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J&K Administration is pledged to work for welfare of poor and vulnerable sections of society: LG Sinha

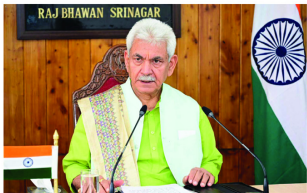
JNEWS SERVICE
SRINAGAR, JUL 16

Lieutenant Governor Manoj Sinha dedicated the 28th edition of 'Awaam Ki Awaaz' programme to the local people and all the stakeholders engaged in the holy Shri Amarnath Ji Yatra.

He expressed gratitude to all those who are selflessly working with determination and commitment to make the spiritual pilgrimage of Shri Amarnath Ji a pleasant one for the pilgrims.

"The spiritual odyssey symbolizes the tradition of kindness and compassion for one and all. This pious Yatra inspires us to build a bright future for Jammu and Kashmir, rooted in human dignity, social equality and justice," the Lt Governor said.

Highlighting the major decisions taken by the UT Administration, the Lt



RAJ BHAWAN SRINAGAR

Governor said the poor, underprivileged and the deprived are the priority of the administration and every possible effort is being made to fulfill their basic needs and promote their ease of living.

"J&K Administration is pledged to work for the welfare of the poor and the vulnerable sections of the society. The ambitious scheme to provide land to landless and a house under PMAY will enhance quality of life and empower the marginalized," the

Lt Governor said. Food security to poor people is our fundamental civilizational values. Prime Minister's Food Supplementation for Priority Households Scheme would benefit a large section of society and it will ensure their well-being, he added.

The Lt Governor called upon all the sections of the society to remain vigilant against the elements who are misleading the people and working against the interest of the poor.

"People should not remain hostage to the past. We must join the transformational journey of the present to build a golden future of J&K UT. Youth is our hope for the prosperous J&K and all arms of government must work as a team to provide them all the essential support," he said.

In this month's episode, the Lt Governor shared the inspirational success stories of innovative and entrepreneurial youth of Jammu Kashmir.

The Lt Governor made a special mention of Shaker Ahmad, Adnan Mushtaq and Furqan Rashid, students of GHSS, Kreeer, Baramulla who have developed an Apple Grader and are inspiring others to fulfill their dreams.

"I feel proud when I see that young boys and girls are working on new inventions, innovations

CONTINUED ON ► PAGE 4

ADGP Kashmir reviews security measures amid the ongoing Amarnath Yatra



JNEWS SERVICE
SRINAGAR, JUL 16

The Additional Director General of Police (ADGP) Kashmir Zone Vijay Kumar, along with senior police and paramilitary officials, conducted a comprehensive security review at various points, including the Navyug Tunnel on National Highway in Kashmir to ensure

the safety and security of pilgrims and tourists during the ongoing Amarnath Yatra.

"During the review, ADGP Kumar personally inspected the live up and down convoy movements, observing the existing security measures in place. He provided valuable insights and advised the implementation

CONTINUED ON ► PAGE 4

Amarnath Yatra temporarily suspended due to inclement weather



JNEWS SERVICE
SRINAGAR, JUL 16

Amarnath yatra has been temporarily suspended from both Pahalgam and Baltal routes due to inclement weather on Sunday, officials said.

They said no yatri was allowed to proceed from traditional Nunwan Pahalgam base camp in south Kashmir and Baltal in central Kashmir's Ganderbal district today due to inclement weather.

"It is still raining at several places on both the routes and at the Cave shrine that has made the road condition slippery at places," they said. "Keeping in view the inclement weather conditions the authorities decided to suspend the yatra until the weather improves," they added.

Similarly no pilgrim was allowed to proceed on foot or ponies from shortest Baltal route via Dumail to Cave shrine of Amarnath to pay obeisance there on Friday. With 21401 pilgrims having darshan on Saturday, the total number of yatries who paid obeisance at the cave shrine surpassed to two lakh mark since the commencement of the pilgrimage from July 1.

Leopard captured in Doda

JNEWS SERVICE
JAMMU, JUL 16

A leopard was captured in Doda district of Jammu and Kashmir on Sunday, a wildlife department official said.

A trap was laid in remote Nalwah Ghat about a month back after locals reported frequent movement of the leopard from a nearby forest into the village and attacks on their animals, the official said.

The leopard's capture came as a big relief to the villagers.

The iron traps set up in the village have not been removed as some more leopards are roaming in the area, the official said.

Rusted mortar shell found in Kathua

JNEWS SERVICE
JAMMU, JUL 16

A rusted mortar shell was found near the International Border in Kathua district of Jammu and Kashmir, officials said on Sunday.

The mortar shell was dugout by Border Security Force (BSF) personnel during some construction work in Border Outpost Chadwal area late Saturday evening, the officials said.

They said the shell was later destroyed by the bomb disposal squad in a controlled explosion without causing any damage.

Udhampur to offer unique religious tourism circuit: Dr Jitendra Singh

JNEWS SERVICE
UDHAMPUR, JULY 16

Union Minister Dr Jitendra Singh today said, Udhampur Parliamentary constituency, in particular the Udhampur sector which also includes Katra and Reasi that were part of erstwhile Udhampur district, is going to offer a unique religious tourism circuit with the integrated development through Rs 190 cr River Devika Rejuvenation Project, Rs 100 cr central Mantalai Project, Mansar lake Project under central Swadesh Yojana, Sudh Mahadev, Surinsar, etc.

Dr. Jitendra Singh said this while convening a review meeting with the district administration Udhampur at Mantalai.

Referring to Mantalai project, which is the venue of today's meeting, Dr Jitendra Singh said, the project was initially started by Late Dharendra Brahmachari, who happened



to be the Yog Guru of the then Prime Minister Indira Gandhi and obtained the land on lease. However, midway through the project, Dharendra Brahmachari suddenly died following an air crash accident and since then the successive Congress governments did not attend to it and allowed it to turn into a shambles. However, he said, it was only after the Modi government took over in 2014 that the project was revived nearly three decades later and now a State-of-the-art Wellness Centre cum Tourist Resort has come up at this location. Similar is the case of River Devika

which had remained unattended all these years and only after Modi took over as Prime Minister, North India's first-ever River Rejuvenation project was approved for the renovation and beautification of River Devika, which is held in holy esteem, he added.

Elaborating further, Dr Jitendra Singh said, the holy town of Katra Vaishno Devi got its railway station only after the Modi government took over in 2014 and now the entire area has been included in the national PRASAD scheme. In addition, the inter-modal Station,

CONTINUED ON ► PAGE 4

20,806 Amarnath yatries performed Darshan at Holy Cave on Sunday

JNEWS SERVICE
SRINAGAR, JULY 16

Although the weather was not favorable today as Valley witnessed downpour in several parts yet 20806 pilgrims performed darshan at Holy Cave smoothly and comfortably with the support of administration and government agencies.

With this, the cumulative total of pilgrims who visited Cave shrine climbed to 229221.

Rains lash J&K as MeT predicts more

JNEWS SERVICE
SRINAGAR, JULY 16

Rains lashed Jammu and Kashmir since overnight with Pahalgam receiving highest precipitation during the last 24 hours, a meteorological department official here said on Sunday.

A meteorological department official here said that in the last 24 hours, Pahalgam received 34.9mm followed by Baderwah 19.8mm, Jammu 14mm, Katra 12.8mm, Batote 6.6mm, Banihal and Kokernag 6.0mm each, Qazigund 1.6mm, Gulmarg 0.8mm and Srinagar traces.

Regarding the forecast, he said, generally cloudy weather is expected with 1-2 spells of rain at most



places of Kashmir and at scattered places of Jammu region in the forenoon today.

From July 17-20, he said, rain/thundershower was expected at scattered places of Jammu and Kashmir towards early morning, late afternoon and evening.

From July 21-22, he said, intermittent light to moderate rain and thundershower were expected

ous night and it was 2.7°C above normal for the gateway town of the Kashmir Valley.

Pahalgam, he said, recorded a low of 16.2°C against 12.1°C on the previous night and it was above normal by 4.2°C for the famous tourist resort in south Kashmir's Anantnag district.

In Kupwara town, he said, the mercury settled at 17.9°C against 18.2°C on the previous night and it was 1.3°C above normal for the north Kashmir area.

Kokernag recorded a low of 8.8°C against 16.5°C on the previous night and it was 1.9°C above normal for the place, the officials said.

Gulmarg recorded a low of 14.0°C against 13.0°C on previous night and it

CONTINUED ON ► PAGE 4

Tarun Chugh leads BJP's Strategic Planning at Power-Packed Meeting in Jammu

JNEWS SERVICE
JAMMU, JULY 16

BJP The Bharatiya Janata Party (BJP) recently held an influential organizational meeting at Hotel Sarovar Viraj in Jammu spearheaded by the dynamic All India General Secretary, Tarun Chugh.

The meeting brought together esteemed party leaders, including Prabhari Jammu & Kashmir Ashesh Sood, National Secretary Narinder Singh, Party President Ravinder Raina, Member of Parliament Jugal Kishore, and Member of Parliament Gulam Ali Khatana. The gathering focused on reviewing the successful implementation of initiatives such as Samparakse Samarthan and Mera Booth Sabse Mazboot. Additionally, the meeting



aimed to formulate an exceptional strategy for the forthcoming elections. Under the visionary guidance of Tarun Chugh, the meeting unfolded as a remarkable brain-storming session, where leaders engaged in constructive discussions, sharing their invaluable insights to frame a winning strategy. The comprehensive overview of recently held programs revealed that people are satisfied with

the current regime and are ready to choose us in the coming elections. This satisfaction is a direct result of the party leaders and workers' dedicated door-to-door campaigns.

The Mera Booth Sabse Mazboot initiative facilitated booth-level deliberations, allowing leaders to connect directly with the grassroots level. The enthusiastic atmosphere fostered a spirit of collaboration and positivity

among all participants, further strengthening the party's bond with the people.

