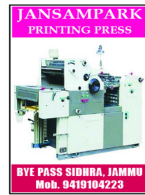




# JINDRAH IMAGES



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## Over 1.4 Lakh Yatries performed Darshan so far; 9155 devotees visited Holy Cave



**J1 NEWS SERVICE**  
SRINAGAR, JUL 12

On Wednesday 9155 Amarnath devotees paid obeisance at the Holy Cave taking total to 146508 yatries who performed darshan since July 01. Among the yatries who visited Shri Amarnathji Cave today were 6995 males, 1918 females, 122 children and 120 sadhus. Thousands of amarnath yatries traverse mountainous routes along Pahalgam and Baital axis with much fervor to perform darshan at Holy Cave.

To make this religious pilgrimage of Amarnath yatries a memorable & life time experience, around 30 government departments are providing their services relentlessly. The officers and officials are making strenuous efforts to extend essential services & basic amenities at every destination to pilgrims.

Every pilgrim who visited Amarnath Cave express satisfaction and pleasure about the wide range of arrangements put in place for their

CONTINUED ON PAGE 4

## Amid tight security, 10th batch of over 7,800 pilgrims leave Jammu for Amarnath

**J1 NEWS SERVICE**  
JAMMU, JUL 12

The 10th batch of over 7,800 Amarnath Yatra pilgrims left the Jammu base camp in the early hours of July 12 for the twin base camps in Kashmir amid tight security arrangements, officials said.

The yatra resumed from the Jammu base camp on July 11 afternoon after remaining suspended for three days in view of the closure of the Jammu-Srinagar National Highway for repairs in the Ramban section.



A total of 1,37,353 pilgrims have visited the Amarnath shrine since July 1, the officials said. The 62-day annual pilgrimage to the 3,888-metre-high cave

shrine in the south Kashmir Himalayas commenced from the twin tracks of Pahalgam in Anantnag district and Baital in Ganderbal district on July 1. The yatra is scheduled to conclude on August 31.

A total of 7,805 pilgrims left the Bhagwati Nagar base camp here for the Valley in a convoy of 339 vehicles around 3:15 a.m., the officials said. They said

CONTINUED ON PAGE 4

## DG BSF lauds high level professionalism of forces during Amarnath Yatra



**J1 NEWS SERVICE**  
SRINAGAR, JUL 12

Director General of the Border Security Force Nitin Agrawal on Wednesday lauded the high level

of professionalism of the BSF and exhorted them to remain alert for any eventuality during the ongoing Shri Amarnath Ji Yatra (SANJY).

CONTINUED ON PAGE 4

## American devotees of Lord Shiva pay obeisance at Amarnath Cave shrine in J&K

**J1 NEWS SERVICE**  
SRINAGAR, JUL 12

Two Americans from California have perhaps become the first foreign pilgrims to undertake the Amarnath Yatra to the holy cave shrine of Lord Shiva in the south Kashmir



Himalayas.

In a video released by the Department of Information and Public Relations of the Jammu and Kashmir administration, the two men, who have not been named, talk about their journey.

CONTINUED ON PAGE 4

## Five Amarnath pilgrims die in 24 hours, toll rises to 19

**J1 NEWS SERVICE**  
SRINAGAR, JUL 12

Five Amarnath pilgrims died in the past 24 hours, taking the death toll in this year's yatra in the south Kashmir Himalayas to 19, officials said on Wednesday.

CONTINUED ON PAGE 4

## LG Sinha chairs Jammu and Kashmir higher education council meeting



**J1 NEWS SERVICE**  
SRINAGAR, JUL 12

Lieutenant Governor Manoj Sinha chaired the meeting of J&K Higher Education Council at Raj

Bhawan, today.

The meeting deliberated on a range of themes like multidisciplinary education, ecosystem for research and innovation, Indian philosophy

and languages, and project based learning mode, combined with needs and challenges of society.

Prof. Dinesh Singh, Vice Chairman, J&K Higher Education Council; Prof. Umesh Rai, VC, University of Jammu; Prof. Nilofer Khan, VC Kashmir University; Prof. Shakil Ahmad Romshoo, VC, IUST; Prof. Bechan

CONTINUED ON PAGE 4

## Govt orders creation of dept of public grievances

**J1 NEWS SERVICE**  
JAMMU, JUL 12

Jammu and Kashmir government on Wednesday accorded sanction to the creation of public grievances department in the Union Territory.

Pursuing an order, In pursuance of Entry 15 of the Second Schedule of Transaction of Business of the Government of Union territory of Jammu and Kashmir Rules, notified vide Government Order No. 811JK(GAD) of 2020, dated 01.09.2020, sanction is hereby accorded to the creation of "Department of Public

CONTINUED ON PAGE 4

## MeT forecasts mainly dry weather with possibility of 'isolated' light rain in J&K

**J1 NEWS SERVICE**  
SRINAGAR, JUL 12

Weather department here on Wednesday forecast mainly dry weather with possibility of isolated light rain and thunderstorm till July 14 even the minimum temperature recorded increase and decrease at other places in Jammu and Kashmir.

A meteorological department official here said that "intermittent light to moderate rain" was expected at many places of J&K from July 15-17.

Regarding the minimum temperature, the official said that Srinagar recorded a low of 16.8°C against 16.4°C on the previous night and it was 2.0°C below normal for the summer capital.



Qazigund, he said, recorded a low of 14.5°C against 16.0°C on the previous night and it was 2.0°C below normal for the gateway town of the summer capital.

CONTINUED ON PAGE 4

## National president BJP minority morcha calls on LG

**J1 NEWS SERVICE**  
SRINAGAR, JUL 12

Jamal Siddiqui, National President, BJP Minority Morcha called on Lieutenant Governor Manoj Sinha at Raj Bhawan, today.

Jamal Siddiqui dis-



cussed with the Lt Governor various issues of public importance and development scenario of UT of Jammu Kashmir.

Executive members of BJP Minority Morcha were also present during the meeting.

## Five LeT terrorist associates arrested in Budgam

**J1 NEWS SERVICE**  
SRINAGAR, JUL 12

Security forces arrested five terrorist associates of Lashkar-e-Taiba (LeT) outfit in Budgam district of

Jammu and Kashmir, police said on Wednesday. The terrorist associates were arrested in Khag area of the north Kashmir district, a police spokesman said. He identified them as Rouf Ahmad Wani, resident of Bhatangan Khag, Hiral Ahmad Malik, resident of Bathipora Khag, Tawfeeq Ahmad Dar, resident of Nowrooz Baba Khag, Danish Ahmad Dar, resident of Dar

Mohalla Nawrooz Baba Khag, and Showkat Ali Dar, resident of Bathipora Khag. They are linked with the proscribed terror outfit LeT, the spokesman added.

Incriminating materials have been recovered from their possession. All the recovered materials have been taken into case records for further investigation, he said. A case has been registered.

## Chandrayaan-3 to raise level of India's international collaborations: Dr Jitendra

**J1 NEWS SERVICE**  
NEW DELHI, JUL 12

Union Minister of State (Independent Charge) for Science and Technology, MOS PMO, Department of Space and Department of Atomic Energy, MoS Personnel, Public Grievances and Pensions, Dr Jitendra Singh today said, Chandrayaan-3 will raise the level of India's international collaborations, particularly in science, technology, innovation and StartUps.

The Minister said, USA's NASA and India's ISRO



are developing a strategic framework for human spaceflight cooperation and NASA is today soliciting India's astronauts. He

said, India also signed the Artemis Accords during the recent visit of Prime Minister Narendra Modi

CONTINUED ON PAGE 4

## Five injured as car carrying pilgrims hits road divider Udhampur

**J1 NEWS SERVICE**  
JAMMU, JUL 12

A car carrying Amarnath pilgrims hit a road divider in Udhampur district of Jammu and Kashmir on Wednesday, leaving five people injured, a police official said.

The pilgrims from Uttar Pradesh were on their way to the Baital base camp in Ganderbal district when the driver of their vehicle lost control and hit the road divider at Samrli



along the Jammu-Srinagar national highway around 6.15 am, the official said.

The injured pilgrims and the driver of the vehicle have been admitted to a hospital, the official said, adding their condition was stated to be "stable".

## Hope SC safeguards constitution and law: Mehbooba on Article 370 case hearing

**J1 NEWS SERVICE**  
SRINAGAR, JUL 12

PDP chief Mehbooba Mufti on Wednesday expressed hope that the Supreme Court would safeguard the Constitution and the law of the country while deciding on the Article 370 petitions.

The former J-K chief minister, however, raised apprehensions over the listing of the hearing dates for the case immediately after Chief Justice of India (CJI) Justice D Y Chandrachud and Supreme Court judges visited Kashmir for



after August 2, somewhere it breeds apprehensions that the BJP which has laid a trap first by G20, then by these judges' visit, perhaps something is fishy," she told reporters here.

Mehbooba said the CJI and 200 judges were "brought here to show them that the graveyard silence in J-K meant that everything was fine here".

"However, I hope that all these judges, who are wise and decide the destiny of the people, must have seen what the

CONTINUED ON PAGE 4

# Harsh Dev meets Director local Bodies, discusses issues of District Udhampur



**JI NEWS SERVICE**

**JAMMU, JUL 12:** Former Minister and State President JKNPP, Mr. Harsh Dev Singh today called on the Director local Bodies, Mr. Puneet Sharma and submitted him a memorandum pertaining to the issues faced by the people in various Municipal bodies of District Udhampur.

Singh complained about the harassment being doled

ing to proper allotment procedures as laid down under the Act causing huge losses to state exchequer. Likewise some constructions had been raised in prohibited areas and Green Zones in Udhampur town by land mafia with the Municipal authorities having shut their eyes to such grave irregularities only to favour such violators.

He said that rather than booking such delinquents for brazen defiance of norms and Municipal laws and for violations of construction related laws in Municipal bodies, the Deptt was punishing innocent traders and those small businessmen who had been allotted shops under a proper procedure and after proper agreement with the Deptt. Singh further urged the Director local Bodies to order a probe into loot of funds earmarked for Devika Project and sewerage and drainage of Udhampur town.

# IGNOU TEE June 2023 Examination Concludes Successfully at GDC Thannamandi



**JI NEWS SERVICE**

**JAMMU, JUL 12:** IGNOU TEE June 2023 examination concluded successfully at GDC Thannamandi. Prof. (Dr.) Farooq Ahmed, Principal, GDC Thannamandi appreciated the tireless efforts put in by all the staff members (Teaching and non Teaching) of the college for the successful completion of IGNOU Term End Examination June, 2023.

It was the first ever test and experience for the college to conduct the Examination of the IGNOU University at this remote

institution. He told that Regional Director IGNOU, Jammu made it a test for our college after the inspection team visited the institution in the month of February 2023 for the opening of the distance learner study center of IGNOU at this prestigious institute of Higher Education.

It was really a great challenge for the College to conduct examination so smoothly, effectively and efficiently inspite of so many hurdles (summer vacations as per uniform calendar, deficiency of staff when parallel Jammu University examinations were going on, seating arrangements, management, firsthand experience etc.). The IGNOU authorities vide no IG/SED/Ex-11/June, 2023/TEE/2023 dated 08-07-2023 appreciated the tireless efforts, continuous support and kind cooperation of center Superintendent Prof. Muhammad Shoket and all the supervisory staff for this success despite the certain limitations.

Session wise marking of the Examination Centre is also appreciated which has helped SED in managing the evaluation. Further IGNOU authorities have also solicited similar type of support and cooperation for the ensuing forthcoming December, 2023 TEE scheduled from 01.12.2023 onwards.

Prof. (Dr) Farooq Ahmed, Principal of the college extended heartiest thanks to the students, examinees and staff for their cooperation for the smooth and successful conduct of examinations. The principal of college showed his immense satisfaction for the outstanding duties performed by all the staff appointed on examination duty. He referred to the excellent and efficient working of Mr. Vishal Sharma, Center Assistant.

He has also extended special thanks to Dr. Sandeep Gupta Regional Director IGNOU Jammu for providing the examination center in our college which has helped a large number of students.

He also said that hopefully institution shall receive the formal permission/MOU from IGNOU authorities for the opening of study centre at GDC Thannamandi.

# Three Theatre Artists from Samooh Theatre Jammu Receive Ministry of Culture's Young Artist Scholarship

**JI NEWS SERVICE**



**JAMMU, JUL 12:** In a significant achievement, three talented theatre artists from Samooh Theatre Jammu, namely Vinay Sharma, Radhika Sharma, and Tarun Singh, have been awarded scholarships by the Ministry of Culture, India.

The prestigious scholarship, known as the Young Artist Scholarship, was granted for the 2020-21 program by the Cultural Talent Search Scholarship Scheme (CCRT) under the Ministry of Culture.

Vinay Sharma, Radhika Sharma, and Tarun Singh were selected from a pool of aspiring artists from various parts of the country. Their exceptional skills, dedication, and passion for theatre stood out among the applicants, leading to their well-deserved recognition and financial support.

This program aims to nurture and encourage young talents across different art forms, providing them with the necessary financial assistance to pursue their artistic aspirations. This fellowship grants

recipients a financial grant, enabling them to further hone their skills and knowledge in their respective fields. Vinay Sharma, known for his remarkable stage presence and versatile acting skills, has made a name for himself in the theatre community of Jammu. His ability to effortlessly portray diverse characters has captivated audiences and critics alike.

Radhika Sharma, another gifted theatre artist, has proven her mettle through her emotive performances and exceptional command over stagecraft. Her dedication to the craft has earned her accolades and recognition within the local theatre fraternity.

Tarun Singh, a promising young talent, has shown

great potential in acting. His innovative approach and creative vision have added a fresh perspective to the theatre scene in Jammu.

The scholarships awarded to Vinay Sharma and Radhika Sharma will provide them with the necessary financial support to pursue advanced training, workshops, and research in their chosen fields of theatre under the able guidance of their guru Ravinder Sharma (Prominent Theatre Director of JKUT). It is an opportunity that will undoubtedly further enhance their skills and contribute to the overall growth of the vibrant theatre culture in Jammu.

The Ministry of Culture's recognition of these talented artists from Jammu not

only acknowledges their exceptional abilities but also highlights the rich artistic heritage and potential that exists in the region. It is a significant step towards promoting and preserving the diverse cultural traditions of India.

With the support of the Young Artist Scholarship, Vinay Sharma, Radhika Sharma, and Tarun Singh are poised to make even greater contributions to the world of theatre, both within their community and on a broader national stage. Their success serves as an inspiration for aspiring artists and reflects the importance of nurturing and promoting artistic talent in India.

# Bharat Bhushan pays glorious tributes to Lance Naik Ranjeet Singh on his Sixth Death Anniversary

**Asks youth to follow path of patriotism, work for motherland**

**JI NEWS SERVICE**



**JAMMU, JUL 12:** DDC Chairman of Jammu, Bharat Bhushan Bodhi, today paid heartfelt tributes to Lance Naik Ranjeet Singh from 3 JAK Rifles for his selfless sacrifice for the nation on the occasion of his sixth death anniversary during a programme held at Village Barn today.

On the occasion, BDC, Kuldeep Raj, SP Charak, Joginder Singh, SHO Ghatoria, Zorawar Singh, Rajan Singh Happy, Balwant Singh, Sodagar Singh, Surnider Singh Gilli, Davinder Singh and Vikram Singh were present.

Pertinent to mention here that on 12 July 2017, Lt/Nk Ranjit Singh and his comrade Rifleman Satish Bhagat attained martyrdom during the unprovoked firing by Pakistan Army troops on Indian posts in Keran Sector of Kupwara district.

Addressing the gathering, the DDC Chairman expressed profound admiration for Lance Naik Ranjeet Singh, recognizing

his supreme sacrifice as a source of immense pride for the land of warriors.

The unwavering dedication and bravery exhibited by Lance Naik Ranjeet Singh continue to serve as a shining example for the nation.

Bharat Bhushan further emphasized that the martyrdom of Lance Naik Ranjeet Singh will forever serve as an inspiration for the people to remain devoted to national security and progress.

His sacrifice reminds us of the valor and sacrifices made by our armed forces

to safeguard the sovereignty of the nation, he added.

The DDC Chairman saluted the "brave soldiers and officers of the country's forces in making the nation proud by standing like rock on the frontiers to meet challenging situations". "Not only have they been defending the sovereignty and integrity of the nation at the borders but also maintaining 360 degree security grid against the terror regime sponsored and supported by enemies of the country."

Observance of the martyrdom of the valiant sol-

diers therefore depicts the gratitude of the people for the national heroes who give their today for our safe tomorrow," he added.

He said Indian Army is the best force in the world because of the commitment, dedication and nationalism of its jawans.

He said "we are living freely because our Jawans are alert on borders and discharging supreme duty for the country". He asked the youth to follow the path of patriotism and work for the motherland as Shaheed Ranjeet Singh did for our country.

# JK People fed up of BJP Govt hollow slogans: Rafiq Malik



**JI NEWS SERVICE**

**JAMMU, JUL 12:** Several prominent persons today joined Lok Janshakti Party (Ramvilas) under the leadership of J&K President Rafiq Malik at Party Headquarter in Jammu. Those who joined today also given responsibility as office bearers. Those who joined today include Santosh Singh appointed Senior Vice President, Deepak Kumar Jammu Province President, MK Bhat Migrant Cell President, Mukh Raj SC

the people of J&K. He asserted that the people of J&K are suffering due to power scarcity and potable water.

