition.

A slogan writing competition was conducted on the occasion and the students and NSS volunteers enthusiastically participated in the same. Through slogans, they laid stress on bringing an end to all sorts of discrimination against the girls and raising awareness among the people so that new opportunities are provided to the girls in the society. Speaking on the occasion, Principal of the College said that National Girl Child Day is observed to promote the rights, education, health and nutrition

NORTHERN RAILWAY
E-AUCTION NOTICE

The Senior Divisional commercial Manager, Freight, Northern Railway, Ferozpur for and on behalf of President of India invites E-Auction for leasing of SLR space in various trains originating from various stations over Ferozpur Division having carrying capacity of 3.94 tonnes for a period of two years. The details are as under:-

Admin Unit/Zone	FEROZPUR DIVISION-COMMERCIAL-NORTHERN RLY.
Catalogue Published on	23.01.2023
Auction catalogue No.	FZPARCEL24
Auction Start (All Lots)	09.02.2023 11:00 hrs.
Auction close Date/Time	09.02.2023 14:40 hrs.
Auction Type	Close Ended
Website particulars where complete details of auction can be seen by registered bidders	E-Auction Module of www.irps.gov.in
Lot No./Category	14598-SLR-R1-FKA-DLI-22-1 (Parcel-SLR) 14012-SLR-F1-HSX-DLI-22-1 (Parcel-SLR) 14601-SLR-F2-FZR-HMH-22-1 (Parcel-SLR) 14614-SLR-R1-FZR-SASN-22-1 (Parcel-SLR) 22430-SLR-F1-PTK-DLI-22-1 (Parcel-SLR) 14598-SLR-F2-FKA-DLI-22-1 (Parcel-SLR) 12412-SLR-F1-ASR-CDG-22-1 (Parcel-SLR) 16032-SLR-R1-SVDK-MAS-22-1 (Parcel-SLR) 14012-SLR-R1-HSX-DLI-22-1 (Parcel-SLR) 14598-SLR-F1-FKA-DLI-22-1 (Parcel-SLR) 13308-SLR-F1-FZR-DHN-22-1 (Parcel-SLR) 14614-SLR-F1-FZR-SASN-22-1 (Parcel-SLR) 14630-SLR-F1-FZR-CDG-23-1 (Parcel-SLR) 12550-SLR-F1-JAT-DURG-22-1 (Parcel-SLR) 16788-SLR-F1-SVDK-TEN-22-1 (Parcel-SLR) 18310-SLR-R1-JAT-SBP-22-1 (Parcel-SLR) 14682-SLR-F1-JUC-NLS-22-1 (Parcel-SLR) 14601-SLR-F1-FZR-HMH-22-1 (Parcel-SLR) 14630-SLR-R1-FZR-CDG-22-1 (Parcel-SLR) 14601-SLR-R1-FZR-HMH-22-1 (Parcel-SLR)

SERVING CUSTOMERS WITH A SMILE 2622/23

Prof Arvind Jasrotia delivers Lecture on Constitutional Values

JJ NEWS SERVICE

JAMMU, JAN 25: On the eve of the 74th Republic Day, an awareness and popular lecture by Prof. Arvind Jasrotia on "Essence of Constitutional Values" was organised by the Department of Botany, University of Jammu, Jammu. Earlier, the speaker of the event, Prof. Arvind Jasrotia, an eminent professor of Law and Registrar of the University of Jammu was welcomed and introduced to the audience. During the lecture, Prof. Jasrotia highlighted some main components of the Indian Constitution and discussed in length about the essence of Justice, Liberty of thought, expression and democracy. According to him, the Constitution of India is live, elastic and subservient to the

needs of society. Further, he also stressed upon the responsibilities of Indian citizens towards national public property like the national anthem, national flag and emblem.

There are many national schemes floated by the Government of India for providing equality in terms of social status and education which ultimately will strengthen the Law and fundamental rights in the country, he said. The lecture was attended by all the students and the research scholars of the department. Others who were present during the lecture include Prof. Yash Pal Sharma, Prof. Namrata Sharma, Dr. Sikander Pal, Dr. Geeta, Dr. Harish Chander, Dr. Sajan Thakur and Dr. Romica Verma.

NORTHERN RAILWAY
E-Tender Notice

Sr.DEN-IV-FZR action for and on behalf of the President of India invites open tenders (E-Tenders) against below titled tenders and available on www.reps.gov.in with closing date 20.02.2023 up to 15:00 Hrs. Bidders will be able to submit their original/bidvised bids up to closing date and time only. Manual offers are not allowed against these tenders, and any such manual offer received shall be ignored. In place of Earnest money deposit, Bid Security Declaration is to be submitted or prescribed format as available in document section on the portal.

Tender Type	Tendering Section	Bidding System
Open	Works	Single Packet System
Date of Uploading Tenders	Bid Starting Date	Bid Closing Date/Time
23.01.2023	06.02.2023	20.02.2023 15:00 Hrs

S.No.	Tender No.	Details of Tender
1	402-2022-23-ADEN-LDH	Repair to flooring and covering of sides of goods shed at Udhampur Railway Station on JAT-SVDK under ADEN/UHP
	Advised Value (Rs.)	83900/-
	Validity of Offer	60 Days
	Period of Completion	06 Months
Similar nature of work - Nil		
2	403-2022-23-ADEN-IFZR	Extension of Passenger Platform shelter and Replacement of Precast Platform coping stones in platform of Udhampur Railway Station on JAT-SVDK under ADEN/UHP
	Advised Value (Rs.)	20857353.25/-
	Validity of Offer	60 Days
	Period of Completion	12 Months
Similar nature of work - Any Civil Work other than track work		

Note 1. Before bidding bidders to check for any corrigendum issued against tender.

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NORTHERN RAILWAY
E-Tender Notice

Sr.DEN-IV-FZR acting for and on behalf of the President of India invites open tenders (E-Tenders) against below titled tenders and available on www.reps.gov.in with closing date 15.02.2023 up to 15:00 Hrs. Bidders will be able to submit their original/bidvised bids up to closing date and time only. Manual offers are not allowed against these tenders, and any such manual offer received shall be ignored. Contractors are allowed to make payments against this tender towards tender document cost and earnest money only through online payment modes available on REPS portal like net banking, debit card, credit card etc. Manual payments through Demand Draft, Banker cheque, Deposit receipts, FDR etc are not allowed.