During the meeting, a detailed assessment of each constituency was presented, ensuring that all leaders were well-informed about the unique dynamics and challenges of the region. The discussions extended beyond the scheduled duration, seamlessly transitioning to the party office in Trikuta Nagar the following day. This extension welcomed additional leaders, reinforcing the comprehensive planning process and further enhancing the strategic framework.

As the two-day meeting concluded, Tarun Chugh rallied the entire cadre, motivating them to redouble their efforts

CONTINUED ON ► PAGE 4

DGP J&K visits 92 Base Hospital, SKIMS to enquire about health of injured Policemen

JNEWS SERVICE
SRINAGAR, JULY 16

Director General of Police J&K Shri Dilbag Singh today visited 92 Base Hospital BB Cantt and Sher-i-Kashmir Institute of Medical Sciences (SKIMS) Srinagar and enquired about the health of two JKP Mountain Rescue Team members who got seriously injured in a shooting stone incident between Sangam Top and lower Holy Cave while rescuing a lady pilgrim yesterday.

He also enquired about the health of four CRPF personnel at SKIMS, who were injured in a road accident at Baltal today.

The DGP was accompanied by ADGP Armed, J&K Shri SJM Gillani to the hospitals.

The DGP met the doctors attending the Jawans



of Police & CRPF. He also met the family members of injured Policemen.

He assured the injured Policemen and CRPF personnel that all possible help and assistance will be provided. He wished all of them a speedy recovery.

DIG CKR Shri Sujit Kumar, DIG IRP Kashmir Shri Abdul Qayoom, DIG CRPF Shri Jaidev Kesri, SSP Shaikat Hussain, SSP Hakim Munshi and other jurisdictional officers were

also present.

Pertinent to mention that two members of Mountain Rescue Team of J&K Police SgCt. Mohammed Saleem and SgCt. Mohammed Yaseen who were rescuing a lady yatri Smt Urmilaben D/o Sh Laxmi Naryan aged about 53 years from a shooting stone incident between Sangam Top and lower Holy Cave got also seriously injured besides

CONTINUED ON ► PAGE 4

Pakistan pushes narco-terror strategy in J&K: Rajesh Kesri

DRUG AND NARCOTICS PEDDLING AIMS AT CORRUPTING YOUNG MINDS AND PROMOTE GROWTH OF HYBRID TERRORISM



JJ NEWS SERVICE

JAMMU, JUL 16: Shiv Sena Hindustan Unit today under the leadership of J&K President Pt Rajesh Kesri on Sunday condemned the killing of two non-local labourers in Shopian and said none of the terrorists would be spared and the region would be cleared of terrorism. "Cowardly Pakistani terrorists have once again committed a grave crime by killing labourers who come to Kashmir to earn their livelihood. The conspiracy to target poor labourers was hatched by Pakistan to create a fear among the people," Kesri said.

Kesri said such conspiracies will be

defeated and Jammu and Kashmir cleared of terrorists as was done in the past when police and paramilitary forces eliminated hundreds of terrorists responsible for killing of innocent civilians. "None of the terrorists will be spared."

Our brave security forces have carried out strong action against Pakistan-sponsored terrorism, breaking its backbone in the valley with back-to-back successful operations by security forces," he said.

He said Pakistan-sponsored terrorists are desperate and they're targeting innocent and unarmed civilians in frustration.

"They will have to pay a heavy price for their crimes against human-

ity. The accounts will be settled with interest," Kesri said.

Kesri further said that given Kashmir is fast on track of normalcy, particularly seen in huge reduction in acts of terror and violence incited, aided and abated from across the border, it appears that Pakistani agencies are using terror modules to supply drug and narcotics so as to derail the process.

As the economy of Pakistan is in a dire situation and funding to terror modules from state has stopped, Pakistani agencies are increasingly relying on mobilising funds by smuggling drugs and narcotics to India in connivance with Pakistani agencies, added Kesri. The phenomenon of drug and narcotics peddling aims at corrupting the young minds and promote the growth of hybrid terrorism, i.e. creating a terrorist mindset among ordinary citizens and youth who are otherwise engaged in their day-to-day and education businesses, added Kesri.

Prominent among those present on the occasion include Jagmal Pradhan Gara Ram, Om Prakash, Rajiv Pradhan, Balveer Kumar, Arnia Pradhan Vijay Luthra, Brijesh Kumar, Labba Baba, Balwant Fauji, Darshana Devi, Jyoti Devi, Poli Devi, Rajni Devi, Neeru Devi and dozens of Shiv Sainiks.

Modi Govt's Schemes Giving Benefits to needy: Sat Sharma



JJ NEWS SERVICE

JAMMU, JUL 16: On its ongoing Mahajansampark Abhiyan of public outreach campaign today Former Minister Sat Sharma (CA), BJP Talab Tillo Mandal President Keshav Chopra Ex Sarpanch Trilokpur Raj Kumar and other leaders started door to door campaign at both No 62 of ward 32.

The BJP Leaders went around many streets, fixed stickers, distributed books, Pamphlets and other material having details of the achievements of the 9yrs of Narendra Modi government. BJP leaders also interacted with Prominent Locals under its Sampark se Samarthan Campaign, in which they met with Parveen Khanna & Manik Khanna Practicing

Chartered Accountants and Sardar Surjeet Singh who is Sr. Vice President Guru Singh Sabha Gurudwara Sahib Gole Gajpal Talab Tillo. While interacting with the Locals Sat Sharma said that Narendra Modi government during its 9 years tenure has done tremendous work for the common and needy sections of the society. All the schemes of modi govt has given bene-

fits to all those people who really needs it. These 9 years of Modi govt has changed the fortunes of people, he further added.

Keshav Chopra while highlighting the achievements of Modi govt said that common has availed the benefits of several schemes, Modi govt has provided Ayushman Bharat (Free 5 lacs Health insurance for every citizen of Jammu Kashmir) which is a very helpful for those who can't afford the best healthcare treatment. District Jammu Convener Employees & Teacher, Education Cell K.L.Sharma District President Kisan Morcha Jammu Raman Sharma, Mandal President BJP Talab Tillo OHC Morcha Omkar Verma, Sandesh Kumar, Mandal President BYM Talab Tillo Dr Sanjit Sharma, Ratan Lal, Ramesh Kumar, Kamlesh Kumar, Ganesh, Villa Ram and others also participated.

Saryara Sabha Bahu Fort frames body, constitute trust



JJ NEWS SERVICE

JAMMU, JUL 16: Saryara Sabha Bahu Fort today constituted its body to look into the problems faced by the Saryara community and to promote common harmony in the region.

The Sabha also constituted Mahatma Atma Ram Sidi Ji Trust to look into the day to day affairs of the temple (smadh) and its functions and activities.

As per handout, a meeting was held at Mahatma Atma Ram Sabha, Bahu Fort under the Chairmanship of Parshotam Lal Dalotra.

Speaking on the occasion, Parshotam Lal congratulated the new team and hoped that each and every member of sabha will contribute

its best for the welfare of people.

In the first major decision, the president also announced the reduction of its community halls tariff from Rs 7000 to Rs 5100.

Earlier, General Secretary, Vikas Punia read out the agenda and introduced a 40-member committee which has been appointed for specific tasks. In the first session, General Secretary announced constitution of the trust to look after the affairs of temple and community hall.

Pritam Chand has been appointed as Chairman of the trust while Romesh Lal Sagotra, Tarsem Lal dalotra, Tara Chand Shavotra, Janak Raj Shavotra, Ravinder Basotra and Sashi Kumar Nagotra appointed

as its members. The trust members were welcomed by former chairman Sat Pal Dalotra and Saryara Sabha President.

In second session, the body of 50 members Sabha was announced wherein Subash Chander Saryara has been appointed as senior vice president, while Vivek Patyal as vice president cum chief spokesperson and Jagdev Raj Dalotra as senior vice president cum chief advisor.

Krishan Lal Sagotra, Dev Raj Shavotra and Mohinder Fangotra appointed as Vice presidents.

Suresh Kumar Dalotra appointed as Chief Co-ordinator while Ankush Dalotra, Kuldeep Jagotra and Sashi Kumar Nagotra appointed as Co-ordinators.

Bunty Nagotra, Jeet Fangotra, Kishor Kumar Sagotra, Sethi Ram Sagotra, Banarsi Jagotra, Tek Chand Sagotra, Jarnail Khokher, Ashok Kumar Khokher, Satish Chakotra, Dev Raj Sagotra (Laddi), Sashi Sagotra, Hari Ram Patyal, Pummy Patyal, Som Nath Patyal and Namdev Shavotra as members.

Modi Govt's performance card matchless in last 9 yrs: Sham Langer

JJ NEWS SERVICE

JAMMU, JUL 16: Convener BJP Trade Cell, BJP J&K, Sham Langer asserted that the report card of Modi Government's performance in the last over nine years is stunning and those criticizing will get goose's bumps after taking a glance.

In a statement issued to media persons, he gave full credit to Narendra Modi Government in restoring peace in Jammu and Kashmir by turning tough towards terrorists and their over ground supporters. He said that there has been considerable decline in terror related violence in J&K during the Modi rule.

On the completion of nine years of Modi Government, the BJP functionary presented a complete report card on the performance of the BJP government at Centre, claiming it to be matchless.

Maintaining that Kashmir is return-



ing to normalcy and attaining the name of being paradise on earth again, he said J&K's borders are now insulated from terrorism as infiltration has almost made impossible for the terror mongers waiting across the border. He said many bold decisions were taken by this Government for safeguarding the borders as well as hinterland.

He said the situation totally

changed after August 5, 2019 when Modi Government took a bold decision of abrogation of Articles 370 and 35A, which proved all those leaders wrong who had warned that blood will spill on roads if the special status granted to J&K was touched. "Instead peace has returned to Valley and development is apace", he added.

