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LG'S MULAQAAT

Every effort is being made to empower the citizens and enable them to play a bigger role in society: Lt Governor



JJ NEWS DESK
JAMMU, JAN 30

Lieutenant Governor Manoj Sinha interacted with the people and heard their grievances during 'LG's Mulaqaat- Live Public Grievance Hearing' at Civil Secretariat.

The Lt Governor appraised the steps taken on the grievances of the applicants by the concerned Administrative Secretaries, Deputy Commissioners and other senior officers.

"Our prime objective is quality grievance disposal, constant monitoring of service delivery mechanism, ensuring accountability for welfare and progress of the common man", the Lt Governor said.

Every effort is being made to empower the citizens and enable them to play a bigger role in society. Various interventions and e-Governance tools are ensuring that the benefits of our development programmes, various central

sector schemes reach out to the people as intended, added the Lt Governor.

Taking note of the grievances received from various complainants regarding pending cases for social security schemes' benefits, the Lt Governor directed the Administrative Secretaries and Deputy Commissioners for strict implementation of all measures and monitoring of such cases to ensure the benefits reach all eligible.

Lt Governor pays tributes to the Father of the Nation Mahatma Gandhi on his Punyatithi



JJ NEWS DESK
JAMMU, JAN 30

Lieutenant Governor Manoj Sinha today paid tributes to the Father of the Nation Mahatma Gandhi on his punyatithi.

Speaking at an event organized by Gandhi Global Family J&K, the Lt Governor said, Babu's life and teachings continue to guide the inter-dependent world in the 21st century.

Kashmir valley receives first major snowfall, air, surface traffic remained suspended

JJ NEWS DESK
SRINAGAR, JAN 30

Kashmir valley received the season's first major snowfall that disconnected it with the rest of the country and hit normal life on Monday, officials said.

All flight operations were suspended and surface traffic on the Srinagar-Jammu national highway remained shut.

All 68 flights scheduled to take off from the Srinagar International Airport today were cancelled due to low visibility and continuous snowfall, Director Srinagar International Airport Kuldeep Singh Beshi said.

The traffic on Srinagar-Jammu national highway remained suspended due



All 68 flights scheduled to take off from the Srinagar International Airport today were cancelled due to low visibility and continuous snowfall, Director Srinagar International Airport Kuldeep Singh Beshi said.

The traffic on Srinagar-Jammu national highway remained suspended due

Authorities issue avalanche warning in 10 J&K districts amid heavy snowfall

JJ NEWS DESK
SRINAGAR, JAN 30

In view of heavy snowfall, the authorities in Jammu and Kashmir issued an avalanche warning in ten districts of the Union Territory on Monday, officials said.

The State Disaster Management Authority (SDMA) in a statement said "High Danger" level avalanches were likely to occur 2500 metres above sea level over the Doda, Kishtwar and Poonch districts of Jammu division



during the next 24 hours.

Similarly a "Medium Danger" level avalanche warning was also issued for the people living 1500 to 2500 metres above sea level

Four Lashkar associates arrested, hideout busted in south Kashmir



JJ NEWS DESK
SRINAGAR, JAN 30

Security forces destroyed a hideout of Lashkar-e-Taiba and arrested four associates of the group in Jammu and Kashmir's Awantipora sub district, police said on Monday.

Police said the militant hideout was busted and destroyed at Hafoo Nageenpora forests of Awantipora sub district.

Police said on a specific input a joint operation was launched by Army and CRPF at Hafoo Nageenpora forests.

"During search, a hideout used by terrorists was

busted and subsequently destroyed. Incriminating materials and other items were recovered from the hideout," a police statement said.

Accordingly, a case under relevant sections of law was registered in Police Station Tral and investigation was initiated.

"During the preliminary investigation, so far four terrorists associates linked with proscribed terror outfit LeT have been arrested," police said.

They were identified as Arif Bashir Bhat, Mohsin Ahmad Lone, Manzoor Ahmad Wani and

I was warned of grenade attack, but people in Kashmir gave me love: Rahul Gandhi

JJ NEWS DESK
SRINAGAR, JAN 30

Congress leader Rahul Gandhi on Monday said he was warned that he may be attacked in Kashmir, but people here gave him love.

Addressing a rally at Sher-e-Kashmir cricket stadium in Srinagar on the concluding of the Bharat Jodo Yatra and continuous snowfall, Rahul said security people had told him to go to Kashmir in a vehicle and not on foot as they were suspecting a grenade attack at the rally.

"When I was coming here security forces told me that I can travel by foot across the country and also in Jammu, 3-4 days back, admin told me that if I go on foot, a grenade would be hurled at me. ... I thought to give an opportunity to those who hate me, to change the colour of my white t-shirt to red," Rahul said.

"My family taught me, and (Mahatma) Gandhi ji



taught me to live fearlessly, otherwise, that is not living. But it happened just as I expected, the people of Jammu and Kashmir didn't give me a hand grenade but only love and hugs with open heart," the former Congress chief said.

Rahul said the aim of his Yatra is to ensure no deaths happen in any violence.

He said that the Prime Minister and Home Minister have no idea about the violence like him or Kashmiris or security men or

Army men who face such tragedies.

Pointing out to the personal tragedies, Rahul recalled the moments when he was informed over phone calls about the assassination of his grandmother, Indira Gandhi and father Rajiv Gandhi.

He said he the inciters of violence will never understand that pain.

"Those who incite violence - like Modi, Amit Shahji, the BJP and RSS - will never

Do not become slave of smart gadgets: Army Commander's 'Mantra' to students

JJ NEWS DESK
JAMMU, JAN 30

Explaining the mantra of 5 P's for life, Northern Command Army Commander, Lieutenant General Upendra Dwivedi on Monday asked children to smartly use smart gadgets and do not become their slave.

Lieutenant General Dwivedi interacted with the students of J&K, studying in General B C Joshi Army Public School, Pithoragarh, sponsored through Army's Operation Sadbhavana at Udhampur.

The students were on their way back to the school after a break and had a lifetime opportunity of meeting the Army Commander which further motivated them to excel in future.



General Dwivedi emphasized on the importance of Passion for one's dreams which is a must, Persistence combined with pragmatism which makes one succeed in any endeavour, Parvarish or the teachings of one's parents which should never be lost sight of, Peers who are

an important part of a student's life as they can boost learning, Padhai which is an important part of life as it enables an individual to equip with knowledge to grow in life.

The Army Commander further emphasized

Har Gaon Haryali: 90 lakh saplings planted in J&K this year under 'Har Gaon Haryali'

JJ NEWS DESK
SRINAGAR, JAN 30

Jammu and Kashmir government's ambitious initiative 'Har Gaon Haryali' has recorded plantation of 90 lakh saplings during the current fiscal against set target of plantation of 35 crore seedlings.

Pertinently, the government of Jammu and Kashmir launched this remarkable initiative in consonance with the vision of 'Green Jammu and Kashmir' to ensure sustainable development and promote climate justice across J&K. The Green Jammu and Kashmir drive itself is in consonance with the National Forest Policy 1988 and the Jammu and



Kashmir Forest Policy 2011 which envisages afforestation on all degraded and denuded lands in J&K within and outside forests.

Green Jammu and Kashmir campaign aims at creating people's movement at a massive scale with involvement of all stakeholders particularly village panchayats, women, students, Urban Local bodies, NGOs and civil society.

The aim of the department is to bring two third geographical area of Jammu and Kashmir under the forest and tree cover, he said. "The forest and tree cover in Jammu and Kashmir is about 55 per-

cent, which is substantially higher than the national average of 24.56 percent."

The J&K Government initiated 'Har Gaon Haryali' campaign in November 2021. Under this campaign, forest and sister departments were vested with the responsibility to cover all the village panchayats and planting of one crore saplings.

With an aim to realize the objectives and target set under 'Har Gaon Haryali' campaign, the Social Forestry department is laying emphasis on providing hybrid clonal plants to farmers from its modern nurseries, so that farmer's income can be supplemented and sustained supply of raw materials to wood

based industries can be ensured.

In addition, the department is organizing such programs with multiple activities in all districts of Jammu and Kashmir to provide impetus to J&K Green drive initiative with participation of local communities.

The department has apprised the people in general and farmers in particular to avail the supply of plants from departmental nurseries to take up agro-forestry activities on their lands.

Also, Chief Secretary has released publications titled 'Har Gaon Haryali' under Green Jammu and Kashmir Drive' and 'Digitization

Rahul, Priyanka enjoy snowfall in Srinagar



JJ NEWS DESK
SRINAGAR, JAN 30

Congress leaders Rahul Gandhi and his sister Priyanka Gandhi Vadra enjoyed the snowfall in Srinagar on Monday.

Kashmir witnessed the season's first major snowfall that started Sunday evening and is still continuing.

The brother and sister were seen enjoying the snow

in Srinagar.

Wearing white T-shirt and a waterproof waistcoat Rahul was seen having a snowball fight with Priyanka who too was also enjoying the moment.

Rahul Gandhi led the 135-day-long Bharat Jodo Yatra that culminated yesterday soon after he hoisted tricolor at historic Lal Chowk in Srinagar.

Car hits students, one killed, 11 injured in Kathua

JJ NEWS DESK
JAMMU, JAN 30

A student was killed and 11 others injured, one of them critically when a car hit them outside the school on Monday in Kathua district of Jammu and Kashmir.

Police said that the Punjab registration car on way towards Jammu hit children near D S Heritage School at Barwal Morh.

As per officials, one of the students identified as Bumika Hans, 17, resident of village Nihalpur, Palli Morh, District Kathua was declared as brought dead by the doctors in the hospital.

The injured students are Dhanni Bhakta, Pragthi, Shagun, Vansh Kumar, Hitesh Kumar, Natesh Kumar, Raghunandan, Sourabh, Govind and Amit Logtra.

B'pora Admin retrieves 33000 kanal State/ Kahcharie land including 500 Kanals from influential persons

82% of encroached Kahcharai land retrieved



JI NEWS SERVICE
BANDIPORA, JANUARY 30: Acting tough against land grabbers, the District Administration Bandipora has retrieved around 33000 Kanals of encroached land comprising around 16000 Kanals of State Land and 17000 Kanals of Kahcharie land through intensified anti-encroachment drives.

The drives have also evicted around 500 Kanals of high value land from various influential persons of the district especially in Tehsil Bandipora and Sumbal.

The anti-encroachment drives are being continued despite inclement weather conditions and around 500 Kanals of State/Kahcharie land has

been retrieved in various Tehsils of the District including 42 Kanals of prime land worth 20 crores in Tehsil Sumbal.

The retrieved land is also being earmarked for various public purposes including developmental projects, playgrounds, village centric amenities, industries, etc. by the Revenue officials in consultation with concerned villagers/WRIs, and sign boards are also erected immediately after the eviction drives.

It was given out that out of total 20887 of kahcharai land 17128 Kanals of land has been retrieved amounting to 82% of Kahcharai land in the district and the concerned Tehsildars

have already issued notices to the encroachers and the efforts for removal of encroachments on the rest of the land are underway in full-swing.

Deputy Commissioner (DC) Bandipora, Dr. Owais Ahmad said that illegal occupation of Government and public land puts stress on land resources and urged the encroachers to voluntarily remove illegal occupancies or face action. He said anti-encroachment drives are underway across the district and urged the public to cooperate in anti-encroachment drives carried out by administration.

He said that the District has created a land bank of around 25000 Kanals out of which around 1550 Kanals have been earmarked for Industrial Estates, 2000 Kanals for Industrial Use (Out of which around 1377 Kanals stand already transferred), around 100 Kanals for Handloom/ Handicraft and other agri-based activities and around 200 Kanals for setting up of Housing Colony in Watpora Bandipora.

500 Kanals of prime land in Sumbal having industrial utility lying adjacent to highway was retrieved last week and anti-encroachment drives are taken to preserve Government land from illegal possession of land mafia.

Dr. Owais also appreciated the efforts of concerned Tehsildars and other field officials of Revenue Department in anti-encroachment drives and asked them to speed up the drives with added efforts and dedication.

He said the retrieved land has been earmarked for Developmental projects, industries, agriculture, horticulture and allied activities.

DC Srinagar tours City areas; oversees Snow clearance operation

Inspects major roads & establishments including SMHS Hospital, Grid Station Bemina, Basantbagh Workshop



JI NEWS SERVICE
SRINAGAR, JANUARY 30: In order to assess the situation in wake of overnight Snowfall in the district, the Deputy Commissioner (DC) Srinagar, Mohammad Ajjaz Asad on Monday toured various areas around the Srinagar City to inspect Snow-clearance operations and take first hand appraisal about functioning of essential supplies.

The DC also reviewed the status of essential commodities and healthcare services available in the district on the occasion.

Commissioner Srinagar Municipal Corporation (SMC), Athar Amir Khan accompanied the Deputy Commissioner during the tour.

During the tour, the DC visited various areas of the City including Karannagar, Kak Sarai, Batmaloo, Jehangir Chowk, Bemina, Maisuma, Basant Bagh, Gaw Kadal, Lalchowk and other adjoining areas, and took stock of the ongoing snow clearance operations.

He also visited SMHS Hospital to inspect the clearance measures for hassle free movement of ambulances apart from looking into power supply.

He took a round of various units of the Hospital and inspected the Emergency unit, ICU, OPD, IPD and enquired about the patient care facilities available at the hospital.

On the occasion, the DC asked the Medical Superintendent SMHS to ensure all healthcare facilities to the patients and take appropriate measures to ensure patient care services are not affected at all.

He also directed the other line Departments to make sure periodical

Snow clearance is undertaken besides stationing of mobile dewatering pumps to overcome water logging.

The DC also stressed on ensuring free Ambulance movement enroute all City Hospitals. He emphasized on Snow clearance from outer Srinagar areas like Harwan, Dara, Fakir Gujri, Khanmoh, Balhama, Soiteng, Panzinar, etc.

The DC also visited Power Grid Station Bemina and took stock of the power supply. He was informed that currently power supply is being fed to all City Stations/feeder as per notified schedule.

Giving Division wise details power feeders under fault today due to incessant snowfall, the DC was informed that out of total 267 feeders of 11KV capacity only 08 are under fault which are being restored on priority.

With regard to water supply, the DC was informed by the Executive Engineer who was accompanying him during the visit that all water supply schemes including 9 major

water treatment plants catering Srinagar periphery are functional as per routine.

Later, the DC inspected the Transformer Repair yard at Basant Bagh and assessed the stock position of buffer power transformers.

On the occasion, the Superintending Engineer, PDD apprised the DC that as many 22 transformers are in buffer stock to cater any need to replace damaged transformers.

The DC was also informed that a 630 KVA Distribution Transformer which got damaged Sunday evening was replaced on Monday morning.

The DC stressed on interagency coordination to ensure hassle free essential services across the City.

Besides, Chief Planning Officer, Mohammad Yaseen Lone; the DC was accompanied by officers from Mechanical Engineering Department, Public Works Department, Public Health Engineering, Srinagar Municipal Corporation, UEDD and officers from other line departments.

Sparsh Leprosy awareness campaign organised in Samba

Mobile IEC Van flagged off, nutritional assistance disbursed among TB patients
Local Industrial Association provides medical equipments under CSR

JI NEWS SERVICE
SAMBHA, JANUARY 30: To mark Anti-Leprosy Day, District Health Department Samba today launched leprosy awareness campaign 2023-SPARSH here at Conference Hall District Administrative Complex.

Deputy Commissioner, Anuradha Gupta was the Chief Guest. Speaking on the occasion, she called upon all stakeholders to collectively intensify the leprosy detection campaign and curb the crippling disease. She appreciated the health department Samba for organizing the programme and emphasized on achieving the target of leprosy free district.

Earlier, Chief Medical Officer, Dr. Vidhi Bhatia welcomed the participants and said that different awareness activities including poster pasting, distributions of pamphlets, awareness through Mobile public address system would be conducted for a fortnight as part of Leprosy awareness campaign 2023 (SLAC).

A pledge on leprosy elimination was also taken by the officers/officials and public present in the programme.



During the programme a special nutritional assistance in the form of food baskets were disbursed among 20 TB patients.

As a part of CSR initiative industrialists provided medical equipment to the Health Department sambha including semi automatic biochemistry analyzers, hub cutters, BP apparatus, and other items.

Deputy Commissioner, Samba in

presence of other officers, flagged off an awareness Van from the conference hall to spread awareness on Sparsh leprosy campaign.

Among others present on the occasion were PO ICDS, Joginder Jasrotia; CPO, Sukhleen Kour; DSEO, DHO, a Medical Superintendent District Hospital, Block Medical Officers, GM Berger Paints Ltd and others were also present.

All major roads, link-roads, streets & alleys cleared of Snow: SMC

Commissioner SMC tours various City areas, hospitals; takes firsthand appraisal of Snow clearance

JI NEWS SERVICE
SRINAGAR, JANUARY 30: In compliance to the directions from Commissioner Srinagar Municipal Corporation (SMC), Athar Amir Khan following prediction of Snowfall, the men and machinery of the corporation has been on the Snow clearance job since early morning to ensure hassle free movement of general public and vehicular movement.

An official informed that all the major roads, link-roads, streets and alleys have been cleared of Snow both through machines as well as manually.

Officers, frontline warriors and machinery are on the ground to meet any challenge in case of any eventualities, he added. The Commissioner SMC also toured various City areas, hospitals to take firsthand appraisal of Snow clearance status. He visited SMHS Hospital, Dastgeer sahab, JLMN Hospital, Chatti padshahi, Dargah and Imam Bargah Zaidal to monitor the Snow clearance from ground zero. During the visit to Karan Nagar and adjoining localities and SMHS Hospital, Commissioner SMC directed the concerned officers to install mobile dewatering pumps at all vital places especially the hospitals.



He impressed upon the concerned officials that the roads and streets leading to hospitals, Public Health Centers and educational centers should be given first priority for

Snow clearance. Commissioner SMC was accompanied by officers from various agencies, besides senior officials of Srinagar Municipal Corporation.

Expert talk on "Entrepreneurship and Innovation as Career Opportunity" held at GCW Udhampur

JI NEWS SERVICE
UDHAMPUR, JANUARY 30: To promote innovation and entrepreneurship in the Institution through multitudinous modes, a one day expert talk on "Entrepreneurship and Innovation as Career Opportunity" was today organised by I Innovation Council (IIC) of Government College for Women(GCW), Udhampur here on college campus.

The Program targeted to provide undergraduate students and faculty members opportunities to expand their dexterities in various significant facets involved in building Career Opportunities in Entrepreneurship and Innovation.

The College Principal, Dr. Monika Sharma was the Chief Guest.

The programme was held under the supervision Kewal Kumar Vice-president IIC, GCW Udhampur J&K(UT) and Binny Kumar,

(Convener), Innovation activity Coordinator, NIRF Coordinator

The resource persons on the occasion were Dr. Vipul Chalotra, HOD, Department of Commerce, from Government Degree College Udhampur and Shubham Sharma founder "The Kalari factory", a successful entrepreneur and innovator.

Dr. Monika Sharma appreciated the organizers for organizing such expert talks in educational institutions, which would help in creating awareness among students as well as common people about innovation and entrepreneurship in the district.

Resource person, Dr. Vipul discussed the importance of having a clear vision and understanding the risks associated with starting a business.

He also highlighted the need for creativity and problem-solving skills to succeed in the world of entrepre-

neurship and innovation.

Later, Shubham Sharma founder "The Kalari factory", a successful entrepreneur and innovator, shared his insights on the opportunities and challenges of pursuing a career in these fields.

The audience was inspired by his success story and the advice he shared. Attendees were encouraged to think outside the box and take risks in order to achieve their goals.

