

JINDRAHIMAGES



DAILY | JAMMU | VOL NO: 10 | ISSUE NO: 24 | PAGES: 12 | PRICE: Rs 2/- | RNI NO: JKENG/2013/49471 | POSTAL REGD. NO. JK-497/22-24 | dailyjindrahimages.com/Epaper.php | jindrahimages213@gmail.com

Read inspiring stories of Padma Awardees: PM Modi in Mann Ki Baat

AGENCIES
NEW DELHI, JAN 29

Addressing the first Mann Ki Baat episode of 2023, Prime Minister Narendra Modi on Sunday urged the country to read the inspiring stories of Padma Awardees and, thereby draw inspiration from them.



"This time there has been a good representation of the tribal community and people associated with tribal life among the Padma awardees," he said.

"Various people from tribal areas—painters, artisans, farmers, etc.—have been conferred with the Padma Awards. Many dignitaries who have worked on tribal languages like Toto, Ho, Kui, Kuli and Manda have received Padma Awards. Dhani Ram Toto, Janum Singh Soy and B. Ramakrishna Reddy Ji... the whole country has become familiar with these names... I urge all countrymen to read their inspiring stories," he said.

The Prime Minister said that the tribal communities have been an integral part of our land and their contribution to the development of the country and society is very important.

"Honouring the personalities who are prominent among them, will also inspire the new generation. This year

the echoes of the Padma Awards are being heard even in those areas which used to be Naxal affected," he added.

"Due to their efforts, those who show the right path to the misguided youth in Naxalite affected areas have been honoured with Padma awards. For this, Ajay Kumar Mandovi, who does wood carving in Kanker, and Parshuram Komaj Khune, associated with the famous Jharipatti Ranghoomi of Gadchiroli, have also received this honour," he said.

"Similarly, Ramkuiwange Nieme, Bikram Bahadur Jamatia and Karma Wangchu, who are involved in the preservation of their culture in the North-East, have also been honoured," he added.

Modi said that this time among the Padma awardees are those people who have expertise in spreading the melody of traditional musical instruments like Santoor, Banhum and Dwaitar.

"Ghulam Mohammad Zaz, Moa Su-Pong, Ri-Singh Kurka-Long, Muni-Yankatappa and Mangal Kanti Rai are just a few of the names that are being discussed all around," he said.

The Prime Minister said that many Padma awardees are those friends among us, who always kept the country paramount, dedicating their lives to the principle of Nation first.

"They remained engaged in their work with devotion and never expected

CONTRIBUTION ON PAGE 4

Lt Governor launches QR-Code based Labels of 13 different GI & Non-GI registered crafts of J&K

J I NEWS DESK
JAMMU, JAN 29

Lieutenant Governor Manoj Sinha launched QR-Code based Labels of 13 different GI & Non-GI registered crafts of J&K, today at Raj Bhawan.

Congratulating the Artisan community, Handicraft Department and other stakeholders, the Lt Governor said the QR-Code Labels will help to authenticate the origin and quality of the crafts, improve the quality assurance in both national & international markets and benefit craftsmen, traders and exporters.

"This is an important landmark in preserving and promoting price-



less artistic and cultural heritage of J&K UT. QR-Code based mechanism would help in ensuring product quality, genuineness and boost global demand for J&K handmade

products", added the Lt Governor. Highlighting the need to make necessary interventions for brand positioning, the Lt Governor said, GI Tag, QR Code based label, packaging

etc will make the Handicraft sector more productive, financially attractive and contribute to the growth of the handicraft industry and earnings of artisans.

The Lt Governor also shared the vision of the government and the ongoing endeavours to promote local products for greater economic benefits to the artisan and the weaver communities of J&K.

The administration has taken some important steps to boost Handloom & Handicraft sector in J&K UT through integrated development and export promotion. We are committed to provide all possible support

CONTRIBUTION ON PAGE 4

Citizen-centricity hallmark of Modi's governance model: Jitendra

NEW DELHI, JAN 29

The hallmark of Modi's governance model is that it is citizen-centric and not voter-centric, Union Minister Jitendra Singh on Sunday.

He said the distinguishing features of this model are courage of conviction to move beyond status quo, capacity to break the taboos and firm decisiveness preceded by due diligence and research.

Singh, the Minister of State for Personnel, said Prime Minister Narendra Modi spends long hours developing innovative ideas and personally follows up major projects

CONTRIBUTION ON PAGE 4

74th Republic Day celebrations culminate with Beating Retreat ceremony

J I NEWS DESK
JAMMU, JANUARY 29

Beating the Retreat ceremony, marking the culmination of four-day-long Republic Day celebrations was held at MA Stadium today.

The occasion was graced by Lieutenant Governor, Manoj Sinha.

During the ceremony, marching Bands of Armed Forces played the inspiring patriotic tunes on the Brass bands and Pipe drum bands on the slow and quick strathspey.

Musical tunes including Vijay Bharat, Dhawaj ke Rakshak, Kadam Kadam Badhaye Ja, Veer-Sipahi, Jai Ho, Sare Jahan Se Achha on the Brass Band, and Deshon Ka Sartaj Bharat, India Gate, Naurange, Lahure Ko Rellimai, Surya, Kargil Hill and



He Kancha on Pipe Band enthralled the audience.

The Lt Governor felicitated the contingents of Jammu Kashmir Police, Army and the Border Security Force.

The Lt Governor also felicitated the Parade Commander, Dy Parade Commander, marching contingents of cadets from

NCC (Boys), contingents of schools (Boys and Girls), Ex-Servicemen, cultural performers, Gymnastics and the DareDevils of JKP for their outstanding display in the Republic Day Parade on 26th January, 2023.

The Beating Retreat ceremony concluded with

CONTRIBUTION ON PAGE 4

Kashmir valley bracing for moderate snowfall: Met

J I NEWS DESK
SRINAGAR, JAN 29

A fresh western disturbance is likely to cause widespread light to moderate snow in plains of Kashmir and rains in Jammu and moderate to heavy snowfall over middle and higher reaches on Sunday, Meteorological Centre Said.

The forecast of weather presently is generally cloudy at most places as a fresh WD is likely to affect J&K and adjoining areas from Sunday late afternoon, the Met office said.

It said Under the influence of above system, Widespread light to Moderate Snow in plains/Rain (in Jammu) & moderate to heavy snowfall over middle reaches and higher reaches over Pirpanjal, South Kashmir, Doda-Kishtwar etc. most likely during tonight to tomorrow afternoon and will gradual decrease thereafter.

The snowfall may cause Snow Avalanche in Avalanche prone areas and may affect Surface & Air transportation on January 30 besides cold effect power supply. People are advised NOT to venture out in Avalanche prone areas, unless in

CONTRIBUTION ON PAGE 4

As "Bharat Jodo Yatra" ends Rahul unfurls tricolour in Lal Chowk

J I NEWS DESK
SRINAGAR, JAN 29

The 135-day-long Rahul Gandhi led "Bharat Jodo Yatra" by foot culminated with the hoisting of the tricolour at the historic Lal Chowk in Srinagar on Sunday.

The hoisting of the national flag at Lal Chowk was in contrast to the original plan of Congress wherein Rahul was supposed to unfurl the national flag at the party headquarters in Srinagar on Monday.

Congress communication in charge, Jairam Ramesh said Jammu and Kashmir administration last evening allowed Rahul to unfurl the national flag in Lal Chowk.

Rahul Gandhi was supposed to unfurl national flag on Jan 30th in PCC office, since permission to do so elsewhere wasn't given. Last evening, state administration allowed



him to do so in Lal Chowk, but under condition that it should be done today on 29th at end of BharatJodoYatra," Jairam tweeted.

On Sunday morning Rahul unfurled the tricolour at Lal Chowk amid tight security. His great grandfather Jawahar Lal Nehru unfurled the tricolour 75 years ago at Lalchowk

for the first time. The unfurling of the national flag was accompanied with the playing of the national anthem.

"By hoisting the tricolour at Lal Chowk, the promise made to India was fulfilled today. Hate will lose, love will always win. There will be a new dawn of hope in India,"

CONTRIBUTION ON PAGE 4

After court directions, NIA seals office of Hurriyat in Srinagar under UAPA provisions

J I NEWS DESK
SRINAGAR, JAN 29

A Day after the special Delhi Court ordered the attachment of All Parties Hurriyat Conference (APHC) office in Srinagar, the sleuths of National Investigation Agency (NIA) sealed the headquarters of the separatist group.

The NIA team arrived at Rajbagh and attached the Hurriyat office on court directions under the provisions of the Unlawful Activities Prevention Act (UAPA). While the office of APHC has been shut after the scrapping of J&K's special status on August 5, 2019, its chairman Muirwaiz Umar Farooq has been under "house arrest" for the last over three years.

A notice pasted on the gates of the APHC by the NIA read that all members of the public are informed that the building, where the office of All Party Hurriyat Conference is located at Rajbagh, which is owned



jointly by Nayeem Ahmed Khan, who is presently facing a trial in the NIA Court, Delhi, has been attached by the Court order Dated 27th January 2023 by Special NIA court, Patiala House New Delhi.

Nayeem Khan, arrested in 2017 by NIA, was heading Jammu & Kashmir National Front, that was a constituent of the moderate Hurriyat Conference.

On Saturday, the Additional Sessions Judge, special

court New Delhi had ordered that the immovable property including the building office of All Parties Hurriyat Conference be attached.

The court, however, had added that the attachment in itself does not mean that there is any pre-trial conclusion regarding that property.

The NIA had moved an application before the court seeking passing of an order for attachment of the

CONTRIBUTION ON PAGE 4

Govt approves Rs 146 Cr project for promotion of niche crops in J&K

J I NEWS DESK
SRINAGAR, JAN 29

Jammu and Kashmir government has approved a prestigious project worth Rs 146 crore to promote the niche crops as unique heritage of the UT, which will be implemented in the next five years.

"The project aims at diversifying and expanding the area of niche crops over an area of 11,100 hect. are thus ensuring livelihood security for 11,100 targeted beneficiaries with a revenue realization of Rs. 2,238 Crore", Additional Chief Secretary (ACS), Agriculture Production Department (APD), Atal Dulloo said.

The initiative will focus on increasing production, improving livelihoods and enhancing market accessibility. This will be achieved through establishment of nurseries and seed villages, infrastructure development, and collaboration with various partners and stakeholders, he added.

Pertinently, Jammu and Kashmir is home to a diverse range of niche crops including Saffron, Kalazeera, Kashmiri Lal Mirch, Peanut, Anardhana, Bhaderwah Rajmash, hill garlic, Mushkbadhji (aromatic rice), Red Rice and Shallot (Pran). These crops are grown on an area of 32,000 hectare, with a

total production of 24,000 metric tons making a substantial contribution of Rs. 945 crore to the UT GDP.

The main components of the project included establishment of 5,226 nurseries/seed villages, NABL laboratories and e-trading centers of UT. This will facilitate

CONTRIBUTION ON PAGE 4

Avalanche warning issued in nine districts

J I NEWS DESK
SRINAGAR, JAN 29

Amid forecast of moderate to heavy snowfall over the plains and higher reaches of Jammu and Kashmir, the authorities have issued an avalanche warning in nine districts on Sunday.

State Disaster Management Authority (SDMA) in a statement said that avalanche with "Medium Danger" Level is likely to occur at areas situated 2200 to 2500 metres above sea level over south Kashmir district of Anantnag, Kulgam and central Kashmir district of Ganderbal on Sunday.

Similar avalanche warning has also been issued for the people living 2200-2500 metres above sea level in Bandipora, Baramulla, Kupwara in north Kashmir and Doda, Kishtwar, Poonch and Ramban in Jammu division in the next 24 hours.



People living in these areas are advised to take precautions and avoid venturing in the avalanche prone areas, the statement added.

A Fresh Western Disturbance is likely to cause widespread light to moderate snow in plains of Kashmir and rains in Jammu and moderate to heavy snowfall over middle and higher reaches on Sunday, Met office Said.

BJP committed to J&K's inclusive growth: Devender Rana

J I NEWS DESK
NAGROTA, JAN 29



Saying that Prime Minister Mr Narendra Modi has transformed the country's politico-development ethos in the recent past, Senior BJP leader Mr Devender Singh Rana today said the world's largest political party is committed to inclusive growth of Jammu and Kashmir in every sphere

by taking every segment along. "BJP's nationalistic character and inclusive ethos, guided by the Prime Minister's cherished Mantra of Sabka Saath, Sabka Vikas, Sabka Vishwas, Sabka Prayas is key to taking the nation to the glory it deserves in the century of nations", Mr Rana said while interacting with people during his day long visit to Suketar, Janakha, Jammu and Kashmir in every sphere

CONTRIBUTION ON PAGE 4

Rahul unfurled Tricolour at Lal Chowk after Nehru in 1948— another big lie by Cong: Purnima

JJ NEWS SERVICE
JAMMU, JAN 29: Advocate Purnima Sharma, Spokesperson BJP J&K and former Deputy Mayor on Sunday refuted the claim that Rahul Gandhi unfurled Tricolour at Lal Chowk after Pt. Jawaharlal Nehru in 1948 by terming the same as another big lie by the Congress.

Addressing a gathering here, the BJP's Spokesperson said that there is no truth in the assertion as Congress leadership is brazenly playing politics on the National Flag by twisting facts and figures.

The BJP Spokesperson alleged that Congress is marred with memory loss



because just a year ago, the entire Kashmir was bloomed with hoisting of National Flags as every nook and corner including the Lal Chowk was witness to this unique 'phenomenon' whereby people came on roads and buildings to hoist the Tricolour. She said that the quantum of love for Tricolour was so colossal that Kashmir

province faced shortage of National Flags and those stitching the same had to work overtime to cope up with the shortage.

The former Deputy Mayor said that the Congress leadership should thank PM Narendra Modi for scrapping the contentious Article 370 because had the special status of J&K remained intact, it would not have been possible for Rahul Gandhi to even think of standing at Lal Chowk in Srinagar. She said that the credit of bringing National Flag culture to the Valley goes to BJP and its strong leadership because under the Congress regimes, anti-nationalists used to rule the roost and often disgrace the

things which are of utmost importance for India and Indians.

The senior BJP leader also slammed Mehbooba for her statement after participating in Bharat Jodo Yatra.

She said that due to wrong policies of NC, Congress and PDP, terrorism sprouted in the Valley and the situation turned grim in this part of India.

Purnima Sharma was interacting with people after the Mann Ki Baat programme organized at Booth No. 129 in Jammu East constituency. She appealed people to support the pro-people policies of Modi Government for equitable development of Jammu and Kashmir.

PM Secretary to dispose E-Waste to safeguard "Environment" during Mann ki Baat

JJ NEWS SERVICE

JAMMU, JAN 29: Prime Minister Narendra Modi's popular AIR programme "Mann Ki Baat" was listened to in various programmes organized by party leaders to listen to the programme amongst the groups of prominent social and political activists. Corporator Ward No. 50 Channi Himmat Neena Gupta, J&K BJP State Head Information Technology (IT) Department Advocate Ishant Gupta, State IT Co-Incharge Advocate Varun Gupta, Secretary Trikuta Nagar Mandal & Ward No. 50 President Pawan Kumar Dhunna, Trishula Gupta, Booth No. 64 President Suresh Gupta, Booth No. 65 President Ashu Deep Kohli, Sumit Mahajan, Sandeep Singh, and Varun Singh listened to the "Mann Ki Baat" programme at Booth No. 64 in Ward No. 50 Channi Himmat Jammu with the prominent local residents.

Ishant Gupta, in his address said that Modi ji in today's Mann Ki Baat, focused on E-Waste means Electronic Waste. The electrical and electronics goods that we throw away after use in our homes and industries, the waste thrown away is called electronic waste



(e-waste). It becomes a problem for the environment when it is not collected properly and disposed of in an unsanitary manner. He said that it is a matter of pride for the people of Country when the PM said that the United Nations has taken the decision of both International Yoga Day and International Millet Year after India's proposal. Yoga is also related to health and millet also plays an important role in health. A revolution is on the way due to public participation in both the campaigns.

Neena Gupta said that it is a matter of pride for "Women's" that PM Modi mentioned the Republic Day celebrations in Mann Ki Baat and appreciated

"Women's Participation" as a matter of pride as he mentioned participation of Women camel riders and women contingent of CRPF who took part in this parade for the first time are also being highly appreciated.

Pawan Kumar Dhunna said that "Mann Ki Baat" portrays "Modi Vision" towards "Public Participation in Nation Building" following the path of "Saab Ka Saath, Saab Ka Vikas, Saab Ka Vishwas" Mission.

Suresh Gupta extended vote of thanks and said that Mann Ki Baat Programme is a part of BJP's extensive programme to take the highest level of governance to every common person.

SKUAST-TAJ calls on VC, discuss just issues of varsity



JJ NEWS SERVICE

JAMMU, JAN 29: The executive committee of SKUAST-Teaching Association Jammu (SKUAST-TAJ) under the chairmanship of its president Dr. Vikas Sharma calls on VC SKUAST-J. Dr. Nazir Ahmad Ganai in his office at Main Campus Chatha. The association discussed the various burning and just issues of SKUAST-Jammu with the Hon'ble VC, who happened to be Vice Chancellor of SKUAST-Kashmir and recently got the charge for the post of VC SKUAST-J in addition to his own duties till the selection / appointment of new VC of SKUAST-J

Dr. Vikas Sharma President TAJ put forth the major demand of teaching fraternity regarding the release of increased salary / dues and arrears for teachers who get promotions under Career Advancement Scheme (CAS) for Teachers in June 2022. Dr. Vikas informed the VC that the fact remains that the employee has been promoted and he/she is entitled for all promotional benefits on and from the date of promotion / assumption of charge of higher post, but in SKUAST-J more than 150 teachers were promoted in June 2022 to the post of Associate Professor / Senior Scientist and Professor / Chief Scientist under CAS.

but after the lapse of 07 months their promotional benefits in the form of increased salary / arrears are still awaited. The teaching association of SKUAST-Jammu also stressed for the abolition of contract system for the engagement of unskilled labourers in SKUAST-Jammu. Dr. Vikas informed that the University is principal employer and paying wages for all the unskilled labourers engaged in SKUAST-J, but the contractor, so called thekedar, is unnecessarily minting money as a middleman that leads to the delay in release of wages for these poor labourers. So, "thekedari system" must be stamped out for the welfare of unskilled labourers as these thekedars neither provide the labourers nor release the salary and other benefits of labourers on time.

The house also showed concern for initiation of process for signing MoU between SKUAST-Jammu and ICAR-CITH, Srinagar for increasing the research efficiency of the Institution. After patient hearing, Hon'ble VC assured the TAJ members to solve these agendas as soon as possible. Besides, Dr. Pradeep Kumar Rai-joint Secretary, Dr. Devinder Sharma-Publicity Secretary, the meeting was attended by Dr. Rajeev Bharat and Dr. Anil Bhat.

Mehbooba appreciating Tringa is a clear sign of new J&K: Vibodh

JJ NEWS SERVICE

JAMMU, JAN 29: BJP State General Secretary and former MLC Vibodh Gupta accompanied by BJP senior leaders today visited the border village Dassal and organised meeting with the local residents of the area. In the meeting the local people while appreciating the direct benefits of the various schemes of Modi Government also highlighted their various issues and concerns. On this occasion detailed discussions were also held on mobilizing local party leaders

Speaking on the occasion, Vibodh came down heavily on leaders like Mehbooba Mufti who has now changed their tone and have started appreciating hoisting of Tringa at Lal Chowk in Srinagar.

This he said is the clear sign of the new J&K which is being transformed in line with the vision and mission of PM Modi. While referring to the massive developmental initiatives, Vibodh said that today development in the form of massive road networks and other infrastructure is clearly visible



on the ground. He termed the present era as best era for country and called upon everyone to dedicate themselves to the development of the country.

While referring to various policies and programmes of Government, Vibodh said that BJP is no longer a political movement, but also a social movement working to transform socio-economic conditions of poor and marginalised communities.

He advised the party workers to

forgo connections with all the sections of the society with sensitivity and try to address their genuine issues. While referring to various issues raised by locals, Vibodh assured the locals that all these issues will get the attention from the concerned quarters and will be resolved in a early and phased manner.

Prominent among others who were present include sarpanch Kewal Sharma Mintu Sharma Ghanai Sham Sharma and others.

