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VITASTA FESTIVAL AT KALAKSHETRA FOUNDATION IN CHENNAI

There is a timeless bond between Tamil Nadu and Jammu Kashmir: LG

J NEWS DESK
CHENNAI, JAN 28

Lieutenant Governor Manoj Sinha today attended and addressed the Vitasta Festival at Kalakshetra Foundation in Chennai.

Addressing the gathering, the Lt Governor said that the 4-day festival is the biggest celebration of J&K's culture, literary legacy, cuisine, arts & music and the spirit of Ek Bharat Shreshtha Bharat.

Events like Vitasta in Chennai open up the limitless world of literature, art, history, heritage and culture and encourage us to think and expand our horizon, he further added.

"There is a timeless bond between Tamil Nadu and Jammu Kashmir. I strongly



believe that Jammu Kashmir and Tamil Nadu are eternally connected since time immemorial. Both the regions illumined the entire nation with intellectual brilliance & glorious tradition of peace & harmony", said the Lt Governor.

Underlining the need to promote the rich history of Jammu Kashmir, music and social cultural tradition across the country through Ek Bharat Shreshtha Bharat programme, the Lt Governor said that different cultures and diversity of our country

serve to enlighten society and throughout our history, have proved to be powerful instrument to strengthen our unity.

"I am truly grateful to Hon'ble PM for unlocking the power of diversity with the spirit of oneness. Continuous cultural exchanges are taking place among the youth of J&K and Tamil Nadu under Ek Bharat Shreshtha Bharat Programme exposing young generation to each other's language, literature, performing art, cuisine and traditional festivals", the Lt Governor added.

Union Territory of Jammu Kashmir, the northernmost state of the country is connected with Tamil Nadu,

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Rahul stops Yatra briefly to pay tributes to CRPF men killed in 2019 bombing

J NEWS DESK
SRINAGAR, JAN 28

A day after an alleged security breach, the Rahul Gandhi-led Bharat Jodo Yatra went smoothly on Saturday.

On the day two of the Yatra in Kashmir, Rahul's yatra started from Awantipora and it stopped for a brief time at the Lethpora along the Srinagar Jammu highway to pay tributes to the CRPF personnel killed in a suicide bombing on February 14, 2019.

Lethpora was the spot where an explosive-laden vehicle driven by a local suicide bomber of Jaish-e-Mohammad rammed into a CRPF convoy on February 2019, killing 40 of the personnel. The Lethpora attack had brought India and Pakistan at the brink of war.

Rahul paid respects to



CRPF personnel killed in the deadly attack.

The former Congress president paid tributes to CRPF men after veteran Congress leader Digvijay Singh questioned the surgical strike. However, Rahul had distanced himself from Digvijay's statement.

The rally which began from Chursoo Awantipora village was joined by

People Democratic Party (PDP) chief Mehbooba Mufti along with her daughter and mother. Rahul's sister and Congress leader Priyanka Gandhi joined the Yatra at Lethpora for the last few kilometers before the culmination of Saturday's programme. Officials said the security along the Srinagar Jammu

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Congress has to be pivot of any oppn alliance: Jairam Ramesh

AGENCIES
SRINAGAR, JAN 28

Member of Parliament and General Secretary Incharge Communication, Congress Jairam Ramesh on Saturday said the Congress has to be the pivot of any opposition alliance during the elections.

Ramesh said after the conclusion of the Rahul Gandhi-led Bharat Jodo Yatra on Monday in Srinagar the Congress will begin the process

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3 of family die of asphyxiation in Ramban

J NEWS DESK
JAMMU, JAN 28

At least three members of family were found dead due to asphyxiation on Saturday in Ramban district of Jammu and Kashmir.

Taking to microbiology site, Ramban district administration wrote, "at least three members of a family found dead due to asphyxiation in Bailhote, Tehsil Ramban."

"One girl found alive has been shifted for medical treatment," they wrote and further informed that financial assistance will be provided out of Red Cross.

Earlier on December 28, three minors among four of family also died due to asphyxiation in Banihal area of Ramban.

8 injured after bus hits parapet after tyre bursts in Udhampur

J NEWS DESK
JAMMU, JAN 28



At least eight passengers suffered injuries when a bus they were traveling in lost control due to tyre burst and hit the parapet along Jammu-Srinagar national highway in Udhampur district.

Police sources said that a bus on its way from Doda towards Jammu in the evening met with an accident at Sail Sallan on the National Highway, Udhampur.

"The driver lost its control on the vehicle when one of its tyre burst with a bang and collided with a parapet," they added.

Police rushed to the spot and shifted injured persons to the hospital.

"Around eight passengers suffered minor injuries but are stable," police said.

Pakistan creating hurdles in power projects: Union Minister Jitendra Singh on Indus Waters Treaty

J NEWS DESK
KATHUA, JAN 28

Union Minister Jitendra Singh on Saturday said that Pakistan is creating unwanted hurdles in the power projects Kishanganga (330 megawatts) and Ratle (650 megawatts) which will be built in the Union Territory of Jammu and Kashmir, as India is not stopping the flow of water but only using it for the power projects.

"The provisions of the treaty, which state that Pakistan is following the notification of the Indus Waters Treaty after Islamabad's actions adversely impinged the provisions of the treaty."

Speaking to media persons here, the Union Minister said, "The India-Pakistan Indus Waters Treaty was finalized in the year 1960 and as a result of that treaty, there was an understanding between the two countries



India and Pakistan. There would be sharing three of the rivers each. Whereas Jhelum, Chenab and Indus Waters went to the Pakistan's share and Ravi, Sutlej and Beas were India's share and this was a very solemn undertaking and now it is being undertaken as a joint venture between the Centre and the UT govt. On the other hand, Kishanganga Project, Now, Pakistan is trying to put out the case as if it is a violation of the

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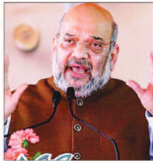
India to have 1.5 lakh plus forensic experts in 5 years : Amit Shah

AGENCIES
DHARWAD, JAN 28

Union Home Minister Amit Shah on Saturday said in the next five years, India will have more than 1.5 lakh forensic science experts, which will be the largest in the world.

The Home minister said plans are afoot to produce 10,000 forensic science experts every year during the next 11 years. Stating that it was important to maintain a step or two ahead of the criminals, we need to strengthen our facilities with modern Technology as third degree methods are not acceptable and now it is being undertaken as a joint venture between the Centre and the UT govt. On the other hand, Kishanganga Project, Now, Pakistan is trying to put out the case as if it is a violation of the

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compulsory in the country for investigation of criminal and cyber crime cases.

The Centre is also planning to establish 50 NFSU Campuses in the country. The Dharwad Campus will be the first of its kind in South India.

Such efforts are being made to strengthen the criminal justice system in the country to combat the increasing crime in various fields including counterfeit notes, hawala, crimes against women, cyber

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Get mining materials only from legal sources: J&K Secy Mining Amit Sharma

J NEWS DESK
JAMMU, JAN 28

Jammu and Kashmir Secretary, Mining, Amit Sharma on Saturday assured the executing agencies for the prestigious Projects of National Importance like Ring Road, Katra-Delhi Expressway and others that Director Geology & Mining shall be ensuring in future that requisite mining materials shall be supplied uninterrupted but at the same time, executing agencies also must ensure that they are taking mining related materials from legal sources only.

Taking extensive visit to the mining extraction



areas of Kathua and Samba belts of the Union Territory wherein major National Highway projects like Delhi-Katra Expressway and

Semi Ring Road works are going on, the Secretary took firsthand account of ongoing mining works for these projects during the field

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visit, the progress of which is being directly monitored by top administration led by Lieutenant Governor Manoj Sinha and Chief Secretary Dr Arun K Mehta.

He was accompanied by Managing Director, J&K Minerals Limited and District Mineral Officers. The Secretary inspected multiple sites of crushers and supply of minor materials related to the ongoing prestigious projects of national importance.

Explicit directions were issued by Secretary Mining to all the departmental officers to ensure uninterrupted supply of raw materials in these important works.

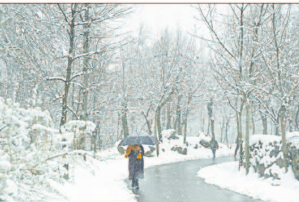
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MeT predicts heavy snow on the last day of Chillai Kalan

J NEWS DESK
SRINAGAR, JAN 28

As Chillai kalan", the 40-day period of harsh winter, nears end the weather department has predicted heavy snow on Monday and also issued "yellow alert warning" for Jammu and Kashmir.

The Chillai kalan comes to an end on January 30. The meteorological department has forecast widespread, moderate snow and rain in Jammu with heavy snowfall in Pir Panchal, south Kashmir and Doda Kishwar belts on January 30. The IMD has issued a "yellow colour



heavy snowfall in J&K and Ladakh on 30th Jan," MeT Director Sonum Lotus tweeted. Today and tomorrow, the weather is likely to remain generally

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11 detained for "capturing" vital installation pictures in Jammu outskirts

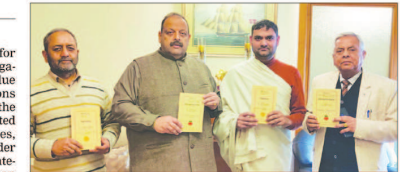
J NEWS DESK
JAMMU, JAN 28

Nearly one dozen labourers have been detained for allegedly capturing pictures of vital installations in Arnia area here in the city outskirts. Confirming the detention, police sources on Saturday said that Army troops last evening detained 11 labourers from bordering Arnia belt, who were allegedly clicking photographs of some vital installations in the area. "They were taken into custody and were later shifted to the Army camp," sources added. They said that the labourers belonged to Gool (Reasi) and Poonch districts. "The matter is under investigation," police sources said.

Congress' silence over Art 370 exposes its inherent contradictions: Rana

J NEWS DESK
JAMMU, JAN 28

Lashing out at the Congress for ducking response over abrogation of Article 370 as usual due to its inherent contradictions and taking escape route from the chronic political issues it created in Kashmir over the decades, Senior BJP leader Mr Devender Singh Rana today said the statement of Jairam Ramesh is an expected lines keeping in view the flip-flop policies of his party on issues concerning upholding of Nation's sovereignty and integrity.



Speaking to reporters on the side-lines of releasing of book 'Trikaalsandhya and Vaishnav Vratodyaapan Pradeep on Karm-kand' by Dr. Varchaskam Sharma here this afternoon, Mr Rana said the Congress is caught between the deep sea and devil over the historic repeal of

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Rashtrapati Bhavan's Mughal Gardens renamed 'Amrit Udyan', to open for public from January 31

AGENCIES
NEW DELHI, JAN 28

Rashtrapati Bhavan's famed Mughal Gardens will now be known as 'Amrit Udyan', an official statement issued on Saturday said.

The resplendent gardens are open to the public once a year and people can visit from January 31 this time.

President Droupadi Murmu will grace the opening of the gardens of Rashtrapati Bhavan - Udyan Utsav 2023 - on Sunday,



the statement said.

"On the occasion of the celebrations of 75 years of Independ-

ence as 'Azadi Ka Amrit Mahotsav', the President of India is pleased to give a common name to the Rashtrapati Bhavan gardens 'Amrit Udyan', Navika Gupta, Deputy Press Secretary to the President, said in the statement.

The government had last year renamed Delhi's iconic Rajpath as "Kartavya Path". The renaming of the stretch and other institutions is in line with the Centre's effort to remove any trace of colonial mindset, it has maintained.

"Rashtrapati Bhavan is home to a rich variety of

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DC Kishtwar inaugurates Rs 12 Lakh PMEGP unit sponsored by KVIB

Urges unemployed youth to avail benefits of self-employment schemes

JJ NEWS SERVICE

KISHTWAR, JANUARY 28: Deputy Commissioner Kishtwar, Dr Devansh Yadav today inaugurated Pradhan Mantri Employment Generation Programme (PMEGP) unit (Readymade Garments Shop) belonging to Zaffar Abbas of Village Palmar sponsored by Khadi and Village Industries Board (KVIB) here at Sangrambhatta.

He was accompanied by DDC member Palmar, Tahir Masood and other senior officials of the district.

Pertinent to mention that the PMEGP beneficiary Zaffar Abbas son of Mohammad Abbas Sheikh of Daggi Palmar has established the Readymade Garments Shop near petrol pump Sangrambhatta with a project cost of Rs 12.00 Lakh and a loan of Rs 11.40 lakh has been sanctioned with a credit linked Subsidy of Rs 4.20 lakh under Pradhan Mantri Employment Generation Scheme being sponsored by KVIB.

Interacting with the beneficiary, Deputy Commissioner highlighted the success of the scheme and urged him to avail the benefit of this centrally sponsored scheme to earn his livelihood and live with dignity.

He wished him the best of luck for future endeavour and stressed to imbibe the punctuality, sincerity and discipline for greater success in business.

Meanwhile, the DC Kishtwar also appreciated the efforts of KVIB in the



Employment Generation sector and said the first step towards Youth empowerment is the economic empowerment of Youth and schemes like these act as handholding for the Youth to become economically self-sufficient.

He said that due to the tremendous response from unemployed youth, MoMSME GoI extended PMEGP Schemes up to 2026 and the upper project limit cost has been enhanced from Rs 25.00 Lakh to Rs 50.00 Lakh in the manufacturing sector and Rs 10.00 lakh to Rs 20.00 lakh in service sectors. He further stated that besides rural areas KVIB will sponsor cases in the urban areas also keeping in view the persistent demands of people of the urban areas.

"The Government of India is very

eager to eradicate unemployment by implementing employment generation schemes through various government/semi-government departments," he said.

In his message to the youth of Kishtwar, the DC highlighted that KVIB Schemes are paperless, hassle free and urged upon the unemployed educated youth of District Kishtwar to come forward and get benefits of these schemes, so that they can establish their own income generating units, which will provide employment opportunities for others also.

The DC further said that the youngsters of Kishtwar are talented and can excel in any field if given an opportunity. He said a platform is needed for them to take a leap and KVIB is one of these platforms available to them.

Atal Dulloo calls for adequate supply, availability of petroleum derived spray oils for Agriculture use

JJ NEWS SERVICE

JAMMU, JANUARY 28: Additional Chief Secretary (ACS), Agriculture

Production Department (APD), Atal Dulloo, today chaired a meeting here at Civil Secretariat to discuss the availability and supply of petroleum-derived spray oils for use in agriculture and allied sectors in the Union Territory.

The meeting delved into various issues related to freight and supply capacity of the empannelled oil and petroleum companies.

During the meeting, Atal Dulloo asked about the spray schedule and instructed the respective officers to notify the public about the same. The officers informed him that the first week of February and onwards has been assigned



for the activity.

The ACS emphasised on ensuring adequate availability of quality horticulture mineral oil and other petroleum-derived spray oils for the use of the farmers at the most affordable prices.

He also directed the officers to emulate the facilities in neighbouring states and

ensure that the stock availability and license status of the empannelled companies were up to date.

The ACS stressed the importance of ensuring the availability of such resources and instructed the officers to take necessary steps to make sure the farmers get the best quality products at the most

affordable prices. The meeting was attended by Secretary in Agriculture Production Department, Shabnam Kamili, Director, Agriculture Jammu/ Kashmir, Director Horticulture Jammu/ Kashmir, besides other officers from Jammu and Kashmir besides representatives from SKUAST and others.

DC Samba discusses Rollout of Aspirational Panchayat Development Programme

JJ NEWS SERVICE

SAMBA, JANUARY 28: To discuss different parameters/indicators with the regard to Aspirational Panchayat Development Programme (APDP) launched by the Planning, Development and Monitoring Department, J&K for short listing of the least developed Panchayats in each Block in the District, Deputy Commissioner, Samba MS Anuradha Gupta convened a meeting of officers of different departments, here in the Conference Hall of DC Office Complex.

At the outset, the rollout of APDP and its significance in future planning of least performing Panchayats were discussed.

The CPO Samba gave a detailed presentation regarding the scheme and



the procedure to find out the most backward Panchayat. The meeting was also informed that as per the instruction of the PD&MD, Assistant Commissioner Panchayat has been nominated as the District level Nodal Officer and to complete the exercise in a time bound manner he will be assisted by a team of Sub-Nodal officers for collection of data as per the format. The DC directed

ed all the heads of concerned departments to put in sincere efforts while collecting the data while maintaining its sanctity.

The DC exhorted the officers of concerned departments to start the exercise of data collection on the parameters pertaining to their respective departments of all 101 Panchayats across the Samba district.

The Officers were directed to work with zeal and

dedication to complete the process in a transparent and time bound manner and ensure that no Panchayat is left out.

PO ICDS Joginder Jasrotia, Chief Planning Officer, Sukhleen Kour, Distt. Statistical & Evaluation officer, Narinder Kumar, Chief Medical Officer, Vidhi Bathial and other officers of various departments attended the meeting.

GDC Neeli Nallah hosts seminar on conservation of Himalayan Medicinal Plants



JJ NEWS SERVICE

UDHAMPUR, JANUARY 28: Government Degree College Neeli Nallah, Udhampur on Saturday organised a seminar cum awareness programme on "Diversity, Conservation & Livelihood Security Through Important Himalayan Medicinal Plants" in collaboration with "Regional-cum-Facilitation Centres Northern Region -II, National Medicinal Plants, Board, Ministry of Ayush Govt. of India, Sher-E-Kashmir University of Agricultural Sciences & Technology of Kashmir".

The event was held under the Patronage of Prof. Hans Raj, Principal, GDC Neeli Nallah, Udhampur. The programme was started with a welcome address by Mr. Rameek Sharma, student of Semester I. The formal welcome to the resource persons of the event was done by Prof. Shaista Yasmeen.

Prof. Hans Raj, Principal of the College, in his keynote address gave a brief introduction about the theme of the seminar- "Diversity,

Conservation & Livelihood Security through Important Himalayan Medicinal Plants". He stated that the role of medicinal plants is particularly important in the Himalayan Region as it is the major source of medication all over India. He stressed that the main motive of the seminar was to educate the students about how they will generate self-employment and livelihood with the help of cultivation of medicinal plants.

Further, first speaker of the event Prof. Sheikh Bilal Ahmed, Regional Director, RCFC Northern Region II, J&K, initiated his lecture through a powerpoint presentation on the theme "Medicinal Plants for Food, Nutritional and Livelihood Security. He mentioned different plant species like- Kuth, Patrees, Tripathi, Kutki, Krish etc., their common names and their medicinal benefits.

The event was followed by the second speaker of the event O.P. Sharma Vidyarthi (IFS), Member JK Biodiversity Council, Tree Talk Crusader. He deliberated that Indian culture and religious literature has

revered plants since vedic period. He further explained how nine plants were associated with plants.

The third speaker, Dr. Falak Jan, Technical Officer IF, RCFC NR-II SKUAST-K on the theme "Artificial Intelligence and IoT Technology: Tools for Advancement in Medicinal Plant. Further, the last speaker of the event Dr. Rozy Rasool, Consultant, RCFC, Northern Region II, spoke on the theme "Good Agricultural Practices of Withania Somnifera.

A large number of participants including students and faculty members of Colleges attended the programme.

Prof. Swati Dutt, Dr. Radha Rani, Prof. Shaista Yasmeen and Dr. Ranjeeta Langey were the members of the organizing committee. Others present were Dr. Farul Chitober, Ms. Manisha Kancharu, Mr. Imtiyaz Ahmed Bhatti, Ms. Riya Bajral, Mr. Suram Chand and Mr. Karan Magotra.