The program ended with the formal vote of thanks presented by Arun Gupta (librarian). More than 120 students attended the event.

Among others, Kewal Kumar (Vice President IIC), Arun Gupta, Dr. Yash Paul, Dr. Shweta Sharma, Rajeev Singh, Yash Kumar, Tania Mahajan, other faculty members, members of Institutional Innovation council and large number of students were present on the occasion.

Doda Admin retrieves 15 Kanal Prime land, demolishes illegal structure in Thathri

JI NEWS SERVICE
DODA, JANUARY 30: District Administration Doda, under the directions of Deputy Commissioner Vishesh Paul Mahajan today, carried out a major eviction and demolition drive in Thathri Subdivision in the main town area and retrieved state/ government land worth more than Rs 10 Crores. The eviction/ demolition drive was conducted by SDM Thathri along with Tehsildar Thathri and SHO Thathri.



Commercial-Land worth Crores was retrieved on Ring Road alongside the Bus Stand by removing encroachments. The land has been handed over to Municipal Committee

Thathri for utilisation as parking space. Similarly, 12 Kanal prime State Land falling under Kharsa No. 803 was retrieved alongside National Highway by demolishing an under construction column structure. Likewise, a multi storey under construction illegal structure was also sealed and taken over by the Government at Thathri.

Jammu Administration retrieves over 63 Kanal prime state land at different places

JI NEWS SERVICE

JAMMU, JANUARY 30: In continuation to the anti-encroachment drive, the district administration Jammu today evacuated more than 63 Kanal prime state land worth crores at different places of the district.

During a demolition drive, a team of revenue officers and police conducted the drive and demolished 3 illegal pacca structures including

boundary walls and retrieved prime state land measuring 21 Kanal in village Deeli near Tawi Farm Bishnah Bridge.

The land is approximately one kilometre from National Highway and values crores of rupees.

In another anti encroachment drive, state land measuring 12 kanal was retrieved in village Gole Tehsil Jammu West. A team of revenue offi-

cers along with police retrieved prime state land from the encroachers and installed a sign board on the spot.

Similarly, in another eviction drive, the district administration retrieved state land measuring 23 Kanal 09 Marla in village Ghaink Tehsil Bhalwal. The retrieved land was encroached by a former legislature which was evacuated today by District Administration Jammu.

Youth Engagement: Rajouri admin gears up to host Mega Youth Conference

Special Sports activities to be organised across 312 Panchayats



JI NEWS SERVICE

RAJOURI, JANUARY 30: Deputy Commissioner Rajouri, Vikas Kundal today chaired a meeting to discuss arrangements for the Mega Youth Conference proposed to be organised in the district.

The meeting was attended by the representatives of stakeholder departments to discuss the schedule, programming of the event and the plan for the special activities to be organised across the district to engage the youth. "The youth conference is part of the youth engagement program aim-

ing to create a platform to encourage and inspire young people to realise their full potential in their respective community," said the Deputy Commissioner while chairing the meeting.

He also said that the conference will provide young people with the opportunity to participate in a wide range of meaningful activities and to participate in constructive dialogue with youth representatives.

District Youth Coordinator, Nehru Yiva Kendra Rajouri, ACD, and District Youth services and

sports Officer were directed to ensure the participation of youth clubs members constituted under Mission Youth in the conference, as it is a great opportunity to contribute to the positive development of the community and to enhance their individual well-being.

The meeting underlined the need to reactivate all the youth clubs in the district. The Chief Planning Officer was directed to constitute a committee to host the event in an effective manner. The meeting also decided that a special pan-

chayat level tournament would be organised across all the 312 Panchayats under this youth engagement programme.

The event will also feature inspirational talks by keynote speakers that will help motivate and encourage participants, besides cultural programs to promote local heritage.

The Deputy Commissioner Rajouri also directed the department to submit a Detailed Project Report for the construction of the District Youth Centre. The meeting was attended by Chief planning Officer, Mohd Khurshid; Assistant Commissioner Development, Vijay Verma; ACP, Sheraz Chouhan; Deputy Director Employment, Qadeer ul Rehman; EXN PWD, Maqbool Hussain and DYSSO, Sunil Samyal.

2nd AGM of BCC Bank held at Dak Bungalow Baramulla

JI NEWS SERVICE

BARAMULLA, JANUARY 30: The Baramulla Central Cooperative (BCC) Bank yesterday convened its 2nd Annual General Meeting (AGM) after the Professional Board of Directors (PBDs) took over the management of the bank in December 2018.

The meeting was held under the supervision of Assistant Commissioner Revenue Baramulla, Peerzada Mumtaz.

Apart from the Directors of Board, the meeting was attended in hybrid mode by 55 delegates of the member PACs.

The Deputy Registrar Cooperative Societies Baramulla witnessed the proceedings and briefed the meeting about the overall performance including financial progress of banks till date.

It was informed that the bank has recovered NPAs of Rs. 80 Crores from March 2019 to December 2022 and the audit rating and classification has also improved from 36 to 50 during the period. On the occasion, the CEO informed the house that the Bank has identified 63 PACs situated in District Baramulla, Bandipora and Kupwara for a computerization pro-

ject for which the Govt. of J&K will be providing Rs. 3.91 lacs per PACS.

Meanwhile, the house approved the proactive role of Commissioner Secretary Cooperatives who is the Chairperson of the Board of the bank as well for recapitalization of the bank. The house also lauded the distinguished and exemplary efforts of the directors of the Board along with the Chief Executive.

The board emphasized upon the officers to accomplish the achievements against the set targets allocated to both banks under MAP approved by the government.

DC Poonch chairs Law & Order coordination meeting

JI NEWS SERVICE

POONCH, JANUARY 30: Deputy Commissioner Poonch, Inder Jeet today chaired a joint meeting of Revenue and Police officers here in the conference hall of DC Complex, to discuss and review the issues pertaining to law and order in the district.

At the outset, brief discussion was held on various issues including, drug de-addiction activities, police assistance during anti-encroachment drive, personal security of tehsildars and other government functionaries, security plan for religious places, special focus on the role of locally posted employees and police personnel, reconstitution of village/ ward Committees, surveillance of border areas, illegal mining, etc.

After a thorough discussion, the senior Superintendent of Police, Rohit Baskotra appraised the chair about the overall scenario of drug abuse in the district and measures taken to curb the menace. He informed that the police department is organizing awareness programmes and other activities regularly in collaboration with other departments. He also assured that the police department will take strict action against persons involved in illegal mining/drug peddlers as per law. The officers high-



lighted various issues and shared their suggestions. The Deputy Commissioner directed all the concerned officers to take strictest action against those involved in drug menace or any other social ailments and also those spreading fake news and mistrust. The meeting was attended by Senior Superintendent of Police, Rohit Baskotra; Additional Deputy Commissioner, Tahir Mustafa Malik; Assistant Commissioner Revenue,

Zaheer Ahmed Kaifi; SDM Mendhar, Mohd. Jahangir Khan; Tehsildar Haveli Anjum Bashir Khattak; Tehsildar Mandi, Shazad Latief Khan; Tehsildar Hqr. Jahangir Hussain; Tehsildar Surankote, Akbar Hussain, besides, DySP Hqr. Arfat Hussain, DySP Operation, Ch. Ajaz Ahmed, SDPO Mendhar, Sheezan Bhat, DySP DAR, Mohd. Shafiq, SDPO Surankote, Tanveer Jalani and other concerned officers.

ADDC Ramban launches IEC campaign on World Leprosy Day, Flags off awareness van

JI NEWS SERVICE

RAMBAN, JANUARY, 30: Additional District Development Commissioner, Ramban, Rajinder Sharma today launched 'SPARSH', an Information Education and Communication (IEC) campaign on the occasion of World Leprosy Day across the district.

The campaign has been organized by the Health Department under the aegis of Chief Medical Officer, Dr Kamal Zadu. A special camp was also organised at District Hospital to mark the day.

Chief Planning Officer, Dr. Kasturi Lal; Dy. DEO, Lal Chand; DHO, Dr Rajinder Kumar; Programme Coordinator, Dhrum Pal and other officers were present on the occasion.

After flagging off a Van from District Administrative Complex to sensitize people regarding diagnosis and treatment of Leprosy "Act Now. End Leprosy", the ADC said that campaign would help to eliminate the stigma and prejudice against the disease and identify new cases so as



to provide early treatment. He said that the awareness Van will visit different parts of the district to make masses aware about the precautions and treatment of leprosy.

The ADC further said that the Government has decided to organize a nationwide massive awareness campaign on the death anniversary of Shri Mahatma Gandhi from January 29 to February 13 by intensi-

fying leprosy detection campaign to curb the crippling disease.

The ADC urged the health workers to involve people to make the awareness programme successful besides urging the people to cooperate in this leprosy eradication IEC campaign and help such persons in getting the treatment. "The leprosy is fully curable if detected early", he added.

ADC, SP Awantipora inaugurate CBC's 3-day multimedia exhibition on AKAM

Amrit Mahotsav is a reminder of our glorious past: Zaffar Hussain

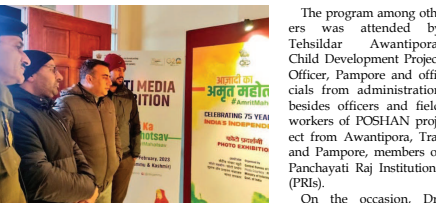
JI NEWS SERVICE

PULWAMA, JANUARY 30: The Additional Deputy Commissioner (ADC) Awantipora, Zaffar Hussain Shahl and Superintendent of Police (SP), Syed Fayaz Ahmad on Monday inaugurated a 3 day long multimedia exhibition at Government Polytechnic College Awantipora, here.

The exhibition is being organised by the Central Bureau of Communication (CBC), Ministry of Information and Broadcasting, Government of India as part of a series of awareness programmes being organised across different districts of J&K under the aegis of Azadi Ka Amrit Mahotsav (AKAM).

The exhibition showcases the history of India's freedom struggle through photo exhibits, audio-visual aids, printed Information Education and Communication (IEC) material and documentary screenings.

Apart from the information on the unsung heroes of the Indian National Movement, the exhibition also provides information about different public welfare schemes of the government focusing on flagship schemes like Ayushman Bharat-PMJAY, PM-



KISAN, NEP-2020 and POSHAN Abhiyan.

The information is being disseminated by the bureau by means of focussed group discussions with the stakeholders, expert lectures, multimedia aids and by the distribution of the printed awareness material among the participants. In addition to this, empanelled Private Registered Troupes (PRTs) of CBC are also presenting theme based cultural programmes for mass awareness.

ADC, Awantipora in his address said that we cannot afford to forget our history and Amrit Mahotsav is a reminder of our glorious past. He added that we are breathing in a free nation because of the countless sacrifices of the freedom fighters.

Zaffar said there are numerous welfare schemes of the government for the socio economic upliftment of

The program among others was attended by Tehsildar Awantipora, Child Development Project Officer, Pampore and officials from administration besides officers and field workers of POSHAN project from Awantipora, Tral and Pampore, members of Panchayati Raj Institutions (PRIs).

On the occasion, Dr. Hardeep Singh, Health and Nutrition Mobilizer, POSHAN project, gave a detailed presentation on the schemes being implemented under Integrated Child Development Services (ICDS). He also briefed about POSHAN Abhiyan highlighting its objectives, implementation strategy and achievements. He said the mission focuses on bringing in a behavioural change in society for ensuring holistic nutrition.

Field Publicity Officer, CBC informed that over the next two days people will be informed about different welfare schemes in the sectors like Agriculture and Farmers' Welfare, Self Employment and Entrepreneurship, Skill Development and Health through expert lectures, cultural programmes, activities for students, film screening and distribution of awareness material by the bureau.

ADDC B'pora launches Sparsh Leprosy Eradication campaign

JI NEWS SERVICE

BANDIPORA, JANUARY 30: The Health department Bandipora in collaboration with the District Administration Bandipora on Monday organised an awareness programme to inaugurate leprosy eradication campaign at mini secretariat, here.

The programme was presided over and inaugurated by Additional District Development Commissioner (ADDC) Bandipora, Ali Afsar Khan and was attended by VC District Development Council Bandipora, DDC Members, CMO Bandipora Dr. Bashir Ahmad, Doctors, paramedics, PRIs, Asha Workers and other concerned.

Speaking on the occasion, the ADC appreciated the efforts of the Health Department in the leprosy eradication campaign. He said during the two week long awareness campaign awareness camps shall be held in all panchayats. He instructed the CMO to ensure involvement of PRI representatives in such programmes for maximum benefit of the general public. He also asked the concerned from Health Department to make this awareness programme part of Block diwas and Gram Sabhas besides providing awareness on all platforms.

The ADC also administered a pledge to the participants with the theme

"Let's fight Leprosy and make Leprosy a history".

VC District Development Council, Kousar Shafeeq in her speech urged participants to spread the message of leprosy eradication programme in every corner of the district.

CMO Bandipora, Dr. Bashir Ahmad in his speech said there was stigma in the past for Leprosy disease and the patients were isolated until researchers identified the mode of transmission.

He informed that in Bandipora at present only one case is under treatment.

He urged the participants to know the strategy to control Leprosy and also their right on NLEP. He said that

highly effective treatment is available to cure leprosy adding that early detection and timely treatment and dosage are essential to eradicate leprosy. Dr. Sartaj Ali attended the programme through virtual mode and gave an overview on LEPROSY, its prevention and management under National Leprosy Eradication Programme (NLEP).

Dr Intiyaz through virtual mode gave a brief on cause, diagnosis and classification, transmission and treatment of Leprosy.

On the occasion, free medicines, blankets and shoes were also distributed among leprosy affected patients.

land at ward no -7, Maitra falling within the Municipal Limit, Ramban, besides demolishing illegal structures in Maitra and Parnote area including illegal building of a private School and a commercial building complex constructed on encroached land.

As per the Revenue Department, Ramban during joint anti-encroachment drives the teams of Revenue,

Police and other concerned officers and officials demolished illegal structures build on state land besides retrieving more than 2377 Kanal State land worth crores from the encroachers including 1524 Kanal in Pogal-Paristan, 748 Kanal in Ramban, 50 Kanal in Banihal, 30 Kanal in Khari, 18 Kanal in Ramsao and 6 Kanal in Batote.

Ramban: 2377 Kanal state land retrieved, illegal structures demolished in single Day

JI NEWS SERVICE

RAMBAN, JANUARY 30: In continuation to the anti-encroachment drive, the district administration Ramban today retrieved more than 2377 Kanal State land across eight Tehsils of the district.

In a joint anti encroachment drive led by Tehsildar Ramban, Rafiq Ahmed retrieved a chunk of state

Union Ministers Tomar and Paras inaugurate the meeting of G-20 International Financial Architecture Working Group

NEW DELHI, JAN 30

The two-day meeting of the first International Financial Architecture Working Group of G-20, being held under the chairmanship of India, was inaugurated in Chandigarh today by the Union Minister of Agriculture and Farmers Welfare, Narendra Singh Tomar and Minister of Food Processing Industries, Shri Pashupati Kumar Paras. On this occasion, Shri Tomar said that India is developing rapidly with science and innovation, both of them are deeply connected with the future of India. We have leveraged technology to create the digital public infrastructure. We have been a significant contributor to financial inclusion in global healthcare and the move to sustainable energy while people-centric development is the basis of our national strategy. This is the same philosophy that the theme of our G-20 Presidency - 'One Earth, One Family, One Future', also underlines.

Union Minister Shri Tomar said that India's chairmanship of G-20 is a proud moment for all our citizens, besides we are well aware of the responsibilities that come with this historic occasion. Today the world is facing many complex challenges, which are deeply interlinked and are not defined by boundaries alone. The challenges being faced are global in nature and require



global solutions, therefore the world community today needs to push more towards globally coordinated policies and actions. There is also a need for a renewed faith in multilateralism. Our nation, that is fully committed to democracy and multilateralism, is poised to demonstrate not only multidimensional development but is also ready to display universal recognition power. It is not surprising that India was described as a beacon in a fragile world at the recently held World Economic Forum meeting and India's commitment to climate goals and return to the post-Covid development path has been lauded by one and all.

Tomar said that India is ready to fulfil the responsibility given to it. We will be happy to share our tem-

plate of the development model, so also we look forward to learning from all. Through our priorities and outcomes this year, through deliberations, we aim to find practical global solutions. In doing so, we also take a keen interest in amplifying the voice of the Developing countries. Shri Tomar said that we cannot leave anyone behind now. Through our inclusive, ambitious, action-oriented and decisive agenda of the G-20, we aim to express the true spirit of our goal. "Vasudhaiva Kutumbakam".

Referring to the exemplary contribution of this group in providing aid to the most vulnerable and low-income developing countries, the recent years, he said the measures taken to alleviate the rising insecurity over credit flow

are particularly noteworthy. The growing momentum regarding efforts will continue during India's chairmanship in 2023. The group will also consider how we can leverage the group's comfortable position to redesign global and financial governance. Under the chairmanship of India, the group will try to find out how to better equip the multilateral development banks, the major catalysts of development, to meet the global challenges of the 21st century. Remembering the Father of the Nation, Mahatma Gandhi on this occasion, Shri Tomar quoted him and welcomed the delegates on behalf of the Prime Minister Shri Narendra Modi and all citizens of India, we wish success to the meeting.

Union Minister Shri

Paras said in the meeting that India's effort is to facilitate constructive dialogue, create, share knowledge and share the collective aspiration for a secure, peaceful and prosperous world. We have to work together in the direction. He said that during India's presidency of the G-20, it is our responsibility to advance progress and ensure that the international financial architecture today is well equipped to meet the acute challenges and provide maximum support to vulnerable groups. The Prime Minister Shri Modi, in his address to the World Economic Forum, Davos Summit, deliberated upon whether the multilateral organizations are ready to meet the challenges of the new world order. This working group is committed to meeting

these challenges and in order to enhance their contribution to development financing towards meeting the development goals, this group may explore options to strengthen these organizations. It is imperative to urgently identify such systems that enable the financial assistance provided by international financial institutions is effectively responsive to the needs. This is important for the low income and developing countries, as they are the major beneficiaries of these resources. Countries most affected by rising debt, again are the low-income countries and most are the middle-income countries. The Working Group can deliberate upon low policy initiatives that address the worsening credit situation. It is the hope that with a diverse array of eminent experts from around the world, the International Financial Architecture Working Group is better poised in coordinating the G20 efforts towards developmental financing, supporting the vulnerable countries, maintain financial stability and achieve the goal of 'One Earth, One Family, One Future'.

The meeting was attended by IFA co-chairs M. William Roos (France), Byungsik Jung (South Korea), Additional Secretary, Union Ministry of Finance - Smt. Manisha Sinha, RBI Advisor Smt. Mahua Rai were among dignitaries present.

Rajeev Chandrasekhar inaugurates the two-day symposium on the Quantum Computing Ecosystem organised by C-DAC

NEW DELHI, JAN 30

The Minister of State for Electronics & Information Technology and Skill Development & Entrepreneurship, Shri Rajeev Chandrasekhar today said that Quantum Computing will be at the core of India's growth and expansion in India's Techade.

"It is PM Shri Narendra Modi's vision to create a India centric Quantum tech ecosystem with partners and players around the world. We are working together to build an ecosystem of innovation, along with startups, R&D laboratories, higher education institutions. Quantum Computing will be at the core of the growth and expansion in India's Techade," Shri Rajeev Chandrasekhar said, while virtually inaugurating a two-day Symposium on the Quantum Computing Ecosystem held at C-DAC, Pune.

