

India's 3rd Lunar mission Chandrayaan-3 successfully placed in orbit, begins 42-day journey to moon

AGENCIES SRIHARIKOTA (AP), JULY 14

India's third Lunar exploratory mission Chandray-aan-3 spacecraft was successfully placed in the precise orbit by ISRO's heaviest launch vehicle

heaviest launch vehicle "Fat Boy' LVM3-M4 on Friday from the SHAR Range-SDSC here, mark-ing the commencement of its 42-day long jour-ney towards the hither to unexplored Moon's South Polar Region. After a 25.5 hour count-down, the 43.5 m tall launch vehicle, with a lift off mass of 642 tonnes, took off majestically from took off majestically from the Second Launch Pad at



school and college stu-dents and women, who cheered every moment by carrying the Indian

tricolour.

After the ignition and separation of all the three stages and after a flight 2.35 p.m from the SHAR duration of 16 minutes, Range, which was wit-nessed by tens and hun-dreds of people, including Orbit successfully amid

jubilant scenes at the Mission Control Centre.
ISRO tweeted after the launch, "LVM3 M4 vehicle

successfully launched Chandrayaan-3 into orbit."

"Chandrayaan-3, in its precise orbit, has begun its journey to the Moon", it said. The Health of the

orbit raising manoeuvers in the coming days, the Chandrayaan-3 will begin its long journey for a safe landing and roving on the lunar surface. After a more than 3.8 lakh km journey, the soft landing was expected to

landing was expected to take place in the last week of August. The landing date will be decided when there is sunrise on the

moon.
"When we are landing, sunlight must be there. So the landing will be on August 23 or 24," according to ISRO Chairman S.Somanath, who said the coming 42 days of the Chandrage 2's journey. Chandravaan-3's journey was very important and crucial. The Chandray crucial. The Chandray-aan-3 consists of an indige-nous lander module (LM), CONTINUED ON » PAGE 6

Under PM Modi, world looking at India with hope, J&K undergoing rapid transformation: LG Sinha

Lieutenant Governo Lieutenant Governor Manoj Sinha attended the valedictory function of Multimedia Exhibition, organized by Central Bureau of Communica-tion, Ministry of Informa-tion and Broadcasting at Sri Pratap Higher Second-ary School Srinagar on ary School Srinagar on Friday. In his address on the

In his address on the occasion, the Lf Governor shared India's unprecedented growth journey and appreciated the endeavour of the Central Bureau of Communication (CBC) for organizing 5-day long exhibition highlighting Nine years of 'Seva, Sushasan and Garib Kalvan'.

Seva, sushisan and value Kalyan'. He has 19 years and subsen dedicated to inclusive progressive and sushinder the leadership of the beautiful properties. The salutine years have been dedicated to inclusive progressive and sushinder to the subset of the salutine years have been dedicated to inclusive properties.

nor said.

Shri Narendra Modi ji, the country has transformed into an economic pow-erhouse and a model of tunity for all the citizens. Country is witnessing fastest development of infrastructure, empower inclusive development for the world," the Lt Gover-He said the 9 years have

ment of marginalized and emergence of a self-reliant and aspirational society. he said. "Under the leadership

of Hon'ble Prime Minister, India has emerged CONTINUED ON >> PAGE 6

under PSA in Bandipora

Jammu and Kashmir Police on Friday booked a former militant and member of APHC under Public Safety Act (PSA) in north Kashmir's Ban-

in north Kashmir's Ban-dipora district.

Bandipora police in a
Tweet, as per the news
agency said that Ameer
Hamza, an ex-militant,
from Quilmuqam village
was involved in antiwas involved in anti national activities.

"Bandipora Police booked one ex terrorist & booked one ex terrorist & member of APHC namely Ameer Hamza Shah R/o Quilmuqam Bandipora under PSA and lodged him in District Jail Baramulla, for his continuous involvement in anti National activities." anti National activities, police tweeted.

3 labourers killed in Kishtwar accident JI NEWS SERVICE

Three labourers lost their Three labourers lost their lives after a truck dumper they were travelling in plunged into a deep gorge at Keru power project site in Kishtwar district.

Police officials told the news agency that a vehi-

news agency that a vehi cle part of ongoing work

cle part of ongoing work at Keru power project site plunged into a deep gorge, resulting in inju-ries to three persons. The trio has been iden-tified as Badal Singh (18), son of Ranjeet Singh resi-dent of Bida Padyarna, Ishfaq Ahmed (30) son of Mohd Ashraf resident of Trigam and Chingu Ram (47) son of Chour Singh resident of Chingnana

Galhar.

Meanwhile, Police said to have taken up legal proceedings into the

Crime Branch Kashmir files chargesheet against 19 accused in forgery case

JI NEWS SERVICE SRINAGAR, JUL 14

Economic Offences Wing of Crime Branch Wing of Crime Branch Kashmir has produced chargesheet against 19 accused persons in the court of Passenger Tax Srinagar. According a state-ment, issued to the news agency, the accused per-sons were involved in the

sons were involved in the commission of offences punishable under sec tions 420, 468, 120-B &

tions 420, 468, 120-B & 201 RPC.

The statement reads that brief facts of the case are that Crime Branch Kashmir had received a complaint alleging that certain individuals had been appointed in J&K Police [District Srinagar on the basis of fake and

orders.
It reads that accordingly, the instant case was registered in P/S Crime Branch Kashmir (now, Economic Offences Wing Srinagar) in 2015 and

it has been established CONTINUED ON >> PAGE

Amarnath Yatra

DGP visits Base Camp yatri niwas Bhagwati Nagar in Jammu

Director General of Police Director General of Police (DGP) Dilbag Singh Friday visited Base Camp yatri niwas Bhagwati Nagar Jammu to review the security arrangements and other facilities for the pilgrims of Shri Amarnath Ji Yatra. He also interacted with

SSP Jammu Chandan Kholi, SSP Security Jammu Shemsher Hussain, SSP Shemsher Hussain, SSP Traffic Jammu Faisal Qureshi, SP North Jammu Kulbir Handa and other gazetted officers of Police were present on the occa-sion, a police spokesman said in a statement issued

to the news agency.



the security of yatris at the camp. He was briefed by the officers about the deployment plans and management of boarding and lodging of yatris besides security arrange-ments in and around the

Directing for close vigil to be maintained at the base camp and around the camp, the DGP empha-The DGP inspected the sised that the instruction security methods and for the movement of

yatra convoys and timing schedule should be strictly adhered to. He also took stock of the traffic management at the camp.

The DGP stressed upon The DGP stressed upon the officers to ensure strict compliance of SOPs and instructions conveyed for the security of yatris. He said that security measures should be implemented efficiently and mented efficiently and security of all the vital points of the camp CONTINUED ON >> PAGE 6 Govt withdraws order on electricity charges for employees staving in Srinagar, Jammu quarters

JI NEWS SERVICE

The government on Friday withdrew orders pertain-ing to the electricity at flat rates for its employees residing in government quarters in Srinagar and

Jammu.

In an order, a copy of which lies with the news agency, government stated that the order is withdrawn with immediate effect.

"The Government Order No. 301-GAD of 2013, dated 20.02.2013, pertaining to the payment of electricity charges by of electricity charges by Government employees residing in Government Quarters at Srinagar and Jammu at flat rates, is hereby withdrawn with immediate effect," the order reads.

Forces conduct anti-terror mock drill on Amarnath Yatra at NH-44

Amid ongoing Shri Ama-ranthji Yatra, security forces conducted a simulated anti-terror response exercise of an attack on Yatra in Ramban area on Jammu Srinagar highway (NH-44), officials said

(NH-44), officials said Friday.
Officials told news agency, more than 150 security personnel from Army's 23 Rashtriya Rifles, 84th Battalion of Central Reserve Police Forces Iammu Kashmir Police and Sashastra Seema Bal and Sashastra Seema Bal participated in the opera-tion which continued for around more than an hour.

Officials said that the

scenario was that at about 11.30 am in the morning, when the convoy reached the halting point near



ists tried to attack the pigrims at langer site."

"Wasting no time, ground commanders of all the participating agencies guarding the convoy discussed different scenarios of terrorist attacks. on Yatris at Langer site and chalked out a suitable response plan," officials said.

operations were continued for 45 minutes in which forces successfully neutralized the without any collateral

without any collateral damage.
"The teams executed their plans professionally, on ground, in concert, to successfully neutralize the terrorists, without collat eral damage," the official

CONTINUED ON >> PAGE 6

J&K Resident Commission retrieves 1 Kanal, 11.2 Marlas land at New Delhi

JI NEWS SERVICE

The I&K Resident Commission Friday carried an eviction drive and retrieved land measuring 1 Kanal and 11.2 Marlas with built up temporary struc-tures at Kashmir House,

persons.

The drive was carried on the directions and guidance of Estates Offi-cer, J&K Resident Com-mission, New Delhi, Niraj

The eviction proceedings were initiated under Section-4 of the Public Premises (Eviction of Premises (Eviction of Unauthorized Occupants) Act,1971 issued initially to the Central Public Works Department, followed by another notice under Sec-tion-4 of the Public Premunauthorized occupants at Kashmir House, Rajaji

Marg, staying on the above piece of land who were also making an unau-thorized use of water and electricity to facilitate their stay. Subsequently, the Estates Officer, Resident Commission, J&K Govt, New Delhi passed an eviction order under sub-

Rajaji Marg here, which eviction order under sub-was under unauthorized section (1) of Sec. 5 of the occupation of unknown Public Premises (Eviction persons. Public Premises (Eviction of Unauthorized Occupants) Act, 1971, against all the unauthorized occupant(s) particulars of whom were not known.

Notwithstanding even after completion of prescribed legal procedure, the unauthorized occupants did not vacate the pants did not vacate the premises even after the lapse of period of 15 days as specified in the evic-tion order passed by the Estates Officer and thereanother notice under Sec-tion-4 of the Public Prem-ises (Eviction of unauthor-ized Occupants) Act, 1971 the Estates Officer was issued to all the unknown received. Eventually, the Estates Officer, J&K CONTINUED ON >> PAGE 6

Chief of Army Staff calls on LG

General Manoj Pande, Chief of Army Staff called on Lieutenant

Governor Manoj Sinha at Raj Bhavan today. The Chief of Army staff and the Lt Governor held extensive discussion on



various security issues. The Army Chief was accompanied by Lt General Upendra Dwivedi, Corps.

GOC-in-C, Northern

PM Modi participates in Bastille Day Parade in France, India's Tri-Services marching contingent wows crowds

Prime Minister Narendra Modi on Friday joined French President Emmanuel Macron for the Bastille uel Macron for the Bastille Day parade as the Guest of Honour with an Indian tri-services marching con-tingent wowing crowds here during the French National Day celebrations. Rafale fighter jets of the Indian Air Force (IAF)



also joined the flypast on the occasion along with thing possible to make our being a strong and trusted ench jets. planet peaceful, prosper-"India, inspired by its ous and sustainable. 1.4

centuries old ethos, is billion Indians will always

CONTINUED ON >> PAGE 6

Former CS B R Sharma Appointed as J&K's SEC

JI NEWS SERVICE JAMMU, JUL 14

Amid indications that Pan-Amid indications that Pan-chayat polls in Jammu & Kashmir would be held in October- November this year, the administra-tion of Jammu & Kashmir Union Territory on Firday appointed retired IAS officer B R Sharma as the State Election Commis sioner (SEC).

As per news agency, in an order, commissioner secretary, General Administration Department, Sanjeev Verma, said the appointment of the SEC shall take effect from the date he assumes charge.

"In exercise of the powers conferred by pro-viso to sub-section (3) of viso to sub-section (3) of section 36 of the Jammu and Kashmir Panchayati Raj Act, 1989, the Lieuten-ant Governor is pleased to appoint Braj Raj Sharma, IAS (Retd.) as State Elec-tion Commissioner for Jammu and Kashmir," the order read. It said Sharma shall hold the position of the State Election Comssioner till he attains

the age of 65.
"The terms and conditions of his appointment shall be notified by the Government subsequent ly," the order said.

The post of SEC fell vacant on February 01, 2023 when K.K. Sharma

2023 when K.K. Sharma completed his term. BR Sharma, who served as Chief Secretary of J&K from 2015 to 2017, has also expertise in elec-tion-related matters as he served the erstwhile state's chief electoral offi cer (CEO) during 2008 Assembly elections which

saw impressive voter CONTINUED ON >> PAGE 6

on the pasts of fake and forged appointment orders.

investigation was started "During investigation









Hole in the heart repaired by Minimal access Surgery on Beating Heart at SSH Jammu

JAMMU, JUL 14: Another milestone was achieved today by the department of Cardiothoracic & Vascular Surgery Government Surgery ,Government Medical College Jammu when a large hole in the Heart of a 7 year old female child was repaired through minimal access method through a small (5.5 Cm) muscle sparing (non muscle cutting) incision in the right axilla (armpit) area of right side of chest wall, thus avoiding the area of Right breast tissue. This is a novel technique in which heart was not stopped to carry out the repair of hole in the heart and the procedure was carried out while the heart was continuously beating. There are only few Cardiothoracic centres which fix the holes in heart

on beating heart remarked on beating heart remarked the Chief surgeon Dr Shyam Singh These delicate opera-tions need precision, alert-ness of each member of the team including Anaesthetists, Perfusionists

and scrub nurses. The patient was extubated soon after operation as she became fully awake and her Heart rate,Blood pressure and other vital parameters became normal .

The technique gives very good cosmetic results as the good cosmetic results as the scar hides by the arm and the area of right breast tis-sue is not disturbed. Besides short hospital stay , the amount of blood, and



are also less as compared to conventional procedure which is performed by splitting bre ast bone (sternum) and making the heart stand still (quiet) using drugs to stop the heart beat when the surgery is performed. Moreover patient get mobile the same day of Surgery

The new technique carried out using the same set of equipment and instru-ments as for conventional surgery without adding to the cost . All the expenses of consumable and other drugs used were covered under Ayushman Bharat

Scheme.
This child was failing to grow for her age and had palpitations (rapid heat beats) and repeated chest

Her heart chambers were enlarged and excessive flow of blood was going into lungs because of Hole between two upper cham-bers of heart. She was

referred by Paediatric Department of our hospital for Surgical intervention.

The surgical team com prised of Dr Shyam Singh, Dr I.A Mir, assisted by Dr Taruna and Dr Baba Simran Singh .Dr Vivek Gandotra ,Dr Prabhdeep Singh also helped in carrying out the

Cardiac Anaesthesia was conducted smoothly by conducted smoothly by Professor and Head Dr Puja Vimesh (Principal GMC Doda), Dr Vikas Gupta , Dr Amarpreet, Dr Jehangir,Dr Bhavna ,Dr Beenish assisted by Senior Cardiac Anaesthesia technologist Vikas Sharma , Mr Arif , Abhiranjan Kotwal ,Karan

Senior Perfusionists Mr. Chananjit Singh and Mr Roshan Lal operated the vital heart lung machine

The operation theatre scrub sisters helping in carrying out the procedure were Rigzen Angmo Sapna, Balvir Kour, Renu Nathyal , Sonia assisted by Sunil , Susheel lead by

peri operative care in Intensive Care Unit SSH was managed by alert ICU sisters Urmila , Nighat,Rajinder Kour,Pooja Sharma,Vandana,Shivalika,

Operation theatre incharge

technologist Shri Girdhari

Vaishali and Seniorm

Sunita, Shivani ,Neetu,Sayeeda,Sonakshi Naveem,Zirayat under

Nayeem,Zirayat under Sister incharge, ICU SSH Asma, & Shiv Karan Singh. Principal Medical College Jammu Professor Dr Shashi Sudhan while visiting the patient Congratulated and applauded the team effort. She further stressed that the people should utilise these facilities at their doorsteps under Ayushman Bharat Scheme which is being run successfully in being run successru GMC & AH, Jammu.

BJP indulging in emotional mobilization and empty rhetoric to gain power: Harsh Dev

UDHAMPUR, JUL 14: Accusing the BJP of having failed and floundered in honouring its commitments with the people of J&K ever since its ascendance to power at the centre, Mr. Harsh Dev Singh, Former Minister and State President IKNPP said that the saffroi party was thriving merely on empty rhetoric and false propaganda. While it promised a Job bonanza for eduised a Job Bohanza for edu-cated youth post Art 370 abrogation, it did exactly the opposite of what it had assured. It not only termi-nated several hundreds and thousands of youth working in various govt deptts but also put the existing govt jobs to auction with the middlemen extorting huge money from prospective Job seekers in the name of employment. The lands of poor farmers are being forcibly retrieved and indi-gent rural masses being forced to starvation. The Health and educational institutions in rural areas



of staff with a highly insensitive remote controlled regime averse to the woes of the common masses. The BJP had proved to be a party of 'Jumlas' with a complete mismatch between its promises and delivery. The BJP leadership exploited the gullibility of the innocent voters during all elections held in the past eight years, including those of Parliament, Assembly, BDC and DDC, without delivering anything on the ground". He was addressing huge public meetings in Ghordi and Ser Bala villages in Chorati constituency. held in the past eight years, including those of

Urging upon the people to recognize the real face of BJP behind its deceptive facades, Mr. Harsh Dev said that it was coming out with new slogans during each elections only to conceal its past failures and to enkindling false hopes amongst the poor indigent and deprived masses in order to fulfil its political ambitions He said that the innocence of poor hapless people was once again exploited during the last DDC elections when several central BJP leaders indulged in boisterous extravaganza promising moon to the people. They

made tall promises of early restoration of statehood, immediate Assembly elec-tions, review of toll plazas, employment packages for the educated youth and so on and so forth, said Mr. Singh. He lamented that the people fell prey to such declamatory and bombastic. talks of the 'Jumle baaz' leaders who only specialized in emotional mobilization and showmanship. He urged upon the people to wake up to the falsehood and innuendo of BJP which has been tailoring its slo-gans with the sole aim of capturing power.

Indian Army organised Lecture on Physical Fitness at Gagrote

RAJOURI, JUL 14: A lecture on Sehat Se Barkat as part of Fit India Initiative was conducted by Indian Army at was conducted by Indian Army at Gagrote in District Rajouri J&K The lec-ture highlighted the significance of physical fitness and exhorted the audi-ence to make exercise a daily ritual It was brought out in the lecture that physical fitness results in strong bones seamless cardio vascular functions and strong muscles which results in better health reduced risk of lifestyle diseases like blood pressure diabetes etc Regular physical activity including playing games apart from increasing social interaction and forging stronger bonds



NEVER GIVE UP attitude towards life The event was highly appreciated by Indian Army to motivate a the attendees, who expressed gratitude the populace of the villages

for continuous support rendered by the

BJP OBC Morcha Jammu North holds monthly meeting in Janipur Mandal



JI NEWS SERVICE

IAMMU, IUL 14: Sunil Prajapati (State President BJP OBC Morcha), Neetu Verma (District President BJP OBC Morcha Jammu North), Sunita Gupta (Corporator), Jagdish Kumar (General Secretary BJP OBC Morcha Jammu North), Vikas Singh (President Mandal Janipur BIP OBC Morcha), Pawan Kumar (President Mandal Marh BJP OBC Morcha), Shubh Kumar (Vice President Mandal Janipur BJP OBC Morcha), Sham Lal (General Secretary Mandal Janipur BJP OBC Morcha) were Present in the meeting

The Motive of the Meeting was to discuss the Works done during last one Month

the Party. Sunil Prajapati said that the nine years of Modi government remained momentous and fruitful for the country as many histori-cal steps were taken in these years with the top notched move of abrogation of Article 370, which changed the course of life of people of J&K as normalcy and peace returned and days of turmoil ended successfully. He said, "It was only the BJP Government under which Kashmir has witnessed dras-tic change as days of turmoil are over and peace has started knocking doors.

also laid stress on strengthening up the organi-zational structure of the

Targeting non locals in valley highly condemnable: Dr. Manyal

JI NEWS SERVIC

JAMMU, JUL 14: Attack on three non-local labourers in Gagran area of south Kashmir's Shopian district and injuring them by unknown gun men reflects deen frustration in the rank and file of a handful of ter-rorists, who are disturbed by the return of peace and normalcy in the valley

In a statement condemning this barbaric act, Jammu and Kashmir BJP General Secretary & former health minister Dr. Devinder Manyal, said that peace and normalcy has been fast restored in the terror hit Jammu and Kashmir, especially normal life returning in valley in all sectors. The



change in environment from fear and insecutity to peace can be attributed to the policy of the Union Government under Prime Minister Narendra Modi, which has taken various steps to identify the terror-ists and anti national forces, crack the nexus between dif-ferent terrorist organiza-tions and eliminate all such elements responsible for

wipe out terrorists has helped in restoring peace, he said and added that only a handful of terrorists may be working hard to mark their existence by targetting the poor labourers belong ing to other states, which is

ing to other states, which is highly condemnable. Dr. Devinder Manyal said that Kashmir attracted record number of tourists from within the country as well as abroad in first six months of this year. It was so because the

nature loving people within India and at global level were convinced that today's Kashmir is as safe as it was thirty years ago and remains to be first choice among many top tourist

The successful conduct of the recently held G-20 meet in Kashmir has also sent a very clear message to the entire world that one could travel there with a sense of

Dr Manyal said that peace loving people in Kashmir should come for-ward in helping the administration by providing infor-mation about the movement of terrorists, if any in their surroundings. The people should not forget that ter-rorism has only consumed precious lives as well as caused damage to immovable properties, which is irreparable loss for Kashmir and it's people.

DFSS hold protest against target killing in valley



JI NEWS SERVICE

JAMMU, JUL 14: TRF has claimed the responsibility for the yesterdays attack on the migrant local workers from Bihar who were shot at their accommodation in Shopian for the Shopian for the Governments announce-

ment of 5 Marla's plot to the weaker section of the society

in Jammu & Kashmir.

This is the same propaganda which has been

pread by the Kashmiri leadership upon the 5 Marla's plot announcement. This clearly shows the mindset that how the terrorists and the Kashmiri leader-

ship are working together. Thousands of kanals of Thousands of kanals of land was allotted to the fac-tory people from outside at very meger price and money was extracted from them in the form of commission but now if the land is being given to the people

who protect these Kashmiri leaders from threats now these people are creating noises as to why land is being given to these security forces. Gupta asked that before the abrogation of arti-cle 370 the land which was given to the factory people
"Wo Andar Wale The ya
Bahar Wale The" The workers of Dogra Front & Shiv Sena under the leadership of president Ashok Gupta took out a massive rally in Jammu city by burning the Pakistani flag against the attack on the migrant labourers in Shopian. Ashok Gupta condemned the "cowardly attack" by Pakistan-sponsored terror-ists and said the attack on migrants should be migrants should avenged.

avenged.

The terror camps is POK which were destroyed during the surgical strikes have been working again ans this time a bigger attack should be done to destroy the terror camps once in for all as this nation would never under-stand the language of words but only of bullets. Like the way American forces launched an attack in Abbottabad to retrieve Osama Bin Laden in the Osama Bin Laden in the same manner Indian forces should launch the tack and retrieve the terror leaders like Hafeez Sayeed & Masood Azhar. The party people who were present at the time of protest were Abhishek, Prem, Kalu, Rampal, Dwassi, Vikky, Ashish, Naresh and various others were present at

others were present.

Peace & normalcy restored with abrogation of Art 370: Raj Rattan Raina acknowledged the success

JI NEWS SERVICE

Raj Rattan Raina asserted that peace and normalcy has been restored in Kashmir been restored in Kashmir region, bringing a renewed sense of tranquility and nor-malcy to the Union Territory. He lauded the government at the Centre over the positive develop-ments witnessed in Jammu and Kashmir since the repeal of Article 370.