The formal vote of thanks was presented by Ms. Manisha Kancharu, Lect. in EVS.

ACS APD reviews seed procurement plans for UT

Pushes for self-sufficiency in seed and cattle stock



JJ NEWS SERVICE

JAMMU, JANUARY 28: Additional Chief Secretary (ACS), Agriculture

Production Department (APD), Atal Dulloo today reviewed plans for procurement of seeds and seed germplasm for the Union Territory, here at a meeting held here in the Civil Secretariat. The Directors of Agriculture from both provinces provided updates on the registration of Certified Seed Producers (CSPs) to ensure availability of sufficient seed stocks for crops such as pulses, veg-

etables, paddy, maize, potato and oil seeds.

Atal Dulloo stressed the importance of ensuring that the seeds are tested and that the CSPs have the capacity to provide the required quantity. He also directed that the tendering process be completed well in advance and asked about the availability of funds with the departments. The Directors were instructed to ensure the availability of seeds before March 15, 2023.

The ACS also directed the Directors to sign necessary

MoUs with the National Seeds Corporation and to prepare their farms for producing foundation seeds in order to achieve the required seed replacement rate in near future. The requirement of breeder seeds for the next financial year, its Rabi and Kharif seasons and subsequent years was also discussed.

The Director Agriculture Kashmir assured that the target of 250 registered CSPs would be achieved by the end of the current financial year and that sufficient quantities of paddy seeds

are available.

In talks with the Animal Husbandry Department, the ACS emphasised the need for increasing semen stock and procurement of bulls to ensure that the UT is self-sufficient in cattle stock. He highlighted the importance of upgrading semen stock in the UT and the need for Artificial Insemination infrastructure for the production of high quality semen.

The Directors were instructed to issue tenders for procurement of bulls and to provide training in artificial insemination under the Multi-purpose AI Technician in Rural India (MAITRI) program.

The meeting was attended by Directors of Agriculture and Animal Husbandry department from both the provinces, representatives from SKUAST and other officers.

Support of locals imperative for Swachh Gram: DC Ganderbal

Takes stock of sanitation management at Lar block; inaugurates SWM Shed at Repora

JJ NEWS SERVICE

GANDERBAL, JANUARY 28: The Deputy Commissioner (DC) Ganderbal, Shyambir today took an extensive tour of Block Lar where he took stock of sanitation management.

On the occasion, BDO Lar apprised the DC regarding implementation of sanitation plan and initiatives taken for sanitation management like installation of dustbins, user charges collection status, Waste collection, transportation status of waste

and Segregation sheds.

The DC inspected sanitation management in the main market of Lar and appealed shopkeepers and locals to use dustbins installed at main points and exhorted upon them to refrain from littering on roads and waterbodies saying that each of their role is important for a deeper understanding of the cleanliness ecosystem and how to improve it.

The DC complimented BDO Lar and his team for making significant progress with respect to

cleanliness in block Lar.

While interacting with the sanitation committees and locals, the DC said that support of locals is imperative in making Swachh Gram a success at ground level and said that the basic element for improvement is with respect to changing mindsets and people need to change behavior with respect to cleanliness.

He directed the Sanitation Committees to ensure 100 percent door to door waste collection in their Halqas and said that fines will be imposed

against those who are found littering on the road-side. Later, the DC visited Repora where he inaugurated Solid Waste Management Shed constructed at the cost of Rs 5.80 lakh under SBM. On the occasion the DC directed BDO to explore more options of forward linkages for the segregated waste and a scientific landfill site.

During the visit the DC was accompanied by Assistant Commissioner Development, Dr Bashir Ahmad, BDO Lar besides PRI members of Lar Block.

Srinagar Admin holds Award Ceremony at Banquet Hall

DC Srinagar felicitates Civil & Police officials, Young Achievers for meritorious services

JJ NEWS SERVICE

SRINAGAR JANUARY 28: To acknowledge and recognize the services rendered by the Officers/Officials of District Administration Srinagar, Police and other persons who have performed distinguished and meritorious services in various fields such as Civil Administration, Police, Education, Social Services, Sports etc., the District Administration Srinagar today held a Felicitation cum Award Ceremony program at Banquet Hall, here. The felicitation program was presided over by the Deputy

Commissioner (DC) Srinagar, Mohammad Aijaz Asad who awarded the Commendation Certificates and Mementos to the Government Employees, Students and Sports persons on the eve of Republic Day for this year. Addressing the felicitation function, the DC congratulated all the participants and said hard work and dedication towards one's profession is key to achieve success and unique place in the society. The DC lauded the contribution of all Awardees and other Officials who make a difference with their hard work, exemplary perform-

ance and dedication towards their work to ensure prompt, efficient and effective public delivery system in the District. The DC urged the participants to work with added zeal, responsibility and commitment in future also for public welfare and overall betterment of the society. Additional District Development Commissioner, Srinagar, Zahoor Ahmad Mir; Joint Director Planning, Mohammad Yaseen Lone; SDM, East; SDM, West; ACD, District/Sectoral Officers and other concerned were present on the occasion.

DSEJ organises varied activities to celebrate Fit India Week

MP Jugal Kishore reiterates Govt's resolve to provide quality Education in Schools



JJ NEWS SERVICE
JAMMU, JANUARY 28: Directorate of School Education Jammu in Collaboration with SAI organized a bouquet of events including yoga session, nakkad natak, song, dance events etc to celebrate the Fit India Week, here today at Government High School Deeli, Jammu.

Member Parliament, Jugal Kishore Sharma, the Chief Guest, while addressing the students said that sports not only help in the all round development of mind, body and soul but have become a viable career option as well. "Recognising the

importance of Sports and allied activities, the New Education Policy has included sports as part of the curriculum" he added.

He said the Government was committed towards providing quality education to the students as youth is the future of the Nation.

Jugal Kishore Sharma announced a grant of Rs 5 Lakh for infrastructure development in the host school.

Dr. Ravi Shankar Sharma, Director School Education Jammu, the Special Guest, thanked Member Parliament, Jugal Kishore Sharma and other dignitaries for sparing their valuable

time to celebrate the occasion. He divulged that Fit India Activities are conducted in schools throughout the year and it was a matter of pride that Union Territory of J&K is ranked No.1 in the Country when it comes to registration and conducting Fit India Activities in schools.

As the philosophy of Fit India Movement enunciates that a Fit Mind requires a Fit Body to reside in, physical fitness becomes a pre-requisite for academic excellence, he added.

Such events and activities help in providing the students with a platform to harness and display their skills, he said.

Earlier, the Director School Education Jammu, Dr. Ravi Shankar Sharma inspected the school and while interacting with the staff members advised them to work hard with utmost dedication so as to create a safe and comfortable zone for students where they can evolve and grow to their best possible self.

The events on the occasion were coordinated by Govind Sharma, Divisional Nodal Officer, Fit India Movement, Directorate of School Education Jammu. He also presented the formal welcome address and highlighted various Fitness activities being organised in schools.

Vote of thanks was delivered by Parveen Kumar, Headmaster G.H.S Deeli. Dignitaries present on the occasion included Nuzhat Gull (Secretary Sports Council J&K Jammu); Nadeem Dar (Deputy Director Sports (SAI) and Suraj Singh Rathore (CEO Jammu)

H&H Deptt Pulwama organizes one day Exhibition/Awareness Camp for Cooperatives of district

JJ NEWS SERVICE
PULWAMA, JANUARY 28: A one day Exhibition cum Awareness Camp for the Cooperatives of Pulwama district was today organised by Handicrafts and Handloom (H&H) Department Pulwama with the theme "Encouraging Cooperatives towards Self Reliance" at Town Hall, here.



An overwhelming response and participation of Handloom/ Handicrafts Cooperative members of the district was observed, besides a large number of artisans and weavers across the district attended the Camp.

The primary objective of the event was to make local artisans and weavers aware about the government schemes and initiatives related to Handicraft and Handlooms.

The Camp was inaugurated by Hakeem Riyaz ul Haq, Dy. Director (Administration) of Directorate of Handicrafts & Handloom Kashmir in presence of Publicity and Exhibition Officer, Assistant Director Handicrafts and Handloom Pulwama. Asstt. Registrar

integrated with JK SINGLE WINDOW SYSTEM, besides online services are also available on the portal. Hakeem Riyaz lauded the efforts of the Handicrafts & Handloom department in reaching out to the artisans and weavers besides disseminating the information regarding active schemes of the department.

He suggested various reforms in uplifting the conditions of our artisans and weavers and encouraged people to adopt this trade for bringing change

in their lives.

Other guest speakers present in the event delivered their lectures on the theme and sensitized the participants about various flagship programmes and schemes available in the department, with special reference to Cooperatives.

AD Handicrafts & Handloom Pulwama gave a brief presentation on the Formation of Cooperatives and benefits provided to them by the department after welcoming the guests and participants in the programme.

He said such camps shall continue to be organised in the district for general publicity of the schemes of the Department. He added that marketing avenues and opportunities have increased manifold by the innovative interventions of the department.

Various Cooperative societies of the District associated with the Handicrafts and Handloom Deptt were presented Certificate of Appreciation as a Bravo gesture by the Chief Guest for their outstanding performance during 2022-23.

BIS-JKBO conducts Sensitization programme at Ganderbal

JJ NEWS SERVICE
GANDERBAL, JANUARY 28: Bureau of Indian Standards (BIS), Jammu and Kashmir Branch Office today organized a Sensitization programme for the District Level Officers of Ganderbal district in the Conference Hall of Mini Secretariat, here.



The objective of the programme was to develop better understanding and insights of standard formulation, use of Indian Standards and to promote procurement of ISI Marked Products by Government Offices.

The programme was chaired by Additional Deputy Commissioner (ADC) Ganderbal, Mehranj Ud Din Shah.

Addressing the participants, the ADC said that standardization is of utmost importance for development. He praised the BIS care app and other initiatives taken by BIS for the development of the activities of standardization, marking and quality

certification of goods.

Speaking on the occasion, Pankaj Atri, Joint Director BIS-JKBO gave a detailed presentation on department specific standards. Standards Formulation, Product Certification, Hallmarking and Compulsory Registration Scheme.

He demonstrated the 'Know Your Standards' portal of BIS through which standards can be easily located and downloaded free of cost. He also demonstrated manakonline portal and BIS Care App through examples to check authenticity of ISI marked products and Hallmarked jewellery and complaints can also be registered.

DC B'pora reviews Jal Jeevan Mission in district

Regularly monitor the quality & progress on all allotted works for time-bound completion: Dr. Owais

JJ NEWS SERVICE
BANDIPORA, JANUARY 28: The Deputy Commissioner (DC) Bandipora, Dr. Owais Ahmed on Saturday convened a meeting of concerned Officers to review the Jal Jeevan Mission of Bandipora district.



During the meeting, the DC took detailed review of physical and financial progress of various JJM Works besides he also discussed authorization for issuance of allotment for various works under JJM in the district.

The meeting was informed that 120 schemes have been proposed under JJM including works of 17 Borewells, 38 Rapid Sand Filtration plants, 16 Slow Sand Filtration plants, 22 Overhead tanks and 91 ground level service Reservoirs.

It was given out that, in 28 schemes of PHE Division Sopore, out of 69 works tender response was received for 53 works and 16 works had been re-tendered.

Further, 36 works were allotted and work on 21 projects has been started besides one work has been completed.

The chair was apprised that 129 works of PHE Division Bandipora 113 works has been allotted and 05 works has been completed and out of 27 works of special sub division Gurez, 15 works has been allotted and one has been completed.

On the occasion, 13

works were presented before committee for approval with an amount of 1089.40 lacs to be allotted.

Dr. Owais instructed all the concerned officers to speed up the works under JJM so that the target can be achieved within the stipulated period.

He asked the officers to regularly monitor the quality and progress on all allotted works for time-bound completion.

The meeting was attended

by Additional District Development Commissioner Bandipora Ali Afsar Khan, Superintendent Engineer PHE Hyd. Circle Bpr/Bl H.Q Sopore, Mohd Haneef, Dy. Chief Education Officer Bandipora Mohd Rafiq Faray, Executive Engineer PHE/Irrigation Bandipora Syed Fida Hussain Rizvi, Executive Engineer PHE/migration Sopore, Executive Engineer PHE Mechanical North Bla/Bpr and other concerned.

Meeting of Standing Committee for Health & Education held at Budgam



JJ NEWS SERVICE
BUDGAM, JANUARY 28: A meeting of the Standing Committee for Health and Education was held in the Conference Hall here.

DDC Member- DDC Constituency Khanshab, Bashir Ahmad Bhat who is Chairperson of the Committee presided over the meeting besides Saima Jan DDC Member B.K.Pora

and DDC Member Pakherpora/Chararisharif Molvi Bashir Ahmad also attended the meeting.

The meeting was attended by ADDC Budgam, Akramullah Tak; Chief Education Officer, Dy. Chief Medical Officer Budgam. All Block Medical Officers and Zonal Education Officers of the district also attended the meeting.

Discussions related to the Education and Health sectors were held. Chief Education Officer Budgam informed that there are 13 Educational Zones having 928 functional schools and 7 Govt. Degree Colleges, 2 ITIs besides One JNV and One Kendriya Vidyalaya. Besides there are 292 private Schools and total student population of the district is 150661.

While discussing the Health sector, Dy.Chief Medical Officer gave a profile of Health Sector of District Budgam.

During the discussion, DDC Member Khanshab was of the opinion that some Ambulances need Drivers which has been taken into account and BMO Khanshab was asked to forward a proposal for internal arrangement of Drivers so that these Ambulances are put to use in a realistic manner.

ADDC elaborated the role of Standing Committees and it was informed that the low requirement demands shall be put before the standing Committees so that Members could arrange funds for these demands within their sanctioned grants.

Anti-encroachment drive: 406 Kanals of State/ Kahcharie land retrieved at Shopian, 40 shops sealed in Main Town

Encroached land reclaimed from highly influential encroachers including Ex. FM, kin of Ex.MLC

JJ NEWS SERVICE
SHOPIAN, JANUARY 28: Acting tough against land grabbers, the District Administration Shopian today retrieved around 406 kanals of state and kahcharie land during anti-encroachment drives carried out across the district.

In tehsil Shopian, 40 shops built on State land were also sealed today by Executive Magistrate (Tehsildar) Shopian.

A team of revenue officials under the supervision of Tehsildar also freed 90

kanals of kahcharie and 12 kanals of state land in Ramnagri village during the anti-encroachment drive. In tehsil Keegam, a team of revenue officials under the Supervision of Tehsildar Keegam at village Pirpora retrieved 15 kanals of state land and 35 kanals of kahcharie which were encroached by Former Finance minister and his family members.

In Tehsil Chitragam, Tehsildar Chitragam freed 3 Kanals of encroached land

in Village Chitragam. The land was retrieved from the brother of Ex.MLC.

Similarly, in Tehsil Barbugh, 149 kanals and 10 marlas of kahcharie land was reclaimed at Hardoo Handew, in tehsil Keller, 16 kanals of state land was retrieved in Baturnam Wanpora, in Tehsil Herman 31 kanals and 11 marlas of kahcharie and 13 kanals and 9 marlas of state land was retrieved in Naghisheran and in tehsil Zainapora, 40 kanals and 12 marlas of kahcharie land

was freed from the land grabbers.

The retrieved land shall be earmarked for various development projects playgrounds, village center amenities and various other development and public welfare purposes in consultation with PRIs and local people. Anti-encroachment drives are underway across the district and thousands of kanals of land have been reclaimed by the revenue department in the past few days.

DHEW Budgam conducts series of Activities under BBBP

JJ NEWS SERVICE
BUDGAM, JANUARY 28: The District Hub for Empowerment of Women (DHEW) Budgam conducted Special Gram Sabha/Mahila Sabha on CSR and Child Protection and Importance of Skill Development among Girls and Pasting of BBBP Stickers at Hushroo Chadoora, Budgam.

On the occasion, participants were informed about skill development and training programmes provided under various

schemes including Skill Mission Development, Himayat and UMEED.

A Slogan-writing/ Essay writing competition was held among girls at Govt. High school Ompora Budgam to promote Gender equality and Girls Right to live and educate.

The team said through these activities a mass awareness is intended to be generated in the district against malpractice carried out towards a Girl Child and also intensify awareness regarding

Government Sponsored schemes for empowerment of Girl child. The team further stressed upon the education of the Girl child and legal rights of the Women.

A Community meeting on BBBP sensitization programme was held at Kaiser Mullah Chadoora among community members towards ending child marriage. The team also raised awareness on Child Marriage Act 2006, and said that public and community awareness on the provision of the act is necessary to curb such practices. T The team also laid Special emphasis on PC PNDD Act, MTP Act and other women related legislations and raised awareness on women specific centers where women can approach to avail different services. To celebrate the importance of the women achievers of the district and to sensitize stakeholders regarding the importance of gender empowerment, a daylong seminar on 'Beth Bachao, Beth Padao' (BBBP) was also held.

Kia Carens is Indian Car of the Year, EV6 takes Green Car Award

J NEWS DESK
NEW DELHI, JAN 28

Kia India, one of the fastest-growing carmakers in the country, registered big wins at ICOTY 2022. The Kia Carens was crowned as the Indian Car of the Year (ICOTY) 2022 and the Kia EV6 won the Green Car Award 2023 by ICOTY. With this, Kia has become the first brand ever to win two ICOTY awards in the same year.

of India (IAAI), are the most coveted automotive awards in the country and are often referred to as the Oscars of the Indian automotive industry. The award is an expert and independent judgment of the best new car. The highly experienced jury members are responsible for selecting a single decisive winner. The criteria like price, fuel efficiency, styling, comfort, safety, performance, practicality, technical innovation, value for money, and suitability for Indian driving conditions are particularly

important factors that are considered while deciding on the winner. Tae-Jin Park, Managing Director & CEO, Kia India said, "It's a proud moment for all of us at the Kia family. We are absolutely delighted to be awarded with not one but two prestigious ICOTY honours - Kia Carens won the coveted 'Indian Car of the Year' and our flagship EV, the EV6, won the laurel as ICOTY Green Car Award 2023 by ICOTY." We are thankful to the esteemed ICOTY jury members for this recognition. This is a well-deserved recognition for brand Kia and deep thanks volumes for our technological prowess, capabilities and understanding of Indian market. It is a true reflection of our successful journey in India and a great motivation for us to keep working and contributing towards an inspiring tomorrow."

Kia Carens is yet another made-in-India global product. The Kia that brings the sophistication of a family mover and the sportiness of an SUV in one compelling package. The Kia Carens is a comfortable and spacious

three-row seater Recreational Vehicle designed for modern Indian families. The vehicle hosts many first-in-class features such as 26.08 Cm (10.25") HD Touchscreen Navigation with Next Generation Kia Connect, Bose Premium Sound System with 8 speakers, Smart Pure Air Purifier with Virus and Bacteria protection, Ventilated front seats, 2nd Row Seat One Touch Easy Electric Tumble and Sky-Light Sunroof to name a few. All the trim levels offer the Robust 10 Hi-safety package as standard which includes 6

airbags, VSM, HAC, ESC, all-wheel drive, and a host of other features, making the Kia Carens safe for a family drive. The Kia Carens is available with three powertrain options - Smartstream 1.5 Petrol, Smartstream 1.4 T-GDI Petrol and 1.5 CRDI VGT Diesel. Further, customers also get an option to choose from three transmission options - 6MT, DCT and 6AT. The vehicle is offered in the Seven seater option in Premium to Luxury trims, while the Luxury Plus trim is available with a choice of both 6 and 7 seater options.