Malik said that J&K has witnessed massive destruction during decade's of turmoil and rising unemployment is a major concern. He urged the government to secure jobs in Jammu and Kashmir for local youth. He asked the party activists and block functionaries to gear up their activities to address public issues.

Malik said that party cadre must reach up to the people in their respective areas and project their issues and said that people are now fed up with the BJP lead dictatorial regime. "Common man was suffering in the hands of the administration which has adopted an adamant behaviour and is working on lines which are completely anti-public". Malik also highlighted issue of various roads which are in dilapidated condition and urged upon the administration of the Lieutenant Governor, Manoj Sinha, to pay urgent attention to public is suffering badly.

# Johal visits Base Camp Pahalgam, assess facilities for Amarnath pilgrims

**JI NEWS SERVICE**



**PAHALGAM, JUL 12:** Sarabjit Singh Johal, President of BJP Kissan Morcha J&K, today visited the Base Camp Pahalgam to assess the facilities provided for the Amarnath Yatis.

Johal along party workers inspected the Nunwan Base Camp and actively participated in a food distribution camp organized by the Barfani Baba Sewa Dal Trust from Fawwara, Poonjab.

Johal emphasized the importance of ensuring robust health and emergency facilities on-site.

In this regard, dedicated volunteers were stationed at the camp to serve the Yatees in times of need and emergencies. He expressed his appreciation to the UT administration for their collaborative efforts in providing safe and secure arrangements for the Yatees.

He acknowledged the administration's commitment to preventing any untoward incidents and praised their role in boosting tourism and fostering national integration.

Johal commended the UT administration for their proactive measures to provide any and all incidents and maintain the well-being of the Yatis. The efforts put forth by the administration have been instrumental in cre-

ating an environment of safety and comfort for the pilgrims, he said.

The senior BJP leader recognized the administration's role in boosting tourism and fostering national integration through their meticulous

arrangements for the Yatis. By providing a welcoming and secure atmosphere, the UT administration has successfully enhanced the reputation of the region as a sought-after pilgrimage destination.

# Azad visits bereaved family of RS Bali in Baramulla

**JI NEWS SERVICE**

**SRINAGAR, JUL 12:** Chairman Democratic Progressive Azad Party (DPAP) Ghulam Nabi Azad visited bereaved family of Ranbir Singh Bali, Director Finance, Forest, Ecology and Environment Department, in Baramulla on Wednesday.

Bali, his wife, and their son tragically lost their lives in a devastating accident while traveling on Mughal road on July 9. Ghulam Nabi Azad along with senior DPAP leadership visited the bereaved family in Chandoosa village of Baramulla district and offered their heart-felt condolences and prayed for eternal peace to departed souls.

# J&K residents want restoration of their honour and dignity: Dr Manohar



J I NEWS SERVICE

**JAMMU, JUL 12:** Former Minister today concluded five days tour of Billaوار constituency. During tour met several deputations and listen to their grievances which primarily included unemployment, high inflation land and sand Mafia, dilapidated condition of roads and irregular power and water supply. Prominent among those who accompanied former Minister include Sham Spolia Block President Billaوار, Th Bhudhi Singh Block President Ramkote, Romal Singh Block President Dugani, Jagdev Singh Miyar Sarpnach, Puran Chand Sarpnach, Capt Hans Raj, Ram Lal Bhatti, Raj Kumar, Jia Lal Vidyal, Ved Parkash Shashtri ji, Rattan Tripathi ji, Vipul Sharma youth, Subash Singh Municipality Corporator, Ramesh Bhagat Municipality Corporator,

Sumit Verma ji, Rakesh Chandal Ex Municipality President, Narinder Kumar Municipality Ex President, Ab Majid, Sagar Singh Nashed Singh Bablu, Ravi Kanth, Ch Mahmood, Hukam Chand Master, Isher Dass Sangara, Ashok Tripathi Pymember, Shori Lal Sangania ji, Nazir Ahmed Retd RO, Rattan Chand Retd RO, Shiv Dev Singh Retd RO, Ramesh Sharma Sarpnach Pymooni, Bal Raj Retd Lineman, Puran Singh Retd Master, Bharat Bhushan, Dewan Chand Retd PHE, Mohd Yousf, Tara Chand, Puran Chand, Uttan Chand Bhagat Retd Lect, Shamesh Din besides others. Speaking on the occasion, Dr Manohar alleged that BJP Government abandoned the promise of J&K with their problems during its nightmarish rule of nine years. He criticized the Government for its failure in delivering its promises to the citizens. He said that the nine years of the performance of the Modi Government can be described as wastage of nine years as it had failed on all fronts, including the socio-economic front. "Right from employment to fuel prices, GDP, agriculture, inflation, and public sector banks' bad loans, the NDA Governments nine years performances has been marked by failure and broken promises," Dr Manohar expressed. He said BJP came to power in 2014 with the promise to change the fortunes of the people of India and to bring 'acche din'. Nine years later, the people of the country are still waiting for the 'acche din'. The Modi Government sold 'acche din' dream which was never fulfilled and the NDA Government false promises have now been exposed. This government is

responsible for the 'poor' economic indicators of the country. In the past nine years, the only achievement of the Modi Govt is creation of social tension, controversial statements by MPs and leaders of the party. Dr Manohar said stagnation of industry has been consistently falling and inflation, particularly food inflation, is very high. On top of that, the promise of creating two crore jobs on early basis was never fulfilled. Unemployment is rampant. Make in India remains merely a slogan. No progress has been made on the smart cities front. All schemes have been renamed and repackaged. From Nirmal Bharat to Swachh Bharat, Planning Commission to NitiAayog, National Mission of Financial Inclusion to Jan Dhan. The (Modi Government) cannot conceive any new scheme, they are masters of repackaging, Dr Manohar alleged. Asserting that J&K residents want the restoration of their "honour and dignity", Dr Manohar demanded holding the much-delayed assembly elections in the Union Territory for the "empowerment of the people". He alleged that basic needs of the people – be it electricity, drinking water, roads, infrastructure for hospitals and educational institutions – are not available due to the poor response from Govt.

# Kavinder attends Shri Amarnath Yatra Welfare Society's Langar

J I NEWS SERVICE

**JAMMU, JUL 12:** Cele National Executive President of Shri Amarnath Ji Yatra Welfare Society, Rajkumar Goyal while talking to reporters in Jammu today said that only Sanatan Dharma can establish peace in the whole world, as Baba Shri Barfani Amarnath did in our Jammu and Kashmir today. Shiv devotees are coming from country and abroad on the yatra and it seems that today there is a Maha Kumbh Mela organized by Shiv devotees in Jammu, in which Shiv devotees are coming like never before, this time the number of pilgrims will cross ten lakh. We and our volunteers are welcoming all Shiva devotees coming to Jammu and Kashmir with great warmth and the more people come on pilgrimage, the tourism of our place and small shopkeepers, their sales also increase and they also get employment. Today I would like to thank the Jammu and Kashmir administration that this time they have increased the journey from one and a half months to 62 days, due to which the business of all the business shopkeepers and laborers working here is increasing and they are getting employment. That a huge langar bhandara is being organized by Shri Amarnath Ji Yatra Welfare Society at Bhagwati Nagar Baba Purnath Temple for the 13th consecutive day for the Shiva devotees who came on Amarnath Yatra. Arrangements have been made for food etc to the devotees of Shiva who arrived for their wishes. To serve Shiva devotees on this occasion 'Chief Guest- Mr. Kavinder Gupta and Vijay Gupta BJP leader inaugurated the langar by cutting the ribbon Corporator of Jammu Bhagwati Nagar Ward Sardar Sucha Singh also participated on this occasion. Were present in which Langar director Matrushakti Meena Kak and T K Kank Paramjit Singh Happy Sardar Charan Singh



District President Jammu Ji Vikram Sridhar Chhota Yogi Majeed Bhai welcomed the guests on the lines of Sanatan culture. Kavinder Gupta, Vinay Gupta etc. dignitaries were welcomed by applying Tilak and presenting them with Churni. Kavinder Gupta Gupta Shiva came from his own hands and got pleasure and virtue by distributing food and langar. Talking to the journalists on this occasion Chief Guest: Mr. Kobindar Gupta said that Shiva is innocent, he gives boons to his devotees, by worshipping the bestower of blessings, Shiv Shankar, wishes are fulfilled and all the sins of life are removed by mere darshan, are going. He said that today in our Jammu and Kashmir, it seems that seeing the huge crowd of Shiva devotees, in which Jammu and Kashmir the Maha Kumbh Mela has been organized? Kovind Gupta said that after coming here in the langar, it seems that Shiva is the truth, Shiva is eternal, Shiva is the beginning, the power of Bhole is limitless, coming here is a great pleasure, brotherhood of humanity in our Jammu and Kashmir. The example is given and the guests are given great respect and love here.

On this occasion, National General Secretary of Shri Amarnath Ji Yatra Welfare Society Raju Chandel said that the wishes of those who visit Baba Barfani are fulfilled. Special arrangements have been made for stay, bath, food, etc. First of all in the morning Shiva devotees are given tea, biscuits, bread etc. In breakfast, Chole Bhature and desi ghee pudding etc. are given in the morning breakfast. Lunch is provided, dinner, food etc. are arranged at night. In this way, langar is being run by Shri Amarnath Ji Yatra Welfare Society for 24 hours, which is completely free of cost, cleanliness etc. is taken care of in the langar courtyard. Clean water has also been provided for the langar, it will run for the whole 62 days, day and night, according to the guidelines given by the administration, all the rules are being followed in the langar and there is no shortage of anything. On this occasion by Shri Amarnath Ji Yatra Society, corporator of Jammu Bhagwati Nagar Sardar Sucha Singh said that langar is being run by Shri Amarnath Ji Yatra Welfare Society in Bhagwati Nagar itself. In which we saw that all the devotees of Shiva are eating the Prasad of Langar with great pleasure.

# Delhi Machine Tool Expo 2023 to Strengthen Regional Manufacturing Sectors

J I NEWS SERVICE

**JAMMU, JUL 12:** The fourth edition of the Delhi Machine Tool Expo (DMITX 2023), organised by the Indian Machine Tool Manufacturers' Association (IMTMA), will be held at Pragati Maidan, New Delhi from 24 to 27 August 2023. DMITX 2023 would feature over 250 exhibitors occupying an exhibition space of around 12,000 square metres of gross area showcasing the latest technologies and advancement in metal cutting, metal forming, metallurgy, high-precision machine tools, technologies and solutions. Both Indian and foreign exhibitors are expected to participate and connect with the 15,000+ visitors that are expected to attend the expo. Stating his views on DMITX 2023, Ravi Raghavan, President, IMTMA said, "The previous edition of the

show held in Pragati Maidan in 2017 had evoked a good response from the manufacturing industry. Machine tool manufacturers who participated in the show were able to expand their range and I firmly believe that DMITX 2023 would



help them to build on to their earlier success and reach out to many more industries in the northern region of India." The expo would have pavilions on Metrology Expo (metrology, testing instrument and equipment) and Weld Expo (welding, cutting, and joining). A special attraction is going to be the pavilion showcasing the futuristic Digital Manufacturing

(additive manufacturing and evolving Industry 4.0 concepts) tools and technologies. Speaking on the objective behind organizing the expo, Jitendra Dasgupta, Director General & CEO, IMTMA said, "IMTMA is organizing the expo to enable industrial units in the North Indian region to stay in sync with the emerging technologies. DMITX 2023 would play an enabling role to address the numerous requirements of OEMs and component manufacturers in the North India market. The Association expects a good turnout, and we believe the expo will continue to grow in future editions as well." DMITX 2023 would greatly benefit the industries located in northern, western and eastern regions of India. Visitors from various states of these three regions are expected to turn up for the show.

# Moonchild Social Welfare Foundation Elects Megha Rani as Chairperson

J I NEWS SERVICE

**JAMMU, JUL 12:** Moonchild Social Welfare Foundation is delighted to announce the unanimous election of Megha Rani as the new Chairperson during the board of directors meeting held on July 12, 2023. This decision comes as a result of Megha's exceptional leadership skills and unwavering dedication to the Foundation's mission of creating a positive impact on society. Shubham Langer, a director at Moonchild Social Welfare Foundation, expressed his utmost confidence in Megha Rani, stating, "Megha has consistently displayed outstanding commitment and has achieved remarkable results in her endeavors. Her passion for making a difference and her unwavering dedication make her the perfect candidate to lead our organization." Megha Rani, upon accepting the role of Chairperson, conveyed her gratitude and excitement, saying, "I am deeply honored and humbled to



be entrusted with this significant responsibility. I am committed to upholding our foundation's core values and fostering an environment of collaboration, innovation, and inclusivity." As the newly appointed Chairperson, Megha Rani intends to focus on strengthening existing programs, forging new partnerships, and expanding the foundation's reach to serve those in need. She aims to enhance transparency, accountability,

and effectiveness in all operations while embracing new ideas and approaches to address the evolving challenges faced by society. Moonchild Social Welfare Foundation remains steadfast in its commitment to making a meaningful difference in the lives of individuals and communities. With Megha Rani's leadership and the collective efforts of the board, staff, and stakeholders, the Foundation is poised to embark on a new chapter of growth and positive change. About Moonchild Social Welfare Foundation: Moonchild Social Welfare Foundation is a leading nonprofit organization dedicated to improving the well-being and quality of life for individuals and communities in need. Through various programs and initiatives, the foundation strives to address pressing social issues and create a positive impact in society. For more information, please visit [www.moonchild-socialwelfarefoundation.com](http://www.moonchild-socialwelfarefoundation.com)

# Civil Aviation Ministry sleeping over hike in air fare: Tony

Gigantic hike in fare not fair without any change in flight distance or fuel price

J I NEWS SERVICE

**JAMMU, JUL 12:** Taking strong note of arbitrariness shown by airlines with regard to hike in fares in J&K, Leh and some other sectors, Taranjit Singh Tony, Chairman of AAP J&K for Administrative Engagement and Minority Affairs and DDC Member Sutchetgarh said that taking undue advantage of absence of fare regulation provisions, the airlines operating in J&K and Ladakh UTs are charging gigantic amounts as the fares. Tony was addressing a gathering at inaugurating blacktopping work at Village Basti Gulabgarh near Octroi Post Sutchetgarh to be completed at cost of Rs 12 lakh. He said that airlines are charging over Rs. 30,000 for a distance from Jammu to Srinagar, which is open lot as the distance has not been changed nor the fuel price has seen any hike. He said that such kind of arbitrariness shown by the airlines is unacceptable and the government needs to intervene to put a check on the unprincipled airlines, which are fleeing the commuters as roads to Srinagar, Leh and other hilly destinations have been blocked due to vagaries of weather. He said that it is totally unjustified that despite the ongoing Shri Amarnathji Yatra, which sees devotees visiting J&K not only from across the country but also from



about, these air carrier companies are acting arbitrarily looting the innocent visitors. He asked the concerned ministry to step in and snub the wrongdoers as leaving things on the mercy of god or these airlines won't work. The programme witnessed large participation of people from Lorihama, Ahsala Colony, Ladora besides other adjoining areas of Nadihal Block. Among others, the Public Grievance Redressal Camp was attended by DDC Member, Shabir Ahmad, Additional Deputy Commissioner Sopore, Manzoor Ahmad Raina, Joint Director

meant for the overall welfare and development of the area. The programme witnessed large participation of people from Lorihama, Ahsala Colony, Ladora besides other adjoining areas of Nadihal Block. Among others, the Public Grievance Redressal Camp was attended by DDC Member, Shabir Ahmad, Additional Deputy Commissioner Sopore, Manzoor Ahmad Raina, Joint Director

# Rajesh Gupta expresses concern over skyrocketing inflation in JK

J I NEWS SERVICE

**JAMMU, JUL 12:** National Democratic Party Indian (NDPI) on Wednesday expressed concern over skyrocketing inflation in Jammu and Kashmir, saying it is the poorest of poor, daily wagers and salaried class that are feeling the squeeze. Expressing concern over the peaking inflation in Jammu and Kashmir, NDPI J&K Chief Rajesh Gupta said the inflation rate has touched 7.59 percent in J&K which is even higher than the national inflation rate of 6.95 percent. "There is no breather for inhabitants of

J&K. Our People continue to face inflationary pressure. It is anybody's guess what people must be going through at this time. The soaring price rise has pinched the daily wagers, the most. People are finding it very difficult to make ends meet," he said. NDPI leader further said 'Constant price rise is hitting the common man where it hurts the most and the administration has failed to take meaningful steps to curb the trend. The political instability and governance deficit have already wreaked havoc on our people, particularly

daily wagers, hawkers, labourers, middle, BPL and salaried classes and depleted their savings. The soaring prices of essential commodities in the face of salary cuts and job losses have dealt a double blow for the common man, especially those from the middle and lower-middle income groups and below poverty line (BPL) segments of society." NDPI president added that the government was punishing people, particularly poor farmers, transporters, traders, daily wagers, hawkers, BPL, middle and salaried classes for its own incompetence. The DC reiterated that under the Jal Jeevan Mission, the District Administration has achieved a huge milestone by providing tap water connections to all the target areas and is committed to ensure hassle free services to the people for their convenience.