District Administration conducts anti encroachment drive at various places in District Udhampur

JJ NEWS SERVICE

UDHAMPUR, JANUARY 29: On the directions of District Magistrate, Udhampur Kritika Jyotsna, a team of Revenue and police department headed by Assistant Commissioner Revenue Rafiq Ahmad Jara today conducted an anti encroachment drive at village Chakhar, Narsoo, Mand and Village Tikri of Tehsil Udhampur to retrieve illegally occupied land.

During the drive, 76 kanal 5

Marlas land was restored from illegal encroachers in Village Chakhar, while prime land measuring 20 Kanal was retrieved in village Narsoo, 60 kanal at Mand and 37 kanal at Tikri.

Similar anti encroachment drive was carried out in Sub Division Chenani and retrieved 59 Kanal and 11 Marla of State land at prime locations in village Ancha and Batna from encroachers.

The sign boards indicating the evicted land as State/Govt land has

also been installed at these locations. The encroached land reclaimed is worth Crores of value.

Likewise, an anti encroachment drive was also conducted at village kanoor of Tehsil Majjala where 65 kanal kaikharai and state land was retrieved at prime locations near Dhar road.

The District Administration has activated men and machinery on mission mode to evict the illegal occupants from the state land.

SNM organises blood donation camp



JJ NEWS SERVICE

JAMMU, JAN 29: With the blessings of Her Holiness Satguru Mata Sudhiksha Ji Maharaj, Sant Nirankari Charitable Foundation (Social Wing of Sant Nirankari Mission) organized a volunteer blood donation camp at Sant Nirankari Satsang Bhawan, Vijaypur (Jammu) to spread the message of Nirankari Baba Ji that 'blood should flow in veins not in drains'. Devotees from local Branches of Sant Nirankari Mission i.e.,

Bishnah, Ramgarh and Pandorian also participated in this camp.

This camp was inaugurated by Sh. Ranjeet Singh, Deputy Commissioner (State Tax Kathua and Sh. Rakesh Dubey, Additional Deputy Commissioner Samba. While speaking on the occasion Sh. Rakesh Dubey glorified blood donation to be highest of all the donations and also highlighted the enthusiasm of the devotees who were eager to donate their blood selflessly in the long ques

waiting for their turns. He appreciated the Sant Nirankari Mission for their true services towards the welfare of the mankind.

Ajit Singh, Zonal Incharge, Zone 1 Jammu thanked the Chief Guest, Doctor's their team; and all the blood donors. He said that the first Blood Donation Camp was organized in Delhi in Nov, 1986 and since then for last 37 years nearly about 8000 Blood Donation Camps have been organized so far by the Sant Nirankari

Mission and more than 12lakh units of blood have been donated till date. In the present time under the divine blessings of Her Holiness Satguru Mata Sudhiksha ji Maharaj about 500 Blood Donation camps are organised across India in a year. He also highlighted the other charitable and socio-economic activities organized by the mission from time to time.

Vijaypur expressed his gratitude to the participants of the camp.

Other Dignitaries present on the occasion were Dr. Anshu Mahajan, Dr. Anuradha Rajwal from Blood Bank GMC Jammu, Sh. B.R. Lachotra former Director General Planning, Sh. Ramesh Kumar (Executive Engineer) Sh. Satpal Mukhi Bishnah, Sh. Lekh Raj Mukhi Pandorian and several senior citizens and social workers of the society.

The camp was held in collaboration with blood & transfusion dept. of Govt. Medical College Jammu, Indian Red Cross Society & JK SACS.

Karan provides Ayushman Bharat card to needy patient

JJ NEWS SERVICE

JAMMU, JAN 29: Taking Narendra Modi led NDA Government schemes at grass root level, Former District General Secretary and BJP Leader Advocate Karan Sat Sharma provided Ayushman Bharat Golden card to a needy patient Tirath Raj at his residence in Rehari area. Sharma was also accompanied by Social Activist Abhishek Sharma and several others.

Speaking on the occasion, Karan said that the flagship scheme of the Government, Ayushman Bharat is the vision of our hardworking Prime Minister Narendra Modi to provide universal health care to the poor, needy and vulnerable sections of the country, who most need it.

A path-breaking approach and a game-changer, it is probably the biggest public healthcare initiative in the world, he stated.

He also stated that Tirath Ji was



unable to cope up with the expenses of the hospital for his treatment as the family does not have enough financial resources to cope up with the treatment but being a responsible citizens it is our duty to help the needy in every way possible and that is the reason the we decided to help him in getting his Ayushman Bharat Golden card as soon as possible.

He also lauded the efforts of Abhishek Sharma for preparing his and his family's Golden Card within a few days. Abhishek said that many Central sponsored schemes were implemented in Jammu West at grass root level under the leadership of Former MLA Sat Sharma which helped the common man a lot to change its lifestyle.

Prime commercial, Roshni land retrieved near NH 44 in Samba

Illegal constructions by influential persons demolished

JJ NEWS SERVICE

SAMBA, JANUARY 29: District Administration Samba today retrieved Prime Commercial Roshni land near Mansar Morh on National Highway in district Samba.

Two patches of prime land, in possession of some influential persons, were retrieved today.

The illegal possession was retrieved

after a day-long anti encroachment drive. A JCB Machine was deployed for dismantling the RCC structures, boundary walls, pavements etc constructed on the land. Revenue officer informed that Roshni land measuring 3 Kanal under khasra no. 97/66 and 3 kanal -4 marla under khasra no. 97/66 retrieved with commercial worth crores.

Pertinently, the Samba administration has activated men and machinery on a mission mode to evict the illegal occupants and retrieved the State land. The anti-encroachment drive was carried out under supervision of Assistant Commissioner Revenue Samba Manu Hansa while officers from Revenue and Police alongwith field staff were also present.

Dy Mayor discusses issues of skill upgradation, self-employment opportunities for youth

JI NEWS SERVICE

JAMMU, JAN 29: Deputy Mayor of Jammu, Baldev Singh Billawaria chaired a meeting to discuss the issues of skill upgradation and self-employment opportunities for the youth of Jammu city. The meeting was attended by Commissioner, JMC, Secretary, JMC, Committee Members Satpal Karlupia, Kapil Singh Chib & representatives of local trade and industry associations, and NGOs working towards the skill development of the youth.

In his address, Baldev Singh Billawaria, "The youth of Jammu are our most valuable resource and it is our duty to provide them with ample opportunities to hone their skills and achieve self-employment. We must ensure that the youth of our city are provided with the necessary skills and resources to be able to live a better life."

The meeting discussed several measures to be taken in order to promote skill upgradation and self-employment among the youth of Jammu city. These included setting up of skill development centers, providing access to government schemes and subsidies, and launching awareness drives to educate the youth about the importance of skill development.

Deputy Mayor Jammu, Baldev Singh Billawaria also highlighted the importance of providing financial assistance and resources to help young entrepreneurs to set up their businesses. He praised the efforts of the organisations and associations present at the meeting for their commitment to helping young people become self-employed.

Confederation of All India Traders President Neeraj Anand put their suggestion on skilled upgradation said that the unemployed youth should be



provided basics knowledge of computer courses so that they can perform any kind of work unless and until they don't have the basic knowledge of basics of computer they will not be able to do any kind of job. He said that this will increase the employability of youth and will also help in the growth and development of the country. He also suggested that the government should provide incentives to the youth who are willing to learn new skills and be more employable. This will help in creating more jobs and also in increasing the productivity of Jammu.

The President Skill training institute Puneet Mahajan said Demand and supply based Skill program should be initiated, place and train models should be adopted. Also, the placement portal where demand and supply can be updated the students having and are doing Skill Development programs will have job assurance. The initiative taken by Deputy Mayor Jammu is appraised and also to involve industries from Small shops to big houses can be brought together which will be a near boost to Skill Development programs.

Founder French Club Arun Kumar said that the youth of Jammu should be provided with training in

various fields such as fashion and designing, tailoring, computer applications, etc. at a minimum fee structure to make the training accessible to all. This will help them become self-employed and will also help in their skill upgradation. Moreover, the Deputy Mayor Jammu should also provide incentives to the trainers and the trainees to motivate them to undergo the training. This will help in bringing out the best in them and will also help in creating more job opportunities in the Jammu city.

The representative from automobile Ajay Chandel put their ideas as to how the youth of Jammu can be trained in automobile mechanics and be employed in various automobile and transport related works. They discussed the need to provide necessary training and certification to the local youth.

The Deputy Mayor appreciated the efforts of the automobile representatives and asked the concerned departments to work on the implementation of the automotive training program in Jammu. He asked the concerned departments to come up with a plan of action and set up necessary infrastructure to ensure that the training program is conducted properly.

The Deputy Mayor assured the different associations that the Jammu Municipal Corporation will take all necessary steps to ensure that the youth of Jammu are provided with the necessary resources to be able to pursue their dreams and achieve self-employment. The Deputy Mayor encouraged everyone present to come forward and join hands to provide job opportunities and self-employment for youth.

Commissioner of the Jammu Municipal Corporation, concluded the meeting with a call for all stakeholders to come together to ensure the success of this initiative and to provide the necessary support to youth. He said that he would like to express my sincere gratitude to the Deputy Mayor of Jammu for organizing such a meeting on the topic of skilled upgradation and self-employment. This meeting is a great initiative that will help the youth of Jammu in becoming more self-reliant and employable. I would like to assure the Deputy Mayor of Jammu that the Jammu Municipal Corporation will take all necessary steps to empower the youth of Jammu. We will also create and implement various programs to promote entrepreneurship in the region.

Sure Diagnostic Lab organizes free orthopedic check-up camp Start caring about your orthopedic health from a younger age: Ritika Trehan

JI NEWS SERVICE

JAMMU, JAN 29: Sure Diagnostic Lab organized Free orthopedic check-up camp by Dr Rakesh Sharma, M5 Ortho AO Fellow (ASIF) Germany, KTD Fellow Arthroplasty Mumbai, Life member India Orthopedic Association, Life member Indian Arthroplasty Association. Around 100 patients were examined in the camp today and free medicines were also distributed. BJP Mahila Morcha J&K Chief Spokesperson Ritika Trehan was guest of honour on this occasion.

Dr Rakesh Sharma speaking on the occasion said that a tumble in your early 20s may leave you unscathed. But when you're in your 50s, 60s, and beyond, it will leave you with serious physical injury. That's because with age, your body has changed. And this means the needs and capabilities of your orthopedic health have changed as well. He said its nutrition requirement is now more common.



The joints have started to wear out and aren't what they were years back. Your orthopedic structure requires proper care to stay strong. This is why visiting for a checkup to the best bone doctor on a regular basis is critical, especially as you get older, added Dr Rakesh.

BJP Mahila Morcha J&K Chief Spokesperson Ritika Trehan appreciated Sure Diagnostic Lab for organizing free orthopedic check-up camp and providing

50% discount on other tests. Speaking on other she said good health should be top priority for each and every one as there is well known saying that a sound mind resides in a sound body.

She further said as we get older into your 50s, 60s, and more, we would still want to be physically able. We would want to move around without pain or difficulty and want fewer injuries and better mobility. This is only possible

when we start caring about our orthopedic health from a younger age. No matter what's our age at present, it's the best time to start caring more about the health of our bones and joints. Find a good orthopedic doctor and visit the clinic for a regular check-up. Make regular orthopedic check-ups a part of your annual healthcare routine and move forward confidently to be old, physically fit and healthy, added Ritika Trehan.

Kavinder pities Cong as Farooq, Mehbooba, Omar stay away from Rahul's Tricolour hoisting in Srinagar

Kick starts development works of lanes and drains in Ward No 20



JI NEWS SERVICE

JAMMU, JAN 29: Kavinder Gupta, former Deputy Chief Minister and senior Bharatiya Janata Party (BJP) leader has poohooed the Congress party's Bharat Jodo Yatra saying that the Yatra got totally punctured in its last lap when NC and PDP Leaders Farooq Abdullah, Omar Abdullah and Mehbooba Mufti stayed away from National flag hoisting in Lal Chowk thus leaving Rahul Gandhi alone.

Kavinder expressed this while addressing a gathering during a programme organized here today to kick-start the work of lanes and drains at Ward No: 20 Valsmiki Colony, Gandhi

Nagar here today.

The former Deputy Chief Minister said this itself proves that those supporting his Yatra are only a bunch of anti-national who have been rejected by the nationalist people of J&K since long. He said that it is time for Rahul Gandhi to realize that Congress is almost extinct now and the last minute efforts to revive it by holding the said Yatra cannot provide any relief to the party.

Earlier, Kavinder inaugurated the execution of the work estimated to be completed at a cost about Rs. 32 lakh in the presence of Corporator of the Ward Rahul Kumar.

Prominent among others

present on the occasion were Vishal Gupta, Rajesh Khullar, Sandeep Gupta, Rachit Khosla, Mohit Seth, Ritika Trehan, Monika Khosla, Vijay Verma, Sandeep Gupta, Jang Bahadur and Anil Gupta besides a large number of local residents of the area.

The senior BJP leader asserted that the Govt at the Centre is paying focussed attention to Jammu and Kashmir Union Territory to ensure welfare and prosperity of the people of this region. Addressing the gathering, Kavinder said, "The Union Government is paying focussed attention towards Jammu and Kashmir Union Territory and is determined to carry

out developmental activities in every nook and corner of this sensitive region." He said that the Govt stands fully committed to ensure the prosperity and welfare of the people especially the underprivileged sections of the society by providing the requisite infrastructure in all the areas. He asserted that BJP has already provided domicile certificates to Valmikis after abrogation of Article 370 thus ending the decades' old discrimination against this.

Kavinder Gupta while congratulating the people of the area on commencement of the work said that this work of lanes and drains taken up today was a long pending demand of the people of this area and after the completion of this project the people of this Ward will get benefited. He appreciated Councillor Rahul Kumar for making relentless efforts in keeping the wheel of development moving at full pace in the ward whether it is roads, sanitation and drinking water or power supply.

Meanwhile, the locals demanded that underground cabling should also be done in the streets of the ward and Kavinder assured them of duly considering the same.

Only united opposition can oust BJP in 2024 elections: Rattan Lal

JI NEWS SERVICE

JAMMU, JAN 29: Rattan Lal Gupta, Provincial President Jammu and Kashmir National Conference (JKNC) Jammu has asserted that united opposition alone can oust the Bharatiya Janata Party in the forthcoming 2024 Parliamentary elections. He said that Bharat Jodo Yatra has done a commendable role in bringing the opposition parties together and the same needs to be strengthened further to leave no scope at all for the BJP to return to power in 2024.

In a statement issued to media here today, the senior National Conference leader said that Bharat Jodo Yatra has proved a great success with National Conference supporting it wholeheartedly.

He said that the overwhelming support and participation of the people during the Yatra especially in Jammu and Kashmir has become a matter of serious concern for the BJP leaders who are in a state of utter frustration today, giving sleepless nights to them. He said that massive participation of people in the Yatra showed anger against the UT administration.

He asserted that it is high time for the opposition parties across the country to come on a single platform to counter the anti-people agenda of BJP that has gifted to the people nothing except miseries.

Elaborating further on the equations in the forthcoming elections, Rattan Lal Gupta said that BJP is in power with only 35 per-

cent voters having voted for it while despite 65 percent voters being with the opposition failed to put it in power because of vote division and absence of unity among the opposition.

He said that in such a situation the unity of opposition is need of the hour as only then we will be able to control such entities like BJP from spreading hatred across the nation.

Rattan Lal Gupta that as of today, there is a need for a coalition leadership among the opposition parties at least to fight the 2024 National elections.

Meanwhile, Rattan Lal Gupta expressed strong resentment against the UT Administration for misleading people of the country by claiming that all is well while the reality

is contrary with peace still being a distant dream, employees having come on roads holding protests for their genuine rights besides recruitment scams having plunged the future of youth in Jammu and Kashmir into absolute darkness. He said that as if all this was not enough that the Govt is harassing the common people by issuing eviction notices to them and rendering them homeless in harsh winter.

The senior NC leader lamented that for the first time in history of J&K, top leaders of opposition and former ministers and Legislators were ignored during the National function hosted at Raj Bhawan, Jammu, but only those associated with BJP or close to the Administration were invited in the function.

Chairperson DDC Ramban inaugurates Eye Clinic

Calls for creating adequate healthcare facilities in this hilly district

JI NEWS SERVICE

RAMBAN, JANUARY 29: Chairperson District Development Council, Ramban, Dr Shamsud Shah today underlined the need for creating adequate healthcare facilities in the district to save the people to travel to capital cities and out of J&K for getting treatment. She was speaking after inaugurating a Private Eye Clinic in Maitra



Ramban. Among others the Councillor DDC, Raigarh and Gandhi besides promi-

nent citizens were present on the occasion. The Chairperson said that the establishment of such ad-

ditional facilities in hilly areas will enable the local people to avail specialized healthcare facilities within the district. The Chairperson said that 'our prime focus is on developing modern healthcare facilities under the Government sector besides supporting the private sector to establish their health institutions across the district.'

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

JI NEWS SERVICE

JAMMU, JAN 29: 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 proportions 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 Pandit with extreme sensitivity and those criticizing the same are biased and must be having certain vested interests.

The BJYM leader said that the 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.

IICA launches Third Batch of Flagship Valuation Course to strengthen the Valuation Ecosystem

NEW DELHI, JAN 29

The Indian Institute of Corporate Affairs (IICA), a think tank under the Ministry of Corporate Affairs, Government of India launched today the third batch of IICA Valuation Certificate Program (IVCP) – the Gold Standard in Valuation Education.

The virtual programme organized on 28th January, 2023 had the august presence of Joint Secretary, Ministry of Corporate Affairs and Board Member of Insolvency and Bankruptcy Board of India, Ms Anita Shah Akella as the Chief Guest. Shri Praveen Kumar, Director General and CEO, Indian Institute of Corporate Affairs; Ms Veni Thapar, Board Member Bank of India & IICA; Shri Rajiv Singh FCA, leading valuation practitioner and adjunct faculty, IICA and Prof (Dr) Naveen Sirohi, Founding Head, School of Finance, addressed the participants at the inaugural ceremony.

Addressing the participants, Ms Anita Shah Akella emphasised the importance of Valuation in economic growth and stability. She added that government is seriously contemplating strengthening the valuation ecosystem in the country and complimented IICA for its contribution in augmenting valuation ecosystem by soft skills and technical expertise through the course. She shared that IICA has been working to bring the entire valuation of an entity through more transparent, uniform and India-centric valuation standards and desired that IICA, with its developed competencies in valuation field and network of experts, can effectively contribute objectivity since IICA is not involved in providing valuation services, directly or indirectly.

Recalling her experience as a participant of the foundation batch of IVCP course, Ms Veni Thapar opined that the course curriculum is not merely a compilation of valuation number-crunching exercises but a combination of multiple short courses to offer a holistic, interdisciplinary understanding of



valuation. She revealed that the IVCP programme emphasises learning through granular understanding of different perspective of valuation knowledge, assumptions and the correct and appropriate applications.

Praveen Kumar, Director General and CEO of IICA, said that as a think tank IICA is actively engaged in capacity building, education, research, advocacy and advisory services on contemporary issues of the business community and the focus areas of the Government with valuation being one. The institute identifies proactively areas ahead of what the industry demands and offers unique solutions. He congratulated the participants for opting to the valuation course and asked them to approach the learning with a seeker's mindset.

Rajiv Singh FCA, valuation expert of repute and adjunct faculty, IICA said that IVCP is designed as one

of the most extensive valuation courses globally. The Course contents has many dimensions not covered by any other course internationally like valuation for arbitration concept, transfer-pricing valuation issues, financial instrument valuation, fair value measurement standards and behavioural finance.

Prof Naveen Sirohi, Founding Head School of Finance, IICA and Course Director, mentioned that the course has a true holistic approach to improve valuation ecosystem. The course is aligned to International Valuation Standards giving it a global flavor which is necessary in the present interconnected world. The faculty consists of global experts drawn from academia, industry and regulatory bodies. The event was attended by 100+ participants of batch III from diverse educational and professional background and working with regulatory bodies, public sector undertakings, banks, financial institutions, registered valuers and professionals. Dr Akhilesh Tripathi, Mr Narendra Saun and Mr Abhijit Chakrabarty were also present in the event.