Enemies of humanity creating hatred among people on communal lines: Ferooz

J NEWS DESK
JAMMU, JAN 28

Member Parliament and National Conference president Dr Ferooz Abdullah on Saturday said that it is really unfortunate to see how the enemies of humanity have over the years done everything to create hatred among people of Jammu region and Kashmir valley towards each other on communal lines.

"The agenda of communal forces remains at work to divide us. However, what forces fail to recognise is that the spirit of our unity is deep-rooted and widespread," said Abdullah while taking part in Maha Vishnu Yagya organised in the memory of martyrs in Samba district.

On the occasion he met Sant Shri BalYogeshwar Das Ji Maharaj. "It is very reassuring to see how both Hindus, Muslims and Sikhs participate in each other's festivals and shoulder each other's worries. Our country's, for that matter J&K's true potential lies in our unity. The everyday life of our people across Jammu espouses examples that bring alive the idea of India and restores our faith in Humanity," he said.

"More so the people in Jammu have fraternal ties with the people of Kashmir and Ladakh as well. I'm sure that my brothers and sisters will not let such forces succeed in their nefarious designs. I congratulate the organizers and management, particularly Shri Yogeshwar Das Ji Maharaj for their efforts. I'm sure that the devotees will benefit from the spiritual, mental and physical benefits of the Yagya. I pass on my good wishes to the entire management for their future endeavours," he said.

Dr Abdullah called for united efforts for strengthening the communal harmony and brotherhood. "Jammu people are pluralistic by nature. The cultural life of Jammu has been shaped by great sages and saints, who enriched it with the teachings of universal brotherhood by teaching and preaching the philosophy that considers the world as a family," said Abdullah.

Lady councillor from Baramulla joins Bharat Jodo Yatra

J NEWS DESK
SRINAGAR, JAN 28

Municipal councillor from Baramulla Nighat Mir travelled all the way from north Kashmir to join Rahul Gandhi's led Bharat Jodo Yatra that resumed on Saturday morning from South Kashmir.

She took part in the Yatra along with her supporters. "This Yatra is for the unity of India and that is the reason I travelled all the way from Baramulla to south Kashmir so that I become part of this cause," Mir said. She said that she and her supporters travelled in 10 vehicles to reach the Yatra venue.

"After hiccups at many places due to security reasons, we managed to join the Yatra," she said, adding that she was welcomed by Congress leaders in the Yatra.

The Congress party said that people from various parts of the valley joined the Yatra on Saturday.

High value orchard "illegally occupied" by former minister retrieved in Kashmir

J NEWS DESK
SRINAGAR, JAN 28

J&K government on Saturday said that it has retrieved 15 Kanals of "illegally occupied" high value orchard land from former Finance Minister Haseeb Drabu in Shopian district of Jammu and Kashmir.

The land has been retrieved during the ongoing anti encroachment drive.

Officials in Shopian said hundreds of Kanals of illegally occupied land were freed on Saturday during an ongoing drive.

"Among the 100s of kanals of illegally occupied land freed today, Shopian administration retrieved 15 Kanals of illegally occupied high value orchard land from former Finance Minister Haseeb Drabu," it added by the district authorities in Shopian said. It added that government's zero-tolerance policy ensures land is used for public benefit.

"There was no immediate reaction from Drabu over the government's claim."

Drabu, a noted economist and Jammu and Kashmir's state's last finance minister, was credited with forging PDP's alliance with the BJP in 2015 after two-month long talks with Ram Madhav- the then BJP General Secretary.

On Friday, authorities in Shopian had demolished a commercial building of ex Minister of State Social Welfare Ghulam Hassan Khan in Shopian town. J&K government has issued an order directing all the Deputy Commissioners to ensure 100 pc removal of encroachments from state land, including Roshni and Kachharai (grazing land) by January 31. While there has been an uproar over the government order, the Lt Governor Manoj Sinha has stressed that the poor people would not be touched and only powerful people who misused their position to encroach upon the State land would be evicted.

2 fraudsters arrested in Baramulla

J NEWS DESK
SRINAGAR, JAN 28

Jammu and Kashmir Police arrested two alleged fraudsters posing as political activists in a job and extortion scam in Baramulla district of north Kashmir.

Police said on January 27, an information was received that two self styled political activists from Pattan area in Baramulla were demanding money on the assurances that they will arrange government jobs and were also providing fake appointment orders. Police said the two were also threatening the general public.

Police swung into action and promptly registered a case FIR under relevant sections in Police Station Pattan.

"During course of investigation, Police after utilizing all technical and human intelligence and strenuous efforts arrested two accused Ubaid Nazir Sofi and Mohammad Iqbal," a police statement said. "It was learnt during interrogation that these scammers were cheating common people on the pretext of giving jobs in police department and taking huge amounts of money from them," police said, adding "once the victim started asking money back, they used to issue threats to them." Police said further investigation into the matter is on.

FROM THE FRONT PAGE...

There is a timeless...

southernmost state of our great nation to really indicate the diversified culture and customs and spiritual link between Vitasta and Kaveri River, observed the Lt Governor.

"The richness of our tradition lies in our diversity. From Kalhana to Vallathol, Thiruvalluvar to Laleshwari and from Subrahmanya Bharati to Nand Rishi, we have been blessed with an unbroken lineage of great personalities who continue to inspire the nation, the Lt Governor added. Speaking on the traditional wisdom and cultural heritage shared by the two regions, the Lt Governor said, the creative expression of civilization rooted in Vitasta and Kaveri river always embraced the totality of human experience. Seeking from both Jammu Kashmir and Tamil Nadu have made enormous contribution to enrich this experience and by strengthening the literary and cultural heritage they have served the society well, he added.

Sharing the changing scenario of the UT of J&K, the Lt Governor said, Jammu Kashmir has shown remarkable improvement on sustainable development goals which has been recognized by NITI Aayog, among other agencies.

On the occasion, the Lt Governor also paid homage to Smt Rukmini Devi, the founder of Kalakshetra Foundation. Dr R. Nataraj, Governing Board Member, Kalakshetra Foundation spoke in detail about the Vitasta festival. Sh Siddharth Kak, renowned Filmmaker spoke on the culture and heritage of Jammu Kashmir.

Sufi, Kashmiri and Dogri folk music by renowned folk singer Aabha Hanjura and troupe; theatre presentation and Vitasta by National School of Drama and Bhand Pather and Therukoothu presented by Dr VR Devika remained highlights of the evening.

Pertinently, the State of Tamil Nadu is paired with Jammu Kashmir under Ek Bharat Shreshtha Bharat Programme, which aims to integrate the nation culturally.

Moreover, the Vitasta Festival, while travelling to Maharashtra, Uttar Pradesh and Sikkim after Tamil Nadu, where it culminates in Jammu Kashmir - the land of curiosity for intellectuals, philosophers, spiritual seekers, travelers and historians. This festival as a part of Azadi Ka Amrit Mahotsav by the Union Culture Ministry provides glimpses of river Vitasta and its influence on socio-political, cultural heritage and Sufi, Buddhist and Shaivite philosophy of Jammu Kashmir.

A host of activities like Classical and folk performances, exhibitions, seminars, workshops, craft bazaar will showcase the legacy of Jammu Kashmir during the festival. The people will get an opportunity to get acquainted with the dance forms, Sufi music, art, handicrafts, cuisine of Jammu and Kashmir.

Dr CK Gariyal, ret'd. IAS and author; Smt. Revathi Ramachandran, Director Kalakshetra Foundation, experts in various fields and prominent personalities from J&K and Tamil Nadu were present on the occasion.

Rahul stops Yatra...

highway was stepped up on Saturday to ensure smooth Yatra in Kashmir. The Yatra was in place for the Yatra on Saturday, officials said.

On Friday, Rahul had to halt the rally in Kashmir after allegations of "security lapses". The J&K police had refuted allegations of failed security.

"The security arrangements unlike yesterday were adequate," General Secretary Incharge Communication, Congress Jairam Ramesh said.

The Yatra has created a lot of buzz in Kashmir and a large number of people joined the Yatra on foot. A large number of people continuously joined the Yatra all along the route.

The Bharat Jodo Yatra, which started in Kanaykumari on September 7, will conclude on January 30 in Srinagar. After the Yatra, PDP president Mehbooba Mufti said the Bharat Jodo Yatra was like a breath of fresh air in Kashmir as it allowed people to come out of their homes in numbers for the first time since 2019 - when J&K special status was scrapped.

"Rahul Gandhi's yatra comes like a breath of fresh air in Kashmir. It is the first time since 2019 that Kashmiris have come out of their homes in such massive numbers.

Mufti's joining the Rahul led Yatra evoked criticism from BJP. "Will Rahul Gandhi apologise for rubbing shoulders with those who advocate two flags and two laws in J&K, or else he too supports the separatist agenda," he tweeted on Saturday. "The most glaring issue has been from those 'Kashmir experts' who waste no opportunity to paint Kashmir as anti-national, communal, intolerant. The public participation flies in the face of this propaganda & that explains the total radio silence."

Congress has to...

of political talks and political negotiations. He said it was not a setback if any party who was invited by Congress president Mallikarjun Kharge to attend the concluding function of the Yatra in Srinagar is not attending. The Congress president had invited leaders from 24 like-minded parties to Srinagar to attend Yatra conclusion function. "The Congress leader argued that the function on the 30th is not a coalition building exercise... " Let me make it absolutely clear that the function on the 30th is not a coalition building exercise... An invitation was extended in good faith to like minded political parties who we believe oppose the policies and the programmes of the BJP. It is not to build a reform for 2024. It was a courtesy call that we extended to like minded parties to come and take part in the formal conclusion of the Bharat Jodo Yatra," he said while addressing a press conference in Srinagar.

"It is not a setback (if anyone is not attending)... We invited them in good faith but we believe that any attempt to bring a coalition against the BJP must be pivoted around the Congress," he said. Ramesh did not divulge the number of parties not attending the function in Srinagar.

Ramesh said in order to defeat the BJP, any opposition platform must be based on two realities.

"The BJP must be the pivot or a fulcrum of any opposition alliance and without the Congress no opposition alliance is relevant or meaningful. Number two, any opposition alliance must be based on a constructive agenda not just a negative agenda of anti-BJPism or anti-governmentism or anti-regime. It has to be based on a positive, constructive, agenda," Ramesh said.

Pakistan creating...

Indus Waters Treaty which is not so because the Indus Waters Treaty gives you the right over the water share but it does not prevent the other country from any activities which are non-consumptive, that does not consume water. So merely the constructing of that project is not going to consume the water of these rivers," he said.

Keeping in view the past action of Pakistan the Indian government has decided to reorganize the Indus Waters Treaty and write to Pakistan to reorganize the Indus Waters Treaty which is a big step in that matter.

He said that the Ministry of External Affairs has taken up this matter with Pakistan and will take appropriate steps. Earlier on Friday, India issued notice to Pakistan for modification of the Indus Waters Treaty (IWT) of September 1960 after Islamabad's actions adversely impinged the provisions of the treaty, according to sources.

The notice was conveyed on January 25 through respective Commissioners for Indus Waters as per Article XII (3) of the IWT.

"I am sure the concerned departments and Ministry of External Affairs have taken it up with Pakistan and asked them to avoid racking up controversy over this. This govt led by PM Modi has always been decisive in whatever he decides, whatever initiative he takes and at the same time every decision is taken with a lot of diligence and homework. So these projects were also conceived, and planned, keeping all the conditions of the Indus Water Treaty in mind and there is no violation at all."

"The objective of the notice for modification, according to sources, is to provide Pakistan with an opportunity to enter into intergovernmental negotiations within 90 days to rectify the material breaches of the IWT. This process would also update IWT to incorporate the lessons learned over the last 62 years."

India has always been a responsible partner in implementing the IWT. Pakistan's actions, however, have encroached on the provisions of IWT and their implementation and forced India to issue an appropriate notice for modification of IWT, sources said.

In 2015, Pakistan requested for the appointment of a Neutral Expert to examine its technical objections to India's Kishenganga and Ratle Hydro Electric Projects (HEPs). In 2016, Pakistan unilaterally referred this request to arbitration at a Court of Arbitration adjudicate its objections. According to sources, this action by Pakistan is a breach of the graded mechanism of dispute settlement envisaged by Article IX of IWT. India thus made a separate request for the matter to be referred to a Neutral Expert.

The initiation of two simultaneous processes on the same questions and the potential of their inconsistent or contradictory outcomes creates an unprecedented and legally untenable situation, which risks endangering IWT itself. The World Bank acknowledged this itself in 2016, and took a decision to "pause" the initiation of two parallel processes and request India and Pakistan to seek an amicable way out, sources say.

Pakistan, despite repeated efforts by India to find a mutually agreeable way forward, has refused to discuss the issue during the five meetings of the Permanent Indus Commission from 2017 to 2022.

The World Bank at Pakistan's continued insistence initiated actions on both the Neutral Expert and Court of Arbitration processes. Such parallel consideration of the same issues is not covered under any provision of IWT.

"The World Bank in October 2022, made appointments in two separate processes requested by India and Pakistan in relation to the Kishenganga and Ratle hydroelectric power plants."

It appointed a chairman of the Court of Arbitration and a neutral expert "in line with its responsibilities" under the Indus Waters Treaty.

A World Bank release said that the two countries disagree over whether the technical design features of the two hydroelectric plants contravene the Treaty.

It said Pakistan asked the World Bank to facilitate the establishment of a Court of Arbitration to consider its concerns about the designs of the two hydroelectric power projects, while India asked for the appointment of a Neutral Expert to consider similar concerns over the two projects.

Michel Lino was appointed as the Neutral Expert and Sean Murphy was appointed as Chairman of the Court of Arbitration. They will carry out their duties in their individual capacity as subject matter experts and independently of any other appointments they may currently hold, the release said. AGENCIES

India to have...

crime among others. To admit Shariyat in future, the forensic science field will become one of the biggest fields and will play a very big role in technological development of the country.

The Union Minister said compared to countries like the United States of America, Canada, Israel and many others, India is very much behind in this regard. The NFSU has taken several steps and is working hard to increase the infrastructure in the use of FSL, he added.

Crediting the establishment of the First National Forensic Sciences University in the world in Gujarat to former Deputy Prime Minister LK Advani, he said today there are eight campuses in the country where students can obtain expertise in subjects like cyber crime, digital crime, green energy, DNA technology, agriculture technology and environmental technology.

Speaking on the occasion, Chief Minister Basavaraj Bommal said Karnataka is the only state in the country with a police department has an integrated and operating forensic science laboratory with 200 staff and 54 scientists.

Get mining materials...

so that these National Highway projects can be completed well within the prescribed timelines.

During the visit, the Secretary Mining also directed the departmental officers to hold regular meetings with stakeholders so that their issues can be resolved with spot redressal of the same wherever possible.

He also emphasised that there should be widespread publicity campaigns which should be carried out in all the twenty districts of the UT so as to popularise the Mining e-Marketplace platform.

It can be accessed at geologymining.jk.gov.in with e-Challan as the basis of same with online payment and choice-based selection of supplier for purchase of raw materials which has been created on the pattern of popular Amazon and Flipkart e-marketplaces.

MeT predicts heavy...

cloudy with light snow and rain at scattered places of Jammu and Kashmir. On January 31, light to moderate snow, rain is expected at scattered places, MeT said.

The fresh weather prediction can cause snow avalanches in avalanche prone areas and also may affect surface and air transport on January 30.

The MeT has advised people not to venture out in avalanche prone areas, unless in an emergency. Meanwhile, the tourist resorts of Gulmarg and Pahalgam continue to freeze.

Pahalgam in south Kashmir's Anantnag district, recorded a low of minus 9 degrees Celsius. The minimum in Gulmarg, the famous ski resort in north Kashmir's Baramulla district, was minus 7.2 degrees Celsius, officials said. Gulmarg was also the coldest recorded place in Jammu and Kashmir.

The mercury in Srinagar settled above the freezing point. Srinagar registered a low of 1.7 degree Celsius.

Congress silence...

Article 370 binding Jammu and Kashmir emotionally and psychologically on the country besides ending the era of deprivation of women and marginalized segments like Valmikis, PoK refugees, Gorkhas, Gujjar Bakerwals west PAK refugees and the other weaker sections.

"Talking about the political issues would certainly expose the Congress, which is solely responsible for all the ills afflicting the body politic of the nation in general and the Valley in particular because of greed, lust and lack of vision of its so-called towering leaders", Mr Rana said, adding that such an eventuality is bound to entail the wrath of the party's new found allies in the communal, divisive, anti-national and pro-Pakistan PAGD who Congress is trying to please and appease.

Rana recalled his earlier statement of the Congress creating alibis to avoid hoisting of the tricolor at the historic Lal Chowk in view of the PAGD's strong hate for the national flag. He said Rahul Gandhi has conveniently obliged the hate mongers and anti-national political actors, who had warned of not getting flag bearers for the tricolor in the Valley if Article 370 was tinkered with. Bypassing Lal Chowk thus amounts to compromising national honour and dignity. It is different that the Tiranga is being unfurled for youth of Kashmir day in and day out with pride, he said and referred to the response they got as recently as on the Republic Day when the citizens of the valley remained open, ending over three-decade culture of hartals and bands. He said this has unnerved the Congress and its masters in the PAGD, who are in the unholly wedlock for their lust for power.

Rana reminded the Congress of its blunders in Kashmir, saying that but for the course correction being made by the BJP, the paradise on earth was at the brink of disaster. He said none of the dynasts ever appreciated the genuine aspirations of the Paharis, Gujjars, Refugees, Valmikis and the other categories of marginalized sections, who are witnessing their empowerment for the first time ever since independence.

Dr. Varchasmi Sharma, an Assistant Professor in Sanskrit in GDWC, Kathua will be distributed free of cost. Dr Sharma has earlier authored three books on Karm-kand. Prominent among those three on the occasion included Pt. Tilak Raj Shastri, Principal, Ranjeet Singh.

Rashtrapati Bhavan's...

gardens. Originally, they included East Lawn, Central Lawn, Long Garden and Circular Garden.

"During the term of former Presidents Dr A P J Abdul Kalam and Shri Ram Nath Kovind, more gardens were developed, namely Herbal-I, Herbal-II, Tactile Garden, Bonsai Garden and Arogya Vanam," the statement issued on Saturday said.

In this year's Udayan Utsav, among several other attractive visitors will be able to see specially cultivated tulips of 12 unique varieties which are expected to bloom in phases. This time the gardens (Herbal Garden, Bonsai Garden, Central Lawn, Long Garden and Circular Garden) will be open for about two months.

The gardens will remain open to the general public on January 31, 2023 and will remain open till March 26, 2023, except on Mondays which are maintenance days and on March 8 on account of Holi. AGENCIES

Divisional Level Training/ Orientation Programme on "Fodder Resources for UT of J&K" held at Lalmandi

JI NEWS SERVICE

SRINAGAR, JANUARY 28: A Divisional level training cum orientation programme was held today at Agriculture Complex Lalmandi, here.

The training programme was inaugurated by Director Agriculture Kashmir, Chowdhury Mohammad Iqbal. Addressing the participants, the Director Agriculture underlined the importance of fodder crops for managing the livestock feed demands. He said that the department is already working on a strategy for bridging the gaps in demand and supply of feeds and fodder crops.