# Basson kick start Lane, drain work at Ward No. 48

J I NEWS SERVICE

JAMMU, JUL 12: Lane and drain work was kick started by Sham Lal Basson corporator ward no 48 Bahu Fort Jammu along with Madam Veena Bakshi manager Shelter Home for Urban Homeless people at Bazigar Basti bahu fort Jammu.

While speaking on this occasion Sham Basson said that it was a long pending demand of people of Bazigar basti because condition of this lane and drain was deteriorated and there was no provision of water to be drained out.

Most of the lanes and drains of Bazigar basti have already been upgraded. Basson also assured the gathering that balanced work will be taken up in all the mohalla's of ward no 48 Bahu Fort Jammu.

The people of Bazigar basti and new basti appreciated the works being done



by Sham Lal Basson corporator ward no 48 Bahu Fort Jammu.

Sham Basson also appealed to the people of Jammu in general and bahu fort in particular to stop the usage of plastic. Because plastic is main source to create health hazards. Plastic is polluting soil, water and air and is major source of

health hazards. He also appealed the people to pay user charge on regular basis.

The people of ward expressed complete satisfaction regarding development works and other facilities being provided to them.

It is pertinent to mention here that youths of Bazigar

basti extended special thanks to Sham Basson - concerned corporator.

Prominent among those who were present on this occasion included delegate Milkhi Ram, Rattan Lal, Tara Chand, Babu Ram, Sham kalsi, Balvinder Kumar Roshan Lal Bamba ji, Avtar Chand Garu Ram, Hans Raj, Suraj Singh, Krishan Lal.

# Locals demand Tehsil office in Bhomag : Jugal



J I NEWS SERVICE

JAMMU, JUL 12: Jugal Kishore Sharma Provincial President DPAP Ex. Minister presided over a

DPAP Party meeting at Tehsil Bhomag of Vaishnovei- Katra Constituency, in the meeting the local people told that the roads in the area have not

been developed the road from Sujandhar to Sari Gabber has not been started, the road connectivity development in the area has been stalled ever since Jugal Ji left

office as MLA and no work has been done for the past 11 years. People are asking for tehsil and block in Bhomag which is functioning in Reasi, the public demand it to be opened in Bhomag As soon as possible. PHE Pagan water scheme is stalled for the past 15 years and the water tanks are also getting damaged this is a negligence of the PHE department and a strict action has to be taken for the same. Primary Health Center Tote does not have staff for functioning. The whole block does not have a Rural department does not have a technical staff which is a disgrace. The meeting was also attended by Sahil Singh District Vice-President.

# Vikas Sharma unanimously elected President Bhour Camp Temple Committee

J I NEWS SERVICE

JAMMU, JUL 12: Vikas Sharma (Bitta) today unanimously elected President Bhour Camp Temple Committee by intellectuals of the Bhour Camp . After election, Sharma while expressing gratitude to all those who elected him President assured that he will leave no stone unturned in expanding religious activities and also that every religious festival of Hindu community will be celebrated with religious fervor.

Speaking on the occasion, Sharma said that religion and education are seemingly two different roads in the

present day scenario. But religion is as much a part of education as education is a part of religion. Yet both are distant from each other when it comes to the modern-day system of education. The fact is that Religion itself is an education and education has been influenced by Religion in more than one way. Today, there are very few institutions which actually utilise religious teaching in education or impart religious education as a part of school curriculum.

Sharma observed that it is vital for kids to learn moral values. Gratitude, honesty, sharing, respect, cooperation, and compassion are

some of the most important moral values that a child should have. Sharing moral experiences, communicating, and acknowledging good behavior may help inculcate moral values in children.

There is a famous quote on Character and Value, "If wealth is lost, nothing is lost; if health is lost, something is lost; when a character is lost, all is lost". Sharma maintained that having moral values means having strong roots. Moral values are important components of any individual's character and they should be taught right from childhood.

The importance of teach-

ing values to children is that it helps them to choose the right way.

Moral values give a child the right direction which helps them to get accepted and respected by society. Moral values help in building a strong character from childhood.

Good values and beliefs help them to be strong in any situation and inspire them to work hard for the results and do not let them give up.

The importance of teaching values is that it prepares their mental conditioning and strengthens their determination to overcome tough conditions and situations, added Sharma.

# Jamal Saddiqui Calls on LG , Highlights various burning issues of general public

J I NEWS SERVICE

SRINAGAR, JUL 12: A delegation of ' BJP Minority Morcha' under the leadership of its National President Jamal Saddiqui accompanied by Ranjodh Singh Nalwa BJP Minority Morcha President JK UT and Lt Governor Jammu .And Kashmir Manoj Kumar Sinha in Raj Bhawan at Srinagar on Wednesday. The delegation presented a memorandum listing demands for resolution of various problems being faced by the public of the UT.

According to a press release, the delegates which also included Bashir

Ahmed Khan State Prabhari J&K Minority Morcha apprised the Lt Governor about the inclusion of Punjabi in the list of official languages in Jammu and Kashmir.

The Union Cabinet on September 2 approved a bill under which Kashmiri, Dogri and Hindi, apart from the existing Urdu and English, will be the official languages in the Union Territory of Jammu and Kashmir, release quoting Jamal Saddiqui said and added that on the same pattern, Punjabi should be included in the list of official languages in J&K. The memorandum further incorporated demand that

Mujawirs and Sajada Nashins of Dargahs in various parts of Jammu and Kashmir who have been ousted by the newly constituted Waqaf Boards be rehabilitated so as to ensure that their livelihood may not get affected, release added.

However, Lt Governor while assuring the delegation of early action in response to the points depicting problems so highlighted in the memorandum said that the concerned departments dealing with the projected demands shall be directed to mitigate the sufferings of the public of J&K on priority with out further delay.

# DDRC organises North Kashmir Inclusive Sports event at Bandipora

J I NEWS SERVICE

BANDIPORA, JULY 12: The District Disability Rehabilitation Centre (DDRC) Bandipora, in collaboration with the District Administration Bandipora today organized North Kashmir Inclusive Sports Event at SK Sports Stadium Bandipora.

The grand event was inaugurated by Deputy Commissioner (DC)

Bandipora, Dr. Owais Ahmad. Prominent dignitaries and officials from the District Administration Bandipora including Nodal Officer Coordination Mohammad Asraf Hakak attended the event

The initiative aimed to promote inclusivity, unity and sportsmanship among diverse communities. The event showcased a range of activities, including Inclusive Cricket, Carrom,

Chess, and Wheelchair Race captivating the participants and spectators alike. The North Kashmir Inclusive Sports Event was designed to celebrate diversity and create an environment that embraces people of all abilities. By integrating various sporting activities, the event successfully bridged the gaps between different segments of society, fostering mutual understanding and acceptance.

# Opposition's Bengaluru meet reminds of idiom 'Kahin Ki Eent Kahin Ka Roda, Bhanumati Ne Kunba Joda': Kavinder

J I NEWS SERVICE

JAMMU, JUL 12: A Senior BJP leader and former Deputy Chief Minister, Kavinder Gupta on Wednesday said that Bengaluru meeting by the opposition parties scheduled to be held on July 17 and 18 reminds everyone in the country of famous adage 'Kahin Ki Eent Kahin Ka Roda, Bhanumati Ne Kunba Joda', because the entities coming together have nothing in common and so many times in the past they have fallen apart due to ideological differences.

It is pertinent to mention that the opposition is grouping to take on the BJP in the next Lok Sabha polls. It is set to expand with more parties joining in at the second unity meeting



being convened by the Congress next week in Bengaluru. Leaders of 24 non-BJP parties have been invited for the meet on June 17 and 18, the first edition of which saw the participation of 15 parties. In a statement issued to

media persons, Kavinder termed the meeting as a botched attempt to make impossible possible. He said that the differences between the opposition parties which are supposed to meet in Bengaluru are full of big gaps and wedges thus making it impossible to have a long lasting friendship.

The senior BJP leader said that the plans and proposals coming out of the meetings being envisaged by the opposition parties would all be short-lived and there are chances that these meetings will lead to more conflicts and confrontations before the poll time as seat sharing among outfits of different textures is a herculean task and therefore outcome of these 'friendly' meetings of 'conventional foes' is anybody's guess.

# BJP Mahila Morcha South holds Millet Awareness Program

Millets considered excellent source of essential nutrients: Divya Jain

J I NEWS SERVICE

JAMMU, JUL 12: J and K BJP Mahila Morcha Jammu South, in collaboration with Gandhi Nagar Mandal, organized a Millet Awareness Program to promote the significance of "Shriani" and its pivotal role in maintaining our health and wellness. The event aimed to educate attendees about various aspects of "Shriani" and its benefits.

The Millet Awareness Program, led by Divya Jain, President of BJP Mahila Morcha Jammu South, witnessed enthusiastic participation from women of the area. She threw light on the importance of incorporating millets into our daily diet and emphasized their positive impact on our overall well-being.

The program was chaired by mandal president Bharat Bhusshan ji along with Meetu Sharma, Bharti



Sargotra, Diler Singh, Suraj Raina, Sarojini Sharma, Mohini Manhas, Amrica devi, Ram Kour, Susheela Sharma and Shivali Gupta.

During the program, "Shriani" was distributed among the participants as a goodwill gesture.

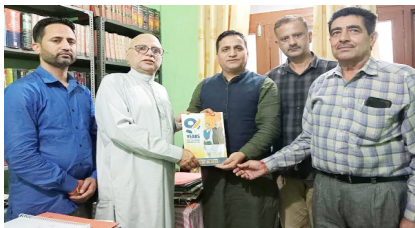
Divya Jain expressed her gratitude to all the participants and highlighted the objective behind the pro-

gram. She stated, "Our primary aim was to raise awareness about the tremendous health benefits of incorporating millets into our diets. Unfortunately, this miracle grain called 'Shriani' has been largely forgotten, and it is our responsibility to reintroduce it to the community." Divya Jain further elaborated on the nutritional

value of millets and their role in combating lifestyle diseases. Millets are considered an excellent source of essential nutrients, providing numerous health advantages.

Their inclusion in our diets can contribute to improved overall health, boosted immunity, and a reduced risk of various ailments, she added.

# Pawan Sharma undertakes door to door campaign in Doda district



J I NEWS SERVICE

JAMMU, JUL 12: Continuing his activities under door to door campaign, Pawan Sharma BJP senior leader, Doda district prabhari & Cluster Incharge of Udhampur Parliamentary Constituency, visited different areas of Doda, Bhaderwah and Doda West assembly constituencies and interacted with the prominent people of different walks of life.

Pawan Sharma, accompanied by Doda district Vice President Baburam Sharma and other functionaries of the party, visited a large number of

prominent people, including intellectuals, advocates, doctors, educationists, social & religious activists, businessman, besides those belonging to Muslim, Sikh, SC, ST communities and senior citizens.

The party leaders went door to door with the pamphlets and booklets containing achievements of the Narendra Modi government during the last nine years. These pamphlets and booklets were distributed among the people at their doorsteps.

Pawan Sharma, while sharing the splendid works done by the Modi government in nine years, said that

the development and welfare fields have touched new heights. Modi government, without any discrimination, treated all the regions and sections equal, while granting development projects and extending the benefits of various social security schemes. He said that the government focussed on better means of connectivity and communication, quality infrastructure in health and education sectors. It also launched numerous such schemes which, has, socially and economically empowered the poor, marginalised sections and women across the country.

They appealed the people to go through the printed material provided to them, which will make them realise that for the first time in the country, a lot has been done in all fields and sectors, which will also endorse the party's slogan of "Nau Saal Bemissal".

District General Secretary Rakesh Sharma, SC Morcha District Doda President Ashok Bhagat, District Chief Spokesperson Adv. Raman Pardeep, District President YUVA Morcha Ravinder Thakur, Doda Mandal President Manjeet Pathania were the prominent leaders who also joined the visiting leader in door to door campaign.

# NSS unit GDC Budhal organises preparatory meeting

J I NEWS SERVICE

BUDHAL, JUL 12: oday on 12-07-2023 NSS Unit of Govt. Degree College Budhal Organised an Orientation Programme and Preparatory meeting in connection with "Meri Mati Mera Desh" under the guidance and patronage of College Principal Dr. Mohd Mazammal Hussain.

Programme Officer of NSS Unit of Govt. Degree College Budhal Dr. Ajaz Hussain Shah presented the formal welcome address and explained the Concept of Meri Mati Mera Desh Abhiyan. The Convener of



the committee Prof. Ishfaq Ahmed, Prof. Ajaz Ahmad, Dr. Mohd Farooq, Dr. Syed Mohamad Javid and Prof. Adnan Ali Shah were present in the meeting.

THOUGHT OF THE DAY

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

JINDRAH IMAGES

## Building big infra to effectively tackle enemy

India seems to be expanding and improving its infrastructure in Ladakh where it has entered into a standoff with China at a number of friction points. Top commanders—belonging to Army, Air Force and Navy—and senior cabinet ministers in the BJP-led NDA government at the Centre are frequently visiting the arid region with a clear message that any skirmish on the part of China would not be tolerated at all. Recently, the Chief of Naval Staff (CNS) Admiral Radhakrishnan Hari Kumar visited the arid region of Ladakh as a part of a multi-dimensional outreach program for Ladakhi youths. The Navy's outreach program in Ladakh was aimed to strengthen connections and promote maritime consciousness in the region in its bid to ensure greater participation of the youth in the armed forces. It included several outreach activities like a performance by a naval band, a friendly football match and flagging off a bike and car expedition, among others. Admiral Kumar made a significant statement that the Navy, at present, has only seven members from Ladakh but he would want that this number should at least be 700. The statement holds great significance against the backdrop of ongoing stand-off between India and China at a number of friction points in Eastern Ladakh. The Navy chief wanted there should be a soldier from every block of the country and after that from every village of the country in the Navy. In Eastern Ladakh, India has positioned the P-8I surveillance planes along with the two leased Predator drones that have proved useful since 2020 and claimed that it would further improve the capabilities when they start arriving in the country. The Navy has deployed special forces, Marine Commandos, in Eastern Ladakh along with specialized boats and equipment since 2020 against the backdrop of increased Chinese incursion in the region. The sensors they (Predators) have are quite state of the art and they provide good recognition and intelligence effort. So he would say no asset belongs to just any one service. It's a national asset and we need to use it wherever it can give the best results and optimal results so that the nation benefits. The induction of the proposed 31 Predator drones and their surveillance capability would definitely increase. Out of the 31, about 16 of them will be primarily for the border areas, for the land region. The only difference between the sky guardian and the sea guardian for the surveillance is mainly the sensors. So the sensor will be state of the art and they will be able to provide near real-time and almost 24/7 surveillance. So that definitely augments the effort and brings transparency in battlespace awareness. The P8I has been used here along with the army and the Air Force teams and we found it quite beneficial. And similarly, it has found that the two sea guardians which India has on lease are being operated since 2020. The Indian Navy is extending the lease of the two Predator drones which have flown more than 12,000 hours for surveillance across the country including the boundary with China. The two drones were inducted by the Indian Navy under the emergency powers on lease in November 2020 during the initial phase of the military standoff with China and have been used extensively by the force. It is clear that the Government of India has left no stone unturned to build big infrastructure in Ladakh region to send a strong message across the Line of Actual Control that it would not tolerate the presence of PLA in the buffer zone any more.

# Upgrade to high-end technology for safeguarding borders

ISRO, one of the bright spots of the India story, remains underutilised for the country's defence and security.

LT GEN PRADEEP BALU (RETD)

THERE has been an accelerated focus, for quite some time now, on the induction of high-end technology for use by the military. The three services have been stressing the importance of adopting niche technologies for various platforms, equipment and weapon systems. There is an endeavour to upgrade defence capabilities by the use of artificial intelligence, robotics and enhanced electronic and cyber applications.

A number of startups in the defence ecosystem are partnering with established technological institutions. However, the time taken for prototypes to move to assembly line production is considerable. Indigenous technological capabilities remain well short of the desired state-of-the-art systems available with the armed forces of the developed countries and alliance groupings. One major reason for this is the lack of adequate budgetary outlays for research and development, whether government-funded or in the private sector.

India has consistently sought to nurture and build strategic partnerships with powerful nations to enhance its military capabilities.

The US is the leading powerhouse in military technology. During the recent Modi-Biden meeting, sharing of defence technology and joint production were the major thrust areas. General Electric has signed an agreement with India's Hindustan Aeronautics Limited to jointly manufacture F414 engines, which will power the next-generation fighter jet, Tejas 2, of the Indian Air Force. India will also procure 31 MQ-9B Guardian armed drones for over \$4 billion from US defence major General Atomics Aeronautical Systems Inc. These would enhance India's surveillance capabilities along the border with China in the Himalayan heights and in the Indian Ocean.

In a major defence deal with Germany, Indian shipbuilder Mazagon Dock Shipbuilders Ltd signed a memorandum of understanding with ThyssenKrupp Marine Systems to build six advanced conventional submarines for the Indian Navy under Project-75I. The non-nuclear submarines will be built under the 'Make in India' initiative, which aims to reduce costly military imports. The PM's upcoming trip to France is likely to witness the announcement of more deals on key defence platforms.



What needs to be ensured is the transfer of technology in real terms and the capacity of our defence industrial ecosystem to absorb these systems and equipment manufacturing capabilities.