"Tremendous development in J&K is the outcome of Modi Government's move to end the special status", he said adding that children of Kashmiris are on path of progress as they are cracking MBBS, Engineering and Civil Services examinations unlike the earlier regimes' time when joining the terrorist ranks was in vogue. He said that jam packed hostels, hotels, etc are the testimony to the fact that Modi government has achieved matchless fate and restored the pristine glory of J&K which was once known as heaven on earth.

Natrang stages two shows of world class event 'Colors of Jammu Kashmir'

JJ NEWS SERVICE

JAMMU, JUL 16: World class cultural event entitled 'Colors of Jammu & Kashmir' a presentation of Natrang Jammu staged here this evening at Abhinav Theatre twice for packed-house audience public demand. Conceived, designed and directed by Padamshree Balwant Thakur this is the same show which was presented for the International delegates of G20 countries at Srinagar. Ramesh Kumar Divisional Commissioner Jammu was the Chief Guest on the occasion who also facilitated all the participants of this magnificent show which received standing ovation. Fact remains that Jammies have never seen such an international level show. Earlier while welcoming the distinguished guests, Natrang Director Balwant Thakur informed that for this international level performance a team of over one hundred professionals and artists worked day and night for three months to create this rarest magic on stage. Through this presentation he wanted to project the ultimate strength of Jammu & Kashmir i.e., its multi-blowing diversity. In addition to this he wanted to raise the professional standards of the cultural presentations. On the occasion he acknowledged the support of Jammu & Kashmir Government for the production of this international show. Divisional Commissioner Jammu Mr. Ramesh Kumar while appreciating the efforts of Natrang Jammu said that such artistic initiatives will bring new cultural revolutions in this region and need patronage and support of all.

'Colors of Jammu Kashmir' is a unique cultural album of Jammu and Kashmir showcasing the variegated variety of different colours, rhythms, costumes, design patterns and artistic expressions, expressed through the diverse dances of J&K. This amazing bouquet of rarest dance traditions unfolded the mesmerizing artistic traditions of the crown of incredible India. Each dance presentation despite being different from the other in rhythm and pace was artistically and aesthetically blended with each other so as to present their harmony and wonderful correlation.

Jammu Kashmir has a diverse blend of many cultures. It has a composite culture created by people from different religions. The cultural significance and the amazing diversity of this place is great. The people of J&K have made huge contributions towards the world culture in the form of their arts, performing arts, crafts, literature, oral histories, science, and philosophy. Most of the world visit here to experience the tradition and culture of J&K. The presentation 'Colors of Jammu & Kashmir' expresses the true essence of the cultural ethos of this region.

Artists who brilliantly depicted the requisite energy and festivity included Muskan Sharma, Sushant Charak, Radhika, Sunaina Rajput, Rumla, Ankita Sharma, Kanika Chib, Sukriti Singh Jasrotia, Ankeeta Langeh, Akanksha, Akshra Jambwal, Sheetal Thapa, Akriti Panotra, Anshika Wazir, Vinoda Badyal, Shavi Sharma, Gorvi Sharma, Mehak Singh, Arti Thakur, Kriti Singh Thakur, Bhawana Sargal, Razia Akhtar, Khanpreet

Kour, Meenakshi Bhagat, Radhika Sharma, Jeevika Misri, Aashima Dutta, Divam, Ravi Ashirwar, Karan Kumar, Aryan Chhalotra, Sachin Mehra, Sahil Narwalia, Vansh Pandotra, Rahul Kalotra, Sahil Banotra, Arun Dev Verma, Arun Sharma, Mihir Gajral, Aryan Dev Singh, Jiteshwar, Amit Singh, Shapant Singh, Meshu Ram, Vishal Singh And Vishal Sharma.

Natrang's versatile artists who provided highly professional support to the performance included Aadesh Dhar (Programme Assistant Properties), Milal Armal (Make-Up Artist), Mansi Rattan (Costumes Designer), Aaditya Bharti (Programme Assistant Costumes), Shivam Singh (Designer Properties), Brijesh Avtar Sharma (Programme Assistant Sound), Maloop Singh (Director Photography/Videography), Sahil Nath (Music Composer and Arranger), Sartaj Singh (Chief Production Controller), Rahul Singh (Programme Assistant Off-Stage Management), Mahikshit Singh (Programme Assistant Stage Management), Mohd. Yaseen (Chief Coordinator Admin/Creative), Sumeet Sharma (Content Coordinator), Chander Shekher (Creative Head Graphics/Designer/Media), Neeraj Kant Sharma (Chief Programme Assistant), Sunny Mujoon (Choreographer Kashmir), Akash Dogra (Choreographer Jammu), Suraj Ganjoo (Lights), Sanjeev Gupta (Coordinator), Pankaj Sharma (Coordinator) and Anil Tikoo (Coordinator).

Under hard economic condition, poor unable to afford exorbitant electricity bills: Rafiq Malik

JJ NEWS SERVICE

JAMMU, JUL 16: Expressing grave concern over the rising power bills being received by poor people of J&K after installation of smart meters in J&K, Lok Jan Shakti Party (Kamvijas) J&K President Rafiq Malik appealed the Lt Governor to ask the PDD authorities to address this grave public issue. He said the people of our state belong to middle class and below poverty line families and they cannot afford this system. This power is generated on our rivers. The government is sending it to outside states.

Then they increase tariffs here to buy power. How can poor people pay ₹3,000-4,000 bill of smart meters," Malik said. "A cooking gas cylinder costs ₹1,250, kerosene is ₹100 per litre. They can't afford to buy gas cylinders, from where they will bring money for huge power bills. They are killing poor people," he said.

Malik said poor people can't use fans for their children in this scorching heat in wake of huge power bills beyond their reach. "We are not against smart meters but the government needs to check the ground real-



ity. Poor people don't have the capacity to pay huge power fees. "They cannot afford the very smart meter billing. Their income is very nominal as the majority of the people in our area are either working as salesmen, autorickshaw drivers or roadside vendors. They hardly manage the school fee of their children," said Malik.

Malik alleged that government is sucking the blood of poor people across J&K by installing the Smart meters and by imposing large amount of power bills. While demanding free power and drinking water to people of Jammu Kashmir,

he urged LG Administration to address this issue on priority basis. "We don't understand why the government is not listening to our grievances. Despite all resentment, the government is going ahead with the move," said Malik. He said that they want flat rates and not the smart meter-generated power bills.

He said that given their economic condition, they won't be able to afford exorbitant bills. "Despite abundant power resources, people are made to suffer. This is our electricity and we have first right over it," said Malik.

Addressing common people's issues priority of Modi Govt: Kavinder Gupta

JI NEWS SERVICE

JAMMU, JUL 16: Kavinder Gupta, senior BJP leader and former Deputy Chief Minister, reaffirmed the commitment of Bharatiya Janata Party (BJP) government at the Centre in providing basic necessities to the people across the nation in general and J&K in particular.

He made these remarks during the commencement of development work at Ward no. 20 in the presence of local Councillor Rahul Kumar at Gandhi Nagar here today. Highlighting the BJP government's focus on addressing the issues faced by the common people, Kavinder Gupta emphasized that serving the citizens has always been the top priority of the BJP-led government under the leadership of Prime Minister Narendra Modi. He stated that the BJP's ideology revolves around serving the people of the nation and ensuring their well-being.

Kavinder Gupta further highlighted the Prime Minister's special inclination towards Jammu and Kashmir and its people, stating that there is no



Kick-start development work at Ward 20

shortage of funds when it comes to the development of this Union Territory. He expressed confidence that the government's unwavering commitment to the progress and welfare of Jammu and Kashmir will continue to bring about positive changes in the lives of its residents.

Underlining the BJP's dedication to inclusive development and uplifting the standard of living, Kavinder assured the residents of Ward No. 20 that their concerns and requirements would be effectively addressed through ongoing and future development initiatives.

Kavinder Gupta appreciated the efforts of Councillor Rahul Kumar for taking interest in addressing issues of general public. He said this was possible only due to his dedicated efforts and the urge to serve the people of the Ward. He hoped that Rahul Kumar will continue to serve the people and the spruce of development for the welfare of common masses.

Councillor Rahul Kumar acknowledged the efforts of BJP Government at the Centre in ensuring the overall growth and prosperity of the region. He said that government at the

Centre always works for the welfare of people and will leave no stone unturned to do so. He said that there are several development projects which are in pipeline for the area and the same shall be taken up in a phased manner.

Among those who were present include Bharat Bhusan Mandal President, Rachit Khosla Mandal General Secretary, Narinder Gupta District Vice President, Sandeep Gupta, Satbir Singh Ward President, Mohit Seth, Anil Koul, Dalip Koul, Vijay Verma, Mohit Raina, Nareesh Gupta and Raman Chadda.

Tony urges LG Sinha to rescue farmers in dying paddy bowl

JI NEWS SERVICE

JAMMU, JUL 16: Taranjit Singh Tony, Chairman of AAP J&K for Administrative Engagement and Minority Affairs and DDC Member Suchetgarh urged the Lt Governor to rescue farmers from the worsening situation faced by them in the dying paddy bowl. With the scarcity of water plaguing the tail end of border villages, Tony urged immediate intervention to rescue the farming community from this dire predicament.

In a statement issued here today, the senior AAP leader said that lack of a reliable water source at the zero line of the border villages has created a severe crisis. The D-17 canal, which should have reached the tail end at Sae Devigarh Bullachak by now, remains incomplete. Astonishingly, the entire Irrigation Department appears to be in a state of dormancy, showing no urgency in addressing this pressing issue, he said.

Tony highlighted the distressing fact that over 50 tubewells in the border villages are out of order, awaiting minor repairs that remain pending. "Furthermore, the lift irrigation sys-



tem, which should be a lifeline for farmers, is completely dysfunctional. Despite repeated pleas to the engineers, including the Chief Engineer of the Irrigation Department, all requests have fallen on deaf ears," he said.