Tender Type	Tendering Section	Bidding System	Date of Uploading Tenders	Bid Starting Date	Bid Closing Date/Time
Open	Works	Single Bid System	24.01.2023	01.02.2023	15.02.2023
Details of Tender					
S.N.	Tender No.	Details of Tender	Advised Value (Rs.)	Validity of Offer	Period of Completion
1	408-2022-23-ADEN-LDH	Crossing of 450 mm dia D.I. water supply pipe line passing through 900 mm dia D.I. heavy duty casing pipe under the Railway Track near Br. No. 205 at Km 60.45 on PGW-NSS-JJJ Section	23542233.14	60 Days	03 Months
2	409-2022-23-ADEN-IFZR	Replacement/Rebuilding of 5 Nos minor bridges Br. No. 89, 100 & 101 on PGW-NSS-JJJ Br. No. 50 on FZR-FKA section & Br. No. 1 on PHR-LNK Section (i.e. Rail running/open top rail cluster) as 1mtr X 1.2 mtr RCC box in the jurisdiction of Sr.DEN-IFZR	20006452.77	60 Days	12 Months
3	410-2022-23-ADEN-LDH	Misc. Work in connection with provision of New RGM/TTM sidings at DDL, Misc. track works and CTR of existing TTM/RGM sidings at LDH & PHR stations & through fitting renewal (53.13 Km) of the existing 52 kg/50kg PSC sleepers at Km 1.039 to 47.89, 48.286 to 52.70 on PGW-NSS-JJJ section & 401.20 to 403.245 (DN line) on SNL-JUC section under ADEN/LDH.	2284574.38	60 Days	12 Months
4	411-2022-23-ADEN-IFZR	Misc. track work i.e. Isolation & Up gradation of signaling with panel interlocking at Biga, Nurmahal, Malsian Sharikot & Nagar stations (4 Stations) on PHR-LNK section under ADEN-IFZR.	20556075.26	60 Days	09 Months
5	412-2022-23-ADEN-IFZR	Improvement to infrastructure of 14 nos. Existing SPL class-1 sidings in the section of Sr.DEN-IFZR	1814702.83	60 Days	06 Months

Tender Notice No.- 770-W/168W-1/FZR/770-W/168W-1/FZR-408-2022-23-ADEN-LDH, 409-2022-23-ADEN-IFZR, 410-2022-23-ADEN-LDH, 411-2022-23-ADEN-IFZR & 412-2022-23-ADEN-IFZR

Serving Customers With A Smile 264/2023

For BJP, Politics is a means to serve people: Sat Sharma

JJ NEWS SERVICE
JAMMU, JAN 24: For BJP, politics is a means to serve people and not to enjoy the power corridor, stated Sat Sharma, former J&K BJP President & former Cabinet Minister.

Sat Sharma (CA), accompanied by Ashwani Sharma, former MLA was attending to the public grievances at BJP headquarter, Trikuta Nagar, Jammu.

The BJP leaders listened to the numerous individuals and deputations from different parts of Jammu & Kashmir who visited the party office to represent the issues of their respective areas as well as their individual concerns.

Various issues presented in the camp related to the water, electricity, lanes, drains, roads, health, revenue departments, Ration issue etc. Sat



Sharma and Ashwani Sharma immediately discussed their issues with the concerned officers after which they assured them that their issues would be addressed soon.

Sat Sharma, while speaking on the occasion, stated that the BJP was constituted on strong fundamentals of strengthening Bharat Mata and welfare of all the residents of

Bharat, while nurturing our strong cultural ethos of universal brotherhood and devising ways to benefit the last person living in the most difficult conditions. These public grievance camps are serving the same purpose by listening and then solving the issues of the aggrieved people, he asserted.

Ashwani Sharma said that while all the issues represented by the people were appropriately recorded, many issues were addressed on the spot providing relief to the visiting persons, others were taken up with the concerned department officials for their quick disposal. Library Incharge Prof. Kulbhushan Mohtra and other BJP leaders were also present on the occasion.

AJKPC Demands Bifurcation of Panchayat Kanyala of block Dansal



JJ NEWS SERVICE
JAMMU, JAN 25: All Jammu and Kashmir Panchayat Conference (AJKPC), the representative body of elected Panches and Sarpanches today held a meeting with the residents of Kahpota and Panchayat Kanyala, block Dansal of district Jammu, wherein the vil-

lagers urged the AJKPC President Anil Sharma to further convey their demand to the government regarding bifurcation of their Panchayat.

While interacting with the media after the meeting, Anil Sharma informed that the estimated population of Panchayat Kanyala is over

other panchayats of J & K thus it is imperative that this Panchayat be bifurcated into two Panchayats.

Divulging further on the issue Sharma stated that ordinarily an ideal Panchayat is constituted on 2800 to 3000 population so that the concerned elected Panchayat members and the Rural Development Department cater their demands and provide them the best possible services and meet out their developmental requirements.

The AJKPC President also said that there are other Panchayats also in J & K that require such bifurcations and soon their organization would come with a detailed media interaction on the issue besides meeting with the J & K Election commission and other stakeholders.

Congress has history of being Murderer of Democracy in Jammu and Kashmir: Sunil Sethi

JJ NEWS SERVICE
JAMMU, JAN 25: Congress has always killed democracy in Jammu and Kashmir since 1947, sometimes itself and sometimes through its political stooges who have now joined Rahul Gandhi in his Hatred Yatra . Congress has no faith in Institutions of Democracy which was clear from its very first elections in 1951 when it engineered unopposed victory for its then political stooge Sheikh Abdullah who won 73 of 75 seats unopposed as nomination papers of other parties were rejected illegally.

In a hard hitting statement on political credentials and political non-belief in Democracy of Congress, Jammu and Kashmir Bharatiya Janata Party Chief Spokesperson Sunil Sethi said that all constitutional frauds including Art 370 and 35 A were results of this game plan of deceit of

Congress where voice of people were suppressed.

He said subsequent elections also are known to everyone to be non reflective of the will of people and political leadership was thrust upon people without their consent . How the National Conference and Congress had won elections is known to everyone . It's strange that Congress and the Gupkar Gang are talking about Democracy when they have killed Democracy by their Conduct .