Upgrading of aerial and sub-surface platforms, along with sharing of niche technologies, would prepare our armed forces for various security challenges. The requirements that need prioritisation are along our unsettled borders in the north and west, with the continuing activities and actions of our inimical neighbours being a constant concern. Intrusions across the Line of Actual Control (LAC) and a hostile deployment in hazardous terrain compel a mirroring readiness, which puts Army units and formations under year-round strain. The vital issue is to outguess the adversary and not be surprised by sudden buildups and intrusions, especially in sensitive areas.

This necessitates being better prepared in terms of enhanced intelligence, surveillance and reconnaissance capabilities that can power a real-time response. The Guardian drones from the US will take time to be operationalised and are no substitute for constant satellite feed, which can well be met with indigenous capabilities. The ideal solution is dedicated satellites for the Army for communication, deep surveillance and instant feed through downlinks at field formations levels.

ISRO is one of the bright spots of the post-1947 India story. Our scientists have made remarkable progress in space research. Surprisingly, this is an asset which remains underutilised for the country's defence and security needs. Currently, India has only two dedicated military satellites — the GSAT-7 (Rukmini) launched in 2013 and GSAT-7A (Angry Bird) launched in 2018 — that are being used by the Navy and Air Force, respectively. At long last, the Army is set to have its own top-end communication satellite, with the Ministry of Defence entering into a Rs 3,000-crore agreement with New Space India Limited.

The Army depends upon commercially available inputs from foreign satellites and dated imagery from dual-use Indian satellites. Major armies across the globe, including those of the US, China and Russia, have dedicated satellites. Considering our pressing requirements for surveillance of the enemy's ground movements across the LAC and the availability of a top-rate organisation like ISRO, it is surprising that we have not yet achieved that. The launch of a solitary, long-overdue communication satellite for the Army is not good enough.

The Line of Control (LoC) remains live, with the main threat being infiltration of terrorists from Pakistan through the rugged terrain. The anti-infiltration obstacle system, which is now over two decades old, needs regular repairs.

Such access denial systems are manpower-intensive, necessitating physical deployment for maintaining a constant vigil. Technological enhancement can make this a more effective obstacle and one that needs less manpower.

The best example to emulate is the arrangement at the Demilitarised Zone (DMZ), the 250-km-long border between North and South Korea along the 38th parallel. South Korea has used technology optimally to guard this border with minimum manpower using an AI-enabled system developed by its tech companies and academia. The SGR-A1 is an autonomous sentry gun that was jointly developed by Samsung Techwin and Korea University to assist South Korean troops in the DMZ. It is widely considered as the first unit of its kind to have an integrated system that includes surveillance, tracking, firing and voice recognition. The primary goal of the project is to transform the guarding and observation mechanism into a robotic system. Many of the SGR-A1's features resemble those of similar automated stationary weapons such as the Super Aegis II and the Israeli Sentry Tech systems. Such systems need to be deployed along the LoC after customisation.

While technology upgrade for national defence and security is an ongoing process, its immediate focus needs to be along the LoC and the LAC for warding off current threats.

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# Indian banks shine amid robust economic growth

SUBIR ROY

THE banking sector has turned out to be the star performer in the Indian economy, even as global banking has been plunged into uncertainty with the collapse of several US banks serving the startup community. The economy itself represents an island of stability and robustness in a global environment marked by slowdown and uncertainty resulting from the Ukraine war. This is the burden of the RBI's financial stability report released last month. Before we find out why this has happened, first let us take a look at the numbers defining the performance. Banks have done well both in terms of assets and liabilities. Their assets in particular, represented by their loan books, have displayed impressive growth. This has reached 15.4 per cent, thus exceeding the 15 per cent benchmark, contributed to by both public and private sector banks. Within banks, the personal loan book has been the star performer, clocking a year-over-year growth of 22.2 per cent. It is just not that banks have been lending aggressively, they have been doing this along with not just maintaining asset quality but actually improving it. Gross non-performing assets as

a share of total assets fell to a 10-year low of 3.9 per cent in March. Even as the share of doubtful loans has gone down, banks have been assiduously providing for them. The share of net non-performing assets (gross assets minus provisioning) has improved to a mere 1 per cent in March.

The improvement in asset quality has partly contributed to a rise in the share of small or personal loans along with a decline in the share of loans by large borrowers. Typically, individuals try their level best to keep repaying their loans whereas large borrowers sometimes engage in diversion of resources to meet group liabilities.

While the performance on the asset side has been more impressive, liabilities or deposits have also given a good account of themselves. In June, deposit growth reached 11.8 per cent, thus exceeding the benchmark of 10 per cent. As incomes grow with economic growth, depositors typically try to save more. Thus, term deposits have grown faster than other forms of deposits like savings and current accounts.

Within this overall positive scenario, expectedly banks have done well on their bottom line or profits. Net interest margin (dif-



ference between interest paid and earned) has been higher, contributing to higher profit after tax (PAT). This has improved by 30 basis points (100 points make up 1 per cent) during 2022-23. PAT has grown by over a third, a healthy 38.4 per cent.

There are two broad reasons why banks are doing well. Just as a rising tide lifts all boats, as the overall economy does well, it takes banks along with it. The other is that banks have done well by setting their own house in better order.

Globally, the Indian economy has turned out to be the best-performing among all large economies. In the last fiscal (2022-23), the Indian economy is estimated to have grown by 7 per cent; it is projected to grow at 6.5 per cent in the current financial year, according to the Economic Survey. The global economy is likely to grow at 2.9 per cent during 2023, according to the IMF's World Economic Outlook. In the current year, the world economy has been hit foremost by the disruption in commodity supplies, particularly oil and wheat, as a result of the Ukraine war. The Indian economy has been largely insulated against this for two impor-

tant reasons. One, it is still a relatively self-sufficient economy. What it lacks and needs to import to meet most of its consumption needs is oil. This it has been able to do from Russia, not being a part of the sanctions imposed by the West. Besides, so far the monsoon has held up, raising the hope that agriculture will be able to carry its load in achieving the projected economic growth.

As against this, the US and the European Union economies have been hit by the negative global environment and rapid escalation in inflation. This has led central banks to raise interest rates, thus putting a further dampener on demand and growth. Even China is witnessing a serious slowdown in growth. In 2022, it grew by only 3 per cent against the official expectation of 5.5 per cent. Now, let us look at what the banks have done to set their own house in order and pave the way for the current robust performance. In 2016, the RBI under Raghuram Rajan ordered an 'asset quality review' which sought to end the practice of window dressing whereby non-performing assets were not declared to be so. This was the first step towards cleaning up the balance sheets whereby a spade would be called a spade. Thereafter has followed 'prompt corrective action' through steady provisioning which has led to the writing off of irredeemable accounts (booking the entire outstanding as loss) and marking down those which have still some value left in them. This has led to a paring down of bank bottom lines so that balance sheets could be cleaned up. Gross NPAs of public sector banks first went up from 5 per cent in 2015 to 14.6 per cent in 2018 as a result of asset quality review. Thereafter, with improving health, the figure came down to 5.5 per cent in December 2022.

Where do banks go from here? The government has asked banks to be wary of competition for deposits. As the economy grows robustly, there will be greater demand for bank loans and pressure on bank managements to fund them through higher deposits. These will be garnered by paying higher interest rates, thus affecting the bottom line.

In particular, banks have been asked to be wary of the consequences of the merger of HDFC with HDFC Bank. Housing loan customers of the former, who kept their deposits wherever they liked, will now be pressured to bring them to the bank. This matter could be serious as the post-merger bank is a behemoth, figuring among the largest banks in the world. With a market capitalisation of \$108 billion, it is one of the 10 most valuable banks in the world. To put this in perspective, the State Bank of India, till now the largest bank in India, is valued at \$57 billion. A robust and healthy growing economy needs to be well served by a similarly healthy banking sector. By the same logic, a healthy and robust banking sector thrives best within a healthy growing economy. This is the scenario being played out in India today.

# URVASHI RAUTELA ON BEING IN RIOT-HIT FRANCE: MY FAMILY IS VERY CONCERNED ABOUT MY SAFETY IN INDIA

As protests and rioting continue in Paris, getting stranded in the French capital has left actor Urvashi Rautela shaken and anxious about how things would turn out. The 29-year-old is especially worried about her team, who are grounded in the city on her account. She went to Paris to attend Paris Fashion Week 2023. On July 28, violence and protests broke out in the Paris region after a cop fatally shot a teen during a traffic stop. "Everything in Paris is okay and smooth, for which I am really grateful. Earlier with the news coming in when I arrived in the city, I was really petrified, but now I am glad," Rautela says, adding that she was happy that she could fulfil

her professional commitment despite the unrest in the country. In fact, the actor admits she is more concerned about her team's safety, saying, "I have my team here with me, and I am really concerned about their safety. In fact, our families back in India are also worried about our safety because they are reading about the news. So, we are trying to keep ourselves safe as much as we can." Talking about the situation in Paris, she adds, "It saddens me deeply to witness the turmoil and division that has gripped this beautiful country. The power of unity and understanding is crucial now more than ever. I feel violence only breeds more violence, but compassion and empathy can heal wounds



and build bridges. We work towards creating a future where everyone feels heard, respected, and valued." "I have personally always admired the

rich culture, history, and the spirit of France. My thoughts and prayers are with those affected by the unrest. Stay strong, stay united, and together, we will rise above this adversity," she ends.

# ZAYN MALIK OPENS UP ABOUT FATHERHOOD: 'TRYING TO BE A GOOD EXAMPLE TO MY DAUGHTER'

Zayn Malik made a rare comment about fatherhood in a new interview, where he talked about daughter Khai, who he shares with model Gigi Hadid. The teaser promo of the podcast episode was posted on Instagram. About Gigi and Zayn Gigi and Zayn dated since 2015. Their daughter Khai was born in 2020. Following Khai's birthday, the two broke up following an altercation between Zayn and Gigi's mother Yolanda Hadid, as per reports. Zayn opens up about fatherhood. Now, in what is his first interview in six years, Zayn made a rare comment about fatherhood in a 'Call Her Daddy' podcast episode set to air on Wednesday. He said, "Since I've had my daughter, the main thing in my mind is trying to be a good example to her. That's why I'm even



doing this interview, you know? I used to get a lot of anxiety around having a conversation like this. And I want her to be able to look at me and be like, 'Yo, my dad's doing this.'"

Zayn on making dad jokes In the same episode teaser, Zayn also opened up about one quality as a dad that he is proud of, and said that he says a lot of dad jokes. "I keep being told I'm telling

dad jokes. And I'm leaning into it. I'm just like, 'It's OK. It's cool.' People just look at me like I'm a weirdo, and I'm like, 'Yeah, I'm a dad, I'm allowed to tell these jokes now.'" he said. Last year in September, Gigi Hadid celebrated Khai's second birthday and mentioned Zayn Malik's name on her Instagram Stories. While Gigi's pic didn't feature Khai, the rare post did mention Zayn Malik. It read, "Our angel girl turned 2 today," with some emojis. Meanwhile, there have been dating rumours between Gigi and actor Leonardo DiCaprio. They were spotted partying together in the Hamptons for a second night in a row. The duo attended Tao Group founder Marc Packer's Fourth of July party together. A video of them also surfaced online.

# As an actor, it's difficult to be fearless and fight your own insecurities'



As the trailer of the romance-drama Bawaal was unveiled at a virtual global press meet in Dubai, Varun Dhawan, who plays the protagonist, Ajay Dixit, aka Aju Bhaiya, opposite Jahvi Kapoor's Nisha in the film, gave some candid answers to questions posed to him. What is your chemistry with Jahvi like? I want people to watch the film and find out. We belong to different schools of acting and came together under the umbrella of Nitish sir's coaching. It was wonderful. You play a history teacher. How much does history interest you in real life? Obviously, be it History or Geography, you have to learn in Standard X. I had to beat my brother's percentage in Std X, so I studied very hard for those exams. These subjects are always important. History prepares you for the future. You learn so many things through history. That's why my role in Bawaal stresses too. How do you think this film will affect your career? Working with Nitish Tiwari sir was in my bucket list, ever since I watched his Dangal and Chhichhore. During Covid times too, I would call him up and ask for work. One day I went to his office and requested him to think of some story in which I could be cast. Eight or nine months later, I got to know I was to be a part of his Bawaal. There's a great arc to this character.

# I've learned and grown with every project I've worked on: Shriya Saran

Shriya Saran will soon be seen alongside Sharan Joshi in Music School. Directed by Paparao Biyyala, the film will be released soon. Three out of 11 songs from the all-time classic The Sound of Music (1965) have been adapted for the film, which is an Ilaiyaraaja musical. DC had a tête-à-tête with the actress. What is music to you? Music means a lot to me. I love dance, it's part of my life, and music and dance go hand-in-hand. Music teaches us discipline. It teaches you to be happy. Art and culture should be an integral part of everyone's life. Did you find this latest character difficult? It is a well-sketched character. I love dance and music. It's my life. This is a serious topic but dealt very well. I enjoyed performing this character. The Sound of Music was the first English film I watched. I watched it again and again. I was excited, as the songs in this film have been adapted from The Sound of Music. The songs inspired me. The film has beautifully brought out the fact that people have pressure from the time they are born, it's a musical about kids trapped in a war zone. Did your parents put pressure on you as a child? My parents were unusual. They were content if I got enough marks to pass in all my subjects. Even though I come from an educated background, they didn't pressure me to get good marks in examinations. I didn't have much interest in studies. I loved dancing so my parents encouraged that. I learned dancing from my guru. My parents were happy with whatever I wanted to pursue and helped me. But I have friends whose parents put pressure on them for studies. Watching this film, you will recognise someone or the other who has faced the pressures depicted in it. Were you targeted unfairly by any of your teachers? All my teachers were very good to me. I was a good kid and I had great teachers who helped me. I remember that my history teacher could make out that I had no interest in her class. She would call my mom and complain. But finally she understood that if history was told to me in story form, I grasped it easily. She then helped me learn history that way. My English teacher helped me as I used to stammer. I am lucky to have had such wonderful teachers and parents. How have your strengths grown over many years? When I began, I didn't have an understanding of cinema. I didn't know what I was doing. I didn't understand what I was doing right, or wrong. But there was a sense of honesty and a pure joy in whatever I was doing. It was nice and fresh. As time progressed, I started getting scared about whether what I had opted for was right or wrong. As you go forward, you learn integral aspects of your craft - how to deliver dialogues, understand characters better, how to write the back story.

# Ruslaan Mumtaz: I saw the highway connecting Manali to the rest of India getting swept away by the river

Actor Ruslaan Mumtaz has had a harrowing past few days as he struggled to save his life from the rain-rampage in Himachal Pradesh, and is still stuck in a village near Manali. He says he has realised the magnitude of the danger he was in seeing after witnessing the destruction around him. "I saw the weather change in a matter of a few hours. It was unbelievable. I have been shooting for a project there and the river alongside the highway connecting Manali with the rest of India was right in front of the resort. I went for walks on that same road, which I saw slowly get swept away by the river. The shoot was going on in the hotel, and since I was free on that day I saw portions of the road get vanished by the river. Nobody was bothered by that ke road kahan ja raha hai, and I

was wondering if that is normal. The actor adds, "Nobody realised until the owner came and asked us to leave. I packed my bags in two hours taking only the essentials like money. We are safe now." Is he back? "The connectivity road from Manali to Chandigarh has gone. I saw it going with my eyes. It doesn't exist anymore. I don't know how many days it will take for the government to make it. Everyone will start figuring out how to get out. If we have to take a flight then we have Kullu airport, but we don't know if the roads towards that even exist anymore. Flight is the best option at the moment, even then we are stuck here for the next three days at least. Road is not even an option, if we decide to go by road we will be stuck here for at least 15 days," mentions the actor, who is staying in a village near Manali at the moment.

# KANGANA RANAUT reacts to Sonam Kapoor's jibe at her English: What I learned from fights with film mafia is...

Kangana Ranaut has said that her years of fight with the so called 'film mafia' has ensured at least one thing - that no outsider will be mocked for their English speaking skills. She has also said that Koffee With Karan where Sonam Kapoor had mocked her for her English has now been 'officially closed forever'. Kangana Ranaut on Koffee With Karan Kangana once again took a dig at Karan Johar and his talk show Koffee With Karan where she called him out for nepotism that marked the beginning of a never-ending tussle between them. Tuesday night, the actor shared a clip of one of the episodes in which Sonam Kapoor was asked a question about the actor who needs to learn to speak better English and she



had named Kangana in her answer. The clip showed Karan Johar asking Sonam, "If you have the power to give celebrities these aspects who would you give that to - the ability to speak English fluently." Sonam first hesitated but then went on to praise Kangana's fashion sense before actually giving out her name as the answer to Karan's question. Commenting on the same, Kangana wrote on her Instagram Stories, "What I learned from years of fights with film

mafia is that no outsider will ever be mocked for not speaking English...also that show is officially closed forever." She further added, "Please don't miss my comeback in the end. Even at 24 after being openly bullied, humiliated and mocked I showed grace sophistication articulation and humility which English speaking gossipy aunts with so called great upbringing can never..." Kangana Ranaut on Dev Anand Kangana had also shared a clip of legendary actor Dev Anand and revealed, "When I was new in films one person who called me often and offered me roles in his directorial films was Dev saab... he was really appreciative of my talent even when I was struggling."

# Aditya Roy Kapur, Ananya Panday fuel dating rumours, share pics from same rock concert in Spain

ADITYA ROY KAPUR AND ANANYA PANDAY HAVE BEEN RUMOURED TO BE DATING SINCE EARLIER THIS YEAR. THEY SEEM TO BE TOGETHER IN SPAIN NOW.