In a direct appeal to the Lt Governor, Tony sought immediate action, requesting him to direct the concerned authorities to visit the affected areas promptly. Expressing disappointment, he emphasized that the XEN (Executive Engineers), including the Chief Engineer, have confined themselves to the comfort of their air-conditioned offices, ignoring the distressing reality faced by farmers in the field.

"Adding to the farmers' plight, prolonged power cuts have further exacerbated the situation. With their pump-sets rendered inoperative due to power shortages, farmers are unable to access any means of irrigation water, be it through canals, lift irrigation, or tubewells," he said. Tony warned the administration, cautioning them about the dire consequences if farmers are driven to the point of desperation, even contemplating suicide due to the unavailability of irrigation water. The gravity of the situation demands immediate attention and urgent measures to prevent such an unfortunate outcome, he added.

The AAP leader appealed to the Lt Governor to prioritize the well-being of farmers and take swift action by directing the concerned officials to address this crisis. He said that the survival of the paddy bowl and the livelihoods of countless farmers are at stake, requiring immediate intervention and long-term solutions.

BJP Mahila Morcha South organizes another Millet awareness programme at Anganwadi Centre Narwal

Divya Jain emphasizes significance of millets in maintaining a healthy lifestyle



JI NEWS SERVICE

JAMMU, JUL 16: BJP Mahila Morcha Jammu South, as part of its ongoing initiative to raise awareness about the benefits of millets, organized another impactful awareness program at the Anganwadi of Narwal Panchayat. The event, led by Divya Jain, President BJP South Jammu, aimed to educate and encourage the

community to embrace the consumption of millets in their daily lives.

To engage the children and introduce them to the nutritious qualities of millets, a delicious Kheer made with Samak Rice was prepared and distributed among them. The children relished the taste and appreciated the captivating aroma of the dish, indicating a positive response towards incorporating mil-

lets into their diet.

During the event, a special presentation of Ragi, Jowar, and Samak Rice was made to Rekha Sharma, an Anganwadi worker. This gesture aimed to encourage and support the Anganwadi staff in promoting the consumption of millets among the beneficiaries they serve.

Divya Jain, in her address, emphasized the significance of Shriani

(millets) in maintaining a healthy lifestyle. She applauded the efforts of Anganwadi workers and encouraged them to incorporate millets more prominently in the meal plans of the children. She also highlighted the nutritional benefits of millets and their role in combating malnutrition and promoting overall well-being.

The program also included a discussion on various recipes and cooking methods involving millets. Participants actively shared their experiences and ideas, fostering a sense of community and knowledge exchange.

Mahila Morcha Prabhari Radha Sharma, Vice President Sarojini Sharma, Mandal President Kamlesh Magotra, and Social Media Convener Leela Chhetri were present during the event.

Darakhshan presides over 3rd Anniversary of Jazbaat at Chandigarh

'Only in peace times, media thrives': Dr Andrabhi



JI NEWS SERVICE

CHANDIGARH, JUL 16: Minister of State and Chairperson J&K Waqf Board Dr Darakhshan Andrabhi today presided over the 3rd Anniversary of media platform Jazbaat at Chandigarh today. Dr Andrabhi inaugurated the 3rd Anniversary event amid a musical bonanza where eminent artists performed. Jazbaat began three years ago with J&K connections and established its Media Head at Chandigarh. This platform earned immense success & is now ready to go National with 24x7 feed soon. Darakhshan presented

Awards to the professionals attached with Jazbaat for their exemplary contribution for making this initiative a digital success. Speaking to the audiences on the occasion Dr Andrabhi said that media thrives only during peace times & when we all are celebrating the emergence of India as a power, we are also witnessing positive changes in our print and electronic media fields like never before. "Unlike earlier regimes, we don't believe in emergencies and curbs and conditions being imposed on media. We respect the freedom of speech of Media and also respect the duties pronounced by our constitu-

tion at the same time", said Andrabhi. While hailing the Jazbaat team for their venture turned into an inspiring success story, Dr Andrabhi said that the very conducive environment

Gandhi Memorial College Sgr organises Trekking expedition for Girl students

SRINAGAR, JULY 16: In a first, Gandhi Memorial College, Srinagar organised the maiden trekking expedition for girl students from Narangan, a tourist village, in the Ganderbal district to Marchol, an upper reach on the same mountainous range.

A total of 30 students and six faculty members including the college principal, Prof (Dr) G.M. Lone were part of this trekking expedition.

The purpose of the trekking expedition was to sensitize the students about the importance of physical and mental fitness through exploring and enjoying the scenic beauty of Narangan.

IIT campus in Abu Dhabi is remarkable contribution towards global education: Raman Suri

"UAE trading in Rupee will ease businesses"

JI NEWS SERVICE

JAMMU, JUL 16: Bharatiya Janata Party (BJP) J&K Executive Member Raman Suri said, known for his proactive visits, Prime Minister Narendra Modi has signed another remarkable agreement with UAE wherein both India and UAE will start trading in Rupee and open an IIT-Delhi campus in the Gulf Country. While the former initiative will ease business processes and facilitate smoother operations, the latter one will educate and equip individuals with technical knowledge to contribute to global efforts, a priority shared by every country.

Raman Suri said that this is most unfortunate that opposition leaders, blinded with enmity and personal grudges against Modi, will not see these historic steps as achievements and instead will stay mum. Their narrow-minded approach towards the nation is not allowing them to grow and call a spade a spade. Anyways, India, one after another is meeting its targets and progressing by leaps and bounds.

The BJP leader said that within a week's span, India signed agreements



to purchase Rafale aircrafts from France, started trade in Rupee in France, launched Chandrayaan-3 on moon and now signed another historic agreement with UAE to trade in rupee as well as set up an IIT-Delhi campus, which is a proud moment for Indians.

Aimed at deepening multi-faceted bilateral ties, such offshore campus of Indian Institute of Technology (IIT), the prestigious institutions of India, will take the demeanour beyond the Indian peninsula. The offshore campus is scheduled to be mentored by the Indian higher educational institutions, said Raman Suri. He further

added that trade settlement in local currencies, linking the Fast Payment Systems of India and the UAE, besides an IIT campus in the Gulf country will open new vistas for people of both the countries and also address several global issues. He hoped that more such IIT offshore campuses are set up in several other countries as well, so that India develops stronger relationships with the nations and produce world-class engineers who can deal with global issues. These institutions will be providing degrees in several areas such as Energy and Sustainability, Artificial Intelligence, Computer Science and Engineering, Healthcare, Mathematics and Computing and other disciplines of engineering, science, and humanities, those passing out from these institutions will be able to tackle various issues ably.

This is the power of Indian education system and new National Education Policy (NEP) brought in by the Prime Minister Narendra Modi, said Raman Suri.

FICCI FLO JKL conducts industrial visit to M/s Naturis Cosmetics

Aims to explore entrepreneurial opportunities in J&K & Ladakh, says Varuna Anand



JI NEWS SERVICE

JAMMU, JUL 16: FICCI FLO Jammu-Kashmir & Ladakh, led by Chairperson Ms. Varuna Anand, organized an illuminating industrial visit to M/s Naturis Cosmetics at Bari Brahmana. The visit, held today, provided FLO JKL members with valuable insights into the journey and operations of M/s Naturis Cosmetics, one of India's leading private label cosmetic manufacturers.

During the visit, Sanjay Mehra, Director of M/s Naturis Cosmetics, graciously shared the story of the company's inception and growth, tak-

ing the FLO JKL members through various sections of the factory. The tour included a glimpse into the Research and Development (R&D) department, the production area, as well as the packaging processes.

Established in 2011 in Jammu City, J&K, M/s Naturis Cosmetics has transformed into a state-of-the-art cosmetic manufacturer, catering to clients across India. The company's prestigious clientele includes renowned brands such as Nykaa, St. Botanica, Boericke & Tafel, Colorbar, Plum, Pilgrim Schwabe, among others. In addition, M/s Naturis Cosmetics has expanded its reach

globally, exporting its products to UAE, Europe, and the USA.

Expressing gratitude to Sanjay Mehra for the informative visit, Varuna Anand described the experience as truly enlightening, with many valuable takeaways and learning for all FLO JKL members. She emphasized that the purpose of such industrial visits is to nurture the spirit of entrepreneurship among women and to provide them with a deeper understanding of the production processes.

Varuna Anand further said FICCI FLO JKL has been working tirelessly to create a platform for the growth and development of women in the Union Territory. Through initiatives like industrial visits, the organization aims to empower women and inspire them to explore entrepreneurial opportunities. FICCI FLO JKL is dedicated to fostering women's empowerment and creating a supportive network for women in Jammu-Kashmir & Ladakh, she added.

The core team members who accompanied the Chairperson FICCI FLO JKL include Ruchika Gupta, Aarti Chowdhary, Sonu Mehta, Pooja Gaudotra, Mona Saraf, Chandni Kapoor and members Sapna Jain, Ritu Aggarwal, Shweta Aggarwal, Neha Mahajan, Dr. Sandeep Khosla, Dr. Aashu Mahajan, Aditi Puri & Ritika Mahajan.

BJP abhors dynastic & casteist politics: MP Gulam Ali Khatana



Ji News Service

JAMMU, JUL 16: As part of 9 Saal beemisaal campaign of BJP on completion of 9 years of PM Narendra Modi led government, MP Rajya Sabha Er. Gulam Ali Khatana today attended a 'Tiffin Par Charcha' event, organised by locals of Bhatindi area here.