Sunil Sethi said that free elections were held in Jammu and Kashmir first time in 1977 during Janata Party regime and subsequently under Atal Bihari ji Bharatiya Janata Party govt in 2002 and recently by Modi Govt in 2014 . It's acknowledged by all political Pundits that free and fair elections have been held in Jammu and Kashmir only under Bharatiya

Janata Party regime and under Janata Party govt when BJP was part of it

He asked Rahul Gandhi to explain to people of Jammu and Kashmir the reasons why terrorism came to Jammu and Kashmir and who were responsible including widely believed rigged elections of 1987 with his father running Govt . Congress has shown no remorse for its bloody past and the pains and sufferings it has brought to people of Jammu and Kashmir.

Sunil Sethi further said that people of Jammu and Kashmir have now understood the real face of Congress and the Gupkar Gang and they all stood exposed before the court of Janata . He asked to go back in history and see the forces he is standing with for his political gains and also remember the history of blood and gore brought by wrong and motivated decisions of Congress leadership .

NDPI chief demands early assembly elections, restoration of democratic setup in J&K

JJ NEWS SERVICE
JAMMU, JAN 25: National Democratic Party Indian (NDPI) has demanded early Assembly polls and restoration of Statehood in J&K. Addressing a party meeting, NDPI J&K chief Rajesh Gupta said that situation in J&K has worsened due to the steps taken in 2019 and after it. There is a complete governance deficit," he added.

The NDPI chief hit out at the Central Government for downgrading the historical state and snatching

rights to land and jobs besides trade and business opportunities at the cost of locals and said that Government has failed to achieve any of the claimed benefits of August 2019 decision.

Gupta asked Bhartiya Janata Party (BJP) to restore statehood of Jammu and Kashmir before assembly elections and also to hold elections at the earliest so as to restore democratic setup in this region. He said that BJP is deliberately delaying assembly elections in Jammu and

Kashmir amid fear of backlash of its "anti-people" policies and failure of its proxy government.

He said Jammu and Kashmir is deprived of democracy for more than three and half years and there is total uncertainty about Assembly elections and restoration of statehood despite commitment on the floor of the house by the Prime Minister and Home Minister.

He also opined that BJP should hold assembly elections in Jammu and Kashmir at the earliest so

that democracy can get restored and people's elected government assumes office which is immediate need of hour for redressal of public grievances and restoration of democratic setup.

"NDPI stands guarantee to peace, harmony, dignity, restoration of statehood and rights to land and jobs," Gupta asserted. Those who attended the meeting were Umesh Manhas, Kuljeet Singh, Tilakraj, Rajiv Luthra, Sandeep Anand and others.

JMC employees must ensure quality work not compromised: Dy Mayor

JJ NEWS SERVICE
JAMMU, JAN 25: The Deputy Mayor Jammu, Baldev Singh Billawaria, held a meeting with the Joint Commissioner Works, all Executive Engineers and AEIs of Jammu Municipal Corporation (JMC) were also present to discuss the pace and quality of work and to ensure that all ongoing works are completed in a timely manner.

The Deputy Mayor also emphasized that the JMC engineers should take extra care in ensuring that the quality of the work will not compromise. He also asked them to take strict action against any contractor who is found to be involved in any kind of malpractice.

The Deputy Mayor also asked the engineers to ensure that the timeline for all the works is strictly followed and no compromise is made on the quality of the work. He also asked them to take stringent measures to ensure that the works are completed in the stipulated time frame.

The Deputy Mayor also asked the engineers to work in close collaboration with the JMC team and to ensure that all the works are completed in a timely and cost-effective manner. He also asked them to give their full support to the JMC team in order to ensure that the citizens of Jammu are provided with the best quality of service.

The Deputy Mayor also asked the engineers to strengthen their coordination with the other stakeholders involved in the projects and to ensure that all the works are completed in a hassle-free manner.



The Deputy Mayor expressed his satisfaction on the overall pace of work and the quality of work being carried out by the JMC engineers. He also appreciated their efforts in ensuring that all the works are completed in time and within the allotted budget.

The Deputy Mayor also asked the engineers to ensure that all the works are completed on time and within the stipulated budget. He also asked them to take strict action against any contractor who is found to be involved in any kind of malpractice.

The Deputy Mayor also stressed upon the need of having well experienced and qualified personnel in the project division. He further asked the officials to ensure that the project division must be provided with adequate resources and infrastructure so that it can work effectively and efficiently. He emphasized on the need of having a proper system of monitoring and evaluating the project division so that the desired results are achieved. He also asked the administra-

tion to take necessary steps to ensure that the project division is able to deliver the best consultancy services in a timely and cost-effective manner.

The Deputy Mayor, Jammu also discussed the issue of payment of contracts which were pending for a long time. The Deputy Mayor, Jammu, was briefed on the progress of the works, which are expected to be completed by the end of the next month. He expressed his satisfaction over the progress made and emphasized the need to expedite the process further.

The Deputy Mayor, Jammu also expressed his gratitude to the citizens for their support and cooperation in the development of the city.

At the end of the meeting, the Deputy Mayor appreciated all the engineers for their dedication and commitment towards their work and assured them that the JMC will continue to provide its full support to them in order to ensure that all the works are completed in a timely and cost-effective manner.

All works themselves. The MPRs will include information such as project scope, objectives, milestones, timelines, budget and resources, as well as progress and accomplishments. The MPRs will be submitted to the Deputy Mayor on a monthly basis for review and evaluation. Additionally, the Deputy Mayor will use the MPRs to track overall progress and identify any issues that need to be addressed.

The Deputy Mayor assured the citizens of Jammu that the Municipal Corporation is committed to providing timely and quality services. He expressed his gratitude to the citizens for their support and cooperation in the development of the city.

At the end of the meeting, the Deputy Mayor appreciated all the engineers for their dedication and commitment towards their work and assured them that the JMC will continue to provide its full support to them in order to ensure that all the works are completed in a timely and cost-effective manner.

PK seeks proper security grid



How could it happen that despite daily killings of terrorists their number as per government's own admissions has remained same for years?

The recent high powered security review presided by none other than Union Home Minister has appeared more as a perception management exercise than correcting the pitfalls in security assessment and responses.

We urge Government of India to forthwith recognise the following:

The primary targets of terrorist violence in Kashmir as well as Jammu are Hindus. Hindus in J&K are face to face with a new cycle of Genocide.

Repatriation of Hindus to Kashmir is tantamount to sending them to a death knell and the relocation of Hindu employees to Jammu is an existential necessity to forestall an impending catastrophe.

As the elections in the Union Territory as well as New Delhi are coming nearer, the vulnerability of soft targets in J&K will increase immensely.

There is an imperative necessity of defining and grading this vulnerability in order to create not only proper security grids but also proper security alerts.