In a statement issued here today, the BJP leader emphasized that after the historic decision to repeal

Article 370, Jammu and Kashmir has experienced unprecedented development and progress. The region has witnessed an influx of tourists, with a record-breaking 1.82 million visitors, which is a testavisitors, which is a testa-ment to the restored peace and growing confidence among tourists, he added. However, he expressed his apprehension about cer-

tain politicians who are unable to digest these posi-tive developments and issu-ing irrelevant statements with an aim to mislead the people of the country. He

acknowledged in esuccess of the G20 event and the record-breaking influx of tourists in Jammu and Kashmir, with a staggering 1.82 crore visitors. The peaceful environment has allowed people to engage in their day-to-day activities across the Kashmir Valley, fostering a sense of positivi-ty and progress, he added. Raina cautioned the people to remain vigilant and aware of such politicians who may attempt to disrupt the peaceful atmosphere and hinder the progress achieved in Jammu and

ple of Jammu and Kashmir to continue supporting the government's efforts to government's efforts to maintain peace, harmony, and development in the region. He emphasized the need for unity and vigilance need for unity and vigulance to counter any attempts to disrupt the peace that has been achieved in Jammu and Kashmir. He reaffirmed the BJP's commitment to the welfare and development of Jammu and Kashmir, and encouraged the public to remain steadfast in their support for peace and progress in the region.

JAMMU | SATURDAY, JULY 15, 2023

MP Khatana asks for resolving issues of SC employees, condemns



IAMMU, IUL 14: BIP MP Raiva Sabha JAMMU, JUL 14: BJF MF Rajya Sabna Er. Gulam Ali Khatana today strongly condemned the cowardly attack on three non-local labours in district Shopian by Pakistan sponsored terror-ists. He said that enemies of peace are disturbed by the peace and progress in Iammu and Kashmir

Jammu and Kashmir.

He also of called up the LG administration to resolve the long pending issues of Jammu based Reserved Category Employees serving in Kashmir. He said that Reserved category employees should be treated at par with PM package employees so that a feeling of discrimination and

enmity must not developed among fel-

low employees.

A number of delegations today called on BJP MP Rajya Sabha Er. Gulam Ali Khatana including All Jammu Based Reserved Category Employees serving in Kashmir Division and highlighted their prob-

All Jammu based Reserved category Employees led by its president Anil Radha demanded that a suitable trans-Radha demanded that a suitable trans-fer policy be framed so that lives and livelihood of the Reserved Category employees could be ensured. They said that Scheduled Caste and Scheduled tribe employees from Jammu serving in Kashmir be treated

at par with Kashmiri Migrant employat par with Kashmiri Migrant employ-ees and a concrete inter district / inter division transfer policy for All Jammu based reserved category employees must be framed, safe and secure accommodation for those employees accommodation for those employees who do not come in the preview of transfer policy be made. Reserved Category Employees should be treated at par with PM Package Employees in respect to safety, security and accom-

NEWS

They further told MP Khatana that salaries of few employees are still pending even after resuming their duties and govt. must be asked to redress the issue. A delegation of Gujjars, Tribal Association Pahalgam led by Muneer Chouhan, president too called on MP Khatana and highlighted the harassment faced by them. They alleged that Gujjars residing in Pahalgam were running Pony business from Pahalgam Pony stand since last many years but were evicted from the stand by few miscreants who are not them to run their busin

allowing them to run their business.

A delegation of SC/ST/Reserved category employees to called on MP Gulam Ali and complained of harassment by senior officials leading to depression and in some cases having committed suicide

MP khatana assured to take up the

Media is a powerful tool in shaping public opinion: Rekha Mahajan

JAMMU, JUL 14: Media plays a critical and positive role in highlighting government policies and changing ment policies and changing people's lives, BJP District President Jammu South Rekha Mahajan said today as a mark of Sampark se Samarthan Abhiyan Rekha Mahajan interacted with Manajan interacted with media persons also known as the fourth pillar of democracy at Press Club RS Pura drops under District Jammu South. In the meantime, Rekha Mahajan felicitated the team press club Chairman Dalieet Singh (Dainik Jagran) President Subash Chander (Amar Ujala), Sohan Choudhary (Shiv Times), Naresh Kumar (State Samachar) Raj Kumar(7Plus Channel), and other prominent persons in the presence of District General Secretary Akash Chopra, Mandal President Bikram Sandhu, Mandal Prabhari Vikram Sharma

rabnari Vikram Sharma including BJP cadres. During the interactive session with the Media fra-ternity, hailing the role played by the media in pop-ularising government initia-tives, Rekha Mahajan highlights the achievements of the nau saal bemisaal of the central government. Rekha Mahajan said the role of the press as the "fourth power" and as a forum for public debate has been recognized since the 17th century. She



said in a liberal democration society, the media play a vital role in engaging the public with government affairs by flowing information transparently. However, Rekha pointed out that the current Media scenario and the concept of

a "free press" in a democratic country has become a ic country has become a subjective issue to discuss. In changing our political structure, the media are often cited as a dominant force, and, for the worse, by turning a system of parties into a contest of personalities, shifting a concern with ideas and policies to a concern with images and styles. Likewise, in the modern history of the parties in the parties in the modern history of the parties in the p tory of the media, picking or taking biased sides has become a new normal, Rekha added."

While distributing the booklets of 9 Years of Seva

Mahajan lauded the past nine years under the Modi government as a Golden Era for India. She underscored that during this period, the country showcased its supremacy through various achievements, including the resolution of Jammu and Kashmir's problems, the fight against terrorism, and advancements in space tech-

nology. Rekha highlighted that India has already become the world's 5th largest econ-omy under the Modi dispensation and expressed optimism that it would ascend even higher with the continued support of the people in the upcoming political contests.

Recognizing the influen-tial role of media influencers in the current scenario, Rekha Mahajan urged them

work and to highlight the key achievements of the Modi government. She Modi government. She acknowledged that Media has become a powerful tool in shaping public opinion and can play a pivotal role in course correction when i comes to canvassing for polls and promoting other initiatives

For any nation to develop For any nation to develop, making good policies is on aspect. But, to enable the policies to succeed and ensure that large-scale transformation takes place, transformation takes place, active participation from all walks of society is needed. For that, the media plays a critical role. In these years gone by, I have seen the positive impact the media can play," Rekha Mahajan said while educating the nine successful years of the

Shiv Sena strongly condemn terrorists attack on migrant workers in Shopian



JI NEWS SERVICE

JAMMU, JUL 14: Shiv Sena JAMMU, JUL 14: Shrv Sena (UBT) Jammu and Kashmir unit has strongly con-demned the terrorist attack on migrant workers in Shopian district of Kashmir, terming it as a despicable and cowardly act. Addressing media per-

sons at Party's Central Office in Jammu today, Manish Sahni, President Shiv Sena J&K has issued a stern warning to terrorist organizations, which he

referred to as proxies of Pakistan, against targeting Hindus and attempting to disrupt the holy Amarnath Yatra with any nefarious activities

He stated that the spate of killings, which began with the murder of Makhan Lal, owner of Bindru Medicates. in October 2021, continues to witness targeted killings of individuals such as Rahul Bhatt, Sunil Bhatt, Amarine Bhatt, and Puran Krishan Bhatt, as well as the recent

where Shopian, migrant workers were shot migrant workers were shot at around 8:30 pm last night. Sahni further highlighted that since January 2021, 55 civilians have lost their lives in the terrorist attacks in

Jammu and Kashmir including incidents of targeted killings and attacks on security forces.

While last year saw the deaths of 35 civilians, this

year alone, up until June, 20 more individuals have fallen victim to the hands of ter-rorists, he said and expressed his prayers for the speedy recovery of those injured in the attack on Thursday. Sahni has issued a clear

warning to terrorist organi-zations backed by Pakistan, stating that any cowardly act such as the murder of Hindus and any attempt to disrupt the Amarnath Yatra will have serious conse quences. He condemned such actions as despicable and called for an immediate end to these heinous acts. "Shiv Sena (UBTI) Jammu

and Kashmir unit stands strong in its condemnation of terrorist activities and erates its o the safety and security of all citizens," Sahni said, urging the authorities to take strict action against those respon-sible for these attacks and the government must ensure safety of migrant workers and pilgrims of Amarnath Yatra.

Among others who were present include President Mehila wing Meenakshi Chibber, Gen Secretary

Skill Development Course Concludes at GCOE Jammu



JI NEWS SERVICE

JAMMU, JUL 14: Five days Value Added Skill course in Basohli Paintings and Wheat Grass Artifacts concluded at GCOE under the patronage of Prof Aekta Gupta, Principal of the college. In the valedictory session she exhorted the students to come fornow in high demand after getting GI tag. She also motivated the students to popularize bio-friendly artefacts like the traditional Binna, wheat grass baskets and other articles that can replace plastics thus it will resolve many issues like the menace of plastics, saving her-itage generating employment through vocal for local schemes.

JenabSohailKazmi was the Guest of Honor on the occasion. He appreciated

the efforts of the students and the college for reviving the old traditions which were not only environment friendly but also acted as de-stressing activities. Such activities also develop dignity of labor and makes a persor self reliant also.

During the five day workshop the students were trained by Resource Persons from Shilpkari Bazar. MsSanchaita Pradhan and her team

trained the students.
Assistant Director MsSaritaParihar Assistant Director Missaritarannar (JKAS) from Department of Handicrafts, Chief Guest of the progra-malso applauded the efforts of the col-lege in reviving heritage of J&K. She apprised the students about various government schemes related to the promotion of artisans and skilled crafts promotion of artisans and skilled crafts personals. The program was jointly organized by IQAC, WDC, IIC, and NSS of GCOE Jammu. The program was coordinated by DrShubhraJamwal, NSS, PO of the col-

lege. The program was attended by all the faculty members.

HSM Releases Hindi Tanslation book of Plays

JI NEWS SERVICE

IAMMU, IUL 14: A Hindi ranslation book of plays, titled 'Vishavnagrik Ke Natak', written in Punjabi by S. Drvinder Singh Vishavnagrik, a noted by S. Drvinder Singa.
Vishavnagrik, a noted
Punjabi playwright, poet
and writer, and translated
by S. Manjeet Singh
Kaamra, a well known poet
rand translator was released and translator, was rele by Hindi Sahitya Mandal (HSM), Jammu in a function organized at K L Saigal Auditorium, Cultural Academy, Jammu today. Dr. Arvinder Singh Amn, former Additional Secretar JKAACL, was the chief JKAACL, was the chief guest whereas Dr. Nirmal Vinod a renowned poet & writer, presided over the programme. Dr. Chanchal Dogra, President, HSM-J and S. Manjeet Singh Kaamra shared the dais. A large number of intellectu-als and writers attended the

programme. The programme started with the formal welcome extended by Dr. Chanchal Dogra, President, HXM-J. Two papers on the content and critical evaluation of the released book were present and by Baischwar Singh Pain. ed by Rajeshwar Singh Raju



and Deepak Kumar.

It may be mentioned that
S. Drvinder Singh S. Drvinder Singh Vishavnagrik has started writing poetry from the very young age. He has contributed many books of poetry and prose as well as authored twelve Punjabi

plays. While speaking on this occasion, Dr. Nirmal Vinod said that there is lack of said that there is lack of playwrights in the literary circles of the region. He said that by translating the Punjabi plays in Hindi would widen the scope of

sharing such creations. He added that there should be healthy interaction between all the languages in practice in this region of the Union Territory of Jammu & Kashmir. He appreciated S. Devinder Singh Vishavnagrik, M S Kaamra and HSM-J for contributing in this varand

in this regard.

In his address, Dr.

Arvinder Singh Amn complimented all the concerned for exchanging the literary creations in various lan-guages. He said that joint efforts are needed by all the otganizations working for the development of differ-ent languages to come together and organize koint programmes of languages. S. Devinder Singh Vishavnagrik, M S Kaamra and Dr. Chanchal Dogra

and Dr. Chanchal Dogra also expressed their views. The proceedings of the programme were conducted by Smt. Manto Dutta Sharma, Executive Member of HSM-J.

The programme ended with vote of thanks by Jang S. Verman, Publicity Secretary, HSM-J.

Manjit Singh demands political reservation for Jatts of J&K

JI NEWS SERVICE

jammu, Jul 14: President, J&K Jatt Sabha, and Former Minister, S. Manjit Singh has demanded political reserva tion for the latt community in Jammu and Kashmir to fulfill their political

In a statement issued here, the for-mer minister said that "We welcome the recommendation of the Backward Classes Commission which has recom mended OBC status to the Jatt

Community."

He stated that "We commend the recommendation as the Commission has realized the social, economic and educational backwardness of the Jatt community. For the last seven decades, the Jatts have faced ignorance and neg-ligence from the traditional political parties."

He said that the Jatts were exploited for the vote bank, but their demands were not accepted by then Govts for the last seven decades.

However, Jatts remained politically marginalized even as they have a huge chunk of the population. They were displaced three times i.e., 1947, 1965 and 1971 and they had to re-settle



again, he added. Keeping in view the aspiration of Jatts, he said that the political reservation should be granted to the Jatts of Jammu and Kashmir. Meanwhile, he also demanded 27 % reservation for OBCs of J&K

He reminded that the J&K Jatt Sabha had met the Commission members and informed them about their politi-cal backwardness in the erstwhile State of Jammu and Kashmir.

He said that the Commission was informed about the concerns of the Jatts regarding no political represe

tion.
"The Jatt population is scattered in various districts and hence, they are not in a position to elect their representing their political aspirations were never fulfilled by the tradi tional political parties compromised," he said. Citing reasons, he also appealed that the Commission nomi-nate Jatts as the representative in the Legislative Assembly of Jammu and

Kashmir to ensure their aspirations are fulfilled and their desires are not com-

NEWS

Coal Ministry considering Comprehensive Scheme to promote Coal Gasification Projects with an outlay of Rs. 6000 Crore

Methanol, Ammonia and other essential product. Currently, India imports approximately 50% of its Natural Gas, over 90% of its total Methanol consumption and around 13-15% of its total ammonia consumption. The Ministry of Coal has set a target to achieve coal gasification of 100 Million Tonne (MT) coal by FY 2030 its total ammonia consumption to cater to the domestic reflecting the government's commitment to harnessing demand. It will contribute the power of coal gasifica-tion. With the introduction to India's vision of becoming Aatmanirbhar and create a surge in employment opportunities. The implementation of coal gasification is expected to make significant contributions to the nation's development by reducing imports by 2030.This initiative holds the potential to alleviate the environmental burden by reducing authority of the contribution of the potential to alleviate the environmental burden by reducing carbon to India's vision of becomtion. With the introduction of this ambitious proposal, Coal Ministry aims to propel the nation's progress. The proposal incorporates a comprehensive set of measures that capitalize on natural resources and demonstrate financial and technical feasibility of coal gasification. This initiative is set to meet the future tive is set to meet the future energy needs of the country burden by reducing carbon while stimulating other secemissions and fostering sustainable practices, contrib-The adoption of gasifiuting to our global commitcation technology in India will revolutionize the coal ments towards a greener

on imports of Natural Gas, innovative measures to budget allocation granted amount of the same

Methanol. Ammonia and accelerate the development accelerate the development of coal gasification projects. In line with this objective, the Ministry is considering a comprehensive scheme to promote Coal/Lignite gasification projects for both Government Public Sector Undertakings (PSUs) and the Private Sector with an outlay of Rs 6,000 crores. The selection of entities

The selection of entities

for coal/lignite gasification scheme will be carried out scheme will be carried out through a competitive and transparent bidding pro-cess. Furthermore, govern-ment is considering provid-ing budgetary support to eligible Government PSUs, and Private sector enabling them to undertake coal gas-fication projects. In first fication projects. ification projects. In first segment, the government will provide support to Gov-ernment PSUs. The second

to each project. The selec-tion of at least one project under this segment will be determined through a tariff-based bidding process, with criteria formulated in con-sultation with NITI Aayog. Lastly, the third segment involves the provision of budgetary support for dem onstration projects utilizing indigenous technology and/

indigenous technology and/ or small-scale product-based gasification plants. In addition to the afore-mentioned scheme, the Ministry is also considering an incentive to reimburse the Goods and Services Tax (GST) compensation cess on coal utilized in gasifica-tion projects for a period of tion projects for a period of 10 years after the comm cial operational date (COD), provided that the GST compensation cess is extended beyond FY27. This incentive beyond FY27. This incentive both the Private Sector and Government PSUs, with a of entities to claim input tax of entities to claim input tax

Indian Council of Agricultural Research will celebrate its 95th Foundation and Technology Day from 16th -18thJuly at Dr. C. Subramanian Auditorium

AGENCIES NEW DELHI, JULY 14

Nav Delli JULY W

Narendra Singh Tomar,
Union Minister of Agriculture and Farmers Welfare and Shri Parshottam
Rupala, Union Minister
of Fisheries, Animal Husbandry and Dairying will
inaugurate the 95th Foundation and Technology
Day on 16th July. Union
Ministers of State for Agriculture and Farmers Welfare, Shri Kallash Choudhary and Sushree Shobha
Karandlaje. In order to
encourage innovations in
agriculture, forty selected
technologies will also be
released and the developers will also get recogniers will also get recogni-tion. The event will be organised from 16 - 18 July 2023 at Dr. C. Subramaniam Auditorium. NASC Complex. ICAR celebrates its Foundation

year. From this year it has been decided to observe it as the 'Foundation and Technology Day'. ICAR, an autonomous organisation under the Ministry of Agriculture and Farmers Welfare, Government of India is engaged in coordinating. engaged in coordinating, guiding and managing research and education in research and education in agriculture including hor-ticulture, fisheries, and animal sciences. Il 3 ICAR institutes and 74 agricul-tural universities spread across the country are engaged in doing cutting edge research in the areas of agricultural sciences. A technology exhibition

A technology exhibition and industry interface will be the major attraction during the celebrations. The novel technologies developed by the different ICAR institutes will be cased in the exhibition for the benefit of the stakeholders to increase agricultural production, quality, and income of the farmer. Apart from these, sustainable and climate-resilient agriculture will be one of the key areas of the exhibition. Eco-friendly technologies for rice, wheat, maize, pulses, oilseeds, millet (Shree Anna), and other commercial crops will commercial crops will also get prominence in the exhibition. Mechanithe exhibition. Mechanization, precision farming, and value-added products shall also receive focus. The robust extension system and innovation in the education system of ICAR will be displayed for a successful promotion of a successful promotion of agriculture. Apart from these, the proven technologies recently developed for animal science, poul-try, and fisheries will be exhibited for the benefit

stakeholders to increase

During the exhibition, various kinds of technologies/products developed by ICAR Institutes with potential for commercialization will be displayed. In this event, more than 100 Industry Partners are expected to participate for the purpose of pate for the purpose of getting exposure to dif-ferent types of technolo-gles/ products developed by ICAR Institutes vis-a-vis future prospects with respect to the PPP Model of interactions between ICAR and Industries. The exhibition will help in the large-scale dissemination of technology and popu-larization of agricultural science. pate for the purpose of

science.
In addition, more than
500 farmers as well as 1000 students from the neighbouring states will also participate in the ICAR Foundation and

Ayush Health Services and Research Facility at Goa inaugurated

AGENCIES NEW DELHI, JULY 14

The Ministry of Ayush has established Ayush health services for health care & services for health care & Ayush research facilities at Ribandar in Goa. The facility aims to provide high-quality and affordable Ayush healthcare services to local community and also promote research in traditional medicine by developing a museum. developing a museum, library and a laboratory dedicated to conducting research on medicines of mineral and marine origin.

mineral and marine origin.

It was inaugurated by
Pramod Sawant, and Union
Minister of Goa Dr.
Pramod Sawant, and Union
Wayush & Ports,
Shipping and Waterways
Shri Sarbananda Sonowal,
Union Minister of State
for Ports, Shipping and
Calcience of India, we can
do welfare of the entire Chief with society. If we move
ahead with such commitment, surely we will be
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Waterways and Tourism Minister of Goa said, "By Shri Shripad Yesso Naik, Minister of Health, Govern-ment of Goa Shri Vishwajit

ment of Goa Shri Vishwajit Rane and senior officers of the Ayush Ministry were present on this occasion. Sarbananda Sonowal, Union Minister of Ayush & Ministry of Ports, Ship-ping and Waterways said, "The Ayush health ser-vices inaugurated today is in accordance with our Prime Minister Shri Naren-dra Modi vision of promotdra Modi vision of promoting Traditional medicine. Through this ancient medi-cal science of India, we can

establishing the Minis-try of Ayush in the year 2014, our Prime Minister

emphasize and propagat-ed that Ayush is a distinct system of ancient medi-cine and is a science for cine and is a science for achieving holistic health. I thank and congratu-late the Union Ministry of Ayush for constituting these research institutions in the state of Goa. Goa is leading a bread to become leading ahead to become an Ayush Healthcare hub. With these institutions it has taken one step ahead to become a medical tour-ism hub in India."

ism hub in India."
Shripad Yesso Naik,
Union Minister of State for
Ports, Shipping and Waterways & Tourism hoped that
this initiative will strengthen and enable integration
of traditional medicine

with modern medicine system. He added that we will make all efforts to promote research and take Ayush to each village; only then people will be able to fully take advantage of Ayush service

Ayush services.

Ayush Health Services for health care & research facilities includes CCRAS

Regional Ayurveda Research Institute for Mineral and Marine Medicinal Resources, CCRH - Clinical Research Unit (Homeopathy). CCRS - Siddha Clinical Research Unit (Homeopathy). thy), CCRS - Siddha Clinical Research Unit, CCRYN cal Research Unit, CCRYN
- Clinical Research Unit &
CCRUM - Unani Speciality
clinic. Provision has been
made for OPD, dispensary, panchakarma and
laboratory for conducting
research focusing on the
medicines of Mineral and
Marine origin.

Thanks PM Modi for making this possible: Jitendra Singh

NEW DELHI, JULY 14

Union Minister of State Union Minister of State (Independent Charge) for Science and Technology, MoS PMO, Department of Space, Department of Atomic Energy, MoS Personnel, Public Grievances and Pensions, Dr Jitendra Singh today said the successful launch of Chandrawan-3 reiterates Chandrayaan-3 reiterates India's indigenous capabilities and vindicates the dream that Vikram Sarab-

hai saw six decades ago hai saw six decades ago. Speaking at Sriharikota after the launch, Dr Jiten-dra Singh said it is also vindication of the dream of Vikram Sarabhai, who might have been short of resources, but not short of confidence because he

had faith in himself and in

in india's potential and acumen", he said. Thanking the Team ISRO for making India proud, Dr Jitendra Singh thanked Prime Minister Narendra Modi for having

ister said, living up to PM's words, Chandray-aan-3 has today gone beyond the limits of sky

India's inherent potential and inherent acumen. "The launch is a reaf-firmation of this faith

in India's potential and

Narendra Modi for having made this possible by unlocking the gates of Sriharikota and enabling India's Space sector. Quoting PM Modi, the Minister said that "Sky is

beyond the limits of sky to discover the unex-plored horizons of the universe beyond". Striking a poetic chord, Dr Jitendra Singh said, "It is a moment of glory for India and a moment of destiny for all of us over here at Sriharikota who

in making". In his concluding sen-

Not the Limit", the Min- conference, Dr Jitendra Singh said, the opening up of Space sector to pri-vate players by PM Modi has helped in creating ar to discover the unex-plored horizons of the universe beyond". Striking a poetic chord, Dr Jitendra Singh said, "It is a moment of glory for India and a moment of destiny for all of us over here at Sriharikota who are as part of the history in making".

2nd Launch Pad at Satish Dhawan Space Centre (SDSC), SHAR, Sriharikota In his concluding sentence, Dr Jitendra Singh said, "As Mother India enters into the next 25 years of this Amritkaal, she pledges to play a leading global role in the emerging world scenario of 21st century."

Later addressing a press

FROM THE FRONT PAGE...

India's 3rd Lunar mission...

propulsion module (PM), and a rover with the objective of developing and demonstrating new technologies required for future inter-planetary missions.