IICA Valuation Certificate Program (IVCP) is a flagship course by IICA that has earned the distinction of 'Gold Standard in Valuation Education'. Launched in 2019, 250+ participants from diverse backgrounds have registered for the course with average experience of 20+ years. The course is recognized by International Valuation Standards Council (IVSC) and is recommended by Insolvency and Bankruptcy Board of India (IBBI) to all Registered Valuers (RVs), Department of Financial Services (DFS) and Central Public Sector Banks (CPSBs) and Financial Institutions (FIs) and Department of Investment and Public Asset Management (DIPAM) to all Central Public Sector Enterprises (CPSEs).

FROM THE FRONT PAGE...

Read inspiring...

any reward for it. The satisfaction on the face of those from whom they are working is the biggest award for them," he said.

"The pride of our countrymen has risen by honouring such dedicated people. I may not be able to take the names of all the Padma awardees here, but I definitely request you to know in detail about the inspirational life of these Padma awardees and tell others as well," he added.

Lt Governor...

for the development of this important sector, the Lt Governor said.

The Lt Governor directed the Handicrafts department for product diversification, brand promotion and marketing strategy to connect buyers and artisans.

He also emphasized on regular consultation of stakeholders, holding regular Buyer-Seller meets and promotion of Self-Help Groups and Artisans at various platforms.

A live demonstration of QR code scanning of the products was presented on the occasion.

The souvenirs of G20 featuring local crafts were also presented to the Lt Governor.

The products for which the QR-Code based labels launched today are Kashmiri Pashmina, Kashmiri Sozni, Kani Shawl, Paper Machie, Khatamband, Kashmir Walnut Wood Carving (GI Registered Crafts), and Namdah, Crewel, Chain-Stitch, Silverware, Filigree, Copperware and Willow Wicker (Non-GI Crafts).

It was informed by the department that with today's launch, J&K UT has become the first region in the country to issue QR (Quick Response) based labels for all its crafts. The process of getting QR registration for 10 other crafts is under process.

Dr Arun Kumar Mehta, Chief Secretary; Sh. Prashant Goyal, Principal Secretary, Industries & Commerce Department; HODs, senior officials and Artisans were present.

Citizen-centricity...

with a keenness to stick to timeline.

Modi has the capacity to walk the talk which is borne out by decisions like abrogation of Article 370 and construction of Ram Jammabhooni temple, he said.

He said that grassroots participation of the citizens is being realised in Jammu & Kashmir only after Modi came to power in May, 2014.

On Bharat Jodo Yatra, Singh said, this government does not follow the practice of stopping yatras as was being done by successive Congress governments.

He said that in 1953, BJP's ideologue Syama Prasad Mookerjee was illegally detained, when he was trying to enter Jammu and Kashmir and after a brief detention he died in a mysterious circumstance.

Singh said, in 1992, Modi was the key organiser of the BJP's Ekta Yatra under leadership of Dr Mulri Manohar Joshi, when they unfurled the national flag at Srinagar's Lal Chowk.

Senior army officer...

visited Naushera, Bimber Gali, Poonch and Krishna Ghati sectors and interacted with the troops, the officials said.

The officials said Lt Gen Jain appreciated the high standards of professional excellence and operational preparedness during his interaction with the troops on the ground.

Army and other security forces are on high alert in the twin districts to scold infiltration attempts from across the border and neutralize the terrorists involved in the recent attacks in the Jammu region.

Seven persons were killed and 14 others injured when terrorists attacked Dhangri village on January 1. Two terrorists were killed when they tried to infiltrate from across the border into the Balakot sector of Poonch on January 7.

Kashmir valley...

An emergency, on January 31 the weather will remain Cloudy with Light Snow/Rain at isolated to Scattered places while from February 1st partly Cloudy weather is expected till evening of February 4.

The minimum temperature drop at most places of Kashmir valley with Srinagar had a low of minus 2.4 degree Celsius against 1.7 degree Celsius. It was 1.4 degree below normal during this period of the season for the summer capital of Jammu and Kashmir.

Pahalgam in south Kashmir recorded a low of minus 5.6 degree Celsius against minus 6.9 degree Celsius. It was 0.5 degree below normal for the valley of shepherds during the period.

Razgunm on Srinagar-Jammu national highway recorded a low of minus 2.6 degree Celsius while Kokurnag had a low of minus 2.7 degree Celsius on Sunday.

Gulmarg in north Kashmir remained the coldest place in Kashmir valley and settled with minus 7.2 degree Celsius for the second consecutive day on Sunday. However, it was 0.3 degrees above normal for the famous ski resort.

Kupwara, the frontier Kashmir district had a low of minus 1.0 degree Celsius against minus 2.6 degree Celsius Saturday night, the MeT official said.

As "Bharat Jodo..."

"Rahul tweeted.

Earlier today, the last leg of the yatra resumed from Srinagar's Pantha chowk area. There was a massive deployment of security forces in Srinagar and the roads leading to the yatra route were barricaded.

General Secretary of the Congress party Prinyanka Gandhi, Jammu and Kashmir affairs in-charge Rajni Patel, Jai Ram Ramesh, AICC J&K President Vikar Rasool and other senior leaders were also present during the ceremony.

On Monday, Rahul would address a public rally at the Sher-e-Kashmir Cricket Stadium in Srinagar where the leaders of the opposition parties have also been invited to attend. 21 parties were invited for the function, but some are not attending. The rally in Srinagar will formally culminate the Bharat Jodo Yatra which began from Kanyakumari on September 7, 2022.

After court directions...

building office of Hurriyat Conference situated at Raj Bagh, Srinagar.

Reacting to the attachment of its headquarter, Hurriyat said it will not detach people from their 'sentiment: to see the resolution of the Kashmir conflict.

"...those in command and control of J&K should know that the sentiment and resolution of the Kashmir conflict and to live in fearless peace, is embedded in the people of Jammu and Kashmir. Hurriyat is a manifestation of that desire. Attaching buildings of stone and mortar will not detach people from their sentiment. They will continue to seek peaceful resolution," APHC said in a statement. "It seems govt applies to the people of Kashmir to send another shrill message to the people of Kashmir and get votes outside by it, but people of Jammu & Kashmir know better."

Govt approves...

quality promotion and value addition, leading to profitable accessibility to the market.

To promote these niche crops at the export level, the project shall also undertake tagging of identified niche crops, for which descriptors will be developed for their uniqueness. Likewise, the project will ensure human resource development for capacity building and employment generation. The project is being jointly undertaken by SKUAST Jammu and Kashmir besides the Agriculture and Farmer Welfare Department, Jammu and Kashmir.

Promotion of Niche Crops is one among the 29 projects, which were approved by the Jammu and Kashmir administration after being recommended by the UT Level Apex Committee for holistic development of Agriculture and allied sectors in the UT of J&K. The prestigious committee is headed by Dr Mangala Rai, Former DG ICAR with other luminaries in the field of Agriculture, Planning, Statistics and Administration like Ashok Dalvi, CEO NRAA, Dr P. K. Joshi, Secretary, NAAS, Dr. Prabhat Kumar, Horticulture Commissioner MOA and FW, Dr. H S Gupta, Former Director, IARI, Atal Dulloo, Additional Chief Secretary (ACS), Agriculture Production Department (APD), apart from the Vice-Chancellors of twin Agriculture Universities of the UT.

There is a long history of cultivating these niche crops in J&K, particularly in heritage sites such as Pampore, Gurez, Padder, Kishtwar, Bhaderwah, Bandipora, Sagar, Tangdar, Ramban and Poonch." Mr Dulloo said, adding that these crops, including spices, aromatic crops and underutilized horticultural crops, have a significant commercial value and potential to be awarded a GI tag, similar to the tag achieved for Kashmir Saffron.

Currently, spice niche crops are cultivated on 5525 hectare with a total production of 10163 metric tons. Similarly, aromatic crops are cultivated on 250 hectares, with a total production of 750 metric tons. Herbs and horticultural crops are scattered, with a very low area of 547 hectares, and a production of 81 metric tons. The existing production scenario suggests a great scope for enhancing production to bridge the prevailing market deficit.

Diversification of niche crops in potential areas has been proposed on 1100 hectare of land in various districts of the state. Specifically, saffron will be grown on 290 ha in Kupwara, Baramulla, Ganderbal, Bandipora, Kulgam, Shopian, Anantnag, Doda, Ramban, Poonch, Rajouri, Reasi and Udhampur, Kalazeera on 300 ha in Bandipora, Kishtwar and Pulwama, Kashmiri Lal Mirch on 1000 ha in Anantnag, Kulgam and Kupwara, Peanut on 10 ha in Doda, Rajouri, Poonch and Kishtwar, Bhaderwah Rajmash on 6000 ha in Kishtwar, Kathua, Poonch, Rajouri and Doda, Hill Garlic on

2000 ha in Jammu, Samba, Kathua and Udhampur, Mushki-budji on 800 ha in Anantnag, Kulgam and Kupwara besides Red Rice on 500 ha in District Anantnag, Baramulla, Kupwara and Budgam districts.

To meet the emerging market demand for niche crops as functional food, there is an immediate need to extend the area of cultivation in similar agro-ecological conditions in J&K, either as a sole crop or as an intercrop. The introduction of niche value chains in prevailing cropping systems will not only increase production but will also be a good way of raising farmers income substantially, ensuring livelihood security and stability. The expanded area of cultivation will include Kupwara, Baramulla, Ganderbal, Bandipora, Kulgam, Budgam, Pulwama, Shopian, Anantnag, Doda, Ramban, Poonch, Rajouri, Udhampur, Reasi, Samba, Kathua and Kishtwar.

One of the key challenges in expanding the area of cultivation is lack of availability of quality planting material. The project aims to address this challenge through establishment of 5182 registered nurseries on 408 ha and 44 seed villages over an area of 212 ha particularly in heritage sites such as Pampore, Gurez, Padder, Kishtwar, Bhaderwah, Bandipora, Sagar, Tangdar, Ramban and Poonch. The cumulative output from the nurseries/seed villages shall include 2159 MT of quality planting material, 40000 plants and 10 crore seedlings. The outcome of the project will serve as a pilot module for area expansion for production enhancement of high value crops as a long-term strategy in UT of J&K.

BJP committed to...

Chadali, Jhaljhar Kotli, Badsoo and Dansal in Nagrota Assembly Constituency.

Devender Rana said that Indian politics has entered into a new era of bonding with social barriers crashing and 'nation first' philosophy becoming the way of life and guiding force to ensure progression of all, irrespective of religion, region or caste. In this journey of New India, every segment of the society is working towards strengthening the hands of Mr Narendra Modi to carry forward his mission of nation building.

He referred to the great initiatives taken over the years and implementation of various schemes and welfare programmes with missionary zeal, saying these have resulted in the growth of every section of the society. The agenda of inclusiveness has instilled a sense of confidence and hope among the people, who have been craving for marching ahead as proud Indians to become part of the country's 'growth story', he added.

Rana said that the BJP's outreach to every single person across the country has unnerved and rattled the elements creating fear psychosis with sinister designs of creating vote banks. In this unholy pursuit they have been spreading negativity and dividing the people on the basis of religion and caste. This might have benefitted them to some extent but now that the people have started seeing through their dirty game plan, they are rallying behind the BJP for holistic development and equitable opportunities of progress to all, he said.

Rana dwelt in detail various path breaking initiatives across Jammu and Kashmir during the past nearly four years with an avowed objective of ensuring development, creating infrastructural facilities, strengthening utility services and giving fillip to growth as a result of massive investments. He said the investments will manifest in industrialization on a mega scale thus opening vistas of opportunities for economic empowerment and generation of jobs for professional technicians, educated and employed besides skilled and unskilled workforce. He said J&K is at the threshold of a new era of peace and progress as per Naya J&K vision of the Prime Minister.

Earlier Mr Rana listened Man ki Baat by Mr Narendra Modi at Booth No. 96 at Jhaljhar Kotli along with a large number of locals.

Those present during these interactions were Sd Nath Khajuria, Shamsher Singh Beloria, Mandal President Dansal, Tarsem Singh, Kuldeep Kumar, Sarpanch Janakha, Mohd Saifiq, Ex Sarpanch, Angrez Singh, Ex Sarpanch, Yograj Seth, Ratan Singh, Munshi Ram, Ajeet Singh Thappa, Sunil Thappa, Deepak Sharma, Soni, Ch Noor Ali and many others.

74th Republic Day...

the ever-popular 'Jahan Dal Dal Pe Sone ki Chidhriya' with simultaneous display of spectacular fireworks followed by the National Anthem.

Advisor to Lt Governor, Mayor Jammu Municipal Corporation; Chief Secretary; Additional Chief Secretary; Dr. Divisiva, Commissioner, Jammu; ADGP Jammu; elected representatives of ULBs and PRIs; former Legislators; Administrative Secretaries; senior Civil, Police, and Army officers; Vice Chairperson, J&K Khadi Village and Industries Board; prominent citizens; media persons and the youth in large number witnessed the centuries-old military tradition.

G-20 International Financial Architecture Working Group Meeting to be held in Chandigarh on 30-31 January



NEW DELHI, JAN 29

The first International Financial Architecture Working Group meeting of G-20 under the chairmanship of India will be held in Chandigarh on 30-31 January 2023. The meeting will be inaugurated by the Union Agriculture and Farmers Welfare Minister Shri Narendra Singh Tomar and Food Processing Industries Minister Shri Pashupati Kumar Paras. Shri Tomar reached Chandigarh this evening ahead of the meeting beginning tomorrow, where he was welcomed with cultural performances from Punjab and Haryana.

The International Financial Architecture Working Group is one of the important working groups under the G-20 finance track, which focuses on strengthening the international financial architecture. It will also aim to address various challenges faced by vulnerable countries. Around 100 delegates from G-20 member nations, invited countries and international organizations will participate in the two-day meeting. Discussions during the two-day meeting will be jointly moderated by the Ministry of Finance and the Reserve Bank of India, as well as by the co-chairs of the International Financial Architecture Working Group - France and South Korea. The meeting will discuss ways to enhance the stability and cohesion of the international financial architecture and how to make it capable of addressing the global challenges of the 21st century. The meeting will also focus on finding ways to maximize aid to poor and vulnerable countries. On the sidelines of the G-20 Working Group meeting on January 30, a G-20 event on 'Central Bank Digital Currencies (CBDCs): Opportunities and Challenges' will also be held. The objective of the event is to share country experiences and develop a deeper understanding of the wider implications of CBDCs. Prior to this meeting, a number of events have been organized across the city in Chandigarh, indicating widespread 'people's participation' and interest in the G-20 events under India's chairmanship.

As a precursor a seminar on 'Central Bank Digital Currencies: The Indian Story' was organized in Chandigarh on 25 January 2023. The events are aimed at creating awareness about the role of chairmanship of the G-20 in 2023 and its theme 'Vasudhaiva Kutumbakam' or 'One Earth - One Family - One Future'.

During India's G-20 Presidency, this working group will meet further in March, June and September to continue discussions on the priorities set under India's Presidency. The discussions at the International Financial Architecture Working Group meeting will inform the G-20 Finance Ministers and Central Bank Governors (FMCBGs) on key deliberations on related priorities under India's G-20 finance track. The first meeting of the G-20 Finance Ministers and Central Bank Governors is scheduled to be held in Bengaluru on 24-25 February 2023.

My brother inspired me to take up shooting; is always there to help me," says Shiva Narwal



NEW DELHI, JAN 29

One of India's top shooters and Tokyo Paralympics Gold Medalist Manish Narwal created history in the year 2021 when he won India a Gold medal at the Tokyo Paralympics while setting a new World Record.

His feat not only got him the prestigious Khelo Ratna Award but also inspired hundreds of kids to take up shooting and live their sporting passion.

But much before his exploits of 2021, Manish had inspired someone much closer home to not only take up shooting but to follow his footsteps and make a mark for himself in the field. His younger brother Shiva Narwal. Shiva won Gold in the 2020 edition of the Khelo India Youth Games and then again in the 2021 edition of the Games. The 17-year-old, also made his senior debut at the Egypt World Championships last year and had even come close to winning the Paris Olympic Quota when he reached the Finals of the 10m Air Pistol event and finished 8th.

He then used the disappointment of missing the World Championships medal to drive him at the Asian Airgun Championship and win Gold in the Men's Air Pistol event.

While Manish has now established himself as one of the best para-shooters in the country, Shiva's current is not only to win another medal at the Khelo India Youth Games but finish his hat trick of Gold.

"I am really happy that I have been selected for Khelo India Youth Games 2022 again. In the past, my performance in KIYG 2020 and KIYG 2021 has been really good and I hope that my performance continues to be good in Madhya Pradesh as well and that I win a Gold, once again for Haryana."

When asked if there is any added pressure being Manish's brother, the youngster is quick to back him up and says, "he is always there to help me."

"My elder sister and brother both do shooting and I started shooting after seeing Manish perform really well in the air pistol events," Shiva said.

He then went on to add "Manish always supports me if I have any problem in shooting and is always there to help me."

In the last edition of the Khelo India Youth Games, Shiva had a dominating score of 588 in the qualification phase which was five points better than his teammate Samrat Rana who was second after him. While he had gone to win Gold later at the event, parallelly his sister Shikha Narwal had gone on to win Bronze in the Girl's 10m Air Pistol event.

KIIT University holds mini marathon

JI NEWS SERVICE
JAMMU, JAN 29: To celebrate its Silver Jubilee Year, Kalinga Institute of Industrial Technology (KIIT), Deemed to be University, held a mini marathon here today.

Raveesh Mengi, President of Lakshya "The Aim" was Chief Convener of the event at Jammu.

The Marathon was flagged off today from ACM Public School Jammu by the Chief Guest, Sh. Jugal Kishore Sharma (M.P. - Jammu Poonch Lok Sabha), Sh. Subash Sharma (Chairman - Social Justice Committee JMC), Smt. Sumita Gupta (Councillor Ward No. 37), Sh. Munish Khajuria, Sh. Vikram Singh (SDPO Bakshi Nagar), Insp. Vijay Sarmal (S.H.O. Janipur Police Station), Manjit Purohit (KIIT University).

Passing through various parts of Jammu West, a group of over 300 participants concluded the running at Janipur Main Road.

The welcome address was given by Mr. Manjit Purohit (KIIT University).



Jugal Kishore Sharma lauded the initiative and stressed upon the need to hold such awareness campaigns on various occasions. He also appreciated the role of Mr Mengi, Dr Samanta, and KIIT management for holding the mega event. Speaking on the occasion, Mr Raveesh said the theme of mini marathon was to promote value of quality Education among youths. Such events underline the relevance of education, and we are grateful to KIIT University

and its Founder, Dr Achyuta Samanta, for selecting Jammu also as a key venue for the marathon. Similar events have been organized by the KIIT varsity at 25 countries across the globe," he added.

Megha Gupta and Muskan Sawhney JKAS Topper and selectee were also honoured by the Chief Guest on the occasion.

Prominent among others present on the occasion included Manohar Babbar, Sanjay Bhat, Sangeeta Verma, Roohi Babbar, Principal ACM Public School, Ramesh Sharma, Sanket Sharma, Umesh Bhargav, Meena Jamwal, Kamlesh Shan, Neeru Sehgal, Rohit Gupta, Madan Panday, Yash Gupta, B. L.Tikoo, Mukesh Maini and the Teaching Staff of ACM Public School, Co-Operative Public School and Govt. High School Janipur. The proceedings of the event was done by Smt. Sangeeta Verma and Sh. Sanjay Bhat.

Govt all set to break backbone of masses by eviction move, property tax: AAP leader



JI NEWS SERVICE
SAMBHA, JAN 29: Yashpal Kunda, Chairman SI, SC OBC Aam Aadmi Party (AAP) Jammu and Kashmir and former minister on Sunday alleged that BJP Government in Centre and its proxy dispensation led by LG Manoj Sinha are set to break the backbone of common man in J&K by carrying out eviction drives and imposing the property tax.

He was addressing a public meeting here at village Mansha to discuss various burning issues being faced by the people. Block President Mehar Chand, Block Secretary Khem Raj Sharma, Yashpal Bhagat, Sunita Devi, Tarseen Singh and Sat Pal organized the meeting while Suresh Sharma, Kewal Krishan, Hans Raj Sharma, Shiv Kumar Sharma, Kasturi Lal,

Darshan Kumar, Devinder Kumar, Dev Raj Sharma and Bharat Bushan attended the meeting and apprised the AAP leader about the hardships being faced by the people.