JJ NEWS SERVICE
JAMMU, JAN 25: Having Experienced Genocide and religious cleansing. Been a witness to the handling of Jihadi separatism in J&K by successive governments during last four decades; We state it Unambiguously

that all through till the present times, Government of India has failed to defeat terrorism because it has relentlessly pursued a conscious policy of not recognising the Jihadi nature of war unleashed in J&K and its Genocidal implications on Hindus in Kashmir, Jammu and elsewhere in rest of India.

The Dangri massacre of Hindus in Rajouri Poonch would not have happened in case the Government of

India would have read accurately the message inherent in the selective Genocidal killings of Hindus in Kashmir leading to one more religious cleansing from there.

We are all witness to a vicious policy of trivialisation of terror threat in Jammu and Kashmir for quite sometime by the echelons of Government itself in J&K and New Delhi. Terror is on its last legs, Jammu is almost free of terror, killings of Hindus are acts to defame Muslims, have been acts of self disinformation as well as distortions of the grim reality in J&K. A vicious policy of 'Normalisation of Terrorism' is on in J&K and unless it is abandoned lock stock and barrel we are in

grave danger in the nearest future. The delinking of terror from its religious ideological moorings, undermining and denying the communal nature of terror violence are acting as subversive processes of Secularisation of Terrorism. It seems the government willfully has allowed itself to be wrapped in Delusion. The 'normalcy' drum beating every now and then has led to a situation where critically needed VDCs in most vulnerable areas were made defunct despite decisions to keep them active.

In its over eagerness to Declare Normalcy Government of India has insulated Abnormalcy which has allowed terror crops to grow and flourish.

Tourism Department celebrates National Tourism Day, Voters day

JJ NEWS SERVICE
SRINAGAR, JANUARY 25: National Tourism Day was celebrated by the Directorate of Tourism, Kashmir here today.

Several functions were held to mark the occasion with an impressive function organized at TRC, Srinagar. Among other activities, a BLS workshop and awareness camp was held for the tourism stakeholders. Several critical care experts gave live demonstrations of basic life support techniques, cardiopulmonary resuscita-

tion and other means of recovery. Speaking on the occasion, officers highlighted the objectives of observing National Tourism Day adding that tourism is the backbone of the economy of every society. The idea of holding the workshop was to enhance the skills of field functionaries of the tourism sector like Guides, Shikarawallas etc so that the experiences of tourists are further enhanced. The Tourism Department on the occasion also organized a tour of various heritage spots in and

around Srinagar to highlight the heritage potential of Kashmir tourism. A photo gallery was organized by the Department at TRC on the occasion.

The Department had also organized an Ice Skating competition at Gulmarg and an Ice Climbing event at Chandanwari, Pahalgam to mark the event.

Meanwhile, National Voters Day was also celebrated at the TRC, Srinagar in which the officers highlighted the role of voting as a contribution to nation building.

Modi government ensured J&K's march towards peace and prosperity: Raina



JJ NEWS SERVICE
JAMMU, JAN 25: Prominent civil society members from Kishtwar joined Bharatiya Janata Party (BJP) in presence of senior party leaders at J&K BJP headquarter, Trikuta Nagar, Jammu.

Abdul Rasheed Wani Retired Range Officer (Passerkoot, Interdwal), Firdous Ahmad Bhawan (Sigdi, Kishtwar), Abdul Rasheed Wani Retired Range Officer, Asif Masood Dar Businessmen man (Kishtwar), Irshaad Masoom Mir (Kishtwar) and others along with their supporters joined Bharatiya Janata Party on the occasion.

J&K BJP President Ravinder Raina formally welcomed the new entrants

in a programme organized by party General Secretary Sunil Sharma.

J&K BJP Office Secretary Tilak Raj Gupta, Prabhari Pardeep Parihar, District President Chuni Lal and other party leaders were also present on the occasion.

"J&K was once hovering into the darkness of uncertainty, marred by the corrupt, illegal and anti-national activities being promoted by certain mainstream political parties. Now, with the Modi government's commitment, decisive administration and good governance model, J&K has started its march towards being the land of peace and prosperity," said Raina while welcoming the new entrants.

"Today, with its people centric development policies, the BJP has become the voice of Jammu & Kashmir residents.

BJP has not only reached the masses but has become the part and parcel of life of every common citizen of India," said Raina.

Raina added that with its clear policies, BJP has been able to attract every person from the social and political arena, who yearns to serve the society and the Nation with zeal.

Sunil Sharma, while welcoming the new entrants, expressed pleasure that prominent members of civil society have joined BJP to serve the people. He said that the party believes that their resourceful services will not only benefit the people and the organization in Kishtwar, but they will be equally beneficial for J&K as a whole.

New entrants shared their pleasure on the occasion and said that today, Modi ji has become the voice of the underprivileged and those who were neglected for decades.

They said that they would feel proud while serving the society under the banner of BJP who is an army of dedicated patriots led by Global Leader, Prime Minister Narendra Modi.

Congress hobnobbed with anti-nationals to barter national interests for political gains: Sham

JJ NEWS SERVICE
JAMMU, JAN 25: BJP says, 'Congress party responsible for all ills plaguing in J&K, should apologize to people, nation'

Former minister and State Vice President BJP Sham Lal Sharma on Wednesday reminded Congress party of all sins it committed in Jammu and Kashmir, which have been responsible for all ills plaguing the Union Territory.

Sharma, while reacting to the so-called Bharat Jodo Yatra (BJY) being taken out by the Congress leader Rahul Gandhi, said the party always hobnobbed with anti-national forces in Jammu and Kashmir and bartered the national interests for political gains.

"In November 1986, former Prime Minister Rajiv Gandhi and the National Conference president Farooq Abdullah signed an accord that reinstated the latter as Chief Minister. The large rigging in March 1987 elections, conducted only four months after the swearing-in of the chief minister Farooq Abdullah, was a watershed moment in the history of Jammu and Kashmir. It forced the people to pick up guns and led to the creation of Syed Salahuddin, the head of the terrorist group Hizbul Mujahideen," Sharma recalled while ridiculing Rahul Gandhi's remarks "to open a Mohabbat Ki Dukan (market of love) in a bazaar of nafrat (market of hate)". The former minister said the Congress party, which has been making baseless allegations against BJP, resorted to brutal murder of democracy in 1987 as it formed the basis of all problems being faced by the people of Jammu and Kashmir since then.