The success of Chandrayaan-3 will make it the surface mission closest to the lunar south pole to date, a region of the moon that has been found to be geologically unique and host to spots in permanent shadow.

and host to spots in permanent shadow.

A perfect soft landing on the Moon's surface will make India the fourth country to accomplish this feat, thereby joining a select group of spacefaring nations

group of spacefaring nations.
Only three countries have managed to soft-land on the moon. For USA, the success came after several failed attempts. It landed Surveyor 1 on the moon in 1966 during the height of the space race. China, on the other hand, landed Change 3 successfully on its first attempt. Just a few months before, Surveyor 1, of the then Soviet Union achieved the first successful soft landing with Luna 9. India too nearly achieved in its maiden attempt when it launched Chandryaan-2 in July 2019, before the lander crash landed

attempt when it launched Chandryaan-2 in July 2019, before the lander crash landed very close to the landing spot, making the mission about 99.99 per cent success. President Droupady Murmu, Vice-Pres-ident Jagdeep Dhankar, Prime Minister Narendra Modi, Union Minister of State for Science and Technology Jitendra Singh and various leaders hailed the Team ISRO for achieving a monumental feat. While the President termed it as another significant milestone in space exploration,

significant milestone in space exploration, Mr Modi said Chandrayaan-3 scripts a new chapter in India's space odyssey and soars high, elevating the dreams and ambitions of every Indian

In a tweet, the President said "India suc cessfully launches Chandrayaan-3 marking nother significant milestone in space explo-

ration."

After the successful mission Mr Modi tweeted, "Chandrayaan-3 scripts a new chapter in India's space odyssey. It soars high, elevating the dreams and ambitions of every Indian."

"This momentous achievement is a testing the contract of the contr

tament to our scientists' relentless dedica-

I salute their spirit and ingenuity!", Mr

Meanwhile, a beaming Mr Somanath, addressing the scientists after the successful launch, said "Congrats India".

Chandryaan-3 has started its journey to

The LVM3-M4 has precisely placed the Chandrayaan-3 in the 170 x 36500 km Orbit.

Chandrayaan-3 in the 170 x 36500 km Orbit. "It will travel towards moon in the coming days after undertaking orbit raising mane-ouvers", he said.

Dr Jitendra Singh, who witnessed the launch from the Mission Control Centre, termed the successful launch of Chandray-aan-3 as a moment of glory for India and the history in making.

history in making. Chandrayaan-3 will explore the unexplored horizons of the lunar surface", the Minister said, in his brief address.

The European Space Agency (ESA) will help ISRO in tracking the Chandrayaan-3

help ISRO in tracking the Chandrayaan-3 spacecraft.

ESA's 15 m antenna in Kourou, French Guiana, will be used to track Chandrayaan-3 to help ensure that the spacecraft survived the rigours of lift off and is in good health as it begins is journey to the Moon.

IT said as the spacecraft recedes from Earth, ESA will coordinate tracking support from the 32-metre antenna operated by Goonhilly Earth Station Ltd in the UK.

Goonhilly will support Chandrayaan-3's

by Goonhilly Earth Station Ltd in the UK. Goonhilly Will support Chandrayaan-3's propulsion and lander modules. Crucially, it will support the lander during the entire phase of lunar surface operations, helping to ensure that science data acquired by the rover arrives safely with ISRO in India. The two European stations will compliment support from NASA's Deep Space Network and ISRO's own stations to ensure the spacecraft's operators never lose sight of

spacecraft's operators never lose sight of their pioneering Moon craft.

DGP visits Base...

should be reviewed randomly and officers/officials be directed to take required

cers/officials be directed to take required measures found necessary.

The DGP also interacted with the pilgrims and enquired about the facilities and arrangements available. The pilgrims expressed their satisfaction with the arrangement. The DGP during the interaction with officers also reviewed the services provided for smooth and hassle free pilgrimage of varirs, KNO age of vatris. KNO

Forces conduct...

Following that as per Standard Operating Procedure (SOP), Central Reserves Police Force's (CRPF) Bomb Detection Disposal Squad (BDDS) and as its dog (K9) squad also

safely defuse the IED brought by the ter

rorists.
Sniper teams of CRPF and Army's Rashtriya Rifles were positioned strategically, to
neutralize any possible threat. The exercise
concluded with a debriefing session where
minor shortcomings were pointed out for
restification.

rectification.
"Team of 50 58 personnel of CRPF's 84 Battalion with four Bunker borne QAT, BDDS, three K9 teams, one sniper team, emergency medical response team, under command R R Meena, Assistant Comman-

command R R Meena, Assistant Commandant and under supervision of Vikram Singh, 24/C, participated in the mock drill," said N Ranbir Singh, Commandant 84 Bn. He said 26 personnel of JKP under command Dy SP Waqar Younis Khan, 20 personnel of 23 RR under command Capitan Navdeep Singh and 47 SSB personnel under command Assistant Commandant Atul Kumar and Vijax Kumar participated in the command Assistant Commandant Atul Kumar and Vijay Kumar participated in the

Under PM Modi, world...

as a key driver of global growth and the countries from both North and South are countries from both North and South are looking at us with admirration and hope. India has not only regained the past glory but it is also offering new hope, new aspira-tion to the world," the Lt Governor observed. The Lt Governor said the empowerment of all sections of the society and new revolu-tions in every sector reflects golden period

tions in every sector reflects golden period of country's growth and prosperity of the

At the function, the Lt Governor high lighted the rapid transformation taking place in the UT of Jammu Kashmir, under the guidance of Hon'ble Prime Minister.

the guidance of Hon'ble Prime Minister.
"Jammu Kashmir stands proudly on
development parameters tall and full of selfconfidence. Benefits of development are
reaching to all sections of society and they
are fully participating in the progress of the
nation," the Lt Governor said.
The Lt Governor said: "The strength of
youth, women & farmers and aspiration of
the society are taking left to new heights.

the society are taking I&K to new heights. Together,we have to create viksit Jammu Kashmir in Amrit Kaal and it should be our collective responsibility to ensure every city collective responsibility to ensure every eny & village aims higher and realizes their aspi-rations".

"Women and Youth are the architects

pressed into service to sanitize the area and recent reforms and initiatives have brought recent reforms and initiatives have brought new momentum to schemes aimed at their empowerment and abundant opportunities for entrepreneurship for a new socio-economic revolution," the Lf Governor added. Addressing the youth, the Lf Governor said the revolutionary National Education Policy, under the guidance of Hon'ble Prime Minister has the potential to change the future of the country.

future of the country. He also shared the progress achieved in

various sectors and the saturation of centrally sponsored and UT sector schemes

Due to the strenuous efforts of Hon'ble Prime Minister, we will be able to achieve success in providing tap water to every household under 'Har Ghar Nal Se Jal' by the end of this financial year, he added. On the occasion, the Lt Governor also visited the stalls installed by various depart-ments highlighting the numerous initiatives and welfare programs of the government. Rajinder Choudhry, Additional Director General PlB, Chandigarti, senior officers of Civil Administration, Police and Cen-tral Bureau of Communication, teachers, to the strenuous efforts of Hon'ble

tral Bureau of Communication, teachers, students and youth in large numbers were present, KNO

Crime Branch Kashmir...

that the appointment orders had been issued in clear violation of rules & established norms and after manipulation of records etc. The aforesaid acts on part of the accused individuals has established cheating, fraud and forgery under 420, 468, 120-B & SOURDER! & 201 RPC.

It added that accordingly, investigation of the case was closed as "proved" against 19 accused persons and chargesheet has been produced before the Court for judicial deter mination. KNO

Former Chief Secretary...

turnout. Under the Constitution of India, the State Election Commission is empow-ered to conduct polls for all three-tiers of

ered to conduct pois for all three-tiers of Panchayati Raj system.

As per Jammu & Kashmir Panchayati Raj Act, 1989, the State Election Commissioner is appointed by the Lieutenant Governor of the Union Territory whenever Jammu & Kashmir is under the President's Rule under ection 73 of Jammu & Kashmir Reorganiza

In times of elected government, the SEC

is appointed by LG on recommendation of a of the committee comprising chief minister, leader of Opposition, speaker of legislative assembly, a senior minister to be nominated by chief minister and minister incharge Pan-

Cher Inniser and Mills Chayats.

There are possibilities that Panchayat polls in Jammu & Kashmir could be held in October- November this year as their five-

year term is ending on January 9, 2024. While the term of Panchayats and block development councils would end on January 09, 2024, the district development councils could also face dissolution with them. KNO

J&K Resident...

Resident Commission along with the assistance provided by various wings of J&C Police, J&R PW(R&B), New Delhi and staff of the J&K Resident Commission, New Delhi evicted all the unauthorized occupants from the premises today. All the unauthorized accupants were given convertibility to ized occupants were given opportunity to remove their belongings and the process of eviction was completed in a peaceful manner, KNO

PM Modi participates...

May the bond deepen even further!" Modi tweeted.
"A giant in world history, with a decisive role to play in the future, a strategic partner, a friend.We are proud to welcome India as our guest of honour at the 14 July parade, Macron tweeted.

Marching to the tune of 'saare jahan se achcha', the 269-member Indian tri-services contingent participated in the parade and joined the flypast.

Prime Minister Modi saluted the Indian

contingent as it passed the dais where Macron, he and other dignitaries were

Throughout the parade, Macron was seen animatedly explaining to Modi the nuances of the traditional parade. The French National Day, or Bastille Day,

occupies a special place in the French con sciousness as it commemorates the storm ing of the Bastille prison during the French Revolution in 1789. The Bastille Day parade is the highlight of the celebrations. (AGEN

Kavinder applauds India's remarkable progress with Chanderyaan-3 Launch & Rafael Deal with France



IAMMU. IUL 14: Senior BIP leader and former Deputy Chief Minister, Kavinder Gupta on Friday said that country is moving forward in surprisingly large and rapid steps, as the success of rapid steps, as the success of launch of Chanderyaan-3 and fresh deal with France on Rafael is the testimony to the fact that India is pro-gressing by leaps and bounds. "India has been progressing at an unprece-dented pace, thanks to the remarkable leadership of Prime Minister Narendra Modi and his dedicated

team. The recent launch of Chandravaan-2 Chandrayaan-3, India's third mission to the moon, nation's scientific prowess and commitment to space exploration. This landmark achievement once again places India at the forefront of the global space community and highlights the

nity and highlights the country's technological advancements," he said. "Furthermore, the fresh deal with France on the Rafael agreement under-scores India's growing prominence on the interna-tional stage. This strategic partnership between India

and France not only strengthens the defense capabilities of our nation but also fosters global cooperation and mutual trust, the BIP stalwart said this while speaking to media persons after inaugurating back-topping work at Cantonment areas Ward No

Kavinder said, "With the start of this development work, the long pending demand of the people has been fulfilled because for the last 25 years the people were yearning for this road to get repaired here oppo-

6, falling in Belicharana

site the Military Hospital. He said that whether it is a small development work of a Mohalla or extraterrestrial expedition, under the Modi regime every work is taken up with equal sincerity to get immaculate results.

The senior BJP leader said that first time in the history of J&K, any government is laying such focused attention towards people's issues because whether it is sumner months or winters, the development works con-cerning common man are being executed in the UT without allowing anyone to indulge in bungling or compromise with the quality of

others who accompanied Kavinder Gupta include Vinay Gupta, Narinder Koki, Bharat Bhushan Mandal President Gandhi Mandal President Gandhi Nagar, Suraj Rana, Daler Singh, Gurdyal Singh, Vikram Rao, Rakesh Sharma, Ranjeet Singh, Ravi Sharma, Garu Ram Sharma, Sonu Raina, Rakesh Sharma, Rishu Langeh, Balwan Singh, Sanju Kumar, Rattan Kunar and

Mock Drill Conducted at Yatri Convoy halting point Chanderkote, Ramban

JAMMU, JUL 14: With the aim to gear up the security apparatus and ensure syn-chronized response mecha-nism, on 14 Jul 23 @ 1130 h to 1245 h, a security mock drill was carried out by a joint team of CRPF, JKP, RR, and SSB, at Yatri Convoy halting point Chanderkote, Ramban. The following

Ramban. The following teams participated: 84 Bn CRPF: 04 Bunker borne QAT, BDDS, 03 K9 teams, 01 Sniper team, Imergency Medical Response Team, under com-mand Sh R R Meena, AssttCdt and under supervision of Sh Vikram Singh, 2-I/C - Total: 58 personnel. JKP under command Dy SP Waqar Younis Khan

23 RR under command Capt.Navdeep Singh - Total:



AssttCdtSh Atul Kumar and Sh Viiav Kumar - Total: 47 personnel. Different scenarpersonnel. Different scenar-ios of terrorist attacks on Yatris at Langer site were depicted and discussed threadbare, by the ground commanders of all the participating agencies and a

ble response plan was chalked out. Thereafter, the teams executed their plans. on ground, in concert, to successfully neutralize the terrorists, without collateral damage. The CRPF BDDS damage. The CRPF BDDS and K9 teams were pressed into service to sanitize the area and safely defuse the IED brought by the terr ists. Sniper teams of CRPF and RR were positioned strategically, to neutralize any possible threat. The exercise concluded with a Debriefing session where minor shortcomings

were pointed out for rectifi-

NC cadres asked to gear up for Municipal Polls

Policy paralysis in J&K cause of frustration for youth, people pin hopes on NC: Rampaul

JAMMU, JUL 14: Asking the party cadre to gear up for municipal elections, for-mer minister and President National Conference Zone, RamPaul, maintained that it would be announced by the IIT Government anytime

UT Government anytime after the culmination of Shri Amarnath Yatra. He was speaking during a meeting which was organ-ized at Bahu Fort here. The ized at Bahu Fort here. The meeting was attended by a number of party workers, particularly the youth. Babu Ram Paul was the chief guest and Ankush Abrol Provincial Joint

chief guest and Ankusin Abrol Provincial Joint Secretary JKNC, presided over the meeting. The meet-ing was organized by Dr Vikas Sharma Zonal Secretary and Coordinator Jammu District (Urban),

Babu Ram Paul urged upon the workers to hold extensive outreach cam-paigns to speed up their public connect in the wake of forthcoming municipal elections. He directed the party cadre to reach out every household falling within the jurisdiction of



their respective municipal Ward and deliver the message of the party to the pub-lic. He said that the erstwhile state of Jammu and Kashmir was rich in cultural heritage and communal har-mony which has been snatched away from the people through various

He further said that the present administration has imposed various types of taxes on the people of Jammu and Kashmir and the recent in line is property tax but it has failed to deliver at the grassroot level. He said that the National Conference is the only party which can deliver justice to the people of Jammu and

He assured the youth that NC will not leave any stone unturned for the cause of untemployed youth. "NC has always worked for youth and its past rule in J&K is a testimony to that. But during the last 7 years our youth is suffering badly due to wrong policies of the dispersation," he said.

Rampaul also said that before 5th August 2019 Jammu used to be called as City of temples when peo-NC will not leave any stone

City of temples when peo-ple were getting all basic

facilities like drinking water, power and clean roads. But, sadly, after August 5th 2019 Jammu city was painted as Smart City was painted as Smart City with people now facing tremendous problems with regard to drinking water supply, electricity as even roads connecting streets are in broken conditions. Ankush Abrol while

Ankusn Abrol While speaking on the occasion said that National Conference believes in com-munal harmony and equali-ty among all religions besides equal development of all regions of Jammu and

Dr Vikas Sharma said NC had always worked to pro-vide more and more employment opportunities employment opportunities to the youth of Jammu and Kashmir. Various employ-ment schemes like Rehbar-e-Talim, Rehbar-e-Khel, Rehbar-e-Zirat etc were launched by the NC govern-

Those who were pre on the occasion include, BD Dalotra, Adv. Rajinder Chamyal, Sham Lal Mehra, Raja Navid, Manohar Lal, Surjeet Kumar, Ashok Tyagi, Bahadur Lal, Sagar Lal, Abishak, and others.

Tarun Chugh holds Review Meeting at Party Headquarters

PEACE & DEVELOPMENTS DON'T DIGEST TERRORIS CONDEMNS KILLING OF THREE NON-LOCALS

JAMMU, JUL 14: Tarun Chugh, National General Secretary of the Bharatiya Janata Party (BJP) & Janata Party (BJP) & Prabhari Jammu and Kashmir, chaired a crucial review meeting at the party headquarters in Srinagar. Ashok Koul, General

Secretary Organization, J&K BJP, also addressed the meeting. The senior leaders were also accompanied by BJP National Council Member Dr Ali Mohammad Former Mir, Former MLC Charanjeet Khalsa, BJP Spokesperson, and social media Prabhari Thakur Abhijeet Singh Jasrotia, District President Srinagar Ashok Bhat, Bashir Ahmed Sheikh, Iqbal Ahmed along with other key party mem-

The review meeting chaired by Tarun Chugh reiterated the BJP's commitment to the progress and development of Jammu and Kashmir

The party remains dedicated to implementing effective programs and initiatives that foster unity, peace, and prosperity throughout the region, he said. Amidst the discusand In-Charge of Jammu and Kashmir, condemned the recent terrorist attack on three non-locals in the Shopian district of south Kashmir. In a statement, Chugh expressed his deep

Chugh expressed his deep concern, highlighting the attackers' desperation in the face of the positive developments taking place in Jammu and Kashmir.

Chugh emphasized that the people of Kashmir have realized that peace is the only way forward, thereby rejecting the terrorists' agenda.

He denounced the desired that the control of the

sion between locals and

non-locals, categorizing it as a result of frustration, and reinforced the idea that all citizens of India are united under one nation, transcending regional bound-

Calling for justice. Chugh

Calling for justice, Chugh stressed that those responsi-ble for this heinous crime must be swiftly brought to book. He extended his sym-pathies to the victims' families and prayed for their speedy recovery. Ashok Koul, while assess-

ing the progress of the "Sampark Se Samadhan" program, appreciated that the Abhiyaan was conduct-

ed extensively throughout the length and breadth of the Kashmir valley. The party leaders deliberated on further strategies to enhance the effectiveness of the initiative

Koul also reviewed the status of the ongoing "Mera Booth Mazboot" program, which is being implemented in all corners of Kashmir, was also extensively dis cussed during the meeting The leaders reviewed the program's impact and explored opportunities to strengthen its reach and impact in the region.

BLSKS presents 367th dogri musical play "Nasha Kola Bacho"

JAMMU, JUL 14: In continues to the Abhiyan',BhartiyaLokSangeet Kala Sansthan, in coordination with Ministry of Social Justice and empow-

rement "Government of India, Social
Welfare Deptt.J&K Govt. and
SangamTru Art Production presented
mega cultural program on
"NashaMukat Bharat
Abhiyan'atRehearsal Hall, Disco

Nastrantisat Distart Abhiyan'a Rikehearsal Hall, Disco Road JanipurJammu in its 367th Friday Series Musical Play "NASHA kola Bacho" todraw global attention to the tobacco epidemic and the preventable death and disease it causes. A pledge was also takenby more than Stowards and the Carachars and recognition of the Carachar and recognition of the Carachars and recognition of the Carachara and recognition of the Carachara and re 50Students ,Teachers and prominent citizensby Sh.M.C.Kotwal ,Secretary of citizensby Sh.M.C.Kotwal Secretary of BLSKs administered the pledge .The Program was inaugurated by Chief Guest Sh.V.K.Magotra ,Former Regional Director of Directorate of Field Publicity, Government of India, Dr.Tara Singh Charak, Former Deputy Dr.Tara Singh Charak, Former Deputy Director J&K Health Department, andMr.Mukesh Singh, Media Person J&K were the guest of honor. The day commemorated as well with sole aim of rejuvenating the traditional , Primitive Folk, Art, Culture of J&K Region in particular Indian,"Nashana Karna Man

KhenaPayaro behnaHogiBadiKharabi" Mala Tu Log Pane thikriyan", "NaiPiayanTabacooBalma" , "ChutkiBadiKharabHyeChutki", " Nai

Pi SharabaBalma" , Nukkad, Skits ,Songs and Dances were staged.The Chief Guestthe main aim of this day is to create awareness about the ill effects of tobacco, the disease it can cause and of toacco, the disease it can cause and the preventable measure. It also reaf-firms our commitment to achieve social goals, initiatives to end drug abuse and strengthen community-centric approaches and expressed the resolve that India is committed to root out the menace of drug abuse at any cost and lauded the efforts of the organizers in making such awareness programmes colorful and effective. The artist of BLSkspresented theme basedartist of BLSkspresented theme based-songs which were written by Dr.M.L.Dogra&the music was the pro-grameassisted by Mr.RajuBajgal, Music Instructor, Blsks.The program was recorded & uploadedonline on Social Media for benefit of the peoples.

Welcome speech was given by Dr. M.L.Dogra .Chairman M.L.Dogra , Chairman , Bhartiya LokSangeet Kala Sansthan said the play based on the ill effects of Drug Abuse , NashaMukt Bharat Abhiyaan, the flagship campaign of the Ministry of Social Justice & Empowerment is an initiative in this

The Abhiyaan has been valiantly fighting against the baleful repercusions of substance abuse at the ground level with the support of local administration, master volunteers, online competitions and several events. It has been evident that mental health disor-ders need to be addressed to build a healthy society that contributes to the

NashaMukt Bharat Abhiyan is an effi-cacious attempt to fight against sub-stance abuse and raise awareness for stance aruses and raise awareness for healthy lifestyles&also said I am happy to know the initiative taken up by the BLSKS, I hope and pray that this pro-grams will be fruitful and Bharat will be a No.1 drug free country, If possible we all would like to take part in this Abhiyaan as a workers equal partners

Abhiyaan as a workers equal partners.
Miss Rajni Cupta , Troupe
Leader ,BLSKssaid this yeardy celebration informs the public on the danger
of using tobacco, the business practices
of tobacco companies, what WHO is
doing to fight the tobacco epidemic,
and what people around the world can
to to claim their right to health and
healthy living and to protect future
generations & Volunteers and outreach
workers of theorganizations have gone
from door to door, and nearby localities of Jammu city to educate the peoties of Jammu city to educate the peo ple about the ill effects of drug abuse and have assisted the rehabilitation o

and have assisted the rehabilitation of victims of substance abuse. The activities of Swatch Bharat Abhiyan, despite the situation arising out of COVID-19 in the country, have continued in full force. Choose a reacontinued in full force. Choose a rea-son that is strong enough to outweigh the urge to light up. The singers, mus-cian and actors who performed wereUshaRaina, Rajni Gupta, Raju Bajgal, M.C.Kotwal, K.K.Joshi, Chahat Chadha,BindiaOkheda,Sunil Kumar, Sudesh Devi, Naiva Meenia

RenuBalaand many others.At last Mr. Deepak Kumar progame coordinator , presented vote of thanks for successful conduction of the program.

KU signs MoU with IIIT Manipur for student exchange programme

IAMMU, IUL 14: The University of Kashmir on Friday, July 14, signed a memorandum of understanding (MoU) with Indian Institute of Information Technology, Senapati, Manipur, to undertake a student exchange programme in the disci-plines of mutual interest.

Established in 2015, the IIIT, Senapati, Manipur works under the aegis of Ministry of Education, Government of India to offer cuttingedge research and education in key areas of computer science engineering and other basic sciences and humani-ties.

The MoU caps the number of 'exchange students' accepted by the host university at six persons at a given time in a year, while resolving that the

period of attendance at the host uni-versity for such students shall not exceed one year (two semesters). On request of the concerned students, the MoU allows recognition of academic credits awarded or course work evalu-

credits awarded or course work evalu-ated according to the criteria of the home university. Vice-Chancellor, KU, Prof Nilofer Khan and Director, IIIT Manipur, Prof Krishnan Baskar signed the MoU,

Nrisman baskar signed the MoU, which will cover undergraduate, post-graduate and doctoral students for the student exchange programme. Dean of Academic Affairs, KU, Prof Farooq A Masoodi, Dean College Development Council, Prof Khurshid A Butt, Dean Research Prof Irshad A Nawchoo and Registrar Dr Nisar A Mir were also present at the MoU-sign-ing ceremony held at the Vice-Chancellor's Secretariat.