The symposium aims to project India's capabilities in Quantum Computing. It aims to explore the technologies, systems and subsystems which make up the building blocks of quantum computers and bring about a synergy among key stakeholders to build a commercial scale Quantum Computer.

Rajeev Chandrasekhar spoke about the disruptive role of Quantum Computing and pointed out that it is going to be the next big idea that will disrupt technology in general and computing in particular.

"We need to really work together to build a complete quantum ecosystem of innovation, startups, research labs, higher academic institutions, domestic companies, foreign companies, foreign academics for creating an India centric Quantum Ecosystem that works very well with other partners and players around the world," the Minister said.

Emphasising that 'Technologies such as Quantum Computing will be at the core of country's economic expansion in the India decade, Shri Rajeev Chandrasekhar said, "On one hand of the spectrum at the cutting edge we intend to build capabilities in quantum and high performance computing and on the other hand we want to build consumer products, digital products, devices and solutions and allow more digital empowerment of the 1.2 billion Indians who will be connected to the internet by 2025-2026."

The Minister said the Hon. Prime Minister, Shri Narendra Modi Ji's vision is to transition India from being a mere consumer of technology to being an architect and designer and producer of technology and spoke of how the Government has created an electronics manufacturing ecosystem from scratch in the past eight years - making India a trusted partner in the global supply chain of electronics.

This event was also attended by Shri Alkesh Sharma, Secretary, MeitY, Shri Bhuvnesh Kumar, Additional Secretary, MeitY, Prof. Barry Sanders, University of Calgary, Canada, Prof. Andrew Briggs, Oxford University & Chair Quantum UK, Shri E. Magesh, DG, C-DAC, Smt. Sunita Verma, Group Coordinator, R&D in IT, MeitY, Dr. Ekta Kapoor, Head, FFT Division, DST, Dr. Preeti Banzal, Scientist 'X' and Adviser, PSA, Gol. Col. A.K. Nath (Retd.), Executive Director, Corporate Strategy and C-DAC, Pune, Dr. Anindita Banerjee, Adjunct Scientist, C-DAC R&D and senior scientists from research labs and industries from India, Israel, Netherlands, Switzerland, Finland and USA.

Bhupendra Yadav calls for need to shift from spreading information to spreading awareness

NEW DELHI, JAN 30

Union Minister for Environment, Forest and Climate Change Shri Bhupendra Yadav has said that we now need to shift gears from spreading information to spreading awareness. Addressing the 'National workshop on LIFE' he said everyone has to introspect on whether his/her actions are LIFE-conscious. He highlighted the need for environmental sense on the lines of civic sense and moral sense. Shri Yadav said there is imminent necessity of social consciousness around LIFE actions.

The workshop saw participation of about 60 Environmental Information, Awareness, Capacity Building and Livelihood Programme (EIACP) Centres across the country. The Minister acknowledged the work done by the Centres for promotion of Mission LIFE.

The new logo of EIACP as well as an Infographic booklet 'Lexicon on LIFE: A-Z of Sustainable Lifestyle' was also released by Shri Yadav. The booklet aimed for students highlights the simple changes that an individual needs to adopt in order to chart out a pathway towards sustainable lifestyle in a fun way.

As per the mandate of EIACP, the activities of the Programme Centres are to be aligned with 'Lifestyle for the Environment (LIFE)' introduced by Prime Minister Shri Narendra Modi at COP 25 in Glasgow. The Minister inaugurated an exhibition cum sale prepared by students trained under Green Skill Development Programme of EIACP. He interacted with the Centres at their stalls and appreciated the variety of products, publications and applications prepared by the Centres.

The second half of the Workshop consisted of a technical session where the EIACP Centres were given an orientation and divided in seven clusters based on the seven themes of LIFE. Each cluster then had a breakout Session wherein they brainstormed and came up with ideas that can be undertaken at their theme. These were in terms of creativity, innovation, conservation and awareness. The same will be systematically incorporated in the calendar of activities of the EIACP.

Simultaneously more than 150 school students visited the Ministry. They were taken on a guided tour across the exhibition and the Ministry. The students were sensitised about Lifestyle for Environment and also how MoEF&CC has incorporated that in design of IPB as a green building. The students clicked pictures with Prakriti at the photo booth. They were given LIFE badges and also a copy of the A-Z booklet along with their photograph.

FROM THE FRONT PAGE...

Every effort...

Responding to the grievances of Sh Khurshid Ahmad from Baramulla regarding development of a playground at Khanpora, the Lt Governor asked the Deputy Commissioner to address the same on priority to facilitate the sports activities in the area. The DC Baramulla informed that the work in this regard is already going on for the development of the playground at Khanpora.

On the issue of a complainant namely Ms Jyoti Bala, a resident of far-flung area of Ahadwah of Ramban for developing veterinary treatment facilities in her Panchayat, the Lt Governor instructed the concerned department to train the youth from the respective panchayat in veterinary medical aid.

Addressing the issue of Sh Bidya Lal from Kishtwar pertaining to availing of benefit under the PMAY Scheme, the Lt Governor was informed that the complaint has been addressed and the applicant has received the first installment under the scheme.

It was also informed that an action has been initiated against the delinquent officials responsible for the delay in the extension of benefit to the eligible applicant.

Ms Rehana Batul Commissioner/Secretary, Public Grievances informed the chair about the progress and status of grievances received on JG-IGRAMS.

The Lt Governor appreciated the efforts of all which resulted in 96% disposal rate of all grievances received. He also emphasized on taking dedicated measures to make the public grievance redressal mechanism more responsive at all levels.

Various applicants expressed their gratitude to the Lt Governor-led UT Administration for prompt redressal of their grievances.

Dr Arun Kumar Mehta, Chief Secretary, Administrative Secretaries; Divisional Commissioners; Deputy Commissioners; SSPs; HoDs and other senior officers, in person and virtually, were present during the interaction.

Kashmir valley...

highway. Train services from Nowgam railway station to Banihal in south Kashmir and Baramulla in north Kashmir were also suspended for the day due to continuing snowing in the valley today.

While Srinagar and plains received moderate snow, the upper areas have received heavy snow disrupting the normal life.

Many far flung areas of Kashmir valley were also disconnected from their district headquarters due to heavy snowfall.

Srinagar and its adjoining areas were a white blanket of snow much to the delight of the people and tourists staying here. Roof tops, trees, roads surrounding hills were covered with snow reports of snowfall more than one ft. The snow was the first major snowfall in Srinagar during this winter.

It was intermittently snowing in Srinagar and its adjoining areas till this report was filed. Tourists on famous Boulevard road on the bank of Dal Lake were seen enjoying snow and clicking memorable pictures amid snow.

Tourist resorts of Gulmarg, Pahalgam and Sonamarg, also received moderate to heavy snowfall during the day.

The Meteorological forecast of currently widespread moderate to heavy snowfall in Kashmir, Hilly areas of Jammu, Moderate Rain with thunderstorms at most places of Jammu.

IMD had issued "orange color" heavy snowfall warning for Jammu and Kashmir for today. It has predicted gradual decrease in precipitation from later tonight.

It said that heavy snowfall may cause snow avalanches in avalanche prone areas during the period as higher reaches have accumulated snowfall more than one ft. The Met advised people not to venture in avalanche prone areas unless emergency during the next 2 days.

The Met office said that Srinagar received 31.8mm of rain and 12.5 Cms of snow during the past 24 hours till 0630 hours. Gazigund in Srinagar-Jammu national received 17.8mm of rainfall and 12.4 Cms of snow. Pahalgam in south Kashmir received 22.1mm of rain and 18.0 Cms of snow, Kupwara 7.3mm of rainfall and 4.5 Cms of snow, Kokernag 10.3mm of rainfall and 8.3 Cms of snow and Gulmarg in north Kashmir received 32.2mm of rain and 30.5 snow during the period, the Met office said.

Four Lashkar associates...

Irshad Ahmad Ahangar, all residents of Reshipora. "They were involved in providing logistic support to active terrorists of LeT in the area," police said, adding investigation of the case is going on and more arrests are expected.

I was warned...

understand this pain. The families of CRPF men who were killed in Pulwama (in 2019 suicide attack) will know what that pain is. The people in Kashmir will know about the loss of their loved ones. Families of Army personnel will know about the phone calls which no one wants to receive and the aim of my Bharat Jodo Yatra is to stop such phone calls," Rahul said.

Rahul again challenged the BJP to undertake a yatra like this in Jammu and Kashmir.

"They will never do it because they are scared," he said. Rahul said he learned a lot during the foot march of Bharat Jodo Yatra.

"One day, I had a lot of ankle pain. I thought I have to walk for 6-7 hours more and it will be difficult. But a young girl came running to me and said that she has written something for me and asked me to read it later. She said, 'I can see your knee is hurting and it shows on your face. I can't walk with you but I'm walking beside you from my heart because I know you're walking for me and my future.' Right at that moment, my pain vanished," Rahul recalled.

Rahul revealed why he wore a t-shirt during the yatra. "I narrated a story of four children whom he met during the Yatra, who were beggars."

".....I hugged them (four children)...They were cold and shivering. Maybe they didn't have food. I thought that if they're not wearing jackets or sweaters, I too shouldn't wear the same..." Gandhi said.

On this occasion, Congress president Mallikarjun Kharge said the Bharat Jodo Yatra was not for winning elections but to counter the hate spread by the BJP and the RSS. Several opposition leaders attended the rally in Srinagar.

Authorities issue...

Bandipora district and Ramban in Jammu division during the next 24 hours.

Avalanche with "Low Danger" level is likely to occur above 1500 metres above sea level over south Kashmir's Anantnag district in next 24 hours, the statement added.

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

Kashmir valley received the season's first major snowfall that disconnected the valley with the rest of the country on Monday.

IMD had issued "orange color" heavy snowfall warning for Jammu and Kashmir on Monday. It also warned that snowfall may cause avalanches in avalanche prone areas during the next 24 hours as higher reaches have accumulated more than one foot of fresh snow.

Do not become slave...

that the world is changing fast with latest innovations and gadgets like smart mobile phones and laptops etc. but the young children must use them smartly and not become slaves of the gadgets.

He reminded the students that their final exams will be due once they reach their school in a month's time from now and all students especially those who are appearing for Board exams should not let exam pressure weigh them down. They should take time to reflect on their potential and align it with the expectations for the future," said the Army Commander wishing children the very best for their exams and a bright future ahead on behalf of Indian Army.

Indian Army is a major contributor towards Nation Building in the Northern Command and spearheading the efforts in J&K for empowerment of the people especially in the field of education for the youth.

The Indian Army under Op Sadbhavana has sponsored 47 students from J&K for education in General BC Joshi Army Public School, Pithoragarh (Uttarakhand).

The Army Commander addressing the students congratulated all those who were performing well in their respective streams and motivated them to be the bedrock of the nation

which looks up to them for nation building.

He told the students that they are representing their state, region, district and family and should feel proud of it and always endeavour to excel in all subjects, evening studies, sports and extra curricular activities. Whatever may be their goal in life, they should start working on it from today and pursue it till they achieve it.

Har Gaon Haryali...

of Forests: Strengthening of Forest Protection and Management" by Forest Department, "Pollinators: Nature's Miracle Workers" by J&K Biodiversity Council, and "Key Wildlife Species: Kishtwar High Altitude National Park" by Wildlife Protection Department.

Rahul, Priyanka...

The Congress is organising a rally at Sher-i-Kashmir Cricket Stadium to mark the formal end of Bharat Jodo Yatra that started Kanyakumari.

This morning Congress president Mallikarjun Kharge unfurled the national flag at the Jammu and Kashmir Pradesh Congress Committee Srinagar headquarter.

Car hits students...

Police said that the car driver has been arrested on the spot.

Union Minister Dr Jitendra Singh, tweeted, "Deeply saddened to learn about the tragic road accident in #Kathua wherein children of D.S Heritage School were hit by a car resulting in the death and injuries to about 10 other children. I am in constant touch with DC, Rahul Pandey."

Two children shifted to Pathankot, others to the District Hospital, all possible help being provided.

Any further assistance as per requirement will also be provided. Meanwhile, my sincere sympathies with the parents of the affected children," he wrote on microblogging site.

Lt Governor pays...

The eternal values he taught us will sustain the human civilization in the decades and centuries to come.

"The ideals that Bapu espoused Satya and Ahimsa - truth and non-violence, protecting human dignity, equality, social justice, respect for all religions, welfare of the underprivileged, rights of women and youth, are powerful instrument & guiding light for peaceful co-existence, said the Lt Governor.

The Lt Governor appreciated the efforts of the Gandhi Global Family, J&K for promoting the Gandhian values in the region.

The Lt Governor said that Pujya Bapu's ideals and timeless teachings have influenced world leaders to establish the society based on social harmony, synthetic co-existence and economic prosperity.

Women are made as a role model and contributing to economic development. It is our collective responsibility to ensure women have access to education, equal opportunities and financial & other assistance to grow and prosper, said the Lt Governor.

Whole of Society approach is the need of the hour to fulfill the resolve of Amrit Kaal Khand to create a fear-free, corruption-free and drug free Jammu Kashmir, he added.

The Lt Governor also spoke on the deep bond shared by Mahatma Gandhi and Pt. Madan Mohan Malaviya. He highlighted the measures taken by the government to spread Bapu's message for social transformation and accelerated development.

On the occasion, the Lt Governor felicitated the citizens and organizations for their valuable contribution towards the service of the society. A pledge was administered to building an India dreamed by Pujya Bapu. Two-minute silence was also observed throughout as the citizens spread the values and noble message of Mahatma Gandhi.

Padma Shri S P Varma, President Gandhi Global Family, J&K; Padma Shri Jitendra Udhampuri, renowned Dogri litterateur; Shri Rajinder Sharma, Mayor, JMC; Shri Dilbag Singh, DGT; Lt Gen RK Sharma (Retd.), Padma awardee; Shri Devender Singh Rama, former legislator; public representatives, members of various social organizations, students, prominent citizens were present on the occasion.

Chairman, Commission for Agricultural Costs and Prices, GoI, calls on Lt Governor

JJ NEWS SERVICE

JAMMU, JANUARY 30: Chairman, Commission for Agricultural Costs and Prices (CACP) GoI, Prof. Vijay Paul Sharma called on Lieutenant Governor Manoj Sinha at Raj Bhawan today. He was accompanied by Director, Agriculture Production & FW, Sh K Sharma.

Pertinently, a regional meeting is being held in the backdrop of International Year of Millets (IYOM) 2023 and G20 India summit 2023. The

participating members will discuss different parameters like demand & supply, cost of production, price trends, input price changes and its likely implications on MSP of crops.

The Chairman CACP apprised the Lt Governor about the preparations made for the 'Regional meeting of Northern States for Price Policy for Kharif Crops 2023-24 Season' to be held on January 31 at Krishi Bhawan, Directorate of Agriculture Production & Farmers Welfare,

Jammu.

The Chairman appreciated the UT Government for the comprehensive plan for holistic development of agriculture & allied sectors.

He further briefed the Lt Governor that the CACP is mandated to recommend Minimum Support Prices (MSPs) to incentivize the cultivators to adopt modern technology and raise productivity and overall grain production in line with the emerging demand patterns in the country.

Kathua Administration intensifies anti encroachment drives at various places

JJ NEWS SERVICE

KATHUA, JANUARY 30: In continuation to its tough stance against the land encroachers, the District Administration Kathua intensified its ongoing Anti-encroachment drives in the district.

The major retrieval by Revenue teams includes approximately 733 kanals encroached State Land which was later handed over to Industries/ SIDCO Department in Budhu.

The evicted state land in village Budhi is worth crores of rupees.

It is worth mentioning that Kathua Administration has deployed the



men and machinery on a mission and retrieve the State/ Kahcharie and Roshni land in the district.

Secretary Mining resolves issues in Stakeholders' meeting



JJ NEWS SERVICE
JAMMU, JANUARY 30 : Secretary, Mining, Amit Sharma today held an extensive meeting with major stakeholders of Mining Department including National Highway Authority of India and its major executing agencies, namely M/s Gayatri, M/s Megha and others.

Director Geology & Mining, Project Director, NHAI, MD, J&K Minerals Limited, Additional Secretary Mining, Joint Director Geology & Mining, Senior Law Officer and other officers of Mining attended the meeting. Secretary Mining gave patient hearing towards critical issues relating to ongoing projects of national importance including Katra-Amritsar Expressway, Ring Road, National Highway expansion etc. Lot of issues were resolved in the meeting and

instructions were issued by Mining Secretary to the departmental officers to facilitate smooth provisioning of Mining materials with timely issuance of Short Term Permits and Disposal Permits to these agencies, as and when, requisitioned by them after fulfillment of necessary steps.

NHAI team also expressed deep gratitude to the Secretary Mining and his team for adopting a proactive approach in last few months which is now helping in provisioning of permits to project proponents within no time and fast tracking work in ongoing major projects. Rest of the hiccups were also noted by the departmental officers for immediate redressal which were noted and endorsed by Secretary Mining who took a tour of mining operations sites for the major ongoing National Projects alongwith concerned District Mineral Officers over last weekend.

Amit Sharma further directed his team that fortnightly meetings should be held at Directorate level and monthly reviews shall also be taken by him to ensure clearance of all pendingencies in future. Before concluding, Secretary Mining directed his team to regularly update HLG office, portal and also, administrative department during weekly meetings regarding achievements for provisioning mining materials for ongoing projects of national importance in J&K.

Reasi Administration retrieves 1498 Kanal state Land in one day

JJ NEWS SERVICE

REASI, JANUARY 30: In compliance with the directions of the Government, District Administration Reasi has charted out a detailed schedule for eviction of encroachers from the State Land. State land measuring 144613 Kanal and 13 Marlas have been evicted till date.

To focus on restoration of prime state land, Deputy Commissioner Babilal Rakwal has directed Tehsildars to conduct anti-encroachment drives and retrieve the valuable encroached land/big chunks and install a board of state land thereon.

Acting swiftly on the directions, Tehsildars have identified prime land

and big chunks in their respective jurisdiction. In continuation of the drive, Tehsildar Pouni today retrieved 13 kanal and 7 marlas prime land at villages Deulian and Kansoo, Tehsildar Reasi retrieved 96 Kanal, Tehsildar Thakarkote 338 Kanals 18 marlas, Tehsildar Thuroo 1050 Kanals worth crores of rupees.

District Admin retrieves 3635 Kanal state Land across Rajouri District

Recovery includes 733 kanal prime State Land worth crores Retrieved land handed over to Industries/SIDCO Department



JJ NEWS SERVICE
RAJOURI, JANUARY 30: District Administration Rajouri has intensified the eviction drive in all Tehsils to retrieve the encroached state land here under the overall supervision of

Deputy Commissioner Rajouri, Vikas Kundal.

In a joint anti-encroachment drive, a team of revenue officers along with police and other concerned officials today retrieved state land measuring 3635 kanal 10 Marlas.

The Anti encroachment drives are being carried out across different Tehsils of the District as per the eviction Plan.

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

Illegal structure erected by Ex. MLA / NC Leader Abdul Majeed Larmi taken over by Revenue Authorities at Anantnag

Retrieving lands from Influential Encroachers top priority

JJ NEWS SERVICE

ANANTNAG, JANUARY 30: Acting tough against encroachers, the District Administration Anantnag today took over an illegal commercial structure belonging to Ex. MLA Homeshalibugh and National Conference Senior Leader, Abdul Majeed Larmi at LG Pora in Anantnag. The structure had been erected by encroaching on Shamilat 4 land close to NH44. The property is situated on a prime piece of land. As

per reports, the property worth over Rs 50 lakhs including the land was being rented out to various businesses.