Speaking on the occasion MP Gulam Ali said that BJP believes in Sabka Saath,

Sabka Vikas, Sabka Vishwas and is totally different from "dynastic and casteist" parties whose only aim is to create "fitna" in the society. Launching a scathing attack against NC and PDP for creating confusion over the government decision to allot plots to landless, homeless people in the UT, MP Gulam Ali said that the recent attack on three labourers in Kashmir was a result of

rumour mongering by Mehbooba Mufti and Omar Abdullah. He said that BJP is different from other traditional political parties that are dynastic and with casteist mindset. He said that BJP has an altogether different identity and it is not a dynastic party, not a casteist party, and it is not run by one person. BJP is a party of common people and its workers

under the able and dynamic leadership of Prime Minister Narendra Modi BJP is touching new heights and is known as the largest party in the world with over 11 crores membership. He during past nine years country has become a New India where borders have been secured and no one can dare to enter Indian territory and occupied land.

He said that law of the land has been established and crooks are afraid of the present regime. They are trying to defame India and present regime for their ulterior motives.

Prominent among those present were Waseem Choudhary, Putoo Choudhary, Razak Ali, Gafoor Choudhary, Riaz Ahmed, Lal Hussain and others.

MP Gulam Ali said that

Free medical camp organized in Panchayat Roulka, Bani



Ji News Service

BANI, JUL 16: A free medical camp was organized in Panchayat Roulka, Tehsil Bani, District Kathua, through the collaborative efforts of Seva Bharti (NGO) and Shira (NGO). The camp aimed to provide healthcare services to the

residents of the rural area and improve their access to medical assistance.

Dr. Rameshwar Singh, ZMO, under the guidance of the esteemed Block Medical Officer (BMO) of Bani, diligently examined and treated the patients who attended the camp. Dr. Rameshwar emphasized the significant role that medical camps play in catering to the healthcare needs of rural communities.

The camp offered various medical services and consultations, ensuring that the residents received necessary medical attention and guidance.

Bimla Devi, Sarpanch of Panchayat Roulka, expressed her heartfelt gratitude to the organizers and commended their efforts in bringing this valuable initiative to the community. She extended her appreciation to BMO Bani, Dr. Dev Raj, and Medical Officer Dr. Rameshwar Singh for their support and participation in the camp.

The local community warmly welcomed the free medical camp, recognizing the immense benefits it brought to their doorstep. The event witnessed a large turnout of residents who availed themselves of the medical services provided. The organizers, Seva Bharti (NGO) and Shira (NGO), were lauded for their dedication to the well-being of the community and for organizing such an impactful camp.

GSS dissolves present body, appoints Ranchhor Singh as Interim Incharge

Ji News Service

NEW DELHI, JUL 16: Gantantrik Samaj Sangathan (GSS), a prominent social organization, held a virtual meeting which was presided over by its Founder Member, Kamal Singh. The meeting witnessed active participation from members of the Central Working Committee, marking a significant milestone in the organization's journey towards progress and development.

One of the key decisions made during the meeting was the dissolution of the present body, paving the way for the formation of a new committee that will effectively cater to the diverse needs and aspirations of GSS members. Ranchhor Singh was nominated and entrusted with the responsibility of serving as the Incharge of the Sangathan until the formation of the new committee.

The meeting passes several resolutions aimed at strengthening GSS and its impact on society. The first resolution addressed the urgent need for the registration of Gantantrik Samaj Sangathan, which will provide the organization with legal standing and authentication. This development is anticipated to

streamline various processes and empower GSS to operate more effectively.

Another noteworthy resolution passed during the meeting was the decision to hold regular virtual meetings every Saturday. This move will allow GSS members from different states to actively engage in discussions, share ideas, and contribute towards the organization's growth and development. The virtual meetings will serve as a platform to address important issues, develop strategies, and ensure unity among GSS members.

Furthermore, in an effort to streamline communication and provide a consolidated platform for GSS's online presence, the meeting also emphasized the clubbing of two separate websites into a single, comprehensive website. This consolidation will not only enhance accessibility for members and the general public but also promote a cohesive and unified approach in disseminating information about GSS's initiatives, programs, and achievements.

To ensure comprehensive representation and participation, GSS has decided to include members from every state and union territory across

the country in its Central Working Committee. This inclusive approach will foster diversity, promote regional perspectives, and establish a broad-based decision-making process within GSS.

To maintain the momentum and continue fostering collaboration and progress, GSS will continue to conduct virtual meetings every Saturday, focused solely on GSS agenda items. This will provide a platform for members to actively engage, exchange ideas, and contribute towards the organization's objectives.

Kamal Singh expressed his optimism and gratitude towards the commitment and dedication demonstrated by GSS members during the virtual meeting.

He emphasized the importance of unity, collaboration, and inclusivity in achieving GSS's mission of social and political progress.

Among those who participated in the meeting include Ranchhor Singh from Rajasthan, Pritam Singh Saini from J&K UT, Madan Mohan from Jharkhand, Shiv Dass Mahajan from Maharashtra, Adv Mukesh Singh from Allahabad, Hitler Singh from Delhi, Adv Jaipal, Pawan Saini Gujarat and others.

Chandrayaan-3 a significant milestone in India's space exploration endeavors: Purnima

Ji News Service

JAMMU, JUL 16: Advocate Purnima Sharma, Spokesperson of Bharatiya Janata Party (BJP), J&K, and former Deputy Mayor of Jammu, termed that successful launch of Chandrayaan-3, India's ambitious lunar mission, a significant milestone in India's space exploration endeavors. It is a testament to the dedication, expertise, and hard work of ISRO scientists and engineers involved in this prestigious project.

In a statement issued here today, the senior BJP leader highlighted the importance of the Chandrayaan-3 mission, stating, "This successful launch of Chandrayaan-3 showcases India's growing prowess in the field of space exploration. It is a proud moment for our nation, as it signifies our commitment to scientific advancements and technological



achievements."

She further added, "The success of Chandrayaan-3 is a reflection of the vision and leadership of our Honorable Prime Minister, Shri Narendra Modi, who has consistently emphasized the significance of space technology and its role in nation-building. Under his guidance, India has made remarkable strides in the field of space research."

Purnima also emphasized the positive impact of such space missions on the nation's youth, inspiring them to pursue careers in science, technology, engineering, and mathematics (STEM) fields. She stated, "Chandrayaan-3 serves as an inspiration to our young minds, encouraging them to dream big and strive for excellence in the scientific domain. It showcases the limitless potential of our youth and their ability to contribute to the growth and development of our nation."

As India continues to strive for excellence in scientific research and technological innovation, Purnima Sharma remains optimistic about the future prospects of the country's space program. She emphasized the importance of nurturing the talent and potential of the nation's youth to propel India towards new frontiers of scientific discovery.

Winners of Paintings Competition on Anti Drugs Organised by JAKFAS



Ji News Service

JAMMU, JUL 16: Inter school on the spot painting competition on anti drugs anti-smoking organised by JAKFAS J&K Fine Arts Society in collaboration with PK Pratham Kalaniketan and PN Project

Naili at JAKFAS Studio Lower Roopnagar Jammu under the supervision of renowned JAKFAS Artist and Social Activist Suresh Sharma. Students from different schools participated in the competition. The winners of the competition are: In group A class 7th & 8th, Akshdev Singh of Shangrilla public school won 1st prize, Wahida Gowhar of MIE School and Lakshay of Spring Blossom Sch won 2nd prize, Jitwan Singh of DPS Jammu and Bhumika Gupta of Shangrilla pub sch won 3rd prize, while Krishna Gupta of Jammu pub sch, Aradhana, Bhakti of

Crescent pub sch, and Sarthak Verma of Indra pub sch, won Consolation prize. In group B class 9th to 10th

Aadi Gupta of Dewan Devi School won 1st prize, Samanya Sharma of DPS Jammu, and Jia Langer of Crescent Sch, won 2nd prize, Shreetu Anand of Activity pub sch, won 3rd prize, while Jasraj Singh of DPS Jammu, Purnima Sambal and Sonia Singh won Consolation prize.

The panel of Judges were Renowned artists Kanav Gupta from Project Naili, Ajay Gupta, and Prathamansh Sharma from PK Pratham Kalaniketan. Students received the prizes from ASI Fayaz Bandy, and SI Maqbool Hussain and they appreciated the paintings done by the children.

Indian Army Sponsors Electrical Repair Course- Empowering Youths at Banihal

Ji News Service

JAMMU, JUL 16: Indian Army has sponsored the Electrical Repair Course at HIIT vocational training center in Banihal as part of its ongoing initiatives to empower the young minds. The project is aligned with the Indian government's Skill India and Digital India Initiatives. It is a six month program that will include theory and practical classes on a wide

range of skills and fundamentals, such as wiring, installation of transformers, metal joining methods, first aid and its safety norms.

A total of 10 youths who are undertaking the course will graduate with a grasp of electrical basis and its applications. Each graduate will receive an official 'Electrical Repair Course Completion' Diploma Certificate. The culmination of this course will give way to employment opportunities for

newly skilled manpower. Indian Army's effort to support deprived youth and provide them with vocational training will lead to skill enhancement, self-reliance and financial independence of the local youth.

The event was unfolded by Indian Army in the presence of government officials, opinion makers, and media personnel at HIIT Info Tech & Research Center in the Banihal market, Ramban District (J&K).

Manjit Singh demands protection work in flood hit areas along river banks in Jammu plains

Ji News Service

JAMMU, JUL 16: Apni Party Provincial President, Jammu, and Former Minister, S. Manjit Singh today demanded protection of villages and residential colonies along the water bodies and rivers in Jammu, Samba, and Kathua districts.

The Former Minister was speaking at a public meeting that was organized by Women Wing Provincial President, Jammu, Pavneet Kour, Teerath Singh, and Yashpal Choudhary here at Beli Charana where the participants discussed problems faced by the people due to heavy rains and flooded rivers like Devak, Basantar, Ujh, Tawi and other river bodies in Jammu plains.