Describing the MoU as very signifi-cant, Prof Nilofer said the University will pursue it very seriously to enable the students to reap its benefits. She said student exchange programmes are a strong means to foster institution-al collaborations and offer the students a great opportunity to learn by way of sharing of knowledge and exchange of ideas.

"I am confident that the MoU will give students from both institutions a

great learning exposure," she said.

Prof Krishnan Baskar highlighted
the broad contours of the MoU and
vowed to translate its objectives into a reality.

He also highlighted the importance of student exchange progammes ir strengthening the imprint of academic institutions at the national and internaTHOUGHT OF THE DAY

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

JINDRAH MAGES

China provokes India yet again

n yet another provocation, Chinese troops erected four tents in Table Top area of Gurung Hills in Chushul area along the Line of Actual Control (LAC) in Eastern Ladakh-an area which had been declared as buffer zone by the two armies-PLA and Indian Army. It was a complete violation of the disengagement agreement. It, however, received a strong and swift reaction from Indian troops who reportedly forced the PLA to remove four tents. The Chinese action of installation of tents in the buffer zone was noticed by the locals who sounded troops. Buffer zones have been created in five regions of Ladakh as part of disengagement talks in the aftermath of the clash at Galwan in June 2020 and the subsequent build-up of Chinese and Indian armies along the Line of Actual Control. The buffer zones are in Galwan, the north and south banks of Pangong Tso, PP-17 A, and in PP-15. In September last year, Indian and Chinese armies announced to disengage from the Patrolling Point 15 in the Gogra-Hotsprings area of eastern Ladakh where the two sides have been locked in a standoff for over two years. The positive development came around a week ahead of the annual summit of the Shanghai Cooperation Organisation (SCO) held in Uzbekistan. The Joint statement revealed that the beginning of the disengagement process in the Gogra-Hotsprings area was an outcome of the successive military talks. The withdrawal of troops started immediately after the decision and there is a possibility that two sides may create a 'buffer zone' or 'no-patrolling' area, a mechanism that was created following disengagement in other friction points. Two armies had entered into a standoff in Eastern Ladakh for the last two years. An investigating report of Australian newspaper, The Klaxon, filed following long months of tracking Chinese social media reports and accounts including those that were later deleted by Beijing, had exposed the blatant lies of Chinese government with regard to the casualties suffered by it during Galwan Valley clashes in Ladakh during the intervening night of June 15 and 16, 2020. China had confirmed only four casualties, of whom one PLA soldier died by drowning. However, the report said that at least 38 People's Liberation Army troops died due to drowning in the freezing waters of the Galwan river as they attempted a hurried retreat in the dark in the face of a fierce onslaught by the Indian Army. The border tension has now stretched to a period of more than three years. It is the need of hour that two nations should find an amicable solution to it in the larger interests of the people in both countries and sub-continent. War cannot be a substitute for any dispute in present times. Sincere efforts should be made by the Chinese government to resolve all outstanding issues with India for a long lasting peace in the region.

NEGOTIATING VARYING INDO-US EXPECTATIONS

BOTH INDIA AND THE US NEED SOME PLAIN-SPEAKING ON WHAT THEY CAN DO FOR EACH OTHER TO WARD OFF THE 'DARK CLOUDS OF COERCION & CONFLICT'.

Prime Minister Narendra Modi stat-ed that "the sky is not the limit" for India-US relations. Still, a note of caution needs to be attached to the extraordinary optimism, not forget-ting that Lt Gen Claude ting that Lt Gen Claude Kicklighter's 1991 initiative to boost the India-US defence ties became the linchpin of a relationship bereft of political underpinnings. The US the linchpin of a relationship bereft of political underpinnings. The US guru on India and Pakistan, Stephen Cohen, would asy that the turnaround in India-US relations paradoxically followed New Delhi's nuclear tests till the 2005 India-US nuclear tests till the 2005 India-US nuclear deal became the missing political framework for the Comprehensive Global Partnership. India's cowede strategic autonomy is intact. India is aligned, not allied, with the US. What can they expect with the US. What can they expect from each other when the chips are

Has sufficient mutual trust been created after a history of hesitation and suspicion? In 2004, India signed and suspicion? In 2004, India signed the Hawk trainer aircraft contract with the UK, stipulating that there be no US parts in it. Carnegie Endowment's Ashley Tellis, who more than a decade ago advocated that US should help India become 'strong', recently called the investment America's bad bet on India as it will not involve itself in any confrontation with China that does not threaten its own security. He confrontation with China that does not threaten its own security. He has semantically changed it this month, saying that the US bet on India is good but has constraints. The US National Defence Strategy states three priorities. Taiwan, Indo-Pacific and Himalayan LAC. As India has not formally articulated its threats, it is safe to assume these are China-Pakistan, Indian Ocean and the Indo-Pacific. Without naming China, Modi said in the US Congress that "dark clouds of coercion and conflict exist in Indo-Pacific".

For India, China is its most conse-

For India, China is its most consequential challenge. The US hopes to wean India away from Russia and counter China but it toned down its expectation after the Ukraine war to deepening the partnership, much less leveraging India as a counterweight to China.

counterweight to China.

The IISS Military Balance 2022
indicates that in India's arsenal, 90
per cent of armoured vehicles, 69
per cent combat aircraft and 44 per
cent submarines and warships (65
per cent armed with Russian missiles) are Russian in origin. Thanks

to US generosity, India's purchase of S400 AD missiles and Russian discounted oil did not attract US sanctions but Turkey, a NATO part-ner, was penalised for buying \$400. Indian External Affairs Minister S Jaishankar has strongly defended India-Russia relations after Modi's

visit to the US As a prelude to the recalibrated Quad summit at Hiroshima in May, India's Chief of Defence Staff (CDS) India's Chief of Defence Staff (CDS) and his counterparts from the US, Japan and Australia had met for a security conclave at California. They agreed that for obtaining niche defence technologies and deterrence, effective alliances were needed. The CDS, Gen Anil Chauhan, emphasised effective 'partnerships' and self-reliance. On deterrence, the US has moved from ioint deterrence to interstated deterjoint deterrence to integrated deter-

Operationalising joint deterrence with India — a partner of first resort and no partner more consequently han India — is key. For deterrence to be effective, it must rest on an agreed view of a geopolitical picture in the Indo-Pacific and Indian Ocean and be credible. India and US defence planners and practitioners have to work this out as there are articulated differences in tackling China.

Former Chinese Foreign Minister Wang Yi, in an opinion piece in the

Wang Yi, in an opinion piece in the Global Times published before Modi's visit to the US, said it is the

US that is pushing India to confront China and undermine China-India economic progress. China's crucial role in supply chains cannot be replaced by India, he added.

replaced by India, he added.
Returning to basics, what precise-ly are the expectations of the US and India from each other against rival and competitor China? These vary from the US expectation of India as an active partner in collective defence against Chinese aggression to tackling China in countering and containing it. But India will not join the US in countering China unless its own security is directly threatened. The US National Intelligence Agency says that there is a good chance of an LAC border clash escalating but there is no clarity on how far the US will go in that contingency. there is no clarity on the ... will go in that contingency.

According to the Taiwan Relations Act, the US is committed to defending Taipei if attacked. Taiwan is considered the world's most dangerous flashpoint and part of President Xi Jinping's China

of President Xi Jinping's China dream.

According to former Foreign Secretary Vijay Gokhale, the impact of a blockade/quarantine of Taiwan on India will be crippling for trade as half of it flows east of the Malacca Strait.

Disruption of shipping will affect exports, semi-conductor industry.

exports, semi-conductor industry and submarine cables, dislocating

ereignty over Taiwan has not prevented it from expressing concerr over Chinese provocations across Taiwan Straits. What affirmative action can and will India take to deter China?

India will do its best in East Indian Ocean, centred around Malacca Strait, but whether it will Malaca Strait, but whether it will impact China's Malaca Dilemma is not known. For India, LAC is its most escalatory threat for which it is inadequately geared. Former Ambassador to China Ashok Kantha recently said that Chinese needling strategy along the LAC is to divert India's focus away from the Indian Ocean to the LAC. India does not exerca citive help from the does not expect active help from the US in fighting PLA except as forcemultiplier – as in real-time intelli-gence (the kind that forewarned about PLA attacks in Tawang last December), and transfer of critica technologies in defence, cyberspace, artificial intelligence and logistics. US transfer of technologies on jet engine, armed drones, micro-chips and AI is rejuvenation of the India

dream.

China will make India's embrace China will make India's embrace of the US costly; that's why India and the US need some plain-speak-ing on what they can do for each other to ward off the "dark clouds of coercion and conflict". Also, fin-gers crossed that the transfer of crit-ical technologies does not stumble to the force of control US. Adences in the face of severe US defence



Prigozhin likely to pay for coup with his freedom

THE Wagner Group, a private Russian mercenary outfit headed by the temperamental Yevgeny Prigozhin, has been in the news for an attempted coup d'état aimed at overthrowing Russian President Vladimir Putin.

Prigozhin is not a professional soldier but a businessman who soldier but a businessman who used to supply rations to the Russian army. In the past two years, his company had won contracts worth over \$2 billion. However, his contract was not renewed for the current year, which reportedly caused him dissatisfaction.

In 2014 Principles of the current was not renewed for the current year, which reportedly caused him dissatisfaction. In 2014, Prigozhin set up the

this group, which is modelled on the French Foreign Legion, is estimated to be 50,000. Its soldiers were involved in fierce fighting in the Battle of Bakhmut, which the Russians the Battle of won after more than 10 months of intense clashes.

of intense clashes.
Prigozhin has been making
statements accusing Russian
Defence Minister Sergei Shoigu
and the Army Chief, Genal
Valery Gerasimov, of not supplying artillery ammunition to
his men fighting in Bakhmut
and demanding their removal
from office.

June 23 when Prigozhin marched towards Moscow with several thousand heavily armed men. They reached the town of Rostov-on-Don without much

Rostov-on-Don without much resistance. Prigozhin made some statements to the media in Rostov which were broadcast around the world. His men shot down two Russian military helicopters, killing 12 soldiers.

By this time, the Russian authorities had swung into action. Putin addressed the nation, describing Prigozhin's actions as 'treason'. That was followed by the news that the President of Belarus, Alexander Lukashenko, had reached a deal Lukashenko, had reached a dea with Prigozhin on Putin's behalf under which he, along with some of his men, had been exiled to Belarus

exiled to Belarus.

Soon after, it was officially announced that the rebellion was over and that Prigozhin had left Russia for Belarus. The Russian Defence Minister and the Army Chief continued in their posts. Commentators noted that further loss of lives, and a possible Civil War, was thus avoided.

But it was announced by the Kremlin on June 29 that

and the Army Chief, General allery Gerasimov, of not sup-ying artillery ammunition to smen fighting in Bakhmut and demanding their removal om office.

Matters came to a head on deferment of the future deployment of Wagner mem-



bers, which implied that the Kremlin had not ruled out a role for them in the ongoing war in Ukraine, as also in some other countries. However, Prigozhin has not been seen since that

has not been seen since that meeting in Moscow.

The short-lived rebellion has raised several questions: were foreign intelligence agencies involved in Prigozhin's attempted coup or had prior knowledge of it? Did the Russian intelligence know that a coup was in the works? Was Prigozhin in touch with the Central Intelligence Agency (CIA), Mild (UK's Secret Intelligence

Service) and the Ukrainian intelligence before the coup? Some pointers to the answers

are available. First, it is known are available. First, it is known that the CIA officially briefed the 'Gang of Eight' on Prigozhin's rebellion a few days before the attempted coup. The so-called 'Gang of Eight' consists of the senior leadership of the US Senate and the House. He US knew about it, it is very likely that MI6 and Ukrainians also knew about it. Onspiring with foreign governments to bring down one's own government is a serious

own government is a serious crime in all countries. For this

reason, Prigozhin, despite assurances given to him, is unlikely to remain a free man for long. If he was involved in treason against Russia, he is likely to have com-mitted other related crimes, for mitted other related crimes, for which no assurances of pardon have been given. He is, therefore, on the run. His exact location is not known; some say he is in Belarus, others say he is in St Petersburg.

The Russian authorities will investigate the extent of the damage caused by Prigozhin before meting out punishment to him. Public opinion on the matter is solidly behind Putin,

ratings above 80 per cent. The war in Ukraine continues to pro-ceed in Russia's favour, prompt-ing an announcement by the US that it will supply 'cluster muni-tions' to the Ukraine army. tions' to the Ukraine army. These munitions are prohibited for use by more than 100 countries due to the danger they pose to non-combatants. The US will supply them to Ukraine because it has run out of 155-mm artillery shells.

One of the reasons the war is not going well for Ukraine is the shortage of ammunition for artillery and air defence systems as also of soldiers, tens of thou-

as also of soldiers, tens of thousands of whom have been killed since February 2022. Russia, on the other hand, does not face constraints such constraints. Moreover, Russian forces have built lay-ered defences to guard the areas already occupied by them in the east and south. The much-vaunted Ukrainian 'counter-offensive' is also faltering because it does not have artillery and air cover, exposing and air cover, exposing Ukrainian soldiers to enemy firepower as soon as they reach the 'kill zone', located within the range of Russian artillery and air-launched weapons. Despite such problems, the US and its allies have been escalating the war by announcing the supply of F-16 fighter aircraft, cluster

um' shells to the Ukraine army. The US doesn't want to accept defeat because that would sink Biden's re-election prospects. The situation resembles the tale 'Emperor With No Clothes'. Nobody in the administration wants to be the first to tell Bider wants to be the first to tell Biden that the war is going badly for the US and its allies. By prolong-ing the war, NATO is playing into Russia's hands because time is not on NATO's side. Putin is playing the game of 'attrition', for which Russia has enough weaponry and manpower. The Russian economy is doing well Russian economy is doing well and its factories are producing enough ammunition importantly, the casualty rate is far lower on the Russian side

Putin has indicated that he would not be the first to use nuclear weapons even though this is an existential war for Russia. But he has also indicated that Russia would not end the war untill its objectives of 'demilitarisation' and de-Nazification' of Ukrainiae are achieved.

Russia already occupies around 20 per cent of Ukrainian territory in the east and south of Putin has indicated that he

territory in the east and south of the country. It would like to add Odessa to it, cutting off Ukraine's access to the Black Sea. Time and tide are on its side.

Instapoetry: The Unexpected Instagram Trend That Boosts Mental Health

It was a Tuesday, and my anxiety was at an all-time high. I was scrolling mind-lessly through Instagram, absorbiessiy through instagram, absorb-ing each post quickly. I saw my friend's babies, an old colleague's wedding, someone's new puppy and a political commentary or two. Somewhere in my endless consumption, I also came across a that caught my attention nough for my mechanical thumb

to pause.

The words spoke to the root of The words spoke to the root of my anxiety, which was based in a lingering feeling that I wasn't deserving of the things I wanted most. "Why even try?" my anxiety asked. But this poem offered me another perspective. It him the hard—as if it was written just for me at that moment. Most of all, it (and the hundreds of comments. the hundreds of comments beneath it) reminded me that I wasn't alone

As a writer I know firsthand the

someone in a relationship with a stage-five clinger that I like to call anxiety, I also know that you often need to hear it from someone else in order for it to connect. So, I look for relief and repose from other writers, creators and poets. While reports and studies show that Instagram can be harmful to

mental health, I'd argue that there are a few silver linings - and that the rise of Instagram poetry is one of them. Poetry, as an art form, can be a connective thread that soothes sadness, adds hope on hard days and reminds us of our humanity

As Harpreet M. Daval, an interdisciplinary artist and poet put it, Instagram poetry's ascension has "created opportunities for writers to build a community and find a place where their words mean something to people." It's also a place that means a lot to Daval. When Daval moved from the

U.K. to Canada to be with her hus-



NEWS

Instagram as a form of therapy to overcome her fears and uncertain ty of starting over in a new city (and country). "I found refuge in words," Dayal told HuffPost. "It was my way of making sense of and dealing with fear, and it became a way to slowly open

myself up to change as I stepped into the next phase of my life."

Dayal isn't the only one who has turned to Instagram poetry during

life's challenging phases. Josefina Sanders, otherwise known as @loveoffering on Instagram, turned her grief into poetry and shared it on Instagram after suffering her first miscarriage with her husband. "My battle with mental health was what led me to write poetry," Sanders said.

"It was terrifying being this vul-nerable, but I found some of my very best friends over Instagram

ney."
Jon Lupin, who goes by on Lupin, wno goes to (The PoetryBandit, said posting his work and interacting with oth-ers who are going through the same thing saved his life. Lupin, who was one of the original "instapoets" along with Tyler Knott and Christopher Pointdexter, turned to Instagram in 2014 to help him navigate alco-

ol misuse. Lupin, whose father was a musician, started writing songs at the age of 14 to follow in his dad's age of 14 to follow in his dad's footsteps. But then, in Lupin's late 30s, he struggled with alcoholism, which he said stole much of the joy he had in his past hobbies. "In 2014 I had finally had

enough of drinking and picked up the pen and paper again to help, me get through the detox, shame, guilt and stress that quitting a sub-

Ultra-processed foods cause premature death: Study



raditional foods and meals created from fresh and minimally processed components are gradually being replaced by ultra-processed foods (UPFs), ready-to-eat or heat industrial formu-lations made with substances taken from foods or lations made with substances taken from foods or synthesised in laboratories, recent research has

The study in the American Journal of Preventive The study in the American Journal of Preventive Medicine, published by Elsevier, has found that increased consumption of these foods was associated with more than 10% of all-cause premature, preventable deaths in Brazil in 2019, although Brazilians consume far less of these products than countries with high incomes.

countries with high incomes.

"Previous modelling studies have estimated the health and economic burden of critical ingredients, such as sodium, sugar and trans fats, and specific foods or drinks, such as sugar-sweetened beverages," explained lead investigator Eduardo A.F. Nilson, ScD, Center for Epidemiological Research in Nutrition and Health, University of Sao Paulo, and Oswaldo Cruz Foundation, Brazil. "To our boundaries, no study to date has estimated the knowledge, no study to date has estimated the knowledge, no study to date has estimated the potential impact of UPFs on premature deaths. Knowing the deaths attributable to the consumption of these foods and modelling how changes in dietary patterns can support more effective food policies might prevent disease and premature deaths."

Dr. Nilson and his colleagues modeled data from

deaths."

Dr. Nilson and his colleagues modeled data from nationally representative dietary surveys to estimate baseline intakes of UPFs by sex- and age-group. Statistical analyses were used to estimate the proportion of total deaths that were attributable to the consumption of UPFs and the impact of reducing intake of UPFs by 10%, 20%, and 50% within those age groups, using data from 2019.

Across all age groups and sex strata, consumption of UPFs ranged from 13% to 21% of total food intake in Brazil during the period studied. A total of 541,260 adults aged 30 to 69 died prematurely in 2019, of whom 261,061 were from preventable, non-communicable diseases. The model found that approximately 57,000 deaths that year could be attributed to the consumption of UPFs, which corresponded to 10.5% of all premature deaths and 21.8% of all deaths from preventable noncommunicable diseases in adults aged 30 to 69. The investigators suggested that in high income countries such as the United States, Canada, the UK, and Australia, where UPFs account for more than half of total caloric intake, the estimated impact would be even higher than the countries where even higher than the countries where the succount for more than half of total caloric intake, the estimated impact would be even higher than the countries where the succountries are the countries of the even higher than the countries and the countries are the countries and the countries and the countries are the countries and the countries and the countries and the countries are the countries are the countries and the countries ar of total caloric intake, the estimated impact would be even higher.

Dr. Nilson noted that UPFs have steadily replaced the consumption of traditional whole foods, such as rice and beans, over time in Brazil. Reducing the consumption of UPFs and promoting healthier food choices may require multiple inter-ventions and public health measures, such as fiscal ventions and public health measures, such as inscal and regulatory policies, changing food environ-ments, strengthening the implementation of food-based dietary guidelines, and improving consumer knowledge, attitudes, and behavior. Reducing consumption of UPFs by 10% to 50%

could potentially prevent approximately 5,900 to 29,300 premature deaths in Brazil each year.

Are vaccines affecting your heart? No, say experts

Since immunisation against COVID-19, one of the deadliest and most disruptive diseases the world has ever seen, began in early 2021, several discussions about the possible side effects of these vaccines have been translure on social media been trending on social media now and again. While a widely spread discussion regarding COVID booster vaccine, even amid the medical fraternity, point-ed towards cardiovascular side effects, cardiologists have debunked these as rumours, calling such possibilities very rare. Several states in India have lifted the COVID restrictions. Since the COVID restrictions. Since India begain immunisation against the disease in April 2021, four vactices, namely Covishield, Covasin, Corbevax and Sputnik Light have been available in India since April 2021. Multiple posts were circulated and have been seen surfacing on social media that people have been reporting cases of heart inflammation or that people have been reporting cases of heart inflammation or heart attack after the COVID-booster shots. However, cardiologists maintain that the vaccines are widely safe. Dr PK Joshi, Director and Consultant Physician Cardiologist at Niramaya Hospital in

Niramaya Niramaya Hospital in Chinchwad, said, "All vaccines Chinchwad, said, "All vaccines are safe, that's why they are given a license for medical use. All drugs and vaccines undergo clinical trials. Occasional reactions are seen but they are very rare, like in one in lakh. In COVID-19, only the Pfizer vaccine had the higher incidences of reaction, but still, it was within permissible limits."



Myocarditis was listed as a rare side effect of some vaccines like Pfizer-BioNTech COVID-19 vaccine (Comirnaty®), Moderna COVID-19 vaccine (SpikevaxTM), or Novavax COVID-19 vaccine. However, experts around the world have argued that these heart issues are very rare and treatable and not as dangerous as COVID-19 itself. India's COVID-19 vaccination coverage has crossed 216.54 Crore, as reported by the Ministry of Health and Family Welfare on September 17, 2021. As of September 28, 2021

2021. As of September 28, 2021 around 29,39,446 people were vaccinated with the shot of COVID booster dose in India. "In India, 200 crores doses given. Abnormal reactions were reported only in 4,000, that is just 0,0002 percent. Vaccines have protected the 130 crores population

from severe COVID-19," Joshi adds. A number of international studies have demonstrated that those who have received the vachave a significantly lower cine nave a significantity lower risk of developing severe conse-quences caused by COVID-19. An unhealthy lifestyle (eating junk food, smoking, tobacco consump-tion), inadequate sleep and stress (physical and mental), on the other hand after the fitness of the other hand, affect the fitness of the heart commonly. In fact, research has also shown that the possibility of one getting myocarditis after getting infected with COVID-19 is much higher. Thus, vaccine might in fact save you from myocarditis by saving you from COVID.

Dr Shailesh Vaidya, MD in Ayurveda (spine and joint) said, "It don't have any concrete in the property of the property heart commonly. In fact, research

don't have any concrete info regarding booster shots causing

cardiac ailments. Neither there is any study as of now in the public domain, nor even clinical experience regarding such cardiac ments among practitioners. There may be rare coincidences of carproblems after a booster which is possibly being thought of as a common adverse effect in our

as a common autress enter in sudiverse society."

He added, "There is a category of people who are against the idea of vaccination. Secondly, the fear factor along with over-imaginative minds become the sources of pseudo information.

pseudo information."
In fact, a new study from Israel found that the risk of developing myocarditis among males ages 10 to 19 years was about 1 in 15,00 oafter the third dose of the Pfizer-BioNTech COVID-19 vaccine. The research published in the American Heart Association's

flagship journal Circulation also said that the cases were rare and mild. While medical professionals have observed that there is a rise in the number of young people suffering cardiac ailments, it has not been pinned upon the COVID "There have been incidences of "There have been incidences of death due to cardiac arrest in young people who were relatively fit and active in these two-three years. But was it because of COVID or COVID vaccination? It is not clear because, after the second phase of Covid in April 2021, I feal most of the normalistic nurbo.