A senior revenue official said that there has been a full onslaught on encroachers in Anantnag who have occupied prime pieces of State/ Shamilat lands for their own benefits. Influential encroachers who have abused their official positions to amass ill gotten gains are the priority for removal of encroachments. He

said that the vacated buildings and lands can be put to public use.

It is in place to mention that a few days ago a notice had also been issued to Abdul Majeed Larmi regarding the encroachment which was followed up with decisive action today. A senior revenue official said that while encroachments on the road side including fenceings have been demolished, the main building has been taken over by the Revenue department.

JKTPO organises Export Awareness and Capacity building workshop in Jammu

JJ NEWS SERVICE

JAMMU, JANUARY 30: Jammu and Kashmir Trade Promotion Organization (JKTPO) on Monday organized an export awareness workshop here.

The Workshop was held in association with Federation of Indian Export Organizations (FIEO) Directorate General of Foreign Trade (DGFT), Export Credit Guarantee Corporation of India Ltd (ECGC), Department of Posts, Government of India, and State Bank of India (SBI). These workshops are being organized to realize the vision of LG, UT of J&K to promote each district of J&K as a potential export hub with a vision to increase exports by 3 times in the next 5 years.

These workshops aim to boost and support exports of Niche products such as basmati, Fresh fruits, saffron, Pashmina, Basohli Paintings, Carpets, Paper machie with hard and soft interventions required at the ground level.

The workshop included detailed sessions on Benefits of exports, process of getting IEC code, awareness regarding India Business Portal and India Trade portal, credit linkages for exports and credit risk insurance facilities, e-commerce platforms, Logistics and potential of products of region in international market.

At the outset, Khalid Jahangir, Managing Director, JKTPO welcomed the business community members from Jammu and briefed the audience about the mandate and various trade and export promotion initiatives undertaken by the Jammu and Kashmir Trade Promotion Organization. He said JKTPO regularly organizes and participates in various activities like Buyer-Seller Meets, Trade Fairs, Exhibitions, Conferences, Seminars, etc. at National and International level for registered members & women entrepreneurs. He further highlighted the export potential of unique products of

Jammu and Kashmir.

A K Bhushan, Deputy Director DGT Jammu briefed about various Government schemes for export and documentation required for IEC registration. The participants were given detailed presentations on all the major aspects related to exports, a checklist for documents required to get IEC Code, market linkages including e-commerce linkages and benefits. Many queries were resolved on the spot and various participants intended to get registered with DGFT. Mr. Bhushan, while interacting with the participants, highlighted the relevance of bridging the information gap. He provided the necessary guidance to the participants for updating their knowledge by explaining to them about various Export related schemes sponsored by the Government of India such as EPGC, MEIS, SEIS, advance authorization schemes etc.

Col. Vinod Kumar, Post-master General, Postal Services, India Post, Jammu Region, shared the attributes of portal Dhak Ghar Niryat Kendras which act as facilitation center for E-Commerce exports. 'Dak Ghar Niryat Kendra' are being established at Srinagar, Udhampur and Srinagar to promote exports of MSMEs. As per DNK portal exporter with IEC code can export any item weighing around 35 kg to point of destination from point of origin. An Exporter can easily track their products delivered.

Exporters can file postal bills of exports online through the web link created for the purpose and get the export shipments booked at designated DNKS/Post Offices. This will reduce the transit time and manual paperwork for the exporters, thus facilitating direct export from the region to the buyers from abroad.

Nitesh Dalal, Assistant Manager, ECGC gave a presentation on the importance of insurance cover for exporters. He emphasized in the

meeting that ECGC provides a range of credit risk insurance covers to exporters against loss in export of goods and services. ECGC offers insurance protection to exporters against payment risks and other export-related activities including recovering bad debts.

He also explained the importance of export credit insurance that the risks have assumed large proportions today due to the far-reaching political and economic changes/ challenges that are sweeping the world. He also clarified queries raised by attendees on export credit insurance.

Mr. Chirag, Manager (Regional Treasury Marketing Unit), State Bank of India informed about Credit Facilities, Hedging Benefits and Trading by the customer on FX-Retail Platform and pre and post-shipment requirements of export business. He explained the procedure to get credit benefits from bank.

Gaurav Gupta, Dy. Director FIEO has also gave the presentation on benefits of registration on Indian Business Portal and informed about Free Online Business, Easy and Affordable Credit Rating, Compliance with the Government, Updates from FIEO on mail etc.

About 100 participants, including members of Industrial associations, industrialists, entrepreneurs, artisans, FPOs, SHGs and women entrepreneurs participated in the event.

PUBLIC NOTICE

I, Nidhi Jandial Spouse of Sudhanshu Gupta R/O: H.No 24, B/B Gandhi Nagar, P.O-Gandhi Nagar, Jammu (J&K) has changed my name from Nidhi Jandial to Nidhi Gupta for all purposes vide affidavit No. KC 0035541305 Dated: 24-01-2023 before the hon'ble District Court Jammu. Objection if any may be conveyed to concerned authority within 7 days after publication of this Notice.

From AI to missile systems, BEL to put up a big show at Aero India

BENGALURU: Defence PSU Bharat Electronic Limited (BEL), on Monday said it would showcase a variety of products and technologies ranging from the fields of artificial intelligence to missile systems, homeland security products to defence and non-defence ones at the upcoming Aero India 2023.

BEL, among the 600+ Indian exhibitors at the biennial air show to be held between Feb 13 and 17 at the IAF Station in Yelahanka will showcase its entire set of state-of-art equipment for defence forces and civilian requirements. The products and systems to be on display have been clustered as: Air defence & surveillance; C4I (command, control, communications, computers, and intelligence) systems; artificial intelligence (AI) based products; non-defence & diversification products; radar systems; communication systems; airborne products & systems; homeland security and cyber security; futuristic technologies; missile systems; etc. D-4 Antidrone System.jpeg

"In addition, we will also showcase our R&D capabilities by launching and demonstrating some new products and technologies," a BEL statement read, adding that its air defence & surveillance display will include its hexacopter, tethered UAV, swarm of UAVs, robotic surveillance, shallow water remotely operated vehicle (ROV) and "D4 anti-drone systems". Tethered UAV The C4I systems display will

include combat management systems and navigational consoles and its AI-based products will be activity interference of air targets for situation awareness. Civilian Products/ Tech "Also on show will be the complete range of products and systems for the non-defence & diversification basket, including high-level network management in advance net centric operation, virtual reality (VR) for rolling stock driver training system (for trains), air traffic management system for civilian airport, advanced surface movement guidance control system, super SCADA for Delhi Metro, VR-based training simulator, X-ray baggage inspection system, explosive detector, automatic chemical agent detector and alarm, fuel cell, EV batteries for two wheelers and three wheelers," it added. Software Defined Radio manpack Radar, Air-defence & Comms

The PSU will also showcase its radar systems comprising combined interrogator and transponder system, battle field short range active electronically scanned array (BFSR-AESA) radar, frequency-modulated continuous-wave based drone detection radar, air defence fire control radar, close-in defence system, mountain fire control radar, weapon locating radar, X-band multi-function radar, battery surveillance radar, AESA radar, and models of 3D low-level light weight surveillance radar and 4D phased array medi-

um power radar.

Low Level Light Weight Radar-Aesha "The communication systems will include tactical data link, 0.76M Ku-band manpack terminal (manual assisted), instant fire detection and suppression system, rugged switches and routers, mine field recording system, network hardware security modules, data link receiver unit, high capacity radio relay, manpack high-frequency software defined radio (SDR), point-to-multi-point radio," it said, adding that there will be 14 more products in this category, including some for the Indian Navy. Weapon Locating radar-BEL

UV missile approach warning system, self-protection suite for helicopters, hand-held field signal generator, HD airborne and ground spread spectrum modems, directed infrared counter-terrestrial system, radar warning receiver and display units will be the highlights from its airborne products and systems. Futuristic Tech, Missiles & Homeland Security

"Other 'futuristic technologies' on display will be the automatic dependent surveillance-broadcast system, position indicator - G3I, hand-held Indian Regional Navigation Satellite System (IRNSS), extended C-band block up-converter, monolithic microwave integrated circuit, C-band phase locked oscillator, router with call management, voice gateway unit, military grade TAB.

THOUGHT OF THE DAY

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

JINDRAH IMAGES

Congress owes an explanation

Two mainstream political parties of Jammu and Kashmir, National Conference and Peoples Democratic Party (PDP) were in a race to keep Congress party and Gandhi family's scion Rahul Gandhi in good humour since the just-concluded Bharat Jodo Yatra entered the Union Territory on January 19. Both political parties expressed full solidarity with the Congress party and extended full support to the Yatra. Rahul Gandhi and other senior Congress leaders were also seen quite comfortable while walking with the NC and the PDP leaders during the Yatra but the conspicuous absence of NC and PDP leaders during the unfurling of national flag at the historic Lal Chowk has raised many questions for Congress party and its leadership. It has given enough ammo to the BJP to take on the Congress for 'hobnobbing' with 'anti-national' forces in Jammu and Kashmir. Rahul Gandhi along with his sister Priyanka Gandhi Vadra unfurled the national flag at the historic Lal Chowk of Srinagar and the Congress described the event as 'historic moment' but the senior leadership of NC and PDP, including former chief ministers Omar Abdullah and Mehbooba Mufti, skipping the event put the party in the dock. The BJP has been raising a question mark on the absence of NC and PDP leaders from the event because it believed that Congress has colluded with 'anti-national' forces. It argues that in November 1986, former Prime Minister Rajiv Gandhi and the NC president Farooq Abdullah signed an accord that reinstated the latter as Chief Minister. The large rigging in March 1987 elections, conducted only four months after the swearing-in of the chief minister Farooq Abdullah, was a watershed moment in the history of Jammu and Kashmir. It forced the people to pick up guns and led to the creation of Syed Salahuddin, the head of the terrorist group Hizbul Mujahideen. Lakhs of innocent Kashmiri Pandits (KPs) were driven away by the armed terrorists from Kashmir Valley because the Congress party 'hobnobbed' with the National Conference. The selective targeting of Kashmir Hindus began while Rajiv Gandhi was ruling a Congress government at the Centre and Farooq Abdullah in J&K, the BJP said while launching an all-out attack. Even the then Governor Jagmohan had been handling the situation quite effectively but the former Prime Minister Rajiv Gandhi, who was the opposition leader at that time, humiliated him and did not allow his administration to work smoothly. It was during the former Prime Minister V.P. Singh-led government, the first all party delegation led by then Deputy Prime Minister Devi Lal visited Srinagar on March 9, 1990. The delegation included the leader of the Opposition in Parliament, Rajiv Gandhi and other leaders. Jammu and Kashmir was under Governor's rule. Jagmohan, who had served earlier as the Governor, was sent to bring the situation under control by then Home Minister Mufti Mohammed Sayeed. Unfortunately, the Congress conspired against the then Governor Jagmohan. It was an open secret that former Prime Minister Rajiv Gandhi, after returning to Delhi, made it a prestige issue that the then Governor did not come to welcome the Deputy Prime Minister-led delegation at the airport and told the then Prime Minister V P Singh that the Governor Jagmohan had no political understanding of the situation. Given the unfolded circumstances, it is quite difficult for the Congress party to explain its position as to why the leaders of two parties, NC and PDP, skipped tricolor unfurling at Lal Chowk, and it was still seeking the support of these political parties.

GANDHI TAUGHT MASSES HOW TO CONQUER FEAR

Gandhi told us that fearless resistance is possible when we are confident that we fight injustice, and do so without using violence. The stamp of violence on our body is ineffaceable. It leaves stigmata much like the murder of Duncan left bloodstains on Lady Macbeth's hands: "What, will these hands ne'er be clean?" Gandhi warned us that the power of violence over human beings must not be underrated.

NEERA CHANDHOKE

IN his edited anthology of Gandhi and the Champaran Satyagraha (2022), Jadavpur University Vice-Chancellor Suranjana Das cites classical scholar Gilbert Murray. In the Hibbert Journal of January 1918, Murray captured the impact of Gandhi's politics in the 1917 Champaran Satyagraha thus: "Persons in power should be very careful how they deal with a man (Gandhi) who cares nothing for sensual pleasure, nothing for riches, nothing for comfort or praise or promotion, but is simply determined to do what he believes to be right. He is a dangerous and uncomfortable enemy because his body, which you could always conquer, gives you no purchase upon his soul."

The Champaran Satyagraha set the framework of the Gandhian ethical and political strategy in the years to come. Mahatma Gandhi was fearless; he preferred to inflict suffering on his own body than on others' bodies. He taught Indians how to conquer fear. The objective of Satyagraha is not only non-violent resistance; it is also the conquest of fear in full confidence that the cause is legitimate. This creates a distinct political temper.

In his autobiography, Jawaharlal Nehru wrote of the mood of the 1920 non-cooperation movement. Many of us, who worked for the Congress programme, lived in a kind of intoxication, wrote Nehru. "We were full of optimism and a buoyant enthusiasm. We were not troubled by fear or hesitation, our path lay clear before us, and above all, we had a sense of freedom and a pride in that freedom... We said what we felt and shouted it out from the houseposts. What did we care for the consequences? Prison? We looked forward to it," he said.

We can only attain freedom from fear when we are convinced that the law we resist violates the precepts of natural justice. This right was first articulated by Greek playwright Sophocles (496-



406 BC) in Antigone. Antigone defies the edict of King Creon of Thebes that her brother's corpse should not be buried, and that it should be left for vultures and other birds to feast on. When Creon tells her, "thou didst indeed dare to transgress that law", Antigone replies: "Yes; for it was not Zeus that had published me that edict; not such are the laws set among men by Justice who dwells with the gods below; nor deemed I that thy decrees were of such force, that a mortal could override the unwritten and unfailing statutes of heaven. For their life is not of today or yesterday, but for all time, and no man knows when they were first put forth."

Every human being has the capacity to judge whether a law is right or wrong, and to resist unjust laws. The morality of human transcends laws.

Gandhi told us that fearless resistance is possible when we are confident that we fight injustice, and do so without using violence. The stamp of violence on our body is ineffaceable. It leaves stigmata much like the murder of Duncan left bloodstains on Lady Macbeth's hands: "What, will these hands ne'er be clean?" Gandhi warned us that the

power of violence over human beings must not be underrated. It is not a weapon that we can pick up and discard at will. It is a quagmire that relentlessly sucks people into its murky depths. From here there is no escape. When violence holds individuals and groups in thrall, moral disintegration follows. For, we cannot control violence; violence controls us. We can hardly conquer fear when our bodies and our souls have been tarnished by the violent politics of resistance.

The tragedy is that Gandhi, who taught us morality, justice, truth and fearlessness, became the victim of brutal violence on January 30, 1948.

He was assassinated by Nathuram Vinayak Godse, a right-wing Hindu who believed that Gandhi pandered to the Muslim community. He was reportedly provoked by Gandhi's January 13-18 fast on the issue of repatriation of money by the Government of India to Pakistan.

Gandhi, who had survived five assassination attempts, had said two days prior to his death: "If I'm to die by the bullet of a madman, I must do so smiling. God must be in my heart and on my lips. And if anything happens, you are not to shed a single tear."

"The light has gone out of our lives, and there is darkness everywhere," stated an overwrought Nehru on radio when he announced to his country the death of a man into whose feeble body an assassin, crazed by the excesses of his ideology, had pumped three bullets. The country mourned and the world wept. And Albert Einstein said movingly, "Generations to come will scarce believe that such a one as this ever in flesh and blood walked the earth."

We have forgotten Gandhi, and this is our loss. In Lage Raho Munnabhai (2006), Munna, charmingly played by actor Sanjay Dutt, and his sidekick Circuit, equally charismatically played by Arshad Warsi, initially identify Gandhi only as a face on a currency note, and as someone whose birth anniversary marks a dry day. When he begins to read Gandhi, Munna realises how flawed, how unethical his own actions were. He terms the turnaround in his thinking Gandhigiri, the reverse of Dadagiri. Today, by reducing Gandhi to a pair of spectacles on Swachh Bharat posters, we have deprived ourselves of an opportunity to learn what a good life lived in a good society can be.

Sleepwalking to doomsday amid Ukraine war

SANDEEP DIKSHIT

Atomic scientists, including 13 Nobel laureates, last week set the 'Doomsday Clock' closer to midnight than ever before. The clock shows how close humanity is to annihilation. The world was farthest from doomsday in 1991 when the Cold War ended. The clock was then 17 minutes to midnight.

Since then, as hostilities all over the world inched up, the clock was at 100 seconds to midnight since 2020, which two was uncomfortably close. Now, at 90 seconds to midnight — the theoretical point of annihilation — the clock's creators, Bulletin of the Atomic Scientists, say threats of a nuclear war, disease and climate volatility have formed a combustible combination that could leave the world in acute misery, if not ruins, for decades.

What changed last week to move the clock closer to doomsday? Russia is unwilling to give up the territories it captured in Ukraine; its back is up after decades of the US deliberately avoiding diplomacy and trying to bottle it up through an acquiescent proxy in Ukraine. Moscow is convinced that the current crop of 'globalists' in the White House can only be checkmated by securing the Black Sea and neutralising its cat's paw in Kyiv forever.

On the other hand, the 'destroy Russia forever' policy is immutable for the US, the UK, Poland and the Baltic nations — all countries that have been hostile to Moscow for centuries and have sent or funded armies in the past to bring down Russia.

The West thinks it has no way out after sinking huge amounts of money. Its war fever is bringing it closer to a nuclear confrontation with Russia. In the event of a catastrophe, everyone will pretend to be blameless. A conflagration similar to the Hiroshima-Nagasaki bombings will sink for decades a huge chunk of the world's food and energy supplies. Former Russian President Dmitry Medvedev has warned NATO that Moscow's defeat in Ukraine could trigger a nuclear war.



What has changed is that the West thinks it has no way out after sinking huge money — \$15 billion alone from the US to pay salaries in Ukraine — and its war fever is now acquiring an uncontrollable hue that is bringing it closer to a nuclear confrontation with Russia. US President Joe Biden's statements just 10 months apart illustrate how the West could be sleepwalking away from its alleged blueprint of waging a contained war in Ukraine.

In March last year, Biden said in Pennsylvania that "the idea that we're going to send in offensive equipment and have

planes, tanks and trains going in with American pilots and American crews, just understand, don't kid yourself, no matter what you all say, that's called World War III."

However, by the end of last year, the Pentagon shipped the advanced anti-tank Javelin missiles to Ukraine.

After they were unable to help Ukraine turn the tide, the supply of offensive equipment was upgraded to HIMARS (High Mobility Artillery Rocket System), the sophisticated multiple-rocket launcher, both of them incidentally manufactured by Lockheed

Martin.

The White House globalists have now sleepwalked to tanks and fighter aircraft even as the mask slipped off one of their flock in Germany. "We are fighting a war against Russia," said German Foreign Minister Annalena Baerbock during her address last week at the Parliamentary Assembly of the Council of Europe in Strasbourg, France.

Russia has reacted by terming the presence of tanks from the West 'direct involvement' in the war, an interpretation that is worrisome. The armoured element in the military is not purely defensive and since they will be taking back the lost land, they will be offensive in this sense. The transfer of F-16 fighter jets will be an even pricklier proposition. It will bring right in the open NATO involvement that has been underplayed with the dispatch of mercenaries and ammunition to Ukraine. The NATO's inevitable training of aircrew and allowing its use of airbases outside Ukraine will only confirm that Baerbock's observation was not lapsus linguae, but a cut-out-of-the-bag moment.