The former minister accused the BJP Government of taking a series of anti-people and anti-youth decisions. Endorsing his stance, the people expressed anguish and pain over the eviction notices issued by the government.

Assuring the public about AAP's stand to fight for the cause of people, Kunda said that his party will stand shoulder to shoulder with common man to stop the government from taking anti-people steps as was the case of eviction of poor and marginalized sections from their homes and health in the name of encroachments

and also from tax-terror move of imposing property cess, which till date no government has even mentioned or talked about.

Kunda said that the government is hell-bent to marginalize the business class, especially the small traders, by imposing a number of taxes as it is in favour of big business tycoons. He said that snatching away the livelihood of small traders by way of eviction drives and needless taxes, the government indirectly is paving way for the big business giants, which AAP will never allow to happen.

The senior AAP leader said that people should support AAP for implementing the Delhi Model of governance whereby poor are being benefited at every step and basic amenities are being ensured at doorstep, that too at minimal prices or in many cases free of cost. He said that the BJP Government under the guise of development is looting the common man by senseless tax regime and anti-people decisions taken day in day out.

Kunda warned that such things will not be tolerated and the Aam Aadmi Party is standing with people. He said the AAP will stage a protest in support of the general public in Telsil Ramgarh.

NDPI chief pleads for Statehood for J&K

JI NEWS SERVICE
JAMMU, JAN 29: National Democratic Party Indian (NDPI) J&K UT chief Rajesh Gupta today persuasively pleaded for restoration of statehood to Jammu and Kashmir. Launching a scathing attack on the administration mostly run by the bureaucracy in Jammu and Kashmir, he said instead of providing employment and education, the administration is coming up with orders of the imposition of different taxes every other day. "Except clothes people now wear here every thing is being taxed," Gupta said.



NDPI leader said, "J&K economy was worst impacted and developments came to a standstill here after the abrogation of Article 370 from J&K but BJP continued with coercive apparatus to silence those who raised voice for justice," he claimed adding that every section of the society is now suffering. The NDPI president also said that youth are on roads, farmers, border dwellers and

traders including shopkeepers and businessmen are bearing the brunt of apathetic and callous attitude of bureaucracy which is ruling the roost in absence of the popular elected Government.

He said of all states, Jammu and Kashmir is known throughout the world and it was grave injustice with J&K that it was downgraded, bifurcated, and turned into a Union Territory. "Today we lost the identity of Jammu and Kashmir. Jammu and Kashmir has been reduced to a district. That is why our fight will continue for the restoration of statehood to Jammu and Kashmir. We

want our statehood back," Gupta said, addressing a NDPI workers meeting in Jammu. The rally was earlier addressed by NDPI leaders UmeshManhas, S.Kuljeet Singh, SandeepAnand, Rajiv Luthra, Tilakraj and others.

"As long as we do not have elected representatives and they cannot form the government, this darkness, and this unemployment and this ignorance will continue," Gupta said. "Everyone in Jammu, whether he is from PDP, National Conference, BJP, or even from the RSS, want restoration of statehood. All parties want statehood back," he said.

BJYM felicitates eminent Dogri Writer Mohan Singh on being awarded with Padma Shri



JI NEWS SERVICE
JAMMU, JAN 29: Bhartiya Janata Yuva Morcha (BJYM) today felicitated eminent Dogri Writer and litterateur of Jammu, Mohan Singh who hails from Udh Mandi, Gurha Salathia, Samba on being selected for country's prestigious Padma Shri Award.

In this context, Arun Prabhat, President JKBYM along with Dr Sunil Sharma Dogri Researcher, Vikas Sharma BJP Leader, Ankush Singh District President visited the residence of Mohan Singh and honoured him for being awarded with Padma Shri.

Arun Prabhat said that its proud

moment for Jammu and Kashmir that government has acknowledged the contribution of Mohan Singh in promoting Dogri Language in the union Territory.

He lauded the contribution and efforts of Mohan Singh in promoting Dogri, adding that preserving the language is imperative for upholding the identity of the Duggar land and Dogras.

Arun Prabhat said that the Dogra cultural heritage is the identity of the people of Jammu and we cannot afford to lose our identity. He appreciated the efforts of Mohan Singh and other artists for keeping the Dogra culture alive through their relentless

Arun Prabhat bats for giving fillip to Dogri language

efforts at UT, National and International level.

The BJYM J&K President said the young generation, who are conscious keepers of the Dogra heritage, must also play their crucial role in promoting and propagating Dogri. He urged the people of Jammu to encourage the young artists from various fields in order to keep the rich Dogra heritage alive in all times to come. He maintained that it is the young generation artists on whose shoulders lies the responsibility of preserving the rich Dogra heritage for the progeny. Therefore it becomes our duty to keep encouraging them so that they vigorously pursue the mission with utmost enthusiasm, he added.

Prabhat urged upon people of Jammu to encourage their children to speak in Dogri, so that this sweet and beautiful language thrives in future. He also stressed the need to introduce Dogri language at the elementary level in schools so that students get acquainted to their mother language adding that younger generation has to play a pivotal role in preserving the rich culture and help it flourish.

LG Admin played commendable role in addressing unemployment issue: Sham Langer



JI NEWS SERVICE
JAMMU, JAN 29: Sham Lal Langer, Convener Trade & Industries Cell, BJP, Jammu and Kashmir, has asserted that the Union Territory led by Lt Governor Manoj Sinha has played an excellent role in its aggressive campaign against unem-

ployment in this sensitive region. He said that the LG deserves extraordinary appreciation for providing entrepreneurship opportunities to 75,000 youth of Jammu and Kashmir during the Jan-Abhiyaan programme.

In a statement issued to media here today, Sham Langer said that the BJP Govt at the Centre has fulfilled almost all the promises made to the people of Jammu and Kashmir. He said that whether it is bringing back peace, equitable development across the Union Territory or the concerns of the youth espe-

cially their unemployment issue, the Govt has delivered the best on all fronts. He said that the youth of J&K have transformed their very attitude today. As of today the majority of youth prefer to establish their own entrepreneurship ventures to become job givers instead of being job seekers. This has further multiplied the job avenues for the unemployed. The senior BJP leader stated that StartUp has become the key word of the aspiring young entrepreneurship aspirants in J&K as this provides them the opportunity to earn a healthy income as

compared to that in employment. He asserted that with the administration having created supportive infrastructure, schemes and policies to speed up the economic development of the Union Territory, the youth too deserve kudos for the hard work for building a new Jammu and Kashmir.

Sham Langer appealed to the people to strengthen the hands of PM Modi by supporting BJP in the impending elections for the development of Jammu and Kashmir besides welfare and prosperity of its people.

Shiv Sena (H) protest snatching grazing and farming land from poor people

JI NEWS SERVICE
JAMMU, JAN 29: Shiv Sena Hindustan, under the chairmanship of J&K Chief Pandit Rajesh Kesri, demonstrated against the J&K UT government in Arnia block and torched the effigy of the government.



Speaking on the occasion, Kesri praised the government for freeing the govt land from mafia but depriving poor of small piece of land and also grazing land is bit harsher and deserves review by LG Administration. Because people in the villages graze cows, buffaloes or goats at these places, from which they take milk from them and this milk which comes in small towns and cities, the people of the cities use this milk and its supply will be affected if grazing land

will be snatched. If there is a ban, then from where will these people steal grass for their animals, because these animals get more milk by roaming around and eating.

The government should not barricade the lands and on the other hand, the custodian's lands should be given to the small houses of 5 to 10 marlas, in

which people have been living for the last 70 years, by registering them free of cost. And the land given to the people living in the villages should not be taken back from them and should be left with them for farming.

Because the people of the village do not have any other business other than agriculture and milk of animals, so that they can

feed themselves and their families, the government is requested to pay attention to this, added Kesri. Prominent among those present on the occasion include Balveer Kumar, Vijay Luthra, Labba Baba, Rajkumar, Balveer Fauji, Sanjeev Sharma, Suresh Kumar, Darshana Devi, Rajni Devi, Vimla Devi, Raj Kumari, Anju Bala besides others.

NOPRUF discusses present issues & future strategies

JI NEWS SERVICE
JAMMU, JAN 29: Today a meeting under the banner of National Old Pension Restoration United Front (NOPRUF) Jammu and Kashmir organised by Sh. Rajesh Paul Singh in the Janta Hotel, Slatia Chowk, District Udhampur. In the meeting, UT President NOPRUF J&K Sh. Rajesh Sharma was the Chief Guest. He has discussed present issues and future strategies to extend the NOPRUF in Jammu and Kashmir. He has also constituted a working committee for the smooth functioning of NOPRUF in



District Udhampur. The leaders who were present in a meeting are UT General Secretary NOPRUF Sakoon Manir, Rajesh Paul Singh, Shiv

Dev Hantel, Dalip Singh, Shiv Dev Singh, Ranjeet Singh, Joginder Singh, Jaswant Singh, Raghubir Singh, Darshan Singh, Raj Kumar, Mukhtyar Singh,

Kuldeep Singh, Shabir Hussain, Ganesh Sharma, Surjeet Singh, Balwan Singh, Pawan Singh, Barkat Ali, Mool Raj, Parshod Kumar and others.

NSS SMVDU Organises Cleanliness Drive

JI NEWS SERVICE

THOUGHT OF THE DAY

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

JINDRAH IMAGES

Unfurling national flag at Lal Chowk

The so-called Bharat Jodo Yatra, being organized by Congress leader Rahul Gandhi, finally concluded at Srinagar's historic Lal Chowk where the Gandhi family's scion unfurled the national flag while repeating the history. It was in 1948 first Prime Minister of the country Pandit Jawahar Lal Nehru had unfurled the national flag in Lal Chowk. Congress did not miss the opportunity to cash in the event and shared two pictures on its Twitter handle--one of the first Prime Minister Pandit Jawahar Lal Nehru was unfurling the national flag at the historic Lal Chowk of Srinagar and in the second picture Rahul Gandhi was unfurling the Tricolour at the same venue. The motive of sharing two pictures appears to be an attempt to improve and galvanize the image of Rahul Gandhi at national level in the process of projecting him as the grand old party's potential Prime Ministerial candidate. It is also part of debate as to what forced the Congress to change the itinerary of the Bharat Jodo Yatra as it was earlier announced that Rahul Gandhi would not unfurl tricolor at Lal Chowk but he along with his sister unfurled the national flag amid unprecedented security at the historic clock tower of Lal Chowk. Congress did not want to give any opportunity to the BJP to exploit the situation. The event has heated up the politics at local and national level with the Saffron party taunting the Congress for following the "nationalist agenda" of the RSS. The BJP's criticism is rather full of sarcasm as it believes that Rahul Gandhi has started following the nationalist agenda of the RSS, though late, in the regime of the Prime Minister Narendra Modi. Given the circumstances, it was not an easy decision for the Congress to take a call on unfurling tricolor at Lal Chowk as it had itself announced that Rahul Gandhi would unfurl the national flag at the party headquarters rather than Lal Chowk which is the agenda of the RSS. Somewhere, the BJP is also right in its claim that the credit for Rahul Gandhi unfurling the national flag at Lal Chowk in Srinagar goes to Prime Minister Narendra Modi who "normalized" the situation in the Valley with the abrogation of Article 370. If one looks back at the pre-August 5, 2019 situation, nobody dared to unfurl the tricolor at Lal Chowk. The overall situation in Kashmir has normalized after the abrogation of Article 370. Moreover, Congress ruled the country for most of the past seven decades but none of its leaders 'dared to unfurl the tricolour' at Lal Chowk. Another interesting political aspect is that the NC and the PDP leaders, who extended full support to the Congress Yatra, did join Rahul Gandhi at the time of unfurling of flag at Lal Chowk because of the fear of losing their vote bank in Kashmir. The Yatra has ended but it left the raging debate whether it would help Rahul Gandhi and his party to improve their position in the next Lok Sabha polls which are scheduled to be held early next year.

Need for civilised dialogue

Dialogue is a keyword which is increasingly missing in our society, politics and administration. People are not talking to each other, they are talking at each other. Monologues are taking place, from society drawing rooms, to government offices, to Parliament. Discussions have given way to meaningless dribble because positions have hardened and polite and intelligent discussions cannot take place. The administration has lost the loyalty of its most important component — the citizen

GURBACHAN JAGAT

The media is full of stories, small and big, of citizens taking to the streets, sitting on dharnas, taking out processions, sloganeering, pamphleteering et al to awaken the authorities to hear their grievances. Common people are not happy to take to the streets as it is a waste of precious time and effort, both of which are essential for them to make ends meet. But, what can they do in the face of an indifferent administration that refuses to take cognisance of their problems, leave alone redressal? From minor panchayat-level problems to the state and national level, the only route left open to the common citizen is to come out on the streets. Take the latest example of the women wrestlers of Haryana who have come out in the open to air allegations of sexually inappropriate conduct on the part of the president of the WFI. They sat on a dharna at Jantar Mantar where they were joined by their male counterparts. Among them were wrestlers who had brought glory to the country in various international competitions and who had been honoured by the government. After a few days of indecision, the government through its sports minister intervened and after prolonged deliberations, an inquiry was ordered. Why could this not have been done in the first instance? Female athletes at the national level are not given to making frivolous complaints regarding sexual misdemeanour, especially regarding the president of the WFI who is a powerful person and an MP of the ruling party at the Centre.

On public display was the sordid drama of the president breathing fire and brimstone and even issuing veiled threats of starting a tsunami against important people. He was finally brought to heel and a committee was formed which, in the face of it, appears to be a political one. Furthermore, allegations of sexual misconduct have been levelled against the sports minister of Haryana. In this case also, the matter has been pending for weeks, with the Haryana government not taking any concrete action to resolve the issue. Now, the khaps are on the move which, I'm sure, will spur the government into action. The delays are undeniably for political reasons. Why was a politician the president of the

WFI or, for that matter, why are politicians presidents or important office-bearers of state and national associations of hockey, football, volleyball, cricket, athletics, et cetera? I imagine they would take over the gull-danda association if one existed. Sports administration, like hospital administration, is a specialist field and universities offer courses for these fields. The reason is simple — to manipulate the system to influence decisions on everything from selections to purchases in order to make big money. However, let us hope that this committee will deliver justice. Much dirty linen has been washed in public, let us hope that the women will not have to make more unsavoury disclosures. It is time for the government to take a holistic look at sports administration and come out with a new policy to ensure proper administration which would lead India to its rightful place in the world of sports.

Coming to the other fields where people have taken to the streets for the fulfilment of old and fresh demands: the farmers are planning a major agitation on the level of the earlier one in 2020 as they claim that the Government of India and state governments have not implemented their demands that had been accepted earlier. That had been a historic agitation, a non-political agitation, lasting a long period, comprising farmers from various states and a settlement had been arrived at after prolonged discussions at various levels. It is for the government to call the farmers and sort out the differences rather than allow matters to drift and force them to resort to agitation modes. Decisions arrived at earlier should be implemented and any misconceptions should be removed. The same is true for the ongoing dharnas at Ferozepur and Jalandhar in Punjab. A decision has been announced regarding Ferozepur but not notified — why so? Good faith, once it is restored, should be kept up. Is it again because of political compulsions and because the owner is an influential businessman? Is that also why no Opposition party has taken up the case of the villagers? Then there is the problem at Jalandhar where houses have been demolished, houses which the Improvement Trust claims have been built on government land and which the owners say they have occupied since Partition.

There is a department at the state level which looks after Improvement Trusts, why cannot they intervene and sort it out? Why go on planning stories regarding these issues? Do the people belong to an enemy country? Does the government have no major response to give to them? If they are in the wrong but have been rendered homeless, why not give them a helping hand?

Then there is the perennial problem of finalisation of prices for agricultural produce. The farmers of Haryana were forcing the sugar mills to close as the government had again failed to negotiate a support price. A problem that need not have arisen if a dialogue had started in time. The list of protests and protesters is long — for a long time, various organisations in Punjab have been demanding the release of prisoners who are languishing in jails for the last many decades. Now, a movement has been started in the name of 'Bandi Chhor Morcha'. 'Bandi chhor' evokes an emotional response in Sikhs as it is identified with the day of the release of Guru Hargobind, who was freed from the Gwalior Fort by the Mughals after a long incarceration. The day of his release is observed every year as Bandi Chhor Divas. The government concerned should take a decision after review and release them or further detain them by giving proper legal reasons.

Dialogue is a keyword which is increasingly missing in our society, politics and administration. People are not talking to each other, they are talking at each other. The forums for debate and dialogue are falling into the silent mode and monologues are taking place, from society drawing rooms, to government offices, to Parliament... dialogue is missing. Discussions have given way to meaningless dribble because positions have hardened and polite and intelligent discussions cannot take place.

There was always a very active dialogue between the citizens and the administration because of active touring by field officers and inspections by headquarters-based officers.

Both have gone into disuse because of political exigencies. Hard work has given way to relentless networking and use of media to promote personal agendas. The administration used to go

to the villages, now the villagers come to them accompanied by some political go-between. The direct interaction has gone and the administration has lost the loyalty of its most important component — the citizen. Dialogue is missing at the holiest of shrines — Parliament. Gone are the inspirational debates of old, the deft repartee, the committed resolve. We gain nothing from the forum of Parliament or the committee system. The MPs, both ruling and Opposition, are as much in the dark as you and me on matters of national importance. The debate, if any, takes place in the studios of TV channels between some anchors, third or fourth tier representatives of national parties and so-called experts. Everyone has a position and there is no room for a meaningful debate. We have to talk, we have to discuss, we have to be informed.

Today, social media is the main vehicle of social and governmental discourse. It is an instantaneous vehicle of communication across social and religious groups, across countries and their boundaries. It used to take time to disseminate news and rumours, now they are out in a flash and nobody questions their origin or their authenticity. Social, religious, political, extremist, national and international organisations have their well-oiled social media machines and at any given command they wage full-scale wars without even an iota of corroboration. They are full of hate and venom, not love and empathy. Things that cannot be said verbally or written otherwise are put on social media. Today, the Constitution, which has served us so well, is in danger of fading away. We are witnessing the unseemly spectacle of an ugly discourse between the judiciary and the political wing at the highest levels being played out on various media platforms. Sad to see that at even at this level, the two wings cannot sit and conduct a dignified and civilised dialogue.

They owe it to the country and the Constitution to do so. Failure to hold a dialogue at all levels, be it at the panchayat, district, state and national levels, between citizens and their representatives or between the political and judicial wings would lead to unimaginable consequences.

The writer is ex-chairman of UPSC, former Manipur Governor and served as I&K DGP

Learning from unschooled life

Unschooling is not about the absence of academics. It is about creating a space and pace for children to have free play and open-ended learning experiments. It is not about rejecting money pursuits, but about developing one's own intimate relationship with livelihoods that bring money to fulfil personal needs

NATASHA BADHWAR

There were many good things that happened last week at the four-day residential meet of families of unschooled and homeschooled children in Belgundi, near Belgaum, in Karnataka. Nearly 300 persons had come together at Shoonya Farm Retreat, a 60-acre property on a 40-acre estate, to mingle, play, connect and exchange learnings on making unconventional life choices. The Swashikshan Annual Meet or SAM 2023 was a brilliant example of how synchronicity and serendipity can emerge when we are willing to embrace uncertainty and depend on trust rather than control to make things happen. Despite the hectic socialising, late-night music and games and early morning sessions, we returned rejuvenated and refreshed as individuals.

All days were divided into various 90-minute slots between meal times and participants were invited to offer simultaneous sessions on topics of their interest and expertise. Some shared skills like origami, sketching and crochet, others offered discussions on universal challenges like raising teens and toddlers and many others facilitated games, workshops and healing sessions. Often, we reminded each other of the two feet principle — feel free to walk in or out of any session based on your immediate need. Honour each other, but first be alert to your own consciousness.

Overwhelmed by recent events in my own life, I found that I did not have the energy to offer any sessions, even though in previous meets I have conducted workshops on writing — and discussions around civil society's



response to communal polarisation. This time I needed rest. I wanted quiet and solitude and often chose to go on long walks towards the nearby village to restore my balance. I paid attention to trees, admired the miracles of nests and resting cats and had random conversations with people in shops and bus stops outside the campus.

As my mind tries to sift through the experiences of participating in the SAM sessions, I am amazed at the evenness of my memory.

The first session I attended on January 22 was hosted by parents, Pashwa and Jim, and titled 'Conscious Parenting'. The last one on January 25 was hosted by Upasana, a young adult, 'Understanding Neurodiversity'. In between, there were sessions by Niom, another young adult on his own unschooling journey, an introduction to elements of music and on his venture titled 'Let's Play'.