Aditya Roy Kapur and Ananya Panday are currently in Spain where they attended a rock concert. Both of them shared individual posts on their respective Instagram handles but it was confirmed the two indeed attended the Arctic Monkeys concert in Spain. However, none of them shared any glimpse of themselves or each other from the musical night.

Ananya took to her Instagram Stories on Tuesday to share a picture from the concert and wrote, "Nothing quite like the Arctic Monkeys. My favourite song ever." She tagged the location as Madrid, Spain. Aditya Roy Kapur too shared a small video from the concert on his Instagram Stories along with a blue grinning emoji and a monkey emoji. Later, Ananya shared glimpses

of the skyline and the blue sky from Portugal on her Instagram Stories. She simply wrote "magic magic" in the caption. Aditya and Ananya have been rumoured to be dating ever since they made a joint appearance at Kriti Sanon's Diwali bash last year. They have since been spotted together at other film parties. Reacting to their linkup, Ananya's mom Bhavana Panday told ETimes in

April, "The fact is that Ananya is single and link-ups happen in a profession like this. It's okay. It's like that's a part and parcel of an actor's life, and you have to take everything in, good or bad. I feel like they got so much love and adulation, so I'd rather genuinely focus on that than the negativity that comes with it, because the positives definitely outweigh the negative." Ananya Panday's upcoming

films Ananya was recently spotted in the trailer of Karan Johar's upcoming film, Rocky Aur Rani Kii Prem Kahaani. She was seen alongside Ranveer in a dance number. Ananya will be next seen in Vikramaditya Motwane's untitled cybercrime-thriller. She also has Farhan Akhtar's Kho Gaye Hum Kahan opposite Siddhant Chaturvedi and Adarsh Gourav.



# Women in certain professions 'may be at higher risk of ovarian cancer' : Study

**H**airdressers, beauticians and accountants could be at a higher risk of developing ovarian cancer, a new study suggests.

Those working in sales, retail, clothing and construction industries could also carry a higher risk according to a new study published in the journal Occupational and Environmental Medicine.

But the authors of the study stressed that "inferences from the results are limited" as they called for more work to examine the links between ovarian cancer risk and different occupations.

The team, led by academics at the University of Montreal in Canada, examined data on 491 Canadian women with ovarian cancer and compared it with 897 women without disease.

We observed associations suggesting that accountancy, hairdressing, sales, sewing and related occupations may be linked to excess risks.

The researchers linked occupations to ovarian cancer risk.

They also compared this data to the Canadian job-exposure matrix to examine any potential workplace exposures - for example, if they are more likely to come in contact with a certain chemical while at work.

After accounting for potentially influential factors, they found that some jobs may be linked to a heightened risk of disease.

Those who had worked as a hairdresser, barber or beautician appeared to have a three-fold higher risk.



Meanwhile, women who worked in accountancy for a decade were twice as likely to develop the disease while construction workers were almost three times as likely. Shop assistants and sales people had a 45% increased risk while those who make or alter clothes appeared to have an 85% increased risk. The researchers said that those found to have a higher risk were also more likely to be exposed to a number of "agents" including: cosmetic talc, ammonia, hydrogen peroxide, hair dust, synthetic fibres, polyester fibres, organic

dyes, and pigments and bleaches. "We observed associations suggesting that accountancy, hairdressing, sales, sewing and related occupations may be linked to excess risks," the authors wrote. "Further population-based research is needed to evaluate possible hazards for female workers and occupations commonly held by women." In a linked editorial, academics from the National Cancer Institute in Maryland in the US, point out that women are under-represented in "occupational cancer

research studies".

They said the study "reminds us that while the lack of representation of women in occupational cancer studies - and indeed, even potential strategies to address this issue - have been long recognised, there is still a need for improvement in studying women's occupational risks." "By excluding women, we miss the opportunity to identify risk factors for female-specific cancers, to evaluate whether sex-specific differences in risk occur, and to study exposures occurring in occupations held primarily by women."

Commenting on the study, Kevin McConway, emeritus professor of applied statistics at the Open University, said: "The researchers clearly state that their study was 'exploratory' and that it is 'aimed at generating new hypotheses'." "So, it is certainly not claiming that they have definitely found occupational groups, or exposures to chemicals and other agents, that are associated with ovarian cancer. "Even less are they claiming that being in certain occupations, or being exposed to certain chemicals at work, causes an increased risk of ovarian cancer."

"Instead, they aimed at suggesting occupational groups, and agents to which women might be exposed at work, that possibly might be associated with ovarian cancer risk, and they say clearly that further research is needed to give a more solid grounding" to any conclusions that might be drawn about associations between what women do at work and their risk of getting ovarian cancer."

# Eating a high protein diet damage your kidneys: Myth or fact?

**W**e consume protein in various forms - be it dairy products, meats or eggs. Many lentils and vegetables also contain protein in lower quantities. It is one of the macros of nutrition that everyone consumes in their diet in one form or another. Some people also choose to supplement their diet with additional protein in the form of Whey Protein. But, does it have a negative impact on your kidneys? Let's find out.

High protein diet does not damage your kidneys

Dietary Protein consumption has no proven effect on the health of your kidneys. Even if you consume a moderate amount of protein, there will be some health guru around who will tell you that you will damage your kidneys, don't believe it. A lack of basic understanding of the functioning of your body will have no positive impact on your lifestyle or health.

Know if eating a diet rich in protein damages your kidneys. Image courtesy: Shutterstock

Protein is an essential part of the human body. It is the building block of your anatomy and is



required in making hormones, enzymes, tissues, the growth of nails, growth of hair, the health of bones etc - essentially everything that you're made up of. The demand for protein in your body is so much that it becomes extremely difficult to overdo it. Here are some products that you can try:

- S. Boulardii Probiotic - S. Boulardii Saccharomyces Boulardii Gastrointestinal, Mens & Womens Probiotics - 440 Mg, Shelf Stable Immune Support, Ultimate Flora Probiotic

FIXUPHEALTH 500 mg Calcium and Vitamin D3 Tablets, for Bones and Muscle Care Unique Calcium -Vit D Bone Complex for Better Absorption Effervescent Tablets Orange Flavor - (20 Tablets)

Too much protein will cause digestive issues before the kidney comes into the picture, so stop worrying about too much protein. Consuming enough protein to cause digestive issues is an extremely high quantity and reaching that number for an individual is extremely improba-

ble. Protein is beneficial for your health

The normal diet of an Indian person is not just deficient in protein but protein is almost non-existent. We as people do not need to cut protein out of our diet but rather add more sources to assure better bodily function. There is no evidence to prove that protein damages your body. But unsurprisingly there are multiple studies that tell us the opposite, i.e. the positive impact of protein.

There is a study which was

published in the International Journal of Sports Nutrition and Exercise Metabolism in March 2000 which had participants who were body-builders and other well-trained athletes with high protein intake. They went into a 7-day nutrition record analysis as well as gave blood and urine for analysis. The study found that protein intake does not impact kidney function.

Not protein, but these things can damage your kidneys

Now if it's not protein that is damaging the kidneys which we thought it was, what is causing it? Well, there is nothing that does more damage than oxidative stress caused by elevated levels of insulin and blood glucose in the kidneys as well as the damage to the capillaries because of high blood glucose levels. What triggers insulin and blood glucose levels is the sugar and refined carbohydrates in the diet. So if you're so worried about kidney damage, you might want to consider reducing sugars and refined carbohydrates that have no function in your body rather than targeting protein which is the building block of the human body.

## AMAZING FOODS THAT CAN HELP EASE ANXIETY



**D**uring times of stress and anxiety, we tend to go down on salty snacks and sugary treats. While it activates the pleasure centres of our brain and may even make us feel better for a short window, but in long term, these high-fat foods end up doing more damage than good and make us prone to depression and anxiety. Processed meats, high sugar foods, tea and coffee can increase cortisol production and exacerbate anxiety symptoms. On the other hand, there are certain foods you can trust on to bring your anxiety levels down. Cashews, berries, oranges, dark chocolate, turmeric are some of the superfoods that can help ease anxiety. (Also read: 5 foods that trigger stress and anxiety)

"What you eat can have an impact on your emotional well-being. Certain foods can help support and soothe anxious feelings, while others may be agitators. Using food as medicine is a smart first line of defense for mild forms of anxiety. But as always, check with your healthcare practitioner to see what treatments are right for you. It is important to note that while these foods can be helpful in managing anxiety, they should not replace proper treatment," says Uma Naidoo, a Harvard Medical School-certified psychiatrist and nutrition specialist (Cornell University) in her recent Instagram post.

- Berries have antioxidants that can protect the body and brain from oxidative stress that can worsen anxiety.
- Brussels sprouts are rich in vitamin C, which can support the adrenal glands that produce stress hormones.
- Omega-3 fatty acids found in wild salmon have anti-inflammatory properties and may help reduce anxiety symptoms.
- Turmeric contains curcumin, which has been shown to have anti-anxiety effects.
- Probiotics in pickles can support gut health, which has been linked to improved mood.
- Avocados contain healthy fats and B vitamins that can help reduce stress and anxiety.
- Flavonoids in dark chocolate may have mood-boosting properties.
- L-theanine, an amino acid found in green tea, can promote relaxation and improve sleep.
- Swiss chard is a good source of magnesium and potassium, both of which can have calming effects on the body.

## Top 3 rules to follow when eating fruits for maximum benefits

**I**ncorporating fruits into your daily diet is a healthy lifestyle practice. Fruits are natural and rich in essential energy and nutrients for immunity. They contain a variety of vitamins, minerals, and enzymes, each with its own unique benefits. However, it's not just about eating fruits; there are certain rules one must follow to maximize the benefits of consuming fruits. Whether you're trying to improve your diet or just looking to make some healthy changes, these rules will help you make the most of your fruit intake. So, let's dive in and discover the secrets to unlocking the full potential of fruits. (Also read: Feel fresh and beat the heat: 6 summer fruits to eat for glowing and healthy skin)

"All fruits are extremely healthy in their own right, but it is advisable to eat fruits that are local to you. Contrary to the belief that imported fruits might be healthier, these fruits are packed much before they are ripe, thus diluting their nutritional value. Additionally, once they arrive at the markets, they are sprayed with chemicals to quickly and unnaturally ripen them.

# Meet the Experts Fighting Against Fitness Misinformation on TikTok

**B**rian Johnson, better known as the fitness influence Liver King, is a beast of a man. Jacked up with bulging biceps, rippling abs and a thick beard, he exploded in popularity on social media throughout 2022. He claimed his physique was a result of an "ancestral" diet consisting of raw animal organs, including testicles but especially the liver, hence the name.

Millions of people watched Liver King on TikTok, Instagram and YouTube, but Johnson's impressive physique wasn't because of his diet. He was taking steroids. A lot of steroids.

Mike Israetel, a competitive body-builder with a Ph.D. in sports physiology, was one of the folks who countered Johnson's fitness misinformation. In a video titled Primal Is Bullsh\*t, Israetel debunked claims made by Johnson about his ancestral diet.

"Modernity is good," Israetel said in the video. "That's why 'primal coaches' all go to the hospital, use social media and shop at the supermarket."

Months after the release of Israetel's videos, Johnson admitted his use of

steroids. The Liver King reportedly spent more than \$11,000 on performance-enhancement drugs.

Israetel says the average person today has more resources than ever to improve their fitness. However, many still lack a filter to discern what approach is scientifically backed and what is "bullsh\*t."

"I don't know how many people we converted with that video, but I will say there are lots of new people coming into fitness all the time," Israetel said during an interview in February. "And if they catch our videos earlier than later, they might be able to prevent themselves from being too bought into something." After taking a big hit during the COVID-19 pandemic, the fitness industry is estimated to grow to \$30.8 billion in 2023. Influencers like Johnson can amass millions of followers, and that often translates to large paychecks from sponsors or revenue generated from selling training plans, supplements or merchandise.

One study of 488 fitness influencers found that less than 20% of them had any related credentials. On platforms like TikTok and Instagram, popular-

ty isn't always based on good science. Algorithms can promote bad actors, creating a landscape filled with bad fitness information that, at best, could waste someone's money and time and, at worst, result in serious injury.

Countering this misinformation is a group of social media influencers who use their professional experience and scientific knowledge to debunk bad advice circulating across multiple platforms. These experts lift heavy weights to build their muscles, but they also do heavy reading to make gains in their knowledge.

Lifting up the science  
Braydon Barrett, aka @ooflikeyou on TikTok, has more than 287,000 followers. As a strength coach with more than 10 years of experience, Barrett says he's learned all the "secrets" when it comes to fitness. His distaste for influencers selling harmful practices is what led him to give those secrets away for free via social media and Discord.

Barrett began shooting down fitness misinformation on TikTok when he stumbled across an influencer spouting false claims after he had received an endorsement deal with a

supplement company. Barrett used his professional experience, his biochemistry background and various studies to disprove what the influencer said. "There's a lot of fitness bull crap out there on TikTok and, frankly, I really don't care about much of it," Barrett said. "I will respond and I will make a video if it is downright dangerous for people to be implementing." There's always been misinformation in the fitness industry. What's changed is a growing societal emphasis on health and an expansion of social media. As more people search for ways to improve their health, the volume of fitness info has exploded. With that growth comes more misinformation, according to Andy Galpin, a professor of kinesiology at CSU Fullerton and director of the Center for Sport Performance.

Talking about health catches people's attention, he says, especially if what's said is intentionally audacious. When it comes to health information, Galpin says there are many methods, but the concepts are few. "There's not one optimal strategy for you," Galpin said. "There are, in all

likelihood, thousands of different strategies that will be equally effective for you. So you don't have to find that one perfect magic strategy. That's totally unnecessary for the vast majority of people." TikTok didn't provide a comment on fitness misinformation on its platform. The company has previously said its community guidelines "make clear that we do not allow harmful misinformation and will remove it from the platform."

Hungry for knowledge gains  
With all the fitness misinformation on social media, can you find good, science-backed data to help you make gains? Experts say yes -- if you know what to look out for.

When Redain Cajie wanted to learn more about bodybuilding, the 22-year-old criminal justice student at Rutgers struggled to find quality information on social media. At the start of the pandemic in 2020, he began surfing TikTok and noticed how much bad information was being spread on the platform. So he started doing his own research into the science behind building muscle.

He started a video series called The Guy with the Tie. He came up with

the idea while dressed in a suit for his banking job. He would record himself watching a video, and if the influencer started doling out false claims, Cajie would take off his tie.

It was a big hit for the young TikToker. He currently has more than 191,000 followers and posts a steady stream of fitness and nutrition tips while also debunking misinformation.

"I want to spread correct information and give people access to information that I worked so hard to get," Cajie said. "I'm just an educator and a content creator."

@redaincajie Replying to @redaincajie PROTEIN IS BAD #tpp #trending #fitness #health #tym #greenscreens #greenscreen ? original sound - Redain Cajie  
Cajie knows a lot about weightlifting and answers questions he receives via social media, but there are some things even he doesn't have answers for. He'll then do what he suggests others do as well: seek out experts.

"I'm human. I don't know everything in the world, but I help out as much as I can to help people better their lives," he said.



# DC Budgam reviews progress of various projects & schemes of line departments in monthly Sectoral meeting

**Directs Officers to achieve saturation in coverage & complete projects within decided timeline**

J1 NEWS SERVICE

BUDGAM, JULY 12: The Deputy Commissioner (DC), Budgam, Akshay Labroo reviewed the progress of the various projects and schemes pertaining to various line departments in a monthly Sectoral review meeting, held here.

The meeting held threadbare discussions on the agenda points of the meeting viz. Block wise Functional Household Tap Coverage (FHTC), block wise review of number of FHTCs added during the last two months under Jal Jeevan mission in the district, status of all the works under District Capex plan 2023-2024, beautification of Humhama-Budgam road and Budgam town. It also reviewed status of



work on clock tower Budgam, beautification of park near clock tower, works related to inner roads within bus adda, works related to landscaping of Humhama-Budgam road and Budgam town. It also reviewed status of



status of works at Badipora, identified during block diwas in the area, plan for initiation of works during follow up of block diwas at Kandoura. The chair also took status of works at Behram cave Beerwah,

macadamization of Mirgund - old bus adda road, panchayat wise status of play fields, progress under recruitment of Anganwadi sahayikas/ sanginies pertaining to ICDS, review of status of telecom network in Doodpathr & Youssang, plan for digitization of backlog mutations and status of in-situ promotions of eligible employees.

The DC emphasized speedy work completion on all projects including clock tower, PRIs accommodation, transit accommodation, multi-level parking, development of playgrounds in all panchayats, street lighting work on Jal Jeevan Mission related projects. Stressing on proper sanitation and cleanliness and beautification of Humhama - Budgam road, the DC directed EO of Municipal

Committee Budgam to strengthen lifting of garbage besides clearance of legacy waste and ensure proper disposal on daily basis.

The DC emphasized on the need for effective coordination and collaboration among departments to ensure overall development of the district.

He instructed concerned officers to resolve issues halting work on major projects, so that the projects are completed within the fixed timeframe.

The meeting was attended by officers from various departments, including JD Planning, Rafiq Ahmad, CEO, CMO, DFO, ACD, ACP, CAO, CHO, all SDMs, Executive Engineer's of all wings, all Tehsildar's, all BDOs, EO's of all MCs, and other concerned Officers and officials of the district.