While the southern end is well-known, the quieter arm of the pincer movement is in Russia's north. Talks are at an advanced stage between Finland and Estonia to turn the Gulf of Finland into NATO's 'internal sea'. The integration of their coastal missile defence systems will bar the Gulf to Russian shipping

heading to St Petersburg, as per Estonian Defence Minister Hanno Pevkur. The port is a crucial lifeline for Russia, accounting for one-fifth of its cargo on global commercial routes, worth \$30 billion annually.

The risk-reward ratio for supplying tanks and fighter jets to Ukraine and erecting a missile mesh over the Gulf of Finland is likely to be as low as the introduction of Javelins and HIMARS. But as Biden's statements 10 months apart indicate, the hateful emotions and the dynamics of the situation are subverting all attempts at rational calculation. Biden's upping of the Ukrainian ante might be meant to ease the pressure of allegations of mishandling of classified documents that has 'embarrassed' and 'outraged' even his party's Senators Richard Durbin and Debbie Stabenow. The Republicans are scenting blood and questioning his sudden rapprochement with China as the think tank where the documents were found had tried to promote closer engagement with Beijing.

The proxy war, though extremely sophisticated and encompassing diverse areas such as trade, manufacturing, technology, military and soft power, has clearly not been thought through. Apart from the fact that the more weapons that NATO sends to Ukraine to defeat Russia, the more will be its devastation, escalation also leads to a situation with unpredictable consequences.

Rohman Shawl reviews ex-girlfriend Sushmita Sen's Aarya 3 teaser: 'You go girl'; she reacts

Actor Sushmita Sen's ex-boyfriend Rohman Shawl was all smiles as he reviewed the teaser of her upcoming series Aarya 3. He took to Instagram and gave a shoutout to Sushmita. The former couple also exchanged a conversation in the comment section of his post. Sushmita found his gesture 'too cute.' The web series will premiere on Disney+ Hotstar. (Also read: Aarya 3 teaser: Sushmita Sen smokes a cigar, has her guns ready; daughter Renee Sen says 'you are unreal!')

Rohman took to Instagram and shared the teaser featuring Sushmita in a black full-sleeved top and big sunglasses as she smoked a cigar. The video collage had his reaction too. In the clip, he had a normal reaction on his face but the moment he saw her on the screen, he seemed impressed and surprised in the end.

Sharing his reaction, Rohman wrote, "Yaare ye toh banta tha (This was coming)! I know you all felt the same watch-



ing it (wink emoji). You go girl @sushmitasen47. Chakk de phatte (Come on, let's go)." He used 'Aarya3', 'reels' 'reaction', and 'biggest fan always' as the hashtags. Sushmita wrote, "Too cute (grinning face with sweat and red heart emojis)." To which, Rohman replied, "Too hot (red heart emoji)." One of the fans asked Sushmita, "Chal kya raha hai (laughing emoji)." To which, Rohman wrote,

"Aarya ka shoot chal raha hain!! (Aarya's shoot is going on)." Actor Karishma Lala Sharma commented, "Fireee."

Reacting to the clip, one of Rohman's fans wrote, "Hahaha the expression." An Instagram user commented, "You are a positive-thinking person. Love your spirit." Another person commented, "What expression, seedha dil ko chua (It touched my heart)." "Sushmita Sen is always on fire", a person commented. "You are too cute Rohman, Sushmita Sen so hot," read a comment. Many fans posted heart emojis on the post.

Earlier in the day, Sushmita shared the teaser video on Instagram, and wrote, "She is back, and she means business #Hostar5Specials #Aarya3, Now shooting."

Her fans shared their excitement for the upcoming season in the comment section. Her daughter Renee Sen called her 'unreal.'

Dasara teaser: Natural star Nani channels inner Pushpa in stylish first look



The teaser of Nani's upcoming Telugu revenge thriller Dasara was released on Monday. Going by the visuals, the film looks like a rooted story about one guy from a small village rising up to fight for his people. The film also has a heavy Pushpa flavour in its setting but still stands out with its own moments. The teaser opens with the introduction of a small village called Veerpalay, which is surrounded by piles of coal and one must really peek through to even have a look. Through the voiceover of Nani's character, we are told that the people of the village are not addicted to liquor, whereas drinking is a tradition here.

Towards the end of the teaser, we hear Nani saying, "Bloody, I don't care about the consequences. Let's take the whole bunch down." He can be seen running in slow motion with an axe in his hand. In the last shot of the teaser, Nani cuts the edge of his own thumb and takes the blood and applies it on his forehead. SS Rajamouli released the teaser digitally. Other top actors such as Dhanush, Shahid Kapoor, Dulquer Salmaan, and Rakshit Shetty also shared the teaser in their respective languages.

Dasara is directed by Srikanth Odela and features a talented cast, with Sai Kumar, Samuthirakani, and Zarina Wahab in key roles. The music for the movie has been composed by Santosh Narayanan and produced by Sudhakar Cherukuri of Sri Lakshmi Venkateswara Creations. The film is set to be released worldwide on March 30, 2023.

During the launch of the film last February, Nani described it as "pure raw, rustic, and adrenaline-rush of a film".

The movie is set against the backdrop of Singareni coal mines near Godavarkhani in Telangana. Nani has pinned high hopes on the film.

PAWAN KALYAN'S NEW FILM OG WITH SUJEETH OFFICIALLY LAUNCHED, FANS HAIL COLLABORATION

Actor Pawan Kalyan's new Telugu film OG, which will mark his maiden collaboration with director Sujeth, was officially launched on Monday. The film was launched with an official pooja ceremony which was attended by Pawan Kalyan, director Sujeth, producer DVV Danayya, and composer SS Thaman. Tipped to be a high-octane action-thriller, the film is expected to go on the floors next month. The film's team took to Twitter to share pictures from the launch ceremony.

The caption read, "Happy faces from the grand pooja ceremony of @PawanKalyan garu and @SujeethSign's #OG (grinning



face emoji). We promise to deliver nothing short of a BLOCK-BUSTER (fire emoji). #FireStormIsComing (collision symbol emoji)." Reacting to the collaboration of Pawan Kalyan and Sujeth for the first time, several fans took to Twitter to share

fanboy, I'm sure he wants to give a memorable film to all the fans (sic)." Another fan said, "This is going to be a proper fanboy film for his hero.

Excited (sic)," Pawan Kalyan was last seen in Bheemla Nayak, which also starred Rana Daggubati. Directed by Saagar K Chandra, the film follows two men - a police SI and a suspended army havildar - who lock horns over an incident and their egos take them on a wild trip. Bheemla Nayak is the official remake of the Malayalam film Ayyappanum Koshiyum, which tells the story of its title characters in a tug of war to prove who's powerful. Biju Menon played the character of Ayyappan Nair in Ayyappanum Koshiyum, a policeman with unblemished records. Prithviraj was seen as a retired army havildar Koshy Kurian, who had put in 16 years of service.

In Bheemla Nayak, Pawan Kalyan reprised the role of Ayyappan Nair and Rana Daggubati essayed the role of Prithviraj. It's the first time both Pawan Kalyan and Rana have featured together on screen.

Pawan Kalyan currently awaits the release of the upcoming Telugu period action drama, Hari Hara Veera Mallu, which marks his maiden collaboration with filmmaker Krish Jagramudi.

DJ Diplo Surprises Fans Performing In Aishwarya Rai Sweatshirt At Lollapalooza



American DJ Diplo, who recently set the stage on fire at the first Indian edition of the multi-genre music festival Lollapalooza, performed for the packed crowd at the Mahalaxmi Race Course in Mumbai while wearing a black sweatshirt with the print of Bollywood actress Aishwarya Rai Bachchan.

Diplo played various hit tracks, including 'Lean On' and 'Where Are You Now', along with the Punjabi song 'Mundian Tu Bach Ke'. As a picture of him from the festival was shared on Reddit, fans of the DJ couldn't stop praising him for the gesture.

On Twitter, a person wrote: "Diplo wearing Aishwarya Rai I is basically all of us born in the 90s."

A Reddit user found it 'cool' that Diplo wore the T-shirt to be relatable to the Indian audience: "I think it's cool that he's wearing it to a Mumbai show though even if he's just trying to pander to the audience. If I was an artist I'd probably do the same if I was travelling to different countries for shows."

INFLUENCER MIMICS SUNNY LEONE FROM SPLITSVILLE, ACTOR DISAGREES AND REACTS 'I DON'T SOUND LIKE...'

Sunny Leone reacted to a parody video of herself, made by social media influencer Dharna Durga. The video is a hilarious mimicry of Sunny from the dating reality show, MTV Splitsville season 14. In the ongoing show, Sunny appears as the host, alongside actor Arjun Bijlani. Also read: Arjun Bijlani on films: "I have been offered lots of roles but felt I deserve better" The funny video stars the influencer in funky looks with a variety of hairstyles and outfits, to recreate Sunny's glamorous avatar in the show. She wears sunglasses and also holds an umbrella to imitate Sunny's lines from the show. From interacting with participants to explaining the challenges of the dating show, the video gives a glimpse of Sunny's role. The video has left fans and celebrities in splits. Reacting to it, Uorfi Javed commented, "You're too good Dharna," with a laughing face emoji. "Hahahahaha I love this," added Dolly Singh. Meanwhile, Sunny Leone said, "Hmmm...I don't think I sound like a valley girl...but nice one ladies." Many fans have also

dropped funny emojis in their comments.

Sunny Leone has been a part of MTV's Splitsville since 2014 as a host. Earlier, she was seen alongside Ranvijay Singha. However, this season he was replaced by Arjun Bijlani. Talking about working with Sunny, Arjun earlier told Hindustan Times, "In a day or two, me and Sunny hit the right chord. We were having fun and chilling. Initially, you come with a lot of inhibitions and then I started enjoying with Sunny and the contestants. It was amazing and felt like I have been hosting it for several seasons."

Splitsville season 14 features 10 girls-Shree Prasad, Kashish Ratnani, Sakshi Dwivedi, Saumya Bhandari, Akashlina Chandra, Pema Leilani, Aradhana Verma, Oviya Dranal, Soundous Moufakir, Sakshi Shrivastava, and 10 boys-Joshua Chhabra, Hamid Barkzi, Rishabh Jaiswal, Honey Kamboj, Justin D'Cruz, Amir Hussain, Dhruvin Busa, Sohail Khan, Kashish Pundir and Aagaz Akhtar.

Sona Mohapatra calls Besharam Rang 'mediocre song at best' amid Pathaan box office success



Singer Sona Mohapatra took to Twitter on Monday and shared a behind-the-scenes video clip from the making of her latest song, Rasakeli Bo. Along with it, she called Shah Rukh Khan and Deepika Padukone's controversial song, Besharam Rang 'mediocre' and said the debate around the song only ended up helping the song, Besharam Rang was the first released song of Pathaan, which is currently ruling the box office. Also read: Shah Rukh Khan thanks fans outside Mannat with folded hands in first public appearance since Pathaan's release

The Ambarsariya singer tweeted, "The faltu ka hue (useless issue) & cry here around #BesharamRang only helped a mediocre song at best. (clapping hands emoji) Of course the opposite, celebrating music that does showcase our Indic identity, won't happen in a hurry & the de-raci-nation' will continue." She attached the music video of Rasakeli Bo with the post. Directed by Siddharth Anand, Pathaan landed in controversy after releasing its first song, Besharam Rang showcased Shah Rukh Khan and Deepika romancing in Spain.

Bigg Boss 16 fans are tired of 'irritating' Archana Gautam: 'Ye banegi neta?'

In the upcoming episode of Bigg Boss 16, Nimrit Kaur Ahluwalia got into an heated argument with co-contestant Archana Gautam. She got angry and shouted at her. Nimrit lost her calm after Archana passed some derogatory remarks against her. She called her 'paagal ladki' and 'ridiculous woman.' She asked Archana to be mindful of her filthy language. Many fans reacted to the promo video shared by ColorsTV on Sunday night. (Also read: Tina Datta says Shalin Bhanot not to

respect his wife, he raises questions on her character in huge Bigg Boss clash)

The channel shared the promo on their social media handles with the caption, "Finale se 2 hafte pehle, aakhir kyun iss tarah beqaaboo huve Ninmit aur Archana? (Just two weeks left for the finale, why did Ninmit and Archana lost their control)." Then, in the garden area Ninmit shouted at Archana with rage, "Apni zabaan dekh, paagal ladki (Just look at your language, you mad girl)," Shiv Thakare and Sumbul Touqer Khan stood next to her. Archana replied, "Sharam karo (Have some shame)" while doing her work-out on a treadmill. Nimrit said,

"Ridiculous woman" in front of Shalin Bhanot in washroom. Then, she got charged up to hit Archana, and said, "I will smack her face." Somehow, Shalin tried to stop her. Furious Ninmit continued and said, "Bloody paagal (mad)! Archana shouted her lungs out and said, "You are!"

Reacting to the clip, one person commented, "Archana constantly provoking Nimrit last day, yahi planning hai iski. Kon dost banna chahenga iska. phir bolti hai hum akele pad gaye (Archana is planning this

only, who would want to be her friend, then she will be say I am feeling alone in house)." Another person wrote, "Nimrit is awesome and genuine and good at heart. You can see it. Aap log andhe ho kya? ko bhi akele nhi khelta hai yaar (Are you guys blind, cannot you see nobody plays alone) like Priyanka portraits. Priyanka is the only one who was not alone since the beginning to the end."

Other person wrote, "BB has saved Nimrit by giving the finale ticket thit.



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

If you find yourself scrolling through social media for ways to kickstart new health routines, you're not alone. According to data from the online patient community PatientsLike Me, 11% of Americans surveyed said they refer to social media for health information.

However, while some advice you come across online may seem helpful and trustworthy — and some might even come from doctors, registered dietitians, or other qualified people — often, this isn't the case. “[A] lot of times what we see is somebody who did their own weight loss plan or gut cleanse, or cured their own whatever it is, and they try to apply that to everyone... Just because it worked for them doesn't mean it'll work for everybody and that's where it can get really dangerous,” Jen Scheinman, RDN, nutrition affairs manager at Timeline Nutrition, told Healthline. “[They] find intriguing quick fixes that



people want to believe, but they aren't backed by science and can be damaging.”

Diets are often sensationalized on social media to excite people, added Dr. Rekha B. Kumar, associate professor of medicine at Cornell and Chief Medical Officer at Found. “If it were all unbiased and balanced facts, it would be in a scientific journal and not on social media,” Kumar told Healthline. While social media can be used as a tool to educate and disseminate information, she

added that content “in regards to diets and nutrition might be posted by influencers who don't always have all the facts, but likely do have some facts.”

Scheinman agreed. She said a lot of diet myths start with a nugget of truth to make them compelling to try. “That nugget of truth can be exaggerated or misconstrued to then be wise for the population,” she said. Deciphering between what is factual or not can be difficult. To help ease confusion, we asked health

experts to debunk some of the most common nutrition myths being shared on social media.

Myth: Everyone should follow keto or low carb eating.

While keto and low carb eating can induce weight loss, Kumar noted that these eating patterns are not suited for everyone “either because of medical conditions like diabetes that might make severe carbohydrate reduction dangerous or [because] these plans don't match the biology of an individual (i.e. a different diet would be more efficacious).”

The types of foods that are followed on these diets — particularly the keto diet, which focuses on fat — also causes concern, said Scheinman. “[What] I start to see people doing is eating lots of cheese and butter and tons of steak or bacon or lunch meats that are highly processed and limiting vegetables and whole grains and other important nutrients, so they get an imbalance in their diet,” she

said.

Studies that look at people who live the healthiest and longest lives have found that their diets are sustained on whole grains, beans, and legumes, she noted.

“Specifically beans and legumes are correlated with people living longer, so when you cut these foods out [you have to wonder] what is happening in terms of health,” said Scheinman.

Additionally, sticking to a keto or low carb diet long-term is difficult, and when people start including carbohydrates back into their diet, Scheinman said they don't do so in a healthy way.

“[They're] not focusing on the whole grains, the fruits, and starchy vegetables. They're starting to go back to those simple carbohydrates like white bread and sugar and white pasta, and they put all the weight back on and then some, so it becomes this cyclical yo-yo type of experience,” she said.

5 Foods To Eat at Each Meal for Faster Weight Loss, Dietitian Says

Accelerate your progress with each meal you consume!



Anyone who's trying to lose weight knows the journey can be filled with frustrating hurdles and unexpected curveballs. But once you have just the right healthy eating routine on deck, you'll be able to speed up weight loss with each meal you consume. Melissa Mitri, MS, RD, nutrition writer, and owner of Melissa Mitri Nutrition, shares five of the best foods to add to your regular meals that'll get you so much closer to results. So get excited, and keep reading to learn more about these healthy weight-loss foods. And next up, don't miss 5 Healthier Foods To Have in the Fridge for Quicker Weight Loss.

If you want to lose weight, bring on the cruciferous veggies! Cauliflower, broccoli, leafy greens, and Brussels sprouts are low in the calorie and carb departments and full of satiating fiber, according to Mitri. These healthy veggies also help decrease inflammation. Mitri suggests adding them to fresh smoothies and omelets or savoring them as an easy-to-put-together side dish.

Avocados

This green fruit is absolutely bursting with fiber and healthy fats. They're also linked to weight loss, Mitri says.

According to research, adding half of an avocado to your lunch can promote feelings of fullness for three to five hours after eating. Another study revealed that women who consumed an avocado every day experienced greater fat loss than those who didn't eat avocados.

“You don't have to give up carbs when you're trying to lose weight,” Mitri says. “Choosing whole-grain carbs with each meal like quinoa, whole-wheat pasta, and brown rice contain more fiber and nutrients to keep you satisfied.” Plus, incorporating grains like these into your meals can help nix any cravings for sugar and refined carbs.

Nuts and seeds

Seeds and nuts such as almonds, pistachios, walnuts, flaxseeds, pumpkin seeds, and chia seeds are a stellar addition to your weight loss program. According to Mitri, “They are a rich source of healthy anti-inflammatory fat, plant-based protein, and fiber to hold you over and help you more easily stick to your weight loss goals. Enjoy blended into smoothies, on top of yogurt, or a nutty trail mix as an afternoon pick-me-up.”

It's time to add more fatty fish to your diet ASAP. Sardines, tuna, and salmon can aid in decreasing overall body fat. “[Fatty fish] is high in protein but relatively low in calories, and rich in heart-healthy fats. Studies have shown eating fatty fish may help support weight loss by regulating your appetite hormone levels. Enjoy low-mercury fish regularly like salmon, canned light tuna, sardines, and cod,” Mitri says.

5 Healthy Ingredients for Fitness Enthusiasts

FITNESS ENTHUSIASTS ARE ALWAYS ON LOOKOUT FOR INGREDIENTS TO HELP BOOST THEIR FITNESS JOURNEYS, AYURVEDIC INGREDIENTS FOR FITNESS ENTHUSIASTS.

Fitness enthusiasts are always on the lookout for ingredients to help boost their fitness journeys. While chemical supplements are widely available in the market, the goodness of ayurvedic ingredients does not usually get the attention it deserves. Healthy Ingredients for Fitness Enthusiasts which we use for health.

Ayurveda is a centuries-old Indian healthcare practice. It aims to maintain health and wellness by balancing the mind, body, and spirit, and it focuses more on prevention than treatment. To accomplish this, it takes a holistic approach that encompasses nutrition, exercise, and lifestyle adjustments.

Ayurvedic herbs and spices play a significant role in this approach. They are believed to give a range of health advantages, including better digestion and mental health, and actually



protect your body from sickness.