I feel most of the population who did not come in contact during the first round got contacted in the second round and those left in the second round and those left in the third round. So almost 95 percent have contacted Covid. So, whom to put the blame on, the disease or the vaccine is a dilemma," Dr Tripti Pathak said.

Tripti Pathak said.

Dr Devyani Soman (MD
Pathology) said that in India the
percentage of people who faced
heart ailments after Covid vaccination was negligible. "Enough
evidence, proofs are not available.
Enough studies are not done yet.
Plus, as Covid cases are quite low
since last year, people are not taksince last year, people are not tak-ing the vaccine. So, it is difficult to nment," Soman said

comment," Soman said.

However, experts do believe
that there is a need for research in
the field. Alessandra Kamille
Mallari (MD, DYSP), a general
pathologist and professor at UV
Gullas College of Medicine, Cebu,
Philippings. said. "Proper Philippines, said, "Proper research needs to be done to get a

I tried adding five minutes of ab exercises to my strength workouts - here's what happened

I'm lazy with ab workouts but wanted this to change so I tried adding a few core building moves to my staple weight training workouts

ve grown a real love for we grown a real love for weight training over the last couple of years and enjoy the physical and mental strength I gain from practicing it. But as I have channeled my time and effort into learning this civil II to below less time to this skill I've taken less time to this skill I've taken less time to focus on growing my abs. So I've been trying to muster back up the motivation to train my core without taking the fun out of my usual workout schedule.

Rewind to being in lockdown during the analysms and I was

during the pandemic and I was during the pandemic and I was completing many of the best workouts for abs near enough every day to pass the time and feel like I was staying in shape. But as soon as I could get back to the gym I was set on building up my strength and muscle again using equipment like the barbell and some of the best kettlebells to challenge my

kettlebells to challenge my lower and upper body. Lo and behold, core strength is essential when it comes to weight training in order to improve form, help with pos-ture, and protect the back from injury. I may have learned how

to deadlift properly but if I to deadlift properly but if I wanted to progress in my training and lift heavier, I knew I'd have to pick up some core strengthening exercises sooner rather than later.

I decided that the only way I'd be able to form some kind of habit with ab training and emain consistent with it was to

remain consistent with it was to add a short bout of moves onto add a short bout of moves onto the end of my usual workouts. After every strength session, I grabbed one of the best yoga mats from my gym and round-ed off things with a five-minute ab finisher. I tried to target all areas of my core by performing areas of my core by performing 45-60 seconds of different exer-cises like planks, side planks, crunches, and deadbugs. This is

I ENJOYED THE PAIN Without sounding too sadis-tic, I liked the soreness that I felt in my core after working it out. It was reassuring that I had suc-It was reassuring that I had suc-cessfully targeted my abdomi-nal and core muscles even though I was only doing five minutes of bodyweight moves to get results.

It also was very normal for



me to experience muscle pain in my stomach when laughing or sitting up in bed following my sitting up in bed following my ab training. The American Council on Exercise(opens in new tab), explains that DOMS (delayed onset muscle soreness) is a natural process of the body following intense exercise. It usually develops between 24-48 hours after a warrout and with. in 72 hours your body typically

will have repaired the tears in your muscles. Don't get me your muscles. Don't get me wrong, the first week of workwrong, the first week of work-outs was pretty brutal. My abs weren't used to being chal-lenged in this way and needed longer to recover. However, the more sessions I finished off with abs, the less sore the exer-cises felt. It reminded me of the painful feeling your butt feels painful feeling your butt feels after getting on a bike seat after

a long time. The first ride is agony and the pain lingers until your lower half adapts to the feeling of sitting on a small bike seat again.
IT WAS A DIFFERENT

CHALLENGE FROM WEIGHT

gym can have a more intense feel to it than other sections do. Depending on your goal it often

has a focus on moving up a weight. For me, I try and use weight. For me, I try and use the progressive overload tech-nique to avoid hitting a plateau and continue making strength and muscle gains. When I move up a weight plate or dumbbell I typically see this as a signal of improvement and power but I still like to have a move buletic. still like to have a more holistic

still like to have a more holistic approach to fitness and not just define my strength by weights. It was certainly humbling, finishing up a big leg day, plac-ing myself in a plank position, and struggling to hold a perfect plank position for more than a minute. I had more admiration for the people around me in the for the people around me in the for the people around me in the floor section holding V-sits and performing heavy weighted Russian twists than anyone else in the gym as it takes just as much discipline and consistency as it does the person in the gym who can excut the heavigym who can squat the heavi est. AB WORKOUTS CAN

INCORPORATE WEIGHTS The stronger my core became, the more challenging I could make my five-minute ab finishers. Rather than increase the duration that I was spending on abs at the end of my strength sessions. I decided to incorposessions, I decided to incorporate some weights into my exer-cises. Sometimes this looked like adding these dumbbell ab exercises onto the end of my training and incorporating the weight into well-known moves such as crunches, dead bugs and plank variations. If over I and plank variations. If ever l don't make it to the gym, I can don't make it to the gym, I can use a set of the best adjustable dumbells at home to get in an ab workout and can still increase the challenge by increasing the weight load on the spot. Or for the days, when I have

Or for the days, when I have no desire to get on the floor for core training or have a bit of an achy back I complete standing ab exercises. Some of my favorites to do are weighted side bends, crossover toe touches, and around the worlds using a kettlebell. Weights or no weights, five minutes of ab, and core exercises now form a stacore exercises now form a stacore exercises now form a sta-ple part of my regular gym rou-tine. It's a time-efficient activity that makes me feel good and complements my strength training.

Modernisation of Naanwai Bakery Shops under **PMFME Scheme initiated in District Srinagar**

DC SRINAGAR INSPECTS UPGRADED UNITS TO ASSESS THE IMPACT OF THE SCHEME

II NEWS SERVICE

SRINAGAR JULY 14: Deputy Commissioner (DC) Srinagar, Mohammad Aijaz Asad today inspected several Bread Makers (Naanwai) Shops in Ikhraipora area of the District taken up under PMFME Scheme to restructure the traditional Naanwai shops by installing modern ovens to ensure proper hygiene in and around the shops besides maintaining quality

shops besides maintaining quality of the products. During the inspection, the Deputy Commissioner interacted with the owners of Naanwai Shops and assessed the technolog-



ical interventions adopted by them through Pradhan Mantri Formalisation of Micro Food

(PM FME) Scheme under One District One Product(ODOP) initiative of the Government through which financial and infrastructur al support is provided to ensure sustainable livelihood of Local

read Makers (Naanwai).

On the occasion, the DC asked
ne beneficiaries to further the beneficiaries to further improve and upgrade the Units under the scheme envisaged for handholding and uplitment of the beneficiaries. The DC said Administration is very keen about handholding and uplitment of the Naanwai's or Srinagar District as Naanwai's are an essential part of our society.

an essential part of our society

besides the century's old culture and tradition Kashmir valley.

The DC also said that intending Naanwai's need not to move office to office instead a represen-tative from the concerned tative from the concerned Government Department are visiting the shops of the Naanwai's for proper verification and other documentation process. He also said that proper training is also be given to the beneficiaries under the scheme. On spot directions were given to the Area Marketing Officer Horticulture (P&M) Srinagar/ DNO PMFME for follow up of the cases of the beneficial ow up of the cases of the beneficial low up of the cases of the benefici-aries at all levels. Other units

namely Hilo Bakery Nowgam and Food Makers Oammarwari were also visited by the Deputy

Pertinent to mention that under the scheme ,a loan amount is pro-vided to the beneficiaries with

vided to the beneficiaries with 35% subsidy upto a maximum of Rs 10 lakh in order to start or upgrade the unit on modern lines. During the visit, the Deputy Commissioner was accompanied by Chief Planning Officer Srinagar, Officers from Horticulture Planning & Marketing and other concerning.

Kathua: DDC council reviews progress of works under CSS, Capex Budget 2023-24

JI NEWS SERVICE

KATHUA, JULY 14: District Development Council Chairperson Kathua, Mahan Singh, today chaired a meeting of DDC members and concerned District officers to review of physical and financial progress of District Capes Budget 2023-2024 besides implementation of Centrally Sponsored Schemes in the district, here at conference Hall of DC Office Complex.

Deputy Commissioner Kathua, Rakesh Minhas; Vice Chairman, DDC. Rachunandan Sinch: Chief Planning.

Chairman, DDC, Raghunandan Singh; Chief Planning Officer, DDC members, XEN PDD, CMO, CEO, XEN PHE, XEN irrigation, XEN PMGSY besides other District officers

XEN irrigation, XEN PMGSY besides other District officers attended the meeting.

At the very outset, ADDC Kathua Ankur Mahajan apprised the council about the progress of plans being implemented in consultation with concerned PRIs.

DDC Chairman exhorted the council members to personally monitor the progress of projects of public importance under current allocation of district Capex so as to meet the popular development aspirations of the people. Underscoring the need to complete the projects of critical importance, DDC Chairman said JM projects under implementation across the district will give relief to the inhabitants especially residing in kandi and hilly pockets of the tants especially residing in kandi and hilly pockets of the region. He expressed hope that all 299 water supply schemes under JJM will be completed by the end of December 2023. The Chairman DDC Kathua also highlight-December 2023. The Chairman DDC Kathua also highlighted the issue of borewell not materialized and asked the concerned executing agencies for exploring the alternative arrangements to meet the drinking water needs of the people. Highlighting the issue of pending MGNREGA wage payments, the DDC called for timely disbursement of payments to the job card holders besides DDC Nagri advised for organizing awareness camps so as sensitize and aware the masses who are in oblivion about the benefit of 100 days of job guarantee under MGNREGA. Earlier, ADDC Kathua suggested more taking up of works by PRIs for proper face-lifting of Amrit Sarovars. While discussing the health scenario of the district, the issue of shortage of medical staff and requisite infra to cater the healthcare demands of the rural populace came to the fore. While reviewing the JPDCL sector, the council highlighted the issue of eratics. JPDCL sector, the council highlighted the issue of erratic power supply, lack of electric poles and delay in execution of tendered works, the DC directed XEN JPDCL to look into the matter besides fixing responsibilities of the con-cerned contractors to execute the works within stipulated

The DDC Chairperson urged all the DDC members and District officers to coordinate with each other in formula-tion of rational plans maintaining the sanctity of the 3-tier system of Panchayati Raj.

cooperative movement in district cerned officials to make vigorous

ANANTNAG, JULY 14: The Deputy Commissioner (DC) Anantnag, Syed Fakhrudin Hamid today chaired the Fakhrudin Hamid today chaired the first District Cooperative Development Committee meeting at DC office, here. Deputy Registrar Cooperatives, Muzaffar Ahmad who is the convener of the meeting informed that the meeting was held to strengthen the cooperative movement in the district. He gave an overview of the present status of cooperative soci-eties in the district and efforts taken by

the department to revive and strengthen them. It was given out that there are 128 registered cooperative societies in the district which include PACS, Dairy & Fisheries societies and societies and societies in other agri and non-agri sectors. The DC urged upon the cooperative department to lend their best efforts to achieve the objective of strengthening the cooperative movement in the district and deepening its reach to the grassroot level as envisioned by the Union Cooperation Ministry. He further directed the con-

cemed officials to make vigorous efforts to realize the vision of Sahakar se Samridhi for strengthening of cooperative movement in the district. He urged for assessing the financial/credit requirement of the PACS and exploring the options of mobilising the financial support from apex institutions like NCDC/ NABARD/NDDB/NFDB. The DC also reviewed the progress of adoption of model bylaws by the PACS, competerization of PACS, updating of data in national cooperative database and other agencooperative database and other agen-da as per the guidelines.

DDC Council Kathua discusses modalities to finalize plans under Capex Budget 2023-24

JI NEWS SERVICE

KATHUA, JULY 14: To discuss the modalities for the formulation of developmental plan under District Capex Budget 2023-2024, the District Development Council Chairperson Kathua, Mahan Singh today chaired a meeting of the DDC members and concerned District officers, here in conference Hall of DC Office

conference Hall of LV. Chinc Complex. DC Kathua Rakesh Minhas; Vice DC Kathua Rakesh Minhas; Vice Chairman, DDC, Raghunandan Singh; Chief Planning Officer, DDC members, XEN PIDD, CMO, CEO, XEN PHE, XEN irrigation, XEN PMGSY besides other District officers attended the meeting. At the very outset, ADDC, Ankur Mahajan apprised the council about

underscored "

He underscored the importance

focusing on multiple facets,

including the medical care of addicted patients, the declaration of Nasha Mukt Panchayats, and

the active involvement of A ASHAs, Anganwadi Workers (AWWs), and teachers in the

(AWWs), and teachers in the Nasha Mukt Panchayat Abhiyan. The Deputy Commissioner called for collaborative efforts from all stakeholders to develop action plans aimed at implement-ing intervention measures in areas severely affected by drug abuse. He emphasized the need for both strinoent meas-

both stringent enforcement meas-

ures and compassionate rehabili-

tation programs to effectively address the menace of drug abuse.

DC informed that, similarly on ne lines of Nasha Mukt

shall Wards campaign shall be launched in the Municipal area,

Panchayats, shortly Nashat Mukt

after a detailed meeting with the

DC Kishtwar Chairs 11th NCORD meeting

Kishtwar MC mulling to Launch Drug Free Ward Campaign - A Step Towards a Drug-Free Zone: DC informed

MC members and other stake-

During the meeting, SSP Kishtwar shared valuable insights

and recommendations, contribut-

ing to the comprehensive approach discussed. The partici-pants also deliberated on the

number of cases registered under the Narcotic Drugs and Psychotropic Substances (NDPS)

Furthermore, the meeting emphasized strict adherence to the instructions issued by the government with regard to achieving

a drug-free society under the Nasha Mukt Bharat Abhiyan. The

Deputy Commissioner specifically urged the authorities of the

Addiction Treatment Facility (ATF) at District Hospital

Kishtwar to provide compassion-ate treatment to addicts.

The meeting also provided a platform to review the progress

the status of the plans being formulated in consultation with concerned PRIs. The DDC Chairman Col (Retd) PRIs. The DDC Chairman Col (Retd)
Mahan Singh exhorted the council
members to take up projects of public
importance under current allocation
of district Capex so as to meet the
popular development aspirations of
the people.
Underscoring the need to complete
DDC Chairman said JJM projects
under implementation across the distict will provide great relief to the

trict will provide great relief to the inhabitants especially residing in kandi and hilly pockets of the region. He expressed hope that all 299 water supply schemes under JJM will be completed by the end of December

The Chairman DDC Kathua also

made on the action points dis-cussed in the previous meeting. The Deputy Commissioner per-

sonally engaged with ASHAs, AWWs, and PRIs from Sigdi B1, Chicha, Philler B, and Dadpeth Panchayats, acknowledging their

commendable efforts in combating substance abuse and express

ing gratitude for their unwavering commitment to the cause. He

commitment to the cause. He emphasized the need for conducting more awareness and training programs to further enhance their capacities. Moreover, the meeting stressed the importance of intensified weed destruction measures throughout the district, recogniz-

materializing and asked the con cerned executing agencies to explore the alternative arrangements to meet the drinking water needs of the peo-

ple.

Highlighting the issue of pending MGNREGA wage payments, the DDC called for timely disbursement of payments to the job card holders. The DDC Nagri called for organizing awareness camps so as to sensitize and educate the masses about the benefits of 100 day of job guarantee under MGRREGA.

Earlier, ADDC Kathua suggested more allocation of funds by PRIs for

more allocation of funds by PRIs for proper face-lifting of Amrit Sarovars.

While discussing the health sce-nario of the district, the issue of shortage of medical staff and requisite infra to cater the healthcare demands of the

ubstance abuse.
Following the meeting, the

team promptly provided ASHAs, AWWs, and PRIs from Chicha, Philler-B and Dadpeth Panchayats with the necessary training to effectively combat drug abuse. The 11th NCORD Committee

meeting witnessed a collective commitment to eradicating the

commitment to eradicating the menace of drug and substance abuse from Kishtwar. The Deputy Commissioner and all stakehold-ers remain dedicated to imple-menting proactive measures, fos-tering collaboration, and creating a drug-free society.

J&K youth to be provided world class sports infrastructure: Dr Mehta

INAUGURATES MODERN GYMNASIUM, WEIGHTLIFTING HALL AT SGR STADIUM

SRINAGAR, JULY 14: Continuing the trend of giving boost to the sports infrastructure in J&K, Chief Secretar Dr Arun Kumar Mehta today inaugurated the moder

Dr. Arun Kumar Mehla today inaugurated the modern Gymnasium and Weightlifting Hall at Balshi Stadium, Srinagar here.

On the occasion the Secretary, Youth Services & Sports, Secretary, Sports Council besides other officers, coaches and officials of the department were also present. While interacting with the former International Football players and other trainees of different sports academies, the Chief Secretary sought feedback from them on how their games can be improved in J&K. The players requested the Chief Secretary to use his good offices for conducting of different national level tourna-ments like SAFF games which will give necessary expoments like SAFF games which will give necessary expo sure to the youngsters besides giving them opportunity to hone their sports skills by watching their national

Chief Secretary remarked that the government has cre Chief Secretary remarked that the government has cre-ated world-class infrastructure in J&K during the past few years and that sport is a priority of the government and adequate resources have been earmarked for its upliftment in the UT.

He enjoined upon the players to optimally utilize the facilities and assured them that the Administration shall extend all facilities to them so that they chase their dreams of making big name in the sports of their choice.

In response to the demand for residential facilities for Football, Dr. Mehta said that the LG administration is going to provide every sort of infrastructure and facility to sports lovers so that they can grow and excel in sports.

He also observed that youth can now enjoy sports activities till late hours as stadia in almost all districts are provided with flood lights besides upgradation of other facilities. Stating that the culture of sports activities is takfacilities. Stating that the culture of sports activities is taking root in Jéck, he said that every person young or old is encouraged to take up sports to channelize their energies towards better and healthy activities. He made out that Jéck is targeting to involve over 75 lakh people into different sporting activities in Jéck and for that the necessary sporting facilities have been provided right down to the Panchayat level. Earlier, the kids from the Tackwondo School of Sports Council gave a demonstration of the skills they have learned thus far which left the audience spellbound and praising their performance and skills demonstrated on the occasion.

Hand Holding Session organised for JJM stakeholders at Reasi

Har Ghar Ial Villages and testing of water samples of each HouseHold.

FTK Training was imparted to the participants by the lab experts with detailed practical demonstration. Later, Appreciation Certificates were given to the best performers in various activities under IIM.

Rakesh Kumar Mahajan, SE; ADDC, CPO, XEN PHE, XEN MIDD with staff, DPMU and ISAs were also present in the meeting. Session concluded with a vote of thanks by member Secretary JJM.

REASI, JULY 14: A Hand Holding session for Jal Jeevan Mission stakeholders was today held in the Conferences hall of the DC office. The session was presided over by District Development Commissioner/Chairperson District JJM, Babila Rakwal and attended by Pani Samities, PRIs members, Asha workers, Anganwari Workers and other stakeholders.

At the outset, IEC Expert J&K Sajal Srivastava, threw light on different aspects of Jal Jeevan Mission (JJM), Role of PRIs and Paani Samitis in the process of the implementation of JJM to ensure Har Ghar Nal Se Jal. They were also informed about the Certification of Har Ghar Jal Villaevas and testing of water samples of each

II NEWS SERVICE

Leprosy awareness programme

held at Bharath- Doda

JI NEWS SERVICE

DODA, JULY 14: To raise awareness about prevention and treatment of Leprosy, a team from District Leprosy Society Doda today organized an awareness programme at Village Kulhand and Bharath in Medical Block Chat District Doda. The awareness programme was held under the supervision of Chief Medical Officer Doda, Dr. Ab Hamid Zargar. The awareness sessions were held at Government Lower High School Kulhand, AWC Thawa and PHC Bharath where the expert teams educated people about signs and symptoms of Leprosy diseases and how to detect the leprosy cases.



NYK organises Yuva Utsav-"Panch Pran" at GDC Kishtwar

II NEWS SERVICE

KISHTWAR, JULY 14: Nehru Yuva Kendra Doda, under the Ministry of Youth Affairs & Sports, Government of India, organized a mega "Yuva Ulsav" in Government Degree College, Kishtwar. The College NSS Unit Collabo-rated in hosting the event which witnessed the enthusias-tic participation of 200 young individuals from across the district in five different conventitive events contend district. district in five different competitive events centered around the theme "Panch Pran".

The event comprised five exciting competitions, namely the Young Artists Camp - Painting, Young Writers Contest - Poetry, Mobile Photography Contest, Declamation Contest, and Group Cultural Fest.

Contest, and Loroup Cultural Fest.
The DDC Chairperson Kishthwar Pooja Thakur graced
the occasion as the Chief Guest and the College Principal
Dr. Jyoti Parlhar honored the event as the guest of honor.
The NSS Programme Officer Prof. Sonika Sen efficiently
coordinated the event, while Avni Sen (I/C Cultural Cell)
served as the anchor.

served as the anchor.

Commencing with the lighting of traditional lamp ceremony, the event proceeded with a warm welcome address by District Youth Officer, Khushal Gupta.

He extended a heartfelt welcome to the esteemed guests, jury members, faculty, staff, and students representing various educational institutions.

Curbs amphasized the significance of the theme "Panch

Gupta emphasized the significance of the theme "Panch Pran" and provided insights into the chief.

organizing such events. He highlighted that Nehru Yuva Kendra Sangathan, through its field offices, is conducting Yuva Utsav in all districts nationwide, and the winners of all components of Yuva Utsav will qualify for the State Level Yuva Utsav followed by the National level Yuva Utsav.

followed by the National level Yuva Utsav. Subsequently, captivating cultural performances were presented by various talented teams, and participants of the declamation contest expressed their thoughts on the topic "Panch Pran." Simultaneously, in the conference hall, students engaged in a creative writing session, penning their poems, while the Mobile Photography Contest contestants were granted a two-hour period to capture their best pho-tographs.

KISHTWAR II II V 14: The 11th

KISHIWAR, JULY 14: The 11th
Narco Coordination (NCORD)
Committee meeting was convened today at the DC Office
Complex, Kishtwar,
chairmanship of Deputy
Commissioner Dr.
Deputy
Devansh

visional declaration of Panchayat Chicha, located in Block Nagseni

of District Kishtwar, as the Second Nasha Mukht Panchayat of the

stakeholders.

The meeting was attended by DPO ICDS Dr. Rishi Kumar Sharma, SDM Chatroo Showkat Hayat Matoy. Tehsildar HQ Chander Shekhar Sharma, Tehsildar Kishtwar Umar Muneeb; Dy CMO, Dy CEO, Nodal Officer Addictor Treatment Facility (ATP) District Respitals Kishtwar Dr. Arif Hospital Kishtwar Dr. Arif Hospital Kishtwar Dr. Arif Hospital Kishtwar Dr. Arif

Hospital Kishtwar Dr. Arif Rashid, Rajesh Kumar Tehsil

Welfare

Headquarters Kishtwar, heads of

Headquarters Kishtwar, heads of educational Institutions; Eaculty members from Colleges; Officials from Social Welfare, ASHAs, and AWWs, PRIs from panchayats of Sigdi BI,Chicha, Philler-B and Dadpeth besides other members. In his address, the Deputy Commissioner highlighted the significance of adopting a comprehensive approach to combat the prevasive issue of drug and substance abuse in the district.