Sharmila, a parent of three school-age children, hosted meetings on the differences

between unschooling and homeschooling and the various creative choices available for those who choose to sit for school board exams without being enrolled in regular schools.

Sanjeevani facilitated sessions on healing via access bars and journaling. Hema shared her family's journey of leaving the city and living in a rural community. Abhi, a 19-year-old, invited peers to talk about drugs and other temptations of their age. Manish organised opening and closing circles and never failed to wave his magic wand, making everyone dance and laugh, despite their inhibitions. The football ground always had players and the swimming pool was forever inviting. There were impromptu choreography lessons and karaoke sessions.

One of the most heart-warming sights was observing volunteers like Shweta, Tejas and Pashwa, who had organised the logistics of this mega get-together, respond to the needs of individuals with calm and generosity despite their exhaustion and the stress of others. Teenagers walked into the session where parents were sharing challenges and strategies about parenting teens. Parents gathered around young adults talking about their choices and experiences. I walked in and out of sessions based on what I felt called to do in the moment and nearly everything I heard and paid attention to has stayed with me like a separate layer of sediment in a jar of precious memories.

As an introduction to the idea of living a life based on autonomy, free play and self-directed learning, an excerpt from 'The Power of Myth' by Joseph Campbell comes to mind.

"One evening, I was in my favourite restaurant, and at the next table, there was a father, a mother and a scrawny boy about 12 years old. The father said to the boy, 'Drink your tomato juice.' And the boy said, 'I don't want to.' Then the father, with a louder voice, said, 'Drink your tomato juice.' And the mother said, 'Don't make him do what he doesn't want to do.' The father looked at her and said, 'He can't go through life doing what he wants to do. If he does only what he wants to do, he'll be dead. Look at me. I've never done a thing I wanted to in all my life.'

In his conversation with Bill Moyers, Campbell goes on to say, "That is a man who never followed his bliss. You may have success in life, but then just think of it — what kind of life was it? What good was it — you've never done a thing you wanted to do in your life. I always tell my students, go where your body and soul want to go. When you have the feeling, then stay with it, and don't let anyone throw you off."

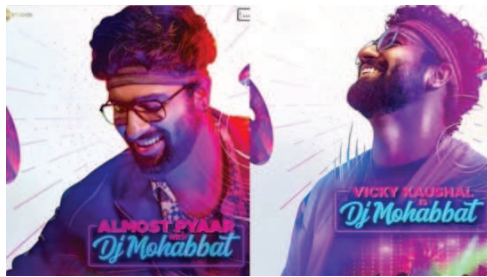
To quote Dola Dasgupta, a Pune-based parent, who writes and shares magnanimously about her learnings and experience with unschooling, "Many people think Unschooling is about the absence of academics. That is not true.

Vicky Kaushal to play DJ Mohabbat in Almost Pyaar with DJ Mohabbat, reveals Anurag Kashyap; teases new song

Filmmaker Anurag Kashyap has revealed that actor Vicky Kaushal will play DJ Mohabbat in his upcoming film *Almost Pyaar with DJ Mohabbat*. Taking to Twitter on Sunday, Anurag Kashyap shared a post and informed fans and followers on the social media platform. Anurag also posted a motion poster giving a glimpse of Vicky as DJ Mohabbat. (Also Read | *Almost Pyaar With DJ Mohabbat* trailer: Alaya F, Karan Mehta star in Anurag Kashyap's parallel love stories)

Anurag also revealed that the film's song *Mohabbat Se Kranti* will be released on Monday. He captioned the post, "Dharti ka seena phaad ke, aasman ke baadal chhant ke... Aa gayi mohabbat... Jo jaayegi kranti! *Almost Pyaar with DJ Mohabbat* in cinemas February 3..."

Earlier this month, the official trailer of the upcoming romantic drama film was unveiled. On Instagram, Alaya F had



shared the trailer which she captioned, "TRAILER IS HERE!!!! Mohabbat se hi toh Kranti aayegi...yeh hai uski ek jhalak! Picture aur kranti dono shuru Feb 3rd se! Talking about the film, Anurag had earlier

said, as quoted by news agency, "Almost Pyaar with DJ Mohabbat, is very close to my heart as it's something which has taken shape over the years from my conversations with my daughter. It's a true

labour of love with some amazing young actors, great energy, great music by Amit Trivedi with the help of some amazing collaborators like my DP Sylvester and my PD Shazia plus everyone else."

He also added, "It's my going back to my constant exploration of relationships vis a vis the generation which actually defines us and is our future. It's about love and all kinds of prejudices that plagues it. I feel great to move to the next phase of my life with this film."

Helmed by Anurag, the romantic musical also stars Karan Mehta in the lead role. Presented by Good Bad Films and Zee Studios, it is all set to hit the theatres on February 3, 2023. *Almost Pyaar with DJ Mohabbat* is touted as an ode to modern love. It takes a look at modern-day young relationships and their exploration in a world plagued with prejudices, predatory behaviour, and the unwillingness from older generations in their acceptance.

Annu Kapoor discharged from Delhi hospital days after complaining of chest discomfort; actor is in 'stable condition'



Actor Annu Kapoor, who was admitted to Delhi's Sir Ganga Ram Hospital after he complained of a chest problem, got discharged on Sunday. As per a new report, Annu underwent treatment by the cardiology team of the hospital. He was admitted to the hospital in the early hours of January 26. According to Dr Ajay Swaroop, Chairman (Board of Management, Sir Ganga Ram Hospital), Annu was admitted after he spoke about chest discomfort. He underwent treatment under the cardiology team comprising Dr J P S Sawhney, Dr Rajneesh Jain, Dr Rajiv Passey, Dr BS Vivek and Dr Sushant Watal, the hospital said in a statement.

As quoted by news agency ANI, Dr Swaroop said, "Mr Annu Madan Lal Kapoor admitted to Sir Ganga Ram Hospital on 26th January early morning with complaints of chest discomfort has been discharged today." Dr Rajneesh Jain, co-director of Cath lab and Head of the unit, under whom Annu was admitted, said, "Mr Annu Kapoor has been discharged today in a stable condition."

Annu faced several untoward incidents last year. In November last year, a man was arrested after he cheated Annu of ₹4.36 lakh under the pretext of updating his bank KYC details. An investigation revealed that the accused had called up Annu in September posing as an executive working with the main branch of the private bank. After lodging a complaint, the Oshiwara Police ensured ₹3.08 lakh of ₹4.36 lakh transferred into two separate bank accounts were 'debit froze'. During his Europe tour in June last year, his bag containing of cash, iPad, diary, and credit card among other belongings was stolen in Dijon Ville, near Paris.

Rakhi Sawant's husband Adil Khan Durrani remains by her side during her mom's last rites, Rashmi Desai also joins them

Rakhi Sawant's mother Jaya Sawant died after a long battle with cancer on Saturday. On Sunday, Rakhi and her husband Adil Khan Durrani were seen at the Dr RN Cooper Municipal General Hospital in Mumbai to take care of the arrangements for her final rites. Rakhi had informed on Instagram that her mother will be buried at the Oshiwara Christian Graveyard in Mumbai on Sunday. Also read: Rakhi Sawant cries inconsolably after her mom dies of cancer in Mumbai hospital; Jackie Shroff, Aly Goni express shock.



ahead of her mom's final journey to the graveyard. Rakhi, in a white salwar-suit, was also seen guiding the van, which carried her mom's casket to the graveyard. A few near and dear ones were also seen along with them. Jaya died at around 9pm on

Saturday, according to Deepak Namjoshi, pulmonologist and director, CritiCare Asia Multispecialty Hospital and Research Center, Juhu. She was 73. According to Deepak, Jaya had stage four endometrial cancer which had spread to the brain, lungs and liver. "She was admitted around a fortnight ago. She was earlier treated at another hospital and later referred here," he told PTI Saturday night.

On Sunday, Rakhi shared a statement on her Instagram Stories, "With deep sorrow, I, Rakhi Sawant, inform you (about) the sudden death of my beloved mother. Many of you know that she was suffering from some medical conditions..."

"I'm sad to say that she is gone... join us for the funeral service of my mother at 12 noon."

She also shared a video of her mom's last moments in pain and wrote in Hindi, "Today, my mother left me. And I have nothing to lose. I love you, Maa. Now who will listen to me, who will embrace me? I miss you, Aai." She was seen crying while sitting on the floor beside her mom's bed.

Rakhi was regularly spotted visiting her mom at the hospital and shared videos of her on Instagram. She had revealed in April last year that Salman Khan and his brother Sohaib Khan had provided help for her mother's treatment.

Pathaan box office day 4 collection: Shah Rukh Khan film grosses RS 429 crore worldwide; fastest to make RS 250 cr in India



Actor Shah Rukh Khan's latest release *Pathaan* is making records at the box office since its release on Wednesday. The film on Sunday crossed 400 crore gross globally. *Pathaan* made ₹5313 crore at the global box office in just three days. The Shah Rukh and Deepika Padukone-starrer also became the fastest film to hit ₹250 crore in India. (Also Read | *Pathaan* estimated box office day 4 collection: Shah Rukh Khan film mints 52 cr more in India; earns ₹212 crore in total)

Helmed by Siddharth Anand, *Pathaan* stars Shah Rukh Khan, Deepika Padukone and John Abraham in the lead roles. One of the major highlights of the film is actor Salman Khan's cameo as Tiger. Dimple Kapadia and Ashutosh Rana also have pivotal roles in the action spy film, which hit the theatres on January 25.

Farah Khan says Karan Johar always dressed up like her 'background dancer', shares her worst red carpet nightmare

Filmmakers Farah Khan and Karan Johar share a love-hate banter whenever it comes to commenting on each other's fashion choices. The two feature in each other's funny videos where they make fun and pass sarcastic comments on the other's clothes. Farah recently shared her worst red carpet nightmare and it involved Karan Johar. She said he dresses up like the background dancers in the songs choreographed by her. Also read: Boman Irani shares lovely pics with wife Zenobia on anniversary, Farah Khan says 'irritatingly' happy couple Farah attended a hotel launch party in Dubai a few days ago. When she was asked about her sartorial choices at the event and how Karan would have reacted to the dress she was wearing at the moment, she said Karan Johar would be "shocked" if he sees her in a Manish Malhotra ensemble. Farah looked smart in a blue dress paired with a matching overcoat.

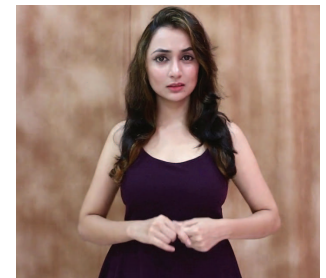
On being asked about what her worst red carpet nightmare could be, she answered, "My worst red carpet nightmare is seeing Karan on



the red carpet looking like a chandelier. I am always very comfortable, I wear what is comfy. He is always dressed like my background dancer." Karan had once made fun of Farah for asking for a discount while shopping at a discount store in the US. She once said that even his food is "designer" and he once said she was dressed up to match the furniture. On his birthday last year, Farah had said that it was "the Met Gala of Lokhandwala". The theme of his birthday bash was

bling and the whole of industry had attended the party in bling outfits. Farah is currently working on an upcoming project. Her last directorial was 2014 film *Happy New Year*, featuring Shah Rukh Khan, Deepika Padukone, Boman Irani, Sonu Sood and Vivaan Shah. She does choreograph songs in films and has choreographed a song in Vicky Kaushal's next film. She is currently hosting *Bigg Boss 16* as original host Salman Khan is on a break to work on his upcoming film.

Gazal Sood Joins Cast Of 'Happu Ki Ultan Paltan'



"Tarak Mehta ka Ooltah Chashma" happy-go-lucky girl who struggles to speak fluent English.

actress Gazal Sood has joined the cast of "Happu Ki Ultan Paltan". The actress stepped into the shoes of Aashna Kishore to play the role of Daroga Happu Singh's (Yogesh Tripathi) and Rajesh's (Kamna Pathak) eldest daughter.

Hailing from Ludhiana, Gazal has been part of some popular television shows and web series before and is excited to portray a

Pakistani actor calls Shah Rukh 'universal superstar'; reacts to people saying she made statement to get noticed by SRK

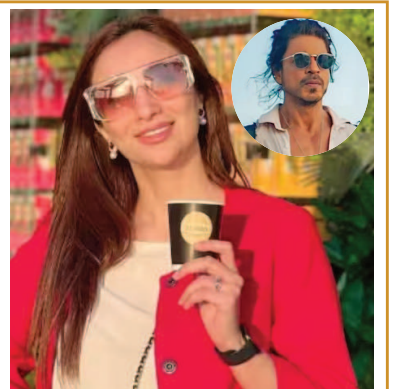
Actor Shah Rukh Khan's return to the big screen with *Pathaan* has been celebrated by his fans and peers alike. Shah Rukh, who was last seen in a full-fledged role in *Zero* (2018), has been in the news as *Pathaan* has been making and breaking box office records since it was released on January 25. Among those praising the actor after *Pathaan*'s release is Pakistani actor and VJ Anoushey Ashraf, who took to her social media accounts recently and called

Shah Rukh 'a universal superstar'. She added she will always be a fan of Shah Rukh. Her comment on Shah Rukh did not go down well with a section of Instagram users in Pakistan, who said that she made the statement only to get noticed by Shah Rukh. 'Also read: Pakistani actor slams Siddharth Malhotra's Mission Majnu for 'poor research'. In her recent Instagram post, Anoushey wrote, "As much as people dislike him, as much as Pakistanis feel we should not promote Bollywood, for me

SRK is a universal superstar. As artists we believe we connect to people beyond borders (which is an awful man-made concept), the world only knows us as humans and this human (Shah Rukh) has done remarkable stuff and speaks ever so eloquently! Forever a fan (of) Shah Rukh Khan." Responding to an Instagram post on her comment about Shah Rukh, Anoushey slammed people for 'hating' her for praising the Bollywood actor. She wrote, "Man, I share things on my wall, as my opin-

ions but the people in the comments section here are remarkable...they can't even take an opinion. Like just 'in my eyes' an opinion is lost because they're busy thinking I want to get noticed by him (Shah Rukh). Haha I mean, there are many ways to get noticed. Many many many... than a mere opinion on my own story. Stars have universal love, respect and appeal and so we speak about them. But Pakistanis in general have this hate deep seated in them. Even for their own. They just cannot

be nice in general. Everything makes them want to put another down. God knows what satisfaction they get from that but to an outsider it speaks volumes of a hardened, deprived and negative mindset. Good luck hating losers!" Shah Rukh Khan's *Pathaan* crossed the ₹200-crore net mark in India in its first four days after grossing ₹106 crore globally on its opening day. The Siddharth Anand film also stars Deepika Padukone, John Abraham, Dimple Kapadia and Ashutosh Rana. *Pathaan* is



I did weighted dead bugs for a week — here's what happened to my abs

When it comes to ab exercises, one of my favorites is the dead bug — it's one of the best ab exercises out there, it's relatively simple, plus, as I learned from doing 100 dead bugs a day for a week, it really torches your core. But what would happen if I added weights to the move?

Despite the slightly odd name, dead bugs are a supine abdominal exercise that target the deepest abdominal muscles and lower back, without putting too much strain on the spine. They also work on the body's contra-lateral limb engagement — teaching the body to move opposing limbs at the same time, while keeping the core and back stable. This is helpful for sports like running, tennis, and baseball, or any activities that involve lateral, or twisting movements. Finally, when practicing dead bugs, and working on these deep stabilization muscles, you're strengthening a part of your body that can help protect you from injury. Find out more



about how to do a dead bug, and the modifications to try here.

As a reminder, what works for me might not be right for you and your body. If you're a beginner, or you're returning to exercise following an injury, it's a good idea to check your form with a personal trainer before adding weight to the exercise. Bodyweight dead bugs will still give your core a killer workout, and adding weight with incorrect form, can put you at risk of injury.

To do a dead bug, start by lying on your back, keeping your lower

back pressed into the mat — think about sucking your belly button into your spine. Raise your arms straight above you, and your knees into tabletop position. Slowly lower your right arm to a couple of inches off the floor behind your head, and as you do so, stretch your left leg away from your body and lower that to just above the floor. Pause, then return to your starting position and repeat on the opposite side.

To do a weighted dead bug, hold a set of the best adjustable dumbbells in your hands as you

perform the dead bug. It's a good idea to start with a lightweight set of dumbbells, as like with a bodyweight dead bug, you want to avoid arching your back during this exercise.

I did weighted dead bugs for a week — here's what happened. Is adding weight to my dead bugs the secret to a stronger core? Here's what happened when I tried them for a week:

I HAD TO LOWER THE WEIGHT

After a couple of reps, I realized that the 10-pound dumbbell in each hand was far too much of a challenge as I got to grips with this move. As I've mentioned before, I suffer from sciatica, and have to be careful of my lower back during ab workouts. I found when lowering the heavy weight behind my head, my back was lifting off the mat, so putting my ego aside, I swapped for some 4-pound dumbbells. These allowed me to continue with proper form. On days one and two I did 48 reps — four sets of 12 reps with a

short break in between.

As a reminder, when it comes to selecting the right weight for your workouts, it's normally best practice to opt for one that feels challenging by the final few reps, without compromising your form. The same applies here, but remember, as with a bodyweight dead bug, the goal is to move slowly and with control, so start off with a much lighter weight than usual to ensure your form is perfect before progressing.

I MIXED THINGS UP

By day four, I'd gotten used to the repetitive nature of the dead bug once more, and decided to mix things up. I held a weighted plate in my outstretched arms and just moved my legs — this was a real challenge to my core, and it didn't take long for my abs to shake.

For the final set, I raised my head and neck off the ground. On day five, I added some of the best ankle weights as well as my light dumbbells, which gave my legs more of a workout too.

Phil Heath, Frank Sepe, And Mike O'Hearn Talk Motivation, Routines, And The Generational Divide In The Fitness Community



Check out the entire discussion below as the trio delves further into the differences they see in the modern fitness world versus the one they grew up with:

Motivation Across Generations

Heath opened the conversation with an ongoing theme of the show: longevity and adaptations over time. He remarked that most Mr. Olympia champions have two types of physiques: the carved-up, aesthetic mass monsters they appear as on show day and the bulkier off-season builds of a more nourished physique undergoing improvement.

When he compares the past handful of Mr. Olympia champions, from Ronnie Coleman to himself to the champion Hadi Choopan, he notices very different physiques. The evolution of the physiques being awarded at the elite level requires mental toughness.

Reduce all the emotions and just stick to the game plan.

O'Hearn took Heath's notion a step further, suggesting that what separates the best of the best in bodybuilding is not the physique but the mindset. Once Sepe joined the call, Heath voiced what he sees in the fitness community: the younger athletes being "soft," meaning "more entitled," which translates into a noticeable "lack of respect."

They don't really know the difficulties of what it was to be a pro back in the day. They don't know the history.

Heath gives a frame for what he means by "back in the day" when he said that he was part of the last generation that would grace the cover of magazines as the world is more digital now. For context, Heath is 42 and suggested that social media has crept so much in the bodybuilding space, once heralded primarily by magazines, that anyone with a good physique and photoshop can build an audience as an influencer.

O'Hearn brought forth the notion that the lack of in-person competition might be the cause of the discrepancy. He felt when he competed live against other athletes, it generated mutual respect for the work put in. Sepe tagged in to say that before social media, a bodybuilder wouldn't know what the other competitors looked like until they were backstage on show day. Nowadays, any competition is routinely posting their physique updates on social media.

The conversation took a turn when the three athletes recognized their positions as ambassadors in the community who have achieved a level of success that younger generations aspire to emulate. Sepe remarked how he seeks to pay forward valuable advice he can offer to others regardless of their level. He mentioned how he's seen Heath do just that in the gym.

It only takes nine moves to develop muscle all over with this quick workout

PICK UP A PAIR OF LIGHT DUMBBELLS AND GIVE THIS QUICK SESSION A GO

The phrase "strength training" might make you think of muscle-bound bodybuilders flexing their biceps, but we're here to tell you that this way of working out has plenty to offer for everyone. You may already know that lifting weights can boost your metabolism, help you build muscle and lower your body fat, but the benefits don't end there. It also has the power to decrease your risk of injury, strengthen your bones, boost your heart health and make everyday tasks feel easier — whether that's taking out the trash or grabbing food off the top shelf at the supermarket.