Director Agriculture said that the department is raising quality fodder crops in departmental farms and the seed is then provided to the farmers so that these fodder crops could be introduced and replicated in the farmers field.

Iqbal said that under holistic development of agriculture and allied sectors special attention has been paid to rejuvenation and promotion of pastoral systems and grasslands. He said that our Agro-climatic conditions are



conducive for the cultivation of high quality fodder crops therefore all the efforts must be put in place to explore and get benefited out of these agro-climatic conditions.

He asked the officers of the allied departments to work in coordination for the successful implementation of projects under holistic development

of agriculture and allied sectors. Joint Director Animal Husbandry Dr. Mohamud Hussain, Deputy Director Animal Husbandry Dr. Ghulam Hussain Mir, officers of agriculture department, animal husbandry department, KVKS among others participated in the training programme.

Election Authority SGPCBE-K issues notification for conduct of election of members, President & Office bearers of GPB-2022

JI NEWS SERVICE

SRINAGAR, JANUARY 28: The Election Authority, Sikh Gurdwara Prabandhak Committee (SGPCBE-K) Division

(Divisional Commissioner Kashmir) today issued a notification for conduct of election of members, President and other Office bearers of the Gurdwara

Prabandhak Board (GPB)-2022.

As per the notification issued here, publication of voter list (Name of Elected Members of District Gurdwara Prabandhak Committees) shall be held on 13 February, 2023.

Election notification in this regard shall be issued on 17 February, 2023,

while the last date for filing nomination is 23 February, 2023.

Scrutiny of the nomination papers shall be held on 28 February, 2023 and last date for appeal against rejection of nomination papers is 04 March, 2023. Last date for withdrawal of nomination papers is 06 March, 2023 while the list of contesting

candidates shall be published on 08 March, 2023.

The notice fixing date for holding the meeting of the members of District Committees shall be issued on 09 March, 2023.

Election of members for Board shall be held on 25 March, 2023 and the date for declaration of results shall also be 25th of March, 2023.

Power shutdown

JI NEWS SERVICE

JAMMU, JANUARY 28: Chief Engineer (Distribution) JPDCL Jammu has informed that the power supply to Lalle-Da-Bagh, Lower Muthi, Lakshmi Vihar, Balwant Vihar

Udhewala, Anand Nagar, Nachillan, Nagbani, Floura, M/C Domana, Machallian, Akhnoor, Tanda, Jourian, MES, Ranjan, Pargwal, and adjoining areas shall remain affected on January 29 from 9 am to 2 pm. Similarly, the power supply to Jourian, Troti, Muthi, Mara, Bakora, Rakh Muthi, PHE, BSF,

Border Migrant, Sohal, Kanachak, Kalyanpur, Panjore, Lalylal, Jaswan, Pariyal, Makyal, BSF, Chatha, SKUAST, Indra Nagar, Bishnah, Secora, Kuniwani, Apna Vihar and adjoining areas shall remain affected on January 30 from 9 am to 2 pm.

Likewise, the power supply to Fatehpur, Atti, Bhatian, Behrot, Saji, Rajdhani, Shadra Sharif, Thanamandi Town, Azmatabad, Lah, Khablan, Digiana, Industry, Sanjay Nagar, Preet Nagar and adjoining areas shall remain affected on January 29 from 9 am to 5 pm.

Similarly, the power supply to Industry, Bhangar, Supwal, PHE, Cadla, Vijaypur Town, Kolpur, Bandral, BB Town, Sarore, Jakt, Joggur, Raika, Industry, Patti and adjoining areas shall remain affected on January 29 from 9 am to 3 pm.

Likewise, the power supply to Industrial area, Rakh, Supwal and adjoining areas shall remain affected on January 29 from 10 am to 5 pm.

Similarly, the power supply to Industrial area of Bari Brahmana shall remain affected on January 29 from 10 am to 3 pm.

DIPR hosts symposium cum cultural programme on "Cultural Practices for Sustainable Environment" at Udhampur



JI NEWS SERVICE

UDHAMPUR, JANUARY 28: Directorate of Information and Public Relations, Cultural wing Jammu, in collaboration with District Information Centre Udhampur, today organised a Symposium cum cultural programme on "Cultural Practices for Sustainable Environment" here at Government Girls High School Udhampur.

President Senior Citizen Club Udhampur Mahadeep Singh was the chief guest at the event organised under the supervision of Cultural Officer, Jammu Parul Khajuria. As many as 7 students participated in the symposium competition and threw light on the topic. Addressing the gathering, the chief guest lauded the efforts of the information Department for organising the programme. He

said that the contest has enabled the students to explore their talent on a common platform which would help in building self-confidence amongst them. He urged the department to organize more such programmes to raise awareness of the future of the nation. In Symposium competition, Shruti of host school clinched first position while Ipshta and Sandhya bagged second and third positions, respectively. Sarita Kumari, Anita Kumari and Naveen Sharma acted as judges. Later, artists of the Information department presented a scintillating cultural program which was highly appreciated by everyone. The proceedings of the whole program was conducted by Pooja Thappa and Suresh Kumar. At the end of the programme, Head Master of the school Nek Ram Sharma presented the vote of thanks. Among others, Bal Krishan, Assistant Cultural Officer, Members of senior citizen club Udhampur, staff members and students of the school besides officials of Information Department were present on the occasion.

Back to School: DC Kishtwar visits various Schools in Block Chhatroo, conducts Special Gram Sabhas

Encourages parents to send wards to School, listens to grievances of locals

JI NEWS SERVICE

KISHTWAR, JANUARY 28: Deputy Commissioner Kishtwar Dr. Devansh Yadav (IAS) today visited various Schools of Block Chhatroo and conducted Special Gram Sabhas to encourage and motivate parents to send the Out Of School Children (OOSC) back to the School.

At Gourinallah Chhatroo, Deputy Commissioner conducted a Special Gram Sabha to encourage parents for the re-enrolment of OOSCs under the Back to School Campaign of the project Talaash.

Enunciating the importance of education, Deputy Commissioner stressed on parents to ensure that all the 70 OOSCs of the area are sent Back to School. Gram Sabha passed a resolution exhorting parents to enroll their children back in school and those who do not comply will be de-prioritized for benefits of MGNREGA and other Government Projects. Earlier, the DC also listened to grievances of people and assured prompt mobile connectivity in the area, replacements of wooden poles and transformers under RDSS scheme.

Meanwhile, at GPS Zella, a similar Special Gram Sabha was conducted and the resolution was passed by involving the parents of Schedule Tribe OOSC about the Back to School initiative. The ZEPO Inderwal and other concerned were directed to ensure the smooth conduct of the special winter camps meant for OOSC under Back-2-School initiative of project Talaash in the zone Inderwal. The ZEPO assured for the same. At the twin places, the DC distributed the Talaash Bridge course booklets and food items among the

OOSC in presence of SDM, BDO, concerned officers and PRIs. He also interacted with the students enrolled in the Special Winter Camps and enquired about the education and other facilities being provided to them. Besides, I-Cards were also issued to the members of Panchayat Youth Club by the DC Kishtwar. During the visit, the DC Kishtwar was accompanied by SDM Chhatroo Inderjeet Singh Parihar, Tehsilard Chhatroo Suman Ji, BDO Tasleem Wani, ZEPO Inderwal Shakti Sen besides officials of other concerned departments.

SHD B'pora organises Awareness camp for Sheep farmers at Gmcroo

JI NEWS SERVICE

BANDIPORA, JANUARY 28: Sheep Husbandry Department, Bandipora on Saturday organised an awareness camp for Sheep farmers at Sheep development block office, Gmcroo Bandipora.

The event witnessed participation of progressive Sheep farmers, youth and aspiring entrepreneurs.

On the occasion, Dr. Parwaiz Ahmad, Veterinary Assistant

Surgeon, Gmcroo threw detailed light on the various ongoing activities of the Department including artificial insemination in goats, livestock registration on INAPH portal and subsidized livestock insurance under National Livestock Mission (NLM). The farmers were made aware about feeding management during winter period and were apprised about the profitable scientific management of livestock.

He also informed the farmers regarding the recently launched Holistic Agricultural Development Programme of the Government of UT of J&K for upgrading the agriculture and allied sectors. The grievances/ demands put forth by the participating farmers were redressed on spot.

The event concluded with the distribution of insurance certificates among the beneficiaries.

Udhampur: Grand Mela organised to boost opening of accounts in Post Offices

Banking services have given face to postal department: Vice- Chairperson DDC

JI NEWS SERVICE

UDHAMPUR, JANUARY 28: To bolster up opening of regular accounts in Post offices, a grand Mela was today organised at Panchayat Ghar Majaila, Jubi Manhas Pathania, Vice-Chairperson DDC Udhampur was the Chief Guest and inaugurated the Mela.

Addressing the gathering, she said that despite traditional postal services, inland letters and postcards, financial services have held fort for the department. The banking section, especially, has been popular among lower and middle-class people looking at small savings options as well as among those who are not comfortable with mutual funds and the stock market.

The target of the mela was to open one crore accounts throughout the country in a single day.

The Department of Posts has organised this special mela especially for creating a special savings scheme, Sukanya Samriddhi Account (SSA) for girl children aged up to 10 years can be opened. She requested the public to open Sukanya Samriddhi Account by visiting their nearest post office with a copy of birth certificate of the girl child, copy of Aadhaar/PAN and two passport size

photographs of the guardian. She deliberated about other services provided by the post offices along with the postal services like life insurances, Aadhaar enabled payment system where one can withdraw money at post offices from their savings account in any bank throughout the country. Post offices are working in the direction to fulfill the government's goal of financial inclusion. She appreciated the hard work done by the employees of Indian postal services. She also highlighted the problem of staff shortage in post offices and problem in regular functioning of post offices due to weak internet problems in villages Majaila Tehsil.

She also appealed to the Department to open post offices in villages like S.K. Bair so that people of such villages where banking services are not available can also be benefited. Prominent among those who were present included DDC chairperson Majaila, Capt. Dina Nath, Sarpanch Peoni, Raghuveer Singh, Superintendent of Post Division Udhampur S.H.G.M. Shah, Sub Divisional Inspector Sub Division Udhampur Mahesh Singh.

District Admin retrieves 10,394 Kanal state Land across Tehsil Kishtwar

JI NEWS SERVICE

KISHTWAR, JANUARY 28: District Administration Kishtwar has intensified the demolition and eviction drive in all Tehsils to retrieve the encroached state land here under the overall supervision of Deputy Commissioner, Dr. Devansh Yadav. In a joint anti-encroachment drive, a team of revenue officers along with police and other concerned officials today retrieved state land measuring 145 kanal and Kacheharai land measuring 3 kanal at Zalkot (35 kanal) near Semna, Karool (30 kanal), Filler Thakraie (50 kanal) of Tehsil Kishtwar worth crores of rupees value. The land retrieved is encumbrance free patch and sign boards of state land boards were erected on the spot in presence of police authorities.

Secretary J&K Sports Council flags off Khelo India contingent to MP

JI NEWS SERVICE

JAMMU, JANUARY 28: Secretary J&K Sports Council Nuzhat Gull today flagged off Khelo India contingent of J&K to Madhya Pradesh.

The opening ceremony of the Khelo India National games is scheduled to be held on the 30th of this month and will conclude on the 11th of next month. While speaking on the occasion, she said that sports not only contribute to physical well-being but immensely contribute to mental growth as well. Moreover, sports help build bridges between two

strange individuals and the camaraderie that follows is exceptional, she said. No means, other than sports, have the power to turn rivals into friends, and tolerance, patience, and brotherhood-like vices are an offshoot of the process involving sports, she added. Addressing the contingent, the Secretary Sports Council asked all the athletes to exhibit the highest standard of behavior and cooperation which shall pave way for better performance in the championships, added. She also appealed to athletes to act

as ambassadors in spreading the message of peace and universal brotherhood.

Before the departure of the contingent to the twin nationals, all the arrangements of the transportation, boarding, and lodging for conduct during pre-coaching camps and later arrangements for the journey to the respective competition venues was made by J&K Sports Council which also included the provision of necessary gears and equipment. The Secretary, of J&K Sports Council, was flanked by Divisional Sports Officer Jammu,

Ashok Singh, Managers, Coaches, and other officials of the Sports Council along with members of different registered games associations.

Joint Secretary, J&K Sports Council Bashir Ahmad Bhat is also accompanying the Khelo India contingent to Madhya Pradesh. Speaking to the desk, he said that I am hopeful that our players will put up a good show and that we should always appreciate the efforts rather than the outcome because if efforts are sincere, results are bound to come.

DC Srinagar chairs meeting of Revenue Officers

JI NEWS SERVICE

SRINAGAR, JANUARY 28: In order to strengthen the traditional and vital village institutions of Lamberdars and Chowkidars in all Tehsils of the District, a meeting of Revenue Officers was today held under the Chairmanship of Deputy Commissioner (DC), Srinagar, Mohammad Aijaz Asad here at Conference Hall of the DC Office Complex. Additional District Development Commissioner (ADDC), Zahoar Ahmad Mir, Additional Deputy Commissioner (ADC), Syed Shabir Ahmad, Assistant Commissioner Revenue, Raies Ahmad Bhat, Tehsildars of Eidgah, South Srinagar, Khanayr, Panthachowk, Central Shaleng, Chanapora and Srinagar North were present in the meeting. At the outset, the Deputy Commissioner took a detailed review about the working and functioning of the Revenue Department at grass root level and coordination of Tehsildars with the Field Revenue staff. He also

reviewed the process of filling up the positions of Lamberdars and Chowkidars in all Tehsils of the District.

The DC said that the positions of Lamberdars and Chowkidars are very significant which act as a link between the people and Administration. He said filling up the positions of Lamberdars and Chowkidars is vital for the benefits of general people and Administration for better coordination at grassroots level. The DC said field Revenue staff plays a pivotal role in maintaining proper vigil on encroachments on Government land, besides in ensuring prompt flow of the requisite information from villages. The DC directed all the Tehsildars of the District to expedite the process of appointment of Lamberdars and Chowkidars to fill all the positions in a timebound manner as per the relevant Act and rules in vogue. Meanwhile, the Deputy Commissioner also reviewed the sta-

tus of grievances disposal related to Migrant properties filed by the Kashmiri migrants.

The DC was informed that out of total 1883 complaints received only 188 are pending which are being addressed on a fast track basis.

The Deputy Commissioner instructed all the Tehsildars to pay focused attention to the complaints registered on the portal/offline to ensure quality redressal to the best satisfaction of the complainants. He further asked the officers to work with added zeal and dedication while redressing the grievances to ensure their time bound, prompt and quality disposal. DC also reviewed the process of online public services delivery mechanism. He said not a single application should be beyond stipulated period under PSA. He said the District coordination cell for ensuring hassle free online services to the public has been established and all public grievances shall be resolved and attended to.

THOUGHT OF THE DAY

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

JINDRAH IMAGES

Political storm over 'security breach' in BJY

A political slugfest erupted over the alleged 'security breach' of Congress leader Rahul Gandhi after the 'Bharat Jodo Yatra (BJY)' taken out by the Gandhi family's scion entered Kashmir from Jammu region. Opposition parties, particularly Congress and the BJP traded barbs with the former accusing the Saffron party of compromising the security of Rahul Gandhi. Congress argued that India has already lost two Prime Ministers—Indira Gandhi and Rahul Gandhi and scores of leaders and there was a need to have better security for the BJY participants. The BJP countered the "baseless" allegation of the Congress leaders that security arrangements were "completely collapsed" and said it was part of the "petty and cheap" politics of the Congress. It is the part of enquiry whether security forces really showed laxity while ensuring foolproof security to Rahul Gandhi, who had been projected as the Prime Ministerial candidate, time and again, by the Congress. It is also yet to be ascertained whether Rahul Gandhi and Congress leaders violated the security protocol. Jammu and Kashmir government too has dismissed Congress' claim of alleged security lapses during Yatra by stating that the size of the crowd was larger than planned which created the impression that security arrangements were not in place. 15 companies of paramilitary forces and 10 companies of Jammu and Kashmir Police were deployed for the security of Rahul Gandhi. Congress must bear in mind that there are serious security issues involved while taking out any such Yatra in Kashmir Valley. Law and order situation has improved considerably in recent times but it is yet to be considered as normal and safe for any such Yatra. Congress leaders should have asked the large portion of the crowd from the Banihal side who rushed to the Kashmir side to return but they did not prefer to do so. There is no denial of the fact that Jammu and Kashmir government is acutely mindful of security concerns and all arrangements have been made to ensure the best possible security for the ongoing Yatra. To address the concerns of Congress, the BJP-led Central government should order an inquiry into the alleged lapse in the security of Rahul Gandhi. The lapse, if any, in the security of Rahul Gandhi is a serious matter. Standing by side of Rahul Gandhi, his old friend Omar Abdullah too said he was witness to the security breach of Rahul Gandhi. Going by the response to Yatra, it can be safely believed that the BJY has failed to satisfactorily draw a crowd because of disconnect with larger sections of masses. Rahul Gandhi's Yatra has already drawn sharp reaction from the BJP. The decision of NC and the PDP to extend their support to Yatra has provided enough fodder to the Saffron party to target Congress. With the BJY concluding during the next couple of days, the government of Jammu and Kashmir should ensure foolproof security to Rahul Gandhi and other Congress leaders joining him in Kashmir.

ADDRESS SHORTAGE OF MEDICAL SPECIALISTS

JAI PRAKASH NARAIN

SHARING the international border with Tibet in the Himalayas, the district of Lahaul & Spiti in Himachal Pradesh is characterised by geographic remoteness and harsh climatic conditions. While people living in this tribal district suffer from the double burden of disease — coexistence of communicable and non-communicable or chronic diseases — the health infrastructure is abysmally poor and people lack access to essential health services.

For example, of the seven specialist posts sanctioned at the Keylong district hospital, all but one are currently lying vacant. There is not even a single paediatrician, gynaecologist, surgeon, internal medicine specialist or an emergency care expert in the entire district. Nor is there an epidemiologist to prepare for or respond to emerging infection outbreaks, epidemics or a pandemic. It has been so for the past many years.

In the absence of specialist doctors, many patients from Lahaul & Spiti have to be taken to the neighbouring district of Kullu or other places, causing them considerable discomfort, delay in receiving appropriate medical care and economic hardships. Since there are no private hospitals or doctors, people are dependant entirely on the government system for healthcare and support.

The lack of specialists is of course not unique to Lahaul & Spiti. Many other geographical regions in India are struggling with this challenge. According to the Rural Health Statistics, 2021-22, released recently, there is an 80 per cent shortfall of specialists at community health centres. Against the requirement for the existing infrastructure, there is a shortfall of 83.2 per cent surgeons, 74.2 per cent obstetricians and gynaecologists, 79.1 per cent physicians and 81.6 per cent paediatricians. While Himachal Pradesh has one of the highest shortfalls, Kerala has the lowest.

There is a stark urban-rural divide, with specialised healthcare missing in rural areas, where the majority of the population lives. The scarce human resource for health in rural areas is the most common reason that the poor and those living in remote areas remain not only vulnerable to infectious disease outbreaks, but are also unable to access basic healthcare which people else-



where take for granted.

This is ironical as India is committed to the United Nations' sustainable development goals with the underlying theme of 'no one should be left behind'. Enshrined within it is the concept of universal health coverage, which means that 'everyone, everywhere should have equitable access to quality healthcare irrespective of their geographic location or ability to pay'.