Addressing the gathering, Manjit Singh said that the flood related issues have increased worries of the people living close to the water bodies in three districts. He said that the flood waters have posed a threat to the agricultural fields, shelters, and residential colonies.

"The Flood Control and Irrigation Department has not been able to provide protection to the land and residential houses alongside the river bodies. Whenever they are approached, they claim that they lack funds," he said, citing grievances of



the people because of the inability of the authorities to ensure protection of life and property.

He demanded that the Flood Control Department should immediately respond to the emerging flood like situation in Jammu, Samba and Kathua. He also demanded construction of protection walls, and crate work to protect the land from soil erosion, property and life of the people. Meanwhile, he referred to the problems confronted by the pensioners in Jammu and Kashmir as many have not received the same for the last eight months.

"The Govt should reduce the formalities as it has adversely affected the pensioners who are suffering because of multiple health issues. As many of the pensioners could not complete the formalities, their monthly pensions have stopped," he

said. Senior Provincial Vice President, Jammu, Ex-MLA Faqir Nath, Vice President, Sheikh Mohammed Shahi, Additional General Secretary, Arun Chibber, District President Rural-B, Harpreet Singh, State President SC Wing, Bodh Raj Bhagat, State President, Apni Trade Union, Ajaz Kazmi, State General Secretary, Provincial President Youth Wing, Vipul Bali, District President Jammu Youth Wing, Shivam Choudhary, Women Wing Jammu District President, Ritika Pandita, District President Legal Cell Gaurav Sharma, Provincial Secretary Youth Wing, Vishal Jotsi, Media Coordinator Sandeep Vaid, Shivani Koul, Shikha Bhardwaj Sheetal Sharma, Yash Choudhary, Manoj Kumar, Davinder Singh Gill, Kirti Kumari and others participated in this public meeting.

NSS unit GDC Budhal organises preparatory meeting, orientation programme

Ji News Service

BUDHAL, JUL 16: NSS Unit of Govt. Degree College Budhal Organised a Preparatory meeting and Orientation Programme in connection with "Meri Mati Mera Desh" under the guidance and patronage of College Principal Dr. Mohd Mazammel Hussain. Programme Officer of NSS Unit of Govt. Degree College Budhal Dr. Ajaz Hussain Shah presented the formal welcome



address and explained the concept of Meri Mati Mera Desh Abhiyan.

The Convener of the committee Prof. Ajaz Ahmed elaborated the aims and Objectives of Meri Mati Mera Desh Abhiyan.

Prof. Ishaq Ahmad, Dr. Mohd Farooq, Dr. Anwar Singh, Dr. Daya Ram, Dr. Syed Mohammad Javid Prof. Adnan Ali Shah from College's faculty, Abdul Gafoor, Mushtaq Ahmed, Mohd Yousof,

Mohd Shabir, Abida Anjum, Champa Devi, Parvaiz Ahmed, Mohd Wajid, Irfan Ahmed and Mohd Latief from non teaching staff, BDC chairperson, Sarpanch and pencils from Budhal new block and village kavel were present in the meeting.

In this meeting the committee convenor, NSS PO, Faculty members and BDC chairperson, Sarpanch, pencils and other people of the locality decided the area for Plantation.

THOUGHT OF THE DAY

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

JINDRAH IMAGES

Political discourse hit a shocking new low?

Even as Punjab, Haryana, Himachal Pradesh and Delhi people are battling with the one of the worst-ever flood situations, politicians are out to settle their scores with-out showing any mercy towards the raining miseries of the people. It is quite unfortunate that Indian polity has stooped so low that the settling of political scores has overshadowed the relief and rehabilitation measures which were required to be taken to bring people out of their problems due to flood waters. What is disappointing is that the political parties, which have miserably failed to tackle the flood situations in their respective states, have made an attempt to shift blame to each other by playing dirty tricks to divert the attention from real problems being faced by the affected people. What was required to be decided at this juncture of the crisis, there is a need that the state, UT and the central governments should work in close coordination to ameliorate the problems being faced by the flood affected people of these states and UT. What is happening on the ground is total contrary to the desired one. The state governments' immediate focus needs to be on evacuating people from low-lying areas and shifting them to relief camps. The local authorities should work in complete synergy with the State Disaster Response Force and the National Disaster Response Force to minimise the loss of life and property. Rehabilitation of the displaced residents and preventing the spread of water-borne diseases are among the major challenges. As the people continue to battle flood-like situations in the capital, a political blame game erupted between the ruling AAP and the BJP has reached its crescendo despite the fact that the affected people even face the problem of drinking water. It's apparent that the disaster has exposed the under-preparedness of the powers that be. The implementation of the contingency plans has left a lot to be desired. With water being a state subject, flood management schemes are formulated and implemented by the state governments. The Centre's role is to supplement the states' efforts by providing technical guidance and financial assistance. Under the Flood Management Programme, the Union government has linked the release of Central aid with the execution of flood plain zoning measures by the states; those which are proactive in this regard are given priority over other states. The flooded houses and cities exposed how authorities took casual to the situation till the time it compounded the miseries of the people. Close collaboration between Central and state agencies should be the key aspect of all relief and rehabilitation measures being made for the affected people. The close synergy adopted at the time of Cyclone Biparjoy is required at this moment to mitigate the effects of floods and other extreme weather events, whose fre-

STARTUPS ARE A FORM OF FINANCE CAPITAL

THEY WILL RISE WHEN THERE IS EXCESSIVE LIQUIDITY AND FALL WHEN IT DRIES UP

AJININDYO CHAKRAVARTY

A FEW days ago, a 'tech bro' boasted on Twitter about how he had sacked 80 per cent of his support staff and replaced them with an AI chatbot. Understandably, he was trolled for being inhumane, heartless and even disrespectful of those who had been sacked. Surely, the gentleman had expected this reaction. In fact, it is quite possible that he wanted to position himself as a cut-throat, unemotional, macho entrepreneur, much like the hugely popular Elon Musk. Remember how Musk had announced that he had sacked 80 per cent of Twitter's staff when he took over the microblogging site?

The Indian tech startup space is a great story to sell to First-World investors with a surfeit of cash. The startup space is notorious for such brash behaviour. Bosses are supposed to be hard-hearted. Employees are expected to work long hours, and those who seek family time are considered to be sissies. Indeed, if you are a startup employee, your time is owned by your boss - the startup founder. In exchange, employees are rewarded with ESOPs (employee stock ownership plan), which hold the promise of making them fabulously wealthy.

This work culture comes from a specific sense of time. Industrial capitalism is slow. It takes time to incubate a business, build a factory, manufacture products, distribute them to the market, and then get returns on investments. The startup space is in a great hurry. Where industrial capitalism first sold a small stock of products and slowly expanded output as demand increased, startups almost always sell services at a massive discount, or give it away for free, with the sole purpose of 'acquiring' customers. Very few tech startups look to make profits, and those that do have relatively low profit margins.

Why do they do this? To understand this, we have to journey outside the tech world to the world of household savings in the developed world. Take America, for instance. Since the neoliberal reforms introduced by Ronald Reagan in the 1980s, the top 10 per cent of Americans have garnered all the gains of economic growth. Their average wealth has grown three times in real, inflation-adjusted terms, while that of the poorest 50 per cent has grown by just a quarter.



Over the past four decades, on an average, the top 10 per cent of Americans have accumulated assets worth \$2.73 million. A large chunk of this wealth has got financialised, and is constantly seeking better returns. The trouble is that neoliberal policies followed by all contemporary governments seek to keep interest rates low. So, financial wealth has to perform flow into equities and other non-debt assets. But it is clear now that the American corporate sector cannot expand much. Gross inequalities might result in great wealth for a few, but it also dries up demand for goods and services that capitalists produce. Indeed, for several years now, equities in the US stock markets have been driven by corporate stock buybacks instead of higher earnings, where companies that issued shares buy it back from those who bought it, offering them a premium. According to Goldman Sachs, buybacks have accounted for most of the demand for equities in the American markets since 2010.

So, we have a problem of massive amounts of money floating around with limited investment opportunities, at least in the First World. Enter, the financial intermediary, the fund manager. For decades now, they have sold the myth of the great Indian consumption market. The growing Indian middle class. They have told their investors that India's

billion-plus population is waiting to consume, only if India could solve its market inefficiencies and distribution problems. Tech has only made this proposition even more attractive. Apps are supposed to have the ability to bypass India's infrastructure problems and directly reach customers without access to formal markets. So, the Indian tech startup space is a great story to sell to First-World investors with a surfeit of cash.

But once you have taken that money and given it to an Indian tech bro, what next? Now we enter the old financial trick of valuation. Startups became worth millions of dollars, on imaginary Excel sheet business projections, and a 'customer' base acquired by giving things away for free, or at deep discounts. This was a new definition of the word 'customer'; in the startup world, it meant anyone who was willing to use a service even if he did not pay a penny for it. In old-school capitalism, such customers were called freeloaders.

Once a venture capitalist or a private equity firm has invested money in such startups, they have to constantly keep their valuations up. The objective is to either find a bigger buyer, with deeper pockets and a smarter handle on the game, or to simply find the bigger fool. The game ends when the startup lists and the original investors exit by

passing on their shares to retail investors. Usually, this happens with founders and original investors making big bucks out of the IPO process. After a while, the shares tank and retail investors are stuck holding the baby - or, should one say, boo-boo?

In other words, tech startups are a financial instrument, much like derivatives of any kind, such as futures and options, or credit default swaps. They have no inherent advantage over brick-and-mortar businesses in making money. If they had, most startups in India would have been highly profitable, instead of being the massive money guzzlers that they are. Whatever potential tech has, it has already been cornered by Big Tech. Startups simply cannot compete with them. At best, they have the potential to be acquired if they come up with a promising tech innovation.