"Lakhs of innocent Kashmiri Pandits (KPs) were driven away by the armed terrorists from Kashmir Valley because the Congress party hobnobbed with the National Conference. The selective targeting of Kashmir Hindus began while Rajiv Gandhi was ruling a Congress government at the Centre and Farooq Abdullah in J&K. Thousands of people have lost their lives due to turmoil created in 1987. Congress has, however, remained unapologetic to the worst carnage of Independent India," the senior BJP leader said.

Sharma also recalled that the then Governor Jagmohan had been handling the situation quite effectively but the former Prime Minister Rajiv Gandhi, who was the opposition leader at that time, humiliated him and did not allow his administration

to work smoothly.

"During the former Prime Minister V.P. Singh-led government, the first all party delegation led by then Deputy Prime Minister Devi Lal visited Srinagar on March 9, 1990. The delegation included the leader of the Opposition in Parliament, Rajiv Gandhi and other leaders. Jammu and Kashmir was under Governor's rule. Jagmohan, who had served earlier as the Governor, was sent to bring the situation under control by then Home Minister Mufti Mohammed Sayeed. Unfortunately, the Congress conspired against the then Governor Jagmohan," the BJP leader said.

Sharma said it was an open secret that former Prime Minister Rajiv Gandhi, after returning to Delhi, made it a prestige issue that the then Governor did not come to welcome the Deputy Prime Minister-led delegation at airport and told the then Prime Minister VP Singh that the Governor Jagmohan had no political understanding of the situation. "It was due to weak and skewed policies of the Congress party over the years that Kashmiri Hindus had been subjected to uncounted miseries. The Congress leadership should tender an apology to Kashmiri Hindus," he said.

devotion and dedication, the BJP stalwart extended best wishes for her bright future. He said that under the BJP Government the girls have been provided with all the facilities and their empowerment is one of the priorities of the dispensation. He said that the girls as well as boys should avail all the benefits offered by the Modi Government to ensure a sparkling future with vistas of opportunities and must toil hard to become the meaningful citizens by acting as nation builders because the youth are the real future of the country and their contribution can prove to be a game changer for the nation. Later, Kavinder joined Hanuman Chalisa Path here at Lakshmi Narayan Temple in Ward No.21.

NIT Srinagar hosts second Hult Prize 2023 On-Campus program

JJ NEWS SERVICE
SRINAGAR, JAN 25: The Department of Humanities, Social Sciences, and Management, (HSS&M), National Institute of Technology (NIT) Srinagar hosted the second event of the Hult Prize 2023 On-Campus Program, "Entrepreneurship and Sustainability," held in virtual mode.

The event was presided over by Ms. Bhavana Angadi, a sustainability champion, who was the Chief Guest on the occasion.

In his message, Director NIT Srinagar, Prof. (Dr.) Rakesh Sehgal appreciated the organizers for hosting the second Hult Prize 2023. Such initiatives are aimed to provide a stress-free atmosphere on the campus, he said.

"Our society is transforming rapidly, and in this growing and changing era, there is an urgent need to include global awareness issues in our local discussions. It is important for the all-round development of our students," Prof. Sehgal said.

Registrar NIT, Prof. Syed Kaiser Bukhari said the importance of such events enables the student to think out of the box. We are virtually connected to our NIT Srinagar students

and will not compromise on their academic activities anymore," he said.

Prof. Bukhari said such sessions help students in conceptual learning to gain pertinent knowledge about cultural, political, economic, and environmental issues revolving around the world.

In his message, HoD HSS&M, Prof. Neyaz Ahmad appreciated the students and the organizers for their collective efforts in making the event successful. He also expressed his gratitude to Director NIT Srinagar, Prof. Sehgal for providing support for such activities on the campus.

In her keynote address, Ms. Bhavana focused on the importance of Sustainable Development Goals (SDGs) and how they can achieve as individuals, employees, or organizations.

She encouraged the participants to provide innovative solutions to decarbonize the fashion industry and thus make a difference. Ms. Bhavana emphasized the importance of critical thinking in devising business strategies.

The Chief Guest also highlighted important tips on developing a business model and drafting a business plan. The key to a business's survival

is to think long-term, she said.

Ms. Bhavana spoke extensively about the myriad obstacles that entrepreneurs face in today's fast-paced world and how to overcome them.

She demonstrated how potential problems could be assessed using the concept of convergent thinking in her presentation. She vividly touched on the aspects of running a successful enterprise.

She discussed real-life examples that gave a clear insight into sustainability and entrepreneurship. Ms. Bhavana led a highly interactive session and shared essential entrepreneurial principles related to expanding one's perspective and thinking.

The training session was followed by an interesting Q&A session with Ms. Bhavana. The participants got better ideas about entrepreneurship, its primary objective, and failure being the most essential part of any learning.

Dr. Tahir Ahmad Wani is the Faculty Coordinator of Hult Prize 2022-23 NIT Srinagar, while Mehvish Wani, Ovais Lateef, Aijaz Maqbool, and others are among the organizing committee of the program.

Kavinder lauds Reasi's Rasika for her CCE-2021 feat



JJ NEWS SERVICE
JAMMU, JAN 25: Senior BJP leader and former deputy chief minister Kavinder Gupta on Wednesday applauded Rasika Sikka, daughter of Rajesh Kumar Sikka and Sunita Sikka, resident of Ward No.11, Reasi for

securing 73rd rank in Combined Competitive Exams -2021 conducted by J&K Public Service Commission.

Rasika is presently staying at Preet Nagar locality in Jammu along with her parents. Kavinder said that the aspirants preparing for

competitive examinations should take a cue from the feat of Rasika as she has set an example for others to follow. He said that not only people of Reasi but the entire population of J&K is proud of Rasika. Urging the daughter of Reasi to work for the country with all

Rahul is misled, DAP white wash Congress in J&K: Chib

JJ NEWS SERVICE
JAMMU, JAN 25: Hitting out hard on Bharat Jodo Yatra and Rahul Gandhi, the Democratic Azad Party on Wednesday said that the Congress leader is misled by the people surrounding him about the facts and ground situation.

The party General Secretary R.S.Chib said that only three leaders expelled by party chairman Ghulam Nabi Azad had joined Congress. However, one who holds the constituency later re-joined DAP and the two remaining have no political constituency. Chib said that

the love and respect for their party Chairman Ghulam Nabi Azad have brought hundreds of political leaders, workers from Congress after he formed the new party that has rattled the Congress at the core and is now working in damage control mode. Not only Congress, but many leaders from other parties also joined our party.