# SP College Srinagar accredited with Grade A+ by NAAC

J1 NEWS SERVICE

SRINAGAR, JULY 12: In a significant achievement, Sri Pratap College, Srinagar has been accredited with Grade A+ by NAAC. The NAAC team comprised of Dr. Satyanarayana Sirasani, Chairperson; Dr. Annasabeh Shankar Rayama, Member Coordinator and Dr. Yashodhara Sharma, Member, in the month of June, conducted an exhaustive assessment of the College and expressed their appreciation and satisfaction with regard to academics, extra-curricular activities, infrastructure and research activities of the college.

Speaking on this development, Principal SP College, Prof. Ghulam Jeelani Qureshi expressed satisfaction with the NAAC assessment and congratulated all the stakeholders who made it possible for the College. "This is a special moment and would not have been possible without the untiring efforts and sincere dedication of the entire College staff, both teaching and non-teaching as well as research scholars and students" he said.

The Principal also expressed his gratitude to Principal Secretary Education Alok Kumar; Director Colleges, Prof (Dr.) Yasmeen Ashai; Director Finance and Planning and Nodal Principal, Kashmir Division Colleges for the constant support and timely guidance provided for successful completion of the re-accreditation process.

# DC Bandipora reviews progress on Ring Road project

J1 NEWS SERVICE

BANDIPORA, JULY 12: The Deputy Commissioner (DC) Bandipora, Dr. Owais Ahmed today convened a meeting of Officers to review the progress of work on the ambitious ring road project.

The meeting discussed in detail progress achieved and other issues of the ring road project.

Speaking on the occasion, the DC asked the concerned authorities to conduct demarcation of the land involved keeping in consideration less damage to property.

He directed the concerned officials to clear all the bottle necks so that the project is completed in a timely manner. He assured all possible support from District Administration in construction of the ring road project and asked the concerned to remove bottlenecks without delay.

The meeting was attended by ADC Bandipora, SDM Sumbal, Tehsildar Sumbal and other concerned officers.

# Director Agriculture visits SMFs at Harran Budgam, Gangbush Sgr

J1 NEWS SERVICE

SRINAGAR, JULY 12: The Director Agriculture Kashmir, Chowdhury Mohammad Iqbal today visited seed multiplication farm (SMF) Harran Budgam and interacted with the staff/ technical experts there. He also took stock of various agriculture interventions adopted by the said farm.

Addressing the staff at farm, Director Agriculture expressed satisfaction and said, "We are endeavouring to provide seed/moisture of different vegetable crops to the farming community round the year. He asked the concerned to put in all the efforts so that more and more seed could be produced from departmental farms".

Director Agriculture said that the department is committed to provide quality planting material to the farmers. He said that vegetable cultivation is now not only restricted to the rural areas but is gaining popularity in urban areas as well, therefore the department has to play a big role.

Earlier, the farm manager informed the Director about various interventions that are being adopted by the technical experts during the seed/seeding production process.

Later, the Director Agriculture visited seed multiplication farm Gangbush Srinagar and inspected different blocks of the farm. The Farm Manager gave a detailed presentation of different agriculture activities conducted at the farm.

# GDC Qazigund commemorates 'World Population Day'

J1 NEWS SERVICE



ANANITNAG, JULY 12: To commemorate the "World Population Day", the Department of Sociology and Urdu Government Degree College (GDC) Qazigund organized a symposium on the theme "Unleashing the power of gender equality: Unlifting the voices of women and girls to unlock our world's infinite possibilities", here.

Principal, Prof. G.R Verma presented introductory remarks about the theme thereby highlighting the challenges of population growth and possible alternatives to maintain balance.

Prof. Mohd Maqbool Pala in his address highlighted the evolutionary aspect of population growth along with its positive impact. Students from different semesters threw light on the theme by presenting the speeches.

A quiz programme on the theme was also held wherein students participated with enthusiasm.

In their speech, Mehru Mushtaq, Syed Madiha and Adfar Jan of 5th semester secured 1st, 2nd and 3rd positions respectively and in the Quiz, Group C comprising of students Mehru Mushtaq, Syed Madiha Andrab and Syed Fizaay were adjudged as the winners by the jury members.

# Weekly Block Diwas: Samba Administration convenes public outreach camp at Panchayat Bagla Jakh

J1 NEWS SERVICE

SAMBA, JULY 12: The District Administration Samba today convened a Block Diwas public outreach camp at Panchayat Bagla Jakh to assess the local issues and listen to the grievances of the people and resolve the same with the intervention of the concerned officers and the representatives of Panchayati Raj institutions.

Deputy Commissioner Samba, Abhishek Sharma and a team of senior functionaries listened to the issues of the locals. Sarpanch Ramesh Chand, in his opening remarks, lauded the arrangements made by District Administration Samba for the Amarnath Yatra. Furthermore, he also appreciated the functioning of different departments such as PDD,



Health etc. for the welfare of the citizens.

Several issues including release of land compensation, issuance of building permissions and improvement of drainage system were also raised during the camp.

The people of the area also sought augmentation of basic amenities such as adequate power supply, portable water, healthcare, education, and road connectivity etc.

After listening to the locals, the Deputy Commissioner directed the concerned departmental heads to resolve the issues expeditiously and submit the action taken report before the next scheduled Block Diwas.

It was appraised by the chair that the compensation to the tune of Rs 11 crore has been disbursed to the land owners till date and remaining claims will be cleared in a time bound manner.

# Implementation of Poshan project reviewed in Udhampur

J1 NEWS SERVICE

UDHAMPUR, JULY 12: To take review of the progress achieved in the implementation of Poshan project (Social Welfare Department), Subhash Chander Dogra, newly appointed District Programme Officer, Poshan Udhampur today conducted a day long extensive tour of various Anganwadi centres of adjoining areas of Block Udhampur.

During the tour, he reviewed all the schemes (viz. Poshan Abhiyan, Pradhan Mantra Matru Vandana Yojna) being implemented at grass-roots level.

He directed the CDPs to keep close check and visit to the AWCs to ensure effective implementation of Poshan Schemes and also ensure that no beneficiary is left out in the process.

While visiting Anganwadi centres, the District Programme Officer, Poshan emphasized upon the Supervisors/ Anganwadi Workers/Helpers to gear up the process for distribution of Supplementary Nutrition as per guideline in vogue within stipulated time framed by the Higher Authorities.

He also stressed upon the AWWs to

visit door to door and inform the beneficiaries oriented schemes being implemented by this sector. Besides this, instructions were also passed to the Anganwadi Worker to track the activities of Anganwadi centres viz growth monitoring, attendance, community based events etc on newly launched application namely Poshan Tracker on daily basis.

He also issued directions to AWWs to maintain punctuality in AWCs, conduct Pre-school activities, Community Based events and also maintain the record of AWC particularly survey register, distribution of nutrition items etc.

# DC Bandipora presides over Block Diwas at Arin

**District Administration committed for overall development of Bandipora: Dr Owais**

J1 NEWS SERVICE

BANDIPORA, JULY 12: The District Administration Bandipora on Wednesday organised Block Diwas under Jan Abhiyan for the Aspirational Block Arin at Shokhbaba Fisheries Farm.

The program was presided over by Deputy Commissioner (DC) Bandipora, Dr. Owais Ahmed and was attended by DDC Member Arin, Gh Mohiuddin, Nodal Officer Coordination Mohammad Ashraf Hakak, JD Planning, Imtiyaz

Ahmad, Assistant Commissioner Panchayat, BDO Arin, CEO, Executive Engineers of PHE, R&B, District officers, PRIs and General public.

The locals and PRIs present on the occasion flagged-off various developmental issues pertaining to their area and also highlighted efforts of the District Administration in carrying out works of various developmental projects in the area.

The demands raised by PRIs include Nayabat for Kudara and

Surrender areas, accommodation for panchayats, opening of bank branches, ration supply, beautification of Arin Nallah banks, PDD billing queries, issues related to dispensaries, Anganwadi centres, and transportation for students and general public.

The locals also appreciated the coordination between elected representatives and District Administration which resulted in the development of the area on various fronts.

The DC, after patiently listening

to the public issues, passed on the directions for redressal of various issues on the spot and also assured time bound redressal of left out issues. He directed the Divisional Forest Officer to prepare DPR for the beautification of Arin Nallah. Highlighting the motive of grass-roots level democracy, the DC urged people to participate in Gram Sabhas and be part of planning for their respective areas.

He urged the PRIs to submit the estimates and plans for timely implementation and completion of

various developmental works.

Dr Owais also urged PRIs to prioritize the works related to education and health as per the requirements of the area.

The DDC member Arin also spoke on the occasion and presented various issues of the area besides appreciating the District Administration for coordination and support provided by all concerned officers.

He also highlighted work done under various schemes of JIM and Rural development.

# Weekly Block Diwas: Public outreach programs held at 8 places in Doda District

J1 NEWS SERVICE

DODA, JULY 12: District Development Commissioner, Doda Vishes Mahajan today said that the district administration is planning to promote Picturesque Chiralla Tehsil as a major offbeat tourist destination of the District.

The Deputy Commissioner, along with SSP Abdul Qayyum, SDM Thathri Athar Amin and other district officers were interacting with PRIs and locals during his tour to the mountainous Tehsil. The Team of officers interacted with the locals at Chagsoo, Panchai, Sunarhawa and Sewa villages, besides met people enroute to listen to their demands and know the public aspirations for better planning and quality services.

The DC announced to hold a



Bike Rally in Chiralla to promote tourism potential destinations in the area.

The DC and SSP accepted the invitation of locals for their participation in Dangal (Local Wrestling) at picturesque Jantroon Dhaar. The DC urged locals to start provision of Homestays in the area to attract the tourists. He asked the people to enjoy and

cherish the glory of the unmatched growth and development of the UT and the district.

The Major demands projected during the tour in Chiralla tehsil included meeting shortage of water supply in Gurekra, Suli, Chagsoo, and other areas of the Tehsil. Completion of PHE building at Chagsoo, Road connectivity to Jantroon Dhar, Construction of

Sports Grounds, Up-gradation of Schools, Grad Degree College for the area, SRTC bus service for Sewa, Development of Tourism infrastructure and be part of planning for their respective areas.

The DC also spoke on Holistic Agriculture Development Plan, Nasha Mukat Bharat Abhiyan, Swachhta Abhyaan, ADBHUT Doda and other such initiatives of the UT and District Administration.

Meanwhile, ADC Baderwah Chowdhury Dil Mir and other officers met people at Block Headquarter Bhalla to resolve the public demands and reach out to the local aspirations. SDM Gandoh, Ashraf Parveiz listened to the grievances of the people at Panchayat Changa B, while SDM Assar Lekh Raj interacted with PRIs and local people at PWD Dak Bungalow Ramgarh.

# Div Com Kashmir Reviews Independence Day, 2023 celebrations

JI NEWS SERVICE

SRINAGAR, JULY 12: The Divisional Commissioner (Div Com) Kashmir, Vijay Kumar Bidhuri today chaired a meeting of officers to review the arrangements for the celebration of Independence Day-2023.

The meeting was informed that the main function will be held at S.K Cricket Stadium in summer capital Srinagar, where the chief guest shall hoist the National Flag. At the outset, Div Com highlighted the importance of national festival and sensitized Deputy Commissioners, SSPs and other concerned officers of line departments about their role and responsibility and directed them to make fool-proof arrangements in advance for the smooth conduct of celebrations in all districts. He said that there shall be no relaxations to any loopholes.

The meeting discussed through-bare the arrangements for security, traffic, security passes, seating

## STRESSES ON FOOL-PROOF PREPARATIONS



arrangements, decoration, Shehnaaz, illumination of offices, P.A.S. Power and water supply, sanitation, medicare facilities, invitation cards, cultural activities. He impressed on the officers of Police, CRPF, BSF, etc besides Director Colleges, Director School Education and NCC for preparing parade contingents.

The contingents of J&K Police, Armed, CRPF, Lady Contingents,

Home Guard, Fire and Emergency Services and Forest Protection Force shall participate in the march past and make hand arrangements as per past practice.

He impressed on all the officers to conduct site visits to assess the requirements and to demarcate and identify the area for March past and hoisting of flag over mast.

The meeting was informed that the Information Department shall make arrangements for installation of Public Addressing System and web casting at important locations.

Besides, he asked CE, KPDC to ensure power supply to the Stadium and make arrangements for illumination of government buildings to mark the celebration of the festival.

He also impressed upon the concerned to make arrangements for students and artists to facilitate their participation in the Independence Day celebration besides their boarding and lodging.

Moreover, SSP Traffic and RTO Kashmir were asked to chalk out a plan for the streamlined movement of vehicles and parking locations with a proper map.

Also, Div Com asked Police officers to issue security passes to the participants and invites to facilitate their movement.

The concerned Officer from Government Press was asked to prepare, design and print invitation cards.

Besides, Div Com asked Deputy Commissioners to conduct a review meeting of their respective districts regarding the celebration of Independence Day.

Among others, the meeting was attended by DIC CRPF, DC Srinagar, Directors of School Education, Floriculture, RTO Kashmir, Chief Engineers from R&B, KPDC, General Manager J&K SRTC, Additional Deputy Commissioner Srinagar, JD Information & PR Kashmir and representatives from PHE, Skill Development, H&P, Fire & Emergency, JKAACL, SMC, Higher Education, Door Darshan, NCC, UEED, RDD, Government Press, YS&S and other concerned departments.

IG Police Kashmir, DCs, SSPs, SSP Security, SSP Traffic and other concerned also attended the meeting through video-conferencing.

# Director Horticulture launches Fruit Plantation drive in District Samba

JI NEWS SERVICE



SAMBA, JULY 12: To promote the plantation of fruit plants amid rainy season, especially in the sub-tropical areas of Jammu Division, Director Horticulture Jammu Ram Sevak, today launched plantation process in District Samba by planting a sapling of Lime plant for compact plantation over an area of 20 Kanal of a farmer at village Jatwal of Horticulture zone Gagwal.

Chief Horticulture Officer Samba, Mukesh Sharma, Horticulture Development Officer Gagwal, PRI members and farmers were also present.

Interacting with the farmers, the Director stressed the need to encourage High Density Plantation in the area. He said that the rainy season is most suitable for new plantations, especially in the Kandli area and the farmers should adopt a cluster approach to establish new orchards.

The department is providing all assistance to the farmers on different components viz: Protected cultivation, Water harvesting tanks, Bore wells, Drip irrigation system, Vermicompost units, Strawberry plantation, Mechanized farming, Tools / implements etc.

and they should take all the benefits for upliftment of their socio-economic status.

He also briefed the farmers about the newly launched Holistic Agriculture Development Programme (HADP) providing incentives / assistance for the welfare of the farming community. He said that keeping in view the suitable agro-climatic conditions, there is immense potential for horticulture crops in the area which must be tapped.

# Awareness Programme on NALSA held in Udhampur

JI NEWS SERVICE

UDAHMPUR, JULY 12: District Legal Services Authority, Udhampur, under the guidance of its Chairman, Haq Nawaz Zargar and under overall supervision of Secretary, Ajay Kumar today organized an awareness programme on NALSA (Legal Services to the Workers in the Unorganised Sector) Scheme, 2015 in coordination with Labour Department Udhampur, here at Salabha Chowk.

The aim of the programme was to generate awareness about the Labour issues and educate the masses especially unorganized workers about the various provisions of the scheme.

The resource person enlightened the workers of the unorganized sector regarding the benefits of the NALSA Scheme. The Resource person of the Programme was Panel Lawyer Adv. Sanjeev Bavouria and assisted by P.V's Rajinder Kumar and Brahma Nand.

Later, the Resource Person thanked the Staff from the Labour Department present in the program and all the participants for the smooth conduct of the Awareness Programme.

# DC Kulgam presides over Grievances redressal camp at Devsar

Mitigation of issues & grievances, priority of Administration: Dr Bilal



JI NEWS SERVICE

KULGAM, JULY 12: Prioritizing redressal of grievances & issues at the door steps of people, the Deputy Commissioner (DC) Kulgam, Dr. Bilal-Moh-Ud-Din Bhat today visited Devsar and presided over a grievances redressal camp.

The programme witnessed overwhelming response from PRIs and general public especially from youth who participated to highlight issues and grievances confronting their areas for early redressal.

Officers from District Administration including ADC Vigar Ahmad Giri, ACR Mir Imtiaz Ul Aziz, ACD Mohammad Imran, CEO, Ewen Jal Shakil, Tehsildar Pabool, Devsar, BDOs, BMO and other officers were present in the camps.

People from Nowpora, Kilam, Brinai, Mandhool, Maskhud, Chowgam, Tankipora and other areas participated in this grievance redressal camp and apprised the DC about their issues and grievances besides projected developmental demands and requirements of their areas.

Officers and heads of departments also responded to the queries and grievances of the people pertaining to their departments and intimated people about various welfare schemes and ongoing developmental projects.

The DC after giving patient hearing to the public addressed some of the grievances on the spot.

He also added that early redressal of public grievances is the priority of administration and instructed the officers to ensure prompt response in mitigation of public issues and grievances. Meanwhile, grievances redressal camps were also held at Block D. H. Pora and Block Kulgam.