If that impressive CV has you ready to sign on the dotted line, why not dip your toe in the



strength training water with this accessible session from ace trainer Kayla Itsines (opens in new tab), co-founder of the popular Sweat workout app.

You don't need a gym membership to give it a go, just a pair of dumbbells and some space to

work out in. We like lifting at home with the best adjustable dumbbells as they allow us to change the load depending on the exercise, but a fixed weight pair will still do a fine job.

RECOMMENDED VIDEOS FOR YOU...

Itsines also uses a weight bench for exercises like the bench press and step-ups. But, if you don't have one, never fear. You can swap these exercises out for floor presses (where you perform a dumbbell chest press while lying flat on the ground) and lunges respectively for minimal equipment alternatives.

Watch Itsines' video below to find out more about the workout, then dust off your dumbbells and try it for yourself.

WATCH KAYLA ITSINES' FULL-BODY DUMBBELL WORKOUT

This workout is great for anyone who is new to strength training as it combines weighted compound exercises (opens in new tab) like the bench press with bodyweight movements

such as step-ups. It also keeps rest times low, like HIIT workouts for fat loss (opens in new tab) you may have tried previously, so it's sure to blitz calories. It's quick too, taking less than 30 minutes from start to finish. This is largely down to Itsines' use of supersets, pairing two exercises together that target two different muscles so you don't have to rest between them.

For example, the first superset sees you take on 20 step-ups (hitting your lower-body) quickly followed by 12 repetitions of the bench press (which will work your chest, shoulders and triceps). This workout's efficiency credentials are further bolstered by the fact that it works every major muscle group in your body.

How (and why) lunges should feature in your strength workouts

Lunges are a key exercise for runners because they are a unilateral movement — ie. one leg is dominant and so replicates the running gait.

When we run, we use just one limb at a time to continuously propel ourselves forward, which requires strength, bal-

ance, stability and coordination. So, the more unilateral exercises we can include in our strength workouts, the stronger and more stable we will be when we run.

"With lunges, the front leg does most of the work and the back leg is used

mainly for balance and control," explains Graeme Woodward, a UK Athletics Level 3 performance coach, UKSCA accredited S&C coach and We Run coach for West Yorkshire. The muscle action involved in lunges is also eccentric in nature, which is like running downhill,

and the front leg can be loaded to a similar intensity as when doing squats but with lower loads. By lunging to depth, the runner can also develop strength across an increased range of motion, which helps with flexibility and injury risk reduction.

How Ditching the Mirror Can Improve Your Workouts

At Form Fitness, in Brooklyn, you'll find an assortment of squat racks, dumbbells, and pull-up bars — which is to say, it's a typical gym. But there's one thing missing: mirrors.

For some fitness fanatics, this may sound more than a little odd. No floor-to-ceiling reflective surfaces to check your form (and check yourself out)? Blasphemy. The owner of the gym, Morit Summers, decided to all but ditch mirrors in her space. (She put two small ones in the corner, mostly for mirror selfies.) When she founded Form Fitness, Summers knew she wanted to create a safe, unimposing space for everyone to work out in, regardless of body type or ability. For her gym, that meant keeping massive fitness mirrors out.

You've heard about the variety of positive effects physical exercise can have on mental well-being, from easing anxiety to reducing feelings of depression. Yet mirrors in fitness settings could threaten these psychological gains, according to experts in fitness and psychology. "Fitness does have that very narcissistic side to it," said Summers. Narcissus, you may recall, died from becoming obsessed with his own reflection. Working out while looking at yourself won't be

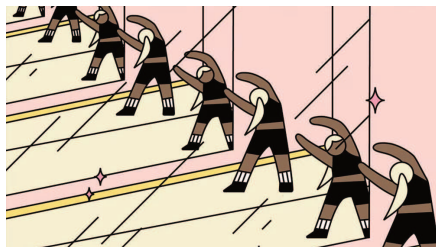
fatal, but it could be distracting — and may feel downright bad. Instead of enhancing your form, mirrors can even impair your ability to correct it.

Experiencing negative feelings while staring at your reflection in the gym could be explained by something called the theory of objective self-awareness, according to Jeff Katula, an exercise researcher at Wake Forest University.

"We naturally go through this self-evaluative process, whereby the 'current self' is compared to the 'ideal self,'" he explained. "Since most of us do not live in the ideal self, there's a gap between the current self and the ideal self, and that gap creates discomfort."

Essentially, at the gym, your goal may be to have six-pack abs or a toned waist, but if your reflection doesn't match that, it might make you more self-conscious. In 2014 Thomas Plante, an exercise psychologist from Santa Clara University, put this idea to the test by assigning a group of more than 100 people to three different setups for a stationary cycling session: one with a mirror; one with a mirror and posters of celebrity male and female personal trainers; and another without a mirror or posters.

Women reported feeling the most



tense exercising in front of the mirror-and-posters setting, where they could easily compare themselves with the "ideal" body type of the trainers on display. Men, on the other hand, felt more stressed in the setting with only a mirror.

In the setting with both mirrors and posters, the subjects "worked harder in terms of the intensity," Plante said. "But for the most part, it increased stress." This could reduce the odds of a person returning to the gym in the future, he added. "The issue here, I think, is that we always want to make exercise doable for people to stick with it. So if they go to a gym and they were maybe feeling a little ill at ease

with the other people who are exercising, and they feel inferior, they're going to drop it."

Along with Form Fitness, other gyms such as Planet Fitness have started to shift away from mirrors, with an eye toward body positivity. Planet Fitness, as the gym's website explains, aims to "provide a workout environment in which anyone — and everyone — can be comfortable." A personal trainer even told Shape last year that she found mirrors in gyms "fucking weird"; the article offered tips on how to work out in the absence of your reflection, like tuning in to how your body feels as it does a particular move. Some trainers recom-

mend recording yourself while you lift and watching the footage back to determine how you should adjust your form. In fact, CrossFit facilities, along with many weightlifting-focused gyms, lack the wall-to-wall

to exercise, but I will also film it or have my lifter film it, and then we'll review the video together afterwards. It's so easy, with smartphones, to be able to pause at a certain point and scrub in slow-mo to be able to see the

They're a staple of many gyms. They could be worsening your form — and more.

mirrors typically found at commercial gyms, science writer Beth Skwarecki has pointed out in Lifeneker. Gigantic reflections simply aren't necessary. Ditching the mirror can enhance your ability to perform well on a technical lift. According to Summers — and a number of other personal trainers — mirrors can actually worsen your form and potentially increase the odds of getting hurt while you lift. For example, if, while doing a weighted squat, you turn your neck to the side to look at a mirror and make sure your back is straight, you may strain a muscle along your spine. Further, watching yourself in a mirror "can actually take away from the learning process, because the feedback is almost, like, too quick," said Tony Bonvecchio, the owner of Bonvec Strength, a powerlifting gym in West Boylston, Massachusetts, that has no mirrors. "A lot of times, I'll coach you

finest little details."

In other movement disciplines, the role of the mirror can be a little more nuanced. In a 2020 study, Sally Radell, a dance professor and psychology researcher at Emory University, examined the impact of mirrors on body image in beginner ballet and modern undergraduate dance students. For a semester, she had another dance teacher at the university cover the mirror in some of their classes and leave it uncovered in others, then had students take a portion of what's called the Cash 69-item Body-Self Relations Questionnaire. She found that the students in the mirrored classes liked having a way to see themselves and adjust their movements but used more objectifying language to discuss their bodies than did the students in the mirrorless class, who instead tended to focus on "kinesthetic sensations."

47552 Kanal State Land, 384 Kanal Kahcharai Land worth crores retrieved from illegal occupants across District Kishtwar

Joint Anti-encroachments Drive conducted in Hidayal, Common Land at Prime Locations in Kishtwar Town

JI NEWS SERVICE
KISHTWAR, JANUARY 29: The District Administration Kishtwar has intensified the demolition and eviction drives in all the Tehsils of the district including Kishtwar Town under the overall supervision of Deputy Commissioner Kishtwar, Dr Devans Yadav.

The District Administration has activated men and machinery on mission mode to evict the illegal occupants from the state land.

Till date, the District Administration has retrieved State land including Roshini land measuring around 47552 Kanal & 8.5 Marla out of the total 64192 Kanal encroached State/Roshini land in the district.

The retrieved land amounts to 75% of the progress made so far.

A total of 384 Kanal & 6 Marla of land has been retrieved out of 572 Kanal encroached land through a series of Anti-encroachment Drives. The retrieved land is worth crores. Deputy Commissioner Kishtwar



has passed strict direction to the ACR, Varunjeet Singh Charak and all Tehsildars to chalk out a comprehensive plan and intensify the eviction and demolition drives in collaboration with police and other concerned in the coming days so that rest of encroached land is retrieved in a stipulated time.

A joint anti-encroachment drive was today launched under the supervision of Tehsildar Kishtwar Umar Muneeb. A joint revenue and police (SHO Kishtwar) team along with other concerned officials retrieved lone occupied Common Land here at the prime location of Hidayal Pond Kishtwar. Similarly, state land measuring 145 Kanal and Kahcharai land measuring 3 Kanal was retrieved the other day at various places including Zalkot (35 Kanal) near Semna, Karool Sarthal (50 Kanal), Filler Thakraie (60 Kanal) in series of the Anti-Encroachment drives.

DDC Chairperson Poonch reviews progress achieved under District Capex 2022-23

JI NEWS SERVICE
POONCH, JANUARY 29: Chairperson District Development Council Poonch, Tazeem Akther, today chaired a daylong meeting here in conference Hall of Dak Banglow to review the status of developmental projects being undertaken under District Capex 2022-23 and other schemes being implemented in the District.

Additional District Development Commissioner, Malikzada Sheraz Ul Haq; Divisional Forest Officer, Suresh Manda; Chief Planning Officer, Maqsood Ahmed; PO ICDS, Khalid Hussain; ACD, Abid Hussain Shah; ACR Zaheer Ahmed Kaifi; GM DIC, Dr Zakir Hussain; DCO Tourism, Dr. Mohammad Tanveer; CMO, Dr. Shamim Bhatti; SDM Mendhar, Mohd. Jahangir Khan; ACP, Naheem Un Nissa Bhatti; CHO, Sanjeev Sharma; CEO Municipality, Harvirinder Singh; CEO Education, Bishamber Das, DIO, Vishaldeep Chandan; AD Food, Ranjeet Singh; DYSSO, Mohd Qasim; Executive Engineers, All BDO's, besides other District and sectoral officers attended the meeting.

At the outset, the ADDC/CEO District Development Council apprised the meeting about the physical and financial status of ongoing projects under district



Capex 2022-23.

The concerned Officer apprised the meeting about various works under R&B, PMGSY, PHE, PDD, Health, Education, Forest, Agriculture, Sports, Tourism and other sectors schemes of their departments. DDC/BDC's has discussed and raised important issues regarding the development of their concerned areas like Maintenance of minor irrigation canals at Mankote, construction of protection wall at TFC Chak Da Bagh, procurement of medical equipments under

BDC/DDC grants, construction of sub centre at Qasba and Khawarian, Providing of additional ambulance at PHC Chandimark, besides other important issues were also discussed. The DDC members also raised the demand of the backlogging of roads for the convenience of the general public. Speaking in the meeting, the DDC chairperson stressed the concerned officers to mobilize the resources at work places and speed up the pace of developmental works with strict adherence to the

quality parameters. She also directed Xens to pay on-site visits with concerned DDC/BDC to sort out the issues discussed earlier. The CEO Poonch was directed to fill the staff vacancy in the schools. XEN PHE was directed to complete the work on ongoing schemes and other important directions were also passed. The Chairperson further laid emphasis on the timely completion of all development projects and timely utilisation of allotted funds to the concerned departments.

Go First To Get Rs 210 Crore Under Government's Credit Line Guarantee Scheme: CEO

MUMBAI: Wadia group-owned Go First expects to receive Rs 210 crore under the government's credit line guarantee scheme next month as the budget airline seeks to boost its financial position and expand operations.

The airline, which received Rs 210 crore from the promoters last month, aims to have 53 operational aircraft in its fleet by the start of April this year, its CEO Kaushik Khona told PTI.

The airline currently has 37 aircraft in operation. Apart from the coronavirus pandemic headwinds and intense competition, the no-frills airline is grappling with the Pratt & Whitney engine issues that have forced it to ground many planes due to a shortage of spare engines.

Under the Emergency Credit Line Guarantee Scheme (ECLGS), which has come as a relief for many pandemic-hit sectors, Go First has so far availed Rs 600 crore.

With promoters infusing Rs 210 crore, the airline will be able to get an equal

amount under the ECLGS next month, Khona said. In an interview, Khona said the engine issues are "gradually" getting resolved, and 20 new engines from Pratt & Whitney are expected to come by April.

Twenty engines can help Go First operationalise 10 aircraft. One plane has two engines.

According to him, seven new Airbus A320 neo planes will be inducted by April first week. Of this, the airline inducted one such plane last week.

Of the remaining six, two will come in February, three in March and one in April, he added.

Going forward, he said, the airline will have 9 more new aircraft by March 2024. Khona noted that in fiscal 2023-24, Go First aims to have 57 per cent volume in the passenger volume. "Today, we already have 37 aircraft operational, and we are receiving 20 serviceable engines by March, which means by April 1, we will have 10 more aircraft in operation from the aircraft which are on the ground,"

he said. He said there will be 53 aircraft operating in the fleet by April.

"This will help us operate 397-400 flights per day and this way, we will be surpassing the previous peak of both our daily number of flights as well as fleet by a huge number," he said.

At the peak of operations, Khona said, the airline had 46 aircraft in operations, operating 333 flights per day.

The things at the airline are much more "stable" now, with grounded aircraft getting back into operations amid Pratt & Whitney supplying engines to the airline, he added.

Besides, fuel costs coming down to 42 per cent from a high of 60 per cent in September and rising air travel demand coupled with better yield is helping the carrier, he noted.

This month, aviation regulator DGCA imposed a fine of Rs 10 lakh on Go First for an incident at Bangalore airport where 55 passengers were left behind in a passenger coach. The airline entered

January with advanced booking at 51 per cent, and the next month also, they should be at the same level, which is a good number, Khona said, adding that advanced bookings for the April-June period are also looking good.

"Going forward in April-June the airfares will pick up, and that is why we are giving benefits (by way of special fare offers) to the passengers so that they can book in advance," Khona said. Go First, currently, has the best aircraft utilisation rate in the industry at 14.20 hours per day, operating on average 6.5 flights per aircraft per day, he said, but acknowledged that the airline's On-Time Performance was a challenge.

"It is still a challenge as there was a lot of fog this time, and our exposure to fog in percentage terms is higher compared to any other airline because our operations are more North dominant," he said. He, however, said that in January, the airline has seen substantial improvement in the OTP.

Fisheries department gears up to tap huge potential of Ranjit Sagar Reservoir

JI NEWS SERVICE
JAMMU, JANUARY 29: Director Fisheries, J&K, Mohammad Ferooz Dar, today conducted an extensive tour of Ranjit Sagar Reservoir to monitor the progress of development of Reservoir Fisheries in the reservoir.

The Director also reviewed the implementation of the various Fisheries developmental schemes being implemented in the area.

It was given out that presently, the area under reservoir fisheries in the UT is estimated at about Rs 0.07 lakh hectares and with the constant addition of new Hydel power projects/impoundments this area is likely to further increase in the coming years.

The Department has established Reservoir Fisheries in Ranjit Sagar Reservoir and its area falls in three states namely Punjab, J&K UT and Himachal Pradesh. The Reservoir has a total area of about 10400 ha out of which about 5500 ha falls in the territory of J&K in District Kathua.

The Assistant Director Fisheries, Kathua apprised the Director that the department has auctioned the fishing rights of the said water body under open auction/e auction under certain terms and conditions amenable for implementation of the con-



servations

measures required for development of reservoir fisheries. The Department has realised revenue of Rs 121 lakh through e auctioning of the said reservoir during 2021-22 and about 70-80 tons of fish is expected to be extracted from the reservoir during the current year.

The Director impressed that the fish production in the reservoir can be increased considerably through planned, sustainable and scientific management of reservoirs.

To tap the untapped potential of the Ranjit Sagar reservoir the Department has submitted a proposal to Government under the Project

"Integrated Development of Reservoirs" which envisages the adequate stocking material for reservoir stocking besides having a provision of backward and forward linkages in the form of fish breeding infrastructure, landing centre, refrigerated vehicles, sale outlets for marketing etc.

The implementation of the project will enhance the productivity and ultimately the production giving ample opportunity to the rural folks for livelihood and ensuring nutritional security. The enhanced fish production of reservoirs will help to boost the economic scenario of the adjoining area and will provide opportunities to

local people to earn their livelihood with honour and integrity by associating themselves with fisheries/aquaculture related activities. The income of the fishers associated with the reservoir fisheries shall be increased by providing them direct and indirect employment.

While inspecting the fish landing centre at Basohli the Director fisheries emphasized to modernise the fish landing centre on scientific lines so that the fish is maintained in the proper cold chain and reach the consumers in hygienic and healthy condition.

The Director urged the fisher community involved in the fish trade to avail the benefits of the various fisheries development schemes viz. PMMSY, CAPEX, FIDF etc to get remunerative prices for their produce/catch and enhance their income.

The Director Fisheries directed the field staff to work with utmost dedication and implement conservation measures by strict enforcement of Fisheries regulations in the reservoir. He instructed the staff to maintain strict vigil over the illegal fishing activities in the reservoir by framing anti-poaching squads.

The Director was accompanied by the Assistant Director Fisheries Kathua during the tour.

Pakistan Government Raises Petrol, Diesel Prices By Rs 35 Each

ISLAMABAD: Cash-strapped Pakistan's government on Sunday raised prices of petrol and diesel by Rs 35 each, giving another jolt to the country's inflation-stricken people.

Finance Minister Ishaq Dar made the announcement in a televised address on Sunday morning, spoiling people's weekly holiday as prices in the past had been adjusted on a fortnightly basis from the first to sixteenth of every month.

"We have decided to increase the price of petrol and diesel by Rs 35 each. The price of kerosene oil and light diesel oil has been increased by Rs 18 each," Dar said, adding that the new prices would come into effect at 11 am on Sunday.

After the rise, the price of petrol was set at Rs 249.80 per litre, high-speed diesel at Rs 262.80, kerosene oil at Rs 189.83, and light diesel oil at Rs 187 per litre.

Last week, Prime Minister Shehbaz Sharif had said that the ruling alliance led by his party was ready to swallow

the bitter pill of the International Monetary Fund's "stringent" conditions to revive the loan programme and it has clearly conveyed intentions to complete the ninth review to the IMF.

Pakistan entered a USD 6 billion IMF programme during Imran Khan's government in 2019, which was increased to USD 7 billion last year. The programme's ninth review is currently pending with talks being held between IMF officials and the government for the release of USD 1.18 billion.

The IMF team would be in Islamabad from January 31 to February 9 to hold talks with the officials over the implementation of its conditions attached with the assistance package.

Dar said that speculation was rife on social media regarding a Rs 50 increase in the prices of petrol and diesel. "Because of this, we have received reports of artificial shortages in the market."

"The Pakistani rupee saw

devaluation last week and now we are seeing an 11 per cent increase in the prices of petroleum products in the international market," he said. Cash-strapped Pakistan's currency depreciated to its lowest against the US dollar on Friday in the interbank and open market and closed at Rs 262.6.

Dar said the government had not increased the price of petrol since October last year until January 29 and also decreased the prices of diesel and kerosene oil.

Ahead of the hike in the prices, long queues of motorists were seen at the filling stations. The rush was fuelled by reports of shortage and massive increase in the prices. Fahad Raud, head of equities at Ismail Iqbal Securities, commenting on the price hike said it was "in line with expectations" as he warned of more increase.

"This is only a partial increase as it does not incorporate recent exchange rate depreciation. More increase to come in mid-February,"

he tweeted.

Former prime minister Imran Khan criticised the price hike, saying that the "total mismanagement" of the economy by the "imported government" has "crushed the masses and salaried class".

"Electricity and gas price hike and 35% unprecedented inflation expected with Rs200bn mini-budget," tweeted Khan, the chairman of the Pakistan Tehreek-e-Insaf Party.