So, startup business and jobs should be treated as extensions of the global financial system. They will rise when there is excessive liquidity - mostly because of low interest rate regimes or government spending - and they will fall when liquidity dries up. There is no fundamental business case for tech startups to exist, except as proxy financial instruments through which finance capital seeks to grow its share of global income, at the expense of the rest of the world

Manipur writhes helplessly on the altar of political expediency

MORE THAN TWO MONTHS AFTER CLASHES FIRST BROKE OUT, UNIDENTIFIED AND UNCLAIMED BODIES LIE ROTTING IN IMPHAL'S MORTUARIES.

V SUDARSHAN

THE noise of the European Parliament coming down hard on India was louder than the guard of honour that greeted Prime Minister Narendra Modi at Orly, France. At the EU Parliament in Strasbourg, sandwiched between votes on political disqualifications in Venezuela and the crackdown on the freedom of expression in Kyrgyzstan, India arrived with the mess in Manipur, not with a bang but with a banging. Speaker after speaker wagged an accusatory finger at New Delhi for utter dereliction, talking as though New Delhi were Rwanda. Over 50,000 displaced and in 350-odd relief camps because of ethnic strife is a catastrophic figure, even for the Europeans. New Delhi is behaving as though through its lenses it is just another day in paradise, like Europe of yore.

The good news is that even EU now stands ready to help build peace and trust in Manipur, if requested, of course. A tantalising possibility was held out to send a Special Envoy on Religious Freedoms as well. A



new trade agreement with EU could now be conditional on 'iron-clad' guarantees' on progress on human rights. They are even holding out the threat of banding India with other countries outside Europe that feel similarly. As the scope of the attack on India broadens, Pakistan and China are surely chortling with delight; their work lightened, and not so much by the EU Parliament either.

One way to look at it is that this is a failure, fair and square, of the Ministry of External Affairs from preventing the genie from getting out of the bot-

tle. They could have done better. Their role in the matter will now come to privately parsing these developments into insignificance. It is time to get real, though. Manipur borders Myanmar, a near-Chinese vassal state; the oversight on inter-country movement in those parts is lax at best; people come and go as they please. Many North-East militants are thought to speak Mandarin or, more specifically, the Kunning dialect in their sleep. Why hand it over to the other side, beribboned and gift-wrapped? There could be worse things than a humanitarian inter-

vention, although, thank goodness, we are far from that yet. Or should the blame lie with those who cynically lost the plot in Manipur, even though some wonder what the plot was in the first place? Imagine the damage-control going on behind the scenes. It is a full-time occupation. First the lecture by American Ambassador Eric Garcetti, then the arrival of Under Secretary for Civilian Security, Democracy and Human Rights Uzma Zeya. And now this, the European Parliament's sharp rap on the knuckles. It is a bit much to

expect the world to close its eyes to what has been going on since at least May.

We got glimpses of the grim soap opera playing out in last week's Supreme Court hearings; the reality surely could be far worse. More than two months after clashes first broke out, unidentified and unclaimed bodies lie rotting in Imphal's many mortuaries. The court is being told that even to identify these bodies relatives would require armed escort, and safe passage to last rites. Not only is there an appalling absence of essential medicines in hospitals but also machines such as those for dialysis and CT scans, both in the plains and in the hill districts. With life out of gear, education processes such as examinations have gone belly-up. Schools and universities and such places are now overcrowded refugee camps. Students and the sundry government staff have fled. Baghdad must have seen better days during the peak of American bombing. This is not a bead count for relief camps, but there are more in other places run self-reliantly than you can count on a standard issue abacus. In Churachandpur alone,

there are more than a hundred camps which are being run not by the government but by self-help groups. This is not the self-reliance Gandhi and Ambedkar envisaged for the India of 2023, at the time of Azadi Ka Amrit Mahotsav. Ask the Manipuris. Or their neighbours, the Indian ones. Imagine the shortage of drinking water, food, bedding, shelter and sanitation facilities.

There are no convincing answers to the Supreme Court's questions on the thousands of looted rounds of ammunition and heavy-duty assault weaponry. In any other state, missing weapons call for a serious investigation and action against the guardians of the armouries and police stations. In Manipur, all we have seen so far are drop-boxes. It is a situation which would have given even Kafka nightmares. Most cellphone services remain down, as is the Internet. This is the old Kashmir playbook; the second edition is darker. On the ground, further alienation is definitely on the cards. Meanwhile, New Delhi is present only in empty poll sloganeering in faraway Madhya Pradesh and Rajasthan.

It has been suggested to the

Supreme Court that the inter-agency unified command set up under the chairmanship of security adviser Kuldip Singh really functions under the leadership of Chief Minister N Biren Singh. Meanwhile, the rot is running deeper and wider.

What is the way forward? It looks as if New Delhi is operating under the cover of Article 355 - all the power with no accountability. It does even less to help bring Manipur under control. If this is the situation after the appointment of an inquiry commission and a peace committee under the chairmanship of the Governor, then it can be said that neither the current relief nor rehabilitation efforts allegedly underway are working with any degree of efficacy. That applies to the unhealthy political embrace of Biren Singh as well.

Rebuilding churches is a distant goal. Imposition of Article 356 and removal of Biren Singh have suggested themselves to be the extremely logical baby steps on Manipur's road ahead. Ahead of the Assembly elections in Rajasthan, Madhya Pradesh and Chhattisgarh, neither of them, alas, is politically palatable.

How is Taylor Swift Boosting America's Economy?

Taylor Swift's Eras Tour continues to make waves across the United States, captivating audiences and now even making an impact on the economy. According to the Philadelphia Federal Reserve, Swift's tour has played a significant role in boosting hotel revenues in the city.

The recent announcement in the central bank's Beige Book highlighted the positive effect of Swift's tour on Philadelphia's hotel industry. Despite the overall slowdown in tourism recovery, May saw a remarkable surge in hotel revenue, largely attributed to the influx of guests attending Taylor Swift's concerts in the city. The Lincoln Financial Field hosted Swift's performances on May 12, 13, and 14, treating fans to an unforgettable 44-song set list.

Taylor Swift's impact on the economy doesn't end there. Chicago, another city on her tour, also experienced the positive effects of her presence. Choose Chicago, the city's tourism and marketing organization, reported that Swift's performances in

early June helped set a new hotel record. Each night of the concert saw over fifty thousand hotel rooms occupied, generating a staggering \$39 million in hotel revenue for Chicago. The city's thriving events scene, including the James Beard Awards and the ASCO Annual Meeting, contributed to the significant number of occupied rooms during that weekend.

Excitingly, Taylor Swift recently extended her Eras Tour, adding dates across South America, Asia, Europe, the United Kingdom, Australia, and more to address the popular demand of her fans, who fondly call themselves Swifties. With the inclusion of international locations, the tour is now expected to conclude on August 17, 2024, in London.

Next on the tour schedule is Denver, Colorado, where Swift will captivate audiences with her performances on Friday, July 14, and Saturday, July 15. As Swift continues to captivate fans around the world, her impact on the economy and the



entertainment industry remains undeniable.

13 YEARS OF 'UDAAN': THERE COULDN'T HAVE BEEN A BETTER DEBUT, SAYS RAJAT BARMESHA

Actor Rajat Barmesha, who made his debut with the 2010 film 'Udaan', is celebrating the 13th anniversary of his debut. The actor said that no other film could have been a better debut for him as it brought him unprecedented recognition. The film, which was released on July 16, 2010, also marked Vikramaditya Motwane's directorial debut and garnered a slew of recognitions across major international film festivals including the Cannes Film Fest.

Talking about the film completing 13 years of its release, Rajat shared, "It always feels very special, every year. Udaan has been a very special film for a lot of people and it definitely will be the most special for Vikram (Motwane) and I. We both started our journeys together with this film and



learned so much on the way. Generally even for a classic people celebrate their 10 years

or 15 years anniversary but Udaan is so close to my heart and the heart of so many people out there".

He continued, "It made so many people go out and actually pursue their dreams and it continues to do so even today and that's the reason we celebrate every single year of its existence. It's a film that I personally am very grateful for and I celebrate Udaan everyday of my life. I can't be more blessed to have started my acting journey with a film like 'Udaan'".

He further opened up on what made him say yes to the project. He said, "I doubt there will be any actor who read the script of 'Udaan' and wouldn't want to do it."

He called it "love at first read". Being his first film, at that point in his career, Rajat

wasn't choosing scripts rather the film chose him.

He said, "I auditioned for it like any other boy who comes to Bombay in the hope of getting a film, I wasn't thinking how or with what kind of a film I wanted to start my career. I just wanted to act. And that's the reason I am extremely grateful that a film like 'Udaan' came my way at the start of my career. There is no film in the world that could have been a better debut for me than 'Udaan'".

"It's a very very important film and every single memory of every single minute spent on that film will be cherished forever. I will never forget Udaan and the people who made it possible. They all hold a very special place in my heart", he added.

South superstar and Jana Sena chief Pawan Kalyan to attend NDA meet on July 18



South superstar and Jana Sena Party (JSP) president, Pawan Kalyan, will attend the BJP-led National Democratic Alliance (NDA) meeting, which is scheduled to be held in New Delhi on July 18.

The actor-turned-politician, who received an invitation from the BJP to attend the July 18 meeting, has consented to be a part of it, his party informed through a statement on Sunday. Further, according to the statement, the JSP chief will leave for the national capital, New Delhi, on July 17.

The party's Political Affairs Committee chairman, Nadendra Manohar, will be accompanying the South superstar to the meeting, the release stated further.

On the second meeting of the Opposition parties, which is scheduled to be held in Bengaluru, JSP general secretary Siva Sankar said he has "no idea about the meeting".

Meanwhile, ahead of the NDA meeting, founder leader of Suheldev Bharatiya Samaj Party, Om Prakash Rajphar, on Sunday formally joined the BJP-led National Democratic Alliance (NDA) government after calling on Union Home Minister Amit Shah in the national capital on July 14. The ruling BJP has stepped up preparedness ahead of the Assembly elections in five states later this year, as well as next year's Lok Sabha polls.