# Block Diwas held at Shopian

ADC listens to people's grievances

JI NEWS SERVICE

SHOPIAN, JULY 12: The District Administration Shopian today held Block Diwas at Block Office, Gagren Shopian in order to assess the local issues and listen to the grievances of the people for their speedy disposal. The outreach programme was presided over by Additional Deputy Commissioner (ADC) Yar Ali Khan.

Several public issues including repairs of Ramnagri-Khan Mohalla road, Saidpora-Gorikhal road, Macadamization of Ramnagri-Vehil road, Upgradation of Girls School Ramnagri, Installation of Solar lights, repairs of lanes and drains, providing of portable drinking water facility etc. were projected by the people of various areas of Shopian.

The ADC gave a patient hearing to the grievances raised and assured quality disposal of genuine issues in a time-bound manner while directing the concerned officers to resolve the same expeditiously to facilitate the common masses of the Shopian.

While interacting with the local people and the delegations, the ADC said that the Block Diwas is being organised across the length and breadth of the District Shopian, with the sole objective to provide a more transparent, accountable, public-friendly and responsive Administration to the people. He said that the permanent nature of Block Diwas is to ensure effective service delivery to the public by different departments, besides evolving a vibrant mechanism for on-the-spot redressal of public Grievances.

On the occasion, officers and officials of line departments responded to the queries and grievances of the people and also intimated people about departmental schemes available for the public welfare.

BDO Shopian, PRIs, Engineers of various engineering wings and other concerned officials of line departments were present at the event.

# Secy Health chairs 10th BoDs meet of JKMSCL

JI NEWS SERVICE

SRINAGAR, JULY 12: Secretary, Health and Medical Education, Bhubinder Kumar today chaired the 10th Board of Directors (BoDs) meet of Jammu and Kashmir Medical Supplies Corporation Limited (JKMSCL) here. The meeting was attended by Managing Director, JKMSCL, Principals of Govt. Medical Colleges, Srinagar/Jammu/Anantnag/Baramulla/Doda/Kathua/Rajouri/Handwara/Udhampur, Principal Govt. Dental College Srinagar/Jammu, Director Health Services, Kashmir/Jammu, Director Ayush, Director General Codes, Director Finance, Health & Medical Education, Director Family Welfare, Controller Drug & Foods Controller Organization and other officers of JKMSCL and other allied departments. During the meeting, the BoDs discussed various issues related to functioning of the



Corporation and suggested measures to improve its profitability. The Board deliberated on various other issues related to bringing efficiency in the operationalisation of the corporation. The BoDs during the meeting ratified the decisions of last Finance Committee Meeting of JKMSCL which included consideration of revised budget estimates for the year 2022-23 and proposed budget estimates for the Financial year 2023-24, issue of penalties imposed during Covid period, revision

of the clause for release of performance security and others. The Board also delegated powers to Managing Director, JKMSCL to accord Administrative approval for executing works. During the meeting, the Board was informed about different kinds of procurements undertaken by JKMSCL over the last one year like procurement for prestigious State Cancer Institute Jammu, hiring of services of Bio Medical Equipment Maintenance for GMC Jammu and Srinagar.

# Market Checking held at Dooru; Rs 6k fine imposed on erring traders

JI NEWS SERVICE

ANANTNAG, JULY 12: In view of upcoming Muharram ul Haram and to prevent overcharging, hoarding and other unfair trade practices, a team of officers led by the Subdivisional Magistrate (SDM) Dooru, Parvaiz Rahim today conducted an extensive Market checking and imposed fine on erring traders.

Sub Divisional Magistrate along with officers from allied departments viz. FCS&CA, Municipal Committee Dooru etc carried out intensive market checking drives to ensure fair pricing and quality assurance in local markets, with a strong focus on curbing overcharging and the sale of substandard food items.

During the market checking, numerous cases of overcharging were

discovered, where traders were found exploiting the market conditions and charging exorbitant prices for essential goods and commodities.

As a consequence, strict penalties and fines of Rs. 6000 were realised from defaulters.

SDM urged all stakeholders, including traders, business owners, and consumers, to uphold ethical practices, transparency, and accountability.

# JKTPO organizes Export Awareness cum E-commerce Onboarding Drive in District Ganderbal

JI NEWS SERVICE

GANDERBAL, JULY 12: In an effort to promote and facilitate exports from District Ganderbal, an Export Awareness Workshop cum E-commerce Onboarding event was organised by Jammu and Kashmir Trade Promotion Organisation (JKTPO) under the aegis of Industries & Commerce Department.

The event was organized as per the directions of Vikramjit Singh Commissioner Secretary Industries & Commerce and under the guid-

ance of Khalid Jahangir, Managing Director, JKTPO in collaboration with District Administration Ganderbal.

This event brings together esteemed speakers and industry experts from Government of India and other renowned organizations such as DGFT, APEDA, MYSORE, ONDC, Walmart vridhii, and FIEO.

The workshop aims to provide valuable insights and practical knowledge to local businesses looking to expand their operations in the global market.

The Export Awareness Workshop cum E-commerce Onboarding event serves as a platform for entrepreneurs, exporters, and aspiring businesses to learn about the intricacies of export procedures, e-commerce strategies, and international trade best practices. During this opportunity, participants interacted with experts and gained a comprehensive understanding of the export landscape, along with insights into leveraging e-commerce platforms for enhanced global reach. The forum was addressed by A.K

Bhushan, Dy Director from DGFT who informed participants about Government policies, export regulations, step by step procedure of generating Import/Export code and other available incentives which provided attendees with crucial information to navigate the complex export ecosystem. Davinder Kumar Tyagi, Asst. Director MSME, J&K conveyed participants about various schemes/incentives/benefits offered by Ministry of MSME, Government of India and the special focus was laid on the schemes

endorsing exports among MSME sector. Dr. Kausar Fatima BDM, APEDA discussed the potential of agricultural exports, market trends, and the necessary certifications and standards required for exporting high-quality agricultural products.

Prabakar, Category Lead ONDC, a pioneering initiative in the digital trade ecosystem, showcased the opportunities and advantages offered by their platform, facilitating seamless end-to-end integration for businesses in the e-commerce sector.

# Block Diwas: DC Rajouri listens to people's issues at Rajnagar

Inaugurates construction of Rs 5.13 cr Water Supply Scheme for the area

JI NEWS SERVICE

RAJOURI, JULY 12: Deputy Commissioner Rajouri, Vikas Kundal, today inaugurated the construction of Rapid Sand Filtration plant taken up under Jal Jeevan Mission here at Rajnagar tower in Block Budhal New. The Water Supply Project costing Rs 5.13 crore envisages providing Functional Tap Connections (FHTCs) to 557 Households.

The Rapid Sand Filtration plant will provide clean and safe drinking water to the people of Rajnagar and surrounding areas. The locals hailed the initiative as a significant step towards ensuring the overall health and well-being of the people.

Later, as part of the weekly Block Diwas, the Deputy Commissioner convened a public outreach camp to listen to the demands of the locals.

The Deputy Commissioner interacted with the locals and listened to their issues



and concerns. He assured them that their problems would be addressed on a priority basis and directed the concerned officials to take necessary action.

The camp witnessed a good turnout as people from different parts of the block raised their demands and issues amid rainy weather. The locals demanded macadamization of roads, up-gradation of

schools, adequate staff in Government institutions and the augmentation of health infrastructure.

Specific issues highlighted during the event included establishment of tourist village at Rajnagar, up-gradation of PHC Budhal, meeting shortage of teachers, up-gradation of Government High School Ghabbar; renovation of Budhal to Ghabbar

road, provision of electricity poles, bridge from Ghabbar to Ghuleer, speedy implementation of JIM schemes etc. Responding to the demands, the DC sought active cooperation from the general public in achieving the development objectives. He called for close coordination among departments and PRIs to achieve desired development objectives.

He also urged the youth to avail benefits of self-employment schemes launched by the government to establish their own ventures.

He encouraged the youth to become self-reliant and contribute to the development of the region.

He also took the opportunity to educate the locals about various government schemes and programs, and urged them to take advantage of these initiatives.

He emphasized the need to create awareness among the people about these schemes, so that they can benefit from them.

# Div Com Jammu kick starts Plantation Drive along newly constructed Ring Road

JJ NEWS SERVICE

JAMMU, JULY 12: In a significant move towards environmental conservation and beautification, Divisional Commissioner Jammu, Ramesh Kumar, on Wednesday kick started a plantation drive at Miran Sahib, along the newly constructed Ring Road Jammu.

This plantation drive was organized by the National Highways Authority of India (NHAI) with the aim to enhance the green cover and promote sustainability in the region.

Pertinently, Under the aegis of 'Azadi Ka Amrit Mahotsav', NHAI has organized a nationwide plantation drive to plant about 3 lakh saplings across 300 sites along the National Highways in a single day.

The plantation drive, launched with great enthusiasm, saw the active participation of government officials, PRIs, local resi-



dents, school students and volunteers who came together to contribute to the cause.

Hundreds of saplings of different indigenous species were planted along the stretch of the Ring Road to create a vibrant and ecologically diverse landscape.

of pollution and contribute to the overall well-being of the community.

The Divisional Commissioner Jammu, Ramesh Kumar, emphasized the significance of the plantation drive, stating, "Our aim is to transform the landscape and make it more sustainable and ecologically balanced. Planting trees along the newly constructed Ring Road will not only enhance its aesthetic appeal but also provide numerous ecological benefits, such as air purification, soil erosion prevention".

PD NHAI, while speaking on the occasion, said the plantation drive is part of a nationwide plantation drive aimed at promoting ecological balance and environmental sustainability.

Local residents expressed their support and appreciation for the initiative, recognizing the long-term benefits it would bring to the community. They believe that the increased green cover will not

# DDC Vice Chairperson Udhampur inaugurates work of JJM Water Supply Scheme Pathwar

JJ NEWS SERVICE

UDHAMPUR, JULY 12: Vice Chairperson District Development Council (DDC) Udhampur, Jishi Manhas Pathania, today inaugurated the water supply scheme under the Jal Jeevan Mission at village Jakhanoo, Panchayat Palnoo of Block Khoon. The event marked an important milestone in the mission to provide safe and sustainable drinking water to every rural household in the district.

The Jal Jeevan Mission is a flagship program of the Government of India aimed at ensuring availability of potable water to all households in rural areas. With a vision to provide tap water connections to every rural household by 2024, the mission has been instrumental in transforming the lives of millions across the country.

The Inauguration ceremony was attended by several dignitaries, including government officials, local representatives, and community members. The event commenced with the ribbon-cutting by the DDC Vice Chairperson.

Speaking at the event, the Vice Chairperson emphasized the importance of clean drinking water for the overall health and well-being of people. She highlighted the government's commitment to provide safe water to every citizen and applauded the efforts made under the Jal Jeevan Mission to achieve this goal. Installation of these components at Jakhanoo village is expected to benefit approximately 200 households in the area. It will ensure a regular supply of clean and safe drinking water directly from the Dug well at Khoon, eliminating the need for villagers to travel long distances in search of water sources or remaining dependent on indirect water supply from nearby villages. This development will significantly improve the quality of life for the residents and contribute to their overall socio-economic development. The Vice Chairperson assured the gathering that the administration is committed to completing the project within the stipulated time frame and ensuring the successful implementation of the Jal Jeevan Mission across the district.

Pathania also took stock of the public grievances regarding power supply, drinking water, road connectivity, health infrastructure, requirement of electric poles, repair of hand-pumps etc. She assured the gathering that she will take up all the issues raised with the district administration and try to resolve them at the earliest.

# Block Diwas: Public Grievance and Redressal Camp held at Basohli

JJ NEWS SERVICE

KATHUA, JULY 12: To listen to the grievances of the people at their doorsteps, the Block Diwas Public Grievance and Redressal Camp was held at Multi Purpose hall of Jawahar Navodaya Vidyalaya here at Basohli.

Chairman DDC Kathua Col (Retd) Mahan Singh, Deputy Commissioner Kathua Rakesh Minhas jointly presided over the camp where PRIs and district and

sectoral officers were also present.

During the camp, issues ranging from shortage of staff in educational and health institutions, repair of handpumps, early completion of sports stadium in Basohli, scarcity of drinking water, replacing of worn out electricity wires and poles etc were chiefly highlighted by the public and PRIs.

Speaking on the occasion, the Chairman DDC Kathua said

The move would serve as a vital intervention to combat deforestation, mitigate the effects of climate change and foster biodiversity conservation. By increasing the green cover in urban areas, such initiatives help to counteract the adverse impacts

people. Mahan Singh informed the gathering that an array of steps have been taken to project Basohli as a major tourist destination. He said the people associated with the art of Basohli paintings and Pashmina Work are being given adequate handholding to make these world class products. He said after the successful inclusion of Basohli paintings as GI Tag product, efforts are being made to also register Pashmina for its exclusive GI tag-

ging as this will help in preserving the legacy as well strengthen the economic condition of artisans to a great extent. After giving a patient hearing to the issues and demands of the people, the DC directed concerned officers to redress the same in a time bound manner.

Referring to the key projects coming up in Basohli, the DC informed that work on the state of art Water Sports Complex is nearing completion.

### PUBLIC NOTICE

Vishal Kumar, Son Of Late Sh. Jagdish Raj, born on 15 Nov 1983 residing at H.No. 272 Sec-9 Namak Nagar near Sunny Book Center Jammu, Pincode: 180004 Shall henceforth be known as Vishal Kumar Sadhotra.

# JKRLM wins SKOCH Gold Award for Marketing Avenues to SHGs

JJ NEWS SERVICE

SRINAGAR, JULY 12: Jammu and Kashmir Rural Livelihoods Mission (JKRLM) has bagged the SKOCH Award under the theme "State of Governance India 2024" in Gold category for its outstanding efforts in creating marketing avenues for Self-Help Groups (SHGs) in the UT of Jammu & Kashmir.

SKOCH award marks a significant milestone for JKRLM, being the first award received since the inception of the scheme. This recognition represents a remarkable accomplishment for the organization. The award is a recognition for the JKRLM to the hard work and dedication of the JKRLM team, especially its Mission Director, who has been instrumental in driving the Mission's major goal of creating marketing opportunities from district level avenues to national level platforms. During the award process, the Mission first got order of merit certificate based on its first round of presentation and voting and thereafter final judging was done on final presentation delivered today by Mission Director JKRLM.

Mission Director JKRLM, Indu Kanwal Chib highlighted the achievements of Mission and the various innovative measures taken by JKRLM to create sustainable marketing avenues for SHGs in Jammu & Kashmir. JKRLM has introduced several groundbreaking initiatives that

have transformed the lives of countless women associated with self-help groups.

The AVSAR scheme, Umeed Women's Haat, and District Rural Haat Shg products available on e-commerce platforms are prime examples of these initiatives, which have not only provided a platform for SHGs to showcase their products but have also opened up new marketing avenues for them.

Under AVSAR scheme of Airport Authority of India, which encompasses setting up shops at Airports, has provided SHGs with an incredible opportunity to showcase and sell their locally produced handicrafts, and handloom and other products to a diverse range of customers, including national and international tourists. This initiative has not only boosted the income of SHG members but has also helped in preserving and promoting the rich cultural heritage of Jammu and Kashmir.

Umeed Women's Haat and District Rural Haat are two innovative models that have facilitated direct market linkages for SHGs. These haats serve as vibrant marketplaces where SHG members can directly interact with consumers, display their products, and negotiate fair prices. By eliminating intermediaries, these initiatives have significantly enhanced the income and economic independence of women associated with SHGs, thereby empowering them to lead better lives.

Another major initiative was to make SHG products available on e-commerce platforms like Meesho, Flipkart and Amazon, thus helping the rural women connecting to global e-commerce platforms thereby increasing the scale of their business.

Commenting on the award received by her Indu Kanwal Chib said, "I am honoured to receive this award on behalf of the entire JKRLM team. This recognition is a testament to our commitment to empowering women and promoting entrepreneurship in rural areas. We will continue to work towards creating more opportunities for SHGs and ensuring their sustainable growth". She added.

She thanked SKOCH Group for recognizing JKRLM's efforts in helping to transform the lives of the rural women. Gradually from the existing livelihoods, the women have turned into higher order enterprises. The prestigious award has brought laurels to the UT of Jammu & Kashmir. The SKOCH is a unique opportunity for the JKRLM to showcase our good work to a wider audience and provide nationwide visibility," She maintained.

She highlighted that the support from Lt. Governor of J&K UT Shri Manoj Sinha ji and Chief Secretary Arun Kumar Mehta in materializing the ideas aiming at economic development of our Rural Women has been pivotal in shaping the program activities which have proven to be very effective on ground.

# DEPARTMENT OF WILDLIFE PROTECTION J&K GOVERNMENT OFFICE OF THE WILDLIFE WARDEN, JAMMU MANDA HILLS, NEAR HOTEL ASHOK JAMMU.

Email: wluwjammu@gmail.com

## TENDERING

Tender Notice : e-NIT No.-: 41/WLWJ of 2023-24 dated: 10-07-2023

For and on behalf of the Lt. Governor, Jammu & Kashmir, e-tenders are invited from approved and eligible contractors registered with J&K Govt. /Central Govt. Organizations for the following works:

Name of work	Adv. Cost (in lacs)	Class of Contractor	Cost of Tender Document (in Rs.)	Time of completion	Receiving/ Opening Authority
Repair/renovation of existing infrastructure i.e. View Point, Watch Tower, NIC and Control Room in Nandini Wildlife Sanctuary	1.50 lacs	D	600	4 Months	Tender opening committee.