Here are 5 healthy ingredients for fitness enthusiasts shared by Dr. Kriti Soni, Head of R&D, Kapiva:

Originally from India, Ashwagandha (Withania Somifera) is a little woody shrub. Its roots and berries are used to make a well-known Ayurvedic medicine. It is classified as an adaptogen, which

means it is believed to help your body cope with stress more effectively. Cortisol is a hormone that your adrenal glands create in response to stress, and studies have shown that ashwagandha lowers cortisol levels. Fitness enthusiasts can benefit from it to relieve stress-both physical and psychological. Ashwagandha may also improve muscle growth and blood sugar levels.

Shilajit is an ingredient that has been used extensively in Ayurvedic medicinal practices to treat a wide range of ailments. It is abundant in minerals and contains a major compound known as fulvic acid. While working out, fitness enthusiasts lose essential electrolytes that aid in regulating water balance, muscle contractions, nerve impulses, and metabolism by sweating. Shilajit is rich in certain mineral content, which has the ability to replace these electrolytes, thus maintaining physical performance and endurance. Triphala: Triphala is an Ayurvedic cure made from the three medicinal fruits listed: Amla (Embllica Officialis, or Indian gooseberry) Bibhitaki (Terminalia Bellirica) Haritaki (Terminalia Chebula) According to research, Triphala may lessen arthritic inflammation and prevent or slow the spread of several cancers. Furthermore, Triphala

is also beneficial for improved digestion and oral health. Fitness enthusiasts may benefit largely from including Triphala in their diet, as it can promote overall health and well-being. It acts as a colon toner and helps in strengthening and toning the tissues of the colon. As a result, it helps manage weight.

Another well-liked Ayurvedic treatment is turmeric, which is the ingredient that gives curry its characteristic yellow color. Its primary active ingredient, curcumin, is a potent antioxidant and anti-inflammatory. Test-tube research suggests that it might be just as effective as other anti-inflammatory medications, if not more so, and without any of their negative effects. Additionally, turmeric may aid in the prevention of heart disease in part by enhancing blood flow, just as effectively as exercise or other prescribed drugs.

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.

Desperate to get fit but hate doing it in public? Here are five ways to beat gymtimidation

Some things in life — swimming, public speaking, taking a radiator off the wall — are terrifying the first time you do them, but so fundamental to a better quality of existence that they're well worth the effort. And so it is with the gym: though those first shaky reps come easier for some people than others, everyone is a beginner at some point.

Here, then, is your seven-step plan to overcoming gymtimidation — from crossing the threshold for the first time to becoming a squat-rack regular.

1 Sign up somewhere that suits you One of the most common pieces of advice for the gymtimidated is that nobody else cares what you're doing — but while that's true in many places, not all gyms are created equal. “The first time I went to a gym in my 20s, men would routinely hit on me, watch me and generally make me feel uncomfortable,” says the writer Emilie Lavinia. “I started going to classes that were mainly attended by women and that was a much happier and more relaxed place for me. Now, I like the gym I go to because every-

one ignores each other and is totally focused on their own training. Also, it's clean, the music is chilled and the staff are very attentive.”

2 Build the gym habit Try to have a practice session at the gym you're thinking about signing up for — ideally, during the times you're most likely to attend. What feels like a mellow environment at 11am can quickly become a mosh pit when the post-work crowd show up.

It can take a while to get into the gym groove — one of the best-known studies suggests that habit formation takes anywhere from 18 to 254 days, with 66 as the (very rough) average. In the early days, then, every time you show up is a win, even if all you do is walk through the doors, do a bit of stretching, have a shower and leave. If you enjoy group activities, signing up for regular classes can help. “For me, group classes made the gym less intimidating because everyone was there for a specific activity,” says Emma Nugent, who works in PR. “When I go to class knowing I'll see some of the same faces, who are now some of my very good friends, it



gives you a social aspect to look forward to as opposed to something to be afraid of.” This is also the time to set up your routine so you're not scrambling for your lifting shoes at 6am. “If you want to go first thing in the morning, go to bed with your gym kit on,” suggests graphic designer Luana Thomas. “That way, you just need to get up and go.”

3 Get comfy with the moves (and machines) “I was clueless about most of the equipment in the gym when I first

went,” says Thomas. “I remember having that horrible gut-wrenching feeling of not even knowing how to turn the machines on, and feeling super-embarrassed to ask. Thankfully, the guy who did my gym's circuits class went out of his way to bring in equipment like the rowing machine, barbells, sandbags and battle ropes — so that slowly introduced me to a range of kit, and the lingo.”

This is the time to start fine-tuning your form — pick a handful of move-

ments and take some time to learn the dos and don'ts of them. “When I first started out, I dedicated a few hours a week to just expanding my knowledge outside the gym,” says Ravi Davda, who is now a personal trainer. “I spent time reading blogs and following fitness professionals on YouTube — there's a lot of great infor-

The simplified version is that fewer than five repetitions per set build strength, more than 12 build endurance, and anything in between works best for “hypertrophy” (building muscles). How many sets to do is more hotly contested — for muscle, the general consensus is that 10 to 20 per body part, per week is ideal, but for

All those machines, all the mirrors, all that grunting: gyms can be offputting places if you're just taking your first steps towards fitness. We have the answers ...

mation online.”

If all you learn to start with is the basics of a squat, a kettlebell swing and a solid stroke on the rowing machine, it's still enough to make you a lot more sure of yourself.

4 Learn the basics of sets, reps and rest

One of the most important things to learn is how to structure a workout for your goals: even a simple as a squat can produce radically different effects on your body depending on the weight you use, how many times you lift it and how much you rest in between goes.

strength less is often more.

Finally, how strict you should be with your rests really depends on your goal — if you're aiming for fat loss it's a good idea to keep rests shorter than 60 seconds, but if you want pure strength then full recovery between sets is the goal, even if it takes five minutes.

5 Consider a trainer

“I'm probably biased on this one, but if you can afford it, get a personal trainer,” says Davda. “It's a lot less intimidating when you're walking around with someone who knows what they're doing.”

The national workshop on bioinformatics at School of Biotechnology Concludes at JU



JJ NEWS SERVICE
JAMMU, JAN 30: Prof. Rajni Kant, Dean Research studies was chief guest and Prof. Seema larger Dean life sciences was the guest of honour at the valedictory function of 7 days DST-SERB sponsored workshop organized by School of Biotechnology in collaboration with HRDC and CITESM University of Jammu. The workshop was held under Karyshalla scheme of Accelerate Vigyan program of SERB to impart high end skills to researchers and faculty in the STEM area. Prof. Rajni Kant, Dean Research studies emphasized that the importance of a workshop on bioinformatics is quite evident by the fact that the national funding agency has sponsored it. He further added that HRDC University of Jammu fur-

ther augmented the funds for the skill improvement of young faculty in this important and recent field. Prof. Manoj Kumar Dhar, former Vice-chancellor University of Jammu, informed the audience that the School of Biotechnology was among one of the first Biotechnology Departments to start a course of bioinformatics. He conveyed his satisfaction that he is sure that the School will hold the flag of University of Jammu High. Director School of Biotechnology, Prof. B.K. Bajaj welcomed the guests and participants to the valedictory function and gave brief introduction to the School of Biotechnology, which is one of the premier biotechnology institutes in the country. He appraised the

gathering that school was not only able to secure renewed funding from the department of Biotechnology after submitting fresh proposal for its masters program but faculty is doing cutting end research in the latest areas of biotechnology. He also added that School played a big role in covid management in Jammu by not only providing the instrument required for RT-PCR testing of the covid to GMC, Jammu but also the trained manpower to do the testing as researchers are trained in these high end technologies as routine. Prof. Jyoti Vakhlu the organizer of the workshop gave the report of the workshop. She said that it is matter of great satisfaction to the School that the current workshop meets international standards.

The workshop was meant to add the value to research of the researchers and faculty in various areas of life sciences and it has managed to achieved its goal. She said that success of any workshop depends on three things, participants, resource person and infra structure and all the three were matchless in present workshop. The proceedings of the workshop were recorded live and after processing will be put online for the benefit of the larger scientific community.

Prof. Seema larger congratulated the participants and organizers for the successful completion of the workshop. She urged the participants that they should share their skill and expertise gained in this workshop with their lab mates, and keep practising the skill.

Dr. Sheetal Ambardar proposed the formal vote of thanks. The proceeding of the valedictory function of the workshop were conducted by Ms. Nitika Sharma and the managed by Mr. Tahir Ali and Ms. Ritika Mansotra. Ph.D research scholars of the School.

MP Jugal inaugurates Sansad Khel Spradha intervidhansaha tournaments at Khel Gaon Nagrota



JJ NEWS SERVICE
JAMMU, JAN 30: Jugal Kishore Sharma Member of Parliament Lok Sabha Jammu Poonch today inaugurated Inter Vidhansabha Sansad Khel Spradha 22-23 tournaments at Khel Gaon Nagrota in which DSO Sukdev Raj, Sarpanch Nagrota Lala Kishore, BJYM Tarun Singh, Ankhush Pandit, ZPEO Damsal Sudesh Jamwal, ZPEO Ram Murti, ZPEO Kumari Rajni Heem Raj Verma, Tarun Singh, Ankhush Pandit and

others also present. Today Kabaddi match was played between Jammu Zone and Damsal Zone at Khel Gaon Nagrota under Sansad Khel Spradha 22-23. Member of Parliament while addressing the gathering said that today even in rainy season the spirit of sportsmen flourished and first Kabaddi match of Sansad Khel Spradha 22-23 inter vidhansabha tournaments started. He said that every Member of Parliament advised to work in mission

mode to make India Physically fit and to promote Khelo India under Sansad Khel Spradha. He said that this campaign have been started in all the Districts last year upto panchayat levels and now today matches have been played upto zonal levels and vidhansabha levels. He said that out Prime Minister Sh. Narendra Modi is not only working to improve the quality of education but he is hard-working for over all development of our students & also greeted both the teams of Jammu zone and Damsal Zone present at the occasion.

youths Sansad Khel Spradha, Khelo India, Fit India and many other campaigns have been started to make India Fit. He said that all the students are given a chance to play in Sansad Khel Spradha. All the players, staff and dignitaries present at the occasion also took oath to make India Fit and Green & Clean.

Member of Parliament congratulated the winning team of Damsal zone and encouraged the others to practice hard so that they can also play well. He also greeted both the teams of Jammu zone and Damsal Zone present at the occasion.

Physical Education Staff Subash Chander, Saleem-Ul-Rehman, Chameel Singh, Yash Pal Sharma, Sunny Dogra, BK Bhat, Team Coach Jasdev Singh, Sansar Sharma, Vandana Sharma, PEM Meena Dutta, Ramesh Padha, Anil Dogra, Dinesh Sharma, Anil Sharma, Vishal Malhotra, Ajay Wadhwa & others also present at the occasion.

Saini Sabha (Dhand) congregation on Feb 1

JJ NEWS SERVICE
JAMMU, JAN 30: All J&K Saini Sabha (Dhand) today finalized the arrangements for the upcoming congregation of Saini community which is scheduled to be held on February 1, 2023.

In this connection, a meeting of the Sabha was held under the chairmanship of Pritam Singh Saini, President of the Sabha at Bua Datti Mandir Village Sarora in Marh constituency.

Pritam Saini informed that all the necessary arrangements for the upcoming congregation has finalized. He said that the congregation started with Havan Pooja followed by Daughters Poojan and Bhandara.

He informed that devotees of Bua Datti will participate in the congregation from across the country and all mandatory arrangements have been made for them in the Bua Datti Temple, Village Sarora.



Pritam Saini appealed to the community members to participate in the congregation along with their family members and seek blessings of Bua Datti ji. Among others who were present in the meeting include Mulkh Raj Saini,

ex Chairman, Sardari Lal Ex-Subedar, Ghar Singh Lambardar, Sudagar Singh Ex Sarpanch, Sandora Ram, Parshotam Singh, Madan Saini, Ashok Saini Sarpanch, Dev Raj Naib Sarpanch and Sikandar Singh.

MIER College holds best out of waste competition



JJ NEWS SERVICE
JAMMU, JAN 30: The Environment Unit of MIER College of Education organized an inter-departmental competition on the theme "Best out of Waste", followed by an exhibition of the products. The main aim to organize this event was to develop a sense of responsibility in nurturing the ecosystem through creative activities.

More than 20 students from both UG and PG departments participated in the competition where they prepared creative and

innovative models and art items from different waste materials, which were then shown during the event. The values like preservation, recycling, conservation, reduction, reusing etc are imbibed on the young heart and minds by demonstrating the use of recyclable products that would help in protection of the environment.

The competition was judged by three jury members Mrs. Menaka Khanna, in charge Humming Buds, Model Academy School, Dr. Monika Bajaj, Deputy

HoD UG Dept., and Mrs. Nandini Pari, Asst. Professor UG Dept. All the participants enthusiastically took part in the competition and put forward their creative ideas. As decided by the jury, the first prize was bagged by Ms. Niharika of BA Psychology Honours Sem III, the second prize went to Ms. Sheetal Thapa of M.Ed. Sem III, the third prize was bagged by Ms. Vasudha of B.Ed. Sem I, and a consolation prize was given to Ms. Vishali Rani of B.Ed. Special

Education Sem III. Dr. Adit Gupta Director and Principal of the college appreciated the efforts of the unit and said that it is pertinent to know the use of 4 R's. He reiterated the fact that in today's world reusing, reducing and recycling waste materials play an important role.

Waste has to be looked upon as a global issue as it concerns proper sanitation. An excellent plan to reuse the waste will give room for the provision of potable food, water, shelter, communication and transport. Hence, utilizing the best from unwanted things has become a general necessity of human life.

The programme was ably conducted by Ms. Ishu Sharma, student of B.Ed. Sem I and the formal vote of thanks was proposed by Ms. Priyanka Sharma, member of environment unit. The event was organized under the supervision of Mrs. Suman Gupta, in charge Environment Unit.

SSP Mohan Lal, others congratulate Rahul for his selection in Indian Divyang Cricket Team

JJ NEWS SERVICE
JAMMU, JAN 30: Son of a vegetable vendor Rahul Sharma a differently abled cricketer from Akhnour town of Jammu is all set to represent team India as wicket keeper batsman in upcoming three matches T-20 series in Chennai on 22nd, 23rd and 24th February. Rahul Sharma has earlier represented for Jammu Kashmir Divyang Cricket Team at National Level where after impressing the selectors he has been now selected for Indian Divyang Cricket Team. With the news of Rahul's selection in Indian Divyang Cricket Team a large number of people were gathered at his residence at Akhnour town to greet Rahul Sharma for creating history.

SSP Mohan Lal Bhagat (KPS) also went to his home and while congratulating him he said that Rahul is an inspiration for youngsters in Jammu and Kashmir. He said that Rahul has brought laurels for the whole area and there is great sense of pride among the locals. He said that Rahul being differently abled has set an example that anything can be achieved but one needs to be passionate and dedicated for his goal. He assured his full support for his further endeavours. He appealed to the gathered youth to become like him and bring fame for their par-



ents, society and nation in whole. Yuva Kalyan Samiti a social organisation of which Rahul is also an active member also turned to felicitate for his selection in Indian Divyang Cricket Team. The volunteers of Yuva Kalyan Samiti comprising Vivek Sharma, Rakesh Bhagat, Atul Sudan, Retd. Captain Santosh Sharma, Sukhdev Singh, Rohit Sharma, Sahil Sudan, Shubham Rajput, Deepak Bhardwaj, Ashu Sharma, Abhishek Verma, Ashok Sharma, Mukesh Verma congratulated Rahul Sharma and presented him the memento and a token of respect. Sushil Sharma, Chairman J&K Disable Welfare Trust along with his team also felicitated Rahul Sharma on the occasion. In his address he appealed government to provide all facilities to divyang cricket team at par with regular

Indian Cricket team. Rahul Sharma while speaking on the occasion have give the credit of his selection to his parents who allowed him to peruse cricket as his profession and his coach/mentor Sham Singh Langhe who provided him platform to explore his talent. His parents said that Rahul is so much passionate for his cricket that even sometime in the midnight when all are sleeping, they listen his bat knock while practicing. They wished him good luck for his coming matches.

Others who gathered to congratulate Rahul are Vishal Sapolia, Rajat Sharma, KD Sharma, Hunny Sharma, Rohit Sharma, Trilochan Sharma, Vinod, Arun, Atul, Danish Sharma, Sham Lal Sharma, Vakil Chand, Shamsheer Singh, Tarsem Lal.

Concept of Democracy in J&K reduced to local bodies polls: Harsh Dev

JJ NEWS SERVICE
UDHAMPUR, JAN 30: Former Minister and Chairman AAP J&K today said that with the Election Commission of India apparently focussed on holding elections in nine states of the country besides conducting bye-Elections in several other states this year, the restoration of democratic govt in UT of J&K seemed to be the last priority of the GOI as well as the ECI. All discussions on restoration of democracy ultimately culminate in the so-called successful conduct of Panchayat and Municipal polls. The concept of democracy in BJP rule has been reduced to local bodies polls with no sincere effort having been made to install an elected govt in J&K. And now once again enough hints were being dropped regarding the conduct of local bodies polls in the near future without uttering a word about the conduct of Assembly polls in J&K. He said that local bodies of the UT needed to be given ample time to complete



their term and any arbitrary decision to pre-maturely end their term and pre-empt their elections would be fought tooth and nail.

Singh said that with the ECI now concentrating on holding Elections in various other states of the country as per the schedule, the erstwhile state of J&K deprived of democratic govt for the last more than 4 1/2 years, the Assembly having been suspended and eventually dissolved in 2018, did not appear to be finding the desired attention of either the poll bodies or the centre, said Mr. Singh. He was addressing public meetings in villages Tandhar and Mandal of Chenani constituency today.

Singh said that while delimitation of DDC con-

sistencies in J&K was effected within two weeks by the present dispensation in 2020 and the said elections conducted immediately thereafter so as to constitute the District local bodies, the helmsmen had maintained a studied silence over the much delayed polls for the top legislative body of the UT. He said that with Assembly Elections delayed and denied, political process having been rendered defunct in J&K and political parties discredited and discouraged, the centre seemed to be hell-bent to deprive J&K of a democratically elected govt. Asserting that the BJP govt at the centre seemed averse to handing over power to sons of soil in J&K, Mr.

Singh said that it wanted to continue its proxy rule in the new UT and retain all powers to itself. He said that the people of J&K were being deprived of their democratic rights of having a duly elected govt of their choice. The last elections in J&K having been held in 2014, the BJP govt still seemed dis-inclined to hand over power to the people even after a lapse of several years thus giving a fatal blow to the democratic values enshrined in the Indian constitution.

With the last Assembly having been dissolved over four years back, the elections to J&K legislature were required to be held immediately thereafter in consonance with the rule of law.

DC Kupwara pays surprise visit of PHC Gushi

2 Doctors, 3 paramedics suspended for absence from duty

JJ NEWS SERVICE
KUPWARA, JANUARY 30: The Deputy Commissioner (DC) Kupwara today paid a surprise visit to PHC Gushi around 3pm and found 5 employees including 2 doctors absent from duty.

The Deputy Commissioner directed concerned BMO for appropriate

action under rules. Meanwhile, the Block Medical Officer Kupwara issued a suspension order under endorsement No.BM OK/3245-47 dated 30-01-2023 in which 5 employees of PHC Gushi namely Dr. Latief Ahmad, Medical Officer; Dr. Imet Pal Singh, Dental Surgeon; Muneer Ah

Nomani, Sup. Pharmacist; Mohd Sultan Bhat, Male Nurse and Hafeeza Begum, FMPHW have been placed under suspension till pending enquiry.

The order further reads that the pay for the month of January 2023 shall be kept withheld till further directions.