Former finance minister Asad Umar said that the public was already fed up with inflation as he termed the government's move as "punishment" for the people. Pakistan is facing the worst economic crisis as its reserves have dropped to a critical level of USD 3.7 billion and need urgent support to avoid default.

MUMBAI: Despite global headwinds, mergers and acquisitions and other corporate deals in India surpassed pre-Covid levels to reach \$159 billion with as many as 2,105 transactions in 2022, a 29 per cent increase from 2021 in terms of value, said a PwC India report. India demonstrated signs of stable corporate deals defying the trend among most major economies of the world, said the PwC report titled 'Deals in India: Annual Review 2022'. Mergers and acquisitions accounted for a major share of the deal value, boosted by more than 20 large transactions, and reached a record high of \$107 billion – almost twice that of 2021. "However, excluding the HDFC Ltd and HDFC Bank merger (worth \$60 billion), M&A deal values were about 15 per cent lower than that of 2021. Private equity (PE) investments stood at \$52 billion, 22 per cent lower

than 2021 but 20 per cent higher than all other preceding three years in terms of value and quantum," it said. It is to be noted that deal activity witnessed a steady decline quarter-on-quarter after a strong start in the initial months of 2022, the report said, and 70 per cent of deal activity in terms of value and volumes was witnessed in the first half of 2022, with only 30 per cent activity in the second half of 2022.

IND vs AUS: Inspired by England, Travis Head aims to attack India



MELBOURNE: Inspired by England's daredevilry in Pakistan, Australian batter Travis Head will shun his conservative approach on spinning pitches and enter the Test series against India with an aim to dominate the opposition bowling attack.

India and Australia will face off in the upcoming four-Test Gavaskar-Border

Trophy, starting with the opener on February 9. "Watching the way England played in Pakistan, I've probably looked back and wasn't as positive as I'd like to be against spin in those series," Head was quoted as saying by Sydney Morning Herald ahead of the team's departure for India. "I feel like the way I

played throughout this series against spin - I know it's completely different being in Australia - but the more positive I am, the better I am with my feet and the better I am in defence. "We've seen that with fast bowling this summer. When I hunt the ball, my front foot defence is probably the best it's been and I think I've got

to go over there with a positive mindset, not a defensive one."

In his three previous series in Asia, against Pakistan in 2018 and 2022 and Sri Lanka last year, Head has struggled to put the bowlers under slow bowlers.

His past outings in the sub-continent fetched him 213 runs from 11 innings at 21.30. "I think I may have been a bit on the defensive side in Pakistan and Sri Lanka, which you've always got a ball on your name over there," Head said. "But get over there, we've got a long time to get settled over there, and get the lay of the land and understand what my role might be.

It could be low-scoring, it could be high-scoring, you might need to get big scores, or a 40, 50, 60 might win you a Test match."

Hockey World Cup final: Germany, Belgium battle for glory



BHUBANESWAR: At the 2012 London Olympics, as the Germany hockey team celebrated their gold-medal feat, Belgium were on their way home, having finished fifth.

The Red Lions went back to the drawing board. Over six years they reinforced their strengths, worked on their weaknesses and did not stop until they achieved their goal of being the best in the world. The skills. The goals. The last-minute drama. This is how we got here ??The stage is set for the biggest game of a...

Germany, on the other hand, are still looking for a major championship title a decade later. From a country with virtually no hockey culture, the defending champions became the most talked about with World

Cup (2018), European Championship (2019) and Olympic (2020) title triumphs. Belgium's walk of champions began at the same venue in 2018 and they will hope to win their second title in as many appearances in the final.

Come Sunday night at the Kalinga stadium here, the two teams will seek to stake claim for the FIH World Cup. The golden generation of Belgian hockey will eye a final hurrah and who better than the giant-killers from Germany to stand in their way. The teams have played tough semifinal matches. While Germany snatched victory from the jaws of defeat in the last seven seconds against Australia, Belgium showed nerves of steel to eliminate Netherlands.

There are many subplots to the stirring all-European contest, age being one of them. Belgium is the oldest team in the competition with 11 players above the age of 30. Five among the Germans feature in the 30+ category, six if you count their 39-year-old coach Andre Henning. But Felix Denayer and his Belgium team are no picture of ageing legs or aching limbs. They have outpaced and outplayed younger teams time and again. The finale will be won as much on tactics and technique as it will be on mental strength.

Henning is aware of what his men are up against. "At the moment, they are the best team. We respect them for what they have achieved. I have coached them at the U-18 level and

they were already the strongest team in Europe at that time so I saw this coming. We would like to stop them but I don't think they are vulnerable or have any disadvantage, so it won't be easy," explained the German coach.

One factor that could play on the mind of the Belgians is the momentum which favours Germany. Belgium weren't really tested up until Netherlands almost ousted them. Germany has been like instant noodles.

In their previous two matches, it's taken them just two minutes to convert their undercooked performance to match-winning shots.

Germany's spirit is not lost on Belgium's coach Michel Van Den Heuvel, who knows how the slow starts can turn the match on its head in a few seconds. "As a natural character Germany are able to finish well. There is an old saying in Holland, you always win from the Germans when they are on the bus."

The match promises to be a great advertisement for hockey with the starry lineup. Belgium's citadel is well protected with Vincent Vanasch under the bar. Tom Boon, has been the live wire and their top-scorer while the likes of Arthur Van Doren, Victor Wegnez, John-John Dohmen and Arthur de Sloover are all match-winners.

Casemiro scores twice as Manchester United beat Reading in FA Cup

MANCHESTER: Manchester United's Brazil midfielder Casemiro scored twice as they beat second-tier Reading 3-1 to reach the FA Cup fifth round on Saturday but Marcus Rashford was denied a record.

Visitors Reading were riding their luck and holding on until Casemiro opened the scoring in the 54th minute, dinking the ball over goalkeeper Joe Lumley from Antony's pass.

The former Real Madrid player extended United's lead four minutes later with a fizzing low shot from 25 metres.

Fred made it 3-0 before Reading had former Liverpool and England



striker Andy Carroll sent off for a second yellow card. Reading, managed by former title-winning United midfielder Paul Ince, scored a consolation through Amadou Salif Mbengue.

Rashford thought he had become the first United player to score in 10 successive home matches when he netted in the first half but his effort was ruled out for off-side by VAR.

Reading had almost taken the lead against the run of play just before the interval when Junior Hoilett had a great chance but his close-range shot was well saved by David de Gea.

AUSTRALIAN OPEN:

Aryna Sabalenka registers come-from-behind win over Elena Rybakina to secure maiden Grand Slam title



NEW DELHI: Aryna Sabalenka clinched her maiden Grand Slam title in an incredible come-from-behind win over Wimbledon champion Elena Rybakina in the Australian Open women's singles final on Saturday.

The 24-year-old registered a 4-6, 6-3, 6-4 win over the Kazakh 22nd seed

at Melbourne Park due to Moscow's invasion of Ukraine, Sabalenka also became the first neutral athlete to win a major.

She dropped to the floor in delight after securing the win and walked up to Rybakina's side of the court to give her a hug before climbing up to embrace her emotional entourage in the players' box. "Thank you so much for an amazing atmosphere," said Sabalenka, who received the trophy from former world number one Billie Jean King. "And of course my team, the craziest team on tour, I would say. We've been through a lot of downs last year, we worked so hard."

"I hope next year I come back and I show you even better tennis, and you guys support me even more," she added.

Russian-born Rybakina went up 3-1 with a comfortable hold after fifth-seed Sabalenka dropped her serve with a double fault and sent a forehand long, but the Kazakh came under pressure and allowed her opponent to level the opening set at 4-4.

Rybakina hit back immediately, however, turning up the heat in gusty conditions at Rod Laver Arena to grab another break as Sabalenka double-faulted for a fifth time, and going on to seal the set with a big

serve the Belarusian returned into the net.

It was the first time that Adelaide champion Sabalenka had dropped a set in 11 matches this year and the nerves began to show just a bit, before the 24-year-old composed herself and saved two break-points in the opening game of the next set.

Sabalenka then found a bit of consistency to break but had to overcome a wobble to grab a 4-1 lead after which she let out a huge roar and levelled the match with her 11th and 12th ace to take the match at Melbourne Park to a third set.

Sabalenka served with venom and hammered deep returns in the decider to punch holes through Rybakina's defence for a 5-3 lead. She then double-faulted on one matchpoint and squandered two more before finally prevailing to claim the Daphne Akhurst Memorial Cup.

"I would like to congratulate Aryna. I know how hard you have worked for that," said Rybakina. "Hopefully we're going to have many more battles."

"I had goosebumps when everyone was cheering for us. I'm looking forward to coming back next year. It was an amazing two weeks for me and hopefully I'm going to have the same results and even better."

Asian Games will be hockey qualifying event for 2024 Olympics, confirms FIH president

BHUBANESWAR: The hockey venue for the Hangzhou Asian Games later this year is almost ready and there is no ambiguity about the continental multi-sport event being a qualifier for the 2024 Paris Olympics, International Hockey Federation (FIH) president Ikram Tayyab said on Sunday.

The Asian Games, which were to be held last year in the Chinese city of Hangzhou but postponed due to worsening COVID-19 situation in the country, is scheduled to be held in the Chinese city from September 23 to October 8.

Tayyab, a Pakistan-born Macau citizen, is currently a member of the Hangzhou Asian Games Coordination Committee which is headed

by former Indian Olympic Association secretary general and current Olympic Council of Asia acting chief Randhir Singh.

"Asian Games is on, 100 per cent on. I happen to be a senior member of the Hangzhou Asian Games Coordination Committee and I am continuing in that role," Tayyab said at a press conference ahead of the FIH Men's World Cup final here.

"This March, we (Asian Games Coordination Committee) are going to have a meeting in Hangzhou in China. The venue was almost ready in the beginning of last year, so there is no problem regarding the Asian Games serving as a qualifier of the 2024 Paris Olympics."

"Of course, there was a

time we were thinking of having another tournament as Olympic qualifiers in case China is not able to host the Asian Games," said Tayyab, who was Asian Hockey Federation CEO before he was elected as IHF chief last year, replacing India's Narinder Batra.

Asian Games normally serves as Olympic qualifiers but there was confusion after the Hangzhou Asian Games were postponed from last year to this year due to COVID-19 situation in China. As per the qualification procedure for Paris Games laid down by the FIH, 12 teams each in men and women will participate in the competition.

The host nation France will get a direct berth in both the sections. Besides,

five continental champions from Africa, Pan America, Asia, Europe and Oceania will also qualify directly.

For the remaining six berths, the FIH will conduct two Olympic Qualification Tournaments, consisting of eight teams each (16 teams in total), to be held in early 2024.

The number of teams from each continent participating in these tournaments will be based on continental quotas, which will be determined according to the FIH World Rankings on January 31, 2023. The teams filling each quota, and therefore invited to participate, will be based on performance at the continental championships. The top three teams in each of these tournaments will qualify.

Son Heung-min at the double to fire Spurs past Preston in FA Cup



PRESTON: Tottenham Hotspur's Son Heung-min returned to form with two goals in their 3-0 defeat of second-tier Preston North End in the FA Cup fourth round, with debutant Arnaut Danjuma also on target at Deepdale on Saturday.

South Korean Son has endured a lean season but made the difference with

two superb goals after the break as the visitors moved comfortably through to the next round.

Five minutes into the second half the ball was played to Son outside the penalty area and he struck an unstoppable curling left-foot drive low into the corner of the net.

It was only his second goal since mid-October but

19 minutes later he struck again, turning smoothly on the edge of the box from Ivan Perisic's pass and firing past Preston goalkeeper Freddie Woodman. "I needed those goals for my confidence. It was really important. I was the kind of position I like to shoot," said Son, who has eight Spurs goals in all competitions this season. "In the first half I

had a couple of chances to shoot but the keeper made a good save.

"As a striker or as an attacking player, the important thing is that you get that goal. It's important that I could help the team go to the next round," he told the BBC.

Apart from a brief spell in between Tottenham's goals, Preston rarely troubled the away side who did not even need to bring leading scorer Harry Kane off the bench. Kane was unwell during the week having scored the winner at Fulham to become the club's joint all-time top scorer with 266 goals, matching the tally of Jimmy Greaves. Dutch forward Danjuma, who signed for Spurs on loan from Spanish club Villarreal this week, came off the bench to score his side's third with a close-range finish late on.

Pakistan govt raises petrol, diesel prices by Rs 35 each

ISLAMABAD: Cash-strapped Pakistan's government on Sunday raised prices of petrol and diesel by Rs 35 each, giving another jolt to the country's inflation-stricken people.

Finance Minister Ishaq Dar made the announcement in a televised address on Sunday morning, spoiling people's weekly holiday as prices in the past had been adjusted on a fortnightly basis from the first to sixteenth of every month. "We have decided to increase the price of petrol and diesel by Rs 35 each. The price of kerosene oil and light diesel oil has been increased by Rs 18 each," Dar said, adding that the new prices would come into effect at 11 am on Sunday.

After the rise, the price of petrol was set at Rs 249.80 per litre, high-speed diesel at Rs 262.80, kerosene oil at Rs 189.83, and light diesel oil at Rs 187 per litre.

Last week, Prime Minister Shehbaz Sharif had said that the ruling alliance led by his party was ready to swallow the bitter pill of the International Monetary Fund's "stringent" conditions to revive the loan programme and it has clearly conveyed intentions to complete the ninth review to the IMF.

Pakistan entered a \$6 bil-



lion IMF programme during Imran Khan's government in 2019, which was increased to \$7 billion last year. The programme's ninth review is currently pending with talks being held between IMF officials and the government for the release of \$1.18 billion. The IMF team would be in Islamabad from January 31 to February 9 to hold talks with the officials over the implementation of its conditions attached with the assistance package. Dar said that speculation was rife on social media regarding a Rs 50 increase in the prices of petrol and diesel. "Because of this, we have received reports of artificial shortages in the market."

"The Pakistani rupee saw

devaluation last week and now we are seeing an 11 per cent increase in the prices of petroleum products in the international market," he said. Cash-strapped Pakistan's currency depreciated to its lowest against the US dollar on Friday in the interbank and open market and closed at Rs 262.6.

Dar said the government had not increased the price of petrol since October last year until January 29 and also decreased the prices of diesel and kerosene oil.

Ahead of the hike in the prices, long queues of motorists were seen at the filling stations. The rush was fuelled by reports of shortage and massive increase in the prices. Fahad Raud, head of equities at Ismail Iqbal

Securities, commenting on the price hike said it was "in line with expectations" as he warned of more increase. "This is only a partial increase as it does not incorporate recent exchange rate depreciation. More increase to come in mid-February," he tweeted.

Former prime minister Imran Khan criticised the price hike, saying that the "total mismanagement" of the economy by the "imported government" has "crushed the masses and salaried class".

"Electricity and gas price hike and 35% unprecedented inflation expected with Rs200bn mini-budget," tweeted Khan, the chairman of the Pakistan Tehreek-e-Insaf Party. Former finance minister Asad Umar said that the public was already fed up with inflation as he termed the government's move as "punishment" for the people. Pakistan is facing the worst economic crisis as its reserves have dropped to a critical level of \$3.7 billion and need urgent support to avoid default.

The IMF is the only forum that can save the country. But many people wonder about the future of the country without any long-term planning in sight to tackle similar economic situations.

UK PM Rishi Sunak fires party chairman Nadhim Zahawi over tax affairs

LONDON: British prime minister Rishi Sunak fired the Conservative Party chair Nadhim Zahawi from government on Sunday after an investigation into his tax affairs found a serious breach of the ministerial code.

Sunak had ordered independent adviser to investigate questions over the tax affairs of Zahawi, who was briefly finance minister during a period of political turmoil in Britain last year.

Zahawi has said Britain's tax authorities ruled he had been "careless" with his declarations but hadn't deliberately made an error to pay less tax.

"Following the comple-



tion of the Independent Adviser's investigation - the findings of which he has shared with us both - it is clear that there has been a serious breach of the ministerial code," Sunak said in a

letter to Zahawi. "As a result, I have informed you of my decision to remove you from your position in his majesty's government." The independent adviser

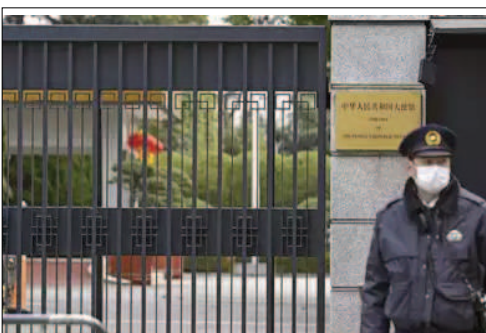
Laurie Magnus found that Zahawi had been misleading when he said that reports last July over his tax affairs were "clearly smears".

Zahawi did not correct the record until last week, when he said he had reached a settlement with the authorities.

"I consider that this delay in correcting an untrue public statement is inconsistent with the requirement for openness," Magnus said in a letter to Sunak.

He added that Zahawi had shown "insufficient regard" for the requirement "to be honest, open and an exemplary leader through his own behaviour."

CHINA ANNOUNCES RESUMPTION OF VISAS FOR JAPANESE



TOKYO: China announced it was resuming issuing visas for Japanese travelers beginning Sunday, ending its nearly three-week suspension in an apparent protest of Tokyo's tougher COVID-19 entry requirements for tourists from China. The decision was announced in a statement posted on the Chinese Embassy's website.

China stopped issuing new visas in Japan on Jan. 10 in apparent retaliation for Tokyo's requirement of additional tests for Chinese tourists in late December, ahead of Lunar New Year holidays. Japan cited soaring infections in China after it abruptly eased coronavirus restrictions as well as scarce COVID-19 data from Beijing. Japan reopened its

borders for individual tourists in October, allowing travelers with proof of vaccination instead of testing at airports unless they show symptoms. Burt on Dec. 30, Japan required all travelers from China to show pre-departure negative tests and take an additional test upon arrival. China also stopped issuing visas to South Koreans

after South Korea in early January did the same for short-term travelers from China.

Last Friday, South Korea said it would keep the measure in place through the end of February over concerns that the spread of COVID-19 in China may worsen following Lunar New Year travel.

Health authorities in China have said infections have peaked but there are concerns abroad that Beijing was not sharing enough data.

The latest wave of infections in Japan appears to be subsiding in recent weeks, with confirmed daily cases falling to about one-fifth of the peak in early January.

Japan's government last week announced plans to downgrade COVID-19 to an equivalent of seasonal influenza in May, a move that would further relax mask wearing and other preventive measures as the country seeks to return to normalcy.

Israeli police seal off home of Jerusalem synagogue attacker

JERUSALEM: Israeli police on Sunday sealed up the east Jerusalem home of a Palestinian attacker who killed seven people and wounded three outside a synagogue, one of several punitive measures approved by Benjamin Netanyahu's Cabinet overnight.

The move came following a deadly weekend in which seven people were killed and five others wounded in two separate shootings in Jerusalem, in one of the bloodiest months in the occupied West Bank and east Jerusalem in several years. The measures threatened to further raise tensions and cast a cloud over a visit next week by United States Secretary of State Antony Blinken.

The weekend shootings followed a deadly Israeli raid in the West Bank on Thursday that killed nine Palestinians, most of them militants. In response, Palestinian militants in the Gaza Strip fired a barrage of rockets into Israel, triggering a series of Israeli airstrikes in response.

In all, 32 Palestinians have been killed in fighting this month.

Addressing the Cabinet on Sunday morning, Netanyahu said that "we sealed the home of the terrorist who

carried out the horrendous attack in Jerusalem, and his home will be demolished."

"We are not seeking an escalation, but we are prepared for any scenario. Our answer to terrorism is a heavy hand and a strong, swift and precise response," he said.

The police on Sunday released footage of Israeli army engineers welding metal plates over the windows and welding the front door shut as part of the operation in response to Friday night's deadly shooting.

Police said the attacker, identified as a 21-year-old east Jerusalem resident, was killed in a shootout with officers after fleeing the scene in the predominantly ultra-Orthodox east Jerusalem settlement of Neve Yaakov.

On Saturday, a 13-year-old Palestinian boy opened fire elsewhere in east Jerusalem, wounding two Israeli men, paramedics said. The attacker was shot and hospitalized.

Funerals for the victims in Friday's shooting, the deadliest attack on Israelis since 2008, were scheduled to take place Sunday.