He said Rahul Gandhi is faking his love and sympathy with the people of Jammu and Kashmir since it is maintaining deliberate silence on issues like Article 370 abrogation, land, jobs and the recent

terrorists strikes in Jammu and Kashmir.

Even he is walking alongside the leaders who spoke against the Indian army. Taking along such anti national elements reflects the mind-set of Congress party towards the Nation," he said.

He said Congress can't muster the courage and hold political gatherings in any part of Jammu Kashmir. "DAP is holding the protests against land eviction orders and attract crowds comprising thousands of workers. I challenge Congress which talks lies and deceit hold any

KPC pay tributes to Wandhama massacre victims

JJ NEWS SERVICE
JAMMU, JAN 25: Kashmiri Pandit Conference (KPC) today oedn the twenty fifth year of the Wandhama massacre sought justice for all those families of Kashmiri Pandits who were killed by militants during the last 33 years of militancy in Kashmir valley.

Kundan Kashmiri, President KPC paid his rich tributes to the martyrs, demanded that a thorough probe be conducted into all these killings in particular to three major massacres of Wandhama, Nadimarg and Sangrampora, should be booked without any further delay and punish to those who were responsible for the gruesome killings which would be also the real tribute to their victim.

The KPC President while recalling the incident said that during the intervening night of January 24 and

25, 1998 around a big group of militants descended on village Wandhama, Ganderbal and lined up Kashmiri Pandits and killed all the 23 Kashmiri Pandits. These included ten males, nine females and four children adding that even infants were not spared.

He said it is quite perplexing that every case pertaining to the Kashmiri Pandit killings in Kashmir has been closed for want of evidence and the perpetrators remain unidentified and it is unfortunate that the investigations seems to have deliberately sabotaged to let culprits go unpunished and roam free.

He further stated that various FIRs were filed in different police stations regarding killing of Kashmiri Pandits, but till date not a single killer has so far been arrested for the killing of hundreds of innocent

Kashmiri Pandits It is disgusting that neither the successive governments nor any civil society/human-rights fora of Kashmir valley took up these killings.

He appeals to all international bodies to take a moral stand on Kashmiri Pandit killings and seeks to bring all perpetrators of the massacre of Kashmiri Pandits to books. KPC President Kundan Kashmiri further strongly demanded that one place settlement with writ of Indian for Kashmiri Pandits in the valley is the only viable and permanent solution to rehabilitate them and to initiate confidence measures to heal their wounds.

Other KPC leaders who also expressed their views in similar way, were Dr. H.L.Saraf, M.K.Raina, Tej Pandita Ji, Sushil Ji Bhat.Rai, Raina, S.L.Zuthi, Suraj Wali and others

Simplify the process of issuing fresh ration cards to end harassment to people: Sham Langer

JJ NEWS SERVICE
JAMMU, JAN 25: Sham Lal Langer, Convener Bharatiya Janata Party (BJP) Trade and Industries Cell, Jammu and Kashmir said that the people are facing tremendous problems while applying for getting a new Ration Card issued. He demanded that the government must immediately initiate measures to simplify the procedure of issuing of the ration cards in order to provide relief to the general public.

Sham Langer expressed this while responding to the fresh guidelines issued by the UT Administration for issuing ration cards and granting of licences for new Fair Price Shops (FPS).

In a statement issued to media here today, the senior BJP leader said that though the guidelines are welcomed but I appeal to the Govt to issues req-

uisite directions to the authorities concerned for simplification of the procedure of applying and issuing new ration cards so that the common people especially the poor and indigent don't face any harassment. He asserted that it has been noticed that the ground implementation especially the formalities for getting a fresh ration card issued are multiple, and the procedure quite tedious and complex that needs to be revisited. He reiterated that Govt must take immediate measures in this regard so that common people heave a sigh of relief.

It is pertinent to mention here that the J&K Govt has notified fresh guidelines for issuance of ration cards, licenses of Fair Price Shops, ration permits and related issues under Public Distribution System. A Statutory Order in this regard, called

as the "Jammu and Kashmir Targeted Public Distribution System (Control) Order 2023" has been issued by the Department of Food, Civil Supplies and Consumer Affairs, Government of J&K, which comes into force at once. As per the order, the Government will issue ration cards to the households who fulfill the conditions for getting the same as per the policy and instructions issued from time to time and fall within the criteria prescribed in rule 3 of the J&K Food Security Rules 2021.

The order also provides that new Fair Price Shops (FPS) will be opened in each Panchayat/Municipal Ward/ULB and only a local unemployed educated (at least matriculate) individual in the age group of 18 to 45 years, will be eligible to apply for a Fair Price Shops license.

JMC celebrated National Voters Day

JJ NEWS SERVICE
JAMMU, JAN 25: On the occasion of 13th National Voters Day being celebrated across the country, a pledge function was organized in the premises of Jammu Municipal Corporation Jammu in which all the officers and officials, BLOs attended the function. The function was chaired by Commissioner Jammu Municipal Corporation Rahul Yadav.

Rimpri Ohri (ERO-Jammu East) Joint Commissioners JMC and Parvinder chour (ERO-78 Jammu West AC) Secretary, Jammu Municipal Corporation were also present on the occasion. Commissioner



while speaking on the occasion focused that this year theme "Nothing Like Voting, I Vote for Sure" is dedicated to voters which conveys individual's feeling and aspiration towards participation in the electoral process through power of their vote.

He also draw the attention of the participants to participate in the electoral process free and fearlessly and administered pledge to all the participants to uphold the democratic traditions of our country & dignity of free, fair and peaceful elections.