Rahul's Yatra challenge to HM Amit Shah portrays his immaturity, pettiness: Kavinder

Felicitates District Office Bearers of ST & SC Morcha



JI NEWS SERVICE JAMMU, JAN 30: Senior BJP leader and former deputy chief minister Kavinder Gupta on Monday castigated AICC leader Rahul Gandhi for challenging Home Minister Amit Shah to hold a foot march from Jammu to Lal Chowk in Srinagar.

The BJP stalwart while deprecating the statement given by Rahul said that Gandhi family should thank PM Narendra Modi and HM Amit Shah for creating a conducive atmosphere in the Valley enabling them to play with the snow because during Congress regime, such a thing was not possible even in dreams. Kavinder questioned Rahul Gandhi

that why such Yatra could not take place during the Congress' rule? He asked the Congress leader that why not the then Congress Govt allowed anybody to unfurl Tricolour in Lal Chowk? He also asked, "What was the compulsion of the Congress leadership that didn't allow even the nationalist lot of the country to conduct such Yatras towards Srinagar's Lal Chowk?" The senior BJP leader said that Rahul instead of expressing gratitude towards Modi Government for restoring peace and normalcy in the Valley is giving challenge to BJP leadership, showcasing his narrow and trivial-mindedness and babyish behaviour. "The people of

the country are watching things very closely and sooner than later, would respond to tell the Congress leader what they think about the credentials of BJP leadership and where does he stands after playing with snowballs and carrying out stunts of wearing T-shirt in bone chilling cold because such things are of no use to people, who are looking forward towards peace, development and avenues for good fortune", he said adding that Bharat Jodo Yatra proved futile exercise by Rahul Gandhi as the same made no difference in the lives of people except a failed attempt to re-launch Gandhi family's scone.

Kavinder was speaking at the felicitation programme here at Party Headquarters wherein he felicitated new District Office Bearers of ST and SC Morcha. Rekha Mahajan, President Jammu District South was also present in the meeting.

Kavinder said that BJP has become the largest political party in the country with 18 crore members on record with the membership process still underway. He said that BJP won all seven reserved seats in J&K and will continue to do so in the upcoming political contests.

The former deputy Chief Minister asked the SC/ST Morcha workers to reach all the reserved category people and make them aware about the policies and achievements of Modi Government. He asked the party cadre to focus on winning 50 plus seats in J&K.

Rekha Mahajan assured to achieve the target of 50 plus seats by sensitizing the masses over the pragmatic and nationalistic policies of BJP leadership and the feat which the Modi Government has achieved in the last over eight years in power.

Sarpanch along with supporters from Udhampur join Apni Party in Jammu

Ghulam Hassan Mir welcomes new entrants into party folds



JI NEWS SERVICE JAMMU, JAN 30: A Sarpanch Makhnan Lal along with dozens of supporters from Udhampur today joined Apni Party.

The joining programme was organised by Provincial Vice President Jammu and Ex-MLA Faqir Nath here at Apni Party Office in Gandhi Nagar, Jammu.

Party's Senior Vice President, Ghulam Hassan Mir welcomed the new entrants into the party and expressed hope that their joining would strengthen the party at the ground level in Udhampur.

Speaking on the occasion, Mir said that the joining of leaders from different political parties shows that Apni Party has gained ground in

Udhampur district also like other regions of Jammu and Kashmir due to its politics of telling the truth to the people without exploiting their emotions. He appreciated the new entrants into the party and asked the party leaders to work among the people to make people aware about the policy and agenda of Apni Party.

He said that "The People of both the regions are demanding restoration of statehood to Jammu and Kashmir and holding of assembly elections to address the growing issues of the people whether it is unemployment, issues of providing basic amenities, protection to the natural resources." He said that the Apni Party is committed to work for the upliftment of the living standard of

the people and accordingly, the party has assured to implement social security schemes in Jammu and Kashmir's both regions.

"We are committed to enhance the old age pension up to Rs 500, free electricity to the people of Jammu up to 500 units during summers and 300 units during winters whereas the people in Kashmir will get 500 units of free electricity during winter season and 300 units during summer season," he said.

Meanwhile, Provincial President Jammu, S. Manjit Singh also spoke on the occasion and welcomed the new entrants into the party.

He appreciated the district unit of Udhampur for their dedication to resolve the public issues.

Ex-MLA Faqir Nath highlighted the issues of Udhampur district and referred to the underdevelopment, health, educational and other issues.

Prominent among those who attended the programme Provincial Secretary / District President Urban, Dr Rohit Gupta, SC State Coordinator, Boddh Raj Bhagat, State President Apni Trade Union, Ajaz Kazmi, State General Secretary youth wing Abhay Bakaya, District President Udhampur Hansraj Dogra and senior leader women wing Rupali Rani.

JKNC Central Zone distributes blankets at JRC Udheywala

Sadhotra for skill oriented courses to make specially abled children self-dependent

JI NEWS SERVICE JAMMU, JAN 30: A programme was today organized by the Central Zone J&K National Conference (JKNC) at JRC Home for Handicapped, Udhaywala for reaching out to specially abled children and distributed blankets among them, wherein, former Minister and Sr. NC leader Ajay Kumar Sadhotra was Chief Guest and former Minister and Zonal President JKNC, Babu Ram Paul presided over the function.



The programme was organized by Dr. Vikas Sharma Co-ordinator Jammu District (Urban) and Zonal Secretary JKNC.

On this occasion, the leaders distributed blankets, eatables and stationery articles to 60 deaf and dumb children in Handicapped Home and appreciated the management for handling the specially abled children in a unique manner.

Ajay Kumar Sadhotra while speaking on the occasion said that every child born with a talent and the

need is to hone and shape their hidden talent. He also laid stress on skill oriented studies for these children to make them self dependent.

Sadhotra further said that NC has always kept the interests of specially abled children in mind and assured them all possible help in the coming future also.

Babu Ram Paul while speaking on the occasion said that these children are a gift of God and being a civilized society it is the duty of all of us to help

them in all manners to make them self dependent. He said that their self dependency is the only option to live a dignified life.

Ram Paul also assured the management that, if voted to power, the NC will make all possible efforts to ensure a dignified life for these children and vocational training institutes for specially abled children will be promoted to make them self dependent.

Dr Vikas Sharma Zonal Secretary JKNC delivered

the welcome address, Satish Sharma Secretary JRC Home for Handicapped presented vote of thanks and extended gratitude for this great act of philanthropy towards the leaders of the Conference.

Among those who were present on the occasion included, B.D Dalotra (Retd. SP), Ankush Abrol, Manohar Lal, Surjit Kumar, Sagar Lal, Vicky Thakur, Pankaj, Dr Rajesh Singh, Ravi Gupta, Talik, Vikshay Vashist, Sajjad Ahmad, Bushan Kumar and others.

Birth anniversary of Guru Ravi Dass Maharaj to be celebrate on Feb 03

JI NEWS SERVICE

JAMMU, JAN 30: A press conference of All J&K Guru Ravi Dass Sabha (Regd.). H.O Krishna Nagar, Jammu held under the chairmanship of Shri Piran Ditta President All J&K Guru Ravi Dass Sabha in connection with 64th Holy Birthday celebrations of Sant Shiromani Shri Guru Ravi Dass Ji Maharaj being celebrated on 3rd Feb. 2023 and 5th Feb. 2023 under the guidance of All J&K Guru Ravi Dass Sabha (Regd.) at its H.O Gurudwara Guru Ravi Dass Ji Maharaj Krishna Nagar, Jammu.



Piran Ditta President of Sabha while speaking on this occasion informed the Press media that 64th Holy Birthday of Guru Ravi Dass Ji Maharaj will be celebrated with Great pomp and show as usual. On 3rd Feb. 2023 a shoba yatra depicting the life and history of Guru Ravi Dass

Ji Maharaj will start from Gurudwara Krishna Nagar, Jammu at 11 AM and after passing through main bazaars will culminate back at Guru Ravi Dass Ji Gurudwara Krishna Nagar, Jammu.

A grand function for celebration of holy birthday of Guru Ravi Dass Ji Maharaj will be held on Sunday the 5th Feb 2023 at Gurudwara Krishna Nagar, Jammu at

11 AM to 4 PM. Leader of Political parties, Dharmik Sangathan will pay homage to Guru Ravi Dass Ji. Cultural programmes will also be presented. Guru ka langar will be served 4 PM onwards. Shri Piran Ditta requested the public to participate at large.

All members of Executive body and prominent members attended the press conference. Raj

Kumar, Dr. Raj Pal Hans, Darshan Rana, Romesh Hans, Mulkhraj, Deepa Bangotra, Joginder Digras, Sham Sunder Basson and Banarsi Dass Digras also spoken on this occasion.

Branch Presidents Bittu, Om Parkash, Ajay, Chaman Lal, Sham Lal, Manoj Kumar, Badri Nath, Mulkh Raj (Bahur Fort) and many other branch presidents.

Bollywood movie starring JK actors set to release March 3, poster, trailer out



JI NEWS SERVICE JAMMU, JAN 30: The "Era of 1990" - a film based on Bollywood movies piracy of 1990 is scheduled to be released on March 3, 2023. In this regard the trailer and poster launch of the movie was held today at Press Club.

The significance of the movie is that it includes many of the Jammu and Kashmir based film actors having done various roles in the film along with the Bollywood celebrities like Sara Khan and Mir Sarwar.

The director of the film Shahid Kazmi to who's credit is unending list of the Bollywood hits has made this film based many of the true events of 1990 when Bollywood Movies

piracy was at its peak and hits out the fact as to how Bollywood suffered great damage financially as well as morally too due to such piracy scam.

Speaking on the occasion, Shahid Kazmi said that the idea to make this movie came out after an intense discussion and debate with the producers and other intellectual people associated with the film making who agreed upon in one voice to bring the subject in the limelight as well on the silver screen.

"The movie is scheduled to hit 100 theatres across the country and Jammu is one of the significant venue where it will be showcased in two theatre on the prime time. Also the launch of the

Mumbai, Tujh Se Hee Raabta, and Hamari Adhuri Kahani.

The poster for "1990" was released today, and it has already sparked a strong sense of curiosity about the film. It is an out and out commercial film, but it is also very realistic, based on the very interesting subject of Bollywood Movie Piracy Scam in the 1990's worldwide.

Mir Sarwar, who has appeared in films such as Kesari, Panipat, Chhankya, Jai Hind, Pawan Putra, and web series such as The Family Man, Bard of Blood, Bhram, and Special Ops, has given a powerful performance in the negative role in Shahid Kazmi's upcoming directorial 1990.

Sara Khan adds from Mumbai "I am very excited for the film; the poster is now available, and I am sure it will pique your interest after viewing it. It's the first movie to be based on the global "Piracy Scam" of Bollywood movies in India.

I was immediately in favour of the movie when Shahid told me about the subject, and it wasn't just a documentary trying to highlight a particular problem.

Ravinder Singh State Gen Sec BSP join NC in presence of Farooq Abdullah



JI NEWS SERVICE JAMMU JAN 30 : State General Secretary BSP Ravinder Singh (Papu) joined National Conference in presence of the party President Dr Farooq Abdullah the otherday at Bathindi, Jammu.

Welcoming Ravinder Singh into the party fold, Dr Farooq Abdullah described National Conference as a mass movement that has all along stood for the just cause of the people of Jammu, Kashmir and Ladakh and

strived for development and progress of the state with a sense of commitment.

Dr Abdullah hoped that with the joining of Ravinder Singh the party will be further strengthened at the grass roots level.

"A strong National Conference is a key to steer Jammu and Kashmir to peace, progress and development besides meeting the challenges confronted to the state", he added.

Ravinder Singh pledged to carry forward the mission

of National Conference in transforming Jammu and Kashmir into a peaceful and progressive state with devotion and dedication.

The joining programme was organized by Naresh Bittu District President Jammu Rural B.

Those who joined the party fold include: Balbir Singh, Gurmeet Singh Chahal, Rampal Block President BSP, Narinder Singh, Harbans Singh, Varinder Kumar, Rajinder Singh, Manjeet Singh,

Gagandeep Singh, Jaswinder, Gurucharan Singh, Pardeep Singh, Narinder Singh Nitu, Pawandeep Singh, Narinder Singh (Bittu), Darvinder Singh (Pepsi), Surinder Singh, Kulwant Singh Johal, Vijay Kumar, Gurubaksh Singh, Ujjagar Singh, Gurucharan Singh (Raj), Baljeet Singh and Gabbar Singh.

Besides Provincial President Mr Rattan Lal Gupta, those present on the occasion included: Ajaz Jani President YNC Jammu Province, Jatinder Bhagat, Jatinder Choudhary Block President Sudehgarh, Dev Raj Block President RS Pura and others.

The National Conference leaders profusely garlanded the new entrants and greeted them on joining the party.

Dy Mayor inaugurates Chai Apps at Shastri Nagar



JI NEWS SERVICE
JAMMU, JAN 30: Deputy Mayor Jammu, Baldev Singh Billawaria inaugurated Chai Apps at Shastri Nagar, near Duddhadhari Mandir in Rs Para- Jammu South constituency. The Deputy Mayor Jammu was accompanied by BJP Jammu south district general secretary, Pushpinder Singh Charak, Proprietor Sachin Ninawat, Chai Apps team and several other dignitaries.

form that provides people with the opportunity to learn and earn. The Deputy Mayor Jammu also lauded the efforts of Chai Apps in providing employment opportunities and helping people become self-reliant. Chai Apps is a social enterprise that provides people with the opportunity to learn and earn.

With its platform, it aims to bridge the gap between the demand and supply of skilled labor, and help people become self-reliant. Chai Apps also provides users with the chance to start their own businesses and become self-employed.

He also urged more people to take advantage of the platform to become self-reliant and create a better future for themselves.

The Deputy Mayor Jammu appreciated the efforts of the Chai Apps team and encouraged the people to use the app. He said that the app will help to improve the lifestyle of the citizens of Jammu and make life easier for them.

He also thanked the team for bringing such an innovative product to the city and said that the app will help to bring transparency and convenience to the citizens.

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J&K on path of development after abrogation of Art 370: Johal

JI NEWS SERVICE
JAMMU, JAN 30: The 'dream of One Nation, One Law and One Symbol' has been fulfilled with the removal of provisions of Article 370 from the erstwhile state of Jammu and Kashmir.



This was stated by Sarabjit Singh Johal, President BJP Kissan Morcha J&K and DDC Member Ramgarh while speaking at the National Executive Meet held at Belgaum in Karnataka.

The senior BJP leader said that the erstwhile state of Jammu and Kashmir did not see development at par with rest of the country due to the presence of Article 370 and 35A and said that Shyama Prasad Mukherjee's dream of one nation, one law, one symbol was fulfilled after 70 years by abrogation of special guarantees to J&K, which allowed the erstwhile state to have its own

constitution, flag, protection on land and government jobs.

Johal asserted that abolition of Article 370 has paved the path to a new Jammu and Kashmir. "Discrimination against Ladakh and Jammu was going on continuously and no rights were given to Valmiki Samaj, Pakistani refugees and Gorkha Samaj for 70 years. They were deprived of their rights while living in their own country. Today a new era of government has started

ing Articles 370 and 35A as these were big hurdles in the path of development and progress of J&K and the welfare of its people.

The Senior BJP leader stated that Prime Minister Modi led Govt at the Centre stands fully committed to the welfare of the farmers who deserve special attention especially in view of their being the food producers of the nation. He said the government is making every effort to double the farmers' income and boost the agriculture economy.

"Since the BJP led government came into power, it has been taking all necessary initiatives to boost and bolster the agricultural economy along with farmers' welfare schemes," he said, adding that the farmers' issues have been best addressed by PM Modi led Govt at the Centre.

Sports climbers including girls to participate in 3rd Tara Steel Sport Climbing Championship



JI NEWS SERVICE
JAMMU, JAN 30: Seven sport climbers including 3 girls of Mountaineering Association of J&K left today for Tara Nagar for participation in the 3rd Tara Steel Sport Climbing Championship scheduled to be held at TSAF Sport Climbing Training Centre, Bistupur, Jamshedpur from 2nd to 5th February, 2023. Shivani Charak, an international climber, accompanied the team as a player cum manager.

Sharma, former M.L.A. and including Prof Lalit Magotra, President Dogra Sanstha, Jammu; Ram Khajuria and Sumit Khajuria, Sr. Vice President and Vice President of the Association; Prof. Suman Lata, Director Physical Education and Sports, Govt. College for Women, Parade, Jammu, mountaineers Shashi Kant Sharma, Shilpa Charak, Sunil Chakharria, Sakshi Magotra and parents of the climbers gave a warm send off to the climbers.

The team comprises of an international climber Shivani Charak who

along with two other selected climbers Arun Deep Singh and 10 years old Ananya Bhagat who are potential medal winners at the competition, was deputed to IMF, New Delhi on 17th January for 8 days coaching and practice at the international standard climbing walls in the IMF complex to prepare them fully for the prestigious competition.

Four fresh but talented climbers Prachi Katoch, Sahil Kumar, Kashish Bharti and Aradhya Manhas who were included in the team for providing them the much needed exposure and confidence so as to bring out their latent potential, had strenuous work outs since 17th January at Tenzing Norgay Sport Climbing wall in the Sprawling Buds ICSE School campus, Bantalab, Jammu under the supervision of Shilpa Charak, a senior climber, before their departure for Tara Nagar, today.

The JK UT team for this biggest competition in India which carries cash prize of Rs. 6.5 lakh, has been sponsored by J&K Sports Council.

Amid heavy Snowfall all major roads are open in Kupwara

DC personally monitors Snow clearance operation; interacts with public; inspects Government Institutions

JI NEWS SERVICE
KUPWARA, JANUARY 30: All major roads including Kupwara-Sopore road, Handwara-Baramulla, Kupwara-Sogam, Kupwara-Kralpora-Chowkbal and other roads are open for traffic in Kupwara district. According to Executive Engineer Mechanical, all priority 1 roads have been cleared twice during the day.

Meanwhile, Deputy Commissioner (DC) Kupwara, Dr. Doifode Sagar

Dattatray today inspected various Government offices, health institutions and other establishments to personally monitor the Snow clearance operation and other facilities. During the visit, the DC inspected the Snow clearance operation at Bohipora-Gushi-Vilgam road. He also had a surprise check of NITPHC Gushi and Nayabat Office Gushi. AYUSH Health & Wellness Centre Gushi. During the inspection, the DC checked the attendance of staff.

He also interacted with the public during the visit and heard them patiently, and redressed their grievances. The DC directed officers and field functionaries to play a proactive role in facilitating the public during the ongoing Snow season. He said despite heavy Snowfall in the areas of Kupwara district, Snow clearance operation remained uninterrupted during the day and all major roads were opened open for traffic.

DLC organises Extension Lecture on Administrative Law and Democracy



JI NEWS SERVICE
JAMMU, JAN 30: An Extension Lecture by Hon'ble Justice Bansil Lal Bhat (Retd.), Former Judge J&K High Court and Ex-Chairman, National Law Appellate Tribunal was organized on 30th January 2023 at Dogra Law College Auditorium on the topic "Administrative Law and Democracy." The programme started with the welcome address by Ms. Parema Bakshi (Faculty of Dogra Law College). She outlined the various achievements and contribution of Hon'ble Justice for the development

of competition law and insolvency jurisprudence.

Shuchi Sharma, Principal Incharge, Dogra Law College presented sapling to the Hon'ble guest.

Prof. V.P. Magotra, Principal Dogra Law College gave a brief introduction about the Dogra Law College and infrastructure including facilities available at the Dogra Law College.

Hon'ble Justice Bansil Lal Bhat (Retd.) in his lecture stated that the administrative law is concerned to build a nation through the application of speedy justice.