Netanyahu's Cabinet also said it plans a series of other punitive meas-

ures, including canceling social security benefits for the families of attackers, and would take steps to "strengthen the settlements" this week as part of the government's response to the weekend's attacks.

Netanyahu said that strengthening settlements in the occupied West Bank was aimed at "sending a message to the terrorists that seek to uproot us from our land that we are here to stay."

Israel captured the West Bank, along with east Jerusalem and the Gaza Strip in the 1967 Mideast war. It has built dozens of settlements, now home to more than 500,000 Jewish settlers, in the decades since.

Most of the international community considers the settlements an obstacle to peace with the Palestinians, who seek the West Bank as the heartland of a future independent state.

In Cairo, Blinken opened his Mideast tour on Sunday and was to speak with the students at the American University in the city before holding talks with Egyptian officials on Monday.

He was then scheduled to travel to Israel for the most critical leg of the visit for talks with Israeli and Palestinian officials.

Pakistan: At least 41 people killed after passenger coach falls into ravine in Balochistan

ISLAMABAD: At least 41 people were killed after a passenger coach fell into a ravine in Pakistan's Balochistan on Sunday, Dawn reported citing officials. The incident occurred on the highway near the town of Lasbela in the Lasbela district of Balochistan.

Lasbela Assistant Commissioner Hamza Anjum has confirmed the

incident. Anjum stated that the vehicle carrying 48 passengers was travelling from Quetta to Karachi, as per the Dawn report. He said that the vehicle crashed into the pillar of a bridge near Lasbela and subsequently fell into a ravine and caught fire. Hamza Anjum feared that the number of casualties could rise to 48.

"Due to speeding, the coach crashed into the pillar of a bridge while taking a U-turn near Lasbela.

The vehicle subsequently careened into a ravine and then caught fire," Dawn quoted Hamza Anjum as saying.

According to Hamza Anjum, three people, including a child

woman have been rescued from the accident site, according to Dawn. One of the injured persons succumbed to his injuries while being taken to hospital. He added that the bodies recovered from the wrecked bus were unidentifiable. Anjum said that DNA testing will be conducted to identify the deceased.

Iran says drone attack targets defence facility in Isfahan

DUBAI: Bomb-carrying drones targeted an Iranian defense factory in the central city of Isfahan overnight, authorities said early Sunday, causing some damage at the plant amid heightened regional and international tensions engulfing the Islamic Republic.

The Iranian Defense Ministry offered no information on who it suspected carried out the attack, which came as a refinery fire separately broke out in the country's northwest and a 5.9 magnitude earthquake struck nearby, killing three people.

However, Tehran has been targeted in suspected Israeli drone strikes amid a shadow war with its Mideast rival as its nuclear deal with world powers collapsed. Meanwhile, tensions also remain high with neighboring Azerbaijan after a gunman attacked that country's embassy in Tehran, killing its security chief and wounding two others.

Details on the Isfahan attack, which happened around 11:30 p.m. Saturday, remained scarce. A Defense Ministry statement described three drones being launched at the facility, with two of them successfully shot down. A third apparently made it through to strike the building, causing "minor damage" to its roof and wounding no one, the



ministry said.

Iranian state television's English-language arm, Press TV, aired mobile phone video apparently showing the moment that drone struck along the busy Imam Khomeini Expressway that heads northwest out of Isfahan, one of several ways for drivers to go to the holy city of Qom and Tehran, Iran's capital. A small crowd stood gathered, drawn by anti-aircraft fire, watching as an explosion and sparks struck a dark building.

"Oh my God! That was a drone, wasn't it?" the man filming shouts. "Yeah, it was a drone."

Those there fled after the strike.

That footage of the strike, as well as footage of the aftermath analyzed by The Associated Press, corresponded to a site on Minoo Street in northwestern Isfahan that's near a shopping center that includes a carpet and an electronics store.

Iranian defense and nuclear sites increasingly find themselves surrounded by commercial properties and residential neighborhoods as the country's cities sprawl ever outward. Some locations as well remain incredibly opaque about what they produce, with only a sign bearing a Defense Ministry or paramilitary Revolutionary Guard logo. The Defense Ministry only called

the site a "workshop," without elaborating on what it made. Isfahan, some 350 kilometers (215 miles) south of Tehran, is home to both a large air base built for its fleet of American-made F-14 fighter jets and its Nuclear Fuel Research and Production Center. The attack comes after Iran's Intelligence Ministry in July claimed to have broken up a plot to target sensitive sites around Isfahan. A segment aired on Iranian state TV in October included purported confessions by alleged members of Komala, a Kurdish opposition party that is exiled from Iran and now lives in Iraq, that they planned to target a military aerospace facility in Isfahan after being trained by Israel's Mossad intelligence service.

Activists say Iranian state TV has aired hundreds of coerced confessions over the last decade. Israeli officials declined to comment on the attack.

Separately, Iran's state TV said a fire broke out at an oil refinery in an industrial zone near the northwestern city of Tabriz. It said the cause was not yet known, as it showed footage of firefighters trying to extinguish the blaze. Tabriz is some 520 kilometers (325 miles) northwest of Tehran.

State TV also said the magnitude 5.9 earthquake killed three people and

injured 816 others in rural areas in West Azerbaijan province, damaging buildings in many villages.

Iran's theocratic government faces challenges both at home and abroad as its nuclear program rapidly enriches uranium closer than ever to weapons-grade levels since the collapse of its atomic accord with world powers.

Nationwide protests have shaken the country since the September death of Mahsa Amini, a Kurdish-Iranian woman detained by the country's morality police. Its rial currency has plummeted to new lows against the U.S. dollar.

Meanwhile, Iran continues to arm Russia with the bomb-carrying drone that Moscow uses in attacks in Ukraine on power plants and civilian targets.

Israel is suspected of launching a series of attacks on Iran, including an April 2021 assault on its underground Natanz nuclear facility that damaged its centrifuges. In 2020, Iran blamed Israel for a sophisticated attack that killed its top military nuclear scientist.

Israeli officials rarely acknowledge operations carried out by the country's secret military units or its Mossad intelligence agency. However, Israeli Prime Minister Benjamin Netanyahu, who recently re-entered the premiership,

long has considered Iran to be the biggest threat his nation faces.

The U.S. and Israel also just held their largest-ever military exercise amid the tensions with Iran.

Meanwhile, tensions remain high between Azerbaijan and Iran as Azerbaijan and Armenia have fought over the Nagorno-Karabakh region. Iran also wants to maintain its 44-kilometer (27-mile) border with landlocked Armenia - something that could be threatened if Azerbaijan seizes new territory through war.

Iran in October launched a military exercise near the Azerbaijan border. Azerbaijan also maintains close ties to Israel, which has infuriated Iranian hard-liners, and has purchased Israeli-made drones for its military. Anwar Gargash, a senior Emirati diplomat, warned online that the Isfahan attack represented one more event in the "dangerous escalation the region is witnessing." The United Arab Emirates was targeted in missile and drone attacks last year claimed by Yemen's Iran-backed Houthi rebels. It "is not in the interest of the region and its future," Gargash wrote on Twitter. "Although the problems of the region are complex, there is no alternative to dialogue."

Man Ki Baat: PM Modi talks of Snow Cricket held at Syedabad, Pulwama

Says apart from Snow capped mountains & natural beauty, there is much more to enjoy in Kashmir

JJ NEWS SERVICE

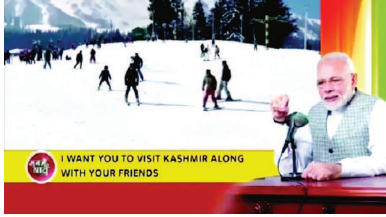
PULWAMA, JANUARY 29: Prime Minister, Narinder Modi today spoke about Snow Cricket held at Syedabad, Pulwama, Kashmir in his Man Ki Baat.

In the programme, PM Modi said that apart from Snow capped mountains and natural beauty, there is much more to know and admire about Kashmir.

The PM said that in Syedabad, Pulwama of Kashmir the Snow Cricket was held in winter games.

He said that Snow cricket is more entertaining, this makes it even more interesting that those games help to identify players who shall play for Team India in future.

The PM said that snow cricket is an extension of the Khelo India Movement. He hoped that those players will win medals for the nation in future and will have Tricolor high.



I WANT YOU TO VISIT KASHMIR ALONG WITH YOUR FRIENDS

He suggested to tourists, "Next time when you visit Kashmir, take your time to watch such programmes too". That will make your trip more memorable, he said.

Sports activities across Pulwama have touched a new milestone with the provision of sports infrastructure in all Panchayats.

Pertinently, under the mission of play fields in each panchayat, land in Syedabad (Pastuna)

Panchayat of Tral Sub Division was identified and Playfield was developed under MGNREGA in FY 2022-23, and the village witnessed a big tournament during this winter.

The Cricket match in Chilaikalan (chilling season across Kashmir) was held in Syedabad (Pastuna) on the smooth surface of Snow for the first time during this winter.

The sports theme of this winter game was Snow Cricket and

was a local talent hunt in cricket. This is for the first time that youth were directly benefited by CSSs.

This facility not only fulfills the aspirations of Pulwama youth but also strengthens the vision of "Youth-led development" of Hon'ble PM.

The Youth has recapitulated to the sports spirit and channelised their achievements and energy on the platform of Khelo India. Now more youth are getting attracted to sports activities across Pulwama.

This is a positive and a vibrant change, and shall have far reaching and best results in coming times with youth getting engaged in sports which develops the competition and leadership qualities.

Earlier, Prime Minister has also lauded the efforts made by Manzoor Ahmed Elahi, an entrepreneur from UKhoo, Pulwama who is providing pencil slates to

big firms of the country.

PM has also mentioned the efforts of two brothers namely Bashir Ahmed and Munir Ahmad who have set an example in the realm of self employment. Despite being highly educated both brothers started a vermicompost startup and supply organic manure to farmers at reasonable prices.

The vermicompost startup is also a novelty in the Organic Agriculture produce.

People of Pulwama have expressed immense gratitude to Hon'ble Prime Minister by mentioning Pulwama multiple times in Mann Ki Baat for inspiring the youth.

Deputy Commissioner Pulwama, Baseer Ul Haq Choudhary in this context has said that Honorable Lieutenant Government administration is committed for constructive engagement and empowerment of youth of Pulwama.

E-GOVERNANCE INITIATIVE

DC Srinagar hands over 85 Tablets to Patwaris & Girdawars

Calls District e-Governance Society a strong link with the people in this digital age



JJ NEWS SERVICE

SRINAGAR, JANUARY 29: The Deputy Commissioner (DC) Srinagar, Mohammad Aijaz Asad today handed over 85 Tablets to Patwaris and Girdawars of the district under e-Governance initiative at the Conference Hall of the DC Office Complex.

Additional Deputy Commissioner (ADC) Syed Shabir Ahmad; Assistant Commissioner Revenue, Raies Ahmad Bhat and other Officers were present on the occasion.

On the occasion, the DC said the step has been taken by the District Administration to ensure effective and efficient implementation of online services. He said with the availability of Tablets the Patwaris and the Girdawars will be able to discharge their legitimate duties to the best satisfaction of the Revenue Department and general public as well.

The DC asked the Revenue officials to carry out routine functions in an efficient manner and ensure prompt delivery of services to people in a hassle free manner.

400 Kanals of encroached land retrieved in a single day at Kulgam

10 Kanal land worth crores retrieved from relatives of Ex.MP in Kulgam town



JJ NEWS SERVICE

KULGAM, JANUARY 29: Acting tough against the land encroachers, the District Administration Kulgam in a single day today retrieved more than 400 kanals of state/ kachharie and Roshni land during intensified anti-encroachment drives carried out across the district.

Illegal land measuring 10 Kanals was also retrieved from the relatives of Ex MP, with title State Land (Roshni) retrieved after a massive Eviction Drive at Kulgam Town today.

The Property having worth in Crores has been handed over to the MC, Kulgam, for further management. Land measuring 50 Kanals under Survey No 675 recorded Sarkar in revenue records was retrieved today at estate Lammer.

On spot 40 Kanals were handed over to the Agriculture Department for Seed Multiplication Farm and 10 Kanals were handed over to the Headmaster Government High School Lammer.

93 Kanals of State land under Survey No. 01 at village Arigatmo was retrieved from the encroachers and about 1 kanal Kachharie land with (high commercial value) near Pahloo main market was retrieved with strenuous efforts.

44 kanals of land were retrieved at HM Guri in DH Pora.

It is worth mentioning that Kulgam district Administration has activated men and machinery on mission mode to evict the illegal occupants and retrieve the State/ Kachharie and Roshni land in the district and today more than 400 Kanals of encroached land were retrieved and many structures raised over the encroached land were also dismantled.

DC Kupwara inaugurates maiden 3 day 'Kupwara Winter Carnival' at Dringyari

Expresses satisfaction over great public response; says Carnival will boost tourism sector in Kupwara

JJ NEWS SERVICE

KUPWARA, JANUARY 29: The Deputy Commissioner (DC) Kupwara, Dr.Doifode Sagar Dattatray today inaugurated 'Kupwara Winter Carnival -2023' at Dringyari Chowkibal.

SSP Kupwara, Yougal Manhas; ADC Kupwara, Ghulam Nabi Bhat; galaxy of Civil, Police and Army Officers, besides hundreds of tourists, adventurers, nature lovers and officials of various departments were present at the inaugural ceremony. On the occasion, the DC said that the Carnival is the first of its experience in the district to make best possible efforts to boost the tourist activities in the district. He said Carnival will last for 3 days and hoped that this maiden effort will imprint its effect on the history of Kupwara district in near future when Kupwara will be the global tourist destination.

Dr. Doifode Sagar said that Kupwara district has enough potential to be developed as an all season tourist destination adding that during Summer over 10,000 tourists visited Bangus. He said the winter carnival was designed to explore the possibilities to give fillip to winter tourism. He said that various activities



of attraction have been introduced in the winter carnival which include ice skating, ATVs, Snow mobile, sagging bridge and zip line, besides, music, refreshment, food courts are available to serve the tourists.

He appreciated all the officers and field functionaries for putting best possible arrangements in place for successful conduct of the Carnival.

The DC said that holding Winter Carnival at Dringyari in the lap of Picturesque Bangus Valley and Shamsabari mountain will be the grand maiden effort to boost the tourism sector in the district.

He asked the officers to make this carnival more attractive so that more

and more tourists could visit and enjoy the beauty of Kupwara district especially Dringyari which is the specified venue for the carnival.

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

He hoped and appealed the youth of the district to participate in the Winter festival in large numbers Among others, who visited the Winter Carnival include Major General, A.S Pendharkar General Officer Commanding, 28 Infantry Division, DDC Members of Kralpora, Drugmulla, Sogam, Rajwar and BDC Chairpersons.

Rajouri Administration retrieves 275867 kanal, 12 marlas state land

JJ NEWS SERVICE

RAJOURI, JANUARY 29: As part of its efforts to retrieve state Land from the illegal occupants, the District Administration Rajouri has launched a massive anti-encroachment drive in all Tehsil of the district and retrieved over 275867 Kanal and 12 Marlas of land so far.

As per the eviction plan and on

the directions of the Deputy Commissioner Rajouri, regular Anti-Encroachment drives are being conducted in the district to retrieve the state land.

The teams of police and revenue officers/officials visited different tehsils of the district including Rajouri, Darhal, Thanamandi, Nowshera, Qila Darhal, Sunderbani,

Siot, Kalakote, Terayth, Beripatan, Manjakote, Moughla and Khawas and retrieved 275867 Kanals and 12 Marlas of state land.

The state land retrieved from the illegal occupants included 7546 Kanals and 05 marlas of kacharai land and 268321 Kanals and 07 marlas of state land, including Roshni Land.

Director Agriculture inspects various pesticides & fertilizer dealers in South Kashmir

Directs Enforcement Officers to seize unregistered fertilizers

JJ NEWS SERVICE

SRINAGAR, JANUARY 29: The Director Agriculture Kashmir, Chowdhary Mohammad Iqbal today inspected various pesticides and fertilizer dealers at Pulwama to monitor the sale of registered products.

During the inspection, various fertilizers were found without registration and onspot directions were given to concerned fertilizer inspector to seize 150 qtls of FROM and submit the compliance report to the Directorate Office without any delay.

Meanwhile, during his Budgam visit, the Director Agriculture inaugurated the Semi Hi-tech Polyhouse at Chadoora.



Speaking to the farmers, the Director said that the Semi Hi-tech Polyhouses would benefit the farmers of chadoora sub division and other areas of Budgam district. He said that the department is working robustly not only to fulfill the local demands for fresh vegetables during the winter season but also to cater to the requirements of the Jammu region as well. He said the

department is increasing the number of hi tech poly houses in all the districts of Kashmir division aiming to provide fresh vegetables during the winter months.

He said the cropping intensity in Kashmir division is already 250 and efforts are on to raise it up to 300. He said the vegetable farmers who under open conditions raise three crops in a year, with the help of hi-tech poly houses are able to produce five crops in a year. With the result not only the cropping intensity, production and productivity is increased but the income of the farmers also gets significantly increased. He said this also helps to generate employment opportunities as well.

Director Agriculture said that we are committed to provide early seedlings to the farmers so that they could make optimum use of their land. I am satisfied that this year we have already distributed seedling to the farmers at some places and this process will continue in coming days', he added

Director said that under the holistic document project, the foundation seed of different crop varieties would be multiplied at departmental farms and in this direction we have already started multiplication of foundation seed of maize (variety, SMC4) at Allowpora farm. The seed is undergoing processing and in coming days these seeds would be provided to the CSPS, PPS, and seed villages so that it could be propagated in all the areas of Kashmir division.

05 Employees of RDD suspended for unauthorized absence from duties at Kulgam

JJ NEWS SERVICE

KULGAM, JANUARY 29: On the directions of the Deputy Commissioner Kulgam, Dr. Bilal Mohi-Ud-Din Bhat, a team of officers headed by ACD Kulgam, Mohammad Imran inspected several offices of Rural Development Department in Kulgam.

During the inspection, 05 employees were found unauthorisedly absent from their duties at DK Marg block and were placed under suspension with immediate effect.

Moreover, ACD stressed on 100 percent attendance at all offices of Rural Development Department Kulgam and directed all employees to attend their duties regularly in letter and spirit.

He warned that strict action as warranted under rules shall be taken against employees for their unauthorized absence from duties.

Huge chunk of encroached state land worth crores retrieved in district Poonch in eviction drive

JJ NEWS SERVICE

POONCH, JANUARY 29: In a major push to the ongoing anti-encroachment drive, District administration Poonch, with the assistance of Police has retrieved a huge chunk of land including commercial land worth crores of rupees which was under illegal occupation of Land Mafia and big businessman including Ex M.L.A.

The land retrieved includes some land parcels (both state land and Kachharai land) having high market value encroached upon by a group of influential people, giving a strong message that "no one is above Law" and whosoever has encroached the state land will be evicted.

During the eviction drive against 125030 kanal encroached land, 122277 kanal and 8 Marlas has been retrieved till date.

Similarly, out of total encroached 8530.16 Kanal of kachharai land, 8391 kanal has also been retrieved in different parts of the district.

As per the Revenue Department the eviction drive is on in full pace and the target of 100% retrieval of encroached land will be restored soon.

Staggering 97.8% of state land has been made encroachment free and around 98.38% kachharai land has been made encroachment free till date

The Deputy Commissioner Poonch has given clear cut instructions to revenue authorities to remove encroachments under the principle of Non-discrimination and Uniformity.

In the last one week, 7 kanal high value state-land worth Rs.1.80 crores was retrieved near mini secretari at Mendhar. Likewise, 75 Kanals abi-land and 171 Kanal of state land were retrieved from different encroachers worth Rs 2.5 crore. Another parcel of 207 kanal of land retrieved from different encroachers at Mendhar amounting to Rs. 1.30 crore. In Tehsil Mandi, 370 Kanal of land was retrieved, including 12 kanal in the Loran market, worth Rs 50 lakh.

Around 75 kanal Land worth Rs 1.87 crore encroached by an Ex M.L.A has also been retrieved in Lassana. In tehsil Surankote, state land on which a private school building was constructed has been retrieved worth Rs 80 lakh.

Revenue authorities retrieved around 100% encroached state and Kachharai land in Balalote and Manokote tehsils.

Deputy Commissioner Poonch has directed the revenue authorities to adopt due diligence with the ongoing eviction process. He also requested General public to cooperate with the authorities so that the process can be completed smoothly.