IIM Jammu hosts interactive session on, "Indian Neighbourhood Policy" with Preeti Saran, IFS (Retd.) as part of MoEA, Gol - Videsh Niti Distinguished Lecture Series

JI NEWS SERVICE

JAMMU, JANUARY 25: Indian Institute of Management (IIM) Jammu successfully conducted a thought-provoking session by Ms. Preeti Saran, IFS (Retd.) on "Indian Neighbourhood Policy" at its transit campus in Jammu. The Ministry of External Affairs, Government of India, has taken the initiative to bring ex-Ambassadors to share their views/opinions on contemporary foreign policy themes in a popular lecture series, "Videsh Niti Distinguished Lecture Series," in collaboration with top universities and academic institutions in India. The event was graced by Prof. B.S. Sahay, Director, IIM Jammu, Dr. Ashish Kumar, Chairperson, Student Affairs, Dr. Anuja Akhouri, Chairperson, Corporate Communications, and other faculty, officers, staff, and students at the Institute. Speaking on the occasion, Prof. B.S. Sahay,



Director, IIM Jammu welcomed Ms. Preeti Saran, IFS (Retd.) on behalf of IIM Jammu. He gave an overview of IIM Jammu during his address. During this, he also mentioned how India is positioned across the globe. He provided an insight into the upcoming G20 Summit where India has assumed the mantle of the G20 Presidency and working together to shape a new paradigm of human-centric globalization. During his address, he also emphasized entrepreneur-

ship by being a job creator and not a job seeker. He also provided an insight into IIM Jammu having Centers of Excellence at Jammu and Srinagar for fostering entrepreneurship in the union territory of Jammu and Kashmir and thereby paving the path for development. Dr. Ashish Kumar, Chairperson, Student Affairs, IIM Jammu gave a formal introduction about Ms. Preeti Saran, IFS (Retd.) to the audience.

Speaking on the occasion, Ms.

Preeti Saran, IFS (Retd.) mentioned the existing foreign policies practiced by India over a period of time. During her address, she also cited the need for exercising more care with the neighboring countries in the Asian Continent ranging from China, Pakistan, Bangladesh, Sri Lanka, Maldives, Indonesia, Nepal, Myanmar, Afghanistan, Thailand, etc. She mentioned the previous and existing state of affairs of India with its neighboring nations. She shared important anecdotes from her various stints in countries as a diplomat ranging from Vietnam, Canada, Nepal, Russia, and Myanmar. She cited the ideal example of cross-border integration by citing the example of a country like Indonesia where the chariot of Arjun is a landmark in their nation. She also cited the example of intermarriages that happened between the Royal Family of Nepal and Royal Families in

India as an ideal example that will pave the path for more peaceful bilateral relations with neighboring countries. Further, she stated the importance of synergies between neighboring countries by giving the example of the establishment of the Dabur plant in India as well as Bhutan.

Adding further, she also spoke about the various issues that have been in existence and the way India as a country has conducted itself in holding peaceful relations with all its neighboring countries despite the disturbances it faced. She mentioned the need for handling sensitive issues with neighboring countries with extra care, and attention, along with the need for constant nurturing of relations with them. She also mentioned the need for media and border management to play a vital role in the improvement of relations between neighboring countries.

DC Jammu listens to public grievances at Tehsil Bahu



JI NEWS SERVICE

JAMMU, JANUARY 25: To get first-hand account of the public grievances, Deputy Commissioner Jammu Avny Lavasa today attended a public outreach programme at Tehsil Bahu under Weekly Block Diwas. Scores of individuals apprised her about the problems being faced by them in day to day life.

SDM South Abhishek Abrol, Tehsildar Bahu Punica Sharma along with senior officers were present on the occasion. The Deputy Commissioner gave a patient hearing to the delegations and individuals and passed on the spot directions to the concerned officers for early redressal of their genuine grievances. She assured that the highlighted issues of public importance will be taken up with higher authorities besides all the pendency and public service delivery slacks shall be reviewed thoroughly. The Deputy Commissioner also impressed upon the officers to work with zeal to achieve the targets ensuring the delivery of the benefits to the rural masses.

Special programme held on R-Day in GDC Ramgarh

JI NEWS SERVICE

SAMBA, JANUARY 25: Child care institute 'Palash' organized a special programme under week long Republic Day celebration here today at Nandpur, Ramgarh.

Deputy Commissioner Samba, Anuradha Gupta -the chief guest on appreciated the students for presenting vivid cultural and folk events to mark the Republic Day celebrations as a part of Azadi ka Amrit Mahotsav.

Students presented skits on Nasha Mukta Bharat, patriotic songs, cultural performances etc.

DC also inspected the facilities available in Child care institute Nandpur for the overall care and education of students.

The programme was organized by the Department of Social Welfare under Mission Vastalya.

Among others present Sarpanch Chak Chataka, DSWO Deep Kumar, DIO Ajay Sharma, Superintendent CCI, members of ICPS, besides others were also present.

GDC Ramnagar organised programme on "National Voters Day"

JI NEWS SERVICE

UDHAMPUR, JANUARY 25: SVEEP Cell in collaboration with NSS, NCC unit and Azadi ka Amrit Mahotsav committee of Government Degree College Ramnagar organized a programme on 13th National Voters Day. The theme of the programme was "Nothing Like Voting, I Vote For Sure".

At the outset, Dr. Udhay Bhanu, Principal, addressed the students regarding the importance of the election process. Thereafter, a documentary video with respect to voting process was also shown to the students. A song "Main Bharat Hoon" provided by the Election Commission of India was also played for the students.

Preamble recitation & Pledge taking ceremony held at GCW Udhampur to mark National Voters Day



JI NEWS SERVICE

UDHAMPUR, JANUARY 25: In a bid to mark National Voters Day as a social movement to rediscover the democratic values, Shikshit Bharat Club in collaboration with Literary club Government College for Women Udhampur today organized a preamble recitation and pledge taking ceremony, with the theme "NOHING LIKE VOTING, I VOTE FOR SURE" under the "AZADI KA AMRUT MAHOTSAV" of Prof. Dr. Monika Sharma was the chief guest on the occasion.

In her address, Dr. Monika Sharma appealed all that in order to encourage the young voters to take active part in political process and making election inclusive, accessible and participative, it is very important to guide young voters through organization of such programs.

Around 150 students of the college participated in the programme. The entire Proceeding of the programme were carried on and conveyed by Prof. Yash Paul, Convener Shikshit Bharat Club.

Power shutdown

JI NEWS SERVICE

JAMMU, JANUARY 25: Chief Engineer (Distribution), JPDCL Jammu has informed that the power supply to Bishnah, Chakroi, Kullian, Badyal and adjoining areas shall remain affected on January 27 from 9 am to 2 pm.

NLM team reaches Poonch to evaluate progress under RDD schemes

DC chairs introductory meeting

JI NEWS SERVICE

POONCH, JANUARY 25: District Development Commissioner Poonch, Inder Jeet today held an introductory meeting with a team of National Level Monitors who reached the border district for evaluation of the works of the department of Rural Development and Panchayati Raj.

The meeting was attended by Additional District Development Commissioner Poonch, Malikzada Sheraz UI Haq, Assistant Commissioner Development, Abid Hussain Shah, NLM, Sunil Lahri, ACP, Naheem Un Nissa Bhatti, Xen, Hamid, Chief Agriculture Officer, Rakesh Sharma, DSWO, Mohinderpaul, all BDO's and concerned officers were present.