As the G20 president, India is envisaging the creation of a fairer global health architecture with the premise that both rich and poor countries deserve good health. Under this architecture, priority is to be given to building a robust and resilient national health system with adequate health manpower — to prevent, prepare for and respond to major outbreaks, including the pandemics. The huge sacrifices made by health workers during the Covid-19 pandemic cannot be easily forgotten.

Faced with critical shortage of healthcare manpower, various states have adopted innovative approaches, including offering a variety of incentives in addition to salaries as a 'pull' factor to entice medical specialists to serve in their under-served areas.

The predominantly tribal district of Bijapur in Chhattisgarh, a forested and Naxal-affected area, is an excellent model where with support from the National Health Mission (NHM), the district hospital has since 2016 got transformed into a state-of-the-art facility. Increased salaries and other incentives such as free housing have

attracted many specialists to work in this district hospital.

To meet the urgent requirement of specialist doctors to save lives, the Uttarakhhand NHM recently launched a scheme "You quote, we pay" with offers of basic pay of Rs 2,25,000 per month, besides usual allowances.

In a specialist recruitment drive, Andhra Pradesh has fixed a salary of Rs 2,50,000 per month for specialists working in tribal areas. Interestingly, the state advertisement explicitly says, "Apart from this, the government is ready to provide remuneration as much as you want, depending on your qualification, experience and place of work." A few years ago, former Union Health Minister Harsh Vardhan urged the states — health is a state subject — to recruit health manpower, including medical specialists, while promising that the Central Government would pay their salaries.

Addressing effectively the scarcity of medical specialists, which is assuming alarming proportions, must be the country's top priority. We must invest in health workforce and its development and distribution now and in future, catering to the need of new medical colleges and ensure that medical specialists are available to serve patients at the district level too. Immediate steps must be taken to fill all vacant posts of medical specialist in the district hospitals and community health centres and those posted must report to their duty station without any political interference. Any politician found interfering in the

posting of specialist doctors, thereby depriving the people in under-served areas of their genuine right to equitable healthcare, must be held accountable for unethical practices.

The incumbent doctor, on completion of his/her tenure in a difficult area, such as a tribal area, should be transferred out to a location of his/her choice. And he should not be required to arrange for his replacement, which can otherwise constitute a major disincentive for joining in the first place.

The specialists opting to serve at the district level should be offered incentives such as additional increments based on their qualifications.

The Uttarakhhand Government offers five increments to those with a postgraduate degree and seven increments to super-specialists. Simultaneously, the district administration must create an enabling environment and provide a decent accommodation or residential facility for the doctors and their families. While there are not enough medical specialists in the government sector, the state governments must allow the districts to actively recruit them from the open market by offering attractive salaries under the NHM, as is being done in other states such as Chhattisgarh, Andhra Pradesh and Uttarakhhand. Finally, whether the states learn from the experience of each other remains to be seen. Clearly, the provision of essential healthcare in geographically remote and under-served areas is not only a systemic necessity, but also an ethical and moral imperative.

Commercialisation of faith unconstitutional

KPSINGH

RELIGIOUS conversions have always occupied centre stage of social churning in India. According to information available in the public domain, 506 people applied to the authorities for change of faith in 2020. Out of them, 241 applied for conversion to Hinduism — 32 from Islam and 209 from Christianity; 222 Hindus applied to convert to Islam and Christianity (111 each). The Vishva Hindu Parishad claims that lakhs of Hindus, over 60 per cent of them women, are being converted to other faiths every year by organised groups.

Article 25 of the Constitution confers a fundamental right to freedom of religion, faith and belief and allows every person to exhibit the same for the benefit and edification of others, although religion is an extremely personal matter subject to individual spiritual satisfaction.

The SC has maintained that religious conversions should not be for the purpose of charity and forced conversion is against the spirit of the Constitution. In Rev Stanislaus vs State of MP (1977), the apex court had observed that Article 25 did not grant right to convert another person. The Article does not guarantee such freedoms which encroach upon similar freedom of others, held the SC in the Lily Thomas case (2000). In the Lakshmintra case (1954), the SC observed that right to freedom of faith and belief does not protect practices which have sprung from superstitions and miracles.

Constitutional freedom of conscience and free profession and propagation of religion



and conversions are not always the cause-and-effect of each other. Yogendra Makwana, former Union Minister of State, Home Affairs, reported that mass conversions of Dalit Hindus in Tamil Nadu were the result of insults and physical abuse inflicted on them. Social inequality and denial of civil rights to certain communities in some parts of the country, coupled with poverty, illiteracy and lack of exposure, are generally believed to be the main reasons behind the exodus of people from the majority faith. Conversion means different things to different people.

Communities adversely affected by the change of faith believe that legitimate conversions are only a fraction of the large-scale con-

versions induced by motivated groups through allurements, deception and fraudulent means. Religious ideologues often misinterpret freedom of religion as a licence to convert and justify the winning of faith of others as their most sacred religious duty. Theocratic scholars maintain that conversion is not prescribed in any of the holy books, including the Quran and Bible; informed voluntary change of heart, though, is not prohibited.

Use of foreign funds in the Northeastern states and tribal areas for the purpose of inducing conversion, and resultant demographic change fuelling social activism are a matter of concern for the security agencies. The spouse forcing the partner in interfaith

marriages to convert often creates social tensions. These issues have the potential of developing into a serious law and order problem.

Ideally, conversion per se should not be a problem with anybody. Change of faith and belief should be seen as a sign of empowerment and development of the individual's scientific temper and power to analyse and compare different alternatives. At the same time, it is natural that commercialisation of faith and induced conversions would certainly attract reaction from the groups affected by conversions. In several petitions before the High Courts and the SC, it is being alleged that legal vacuum on the issue of conversions has led to unethical, predatory practices to convert socially and economically backward citizens, exploiting their innocence and poverty. No rational society, subscribed to democratic principles, peace and tranquillity, can allow conversions to develop as a contest between the ideologies of various religions. Timely State intervention is required to curb activities of such motivated merchants of faith. In Acharya Maharajshri Narendra Prasad vs State of Gujarat (1974), the SC observes that when in free play of social forces it is not possible to bring about voluntary harmony, the State has to step in to set right the imbalance between competing interests behind conversions.

A potent freedom of religion law is a sine qua non of prevention of induced conversions. A dozen of the erstwhile princely states in the 1930s and 1940s had enacted such laws, mainly to preserve Hindu religious identity in the face of British missionaries. Bills on free-

dom of religion were introduced in Parliament in 1954, 1960 and 1979. The present Central Government has exhibited an inclination to bring in a legislation to regulate conversions, but the Ministry of Law and Justice is reported to have advised against it, stating that the subject matter of religious conversion has public order connotations and squarely falls in the domain of the states as per the constitutional scheme in the Seventh Schedule. Eleven states have enacted freedom of religion laws so far. These laws seek to prevent a person from converting through 'forcible' or 'fraudulent' means or by 'allurement' or 'inducement'; however, return of the converts to their 'native' or 'original' faith is not prohibited. Conversions are to be regulated by the state and persons desiring to convert are required to seek prior consent from the authorities concerned. In some of the laws, it is mandatory for individuals to immediately report change of religion to the authorities for the purpose of investigation. Constitutionality of five such state laws has been challenged and, recently, the apex court directed the parties to file a common petition in the SC.

The State is legally and morally obliged to ensure that nobody barter away religion, faith and belief of others. Public exhibition of the events of mass conversions and reconversions is equally deplorable.

It not only degrades the original faith of the people, but also amounts to playing with their dignity as individuals. Informed and voluntary change of heart and converting to another faith, though, should not be the concern of a secular State.

Alia Bhatt reacts to Bollywood boycott for first time, shares message on Pathaan's success

Alia Bhatt has given a shout out to Shah Rukh Khan and Deepika Padukone's latest release, Pathaan. Taking to her Instagram Stories, Alia shared the Pathaan poster on Friday and wrote, "Because love always wins (heart emoji) What a blast," followed by several fire emojis. The film released in theatres worldwide on Wednesday and is breaking records at the box office with its whopping collections each day. Alia Bhatt has worked with Shah Rukh Khan in Dear Zindagi in which he played her therapist. She has never worked with Deepika Padukone though they share a common factor. Deepika once dated Ranbir Kapoor who is now married to



Alia Bhatt. Not only Alia, "Love wins" was the larger message that many film celebrities including

Karan Johar, Pooja Bhatt and Mohd Zeeshan Ayyub, sent out following the success of Pathaan. The early response to the stylish spy thriller appears to be a shot in the arm for Bollywood reeling under the pandemic-induced losses, a series of box-office failures in 2022, and calls for boycott by a section of people on social media and a few politicians and pressure groups. Karan Johar had written about Pathaan in a similar tweet, "This beyond a century!!! 7100 crore and above in one day! GOAT mega star SRK, visionary and legendary YRF and Adi... Sid, Deepika, John!!! Wow. Love forever trumps hate! Mark this date..." Mohd Zeeshan Ayyub had tweeted, "Love wins and

you are love @iamsrk sir... @deepikapadukone superb. #JohnAbraham terrifying. Kudos to the whole team. @yrf #SidharthAnand Thanks!!" Pooja Bhatt had tweeted, "Love in action! #Pathaan. Thank you @iamsrk for far more than the movies." Directed by Siddharth Anand, Pathaan went on to record an opening of ₹57 crore at the domestic box office. The screen count was increased looking at the response. It is currently being screened at 8500 screens across the globe, as per trade analyst Taran Adarsh. It marks Shah Rukh's return to the silver screen after four years and is his and Deepika's fourth film together.

Nawazuddin Siddiqui's wife Aaliya feels 'trapped' inside actor's house after FIR against her: 'I am scared to step out'

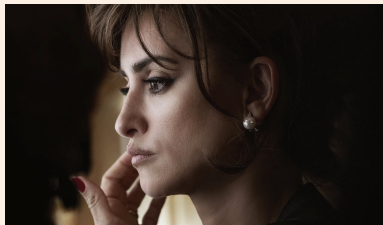


Nawazuddin Siddiqui's wife Aaliya Siddiqui, in a new interview, claimed that she is being harassed at her home. Her claims arrived after the actor's mother filed a complaint against her due over property dispute. Aaliya who is currently staying at Nawazuddin's Andheri house, said that she feels trapped inside her house and is scared to even step out in her situation. Aaliya reportedly returned from Dubai with her kids, Yaani and Shora, due to passport issues. She alleged that things took a different turn when she returned to the actor's house. She had an argument with Nawazuddin's mother, Mehrunisa Siddiqui, according to the Versova Police, and was called for questioning earlier. Talking about it, Aaliya aka Zainab, told ETimes, "My access to the kitchen is banned and I have made the living room sofa, my bed.

My friends who send food are not allowed to come in and I am scared to step out, even till the gate to fetch the food. What if doors are closed behind my back?" She also said that she has not stepped out to record her statement to the police in the matter and managed to get it done through her lawyer. Aaliya also said, "I have known Nawaz for over a decade, I married him when he was not such a popular star. So as his wife, why am I not allowed to live in my own house? Even delivery agents are not allowed in the house, I feel trapped." When asked why she doesn't move out of the house, she answered, "I don't have any alternate accommodation."

L'Immensita review: Penelope Cruz cannot save inconsistent drama

Penelope Cruz is an actor whose very presence elevates the material she is in. The Oscar-winner powers each of her roles with such magnetism and charm that it's hard to look away when she's on screen. In Italian director Emanuele Crialese's L'Immensita, she stars as Clara, an urban housewife in 1970s Rome, who persistently covers the physical and sexual abuse at the hands of her husband by breaking into a dance with her kids, even slipping under the table to join them in pinching everyone's legs in one scene. These scenes initially provide a welcome deviation, yet as electric as Cruz is, L'Immensita is not about Clara. This is a story about



one of her kids, the eldest, who is a 12-year-old navigating her identity. Adriana (Luana Giuliani), who also goes by the name of Adri, has issues pertaining to dysmorphia and covers herself in shirts and pants. She also regularly visits the Roma camp in the outskirts, where she forms a tender bond with a girl who might not have realized that she isn't a boy.

The other children, Gino (Patrio Francioni) and little Diana (Maria Chiara Goretti) are at ease when Clara is around, and witness the daily abuse by their father Felice (Vincenzo Amato). As L'Immensita tracks Andrea's journey of self-discovery, and transforms into a stylized domestic tale, the stakes never cater to press the topic of trans experience—it rather invests in the unassuming brackets of parenthood and acceptance that never come together as a whole. This is no Parallel Mothers, Pedro Almodovar's diabolically political film which premiered a year before L'Immensita at Venice, that knew its points of scrutiny. It also had Cruz chan-

neling a mother torn against her own ambitions and presumptions. As L'Immensita lacks that shift, clogging the narrative with more issues than it can employ. Crialese, who co-wrote the screenplay with Francesca Manieri and Vittorio Moroni, pulls Andrea's playful unpredictability with a laboured sense of passivity—often resorting to grand visual tricks. An extended black-and-white musical sequence arrives midway, without any of the intended bursts of shared exposition. Andrea's journey remains frustratingly unexplored, as L'Immensita moves ahead with one staged sequence after another, that grow repetitive after a point.

'Bigg Boss 16': Tina Datta Evicted, Bids Farewell To The Season With A Smile



One of the most renowned film-makers in the entertainment business, Farah Khan hosted 'Weekend Ka Vaar' on 'Bigg Boss 16' and spared no housemate, who needed a reality check. With the finale around the corner, the episode was replete with fear of eviction, truth bombs and the defensive energy of the housemates. Following waves of non-stop entertainment, the drama-filled vaar concluded on a solemn note with the eviction of Tina Datta. She was nominated for eviction along with Shiv Thakare, Shalin Bhanot and Priyanka Chahar Choudhary. Having received the least number of votes from the audience, Tina bid farewell to the show.

Tina Datta earned recognition for her as Ichcha in the show 'Uttaran'. In the very initial days of the season, Tina flirted and chatted with ex-contestant Abdu Rozik, and their adorable interactions became viral across social media. She fought for her muddas in a soft-spoken manner, and the other roommates frequently dismissed her confidence as arrogance. For more than ten weeks, her brief relationship with Shalin was the talk of the house, and viewers questioned its veracity.

MS Dhoni announces Tamil project Let's Get Married, ropes in Harish Kalyan



Former Indian captain MS Dhoni is all set to foray into film industry as he recently announced his film production venture, Dhoni Entertainment. On Friday, the production house officially unveiled its first project, an upcoming Tamil romantic-drama, titled Let's Get Married. The first look of the film was also released via a motion poster. Let's Get Married will be directed by Ramesh Thamilmani. It will star Harish Kalyan and Ivana in the lead roles. Announcing the title, Dhoni Entertainment took to Instagram and wrote, "We're super excited to share, Dhoni

entertainment's first production titled #LGM - #Let'sGetMarried! Title look motion poster out now." Going by the motion poster, the film is seemingly based on a road trip. It is touted to be a romantic drama. Harish Kalyan, a former Bigg Boss Tamil contestant, is best known for projects such as Pyaar Prema Kadhal, Dharala Prabhu and Oh Manna Penna. Ivana, on the other hand, was recently seen in Tamil comedy, Love Today.

The rest of the cast and crew are yet to be officially announced. The movie, which has already gone on the floors, has been conceptualised

by Sakshi Singh Dhoni, the managing director of Dhoni Entertainment.

As per a statement, the film's concept was written by Sakshi. It was developed into a story by director Ramesh Thamilmani. "From the moment I read the concept written by Sakshi, I knew it was special. It was fresh and had all elements to be a fun family entertainer," Thamilmani said. Thamilmani had earlier created Atharva - The Origin, a graphic novel starring M.S. Dhoni. Meanwhile, last year there were reports about Dhoni backing Nayanthara in an upcoming Tamil project. However, Dhoni Entertainment rubbished it as a baseless rumour via a report. "Dhoni entertainment is currently not working with anyone named Sanjay.

We deny such hiring of any person and we request everyone to be cautioned of these fraud claims. However our team is currently working on various exciting projects that we will be shortly sharing with you all.

Stay tuned and watch this space for more," their statement read. Interestingly, Nayanthara's husband Vignesh Shivan directed Dhoni for a TV commercial campaign last year.

AP Dhillon Flings Ukelele At Charged-Up Lollapalooza Crowd in Mumbai



Fans of Punjabi synth-pop sensation AP Dhillon were in for a surprise in addition to a terrific show on Saturday in Mumbai as the 'Brown Munde' hitmaker flung an ukelele at the crowd. He did this during his performance at the BudX stage at the ongoing Lollapalooza India fest in Mumbai. The Gurdaspur-born Indo-Canadian singer, who has delivered hits such as 'Excuses' and 'Summer High', took to the stage with his collaborator and rapper, Shinda Kahlon.

As Dhillon crooned the track 'Tere Te' from his album 'Hidden Gems' while strumming on his ukelele to a packed crowd that was intoxicated by his stupendous stage presence, he slowly ended the song going soft on vocal but contrasting it with the full-charged throw at the crowd.

Quite naturally, the crowd went mad with the gesture. The audience in the front pit almost had a brawl over getting the possession of the prized souvenir. Lollapalooza India, co-produced and promoted by BookMyShow, is being held at the Mahalaxmi Race Course in Mumbai.

Mahira Khan dances to Govinda and Ranbir Kapoor songs at wedding in Pakistan; fans say 'music has no boundaries'

Mahira Khan, who was last seen in the Pakistani film The Legend of Maula Jatt, attended a wedding function in Pakistan recently. Videos of the actor dancing to popular Bollywood songs were shared online. In one of the clips, Mahira, who was decked in a lehenga and wore flowers in her hair, grooved to the beats of Govinda's Husn Hai Suhana from his 1995 film Coolie No. 1. Mahira also danced to Ranbir Kapoor's Brahmastra song Dance Ka Bhoot at the func-

tion. Mahira Khan was reportedly attending a pre-wedding function of Pakistan-based celebrity PR Frieza Altaf's son, Turhan James. She joined other women as they danced on stage to Husn Hai Suhana sung by Abhijeet Bhattacharya. Mahira was also singing along as she performed. Mahira also danced to Dance Ka Bhoot, and recreated Ranbir Kapoor's hook step during her stage performance. Videos of Mahira dancing to Bollywood songs at the recent

wedding were shared on fan pages. Reacting to Mahira's video posted on Twitter, a person wrote, "This shows music has no boundaries. A lesson everyone knows in their heart..." Another one commented, "She knows the lyrics too." A Twitter user also warned Mahira about the attention her dance will attract from a section of social media users. He wrote, "Pehle se kam controversy nahi hay, bro, phirse yaad aa jayega boycott gang ko (you will again gain attention of the boycott

gang)." Mahira Khan had made her Bollywood debut in Shah Rukh Khan-starrer Raees (2017). Although Raees performed well at the box office, Mahira was not able to continue working in India due to political tensions between India and Pakistan after the 2016 Uri attack, which ultimately led to Pakistani actors and musicians being banned from working in India. In an interview with Variety in December 2022, Mahira had spoken about her experience of

working in India. She had said, "I had the most amazing time working in India. I am still in touch with so many people and there's a lot of love there. Unfortunately, we are easy targets, soft targets, whether it's us here in Pakistan, whether it's them there in India. Because we're artists, and we're connected by that thread of art, we actually get each other. So we're trying to look out for each other, more than anything. Even now, we are so careful with what we write on social media."