Office

district. The announcement made in the presence of SSP Kishtwar Khalil Ahmed Poswal. along with the participation of various esteemed dignitaries and stakeholders.

Yadav. The meeting witnes

DC Anantnag stresses for pushing

Director Agriculture visits Potato Seed Development Farm Sedaw Shopian

Agriculture Kashmir, Chowdhury Mohammad Iqbal today visited Potato Seed

Development Farm Sedaw Shopian. During the visit, the DC inspected different blocks of the farm where he was briefed by concerned officers about the latest initiatives and interventions that are being adopted at the farm

adopted at the farm.

Speaking on the occasion, Director
Agriculture said that the agro-climatic conditions of this area are one of the best suited
for the potato seed production and by taking advantage from such conducive environmental conditions we can pioneer the
potato seed production sector.

He highlighted the importance of the
ouality seed for a successful cropping sea

quality seed for a successful cropping sea-son and asked the concerned officers to adopt all real time technologies for a healthy virus free potato seed.

Director Agriculture said that departmental farms are focusing on the develop ment and multiplication of high yielding

JI NEWS SERVICE

BANDIPORA. IULY 14:

BANDIPORA, JULY 14: The Deputy Commissioner (DC) Bandipora, Dr Owais Ahmad Friday conducted a comprehensive review of the arrangements for the Muharram-ul-Haram relat-ed events at Sumbal, Bandipora. The DC emphasized the significance of maintaining

significance of maintaining peace and harmony during the Muharram period. He underlined the importance

of close coordination between the district admin-

istration, law enforcement agencies, and religious leaders to ensure the smooth conduct of proces-

smooth conduct of processions and events.

During the review, various aspects were discussed to enhance the arrangements for the Muharram processions at Sumbal Bandipora

andipora. On the occasion people

raised issues related to healthcare, electricity, drinking water etc. While giving a patient hearing to

the issues raised by the people, Dr Owais directed the concerned officers and

DC Bandipora reviews Muharram

Arrangements at Sumbal



varieties of agriculture crops (including Potato) appropriate production and protec-tion technologies, Post- harvest manage-ment and production of good quality seeds. He marked the importance of various proj-ects under the Holistic Agriculture Development Program and asked the farm-ers to work shoulder to shoulder with the department for the successful implementa-tion of these projects.

Later, the Director visited hi- tech poly-

NEWS

houses at Mini secretariat Shopian, Hall Pulwama and said that hi-tech polyhouse technology has played a good role in boosting the Agriculture sector in the region.

The Director was accompanied by Chief Agriculture Officer Shopian, Farooq Ahmad Reshi and other officers of the

Power shutdown

JI NEWS SERVICE

JAMMU, JULY 14: Chief Engineer Industrial Estate Ghatti, Jakh, Jogpur, Raika, Industrial Asia Ghatti, Jakh, Jogpur, Raika, Industry and adjoining areas shall remain affected on July 17 from 8 am to 10 am. Similarly, the power supply to Bhoond, Sandher, Mashka, Sewa Hydral Project Bani, Bhander, Chalog, Dhager, Bhathindi, Sunjawan, Vidhata Nagar, Kargil Colony, Shazadpur, GhoManhasa, Marh, Gajiansoo, Karloop, Dataryal and adjoining areas shall remain affected on July 17 from 6 am to 10 am. Likewise, the power supply to Vijaypur, Raya and adjoining areas shall remain affected on July 17 from 6 am to 8 am.

DC Ramban chairs DLIMC meeting to review computerization of PACS

JI NEWS SERVICE

RAMBAN, JULY 14: Deputy Commissioner, Ramban, Mussarat Islam today convened the maiden meeting of

Mussarat Islam today convened the maiden meeting of the District Level Implementation and Monitoring Committee (DLIMC) here in his office chamber to review the functioning and computerization of "Primary Agriculture Credit Societies" (PACS) in the district. Among others, the meeting was attended by ADDC, ACR, CAO, CAHO, DRCS, AD Fisheries, DDM NABARD and other members of the District Cooperative Development Committee, DCDC).

The Deputy Commissioner, who is also the chairman of the committee, I had threadbare discussions regarding identification of Primary Agriculture Credit Societies (PACSs) and thier computerization under the Centrally Sponsored Project for Computerization of Primary Agriculture Credit Societies (PACSs) and thier computerization under the Centrally Sponsored Project for Computerization of Primary Agriculture Credit Societies (PACSs) and thier computerization under the Centrally Sponsored Project for Computerization of Primary Agriculture Credit Societies (PACSs).

Agriculture Credit Societies (PACSS). In addition to this, deliberations were also made to operate PACS as Jan Aushadi Kendras, PMKSKs, and Common Services Centre etc. Meanwhile, the DC directed concerned officers to work

Meanwhile, the DC directed concerned officers to work hard on all Primary Agriculture Credit Societies of the districts to revive them. He emphasized that these schemes will be a game changer for the Cooperative movement & will contribute towards realizing the vision of Sehkar se Samridhi. He instructed all the line departments to work in coordination as per extant norms and guidelines.

guideines.

The DC further exhorted the officers to impart proper training to the members of existing societies under the scheme of Computerization for PACs.

Director Horticulture launches Plantation drive in District Kathua

JI NEWS SERVICE

KATHUA, JULY 14: A plantation drive was today launched by Director Horticulture Jammu, Ram Sevak at village Gurha Maradian of block Hiranagar, village Bagial of block Barnoti and village Janglote of block Kathua by planting saplings of Mango and Litchi to cover an area of 20 kanal at each location.

The plantation material was provided to beneficiaries under CAPEX High Density Plantation scheme at the rate

under ČAPEX High Density Plantation scheme at the rate of 400 plants per hectare.

Apart from farmers, Chief Horticulture Officer Kathua, Sushil Kumar Angurana; DHO Kathua, Varinder Sharma; DLSMS, Bharat Bushan Gupt; DLSMS, Ragunath Upadhya and Vishal Magotra (I/c Horticulture zones Hira nagar & Kathua respectively) and HDO Barnoti , Anju Bala were also present at the plantation drive. The Director interacted with farmers at all the locations and deliberated on the Holistic Agriculture Development Programme (HADP) under which farmers are provided incentives. assistance to diversify farming Development Programme (HADP) under which farmers are provided incentives, assistance to diversity farming activities. He sensitized the gathering about the main components of the programme viz. DAKSH-Learning Management System related to skill development, SATHI-Dashboard to apply online for different Government schemes, etc. He impressed upon farmers to adopt the Horticulture sector on commercial lines by switching over to Mechanization, Modified High Density Plantation, etc.

antation etc. The Chief Horticulture Officer also motivated the farm. to adopt Horticulture Officer also motivated the farm-to adopt Horticulture on commercial basis and parted them awareness about online Jan Sugum portal I Kissan sathi portal to apply for different components Horticulture schemes.

DC Kulgam reviews arrangements for celebration of I-Day, 2023

JI NEWS SERVICE

of the problems faced by the people.

He further directed SDM Sumbal to maintain a close coordination with the peo-ple so that all the bottle-perks are removed to pacinecks are removed to paci-fy the developmental works in the subdivision.

first aid stations, was dis cussed to promptly address any medical emer-

gencies. The DC expressed confi-

dence in the collaborative efforts of all stakeholders

efforts of all stakeholders to ensure the smooth and peaceful observance of Muharram at Sumbal Bandipora. He urged the public to cooperate with the authorities, abide by the guidelines, and main-tain the sanctity of the occasion

KULGAM, JULY 14: The Deputy Commissioner (DC) Kulgam, Dr Bilal Mohi-Ud-Din Bhat today convened a meeting of Officers to review arrangements to be put in place by different departments for celebration of Independence Day, 2023.

During the meeting, DPL Kulgam was decided as the main venue where the Tricolour will be hoisted by the chief guest followed by the march past which will be presented by contingents from District Police, The police department assured the DC of adeassured the DC of ade-quate security arrange-ments to ensure the safety of participants and main-tain law and order during the processions. The concerned authori-ties ensured the availabili-ty of sanitation facilities along the procession route. The deployment of medical teams and ambulances, along with the provision of first aid stations, was dis-first aid stations, was disby contingents from District Police, CRPF, Women contingent, Police band, NCC and NSS contingents.

Threadbare discussion was also held with regard to the security arrangements, traffic regulation, seat-



ing arrangements, Full Dress Rehearsal, decoration, PAS, power Rehearsal, decoration, PAS, power and water supply, transport arrange-ments, sanitation, Medicare facilities, invitation cards, Barricading, etc. at the venue of function. The DC direct-ed all officers to make fool-proof arrangements at all levels in advance

for the National event to make it a

He instructed the Officers to ensure all related arrangements are mad-well in advance and work in close coordination for the sm of Independence Day across the district.

Udhampur: District Skill Committee discusses Action Plan to promote Skilling among unemployed youth

JI NEWS SERVICE

LIDHAMPUR, JULY 14: A meeting of UDHAMPUR, JULY 14: A meeting of District Skill Committee was today held today here under the Chairmanship of Deputy Commissioner, Udhampur Sachin Kumar Vaishya to discuss the modalities for promoting skill development among the unemployed youth of the district identified under B2V4 initiative in his office chamber. tive in his office chamber.

Necessary directions were issued to the concerned departments dealing with skill activities on spot. The DC stressed that focus of skill develop-ment schemes should be to ensure creation of a robust skill ecosystem in the district, which will enable the youth to get maximum skilling opportunities within their districts.

He also finalised the proposals of short term courses as submitted by the District/Sectoral officers dealing

with skilling activities and directed the concerned department for organ-izing quality training programmes in their respective areas. Deputy Director Employment Udhampur was directed to organize Job fairs after completion of skilling training so that the skilled persons can earn their respectable livelihood. He fur-ther directed the concerned officers to pick up more potential courses for training youth in next year.

MD JKRLM inaugurates Dogra Haat- "DOGRAY DA KHANA" -at Mand west Manthal

UDHAMPUR, JULY 14: Mission Director UDHAMPUR, JULY 14: Mission Director, Jammu Kashmir Rural Livelihood Mission (JKRLM), Indu Kanwal Chib, on Friday inaugurated Dogra Haat-"DOGRAY DA KHANA" an outlet of women Self Help Group (SHGs), at Mand west Manthal Judhampur. District Development Council Monther Titch Ashu Shappa. Rlock Member, Tikri Ashu Sharma, Block Development Council Chairman, Tikri Development Council Chairman, Tikri, Nisha Sharma, Sarpanch Mand West, Arjun Singh were present on the occasion. Pertinently, Dogra Haat is an initiative by [KRLM to provide a platform to rural women to showcase and sell their products and promote entrepreneurship among women and empower them economically. It will be run and managed by around 20 Self Help Group members of [KRLM where people can enjoy Dogra food recipes such as Maki ak Roti, Uddhampur's famous Kalardi, Sarson Da Sag among other Dogra delicacies.

peaking at the inauguration ceremony ssion Director,JKRLM Indu Kanwal Chib expressed her appreciation for the hard

with the Dogra Haat. She stressed the importance of such initiatives in promoting women empowerment and enhancing the rural economy. She emphasized the impor-tance of promoting local cuisine and suptance of promoting local cuisine and sup-porting women entrepreneurship for the overall development of the region and said that this initiative aims to foster economic growth and empower local SHGs through entrepreneurial opportunities and commu-nity development. Highlighting the essence of Dogra cuisine, the Mission Director said that Dogra Haat brings together a curated menu where the star attraction is none other than the renowned Udhampur's famous Kalari, prepared and served by local SHGs'. In addition to Kalari, the Dogra Haat offers a diverse range of trathe Dogra Haat offers a diverse range of tra-ditional Dogra dishes, prepared by skilled SHGs who have honed their expertise over the years. From mouthwatering snacks to sumptuous main courses, the menu promis

sumptuous main courses, the menu promises to tantalize taste buds and transport visitors to the heart of Dogra culture, she added Adding further, she said that "Dogra Haat" is not only a place to savor the authentic flavors of Dogra cuisine but also an avenue to uplift local communities and pro-

aims to attract both locals and tourists, offer-

mote sustananee inventoods. Into otter aims to attract both locals and turists, offering a unique culinary experience rooted in the rich heritage of Udhampur. In a addition to serving delicious meals at Dogra Haat , the SHGs associated with "Dogra Haat" will also offer tiffin services for individuals and families in the area and this will provide a convenient and hasslefree option for those looking for homemade dogra food with a traditional touch, she maintained.

She emphasized the significance of Dogra Haat as a platform that not only supports the growth of small businesses but also becomes a focal point for strengthening social ties within the community.

Dogra Haat is a tribute to the flourishing culture and diverse culinary traditions of the Dogra community and it provides a platform for renowned SHGs to showcase their culinary skills as well as promote the strength of the skills as well as promote the culinary skills as well as promote the culinary skills as well as promote the culinary skills as well as promote the switch as the skills as well as promote the culinary skills as w

plattorm for renowned SPLS to snowcase their culinary skills as well as promote the delectable flavors of Dogra cuisine and the famous Udhampur's Kalari, she added While interacting with the SHG members, she emphasized the importance of increas-ing sales, generating revenue and ensuring the market's long-term sustainability and

highlighted upon them the importance of proper marketing and promotion tech-niques besides urged upon the members to utilize local community, schools colleges to attract a wider customer base. She asked the members to actively seek feedback from patrons and adapt their offerings according-ly, ensuring sustainable growth and cus-tomer satisfaction.

fomer satisfaction.

Sarpanch Mand West, Arjun Singh lauded the efforts of the JKRLM in creating opportunities for rural women and emphasized the role of such initiatives in reducing poverty and improving the standard of living in the District He assured the members full support from the Government in their endeavor and urged the local to visit Dogra Haat and support the rural women.

Among the others present at the inaugural ceremony included District Programme Managers Udhampur, Dr Imran, Vikas Singh, Block Forgramme Manager Chenari,

Managers Udnampur, Dr Imrari, Vikas Singh, Block programme Manager Chenani, Dr Mir Mubarak, Block Programme Manager Basntgarh, Naresh Mathur, Block programme Manager Udhampur, Kripal Singh, MIS Block Chenani, Khurshid Ahmad besides SHG members of Umeed

20th Batch of Management Development Program concludes at GMC Udhampur

UDHAMPUR, JULY 14: The two Management Development Programme (MDP) for Doctors, Programme (MDP) for Doctors, Nursing and other Health care professionals, organized by Academy of Hospital Administration (AHA), India in collaboration with Government Medical College and Associate Hospital Udhampur, concluded here at Conference Hall DC Office Complex Udhampur. Dr. Yashpal Sharma, National President Academy of Hospital Administration AHA India and

Director Coordination New Medical Colleges J&K were the Chief Guests at the Valedictory. Director Coordination took the detailed Feedback from the Participants (Delegates) regarding this MDP. Delegates have given very impressive feedback regarding the Training Programme. It was a change indicator of their mind set up and Professionalism in the coming days at their workin the coming days at their work-

in the coming days at their work-ing places.

As per their feedback this Training is a tool and eye opener for them in present circumstances and also training like this hap-pened after decades. They assured that they will make visible

large.

While addressing the participants, the chief guest acknowledged special thanks to Bhupinder Kumar Secretary to Government Health and Medical Education Department J&K for his Administrative Support and mak-ing these MDPs as regular & Routine programmes on regular basis in all the Health Institutions of J&K. In Spite of the busy Schedule of the Secretary to Government, Director

Coordination conveyed the best wishes of the Secretary to the Government Health and Medical

changes on ground for patient care in Particular and public in Participants.

Bige. Director Coordination paid While addressing the participants. Poecial reference to Dy.

Director Coordination paid Special reference to Dy. Commissioner Udhampur, Sachin Kumar Vaishya who was the Chief Guest on day First of Inaugural Session and his full Support and Cooperation for providing free and Complimentary Conference Hall besides his entire Campus for food arrangements. Director Coordination in his

Director Coordination in his address conveyed best wishes to all the Participating Delegates and Dignitaries to work with Zeal and dedication and to carry forward the Knowledge and Skills which they learned in two Days State

Level MDP. He has special thanked to Prof (Dr) Mirtunjay Principal GMC Udhampur and Dr Balikari Lal Choudhary Medical Superintendent for their all out efforts for organising this two Days State Level MDP at GMC Udhampur along with Team of AHA .The hard work of organising (Management team) for this MDP was also appreciated in also appreciated in Strong words . Later, n

momentos Certificates were also presented to the Participants and Management

Vote of thanks was presented by Prof (Dr.) Mrityunjay Principal GMC Udhampur

DC Srinagar Aijaz Asad flags off Cyclothon for a "Drug- Free Srinagar"

Reiterates commitment of the Government to eliminate the drug menace from the society

JI NEWS SERVICE

SRINAGAR JULY 14: The Deputy Commissioner(DC) Srinagar, Mohammad Aijaz Asad Friday morning flagged-off a Cycle Race, Cyclothon under categories of 17/19 years Girls and 14 years Boys under Drug free Srinagar campaign here at Bakshi Stadium to raise mass awareness against drug abuse.

awareness against drug abuse.

The Cycle Race was organized by the Department of Youth Services and Sports Office Srinagar from as part of IEC activities of the District Administration to spread

IEC activities of the District Administration to spread mass awareness against menace of drugs from Srinagar. After flagging off the Cycle Race, the Deputy Commissioner Srinagar, who was the Chief Guest on the occasion, briefly explained the importance of holding such events to create awareness among the students and in general public regarding harmful effects of the drugs on society.

in general public regarding harmful effects of the drugs on society.

The DC reiterates the Commitment of District Administration Srinagar to eliminate the menace of drugs and its peddling from Srinagar to save youth.

DC Srinagar also made a mention of "MISSION WAAPSI" campaign of Srinagar District Administration launched to wean away youth from drug abuse and rehabilitate the victims of drug addiction by providing them dignified livelihood through proper hand-holding and guidance under Government schemes.

The cycle Race witnessed narticination of more than

The cycle Race witnessed participation of more than 300 Students from different Govt/Private Schools of the District who pledged to eradicate drug menace from the

society.

The Race culminated at Indoor Sports Ground Polo View where participant students were awarded prizes. Sara from GHSS Amirakadal secured 1st Position in the 19 years Girls category, while Wafa from GHSS Rajbagh & Medehia from GHSS Amirakadal secured 2nd & 3rd respectivable, in the award.

respectively in the event.

In the 17 years Girls age group Yumana from Iqra Educational Institute remained the winner, Nabeela from Millinson School secured 2nd position and Farah from Tiny Hearts remained at 3rd place.

Similarly, in 14 years Boys Haseeb from Kashmir Harvard School secured 1st position and Atif Fayaz from Iqra Educational Institute got 2nd & Shabir from Legends remained at 3rd place.

Deputy Commissioner reviews implementation of Social Welfare Schemes in Poonch District

711 cases have been verified in FY 2022-23 in addition to Post Matric

2022-23 in addition to Post Matric Scholarship ST Students 2495 cases have been verified in the sunder Pre Matric Scholarship Minorities 1702, Pre Matric Scholarship Merit cum means 63 and Pre Matric SC 33 cases have been verified in Financial year 2022-23. Under National Family Benefit Scheme (NFBS), PHH/AAY households are enti-tled to one time Bs. 20000 amount of money on the death of primary breadwinter aged between 18 and

breadwinner aged between 18 and 64 years, 326 applications have

Under Mission Vatsalya, 14

Nos. of COVID Orphan Chidren have been benefited under SASCM and 210 have been res-

cued from Child Labour

been received.

implementation of welfare Schemes for underprivileged, vul-nerable, down trodden and weak-er sections of society and process of extension of benefits of different Government schemes by the Social Welfare Department, the Deputy Commissioner, Poonch,

Deputy Commissioner, Poonch, Yasin M. Chowdhary chaired a meeting here in the Meeting Hall of the DC Office Complex. At the outset, the Deputy Commissioner took a comprehensive review of beneficiary oriented schemes. On the occasion, the District Social Welfare Officer gave a detailed PowerPoint presentation and apprised the Deputy Commissioner about the functioning of the Department and impleing of the Department and implementation of schemes including providing of Scholarships, National Social Assistance Programme (NSAP), Integrated ocial Security Scheme (ISSS) arriage Assistance Scheme Social Security Scheme (ISSS), Marriage Assistance Scheme (SMAS), Saksham/SASCM, Nari Niketan, OSC, Mission Vatsalya and other schemes, besides dis-bursement of pension through dif-ferent Social Welfare schemes also came into discussion. The DC was informed that under Integrated Social Security Scheme(ESSS), a total of 9547 bene-ficiaries are covered in the District

ficiaries are covered in the District and monthly pension of Rs 1000 is given to beneficiaries of three cat-egories viz OLD AGE PENSION for having age of 60 years for men rs for women, PHYSI-CALLY CHALLENGED PERSON for disabled persons having dis-ability 40% or more, WOMEN IN



DISTRESS for widows, divorcees and destitute having meagre source of income

Similarly, as many as 6929 bene Similarly, as many as 6929 benchicaries are registered under National Social Assistance Programme (NSAP) who are given monthly pension of Rs 1000 under three Components viz, IGNOAPS for old age BPL Persons for 60 years or more age, IGNDPS for disabled persons having 80% or more disability and IGNWPS for poor widows having age 40 years or more. age 40 years or more. With regard to implementation

of State Marriage Assistance Scheme (SMAS) under which, every household girl of marriage-able age belonging to PHH/AAY category is eligible to receive mar-riage assistance of RS 50000/riage assistance of RS 500001/ after fulfilling eligibility condi-tions, the DC was informed that a total of 1297 applications were received by the Department and after proper scrutiny and verifica-tion of cases the same amount shall be disbursed to the genuine heneficiaries

beneficiaries.

While reviewing the status and implementation of different implementation of different Scholarship schemes, the DC was informed that under Post Matric

OSC in the district.

On the occasion, the DC stressed on providing round the clock help/assistance to the women in distress and receiving periodical feedback from the affected/distressed women.
Speaking on the occasion, the DC called upon the Officers and other functionaries of the Social Welfare Department to work in a holistic and pro-active approach with utmost coordination among with utmost coordination among all wings of the Department to ensure efficient and effective implementation of all Social Security and Beneficiary-Oriented schemes in the District. He also asked the Officers for laying a spe-cial focus on cent per cent cover-age under all Social Welfare schemes. The DC said this is a collective responsibility of all of us to

ciary is left behind. He stressed upon the Officers to take compre-hensive measures to reach out to all eligible beneficiaries, besides all eligible beneficiaries, besides making the welfare schemes easily accessible to the people so that all eligible beneficiaries of the District can reap the benefits of Gove-rnment's welfare schemes.

rmment's weltare schemes.

The meeting was attended by Additional District Dev. Commissioner Poonch, Malikzada Sheraz Ul Haq, DSWO Mohinder Paul, Distt. Chairperson District. Child Protection Poonch, Rajesh Khajuria, Mohd Azam TSWO Mandi, Shakeel Manhas TSWO Mendhar, TSWO Haveli, District Hub for Empowerment of Female District Coordinator and Gender Specialist and other officers/Officials of the Social

Department of Mining Seizes Nine Vehicles Involved in Illegal Mining in Poonch District

Dismantles path used by the mining mafia at village khenater and warns vehicle owners of heavy penalties for illegal mining

JI NEWS SERVICE

POONCH, JULY 14: On the direction of Deputy Commissioner Poonch, Yasin M Choudhary, the Department of Geology and Mining, in presence of DMO, Javid Iqbal, seized nine vehicles involved in illegal mining and lifting of raw material without a valid e-challan in different parts of the district.