He stressed that administrative law

upholds the will of the people by the inclusion of democratic spirit in the functioning of the government. He also highlighted that administrative law makes sure that rule of law is upheld while performing governmental functions.

The programme continued with the interactive session with the students in which students put some questions on the practicality of administrative law in the administration of justice and nation building.

Th. Gulchain Singh Charak, Chairman, Dogra Educational Trust his presidential remarks emphasized the role of various administrative agencies in imparting justice.

Prominent among those who were present on the occasion were Kr. Samar Dev Singh Charak, Secretary, Dogra Educational Trust, Prof. Darshana Sharma, Director, Dogra Group of Colleges and Campus Development and faculty of Dogra Law College, Mr. Danish Tak, B.A.L.L.B 5year Semester 3rd student conducted the proceedings of the event.

The programme concluded with the vote of Thanks presented by Ms. Sumiksha Razdan, Senior Faculty of Law followed by National Anthem.

Bharat Bhushan kick-start work on WSS Old Garota worth Rs 4.73 Cr



JI NEWS SERVICE
JAMMU, JAN 30: The development in rural areas has received massive impetus under the BJP regime which has resulted in tremendously bridging the gap between rural and urban life. The BJP led Government in the Centre is fully sensitive towards the issues of the people and is taking comprehensive measures for redressal of the same at the earliest.

This was stated by Bharat Bhushan Bodhi, DDC Chairman Jammu while starting a development work of Water Supply Scheme (WSS) Old Garota at Panchayat Garota in presence of party workers and prominent people of the area.

The WSS Old Garota will be completed with an estimated cost of Rs

4.75 under the Central Government's prestigious scheme Jal Jeevan Mission (JJM). This project included repair & replacement of old machinery & electrical equipment, stand by machinery, retaining wall, augmentation of distribution system and digging of another tube-well in the area to fulfill the shortage of water scarcity.

The DDC Chairman said that the BJP led Central Government is implementing the Jal Jeevan Mission (JJM) in partnership with states and union territories to ensure every rural household in the country has functional household tap connection for drinking water in adequate quantity of prescribed quality on regular and long-term basis leading to improve-

ment in their living standards. For this, the Jammu district alone has got a major share under this scheme to provide household tap connections which will definitely improve the ease of living, he added.

Bharat Bhushan, while interacting with the people of the area, reiterated his commitment to ensure overall development of district Jammu with special emphasis on rural and far-off areas. He assured that besides development of the area he will ensure that the benefits of various schemes meant for the socio-economic upliftment of the poor and needy reach the doorsteps of the people. He said only then we can say that the objective of good governance has been achieved.

The senior BJP leader also directed the party workers to take the achievements of the Narendra Modi led Central Government to every house of district Jammu and also asked them to reach out to every single house in the area to highlight the achievements of the Modi Government in the past eight years.

Among those who were present include BDC Chairman Kuldeep Raj, Oni Khajuria District President BJP Jammu North, Ajay Sharma District General Secretary North, Sarpanch Lower Garota A, Partap Singh Rana, Ashok Kerni Mandal President, Mahant ji, District President Kisan Morcha Raman Singh Chib and prominent workers of BJP.

DC monitors Snow clearance operation, restoration of essential services at Pulwama

Stresses on restoration of essential services; reviews status of essential commodities & healthcare services available in district

JI NEWS SERVICE
PULWAMA, JANUARY 30: In order to deal with the challenges posed by current inclement weather conditions and heavy Snowfall, the Deputy Commissioner (DC) Pulwama, Baseer-Ul-Haq Choudhary today took a comprehensive review of Snow clearance operation, power & water supply, availability of essentials and other services.

The DC stressed on the restoration of essential services, and reviewed the status of essential commodities and healthcare services available in the district. It was informed that there is a sufficient stock of essential commodities available in the district including LPG, ration, vegetables and other essentials. The DC while informing about the Snow clearance operation in the district said that District Administration is on the spot and has pressed all men and machinery into service to clear all roads by today evening. He said that almost all roads in the district are being cleared and thrown open for traffic, however the continuous Snowfall is posing certain challenges in the Snow clearance operation. The DC informed that the main District roads including Pulwama-Shadimarg-Keller road, Pulwama-Awantipora road,

Pulwama-Srinagar road, Awantipora-Tral road and Pampore-Khrew road were cleared by MED. He said, every effort is being made to keep the Pulwama-Sangerwani Road open for traffic movement in case of more Snowfall during night.

The DC directed all officers and field functionaries to abide by the Snow Clearance Action Plan and prioritize Snow clearance from all roads leading to essential installations including Health institutions, Hospitals, Government Offices on priority basis. He exhorted upon all the sub divisional heads to visit all the grey areas for smooth and hassle free services, besides directing them to play a proactive role in resolving public issues.

Choudhary informed the public that Tehsilars and SHO's can be contacted as first response in case of any emergency and support.

The DC said the District Disaster Management Control Room is functioning 24x7 to take calls from the public any time, besides Departments particularly the Health Deptt, have already established Control Rooms for immediate response.

The DC directed the officials of all line departments to work in mission mode besides coordinating with each

other to ensure uninterrupted supply of the essential items and services in the district.

He also directed Tehsilars, officials of R&B, Jal Shakti, PDD and other line departments to remain stationed at their locations and ensure prompt delivery of essential items and services to the public and address emergency demands with utmost preparedness.

AC Legal Metrology, DO FSS, FSOs were directed to remain present at their designated locations and conduct regular market checking to keep check on hoarding and profiteering.

While reviewing the status of the power supply scenario in the district, the DC directed the Power Development Department (PDD) to take all required measures to ensure that power supply is completely restored within 24 hours in rural areas and 12 hours in urban areas.

While reviewing the Health services in the district, the DC emphasized on regular supply of essential medicines to the needy patients.

Moreover, on the directions of DC Pulwama, a team of Officers headed by ADDC Pulwama, Dr Sheikh Abdul Aziz visited Dist. Hospital Pulwama and reviewed healthcare facilities.

Lt Governor reviews preparedness for 3rd Khelo India Winter Games at Gulmarg

LG directs officials to complete all pending works of Khelo India Winter Games expeditiously and to ensure that all the facilities meet the international standards

Inaugurates 94 sports infrastructure projects worth Rs 46.07 crore

The promotional campaign of the winter games to be stepped up to generate enthusiasm among sports lovers: LG

It is an occasion to celebrate sporting excellence & spirit of camaraderie among sportspersons & to showcase J&K's culture and warm hospitality: LG



assigned to the respective departments. The Lt Governor directed the officials to complete all pending works expeditiously and to ensure that all the facilities meet the international standards.

"The promotional campaign of the winter games should be stepped up to generate enthusiasm among sports lovers," the Lt Governor said.

The Lt Governor further directed for involving sportspersons in the preparations of the mega event and putting in place a comprehensive strategy for traffic management, sanitation,

water supply, lodging and transportation.

The meeting was informed that this edition of Khelo India Winter Games is expecting around 1800 participation of players and officials, dignitaries and media persons from across the country. First time, an online registration portal with feedback mechanism and customized mobile app has been developed, and hardcopies with QR Code are being installed enroute to facilitate the participating sportspersons and the visitors.

"Khelo India Winter Games is an occasion not only to celebrate

sporting excellence but also the spirit of camaraderie among sportspersons of the country. It is an opportunity for us to showcase J&K's culture, warm hospitality and our organizational capabilities," the Lt Governor said.

Sh Sarmad Hafeez, Administrative Secretary, Youth Services and Sports Department briefed the meeting on the promotional activities including Logo & theme; Mascot, Anthem of the winter game; jingles; cultural programmes throughout the event; besides deployment of experts and the assistance & support required from various departments and organizations.

On the sidelines of the meeting, the Lt Governor inaugurated 94 sports infrastructure projects worth Rs 46.07 crore (88 under CAPEX and 6 under JKDID-FC).

The projects include stadiums, playfields, lighting projects,

cricket competition pitches, synthetic Courts and Prefab Dug-outs.

"We are developing a broad based sports culture of identifying & nurturing talents, providing best facilities, training & exposure and creating an impressive infrastructure for youngsters in rural areas," said the Lt Governor.

The Lt Governor laid special emphasis on extending all possible support to the sportspersons to safeguard their future. It should be ensured that the sportspersons get the benefit of the sports policy, the Lt Governor asked the officials.

The Lt Governor released J&K Sports Council's compendium and calendar of activities under My Youth My Pride.

"Golden Era of Sports in J&K" - a compilation of completed projects carried out by J&K Sports Council was also released on the occasion.

DC Rajouri launches Leprosy Awareness Campaign -SPARSH

JJ NEWS SERVICE

RAJOURI, JANUARY, 30: A "Leprosy Awareness Van" was today flagged off from the District Administrative Complex by Deputy Commissioner Rajouri, Vikas Kunda, as part of the launch of the leprosy awareness campaign-SPARSH to inform the community about the illness and remove any potential stigma attached to it. The van will visit different towns and remote regions to spread awareness of the signs, the value of early diagnosis and treatment, and the fact that leprosy is curable.

"Initiatives like these are essential for tackling the social stigmas of various diseases and in creating awareness about their causes and preventive measures," the Deputy Commissioner said, while expressing gratitude to the volunteers and sponsors who are supporting this initiative.

"The community will become healthier and more informed thanks to this leprosy awareness campaign," he said.

The Deputy Commissioner said it was crucial that such awareness campaigns are regularly held to enable the people to learn about leprosy prevention and how to better care for those who have already been infected. The introduction of this van was also a motivational step towards the total eradication of leprosy from society and guaranteeing that no one will ever again have to endure its debilitating effects.

Among the others present included Dr. Abdul Hamid Zargar, Chief Medical Officer Rajouri; Dr. Anees Altaf Nabi; Dr. Ghulam Qadir and other officers/officials of Health Department.

JJ NEWS SERVICE

JAMMU, JANUARY 30: Lieutenant Governor Manoj Sinha today reviewed preparation for the 3rd Khelo India Winter Games, scheduled to begin on 10th February.

The Lt Governor was briefed by the senior officials on the progress of preparatory works

Atal Dulloo reviews PM KISAN; Calls for ramping up eKYC, NPCI seeding of beneficiary bank accounts



JJ NEWS SERVICE JAMMU, JANUARY 30: Additional Chief Secretary (ACS), Agriculture Production Department (APD), Atal Dulloo today chaired a meeting to review implementation of PM KISAN in the Union Territory.

ACS, while assessing scheme status, took stock of online updation of revenue records, eKYC and NPCI seeding of beneficiary bank accounts on a district-wise basis. He asked the Chief Agriculture Officers and district administrators to identify any obstacle in data uploading and eKYC procedures.

Underlining the significant impact of PM KISAN installments on farmers, especially the marginal farmers, the ACS expressed satisfaction that the scheme has enabled the fraternity to purchase fertilisers and seeds in a timely manner. Atal Dulloo highlighted the importance of quick resolution of misunderstandings and doubts related to revenue procedures. He emphasised the need for fair dis-

bursal of welfare incentives and asked the Secretary Revenue, Vijay Kumar Bidhuri, to scrutinise the entire process. He also instructed Lead Bank Officers to prioritise NPCI seeding of bank accounts of the beneficiaries.

Dulloo directed the Chief Agriculture Officers to ensure eKYC of the beneficiaries before releasing the 13th instalment of PM KISAN. He called for a thorough analysis of reasons behind pending NPCI seeding and swift redressal of pending inheritance mutations while following laid down rules. He also emphasised the need for timely update of records to deliver welfare to the beneficiaries without any undue delays.

The meeting was attended by Secretary Agriculture, Shabnam Kamili, Divisional Commissioner Kashmir, Director Agriculture Kashmir, Director Land Records, Anju Gupta besides Deputy Commissioners, ADCs and Chief Agriculture Officers.

Free medical camp held at Doda under AKAM

DC urges public to take advantage of e-Sanjevani, ABHA and AB-PM JAY-SEHAT Schemes

JJ NEWS SERVICE

DODA, JANUARY 30: District Administration Doda today organized a free medical/consultation camp at OPD Block of Associated Hospital GMC Doda.

Renowned Gastroenterologist of the UT Dr Vijay Singh Chandali, Associate Professor in GMC Jammu checked up the patients.

A huge footfall of patients were witnessed at the camp as the health department under the supervision of Chief Medical Officer, Dr Yaqoob Mir Doda, had conducted wide publicity to attract the people to avail free consultation.

The free consultation camp was held under Azadi Ka Amrit Mahotsav (AKAM) and ADBHUT Doda Initiative of the District Administration to provide specialized service to the people within the district for which they are forced to visit Jammu.

The whole programme was conducted under the overall guidance and supervision of Deputy Commissioner, Vishesh Paul Mahajan.

The DC and SSP Abdul Qayoom



inspected the arrangements at the camp and interacted with patients and staff at the venue. DC SSP and other officers also registered and generated ABHA health cards at a stall established by the health department at the campsite, ABHA or Health ID or ABHA Card is a unique identity or health locker to receive, store & share medical records from health service providers for reference with the user's consent.

Speaking on the occasion, the Deputy Commissioner said that the Government of UT and District Administration were committed to provide best and quality healthcare services to the public in the district.

The manpower, infrastructure, and machinery were being augmented in the newly established GMC Doda to meet the health care demand of the area. He informed that administration was going to organise more such consultation camps at the district headquarter and in the rural areas to cater to the health care needs of the patients.

He further informed that the health department has started tele-consultation services under the e-Sanjevani scheme, and the contact numbers are already in circulation. He advised the public to take maximum advantage of tele-consultation services, ABHA ID, and AB-PM JAY-SEHAT Scheme.

Heavy Snowfall disrupts electric supply to many areas of Kashmir: KPDC

KPDC teams braving inclement weather rectify faults | MD, KPDC assures public all feeders will be up & live

JJ NEWS SERVICE

SRINAGAR, JANUARY 30: Following heavy snowfall during the intervening night of 30th January, electric supply to many areas of Kashmir Valley got disrupted and the load of the whole valley dipped below 850 MWs during the early morning hours of 30th Jan, 2022.

Out of total 33 KV feeders, 14 were under fault along with 4 No. 33 KV Taplines which affected the power supply mainly to Sopore, Kupwara and Handwara areas of Kashmir Valley. Few portions of District Budgam and of District Anantnag

were also affected due to the outage of 4 No. of 33 KV lines out of 14. In addition to that, around 215 11 KV feeders were under fault due to heavy Snowfall.

From early in the morning, Kashmir Power Distribution Corporation Ltd. field teams under the able guidance of MD, KPDC Yasin M Choudhary were mobilized to rectify the faults. Despite the continuous snowfall in the region and braving the extreme freezing temperature, the field teams of KPDC started patrolling the faulty lines and were able to bring up the load of Kashmir

Valley to around 1590 MWs by 3 PM. It is important to mention that at present only four 33 KV lines which specially feed to Sopore Area of District Baramulla and few areas of Bijnbehara are under fault and by evening all the 33 KV lines will be charged. Out of all the 11 KV feeders only 154 feeders remain out due to the faulty status of four 33KV lines.

MD, KPDC is closely monitoring the situation and assures the public that all the feeders will be up and live.

This is the first time that such a quick restoration has happened since the incorporation of KPDC.

DECC conducts one day job fair, awareness program at Udhampur

JJ NEWS SERVICE

UDHAMPUR, JANUARY 30: The District Employment & Counselling Centre Udhampur today organized a one-day Job Fair cum Awareness Programme in its office complex. Several companies like Ie Narayana Hospital (SMVD)/RVS Informatics IT Pvt. Ltd, Hotel Industry Katra, M/S/II.L Bati Ballian, M/S Dhanuka Agritech Ltd., LIC of India, SBI Life/M/S Star Health & Allied Insurance Co Ltd. participated in the Job fair.

More than 150 unemployed youth from all corners of Udhampur participated in the Job Fair.

Anshuman Singh, Deputy Director Employment Udhampur impressed upon the youth to avail the opportunity of Job Fair and reap the benefit of the different self-employment schemes run by the different departments. He informed the participants that the Employment Department has decided to organize such fairs quarterly. On the spot registration of unemployed youth on JK Employment and NCS Portal was also done.

DDC Gbl reviews implementation of PMJVK in district



JJ NEWS SERVICE

GANDEMBAL, JANUARY 30: The District Development Commissioner (DDC) Ganderbal, Shyambr today chaired the meeting of line departments to discuss the preparations of departments for implementation of Pradhan Mantri Jan Vikas Karyakram (PMJVK) in the district.

At the outset, the Chief Planning Officer gave a detailed presentation about the objectives and guidelines of the scheme.

During the meeting, detailed discussion on guidelines and aspects of the scheme were discussed and concerned departments briefed the DDC about their preparations for implementation of the scheme in the district. On the occasion, a brief discussion was held about the project reports submitted by various departments to be undertaken and it was found that a few departments submitted the information without proper analysis and prescribed format.

Highlighting the objective of the scheme, the DDC said that PMJVK aims to improve socio-economic conditions in the identified minority concentration areas through community infrastructure development support and to provide basic amenities for improving quality of life of the people.

The DDC directed all the concerned departments that apart from infrastructure projects in thrust areas of Education, Health, Skill Development and Women centric projects, priority shall also be given to emerging sectors of national importance like Sports, Sanitation, Solar Energy, Drinking Water projects, etc under PMJVK.

The DDC exhorted upon the officers that the information shall be submitted with proper analysis and in prescribed format as envisaged in the scheme.

The meeting was attended by Additional District Development Commissioner, Mushtaq Ahmad Simani; Chief Planning Officer, Irfan Giri; CEO, CMO, DFO Sindh Forest Division and other concerned officers.

Week long National Save Girl Child campaign under BBBP concludes at Udhampur

JJ NEWS SERVICE

UDHAMPUR, JANUARY 30: An impressive function was today organized by District Administration Udhampur on the culmination of Week Long National Save Girl Child Campaign with the theme "Value of girl child and rights of the child" 2023.

The campaign conducted under the aegis of 'Beti Bachao Beti Padhao' scheme concluded at the Conference Hall DC Office Complex.

Deputy Commissioner, Kritika Jyotsna was the Chief Guest, while District Youth Services & Sport Officer, S Swarn Singh was the guest of honour.

Speaking on the occasion, the DC congratulated



the participants and asked the stakeholders to continue to generate awareness among the masses about the Beti Bachao Beti Padhao campaign. The DC said that the main objective of celebrating this day was

to eradicate different types of social discrimination and exploitation that are faced by the girls. She said that now-a-days girls are competing with the boys in each and every field and are not lacking anywhere.

Reflecting on the importance of education of the girl child, she said that education will make girls a responsible citizen and help them to get their voice heard in the society. The DC said that such aware-

ness programmes would help in ensuring empowerment of women through education and equal participation in every field of human life besides preventing gender biased sex selective elimination of girl child. DC appreciated the efforts made by Social Welfare departments for generating awareness among the masses. She also handed over 120 Gudda-Guddi boards to be placed in AWCs to ICDS Udhampur. Further a digital Gudda-Guddi board was installed in the DC Complex.

Earlier, District Social Welfare Officer, Kanika Gupta, who is also the Nodal Officer of BBBP, presented a welcome address

and highlighted the importance of the National girl child day. She apprised the chair about the weeklong events organised in the district from Jan 18 to Jan 24-2023 which included competitions among school children, Mahila Sabhas, Oath ceremonies etc. She briefed about the annual action plan under BBBP and the interventions like mass communication campaign, capacity building and multi sectoral interventions made at various levels to improve the Child Sex Ratio. She added that the main objective of organizing this programme was to create awareness among the common masses about the Beti Bachao, Beti Padhao scheme.