I'm A Nutritional Psychiatrist & This Is My No. 1 Food For Brain Health

As the field of nutritional psychiatry expands, we are learning more and more about just how integral food can be to brain health. Just ask nutritional psychiatrist Drew Ramsey, M.D. "There are certain nutrients throughout history and psychiatry we've just known are important in terms of mental health," he says on the mindbodygreen podcast.

One of his favorite selects? The nutritional power of the overlooked anchovy. According to Ramsey, this tiny fish boasts some pretty impressive cognitive benefits. And yet, "A lot of people don't have a good anchovy game," he says. Here's why you may want to level up.

Anchovies and brain health. According to Ramsey, the power of anchovies lies in their long-chain omega-3 fatty acids: "One anchovy has 87 milligrams of long-chain omega-3 fats," says Ramsey. (And 1,150 milligrams in one 2-ounce can) "Those are the really important



omega-3 fats in terms of the data around brain health. They're very fragile fats, they're very long fats, and they make up DHA22.* As a refresher, DHA is indispensable for brain health, and it's important to include alternative sources in your diet to bolster the very limited amounts of omega-3 fatty acids that the body can generate on its own (assuming you're consuming the plant-based omega-3 ALA daily).*

The specific brain-healthy benefits of marine omega-3s are well

documented: DHA is a special omega-3 that has been shown to help preserve brain cells and support cognitive functioning, and one study found that adults placed on a DHA supplement for six months had elevated memory function compared to those that were given a placebo.*

There are a variety of reasons why this nutrient has so many brain-health benefits, but as neurologist and New York Times bestselling author David Perlmutter, M.D., once told mbg, "Why DHA is so powerfully

important for the brain likely stems from the fact that it has powerful anti-inflammatory properties.*"

Of course, you can get DHA from a variety of cold-water fish, but there's a reason anchovies typically reign supreme: Not only are they jam-packed with omega-3s (as Ramsey said, a single anchovy has 87 milligrams), but due to their smaller stature, they're also less likely to contain mercury and other pollutants that accumulate with each feeding. Bonus points if they're housed in good-quality olive oil. In that case, you'll have even more healthy fats (hello, omega-9s) to fill your plate.

If you're not a fan of anchovies in your diet (and let's face it, the ingredient can be divisive) or want to complement your anchovy intake, you can reap the benefits of a quality omega-3 supplement, like mbg's omega-3 potency+. The supplement is made with 100% sustainably sourced, wild-caught, cold-

water Peruvian anchoveta from the South Pacific—the pure anchovy oil has even been third-party ORIVO certified for authenticity. This cutting-edge evidence-based transparency fingerprinting technology verifies the fish oil species and origin. The formula also contains antioxidants from vitamin E and rosemary extract to naturally support the freshness and shelf life of the fish oil. And because no one likes a fishy aftertaste (much less fish burps), omega-3 potency+ also contains organic lemon oil for a more, uh, pleasant taste and aroma.

According to Ramsey, increasing your anchovy game may bolster, among other things, the brain-supporting capabilities of your diet. If you're looking for some creative ways to incorporate anchovies into delicious meals (other than a classic Caesar salad), check out these recipes for pasta puttanesca and anchovy and Brussels sprouts pizza!

Are dark chocolates really healthy for you? Doctor tweets about its darker side



Dark chocolate being a great source of antioxidants and polyphenols and a good alternative for sugar-laden sweets has been gaining popularity among fitness enthusiasts. Many studies talk about the many potential benefits of dark chocolate like and say that consuming it is good for cardiovascular health and also aids in lowering blood pressure and increasing blood flow to the heart. Dark chocolate is also considered good for brain function and is said to lower risk of stroke. The antioxidants in it can help protect the body against damage from free radicals. However, if you have been eating small portions of dark chocolate over a period of time thinking it would cause no harm, you need to know this. (See pics: Health benefits of having dark chocolate regularly)

Dr Sudhir Kumar, Senior Consultant Neurologist, Apollo Hospital, Jubilee Hills, Hyderabad recently tweeted about the darker side of dark chocolates and wrote that some dark chocolate bars contain cadmium and lead — two heavy metals that are linked to a host of health problems. Having dark chocolates is especially unsafe for pregnant women and young children because these two metals can lead to developmental issues. Additionally, having it over a period of time can cause high blood pressure, kidney damage, reproductive issues and a host of other health problems.

The darker side of dark chocolates "Dark chocolates are popular due to their potential health benefits (they are rich in antioxidants and are good for heart) and moreover, they are low in sugar content. More than 50% considered them as safer and healthier option (as compared to candies). But there's a dark side to this 'healthier' chocolate. Research has found that some dark chocolate bars contain cadmium and lead — two heavy metals linked to a host of health problems. Consumer report scientists detected cadmium and lead in many dark chocolate samples tested," says Dr Sudhir.

The neurologist adds that consistent, long-term exposure to even small amounts of heavy metals can lead to a variety of health problems. He says the danger is greatest for pregnant women and young children because the metals can cause developmental problems, affect brain development, and lead to lower IQ.

"Frequent exposure to lead in adults can lead to nervous system problems, hypertension, immune system suppression, kidney damage, and reproductive issues," says Dr Sudhir.

Dark chocolates are not without benefits but its risks cannot be ignored too. "Dark chocolates are at least 65% cocoa by weight. Cocoa beans are rich in flavanols (antioxidants), which make them healthy and unfortunately, heavy metals too lurk in cocoa solids. So, it becomes difficult to balance the benefits and risks," says Dr Sudhir.

Is maida difficult or easy to digest? A nutritionist breaks popular myth

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 CDCO Hospital for Diabetes and Allied Sciences.

Maida or all-purpose flour is an integral part of our life and while we try to minimise its consumption, we cannot really eliminate it from our food habits. It is there in your morning sandwich, in your momo when street food cravings set in and in your melt-in-mouth pastry when sweet cravings are just too difficult to resist. Also known as refined wheat flour, maida is a highly processed form of wheat flour that has had the bran and germ removed. However, unfortunately this process removes many of the nutrients and fibres found in the flour, which can have many negative effects on health and regular consumption of it can lead to obesity or weight gain, type 2 diabetes, heart disease or



digestion issues like constipation, bloating and gas. (Also read: Noodles Day: Dietician offers tips to make your noodles healthy and nutritious) Maida is also not considered good for your gut health as in lack of fibre it may stick to the passage of your diges-

tive system and cause digestive troubles. Because maida causes digestive issues many people believe that it is difficult to digest or is super-slow to digest.

Nutritionist Bhuvan Rastogi in his recent Instagram post claims that 'maida is not easily digested'

is a myth. Rastogi says that maida in fact digests rapidly, resulting in sharp spike in blood glucose levels. The nutritionist says atta digests slowly as compared to maida and it has higher glycaemic index and more nutrients. "If you search 'is maida difficult to digest?' you will see so many articles with polar opposite opinions. International articles will answer yes and Indian articles will say no. We in India have this notion floating around that Maida (refined flour) deposits in the stomach/ intestine and is not digested easily, even articles on many commonly read news platforms say the. The nutritionist says, "Maida is super easy to digest. In fact, it digests as fast as sugar and for this reason is bad for health."

He also explains the reason why he reached this conclusion and said that foods with higher fibre content digest slowly, "so any whole grain (example, atta) digests slowly when compared to maida." Supporting his claims with numbers, Bhuvan Rastogi says that glycaemic index is a number that defines how fast food digests and raises blood sugar levels and higher the GI it has the worse it is. Numerous studies show an association between higher glycaemic index and increased risk of type 2 diabetes and coronary heart disease.

"GI of table sugar: 70-75; GI of white bread: 70-75; GI of atta roti is about 55-65 (as atta has more fibre than maida). Anything above 70 is considered high GI," says Rastogi.

Healthy alternatives to 7 of the most popular processed and ultra-processed foods

Whether you realize it or not, it's likely that most of your calorie intake may be coming from highly processed foods.

Nearly 60% of the calories that make up a typical American diet come from ultra-processed foods like fries and cookies, per data from a 2017 study published in the

Journal Population Health Metrics.

And not only are those foods bad for your health, but they're also addictive, according to Joan Iffland, an expert on processed food addiction and founder of The Food Addiction Reset.

"When you concentrate [foods], when

you put them into a state where they can be absorbed very quickly, then they become addictive," says Iffland.

"Processed foods are foods that don't look like [how] they looked when they were first harvested," she says. This includes foods that are made from "pow-

dering, liquifying, making into a syrup or a crystal, removing the fiber and grounding into a flour [and] heating to such a high temperature that the nutrients are vaporized." This chart shows simple swaps for popular processed foods like doughnuts and pizza.

Why Experts Are Urging Swifter Treatment for Children With Obesity

The American Academy of Pediatrics recently issued new guidelines for treating the more than 14 million children and adolescents with obesity in the United States. The recommendations came as a surprise to many parents, and to some experts, as they encourage vigorous behavioral interventions even for very young children, as well as drug treatment or surgery for adolescents.

The guidelines spring from a scientific understanding of obesity that has been evolving for decades. Obesity is a risk factor for a number of disorders, including Type 2 diabetes, high blood pressure, joint and back pain, and several cancers. Treating the problem as early as possible may help prevent a lot of misery.

Here are answers to some questions about pediatric obesity research and why experts are now advising aggressive treatment.

What do the new guidelines say about the causes of obesity?

The A.A.P. recommendations stress that obesity is not just a consequence of poor eating habits and a lack of exercise. Obesity is a chronic disease with many intertwined causes, including genetics.

Continue reading the main story Researchers now know that obesity

is one of the most strongly inherited traits. Studies conducted decades ago showed that identical twins reared apart usually grow up to have similar body shapes and weights. Adopted children tend to have the same shapes and weights as their biological parents.

A genetic predisposition sets the stage for some children to gain weight in an environment in which food — often poor-quality food — is everywhere. And weight gain can become a vicious cycle.

Children and adolescents with obesity often experience teasing and bullying, which, the A.A.P. committee wrote, contribute to "binge eating, social isolation, avoidance of health care services and decreased physical activity, further complicating the health trajectory."

How do scientists define overweight and obesity? They are defined by body mass index, a measure of weight and height. (It is an imperfect measure; many muscular athletes, for example, have high B.M.I.s but are in excellent shape.)

Overweight means a B.M.I. at or above the 85th percentile but below the 95th percentile for children and teenagers of the same age and sex.



Obesity is a B.M.I. at or above the 95th percentile for children and teenagers of the same age and sex. (The Centers for Disease Control and Prevention offers B.M.I. growth charts here.)

Continue reading the main story When did pediatric obesity become such a problem?

For scientists, the alarms went off in the 1980s and 1990s. Before then, experts took comfort in data from the 1960s indicating that just 5 percent of children and adolescents had obesity. It just did not seem like a pressing issue.

Weight Loss Drugs

Ozempic: This semaglutide treatment, originally designed as a diabetes drug, has gained attention as celebrities and TikTok influencers have described taking it to lose weight.

Side Effects: Diabetes treatments used for weight loss like Ozempic can expose those who take them to risks including facial aging, thyroid cancer and kidney failure.

Insurance Issues: Many insurance companies are refusing to cover new weight loss drugs that their doctors deem medically necessary.

Childhood Obesity: The American Academy of Pediatrics released new

guidelines recommending early and intensive interventions, including the use of weight loss drugs, for children who are overweight or obese.

But national data in the 1980s showed that the rate had doubled. By 2000, it had tripled, and by 2018, quadrupled. As the epidemic began, expert opinions about why it was happening circulated widely, often citing favorite villains like Big Food, too little exercise or a lack of fresh fruits and vegetables. But rigorous evidence was scarce and solutions evasive.

Didn't anyone try to do intervention studies?

Yes, but results were disappointing. In the 1990s, for example, the National Institutes of Health sponsored two large, rigorous studies. The researchers asked whether weight gain in children could be prevented by intervening in schools by expanding physical education, offering more nutritious cafeteria meals, teaching students about proper eating habits and the need to exercise, and involving parents.

One study, an eight-year, \$20 million project sponsored by the National Heart, Lung and Blood Institute, followed 1,704 third graders in 41 elementary schools in the

Southwest. Students there were mostly Native Americans, a group at high risk for obesity.

The schools were divided into two groups. Some schools got intensive intervention, while others were left alone. Researchers determined, beginning in fifth grade, whether the children in the intervention schools were weighing less than those in the other schools.

Sadly, they were not, although the students were deeply familiar with the importance of activity and proper nutrition. The children who got intensive treatment also ate less fat, going from 34 percent to 27 percent in the total diet. "It was not enough to change body weight," said Benjamin Caballero of the Johns Hopkins Bloomberg School of Public Health, the study's principal investigator. Dr. Fatima Cody Stanford, an obesity medicine specialist at Harvard,

recalled her own experiences in the 1980s. Children with obesity were sent to a "healthy lifestyle" clinic where they were told to eat healthier food and to exercise more. Often, it did not help. She recalled a 15-year-old boy who weighed more than 300 pounds. "Maybe he should switch to skim milk, maybe increase his vegetables," she told his parents.

700 lives lost in 5200 accidents in the year 2022

Hilly roads of J&K a death trap for passengers: Dr Manohar



JJ NEWS SERVICE
BILLAWAR, JAN 28: Expressing anguish over Panchayat Dhanuparole road accident of Billawar constituency where five precious lives lost and critical injuries to others, former Minister Dr Manohar Lal Sharma, held the LG administration responsible on this tragedy. This was stated by former Minister after visiting Dhanuparole & Bhatodi to meet deceased families today to express his sympathies and solidarity with family members. Dr Manohar appealed the LG administration to sanction 10 Lakh ex-gratia to the families of the deceased as most of the persons who died in the tragic accident were the sole bread earners of their respective families.

need immediate repairing as this vital road catering 25000 populations in this hilly terrain has become death trap for passengers and warned govt if this vital road was not repaired immediately then they will be forced to launch mass agitation. "Roads in the hilly areas have, indeed, become death traps," he said adding that road accidents have consumed more lives than the three decades old militancy has devoured. He asked government to fix the responsibility of all the tragic accidents in J&K on the erring traffic and road management agencies and bring in accountability to the system.

"We don't see traffic police at the places they are supposed to be to regulate the movement. But when they spot a VIP movement they suddenly sprout on the roads as mushrooms do in the forest on the first spring thunder," Dr Manohar said adding that then they want everyone to disappear from the scene just to make way for the VIP. These 'servants of the public' have no shame when they refuse right of a passage even to an ambulance carrying a dying person to the hospital, he said. While the government is maintaining that it is trying to make roads safe, every year around 1000 people die in road accidents in Jammu and Kashmir, he said.

Dr Manohar said Govt has virtually ignored the road sector and even the state and national highways are in a bad shape, he said adding that the condition of narrow internal roads is worse where frequent road accidents are taking place. Despite tall claims made by the J&K Government, he said, nothing worthwhile has been done to ensure the passenger safety. Though 95 per cent of the total population of J&K is dependent on the road transport, the aspect of passenger safety has been completely neglected.

BJP thriving on empty rhetoric, falsehood: Harsh Dev



JJ NEWS SERVICE
CHENANI, JAN 28: Accusing the BJP of having failed and floundered in honouring its commitments with the people of J&K ever since its ascendance to power, Mr Harsh Dev Singh, Former Minister and senior AAP leader said that the saffron party was thriving merely on empty rhetoric and false propaganda. While it promised a job bonanza for educated youth post Art 370 abrogation, it did exactly the opposite of what it had assured. It not only terminated several hundreds and thousands of youth working in various govt depts but also put the existing vacant govt jobs to auction with the middlemen extorting huge money from prospective job seekers in the name of employment. The lands of poor farmers are being forcibly retrieved and indigent rural masses being forced to starvation. The Health and educational institutions in rural areas are fac-

ing chronic deficiency of staff with a highly insensitive remote controlled regime averse to the woes of the common masses. The BJP had proved to be a party of 'Jumlas' with a complete mismatch between its promises and delivery. The BJP leadership exploited the gullibility of the innocent voters during all elections held in the past eight years, including those of Parliament, Assembly, BDC and DDC. He was addressing public meetings in Mayana and Sanada villages of Chenani constituency today.

innocence of poor hapless people was once again exploited during the last DDC elections when several central BJP leaders indulged in boisterous extravaganza promising moon to the people. They made tall promises of early restoration of statehood, immediate Assembly elections, review of toll plazas, employment packages for the educated youth and so on and so forth, said Mr Singh. He lamented that the people fell prey to such declaratory and bombastic talks of the 'Jumle baaz' leaders who only specialise in emotional mobilization and showmanship. He urged upon the people to wake up to the falsehood and innuendo of BJP which has been tailoring its slogans with the sole aim of capturing power.

Going all gun blazing against the BJP, Mr Singh said that it had cheated the people in the past four elections of Assembly, Parliament BDC and DDC through its false narrative. Pointing towards the local issues of the area, Mr Singh called for opening of adequate number of ration depots in the remote areas so as to facilitate the delivery of civil supplies to the people in their native villages. He regretted that several Panchayats of Chenani including Kithar, Chirdi, Ladha, Chapper etc did not have any ration depot as a result of which the eligible BPL families had to travel 8-10 kms on foot to collect their subsidized ration thereby defeating the very purpose of the scheme. He called for timely release of instalments under PM's Awas Yojana which had been delayed for years in several cases. He called for early payment of compensation for lands and structures acquired from farmers for construction of PMGSY roads namely Ghanthwal road, Chirdi Ladha road, Nautgalla-Rajar road, Tandhar-Charat road, Satyalia and Pakhlai roads.

Modi Govt committed to double farmers income: Col Mahan

JJ NEWS SERVICE
KATHUA, JAN 28: Col Mahan Singh (Retd) DDC Chairman Kathua today inaugurated day-long Krishi Mela at Plakh Panchayat which was organized by the District Agriculture Department Kathua.



Stalls of organic food products, Millets, locally grown vegetables, food processing items, Handicrafts, plants, seasonal flowers and agriculture tools & implements were exhibited during the event.

The DDC Chairman took keen interest in products on display and encouraged and appreciated efforts of participants /farmers.

While addressing the farmers and other prominent personalities present on the occasion, Col Mahan Singh appreciated the initiative of the Agriculture Department for organising such a huge exhibition cum awareness camp in rural areas. He emphasized on use of good quality seeds, technology & shared best practices in such occasions.

MP Gulam Ali felicitates SAI NIS diploma holder coaches

JJ NEWS SERVICE
JAMMU, JAN 28: MP Raja Sabha Er. Gulam Ali along with senior BJP leader Balwant Singh Mankotia today felicitated SAI NIS diploma qualified coaches who made the JKUT proud by qualifying the prestigious diploma.



SAI NIS diploma holders Ankit Sharma, Gafoor Hussain, Shubham Sharma, Rohan Kundal, Mokshi Sharma, Rohit Chauhan, Vishwajit Singh, Sachin Dogra were presented appreciation certificates.

Er. Gulam Ali praising the SAI/NIS diploma qualifiers said that Prime Minister Narendra Modi led government has special focus on inculcating sports among the younger generation and various flagship schemes have like Khelo India, Fit India Movement, creating sports infrastructure at Block and village level has been introduced. He assured them that he would take up their issues with the concerned authorities for early redressal.

Er. Gulam Ali praised the qualified Diploma holders for their achievement and praised their service for preventing younger generation from falling prey to drug abuse.

He said that young generation should be encouraged to participate in sports and schools and colleges should become a hub for sports activity.