The vehicles were seized three in Kalai, two in Drungli, three in Jhullas, and one at Chandimarh and were later handed over to the collection for secretary in Advisorable Ab. Prosestional Advisorable Ab. Prosestiona

Review meeting on NTCP & COTPA held at Anantnag

STRESSES LAID ON REGULAR ENFORCEMENT DRIVES AGAINST VIOLATORS



JI NEWS SERVICE

ANATNAG, JULY 14: A meeting to review the implementation of provisions of National Tobacco Control Programme (NTCP) and COTPA 2023 was held today under the chairmanship of Additional Deputy Commissioner (ADC) Anantnag, Gulzar Ahmad, here.

Commissioner (ADC) Anantnag, Gulzar Ahmad, here.
Chief medical officer Anatnag gave a brief overview about the agenda of the meeting. Dr. Mir Mushtaq Nodal officer NTCP Kashmir gave a detailed presentation about the present scenario of tobacco prevalence in Kashmir division with special reference to Anantnag district. He also enumerated various sections of COTPA. The ADC in his address stressed for strict implementation of COTPA in the district and directed for regular enforcement drives across the district. He said particular attention shall be paid around the educational institutions and asked for strict monitoring around schools and colleges.

He directed School and college authorities to come up with a list of violators of section 6 Bs oth action against them can be initiated as per law. He further directed the Information department to launch an aggressive IEC campaign against tobacco meaace and to make people

campaign against tobacco menace and to make people aware about its ill effects.

aware about its ill effects.

SP (Hq) while speaking assured complete support and cooperation of the police department.

Chief Medical Officer Anatmag, Dr. M. Y Zagoo; Superintendent of Police (HQ), Deepika; Chief Education Officer Anantmag, Nodal Officer NTCP Kashmir, Dr. Mir Mushtag; CEO Municipality Anantmag, District Health officer, Block Medical officers, District Information Officer, and other officers from various departments took part in the review meeting.

DC Budgam visits Magam: takes stock of Muharram arrangements

Directs concerned Officers to ensure all possib arrangements for smooth conduct of Muharra

II NEWS SERVICE

BUDGAM, JULY 14: The Deputy Commissioner (DC) Budgam, Akshay Labroo today conducted an extensive tour of Magam area to take stock of arrangements for the ensuing Muharram-ul-Haram.

The DC also chaired a meeting at Townhall Magam to take stock of the arrangements being put in place for has-sle-free conduct of majalis and processions during the

During the meeting, representatives from various Shia During the meeting, representatives from various Shia organisations, local representatives from Magam and other adjoining villages raised their demands with the DC. After listening to the demands of the general public, the DC directed concerned officers to visit all respective villages and ensure timely resolution of issues related to macadamization of roads, supply of uninterrupted electricity, water supplies and food and civil supplies. He also instructed concerned officers to submit compliance reports in time and ensure availability of ration, distribution of fire wood and other facilities including restoration and installation of street lights are carried out on war footing. The DC directed concerned to ensure facility of water tanks at all identified locations. The

facility of water tanks at all identified locations. The meeting among others was attended by, President Municipal Council Magam, Mustafa Mir; SDM Beerwah Taufeeg A Gazi and senior officers from PDD, PHE, R&B Revenue. Municipality besides other concerned including representatives from prominent Shia organisations

DC reviews working of Primary Agriculture Credit Societies in Udhampur District



JI NEWS SERVICE

cued from Child Labour. The DC also took stock of the District Hub for Empowerment of Women (DHEW) and One Stop Centre (OSC), Women Helpline, in District Poonch intended to support women affected by violence, in private and public spaces, within the family, community and at the workvlace JIRLIANS, and one at Chandmarth and were later handed over to the police for safe custody. Additionally, the Department also dismantled a path used by the mining mafia for illegal mining. The Department of Mining has conveyed a stern warning to all vehicle owners to not indulge in illegal mining activities and not take any material without a valid e-challan. nity and at the workplace. It was informed that Total 52

held at Bandipora

NCORD, COTPA meeting

BANDIPORA, IULY 14: On the directions of Deputy BANDIPORA, JULY 14: On the directions of Deputy Commissioner (DC) Bandipora, Dr. Owais Ahmed, District Level Committee meeting under Narco-Coordination Center (NCORD) Mechanism & Cigarette and Other Tobacco Products Prohibition Act (COITPA), was held on Friday at Conference Hall, Mini Secretariat, Bandipora. The meeting was co-chaired by Nodal Officer Coordination, Mohammad Ashraf Hakak and Additional Deputy Commissioner (ADC) Bandipora, Umar Shafi Pandit

The meeting discussed in detail ways and means to curb

The meeting discussed in detail ways and means to curb the drug menace and the role of various stakeholders. It also discussed the alarming issue of drug addiction and abuse and strategies to tackle this issue.

The meeting discussed various issues related to menace of drug addiction, areas of concern, age group of addicts, hot spots of drug peddling, abuse, besides cultivation of illicit poppy and cannabis in the district. Hakak stressed on more intensive awareness campaigns to educate the public on the dangers of drug abuse, improved access to addiction treatment and support services, and stronger regulation of the pharmaceutical shops to prevent the illegal distribution of banned drugs. The ADC urged the participants to spread the message of "Say No to Drugs" in order to save our youth from this menace. He highlighted the role of society, especially parents, in preventing drug abuse among children and youth. Hakak on the occasion directed to form teams at telsil levels headed? the occasion directed to form teams at tehsil levels headed by the concerned Tehsildars for consistent checking of medical/drug shops for conduct to be followed by them. He also stressed for complete switching over to the computerized billing system in all the medical shops across all three subdi-

ASP Bandipora Sandeep Bhat, on the occasion, informed

ASI' Busingson: I had police a many culprits and were committee relevant acts.

He added that police administration, with the help of discontinuous administration and the police administration with the help of discontinuous administration. trict administration, has adopted a 'zero tolerance' approach towards drug abuse. Among others, the meeting was attended by BDCs, Excise Department, and other concerned.

Youth Conclave at Lal Draman to witness variety of sports, cultural shows, other festivities

DC discusses arrangements; asks for making event a crowd puller

DODA, JULY 14: Lal Draman is a hidden treasure of natural beauty with a great tourism potential unexplored so-far due to its non-connectivity by

Now due to persistent efforts of the Now due to persistent efforts of the district administration, the picturesque Lal Draman Meadows have been connected by road, making it the nearest tourist destination from Doda town with a road distance of around 20 Kilometres only.

The District administration has scheduled a mega Youth Conclave/Lal Draman Festival in the first week of August 2023, to give Lal Draman its due place on the tourist map of the district and provide youth a platform

district and provide youth a platform to showcase their talent and know their aspirations.

their aspirations.

The Youth Conclave, being organized by the District Administration Doda, will witness a series of spoutactivities, a variety of cultural shows and other festivities to attract maximum visitors. District Development Commissioner Doda Vishesh Mahajan visited Lal Dramam along with senior officers of district administration today to discuss and given final shape to the activities and arrangements for sports, cultural and other activities during the festival other activities during the festival scheduled to be held in the first week of next month.

The DC held detailed discussion

with the stakeholders and finalised the variety of programs which could

Sports department was directed to

be a huge crowd puller. DC has instructed them to install solar lights at Lal Draman. Jal Shakti department has been entrusted with the task of providing adequate tapped drinking water at the venue. RDD shall make water at the venue. KDD shall make the already existing Amrit Sarovar at Lal Draman more attractive by its proper beautification.

proper beautification.

The concerned authorities have been asked to place temporary toilets at the venue. It is important to mention that interested entrepreneurs have been asked to put rental tents at the venue for the convenience of the visitors.

visitors.

The DC asked the stakeholders that the activities to be performed on the scheduled venue must be more scheduled venue must be more engaging, beautifully designed and youth oriented. It was decided that the programme shall be divided into three sessions, during which various cultural, sports and other fun game activities will be held for the youth/ conduct the activities which are more popular in the area like volleyball

popular in the area like volleyball matches, Kabaddi, tug of war, wrestling and horse racing. Further, the School Principals and CEO Doda have been asked to lay more focus on involvement of students, including NCC and NSS volunteers in all the activities during the event, which will be a great learning experience for them. Besides, arrangement of sound system, security, transportation, and other event related activities were also finalised. During his visit, the DC also inaugurated a T20 Cricket tournament organised by Tejas Ek Parhal'

nament organised by 'Tejas Ek Pahal' NGO at Lal Draman. He also led the Swachhta drive in the Lal Draman meadows. The DC trekked about 10 kilometres on foot around the forest surrounding the meadow to enjoy the nature bestowed with scenic beauty and mesmerising lush green conifer

NYK organises Yuva Utsav-"Panch Pran" at GDC Kishtwar

KISHTWAR, JULY 14: Nehru Yuva Kendra Doda, under the Ministry of Youth Affairs & Sports, Government of India, Sports, Government of India, organized a mega "Yuva Usav" in Government Degree College, Kishtwar. The College NSS Unit collaborated in hosting the event which witnessed the enthusiastic participation of 200 young individuals from across the district in five different competitive events centered around the theme "Panch Pran".

The event comprised five excit ing competitions, namely the Young Artists Camp - Painting, Young Writers Contest - Poetry, Mobile Photography Contest, Declamation Contest, and Group



Cultural Fest. The DDC Chairperson Kishtwar Pooja Thakur graced the occasion as the Chief Guest and the College Principal Dr. Jyoti Parihar honored the event as the guest of honor.

The NSS Programme Officer Prof. Sonika Sen efficiently coordi-nated the event, while Avni Sen (I/C Cultural Cell) served as the anchor. Commencing with the lighting of traditional lamp ceremony, the event proceeded with a warm welcome address by District Youth Officer, Khushal Gupta. He extended a heartfelt welcome to the esteemed guests jury members, faculty, staff, and students representing various educational institutions. Gupta emphasized the significance of the theme "Panch Pran" and provided insights into the objectives behind organizing such events. He high-lighted that Nehru Yuva Kendra

Sangathan, through its field offices, is conducting Yuva Utsav in all districts nationwide, and the vinners of all components of Yuva Utsav will qualify for the State Level Yuva Utsav, followed by the National level Yuva Utsav. Subsequently, capitvating cultural performances were presented by various talented teams, and participants of the declamation contest expressed their thoughts on the topic "Panch Pran." Simultaneously, in the conference hall, students engaged in a crehall, students engaged in a cre-ative writing session, penning their poems, while the Mobile Photography Contest contestants

were granted a two-hour period to capture their best photographs. At the conclusion of the event, Smt. Pooja Thakur praised the

efforts of Nehru Yuva Kendra efforts of Nehru Yuva Kendra Doda for organizing such a grand event. She urged the youth to actively participate in such programs and encouraged the NYK to continue organizing similar events in the future. Dr. Jyoti Parihar, Principal GDC Kishtwar, in her address, appealed to rural youth, in particular, to utilize such platforms effectively and represent themselves in nation-building activities. The event witnessed the presence of esteemed personthe presence of esteemed person alities, including Prof Umer Din Rather, Dr. Tariq Tamkeen, Prof Falak, Prof Swami Raj Chouhan, Prof Romana Akhter, Dr. Vijay Frof Romana Aktites, Dr. Vajesy Kumar, Mr. Gulab Saify (Cultural Officer, Kishtwar), and Mr. Sanjeev Sharma (Director, Sangam Welfare Academy).

UDHAMPUR, JULY 14: To review the functioning of

UDHAMPUR, JUIY 14: To review the functioning of PACS (Primary Agriculture Credit Societies). Deputy Commissioner, Udhampur Sachin Kumari Vaishya today chaired the maiden meeting of District Cooperative Development Committee (DCDC).

Threadbare discussions were held on various aspects including the adoption of model bye laws by all 39 PACS, Hardware purchase and finalizing system integrator for computerization, District wise targets for establishing new multipurpose PACS, PMKSK, Formulation of FPCs by PACS, Identification of PACS for convergence with PM-KUSUM scheme, PACS as Common Service Centre, Jan Aushadi Kendra for improving access to generic medicines at Rural level etc.

generic medicines at Rural level etc.

A slew of directions were issued to the concerned departments to facilitate the revival of the Cooperative Movement with the establishment of vibrant PACSs. He directed the concerned departments to work out a plan and convene the DCDC meeting again within the next 15

ys. Among others, District Panchavat Officer, Dr Manmeet Among outers, DISTRICT FARCHAYAT Officer, Dr Manmeet Kumar; Deputy Registrar Cooperatives, Priyanka Sharma; Chief Agriculture Officer, Sanjay Anand; AD FCS & CA, DDM NABARD and other officers attended the meeting.

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Australia

begins

MELBOURNE: Australia

A will host New Zealand A in two four-day games, including a day-night pink

ball match, and three 50-over matches in Queensland

in August and September as Cricket Australia unveiled

Australia A to host New Zealand A in day-night four-day fixture

Texas Super Kings kickstart MLC 2023 with emphatic win

DALLAS: Texas Super Kings brushed aside Los Angeles Knight Riders in the first ever Major League Cricket game in Dallas on Thursday (July 13). TSK first made 181 following fifties from Devon Conway and David Miller and then bowled LAKK out for just 112 despite a fighting fifty from Andre Russell. Opting to bowl first in the tournament opener, LAKR did make a good start despite Conway finding the boundary thrice in the first the first ever Major League

boundary thrice in the first over. It wasn't a happy return to yellow for birthday boy Faf du Plessis as the day boy Faf du Plessis as the veteran hit his first ball to extra cover to depart for a duck. Lahiru Milantha, who took time to get into his groove, targetted Russell for a six and a four and Conway closed out the same over with another boundary as they fetched 15



runs to boost the run rate. Ali Khan then ensured Milantha didn't kick on to get a big one but Super Kings did explode post the

Playing for the Super Kings for the first time, Miller cut loose after batting on 6 off 9 at one stage. A couple of pull shots fetched him boundaries against Corne Dry and he picked a googly off Adam Zampa to

send it over long on. Another six, this time off Ali Khan, followed by one more off Russell helped him almost catch up with

Conway. The opener brought up the first half-century of MLC with a six but was then dismissed next ball. Miller too brought up his half-century in the follow-ing over to set a platform for Super Kings to capitalise on. ed Miller's charge, Super Kings had two familiar faces step up for them at the death. Mitchell Santner and Dwayne Brayo combined to Dwayne Bravo combined to clear the ropes four times at the death to power their side past the 180-run mark and that proved to be too much especially after the kind of start Knight Riders made to the chase. Rusty Theron might be touching 38 but he show-

touching 38 but he show-cased his worth very early in the second innings as Martin Guptill mistimed one to fall for a duck and Rilee Rossouw chopped one Rifee Rossouw Chopped one back onto his stumps as LAKR lost two wickets in the first over. While the likes of Jaskaran Malhotra and Russell came out swinging, TSK kept striking at the other end to reduce LAKP to 2014

LAKR to 20/4. We have seen Russell step

put on one-man show for the Knight Riders in the IPL several times and it was no different in the United States. Malhotra briefly entertained by hammering entertained by hammering a few boundaries in the pow-erplay but the extra pace of Gerald Coetzee was too much to handle for him. By the end of the powerplay, Russell had already smashed three sixes and raced to 31 off just 10 balls. He added 47 for the sixth wicket with Sunil Narine to lead LAKR's recovery. Run lead LAKR's recovery. Run rate didn't prove to be a real issue at the halfway mark as LAKR already had 96 on the board.

Had that partnership carried on for another couple
of overs, panic could have
set in the TSK camp.
However, Mohammad
Mohsin turned the game on

Cricket Australia unveiled its full domestic schedule for the 2023-24 summer. Australia A toured New Zealand in April for two four-day games, and a return series has been locked in for August and September in Brisbane and Mackav in Outensland CA Mackay in Queensland. CA also announced there will be a Prime Minister's XI four-day game against Pakistan at Manuka Oval in Canberra ahead of Australia's first Test of the home summer against Pakistan in Perth on December 14. West Indies will also play a CA XI in a four-day lour game starting on January 10 at Karen Rolton Oval in Adelaide before the first Test of a two-Test series against Canberra

T201 series straight after the completion of the World Cup, prior to the home Test series against Pakistan. The Marsh Cup 50-over competition will remain as an eight-game tournament rather than a full 10-round home and away season with

September 24. The majority of the Marsh Cup will be played prior to the BBL with each state playing their final two matches after the BBL has finished in late Ianuary has finished in late January.
The Marsh Cup final will be
played on February 25.
The WNCL final will be
played the day before on
February 24. The women's
domestic season will begin
on September 22 at Cricket
New South Wales' new Adelaide Oval on January

17. The Sheffield Shield season will run from October 3, 2023, until the final on March 21-25, 2024. There will be six Shield rounds before the first Test but the last of those six games begins on November 28 to accommodate the BBL starting earlier on December 7. That may mean that Australia's multi-format players are likely to go without a red-ball game before the Pakistan Test series with the 50-over World Cup set to run from World Cup set to run from son will run from October 3.

defending champions Western Australia wil begin their tilt for a three champions tralia will

peat against Queensland at Allan Border Field on

on September 22 at Cricket New South Wales' new facility, Cricket Central at Sydney Olympic Park. The venue will host WNCL, WBBL, and Marsh Cup matches this summer as well as its maiden first-class well as its maiden first-class game with NSW to host Queensland in the opening round of the Sheffield Shield season. Adelaide Oval will also host a day-night WNCL match between South Australia and Victoria on Jaruary 20 as part of CA's push to get more domestic women's matches on the bigger inter-World Cup set to run from October 5 until November 19 in India. Australia are scheduled to then stay in matches on the bigger inter-national venues. There will India and play a five-match T20I series straight after the also be a Governor General's XI match against South Africa's women's team on January 24 at North Sydney Oval ahead of the multiformat seven-match series against Australia starting on January 27.

'It was an emotional moment': Yashasvi Jaiswal on debut 100

seau : Runs runs and more rosseau: Runs, runs and more runs have been Yashasvi Jaiswal's currency lately. A breakout year at the IPI. was followed up with a calling to the India squad for the WTC final, and now a debut in the longest format in West Indies. On the eve of the first Test in Dominica, Rohit Sharma put a lot of faith behind the Mumbai batter to come good and Mumbai batter to come good and give India what they've always rated very highly - a left-right com-

Jaiswal repaid the faith shown in emotional moment [getting 100], him to become just the third Indian opener with a century on Test debut after Shikhar Dhawan (Mohalia 2013) and Prithvi Shaw (Rajkot 2018). The 21-year-old, now the fourth trough the fourth tyoungest centurion on debut for India in Tests, revealed that the moment he got to the landmark was an emotional one, and vowed to keep going when play resumes on have supported me throughout the record first-wicket partnerships. an emotional one, and vowed to keep going when play resumes on

have supported me throughout Friday. because it has been a long journey for me. I want to thank everyone

Jaiswal and went on to forge a record first-wicket partnership for India against West Indies in the for-mat - 229 runs.

Sheth, Jadeja keep West Zone in the hunt after Kaverappa's career-best seven-for

BENGALURU: The Duleep
Trophy final has seen a combined 1894 overs out of alter 266 possible (four overs) lost to change of innings across three days. Yet, the same to have game has galloped along so gundary and the game has galloped along so sundary unbeaten on 10, distributed by the same to see the same three south the same that got the same three south of the same that got the same through the gap and three, South Zone were 181 between bat and pad and sabove the shoulder, nearly head-shigh.

South were rocked immegative the seed to should be such as the south was above the shoulder, nearly head-shigh. However, the benefit of south were rocked immegative the seed to should be such as the south was above the south of the seed to should be such as the south of the same that south is shoulder. However, the benefit of south were rocked immegative the seed to should be such as the south of the same that so the same that BENGALURU: The Duleep Trophy final has seen a combined 189.4 overs out of the 266 possible (four overs lost to change of innings) across three days. Yet, the game has galloped along so quickly that prospects of play going into the fifth day far-fetched, with South Zone only having a

slight edge. Throughout the tourna-Throughout the tournament, the fast bowlers have been in business all day on surfaces that have been so different to the turners we're accustomed to seeing in India. This has mean thatters have had to focus that much harder, seamers' ability to bowl long spells has been tested and spinners have had to learn to play a learn to play a have had to learn to play a holding role. All these elements provided an engag-ing third day in Bengaluru, with no side runaway favourites. South Zone would've fancied their hances when they pocket-d a 67-run first-innings ad, thanks to Vidwath averappa's career-best 7

hoping to showcase his red-ball chops after a prolonged sequence of in-out-in-out due to injuries and form.

due to injuries and form.

As such, Washington has
had no bowling to do in the
game. In the first innings, he
was unbeaten on 22 when
the lower order caved in.
Now in the second dig, having come in at No. 7 again,
he's got the unenviable task
of batting with the lower
order to help stretch the
lead.

South Zone will look back at their innings with a tinge of disappointment. Four of of disappointment. Four of the top six got off to starts but threw it away after West Zone added 17 to their overnight 129 for 7. Kaverappa picked up each of the three West Zone wickets to fall on Friday, with the one to Dharmendrasinh Jadeja

out to a delivery that scoot-ed low. Mayank Agarwal took 23 deliveries to get off the mark, and when he finally did, it came off a sumptuous cover drive. On sumptuous cover drive. On 13, he was given out caught behind, only for the value of DRS in domestic cricket to shine through as it was overturned. Then on 23, he survived a terrible mix-up with Hanuma Vihari; a better throw from square leg at the

throw from square leg at the non-striker's end would've had Agarwal after he was sent back halfway through what they thought was a single. But Agarwal would run out of luck eventually, run out of luck eventually, dismissed pulling a bouncer from Arzan Nagwaswalla to leg gully for 35. Agarwal, though, was furious with the decision. He contended that the

third umpire Saidharshan Kumar that the decision be

overturned. Between Samarth and Agarwal's dismissals, Nagwaswalla also had the Nagwaswalla also had the Caribbean-bound Tilak Varma with a beauty, the ball jagging back in off a length and cutting him into half to rattle the stumps. Varma ended the game with scores of 40 and 3. Vihari held fort for a bit after lunch, playing some

after lunch, playing some lovely cover drives, ensuring he was playing close to the body and getting behind the line, but was out driving to the slips off Atit Sheth from around the wicket. At from around the WICKEL...
that point, South had
slipped to 95 for 4. Ricky
Bhui and Sachin Baby then
1 o fow shots to con-

Linde leaves Kent, Sussex agree Rawlins contract termination

LONDON : George Linde, the South Africa allrounder. has left Kent in order maximise his availability for maximise his availability for franchise cricket, while Delray Rawlins has agreed to terminate his Sussex contract after returning to Bermuda. Linde, who has been capped by South Africa in all three international formats, signed for Kent as an overseas player Kent as an over on a two-year deal ahead of last season. He was available in all formats but has been left out of their County Championship side this year, and has left the club after their group-stage elim-ination from the T20 Blast. He will instead feature in the upcoming Zim Afro T10 in Zimbabwe, before travel-ling to the Caribbean to play for 5k Kitts and Nevis Patriots. "Unfortunately I haven't had much opportu-nity to play in the four-day game this year so I have decided to try and play more franchise cricket," Linde said. He will instead feature in

thank everyone at Kent, my team-mates and coaches as well as all the staff, memwell as all the staff, mem-bers and supporters, for making me feel a part of the Kent Cricket family during my time here."

Rawlins, 25, meanwhile, asked Sussex for time away from the game immediately before the start of the Blast in order to return home to

in order to return home to Bermuda, and both parties have now agreed a termina-tion of his contract.

Rawlins was a highly rated young allrounder who represented England Under-19s on a tour to India that featured Harry Brook, that featured Harry Brook, Ollie Pope and Will Jacks in early 2017 but has struggled to kick on in recent seasons. He said in a statement released by the club that he wanted to spend time at home, having left as a teenager to take up a scholarship at St Bede's School in Sussex. "I moved away from home at the age of 14 and home at the age of 14 and seasons." home at the age of 14 and haven't really had the opportunity to spend time with family and friends and

I felt this was the right moment to have some time back home, 'Rawlins said.