EMD (2% of advertised amount):- Rs 3,000/-

The e-NIT consisting of qualifying information, eligibility criteria, specifications, bill of quantities, (B.O.Q), set of Terms & Conditions of contract and other details can be seen / downloaded from the departmental Website:- <http://jktenders.gov.in>.

AA No. & Date	193 of 2023-24 (RWLWJ) dated 04-07-2023
TS No. & Date	68 of 2023-24 (WLWJ) dated 27-06-2023
Position of Funds	Approved under CAMPA

Publishing Date	10-07-2023
Download Start Date	10-07-2023
Bid Submission Start Date	11-07-2023
Bid submission End Date	31-07-2023 up to 04:00 PM
Date of opening of Technical Bid	01-08-2023 at 12:00 PM (In the Office of Regional Wildlife Warden, Jammu, Manda Hills, Jammu)
Date of opening of Financial Bid.	01-08-2023

Bid documents can be seen at and download from the website: - <https://jktenders.gov.in>. Bid documents contain qualifying criteria for bidder, specifications, bill of quantities, conditions and other details.

No.: WLWJ/  
Dated: 10-07-2023

DIP/J-4815/23

SD/  
WILDLIFE WARDEN  
JAMMU

# VC SKUAST-Jammu interacts with Vet Faculty & Students

JJ NEWS SERVICE

JAMMU, JULY 12: Dr. B. N. Tripathi, Vice-Chancellor, SKUAST-Jammu today visited and interacted with the Faculty members and students of Veterinary Sciences and Animal Husbandry at R.S. Pura campus of SKUAST-Jammu.

In his maiden address to the Vet Faculty members and students, he enlightened the gathering about the tremendous economic growth and structural changes of India in the Agriculture and livestock sector since independence. He talked about India's progressive journey from food deficit to food surplus and milk deficit to milk surplus country. He stressed on the vital role which the livestock sector plays in the national economy and in

the socio-economic development of the country. He exhorted faculty and students of Veterinary sciences to work for the betterment of the farming community.

Further, Dr. Tripathi enshrined his vision and roadmap to develop Veterinary faculty of SKUAST-Jammu at par with the prestigious veterinary institutes of India. He underlined that India is equipped with institutions, human resources, policy frameworks and infrastructure which would be the driving force for the Animal Husbandry sector during the Amrit Kaal.

He stressed the importance of self-reliance, referring to the concept of "Atmanirbhar Bharat" (self-reliant India). He focused on improving the research ecosystem of the university

by initiating collaborative efforts among state agriculture universities, ICAR institutes as well as international institutions. He emphasized the need to continuously explore ways to improve the quality of education, equip the students with the necessary skills for their future endeavours. He emphasized the need to enhance resources and equip laboratories with modern machines to meet the growing demands of the evolving research and educational landscape.

He stressed the importance of keeping pace with advancements and nurturing innovative thinking among students. He advised teachers to encourage students to explore entrepreneurship and thereby highlight the need for students to be self-reliant and not solely depend on government jobs.

# Advisor Bhatnagar visits Nunwan Base camp, reviews arrangements for ongoing Shri Amarnathji Yatra

### Also assesses traffic arrangements, medical facilities for Holy Yatra

JJ NEWS SERVICE

PAHALGAM, JULY 12: Advisor to Lieutenant Governor, Rajeev Rai Bhatnagar today visited the Nunwan Base camp here and reviewed the arrangements for ongoing Shri Amarnathji Yatra (SANJY)-2023.

During his visit, Advisor Bhatnagar interacted with the devotees, service providers, officers of various line departments as well as representatives of security agencies and took stock of logistics, lodging, health and other facilities for the smooth facilitation of pilgrims.



The Advisor also interacted with the camp administrators, medical staff, and volunteers involved in managing the pil-

importance of maintaining a high level of sanitation as well as cleanliness in the camp for safe and comfortable experience to the devotees. Interacting with the officers on the occasion, Advisor Bhatnagar said that the Shri Amarnathji Yatra holds immense religious significance and it is our responsibility to provide a secure and comfortable environment for the pilgrims. He urged all the stakeholders to work in close coordination to ensure the smooth conduct of the Yatra and extend all possible support to the devotees.

The Advisor further directed

all concerned departments to take every possible measure to make Shri Amarnathji Yatra smooth, safe and hassle-free for devotees. He added that Shri Amarnathji Yatra has contributed immensely to our composite culture.

During the visit, Advisor Bhatnagar also inspected the Base Camp hospital and took stock of medical facilities being provided to the pilgrims. The Advisor, during inspection interacted with the doctors and other paramedical staff and asked them to keep all the necessary medicines and other medical facilities available. He also directed them to ensure round the clock healthcare facilities during the yatra.

# Secretary YSS flags off vehicles with sports equipment to district units, training centres of J&K Sports Council



JJ NEWS SERVICE

SRINAGAR, JULY 12: Secretary Youth Services and Sports (YSS), Sarmad Hafeez today flagged off vehicles carrying sports equipment to district units and training centres of J&K Sports Council from Bakshi Stadium here.

District Commissioner Srinagar, Ajaz Asad; Director Youth Services and Sports, Subash Chander Chhibber; Secretary Sports Council, Nuzhat Gull and other senior officers of YSS department and J&K Sports Council were also present on the occasion. Speaking on the occasion, Sarmad Hafeez said that the equipment is being dispatched to training centres and academies in North and South parts of Kashmir division and similar exercises shall be carried in the Jammu division. While referring to the directions of Lieutenant Governor Manoj Sinha, he said that the administration is very closely monitoring the facilities put in place for the players across the J&K and we will not let players suffer for the want of any facility or the equipment. Sarmad also said that sports is the best antidote to fight the evil of drugs and J&K Sports Council and DYSS are leaving no stone unturned to curb the menace. He indicated that there has been an upsurge in the demand for sports equipment across the UT as the magnitude of the sports events has increased manifold and the number of trainees in coaching centres across the UT has swelled up considerably.

District Commissioner Srinagar while divulging the details said that the weather is pleasant and almost all fields and stadiums are abuzz with the sports activities, adding that fresh equipment at these centres will boost the sports activities.

### CS chairs 94th BoD Meeting of JKTDCC

# Directs upscaling of properties to promote tourist destinations



JJ NEWS SERVICE

SRINAGAR, JULY 12: In its 94th Board of Directors (BoD) meeting of the J&K Tourism Development Corporation (JKTDCC), Chief Secretary, Dr Arun Kumar Mehta today directed the officers of Tourism Department to take all necessary measures to promote destinations other than Pahalgam, Gulmarg and Patnitop as attractive tourist spots and improve facilities for stay at these locations. The BoD meeting was attended by Principal Secretary, Finance; Commissioner Secretary, I&C; Secretary, Tourism; MD, JKTDCC; Director Tourism, Kashmir besides other concerned officers of the II Department.

The Chief Secretary observed that the Corporation has prized properties at almost all the tourist places across



the UT and their proper maintenance and optimum utilization would promote all these for night-stay of tourists. He also asked for introduction of adventure activities like Rock climbing, Zip line, Paragliding or other water sports events.

Dr Mehta impressed upon the officers to formulate a plan for promotion of Golf Tourism in J&K. He maintained that the Golf Courses in the UT are best in class and have a potential to attract Golf lovers all over the nation.

He advised for having a robust calendar of activities for all these courses and look for offering them as a package with other Tourism related assets and services by the Department.

The Chief Secretary also stressed on giving facility to the properties of the Department at Kokernag, Verinag, Daksum, Betab Valley, Sanasar,

Sarthal, Bani, Besholi, Baderwah and other places to tap their potential fully besides earning revenue for the Corporation. He asked them to make cleanliness and hygiene their hallmarks for attracting quality customers.

In his presentation the Managing Director, JKTDCC, Minga Sherpa informed the meeting about the different plans and performance of the Corporation.

The MD, JKTDCC informed the meeting about different plans of the Corporation for promotion of Tourism in the UT. He revealed the plans of the Corporation to lease out assets of the Corporation at renewed terms and realising the outstanding with various debtors. He informed the board that the corporation has enhanced its balance sheet to a larger extent and is committed to be a profitable enterprise soon. The board also discussed the issues related to different hotels being run by the Corporation at Srinagar and Jammu and other HR related matters.

It also deliberated upon the Corporation's plan of outsourcing the JKTDCC properties on IFF mode at Pahalgam, Kudi, Sanasar, Qazigund, Banihal, Ramban, Gulmarg, Jammu and Srinagar besides taking other decisions for the betterment of the Corporation.

# Dheeraj Gupta chairs 4th BoDs of J&K FDCL

### Stresses on need for enhancement in markings to permit extraction of larger quantity of timber for consumers



JJ NEWS SERVICE

SRINAGAR, JULY 12: Principal Secretary Forest, Ecology and Environment, Dheeraj Gupta today chaired the 4th Board of Directors (BoDs) meeting of J&K Forest Development Corporation Limited (JKFDCL) here at Civil Secretariat.

Managing Director J&K FDCL, Vasu Yadav briefed the BoDs that the Corporation was incorporated on 3rd December 2020 under the Companies Act 2013 in pursuance of Government Order No.669-JK (GAD) of 2020 dated 22.06.2020 and has taken over the assets and liabilities of the erstwhile J&K State Forest Corporation consequent upon the repeal of J&K State Forest Corporation Act, 1978.

During the meeting, the Board reviewed the implementation of decisions taken in the previous board meetings and the members stressed on the need for transparency and efficiency in conduct of business.

While reviewing the overall functioning of the Corporation, Dheeraj Gupta, who is also chairman of J&K FDCL, stressed on the immediate need for enhancement in markings so as to permit extraction of larger quantity of timber for the consumers.

The board took note of the Audit reports of the J&K Forest Development Corporation for the year 2021-22 and took on record the changes among Directors.

# PSPS Govt College for Women hosts placement drive

JJ NEWS SERVICE

JAMMU, JULY 12: Career Counselling and placement cell of Padma Shri Padma Sachdev Government College for Women Gandhi Nagar today organised a Placement Drive (IInd Phase) in collaboration with Talla Jewellers in the college premises.

Prof. Rajni Kumari, Convener Career counseling and Placement cell of the college welcomed the guests. In her address, she thanked Talla Jewellers for organising the placement drive especially for 6th Semester students. The first phase of the drive was undertaken on 10.4.23. Prof. Minu Mahajan, Principal of the college, congratulated the career Counselling and placement cell for being prompt in organising such activities for the welfare of the students.

The 2nd phase of the drive was conducted in three steps which included aptitude test, objection handling and finally one to one interview of the candidates. The selected students shall be further interviewed at the office of Talla Jewellers.

The placement drive gave the students a fair chance of settling their future in their dream jobs. Kashish Gupta, CEO, Aditya Paul Sharma, Business head, Dalip Kumar, Sales Head, Girish Padha, Online Sales Head, Sahil Verma, Marketing represented the Talla Jewellers. The vote of thanks was presented by Prof. Neelam Thapa and the proceedings of the event were conducted by Ashpreet Kour.

# DC Srinagar presides over proceedings of Seva Sushasan Garib Kalyan at SP School held by Central Bureau of Communication

JJ NEWS SERVICE

SRINAGAR, JULY 12: Deputy Commissioner (DC) Srinagar, Mohammad Ajaz Asad on Wednesday presided over the 3rd proceedings of the 5-Day Multimedia Exhibition organised by the Central Bureau of Communication (CBC), Union Ministry of Information and Broadcasting, here at SP Higher

Secondary School.

The Multimedia Exhibition on the Theme of 9 Years: Seva Sushasan Garib Kalyan is underway from July 10 to July 14, 2023 for Public Awareness about different Government sponsored Public Welfare schemes as well as to showcase the strides made by the Government in different

sectors for inclusive development of the nation.

Addressing the gathering of Officers of District Administration Staff, Students, and Progressive Farmers, and Deputy Commissioner said that the welfare schemes of the government impact every household. Making special reference to

the Ayushman Bharat - Sehat, Scholarship schemes and PM-KISAN, the DC said schemes like these have made life easy for the citizens.

Stressing on adequate public awareness regarding public welfare schemes, the DC impressed upon the youth especially students to be the Brand

Ambassadors of these welfare schemes and help their families and communities to avail benefits.

He said the Multimedia Exhibition on the 9 years' achievements of the Government is only a reflection of the development that is evident around us.

### Scaling New Heights

# West Bengal Sonarpur Arohi Club, Local youth set out on Epic Journey to Conquer Mt. Brammah-1

JJ NEWS SERVICE

KISHTWAR, JULY 12: The West Bengal Sonarpur Arohi Club comprising a team of 12 skilled climbers, including renowned mountaineers Rudra Prasad Halder and Satyarpur Siddhanta has arrived in Kishtwar region with the ambitious goal of summiting Mt Brammah-1.

This mountain, standing at a formidable height of 6416 meters, has witnessed only four successful ascents in its history, with the last one occurring 43 years ago in 1980. Should the team succeed, they will etch their names in Indian mountaineering history as the first Indian team to conquer Mt Brammah-1.

The team, consisting of a diverse mix of experienced and

junior climbers, has also been joined by six sherpas to assist in the challenging expedition.

The climb coincides with the Brammah Sarovay Yatra, attracting numerous devotees to the region. The Brammah Sar Yatra committee members in Kibber nalla have generously offered accommodations and meals to the team, extending their best wishes for their undertaking.

Notably, the West Bengal Sonarpur Arohi Club is no stranger to remarkable mountaineering achievements. Rudra Prasad Halder, who has successfully climbed Everest, Kanchenjunga, Indravan, and numerous Himalayan peaks, brings his extensive experience to the team. Satyarpur Siddhanta, a world record holder mountaineer and the youngest person

to conquer the Seven Summits and the Volcanic Seven Summits, adds another remarkable feat to the team's credentials. Their combined expertise, along with the team's prior mountaineering experience in challenging Indian peaks, makes them a formidable force. The expedition has received overwhelming support from the local community and administration. The mountaineers from the Kishtwar region, who recently underwent training at the Jawahar Institute of Mountaineering, have been instrumental in providing infrastructure and administrative assistance to the team.

Deputy Commissioner (DC) Kishtwar, Dr. Devansh Yadav and ADC, Invesh Singh Parihar have extended unconditional support on behalf of the

local administration to ensure a hassle-free journey for the climbers.

The wildlife and forest department, the 17 RR in Sounder, and the local police station have also contributed crucial information and infrastructure support.

The military, upon the request of DC Kishtwar Dr. Devansh Yadav, has assured rescue support if required during the expedition. This endeavor has fostered a meaningful interaction between the expedition team and the local community, opening up avenues for future collaboration and the flourishing of adventure tourism in the region. The local team, consisting of Ravinder Singh Thakur, Bhanu Badyal, Rajesh Thakur, and Avleen Bhutiyal, has been making a remarkable difference by accom-

panying the climbers and providing essential support. The expedition team includes:

Rudra Prasad Halder (Leader), Partha Sarathi Layek (Deputy Leader), Satyarpur Siddhanta (Team manager), Rudra Prasad Chakraborty (Equipment in charge), Avik Mondal (Quarter Master), Naitik Naskar (Asst equipment in charge), Debashish Majumder (member), Joydeep Halder (member), Uddipan (Team doctor), Tuhi Bhattacharya (member), Asim Dutta (Asst quartermaster), Chayan Chatterjee (Base camp manager). The Sherpa team includes Phursemba Sherpa, Nurbu Sherpa, Bahadur Rai Pass, Duka Sherpa, Dawa Nurbu Sherpa, Tenzing Sherpa; Cook, Beij Nath Thakur (Kibber Dachhan).

# Awareness is bedrock of success & development: DDC Pulwama

JJ NEWS SERVICE

PULWAMA, JULY 12: An Awareness program for Building and Other Construction Workers was today organized by J&K Building and Other Construction Workers Welfare Board in collaboration with Assistant Labour Commissioner Pulwama at Circuit House Pulwama.

District Development Commissioner (DDC) Pulwama, Dr. Basharat Qayoom was the chief guest on the occasion. He also released an amount of Rs. 1,07,60,000 among 1780 beneficiaries under different welfare schemes run by JKBOCWWB and directed the Assistant Labour Commissioner to conduct more such programs in the industrial district to aware labourers about different labour laws and welfare schemes of the department.

Also visiting officer/official of J&K Building and Other Construction Workers Welfare Board, Dr. Nida Yousof (Assistant Labour Commissioner, JKBOCWWB) briefed the participants about the Welfare Schemes of JKBOCWWB. Dr Nida stressed that benefits of schemes and laws presently in vogue shall reach to the last labour and worker in the District.

# TENTH DAY KRIYA

With profound grief and sorrow, we inform the sad and untimely demise of our beloved Sh. Pardeep Singh Janwal (Retd. Engineer) S/o Late Sh. Tralok Singh R/o 221 F Rehari Colony, Hari Singh Nagar, Near Shiv Temple, Jammu. Chayan Day will be performed at our residence on 18th July, Tuesday. May his soul rest in peace. CONFEE STRICKER Smt. Veena Janwal - Wife Sons & Daughter-in-law Vikrant Janwal & Dolly Janwal Vikas Janwal Grand Daughters: Juhi & Pihu Sh. Pardeep Singh Janwal (Retd. Engineer)