Indian Army celebrates 74th Republic Day in Budhal

JJ NEWS SERVICE
JAMMU, JAN 28: Indian Army's troops of Budhal Army post along with school students of the local area celebrated the 74th Republic Day in the Budhal Post, Rajouri district, Jammu & Kashmir. The Indian Army commemorated the event with flag hoisting and cultural pgme by local school students.



To celebrate India's 74th Republic Day, celebrations were organised with good spirit and in a traditional manner by Rashtriya Rifles Battalion at Budhal and various other locations. National Flag was hoisted by the officers at all Company Operating Base/ Temporary Operating Base in presence of large gathering of villagers. The villagers turned out with festive fervor and gaiety. A message to the august

gathering of prominent personalities including students and teaching staff was given for maintaining peace and tranquility in the area.

The school children from the neighboring schools were also invited in the event. Later, sweets distribution and tea was arranged for the general public. During tea, Officers

interacted with the villagers. Local villagers were grateful to the Army for organizing such an event and for aiding the local populace throughout the year with Sadbhavana and Sampark projects.

Besides DDC Chairman, BDC Chairperson Basohli, CAO Kathua, Head of KVK Kathua, District Agriculture officers, SDO Basohli, PRIs, farmers, women and youths in large numbers were present.

Earlier SAI NIS diploma holders informed MP Er. Gulam Ali that at present there are many such districts of Jammu and Kashmir in which not a single NIS Qualified coach is appointed due to which the existing sports infrastructure is getting spoiled.

They said that these sports persons should be provided optimum level of sports training so that our Jammu and Kashmir sports persons can achieve medals at Olympic, International level, National levels and for meet this purpose the

been withdrawn with immediate effect but the same order was not implemented on JK Sports Council advertisement in which 48 posts of Coaches vide notification number : SC/644/2940-46 dated :24-08-2016. So we request you to withdraw these posts also and re-advertise it on fast-track basis by the recruitment agency JKSSB/JKPSC.

DC B'pora chairs DLMC meeting

JJ NEWS SERVICE
BANDIPORA, JANUARY 28: The Deputy Commissioner (DC) Bandipora, Dr. Owais Ahmed on Saturday chaired a meeting of District Level Monitoring Committee (DLMC) of FPOs at conference Hall of mini secretariat, here.

The meeting discussed three- bare various measures for formation and promotion of Farmer Producer Organisations (FPOs) under the central sector scheme.

The meeting also discussed the proposals for formation of new FPOs as per the baseline survey report of CBBOs.

The DC asked the concerned to identify the gap if any in farm practices and come up with a proper financial plan so that farmers can avail maximum benefit through FPOs.

Dr. Owais asked the concerned to take concrete steps for value addition of farmer's produce and guide them in market linkage.

Rahul Gandhi must come clear on scrapping of Article 370: Abhinav

JI NEWS SERVICE
JAMMU, JAN 28: Raising a big question mark on Rahul Gandhi's eerie silence over the issue of scrapping of Article 370 during the Bharat Jodo Yatra, Abhinav Sharma (Senior Advocate) Spokesperson BJP J&K sought a detailed response from the Congress leader and questioned the joining of hands with staunch supporters of the aforesaid contentious Article of Constitution including NC and PDP besides other constituents of P&G.

In a statement issued to media persons, the BJP leader said that Rahul should come clear on the issue of Article 370 because if the Congress is

in support of making this Article null and void then why it is allowing the constituents of PAGD to be part of its Bharat Jodo Yatra? He said that hobnobbing of Congress with Kashmir based NC and PDP especially during the BJP clearly means that Congress is on their side. "Whatever is the case, Rahul should clear the stance of the party to clear the doubts among the people of UT of J&K and the entire country because being the oldest political party it should not keep the people in dark over this sensitive and significant issue, which has the potential to decide the fate of Kashmir imbroglio," Abhinav Said.

Citing Congress leader Jairam

Ramesh's remark that party won't discuss Article 370 during the BJP, Abhinav said that the situation inside the Congress party is chaotic as its leaders have divergent views on the issues confronting the country.

Taking a jibe on Congress leadership, the senior BJP leader said that famous adage-Kahin Ki Ent, Kahin Ka Rorra, Bhanomati Ne Kumba Jorra- best suits the current scenario of the Congress party because people belonging to different factions inside the party at the BJP are creating problems for Rahul by sharing divergent viewpoints whether it is role of army in surgical strikes or the issue of Congress stand on Article 370.

Kishtwar Administration retrieves state land measuring around 10,394 Kanal across Tehsil Kishtwar

JI NEWS SERVICE
KISHTWAR, JAN 28: The District Administration Kishtwar has intensified the demolition and eviction drives in all Tehsils of the district Kishtwar under the overall supervision of Deputy Commissioner Kishtwar Dr Devansh Yadav IAS to retrieve the encroached state and Kachharai land.

In a joint anti-encroachment drive, today a team of revenue officers along with police and other concerned officials under the supervision of Tehsildar Kishtwar retrieved state land measuring 145 kanal and Kachharai land measuring 3 kanals at various



places including Zalkot (35 kanals) near Semna, Karool Sarthal (50 kanals) ,Filler Thakraie (60 Kanals) of Tehsil Kishtwar worth crores of rupees

value. The land retrieved is encumbrance free patch and sign boards of state land boards were erected on the spot in presence of police authorities.

Till date, the revenue team led by Tehsildar retrieved state land measuring around 10,394 Kanal throughout tehsil Kishtwar including the township of Kishtwar.

DC Kishtwar has exhorted upon the ACR Kishtwar and Tehsildar Kishtwar to intensify the eviction and demolition drives in collaboration with police and other concerned in coming days so that the given target is achieved.

Girdhari Lal Raina, Veenu Khanna listen public grievances

JI NEWS SERVICE
JAMMU, JAN 28: J&K BJP Spokesperson & former MLC Girdhari Lal Raina accompanied by J&K BJP Secretary Veenu Khanna, listened to the grievances of a large number of people from different areas of

Jammu at BJP headquarter, Trikuta Nagar, Jammu. The people in deputations as well as individually from various areas of the region reached the party office, narrated their woes and shared their grievances related to different depart-

ments like PDD, PHE, PWD, Health etc. BJP leaders took up their problems with the concerned officials of the departments and many problems were resolved on the spot to the satisfaction of the aggrieved persons.

BJP leaders, while listening to the public grievances, said that people in massive numbers have shared their various issues and the party leaders have tried to sort out their issues by talking and writing to various departments.

BJP SC Morcha gears up to take Modi govt's schemes, policies to masses



JI NEWS SERVICE
JAMMU, JAN 28: J&K BJP SC Morcha resolved to gear up their work to take Modi government's schemes and policies to masses in a meeting of J&K BJP SC Morcha convened at Party Headquarter, Trikuta Nagar, Jammu.

President SC Morcha & Ex-MLA Neelam Langeh chaired the meeting and all the Morcha office bearers participated in the meeting. All Morcha Incharge Munish Sharma, Morcha Prabhari Jagdish Bhagat and President SC Morcha Neelam Langeh addressed the meeting.

Munish Sharma in his address

cherished the role of SC community in strengthening the party with PM's slogan of Sabka Saath, Sabka Vikas, Sabka Vishwas and Sabka Paryas. He said that the party expects to have a major role of this community in the coming election in J&K to achieve the mission of 50 plus.

Jagdish Bhagat enlightened the Morcha leaders regarding party activities at ground level. He told the Morcha leaders to work united and by visiting village to village contacting up to both level.

Neelam Langeh said that the meeting was meant to prepare the newly nominated team members for the

forthcoming programme of the party. He said that the BJP SC Morcha is all set to extend the reach of the party's policies and the good works of the Modi government to the SC community at ground level. He said that the SC community would have a major share in the BJP's victory in forthcoming elections.

All the new team members of the Morcha were also felicitated on the occasion.

Morcha General Secretaries Adarsh Jathari and Gulshan Bhagat conducted proceedings of the meeting, Morcha Vice-President Rakesh Sangral delivered a vote of thanks.

Dairy farming thriving in Suchetgarh: Tony



JI NEWS SERVICE
JAMMU, JAN 28: Taranjit Singh Tony, Chairman of AAP J&K for Administrative Engagement and Minority Affairs, and Member DDC Suchetgarh on Saturday said that the dairy farming sector in Suchetgarh appears to be a profitable venture as more and more start-ups and dairy units have been established in the vicinity providing multifaceted incentives and avenues to the people.

The senior AAP leader was addressing a gathering at a Veterinary Camp organized here at Sai Khurd in

Suchetgarh. On the occasion, Tony disbursed free medicines among the visitors and also urged them to rely on modern technology for increasing yield and ensuring good health of their livestock. He assured to take every possible step to help this sector as their livelihood as there is plenty of scope for the growth of this line as there is huge demand for pure milk and its by products. He said that looking into the issues and problems of the dairy farmers, it becomes imperative that the owners of the livestock should be allowed to fix the rates of

milk as presently the government has kept the decision in its domain and the rates decided are not fair as far as cost of producing milk is concerned. He said that nearly 175 units of Animal Husbandry have been opened in the constituency but still there is a lot more scope to provide facilities to the people. He demanded that all the schemes of the Animal Husbandry Department should be brought at farmers' doorsteps to make the business lucrative and enticing as presently the farmers have to go to the concerned department for fulfilling their daily needs.

Sham Lal Bhagat and other beneficiaries of the Animal Husbandry Department were also present in the camp and actively persuaded the visiting farmers to try their luck in the thriving business of dairy farming, which is proving benevolent and productive these days.

Govt should take initiative to promote education of slum children: Namrta

Compliments Kamla Sharma for philanthropic endeavour



JI NEWS SERVICE
JAMMU, JAN 28: Namrta Sharma, President Women Wing Aam Aadmi Party (AAP) has appealed to the people at large to come forward to serve the underprivileged sections of the society especially the underprivileged children living in slums. She also appealed to the government to provide adequate funds to the organizations already working to pursue this noble cause through their philanthropic endeavours. The senior AAP leader was addressing a function organized by Master Retd from a Govt School namely Kamla Sharma who is running a school for the children of a slum area and provides them free of cost education.

DySP Nareesh Sharma and SDPO Railways Albeena Malik also graced the occasion. The children of the school in today's pro-

gramme presented a cultural programme as they performed during the Republic Day function in front of the Lt Governor Manoj Sinha in Jammu. The superb performance of the students left the audience mesmerized.

While addressing the gathering on the occasion, Namrta Sharma complemented Kamla Sharma for her philanthropic service of providing free education to the slum children.

Asserting that serving the underprivileged children is in truest sense the service to God and the humanity at large, she said that children are the future citizens of this nation and slum children in absence of any help from the society would have only a bleak future. But people like Kamla Sharma are making relentless efforts on their own are assuring a transformed new life to these slum children who lack of

'Nation Building' by working as the Messiah of such under-privileged children. She added that Kamla is doing this despite limited resources as her duty towards the nation. She urged the Govt to extend all possible support to people like Kamla Sharma who are actually contributing in nation building by providing free education. She asserted that slogans like "Padega India Tabhi to Badega India" stands vague when taken in comparison with grass root reality of slum children.

SDPO Albeena Malik appreciated the efforts of Kamla Sharma for providing good education to the slum children. He also appealed to the general public to extend all possible support to Kamla Sharma so that she will continue her journey in shaping the future of slum children.

Modi Govt changing development profile by empowering youth: Nitish



JI NEWS SERVICE
JAMMU, JAN 28: Nitish Mahajan State Executive Member BJP J&K on Wednesday said that the BJP Government led by PM Narendra Modi has been taking a number of initiatives to change the development profile of J&K by giving special emphasis on youth empowerment.

Referring to statement issued by LG Manoj Sinha that 75,000 youths have been provided with entrepreneurship opportunities during the Jan-Abhiyan programme in Jammu and Kashmir, Nitish said that this is just the beginning as Modi Government has a lot more in offing for the people of J&K especially the youths.

The senior BJP leader said that Government after wiping out terrorism and separatism from the soil of J&K has now turned its focus on empowering the young blood through entrepreneurship and the aforesaid figure is the testimony to the fact that a pragmatic change in the Union Territory is inevitable as

government is leaving no stone unturned to create opportunities for the youths to have a good fortune besides transforming the UT into an educational hub and one stop destination for investors looking for a lucrative place to invest and grow these prospects. He said that the government has taken several steps in this direction and the endeavour is still underway to make the difference as soon as possible.

The BJP leader said that numerous steps are underway to create supportive edifice, schemes and policies to speed up the economic development of the Union Territory as the region remained at back burner in the last over seventy years due to indifference by the successive governments and needs special focus of government to overcome hardships which snarled its progress in the past.

Over 35 Kanal Roshni land retrieved in Kathua

JI NEWS SERVICE
KATHUA, JANUARY 28: Acting tough against the land encroachers, District Administration Kathua today retrieved more than 35-kanal land from encroachers during an anti-encroachment drive in Basohli.

During the drive, a total of 35 Kanal 06 marlas land was retrieved from illegal encroachment including 03 Kanal, 14 Marlas from an Ex MoS in Plahi, 09 Kanal 15 Marla in Plakh from a prominent politician, 6 Kanal 8 Marlas in Pretha from the son of a Retired Government servant besides 15 Kanal 9 Marlas in Plahi from other illegal occupants.

Congress' silence over Art 370 exposes its inherent contradictions: Rana



JJ NEWS SERVICE JAMMU, JAN 28: Lashing out at the Congress for ducking response over abrogation of Article 370 as usual due to its inherent contradictions and taking escape route from the chronic political issues it created in Kashmir over the decades, Senior BJP leader Mr Devender Singh Rana today said the statement of Jai Ram Ramesh is on expected lines keeping in view the flip-flop policies of his party on issues concerning upholding of Nation's sovereignty and integrity.

Speaking to reporters on the sidelines of releasing of book 'Trikaalsandhya and Vaishnav Vatroyaapaan Pradeep on Karm-kand' by Dr. Varchaskan Sharma here this afternoon, Mr Rana said the Congress is caught between the deep sea and devil over the historic repeal of Article 370 binding Jammu and Kashmir emotionally and psychologically with rest of the

country besides ending the era of deprivation of women and marginalized segments like Valmikis, PoK refugees, Gorkhas, Gujjar Bakawals west PAK refugees and the other weaker sections.

"Talking about the political issues would certainly expose the Congress, which is solely responsible for all the ills afflicting the body psyche of the nation in general and the Valley in particular because of greed, lust and lack of vision of its so-called towering leaders", Mr Rana said, adding that such an eventuality is bound to entail the wrath of the party's new found allies in the communal, divisive, anti-national and pro-Pakistan PAGD who Congress is trying to please and appease.

Rana reminded his earlier statement of the Congress creating alibis to avoid hoisting of the tricolor at the historic Lal Chowk in view of the PAGD's strong hate for the national flag. He said Rahul Gandhi has

ever appreciated the genuine aspirations of the Paharis, Gujjars, Refugees, Valmikis and the other categories of marginalized sections, who are witnessing their empowerment for the first time ever since independence of India. He said the BJP has infused a sense of belonging among the people and heralded a new era of peace and stability. Even the worst adversaries are confessing privately how the malady of stone-pelting and hartal national political actors, who had warned of not getting flag bearers for the tricolor in the Valley if Article 370 was tinkered with. Bypassing Lal Chowk thus amounts to compromising national honour and dignity. It is different that the Tiranga is being unfurled for youth of Kashmir day in and day out with pride, he said and referred to the response they got as recently as on the Republic Day when shops in the famous market-place remained open, ending over three-decade culture of hartals and bandhs. He said this has unnerved the Congress and its masters in the PAGD, who are in the unholy wedlock for their lust for power.

Rana reminded the Congress of its blunders in Kashmir, saying that but for the course correction being made by the BJP, the paradise on the earth was at the brink of disaster. He said none of the dynasts

Poonch campus, JKEDI organised one day Awareness program on Entrepreneurship, Innovations and Start-ups

JJ NEWS SERVICE POONCH, JAN 28: epartments of Sericulture, Poonch campus, University of Jammu in collaboration with JKEDI, Poonch and SKC GDC Poonch today organised one day Awareness program on Entrepreneurship, Innovations and Start-ups.

Ajaz Ahmad Bhat (IAS), Director, Jammu and Kashmir Entrepreneurship Development Institute (JKEDI) was the Chief guest on the occasion.



Speaking on the occasion, Azaj Ahmad Bhat, JKEDI is planning to start short-term courses revolving around the theme of entrepreneurship in various schools and colleges in J&K. In the long run, undergraduate and post-graduate courses will also be offered. This step will help create a robust entrepreneurial culture in J&K.

He also visited business units sponsored by JKEDI in district Poonch. "Successful business holders whether they are sponsored by JKEDI or under any other Government scheme can prove to be role models for the youth. Such initiatives should be encouraged and interaction programs with successful entrepreneurs should be organized for the benefit of students and aspiring entrepreneurs," said the Director, JKEDI.

He also reiterated the fact that such campaigns to hold awareness programs will continue in all the districts and no area of the UT will be left uncovered. "Together with my team, I will personally visit all the districts of the UT. In the future, this will be a regular practice for the Institute's field teams," he added.

The Director also informed the participants that the Government is revising the Guidelines of JKEDI 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.

The Director JKEDI also interacted with the faculty members of the campus and degree college and students attended the event.

Mr. Vishal Ray (Incharge CIBM), said that the JKEDI also enumerated the benefits of the term loan scheme under the National Minorities Development and Finance Corporation (NMFDC) and how this initiative of the Government is generating self-employment among the minority community.

In the coming days, the Institute is releasing a compendium of various entrepreneurship and self-employment related schemes. This will be a great help for the youth of UT and will enable them to make informed career choices.

"J&K Entrepreneur" a quarterly newsletter issued by JKEDI also plays an invaluable part in communicating with readers by showcasing the progress, achievements, and events of the Institute.

Dr. Jasbir Singh, Principal, SKC-GDC Poonch, said that Under the 'J&K Startup Policy 2018-2028', the UT administration aims to nurture and inspire the young and entrepreneurial brains of Jammu and Kashmir to pursue innovation and entrepreneurship by creating a vibrant and conducive start-up environment in the region of Poonch District.

Dr Rubia Bukhari Campus Officer on behalf of Director Poonch Campus Prof. Dipankar Sengupta extends a very warm welcome to all of the dignitaries for gracing today's programme on Entrepreneurship, Innovation and Startup in Poonch.

Dr Rubia also delivered a detail lecture on Entrepreneurship Development Programme in Sericulture and progress achieved under various schemes being implemented by the CSB and Sericulture department.

Dr. Suraksha Chanotra, Incharge Department of Sericulture, Poonch campus, University of Jammu, while speaking on the occasion extended the heartiest thanks to Director, JKEDI and his team, Principal SKC GDC Poonch his staff and faculty of Department of Sericulture, Poonch campus, University of Jammu. While interacting with the media persons, she briefed the objective of current program which lies to enhance entrepreneurial skills among the young minds specially the ug and pg students. In her address, she said that it's the need of the hour to start business ventures for strengthening our livelihoods and for making India as a strong economy.

The programme was attended by more than 120 participants comprising of UG and PG students from college and university campus.

The formal welcome note was addressed by Prof. Fateh Mohd. Abbasi followed by Prof. Riaz Ahmed Mirza who hosted the event.