"For me this isn't the end of my professional career, I feel as if I have a lot of cricketleft in me. I just want to thank the club and everyone involved for everything they have done for me over the past seven seasons. 'Rob Andrew, 'Sussex's CEO, Andrew, 'Sussex's CEO, Andrew, 'Sussex's CEO, and "Sussex's CEO, an the past seven seasons." Rob Andrew, Sussex's CEO,

"We were all very disap-vinted when Delray future." pointed when

I felt this was the right returned home just before the start of the Blast We

the start of the Blast. We fully respected his request for some time away from the game and had hoped that he would return. "We have however mutually agreed to end his contract with us with immediate effect. Delray has made a big impression on everyone in his time at Sussex and we all wish him every good fortune for his

PUBLIC NOTICE

I Surinder Singh S/o Sh. Rattan Singh R/o Latori, Katra, Reasi, Jammu & Kashmir. have been applying for the change no plate of my vehicle (Motor Car, Tata Saloon bearing registration no JK20 8074. engine no REVTRN01BU7YP11604, Chassis no MAT623226FLB08401. Now i am applying for the new no plate. objection if any may be conveyed to concerning authority

PUBLIC NOTICE

PUBLIC NOTICE

I Varinder Singh S/O Sh. Rattan Singh R/O Dhanori, PS Katra
PO Katra Reasi, Jammu & Kashmir . have been applying for
the change no plate of my vehicle (Motorcycle, Royal Enfield) bearing registration no JEZOA 7223 . engine no UJSKCIJN890346, Chassis no MEJUJSKCIJN859953. Now am applying for the new no plate. objection if any may be conveyed to concerning authority

UNION TERRITORY OF JAMMU AND KASHMIR

OFFICE OF THE EXECUTIVE ENGINEER JAL SHAKTI MECH. G.W.D. DIVISION JAMMU SHORT TERM NOTICE INVITING e-TENDER

E -NIT NO GWD/73 OF 2023-24 DATED: 12.07.2023

On behalf of the Lt. Governor, UT of J&K, the Executive Engineer Jal Shakti Mech. Ground Water Drilling Division Jammu invites tenders by e-tendering mode from reputed and registered firms with PHEJE&FC Deptt. J&K Govt. as a Drilling Agency who have sufficient experience in the field of drilling and are well equipped with drilling Rigs suitable for ODEX method.

Name of the Work	Name of the Division	Cost of Tender Document/Tender Fee(In Rs)	Qty.	(value of work) (in lacs.)	Earnest Money (In Rs)	Validity of Rates
Deep Drilling of 125 mm dia Bore Holes by using ODEX method including providing, installation, testing, commissioning of Mark-II Hand Pumps and construction of platforms at (10 Nos Locations) in District Jammu on Turnkey Basis (EPC) under District Capres Budget 2023-24 (PRI, DDC and BDC Grants)	Jal Shakti Mech. Ground Water Drilling Division Jammu	1000.00 (Non-Refundable) Deposited in Govt. treasury through e- challan under the receipt head 02.15 in favour of the Executive Engineer, Jal Shakti Mech. GWD Div. Jammu payable at Jammu mentioning name of work	10 Nos	Rs. 37.00	@ 2% of the quoted rates in shape of Fresh CDR/FDR pledged to Executive Engineer PHE (M) GWD Division	31 st March 2024

- The complete bidding process shall be online. Bid documents can be seen and downloaded from the website http://jktenders.gov.in from 12.07.2023 to 25.07.2023.
- to 2-0.7.2023. The pre bid meeting if desired by the participating firms shall be held in the office of the Executive Engineer Jal Shakti (M) GWD Division Jammu on 14.07.2023 (1300 hrs). The bids shall be submitted/uploaded from the website http://jktenders.gov.in from 15.07.2023 (1400 hrs) to 25.07.2023 (1800 hrs).

- The bids shall be submitted/uploaded from the website http://jktenders.gov.in from 15.07.2023 (1400 hrs) to 25.07.2023 (1800 hrs).

 The complete bidding process shall be online and scanned copies of the following documents will have to be uploaded before the date:
 (i) Copy of treasury e-Challan/receipt for Rs. 1000.00 against the cost of tender document under the receipt Head 0215 in fixour of Executive Engineer, Jal Shakti (M) Ground Water Drilling Division Jammu indicating name of work to be executed. It may be noted that the receipt of the e-challan should be of the date after the issuance of publication of the e-tender.

 (ii) The tenders shall be accompanied with an earnest money of 2 % of quoted rates in the shape of CDR/FDR, from a scheduled Bank payable in JAMMU. The CDR/FDR shall be pledged to Executive Engineer Jal Shakti (M) GWD Division Jammu, valid for a period of 12 months from the last date of submission of bids. The earnest money deposit shall be refunded in favour of unsuccessful tenderer immediately after finalization of the tender, whereas it shall be retaineding (iii) Copies of tender documents, terms and conditions duly signed and stamped (each page) by bidder.

 (iv) Scanned copy of Experience certificate of having completed one similar work during last five financial years. The experience certificate shall have been issued by an officer of the rank not below an Executive Engineer of any Government Department/Semi Government/PSUs.

 (v) Scanned copy of Registration of Water Well Drillers issued by Chief Engineer Jal Shakti (PHE) Department Jammu. In case the bidder is not able to furnish the Registration with the cover 1st of this bid document, the cannel to the popular ment of the latest through the latest thr

 - (vi) Scanned copy of the latest Income tax return certificate.(vii) Scanned copy GST return in FORMGST-3B of the latest quarter.
 - (viii) Scanned copy of documentary proof of ownership or on hire basis of requisite machinery like Air Rotary (ODEX) Drilling Rig. In case of a firm having these machine's arranged on hire basis the firm shall produce a copy of an agreement with the actual owner (Registered Drilling Firm) of the machine for lease of the machinery and expertise, duly attested by a Magistrate First class valid for a time period of not less than 06 months from the last date of submission of bids
- for a time period of not less than 06 months from the last date of submission of bids.

 (ix) Average Annual financial turnoved during any three financial years out of the last 05 years, ending 31st March of previous financial year, issued by a registered Chartered Accountant under his seal and signature shall be Re \$2.50 lacs.

 The Technical Bids of the tender document received shall be opened online in the office of Executive Engineer Jal Shakti (iv) GWD Division Jammu on 27.07.2023 (1400 hrs.) if the office happens to be closed on the date of opening of the bids as specified, the bids shall be opened on the next working day during the office hours.

 The Financial Bids of the tender document of the qualified bidders shall be opened online in the office of the Executive Engineer Jal Shakti (iv) GWD Division Jammu. If the office happens to be closed on the date of opening of the bids as specified, the bids shall be opened on the next working or as to be decided by tender opening committee.

 Other details can be seen inside the detailed tender document.

 Account Head: District Capse Budger 2023-24 (PRI, DDC and BDC Grants)
- Account Head: District Capex Budget 2023-24 (PRI, DDC and BDC Grants)
 AAA No. 131 & 132-DDCJ of 2023 Dt. 08.07.2023
- Status of Funds: Available
- Technical Sanction No. (attached as per Annexure "A")

DIP/J-4997/23

SD/-EXECUTIVE ENGINEER JAL SHAKTI MECH. G.W.D. DIVISION JAMMU

C M Y B

Justice Atul Sreedharan, Justice Javed Igbal Wani visit District Court **Complex Srinagar**

JI NEWS SERVICE SRINAGAR, JULY 14: Justice Atul Sreedharan, Judge High Court of Jammu & Kashmir and Ladakh and administrative

Judge for District Srinagar alongwith Justice Javed Iqbal Wani, Judge High Court of Jammu & Kashmir and Ladakh

Wani, Judge High Court of Jammu & Kashmir and Ladakh today visited District Court Complex, Mominabad, here and took comprehensive stock of the working of courts.

Justice Atul Sreedharan and Justice Javed Idpal Wani also engaged with judicial officers and some members of the Bar, and undertook an inspiring initiative of planting saplings within the court premises.

On arrival to District Court Complex, Justice Atul Sreedharan and Justice Javed Idpal Wani were warmly received by Principal District & Sessions Judge, Srinagar, Jawad Ahmad; Presiding Officer (MACT) Srinagar Jeema Bashir and Special Judge Anticorruption, CBI Cases, Srinagar, S.C. Katal, Justice Atul Sreedharan was also accorded ceremonial guard of honour by a contingent of J&K Police.

During the visit, the Administrative Judge emphasised

Jornice. During the visit, the Administrative Judge emphasised upon making efforts to reduce pendency of cases and stressed upon adoption of best practices for effective case management. Justice Atul Sreedharan during an insightful

DC Jammu reviews Independence Day arrangements



JI NEWS SERVICE

JAMMU, JULY 14: Deputy Commissioner Avny Lavasa today reviewed the arrange ments for Independence Day 2023 celebra tion, here at a meeting held in the DC

JI NEWS SERVICE

JAMMU, JULY 14: Ten day High End Skilling Workshop on Modern Analytical Techniques in Food

JAMMU, JULY 14: Ten day High End Skilling Workshop on Modern Analytical Techniques in Food Biochemistry sponsored under Vigyan Accelerate Karyashala Scheme of DST-SERB organized from 4th to 13th July, 2023 concluded at Division of Biochemistry Faculty of Basic

of Biochemistry, Faculty of Basic Sciences SKUAST-Jammu. Vice-Chancellor, SKUAST-Jammu, Dr. B. N. Tripathi was the Chief Guest

In his address, Dr. Tripathi stressed upon the importance of Modern Analytical Techniques in Food Biochemistry to know the nutritional status of any food Item. He congratu-lated the organizers for meticulously selecting and training students on such an important area of science.

JAMMU, JULY 14: Directorate of

JAMMU, JULY 14: Directorate of Economics & Statistics today organized one day training programme on Baseline Survey for Knowledge, Attitude and Practices (KAP) of citizens regarding Election process in J&K UT for the field functionaries of Jammu division under the patronage of Director General, Economics & Statistics, Satvir Kour Sudan. The Directorate of Economics &

The Directorate of Economics & Statistics, J&K has been assigned the responsibility of conducting the Baseline

at the Valedictory function. In his address, Dr. Tripathi stre

SSP, Chandan Kohli; ADC L&O, Harvinder Singh; ADC, ADM Sandeep Seointra; CPO, Yoginder Katoch; CMO, Dr Harbaksh Singh along with senior officers from Police, Security, Jal Shakti, PDD, Information, Health, YSS and other concerned departments were present on the

High End Skilling Workshop on Modern Analytical Techniques

in Food Biochemistry concludes at SKUAST-Jammu

He further said that these techniques are more relevant in present day

health conscious society.

Dr. Tripathi was of the opinion that

Dr. Tripathi was of the opinion that the science is moving fast and both scientists and students need to remain acquainted with the emerging new high end technologies. He empha-sized upon the students to look for entrepreneurship opportunities in the area of food technology to become self reliant budding entrepreneurs. The Vice Chancellor suggested the scientists to work on the basic scientifi-ca spects of food science as food is the lifeline. Earlier, Dr. S.E.H. Rizvi, Dean,

Earlier, Dr. S.E.H. Rizvi, Dean,

Faculty of Basic Sciences welcomed

the guests and appraised the house about the activities and research work

being carried out in the faculty. He hoped that the students have

Baseline survey (KAP) has been to under-stand the reasons for gaps in electoral par-ticipation, both at enrolment stage and

voting; to understand the underlying rea-sons for low voter turnout and to identify

occasion. Threadbare discussion was held with regard to the security arrangements, traffic regulation, seating arrangements, Full Dress Rehearsal, decoration, Shehnai Vadan, PAS, Power and water supply.

immensely benefited from the work-shop as this had provided them

shop as 'this had provided them opportunities for exposure to handson skill on Modern Analytical
Techniques in Biochemistry.
Dr. Moni Gupta, Professor,
Biochemistry and Course Director of
the workshop presented the detailed
report of the workshop and the topics
covered during the ten days of training programme.

ing programme.

Twenty students from different institutes and Universities of India including DCRUST, Murthal; SVPU-AT, Meerut, MDS University, Rohtak; CCHU, Hissar, Bharthiar University, coimbatore; CSIR. IIIM, Jammu, University of Jammu and SKUAST-lawny, restricted in this biols, and

University of Jammu and SKUAST-Jammu participated in this high end skilling workshop, twenty nine lectures and hands on practical ses-sions were delivered by experts drawn from different institutes including University of Technology, Malaysia; PAU, Ludhiana; University of Mysuru, Mysore; CSIR- IIM; University of Jammu and SKUAST-Jammu.

The Students also visited premier institutes in and around Jammu for

exposure to modern analytical tech-

Certificates of participation were presented to the participants.

Statutory officers, Head of the Divisions, faculty members were also

emphasized on the importance of Baseline survey on KAP and highlighted that the

survey shall be helpful in understanding

the perceptions of people, both general and specific, about the elections, the elec-

niques in Food Biochemistry.

other vital issues.

The DC inquired from Officers of Security and Police about the arrangements being put in place by their respective departments. She directed them to make fool-proof security arrangements in advance for the National event.

the Jammu The DC instructed the Jammu Municipal Corporation and PHE to ensure drinking water at the venue on the I-Day celebrations. The PDD and Jal Shakti department were directed to ensure proper management of power and water including water tankers at the venue. The CMO was asked to ensure proper medical facilities along with staff and ambulances at the venue. instructed

DC Rajouri inspects Ultra High Density Apple Orchard in Behrote;

RAJOURI, JULY 14: Deputy Commissioner Rajouri, Vikas Kundal today inspected an ultra high density apple orchard at Behrote area of Thanamand tehsu During his visit, he interacted with the farmers and the staff, and inspected the orchard closely. The ultra high density apple orchard has been developed with the latest technology and equipment. The orchard has been designed to maximize the yield of high-quality apples in a limited area, using a system of closely spaced trees and advanced trizeation meth-

During his interaction with the farmers, DC Rajouri

tinue their efforts towards achieving a higher yield of quality fruits.

The staff at the orchard also shared their experi-ences and insights with the DC, highlighting the ben-efits of the ultra high density apple farming system and the positive impact it has had on the local econo-

Joint Director (Surveys) in his welcome address highlighted that based on the findings of the Baseline Survey, the UT

and district SVEEP plan will be finalised for General Elections. He encouraged the participants to take full benefit of training

so that quality data could be obtained.

The training was attended by the Regional Director (Evaluation & Statistics)

Mr. Sanjay Vashisht, Akhtar Hussain Qazi, Nodal Officer, SVEEP, O/o Chief Electoral Officer, J&K and District Statistics & Evaluation Officers of Jammu division.

interacts with farmers, staff

of closely spaced trees and advanced irrigation meth-

During his interaction with the larmers, DC Rajouri Vikas Kundal praised their efforts in adopting the lat-est technology and techniques in apple farming. He also emphasized the importance of sustainable agri-culture practices and encouraged the farmers to con-tinue their efforts towards achieving a higher yield of orabity fruits.

my.

In his concluding remarks, DC Rajouri Vikas Kundal lauded the efforts of the farmers and the staff in setting up and maintaining the ultra high density apple orchard. He emphasized the importance of such initiatives in promoting sustainable agriculture practices and boosting the local economy.

The visit by Deputy Commissioner Rajouri Vikas

Rundal to the ultra high density apple orchard at Behrote is a testament to the government's commit-ment towards promoting sustainable agriculture prac-tices and supporting the farming community.

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management. Justice Atul Sreedharan during an insightful interaction with Judicial officers of district stressed for identifying areas for improvement and to facilitate overall functioning of justice delivery system.

Justice Atul Sreedharan also stressed upon adopting the procedure of recording statement of witnesses during trial in Urdu as well as in English for smooth and effective disposal of cases. Justice Sreedharan also emphasised that a collaborative approach will further strengthen the judicial system and the challenges faced by the officers are addressed by innovative solutions.

In addition to engaging with the judicial officers, Justice Atul Sreedharan, and Justice Javed Iqbal Wani also held interaction with some members of the Bar. The interaction

interaction with some members of the Bar. The interaction was aimed to nurture the legal community, where lawyers are encouraged to share their expertise, contribute to legal discourse and provide valuable suggestions for the better ment of the legal framework.

AHD Jammu launches Phase-III of NADCP for Foot & Mouth Disease

JAMMU, JULY 14: Director Animal Husbandry Department Jammu, Dr. Shubhra Sharma on Friday launched the third phase of National Animal Diseases Control Programme (NADCP) for Foot and Mouth Disease (FMD) today here at (NADACT) for Foot and Mouth Disease (FMD) today here at the Directorate of Animal Husbandry Complex, Talab Tillo Jammu through online mode. The programme aims to con-trol FMD disease in cattle and buffaloes by 2025 and complete trol FMD disease in cattle and buffaloes by 2025 and complete eradication by 2002, Speaking on the occasion, the Director conveyed that NADCP for Foot and Mouth Disease envisages 100% vaccination of cattle and buffaloes along with the ear tagging and registration of vaccinated animals on Bharat Pashudhan-National Digital Livestock Mission (NDIAM) portal in order to enhance the traceability, monitoring and control of the disease. She further stated that the FMD is a highly contagious viral disease of cloven-hoofed animals such as cattle, buffaloes, sheep, goats and pigs which leads to reduction in milk yield, decreased growth rate, intertility and reduced working capacity in bullocks and control of this disease can certainly be achieved by mass vaccinations of susceptible livestock populations repeated with a regular intervals. ease can certainly of a cineven by mass vaccinations of sis-ceptible livestock populations repeatedly at regular intervals. Director stated that the entire vaccination campaign shall last \$6 days commencing from today and shall cover around 17 lakh cattle and buffalo population. She further instructed the field officers and other staff to go for Lumpy Skin Disease vaccinations also wherever required so that livestock is safe-guarded against dreaded diseases well in time and urged the staff to commit themselves fully for the important exercise guarded against dreaded diseases well in time and urged the staff to commit themselves fully for the important exercis while following all the required SOPs in letter and spirit espe-cially maintenance of cold chain throughout.

sons for low voter turnout and to identify the barriers to voting, level of knowledge and awareness among the voters about the electoral processes, questions related to minimum age of registration to be a voter, qualifying date for registration, National Voters' Day, NOTA option, Braille on and specific, about the elections, the elec-toral process and the initiatives undertak-en by the Election Commission for enhancing the voter turnout for effective democratic governance. She expressed her trust that the field functionaries will col-lect reliable, coherent and quality data. Mandeep Kaur inaugurates UT level Workshop on SSG-2023

Statistics Directorate hosts training program on Baseline Survey survey prior to the upcoming General Elections.

The main objective of conducting Statistics, J&K in her inaugural address

STRESSES ON EFFECTIVE CLEANLINESS OF VILLAGES, ENCOURAGING BEHAVIOURAL CHANGES, FOSTERING SUSTAINABLE SANITATION PRACTICES IN RURAL AREAS'

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Commissioner Secretary, Rural Commissioner Secretary, Rural Development and Panchayati Raj, Mandeep Kaur today inaugurated a day-long Union Territory level Workshop virtually to orient the UT, District and Block level officers on survey protocol, ranking parameters and roles and responsibilities for successful implementation of Swachh Survekshan Gramin (SSG) -2023. The workshop was organized

The workshop was organized by the Department of Drinking Water and Sanitation, Union Ministry of Jal Shakti, with focus to train the officers of J&K for to train the officers of J&K for initiating work on result-orient-ed parameters. The workshop was conducted in collaboration with Directorate of Rural Sanitation, Department of Rural Development and Panchayati Raj, J&K. After inausurating the work-

After inaugurating the work-shop, the Commissioner Secretary in her address congrat-



ulated the officers for achieving ulated the officers for achieving 100% target of ODF Plus. She laid emphasis on upholding the same spirit in achieving the ODF Plus Model status and stressed to showcase the same spirit in the SSG-2023, where J&K will be competing with other states to exhibit the success achieved in SBM-G

SBM-G.

The Commissioner Secretary stressed upon the participants for effective cleanliness of villages, promoting awareness, encouraging behavioural changes, accessibility of assets, and fostering the adoption of sustainable sanitation practices in rural areas

Speaking on the occasion, irector Rural Sanitation, Speaking on the occasion, Director Rural Sanitation, Charandeep Singh said that workshop will provide a plat-form for participants to exchange ideas, learn from one another, and explore strategies to enhance the effectiveness of SGG 2023. He added that this workshop will also serve as an opportunity to identify areas where additional support, resources, or policy interven-resources, or policy intervenwhere additional support, resources, or policy interven-tions may be required to further strengthen the program's

impact. The Director encouraged all

participants to actively engage ir discussions, ask questions, and share their insights throughout the workshop and foster an atmosphere of collaboration and open dialogue so as to collective ly strive for making a significant difference in the cleanliness and

sanitation of our villages. He informed the gathering that the department is making that the department is making random calls to local representa-tives and people in all districts to gather ground level feedback from them. He added this was being done to counter the disin-formation received from some districts.

Assistant

Commissioner Panchayats, District Panchayat Officers, Block Development Officers of Jammu division attended the workshop in person. ACPs, ACDs, BDOs and other field staff from Kashmir division attended the workshop virtually.

Pertinently, SSG is a compre-hensive assessment program that evaluates the progress and impact of the Swachh Bharat

Mission Gramin (SBM-G) in rural areas. This initiative plays a rural areas. This initiative plays a crucial role in promoting aware-ness, encouraging behavioural changes, and fostering the adop-tion of sustainable sanitation practices in rural communities. Department of Drinking Water and Sanitation, Union Ministry of Jal Shakti, has been conductine SGG since 2018 to

conducting SSG since 2018 to provide national ranking of all provide national ranking of all Districts of India based on the qualitative and quantitative rural sanitation parameters to foster a health competition among States, Districts and Panchayats and ascertain the progress of SBM-G.

J&K has also started its village level self-assessment process on ODF. Plus parameters in November2022 for all its villages and the final self-assessment of all the villages was completed by April 2023.

This was followed by a peer verification process at the block

rius was followed by a peer verification process at the block level, where on the basis of assessment conducted blocks nominated the best performing Panchayat to District for being considered for UT level assessment and Awards

Raiouri: NCORD Committee meeting discusses measures to combat drug menace

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RAIOURI, IULY 14: Deputy Commissioner Rajouri, Vikas Kundal on Friday presided over a meeting of the District Level NCORD Committee to discuss and review the ongo-

Level NCORD Committee to discuss and review the ongo-ing drug control measures in the district.

During the meeting, the Deputy Commissioner empha-sized the need for a multi-pronged approach to combat the drug menace, including awareness campaigns, intensified law enforcement efforts, and rehabilitation initiatives. The DC also proposed a 'Chai Pc Charcha' initiative to engage with druggists and raise awareness about the dan-gers of drug abuse. This approach will foster a dialogue between officials and druggists and encourage them to abandon using drugs. pandon using drugs.

The District Administration is intensifying its awarer

Ine District Administration is intensitying its awareness campaigns to educate citizens, particularly young citizens, about the dangers of drug abuse and the importance of leading a drug-free life. The DC emphasized that cooperation and collaboration among all stakeholders, are necessary to effectively fight this menace and ensure a drug-free society. The meeting of the District Level (NCCORD) Committee is a testament to the district administration's unwavering commitment to ackline the drug mobilem in a comprehensive

a testament to the district administration's unwavering com-mitment to tackling the drug problem in a comprehensive and holistic manner. The proposed initiatives are innovative and creative and will go a long way in creating a drug-free environment in the district.

The meeting was attended by the SSP, Amrit Pal Singh; ADC Rajour, Rajeev Khajuria; ADC Sunderbani, Vinod Kumar Behnal; ADC Kalakote, Krishan Lal; PO ICDS, Shoket Mehmood Malik; SDM Thanamandi, Shafeeq Mir, ACD, Vijay Kumar; CMO, Dr Rajinder Sharma; CEO Education Sultana kouser and other concerned officers. Education Sultana kouser and other concerned officers