During the meeting, the DC discussed the action plan for field visit and inspection of ground level works. The Deputy Commissioner asked the officers of the Rural Department and Panchayati Raj to extend full cooperation to the team during the inspection of works completed under different schemes. He informed the team that all the functionaries of the Department have been acquainted with the guidelines about the evaluation of development works on the ground level.

The concerned officer provided required information to the National Level Monitoring team regarding implementation of different programs in the district.

Additional District Development Commissioner, Malikzada Sheraz UI Haq directed the officers to work with dedication so that the people can avail the benefits of the government schemes.

Govt. Degree College Neeli Nallah Celebrates National Voters Day

JI NEWS SERVICE

UDHAMPUR, JANUARY 25: Government Degree College Neeli Nallah Udhampur celebrated National Voter's Day. On the occasion, a pledge was taken by the Principal, staff members and students of the College followed by an Essay Writing Competition in which about 10 students participated. Ms. Vaishali Sharma, Bharti Slatia and Heena Akhtar students of Semester 1st secured 1st, 2nd and 3rd positions respectively. Speaking on the occasion, Prof. Hans Raj, Principal of the college, impressed on the students and staff to elect their representatives by exercising the Power of Vote without taking into concentration Caste, Creed and Colour, for the better development of the Nation.

Substantial increase in project completions: CS

Major reforms undertaken by the UT in administration & governance



JI NEWS SERVICE

JAMMU, JANUARY 25: Chief Secretary, Dr. Arun Kumar Mehta today remarked that J&K has come a long way in improving both the quality and magnitude of expenditure in the last couple of years which has resulted in five fold increase in number of projects completed.

He made these remarks while speaking in a meeting to review the expenditure out of Capex budget 2022-23 by different departments. The meeting was attended by the Administrative Secretaries, Directors of Finance and other concerned officers from different departments. Srinagar based officers participated in the

meeting through video conferencing.

At the outset, the Chief Secretary impressed upon the Administrative Secretaries to look out for the projects that are nearing completion so that funds are provided for their early culmination. He urged them to accelerate the pace of expenditure so that no part remains to be unspent before the given period.

Dr. Mehta maintained that J&K has improved on many indices continuously from the last few years. He gave out that the developmental curve has seen an upward trend with enhanced focus on both quality and quantity of work done on ground. The Chief Secretary

stressed on continuing this pace and momentum of development and reforms in administration so that the objective of less government more governance is achieved effectively. He enumerated that the UT has been successful in moving up the ladder on number of developmental parameters. He elucidated that whether it is digitization of land records, construction of roads under PMGSY, tourist arrivals, sports infrastructure or activities, industrial Investments etc. J&K happens to be an example in fast tracking development.

In terms of reforms, he observed that the UT has done a transformative job.

He stated that a year or so before, it was unimaginable to think of Digital J&K, which is a reality today. He reiterated that no goal fixed ever has remained too far for J&K to achieve. He stated that the reforms taken by the LG administration had been first of their kind in the history of J&K.

He said that be it District Good Governance Index, Departmental Deliverables, saturation of individual beneficiary programmes, Aspirational blocks, Aspirational Panchayats, introduction of e-office or other measures, J&K has attained a distinction in moving towards a more vibrant, responsive, transparent and accountable system in these years. The Chief Secretary urged the officers to make preparations for effectively implementing the next year budget. He advised them to have ambitious targets and achieve them efficiently. He made out that each of these set targets should be followed dedicatedly by all of them.

Gandhi Memorial College, Srinagar celebrates 13th National Voters Day

JI NEWS SERVICE

SRINAGAR, JANUARY 25: Gandhi Memorial College, Srinagar in collaboration with District Administration, Srinagar today celebrated the National Voters Day, here.

The programme was attended by Joint Commissioner, SMC, Tehsildar South and Booth Level Officers

besides a good number of students.

In his keynote address the Chief guest, Joint Commissioner, SMC stressed on all those who have attained the age of 18 Years to come forward for registering themselves as voters.

He, further, explained the importance of voting in ushering a healthy change in the country.

Earlier, the Principal, Prof (Dr) G M Loting highlighted the importance of voting in a vibrant democracy.

Tehsildar South explained in detail the history behind the National Voters Day.

Election Photo Identity Cards (EPIC) and certificates of appreciation were distributed among the students and BLOs, respectively.

3 Day Kupwara Winter Carnival to begin from Jan 29

DC Kupwara finalizes arrangements, asks officers to create festive look in Carnival

JI NEWS SERVICE

KUPWARA, JANUARY 25: The Deputy Commissioner (DC) Kupwara, Dr. Doifode Sagar Dattatray today convened a meeting of all concerned officers and finalized the arrangements for Kupwara Winter Carnival 2023, being inaugurated on 29th of this month. The Winter Carnival will last for 3 days i.e. 29, 30 and 31st January.

SP Kupwara, Yougal Manhas; ADC Kupwara, Ghulam Nabi Bhat; besides, district and sectoral officers were present in the meeting.

The DC asked officers to ensure all arrangements meticulously with close coordination. He asked officers to keep people



as focus of the programme instead of VIPs adding that people visiting Drangyari Kupwara to participate in Winter Carnival should not face any inconvenience. He said people of the district have great aspirations and

pinned hope for the Winter Carnival, first of its kind.

He designated senior officers for four separate zones to guide the visitors in need and requiring any information regarding the event.

The DC also entrusted responsibilities to all concerned officers and asked them to be proactive and show their creativity in order to make the event vibrant, attractive and more successful.

ARTO Kupwara and SRTC were directed to ensure foolproof arrangements of transport and parking. Youth Services & Sports officer was asked to ensure installation of flags for beautification of the area. LBDDA was directed for installation of signage. ACP has been directed to ensure Audio Visual and Music system.

Likewise, PDD and PHE departments were directed to ensure availability of power and water supply. Municipal

Committee Kupwara was asked to install mobile toilets with separate convenience for gents and ladies.

It was given out in the meeting that the vehicles shall park at Chowkhal where from separate transport shall be kept available for the visitors for their convenience.

Various departments including Handicraft & Handloom were directed to install their stalls at the venue. Winter wears and other goods shall also be kept available in separate stalls. Besides, food courts and cafeteria shall also be made available.

All other officers were directed to do their responsibilities as per guidelines.