Other Dignitaries present on the occasion included the worthy Principal Dr. Jasbir Singh SKC- GDC Poonch, Prof. Gurvinder Raj Verma, HOD Sericulture, SKC GDC Poonch, Dr Mehraj Singh (Incharge Training Kashmir, Mr. Vishal Ray (Incharge CIBM), Mr Arif Ahmad Khan (Communication Officer JKEDI), Mr Azmat Hussain

Focus on imparting moral education: Bali Bhagat

Urges parents not to provide bikes, mobiles to minor students

JJ NEWS SERVICE JAMMU, JAN 28: Bali Bhagat, senior Bharatiya Janata Party (BJP) leader and former Minister has appealed to the parents of the students not to provide motor bikes and mobile phones to their wards who are yet to attain the majority age as these become a cause of unnecessary distraction among them thus adversely affecting their studies.

He expressed this while addressing a huge gathering of parents, teachers and students at the Annual Day function of Bhagwati Haqiqat Memorial Public High School at Lower Barnai here today.

It is pertinent to mention here that Bali Bhagat was the Chief Guest on the occasion while as BJP leaders Surinder Singh Gilli and Ved Parkash Sharma were the Guests of Honour. Prominent among others present on the occasion were BJP leaders Swaran Singh, Ajit Singh Salathia, Raj Dev Singh former Sarpanch, Rohit and Ramesh Singh.

While addressing the gathering on the occasion, Bali Bhagat congratulated the management, staff and students of the school for successfully traversing a successful journey while pursuing the great mission of educating the souls and



transforming them into the best citizens as per the needs of the times. He also complimented the parents for due cooperation with the teachers in this most significant metamorphosis.

The senior BJP leader said that the students are the future of the nation and teachers and parents play a vital role in moulding them into the best citizens. He said that it is human nature to provide all the latest facilities to the children by their parents but there is a need to exercise strict restraint in case of certain gadgets including the mobile phones and motor bikes. Asserting that nowadays it has been noticed that by rough driving and

performing stunts on roads the said students not only play with their own lives but also put the lives of others on the roads to serious risk. He said that it is quite unfortunate that in many such incidents the budding citizens have lost their lives. Similarly the misuse of mobile phones by the students takes heavy toll of their studies. It therefore make a fervent appeal to the parents not to provide bikes and mobile phones to the children unless it is inevitable like in case of online classes being held in emergent situations, he added.

While conveying the best wishes to the students, parents and school management in general, he specially complimented the students having excelled in studies and sports. He impressed upon the Management and teachers to focus on imparting moral education and involve them vigorously in sports activities in order to keep them away from drug menace. The students mesmerized the audience with their performance on stage presenting the culture of Ladakh, Kashmir, Jammu and Punjab. Performance of students while staging 'Ramayan Kala' left the audience spell bound.

The programme concluded with distribution of prizes among the students by the Chief Guest.

LG's Admn addressing KPs' issues proactively, safety of community paramount: Danish Mishra

JJ NEWS SERVICE JAMMU, JAN 28: There is no question of any compromise over the safety and security of Kashmiri Pandits currently posted in Valley as their safety is top agenda of LG's administration.



This was stated by Danish Mishra Vice President BJYM J&K in a statement issued here on Friday. He said that the government has laid complete focus on addressing the issues being confronted by the Kashmiri Pandits, especially those posted in the Valley under the PM package scheme. He jinked the points raised by the Congress leader Rahul Gandhi that the LG's

administration has failed to provide desired focus on the problems of KPs. Mishra said that the issue was blown out of proportion by staging a drama with the help of certain disgruntled elements of the aforesaid community because at no point of time, LG's administration has put the issues of KP at back burner as steps taken by the government are proactive and safety of the employees of KP community posted in Valley always remained a priority of the government. He said that LG Sinha's administration is trying to solve the problems of Kashmiri Pandits with extreme sensitivity and those criticizing the same are biased and must be having certain vested interests.

The BJYM leader said that PM package and minority employees working in the Kashmir valley have been deployed at safe places with no exception and this step is the testimony to the fact that their security is paramount.

"The government has been constructing thousands of accommodations for the KP employees to make safe clusters for them and there are several other steps which have been envisaged for the comfort and the safety of KPs thus making it very clear that what the opposition is alleging is nothing but bundle of lies and no one in the country should pay attention to the same", Mishra said, adding that KP employees should not get misled by those having vested interests and repose faith in the administration which is doing everything possible for their safety and convenience.

Tantray appeals administration to ensure basic amenities in Panchayat Behnch

JJ NEWS SERVICE POONCH, JAN 28: Apni Party District President Poonch, Ex-MLA Shah Mohammed Tantray has appealed to the administration to ensure basic amenities to the inhabitants of Panchayat Behnch.

Addressing a public meeting, Shah Mohammed Tantray said that the inhabitants of Panchayat Behnch have poor drinking water, and electricity supply system.



"The Panchayat is hardly 4 KM away from the DDC office but the people are unable to get their demands fulfilled even as they projected the same on many occasions," he said. Earlier, Tantray was given a rousing reception

when he was accompanied by Alhaaj Bashir Ahmed Khaki, youth leader Ghulam Mustafa and other leaders.

In his address, he said that "The authorities should provide better livelihood to the people in Poonch and recalled that when he was MLA he got sanctioned of water lift scheme in 2018 at Behnch where crores were spent by the authorities.

BJP will win upcoming elections in 9 states- Varinder Jeet Singh

JJ NEWS SERVICE JAMMU, JAN 28: Senior leader of BJP S.Varinder Jeet Singh said that BJP will win the upcoming assembly elections in 9 states. Every Worker of BJP works 24*7 every 365 days of the year.

In three states of Tripura, Meghalaya and Nagaland elections are announced. Next the elections in big states such as Rajasthan, Chattisgarh, Madhya Pradesh and Karnataka are important. In these states BJP's fight is with Congress which is directionless at the moment.

Seeing the agenda of opposition parties it is clear that they do not have any plan for development of states. They don't even have any agenda to get the attention of the public at large at national level.

They only have one agenda which is to criticize PM Modi and this is not even working for them. In the past eight and a half years the speed in which the BJP graph has moved up and other parties graph has declined shows that the opposition parties have no agenda.

On the other hand BJP has delivered

on every front and delivered what they promised.

He said that in Jammu and Kashmir also the workers of BJP are always ready for elections and whenever the election commission announces the elections all workers of BJP will go all out for elections and for the first time in the history of Jammu and Kashmir BJP will form government on its own and will benefit the people.

Very soon there will be a double engine government in Jammu and Kashmir.

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Very soon there will be a double engine government in Jammu and Kashmir.

Atal Dulloo reviews implementation of infrastructure Fund Schemes in Agri, Allied sectors

JI NEWS SERVICE

JAMMU, JANUARY 28: Additional Chief Secretary (ACS), Agriculture and Production Department (APD), Atal Dulloo today chaired a meeting to review implementation of government schemes that are aimed at promoting agriculture infrastructure in the state.

The schemes reviewed in the meeting included the Agricultural Infrastructure Fund (AIF), Agriculture and Horticulture Infrastructure Development Fund (AHIDF), Fisheries Infrastructure Development Fund (FIDF), National Horticulture Board (NHB), Mission for Integrated Development of Horticulture (MIDH), National Livestock Mission (NLM) and Rashtriya Gokul Mission (RGM).

During the meeting, the status of various projects submitted by entrepreneurs for seeking loans under the different funds was



presented before the ACS. He expressed his displeasure over the low rate of loan approvals and directed the officials to facilitate the approval and disbursement process with the least hassle to the beneficiaries.

The ACS also discussed establishment of sheep-goat breeding farms, breeding development of poultry, feed and fodder development and several other activities under NLM. He emphasised the need for encouraging the Jammu-based entrepreneurs to

participate more in these activities. He noted that bull production and breed multiplication farms under NLM have received a good response from entrepreneurs. Similar response has been witnessed in the fisheries sector, as well. With regard to the fisheries sector, Atal Dulloo stressed on extending the benefits of RAS technology to maximum number of eligible persons, stating that each set up can employ around a hundred people.

The meeting also reviewed

projects including establishment of integrated pack houses, nurseries under MIDH; and CSA stores, food processing units under PMDP. Referring to the Agriculture Infrastructure Fund, Dulloo said that projects are verified by PMU and thereby attest their feasibility. Banks should readily entertain such applications, he said.

The ACS also discussed other projects like opening of cold stores, logistic facilities, mushroom farms, packaging units,

silos, warehouses etc that have been proposed to be set up by entrepreneurs of J&K and their status under various schemes. He also took feedback from officers from the National Horticulture Board on the developments under their respective schemes. Atal Dulloo emphasised that the government is encouraging entrepreneurship and banks must come together with the government to reach the common goal. He also took feedback from bankers on why loans have been rejected to several applicants. He discussed individual cases and the discrepancies in them. The meeting was attended by Secretary in Agriculture and Production Department, Shabnam Kamili; Director Agriculture Jammu, KK Sharma; Director Horticulture, Ram Savak; Director Animal Husbandry, Shubra Sharma and Director Horticulture (PM), Vikas Sharma.

Ramban admin distributes blankets among needy people



JI NEWS SERVICE

RAMBAN, JANUARY 28: District Administration Ramban today distributed blankets among poor and needy people here in the Ramban Town.

Additional Deputy Commissioner, Ramban Harbans Lal Sharma in presence of Tehsildar, Rafiq Ahmed, Naib Tehsildar and other officials distributed as many as 100 blankets among the needy people provided by a Delhi based NGO 'GOONG' through its team member Jammu & Kashmir Khurshid Ahmed.

The ADC thanked the NGO 'GOONG' for providing blankets to needy people which help them, especially in the present peak winter season.

MVD conducts checking to enforce installation of Speed Limit Devices

Charges Rs 77000 fine from violators

JI NEWS SERVICE

REASI, JANUARY 28: Motor Vehicle Department Team Reasi led by ARTO today booked 90 vehicles for different violations, which included 30 vehicles for non installation/ functioning of Speed Limiting Devices. Besides Rs.77000 fine was realized on the spot from various violators during Special Naka laid on Katra-Jammu road.

During the Naka around 121 vehicles were checked, special emphasis was laid on checking of Speed Limiting Devices (SLD) in Public service vehicles.

Moreover, 4 vehicles were Out of Route and 22 were fined for overloading and booked accordingly as per MV Act.

Besides this, awareness was also imparted among drivers and the public regarding Road safety.

The drivers were advised to adopt all safety measures in order to avoid accidents.

Vehicle drivers were directed to install Speed Limiting Devices and not to resort to overload/overcharging and to follow the traffic rules in its true spirit.

Republic Day celebrations

Army organises debate, cultural event at NCI Maitra

JI NEWS SERVICE

RAMBAN, JANUARY 28: Indian Army, in collaboration with New Continent Institute (NCI) Maitra, Ramban organized a cultural event as a part of 74th Republic Day celebrations at the campus of host institutions.

Meanwhile, a debate competition on the topic 'Role of Indian Army' was also organized in which both boys and girls students participated.

Presenting the colourful cultural programmes, students disseminated messages of peace and brotherhood among the gathering, besides enthralling the audience.

Speaking on the occasion, Principal of the Host School, Mudasar Loan and Teacher Mr. Javed highlighted the significance of Republic Day and constitution of India. They asked students to fulfill all fundamental duties besides availing the rights which have been provided by the world best constitution of India.

He also thanked the Indian Army for organizing such events for the students from time to time which help to develop the overall personality of youth.

Later, participants were awarded for their outstanding performances by the Army and school management.

Chairman DLSA Samba chairs Mentoring & Monitoring Committee meeting



JI NEWS SERVICE

SAMBA, JANUARY 28: Under the aegis of NALSA and as per the Action Plan issued by the J&K Legal Services Authority for the month of January, 2023 and also under the able guidance of Ms. Sonia Gupta, Worthy Chairman, District Legal Services Authority Samba (also Pr. Distt & Sessions Judge), Mentoring & Monitoring Committee today met in the Conference Hall of District Court Complex Samba for close Monitoring of the Court based Legal Services rendered and the progress of the cases in Legal Aided Matters and to guide and advise the Panel Lawyers.

The meeting was chaired by Worthy Chairman DLSA Samba whereas Secretary DLSA Samba and Senior Advocate Sh. Vijay Gupta joined the meeting as members of the Mentoring and Monitoring Committee. The meeting was also attended by almost all the Panel Lawyers of DLSA Samba. The progress report of the Legal Aid Cases allotted to the Panel Lawyers was discussed in the meeting along with other issues connected thereto.

DC Rajouri chairs mega youth conclave

Finalises arrangements for LG Rolling Cricket cup

JI NEWS SERVICE

RAJOURI, JANUARY 28: District administration Rajouri is going to organise LG Rolling Cricket Cup as part of youth engagement programme under the aegis of Nasha Mukht Bharat campaign.

Deputy Commissioner, Vikas Kundal announced about the sports event today while addressing a huge audience here at a one day mega youth conclave organised by the District Administration in collaboration with the Social Welfare Department. The tournament will start from 5th February 2023.

ACR, Imran Rashid Kataria; DSWO, Wakeel Ahmed Bhatt; Councillor, Shaqat Mir; Sanjay Sharma besides a large number of youth attended the event.

Describing the youth as the real ambassadors of change, the Deputy Commissioner said that the Government was sincerely working towards their socio-economic empowerment by grooming their potential in the right direction.

Highlighting the importance of sports for all round development of the youth, the DC exhorted the participants to take equal interest in sports along with academics to become all-rounders.

He said the main objective of organising such sports events was to imbibe the spirit of leadership, discipline among the youth. "Sports strengthen physical and mental health, help to build better relationships, imbibe team spirit and help in increasing understanding among the youth and to channelise their energy in a positive direction," he added.

Listing various measures being taken to curb drug menace in the district, he stressed on the officers to put in synergized and comprehensive efforts to fight this menace.

Public outreach programme: DC Kulgam visits far-off K.B.Pora area

JI NEWS SERVICE

KULGAM, JANUARY 28: Taking governance at the doorsteps of people, the Deputy Commissioner (DC) Kulgam, Dr. Bilal Mohi-Ud-Din Bhat today visited far-off area Khuri Bata Pora and listened to issues and grievances of people for early redressal.

PRI members and people of the area met the DC and apprised him about their issues, grievances and put forth their demands related to development of the area. All the issues and grievances of people were listened to patiently by the DC for early redressal.

People also complimented the District Administration for their prompt response in restoration of services during recent Snow spells.

JKEDI organizes mega entrepreneurship awareness program in Poonch

All J&K districts have instrumental role to play in creating open and inclusive ecosystem for startups: Director-JKEDI

JI NEWS SERVICE

POONCH, JANUARY 28: As a part of his ongoing visit to the Pir Panjal region, Ajaz Ahmad Bhat, Director, Jammu and Kashmir Entrepreneurship Development Institute (JKEDI) on Saturday inaugurated a mega entrepreneurship awareness programme here in Poonch.

The aim of this visit is to acknowledge the fact that remote areas and border districts play a critical role in strengthening the overall entrepreneurship ecosystem in the Union Territory. The day-long awareness program was organized by JKEDI in collaboration with Government Degree College, Poonch, and the University of Jammu, Poonch Campus. The aim behind such initiatives is to enable young minds to develop an entrepreneurial mindset at an early stage. This will enable them to overcome the challenges of launching a business venture. This will also encourage critical thinking and innovation among students from various schools, colleges, and universities in the district.

"JKEDI is planning to start short-term courses revolving around the theme of entrepreneurship in various schools and colleges in J&K. In



the long run, undergraduate and postgraduate courses will also be offered. This step will help create a robust entrepreneurial culture in J&K. Unemployment is a serious challenge and self-employment and entrepreneurship can counter this threat. We have to be innovative and use local raw materials and resources available to us," said Ajaz Ahmad Bhat. The officials from JKEDI also enumerated the benefits of the term loan scheme under the National Minorities Development and Finance Corporation (NMDFC) and how this initiative of the Government is generating self-employment among the minority community. In the coming days, the

Institute is releasing a compendium of various entrepreneurship and self-employment related schemes. This will be a great help for the youth of UT and will enable them to make informed career choices. 'J&K Entrepreneur' a quarterly newsletter issued by JKEDI also plays an invaluable part in communicating with readers by showcasing the progress, achievements, and events of the Institute. The Director also visited business units sponsored by JKEDI in district Poonch. "Successful business holders whether they are sponsored by JKEDI or under any other Government scheme can prove to be role models for the youth.

DC Kulgam inaugurates Skill Training programme for 180 youth under SANKALP

JI NEWS SERVICE

KULGAM, JANUARY 28: The Deputy Commissioner (DC) Kulgam, Dr. Bilal Mohi-Ud-Din Bhat today inaugurated Skill Training programme for 180 youth under Skill Acquisition & Knowledge Awareness for Livelihood Promotion (SANKALP) at ITI College Chawalgam, here.

Present on the occasion were Additional Deputy Commissioner Kulgam, Vihar Ahmed Giri; Superintendent ITI College Sahil Rasheed and other officers and staff members of the college.

These youth were identified during Back to village phase four to impart skill training to them and make them able to get sustainable

livelihood after attaining proper skill training in different trades/courses.

After inaugurating the training programme, the DC interacted with these candidates and emphasized to them to learn skills properly to be able to earn livelihood for themselves and generate employment for others as well.

DC Chairs District TB Control Society meeting; Reviews Routine Immunization status

98% testing of suspected patients conducted in Erstwhile Doda district: DTO

JI NEWS SERVICE

DODA, JANUARY 28: Deputy Commissioner Doda Vishesh Paul Mahajan, who is also Chairman District Tuberculosis Control Society for erstwhile District Doda (Doda, Kishtwar and Ramban) today chaired a meeting of District TB Forum (District TB Control Society) meeting to assess the community engagement, interventions and community led TB response here in his office at DC Office Doda.

District Tuberculosis Officer, Dr Guljabeen Ara gave a detailed presentation highlighting the status of progress in Presumptive TB Testing, TB Notification rate, implementation of Nikshay Poshan and Nikshay Mitra under Pradhan Mantri TB Mukht Bharat Abhiyan (PMTBMA) in the dis-



trict. She informed that the free diagnosis, testing, and follow up check ups of the patients is carried out properly and timely in the district. Erstwhile District Doda has achieved 69% of the target in case of TB notification, and 98% in test-

ing of the suspected patients. Action taken on the decisions of the previous meeting of District TB Control Society was also discussed. The DC directed to accelerate the TB elimination activities through a focused approach, espe-

cially in areas where TB cases are relatively higher (Hot Beds). It was impressed upon all the stakeholders to ensure contact tracing of all the active Pulmonary TB patients. The BMOs were made personally responsible for testing the suspected cases from general OPD in all their health care institutions and report to CMO on a weekly basis.

The DC desired from the concerned officers to treat the patients diagnosed for TB with utmost care in all the health care institutions of our district. He stressed on accelerating IEC activities and testing of the suspects, especially in rural areas against the disease, extensively. The DC also reviewed Routine Immunization in the District. The Dy CMO gave a detailed presentation on the com-

ponent wise and block wise status of achievements in Routine Immunization and COVID-19 vaccination. It was given out that the district has achieved more than 120% under the MR-1 (Routine Immunization)

The DC appreciated the progress/status of BCG, bOPV, IPV, Hep B, MR, Penta, RVV, and PCV Immunization in the District. The Deputy Commissioner enjoined upon the DPO, ICDS, CMO, CEO and other stakeholders to work in close coordination to make the Routine Immunization programme successful in the District. He asked to put in extra measures to ensure that no children in the district are left out in the process of routine immunization.