Who is Cillian Murphy's son Malachy Murphy?



Cillian Murphy is a Hollywood star who has made his mark in the industry. Not just his professional life, people are also interested in his personal life especially his elder son Malachy Murphy who has already hogging the limelight. Fans are also curious about his relationship with his father and what he intends to do for a career.

Malachy Murphy was born on December 4, 1995, in London, England. He was born into a family of four, which includes his father, Murphy, his mother, Yvonne McGuinness, and his younger brother, Aran Murphy.

Since he was born in England, Murphy holds British citizenship, regardless of his parents being of Irish origin.

Malachy Murphy's parents have been married for 18 years and have known each other for over 26 years. His father, Cillian Murphy, was born on May 25, 1976, in Douglas, County Cork, Ireland. He is the son of Brendan Murphy, and his mother was a French teacher. Some of his most notable film appearances are 28 Days Later (2002), The Dark Knight (2008), and Inception (2010). He also played the lead role in the critically acclaimed Peaky Blinders television series, which aired from 2013 to 2019.

On the other hand, Yvonne McGuinness Murphy, Malachy Murphy's mother, was born in Kilkenny, Ireland. Yvonne is a contemporary artist who works in a variety of mediums, including painting, drawing, and sculpture. She has exhibited her work both nationally and internationally, and her pieces have been displayed in galleries such as the Irish Museum of Modern Art and the Royal Hibernian Academy.

Yvonne and Cillian Murphy met in 1996 at a music festival where the latter and his band were performing. During this period, they were both attending the same school of performing arts in Dublin, Ireland. They began a romantic relationship and decided to walk down the aisle in 2004.

Yvonne gave birth to their first child, Malachy Murphy, after only one year of marriage. The couple welcomed their second child in 2007, who they named Aran. The couple initially lived in London, but they eventually moved to Dublin with their kids as a way of staying close to their roots.

Karan Johar gets roasted by his kids Yash, Roohi in Insta video



Bollywood director-producer Karan Johar, who is gearing up for his upcoming film 'Rocky Aur Rani Ki Prem Kahani', took to the Stories section of his Instagram on Sunday to share a video of his kids Yash and Roohi in order to add to the momentum of the film's promotional spree. However, his kids ended up roasting him during the course of the video which KJo graciously put up in his Stories. The 'Ae Dil Hai Mushkil' director, wrote on the video, "I have been roasted". The video begins with the kids asking 'What humka, dada?'. To which KJo says, "What humka? Even I don't know. Shall we ask Alia didi?"

His kids then start singing the 'Baby Shark' song abruptly cutting down what KJo says. The director-producer then says, "Oh you prefer that song?" as his kids say yes in unison. KJo then ends the video as he says, "Oh God! Okay, toodies".

Meanwhile, 'Rocky Aur Rani Ki Prem Kahani', which stars an ensemble cast of veteran actors like Dharmendra, Jaya Bachchan and Shabana Azmi, and the 'Gully Boy' pair Ranveer Singh and Alia Bhatt, is slated to hit the screens on July 28.

Who is Suvinder Vicky? Get to Know the Talented Actor from Kohrra and Kesari

Amidst the excitement surrounding Netflix's captivating series Kohrra, one actor who has been grabbing attention is the talented Suvinder Vicky, known for his portrayal of the intriguing character Balbir Singh. Let's take a closer look at this remarkable actor's journey.

Suvinder Vicky made a notable mark in the Bollywood film industry with his role as Naik Lal Singh in the critically acclaimed movie Kesari, starring Akshay Kumar. However, his acting career began earlier with his debut film, Full Tension, which released on DD National in 1996. He later ventured into Punjabi cinema with Des Hoyaa Pardes in 2004, where he portrayed the character of Sukhbeer Singh.

His talent continued to shine as he made impactful appearances in notable



projects. In the film Uda Punjab, he portrayed the character Kakkhu, leaving a lasting impression on audiences.

He also garnered acclaim for his role as Balbir Singh Sekhon in the critically acclaimed series Paatal Lok.

In recognition of his exceptional performances, Suvinder Vicky received the Silver Screen Award for Best

Master of Arts in Theater and Television from Punjabi University, Patiala, Punjab. As a follower of Sikhism, his social media profiles reveal his love for Punjabi music and his passion for cricket.

In April 2022, Suvinder Vicky tied the knot with art teacher and painter Gurshaan Kaur Maan. The couple is blessed with two daughters.

Suvinder's parents are Harbans Lal Kamboj and Amarjit Kaur, and while his brother's name remains unknown, their bond is undoubtedly strong.

Throughout his career, Suvinder Vicky has expressed his admiration for renowned actors such as Naseeruddin Shah, Om Puri, Kay Kay Menon, and Shabana Azmi, appreciating their exceptional acting skills and contributions to the craft.

RAPPER FAT JOE DESCRIBES HOW HE BATTLED DEPRESSION, LOST 200 POUNDS

Fat Joe, also known as Joseph Cartagena, is an American rapper who lost 200 pounds, PEOPLE reported. In a recent interview with Men's Health for the magazine's "Hip Hop Health" series to commemorate hip-hop's 50th anniversary, the "Lean Back" rapper, 52, spoke up about his health. Joe described weighing 470 pounds at his heaviest and how shedding 200 pounds saved his life. Joe suffered from despair after his best buddy Big Pun died abruptly of a heart attack in his

twenties. He realised he needed to modify his behaviours after attending his friend's funeral, as per PEOPLE. Joe recalled, "I went to his funeral and I felt like Ebenezer Scrooge. Like, I saw me. And I'm looking at his little daughter. She was the same age as my daughter. I said, You gotta lose weight; otherwise you outta here."

During the sadness that followed the deaths of Big Pun and other friends and relatives, Joe characterised his thinking as "the most complex Rubik's Cube you could ever, ever, ever,

try to figure out." He compared his state of mind to a moment in The Matrix Resurrections in which Keanu Reeves' Neo sits in a bathtub with a rubber duck on his head. "That's what depression was like to me," Fat Joe said.

"When you're fighting yourself, there isn't a wall high enough that you can build. There isn't an island you can go to. There isn't a place you can go to where you get away from it, because you're fighting your mind. You wake up, and the minute you think about it, your

brain sends you a message saying, 'We're not supposed to be happy.' And then you fall right back into depression."

The singer stated that he must "push forward" since he cannot "sit there and dwell" after losing so many people in his life. He also altered his behaviours, which aided him in overcoming his melancholy. "Once you come to, you should know what brought you there and run the other way." "The moment I feel unhappy, I gravitate towards happiness," he said to Men's Health.

Even though he has all he could want at home, he feels greater satisfaction when he visits his mother.

"When I pull up to my mother's home that I bought for her, that's a modest home, it puts the biggest smile on my face," Fat Joe said. "And when I go inside, she's happy and my father's happy and everybody's happy. I never told my daughter 'no' one time in her life for anything. It's always been 'yes.' That makes me happy. I'm a big movie guy. John Wick 4. Air. That makes me happy."



Healthy Diet Tips: 5 Things To Remember While Putting Together A Wholesome Breakfast



Weekday mornings can be really hectic. In between getting ready for work and finishing our daily chores, we often give our breakfast a skip. But it is not at all a healthy practice, says every expert from across the globe. By now, we have heard a lot about its importance for our overall nourishment. Breakfast is referred to as the most important meal of the day and for all the right reasons. Eating a wholesome breakfast sets the tone for the day and provides your body with the fuel and nutrients it needs to function properly. Let's look at some of the major health benefits of having a wholesome breakfast in the morning.

Here Are 5 Health Benefits Of Having Nutritious Breakfast:

- 1. Boost Metabolism** One of the major benefits of eating breakfast is that it jump-starts your metabolism. After fasting overnight, your body needs the energy to get going in the morning. Eating breakfast provides that energy and helps your body burn calories more efficiently throughout the day. In fact, studies have shown that people who eat breakfast tend to have a lower body mass index (BMI) than those who skip it.

- 2. Manage Blood Sugar** Eating a balanced breakfast that includes protein, healthy fats, and complex carbohydrates can also help regulate your blood sugar levels. This can help prevent mid-morning crashes and reduce your risk of developing type 2 diabetes.
- 3. Better Memory** A wholesome breakfast is known to improve your cognitive function and mood as well. Several studies have shown that people who eat breakfast perform better on memory and concentration tasks and are less likely to experience mood swings and irritability.

- 4. Promote Weight Loss** As mentioned earlier, a wholesome breakfast, with the right amount of protein, fibre etc. helps promote digestion and metabolism. These factors further aid gut health and help us maintain a healthy weight. Several researchers have further shown that eating regular breakfast is linked to lower levels of overweight and obesity. A protein

and fibre-rich breakfast keeps you full for longer, meaning you are less likely to experience hunger pangs throughout the day.

EATING A WHOLESOME BREAKFAST SETS THE TONE FOR THE DAY AND PROVIDES YOUR BODY WITH THE FUEL AND NUTRIENTS IT NEEDS TO FUNCTION PROPERLY.

- 5. Help Make Healthy Food Choices** Eating breakfast can help you make healthier food choices throughout the day. When you skip breakfast, you are more likely to feel hungry. This will make you reach out for unhealthy snacks or overeat at your next meal. By starting your day with a wholesome breakfast, you're more likely to make mindful choices about what you eat throughout the day.

This brings the question - what do you mean by wholesome breakfast? Here, we curated a list of tips that will help you put together a meal that is healthy to the core.

- 1. Prioritise Protein** A breakfast that's high in protein can help you feel full and satisfied throughout the day. Some good sources of protein to include in your breakfast might be eggs, Greek yogurt, cottage cheese, or nut butter.
- 2. Choose Whole Grains** Instead of refined grains like white bread or sugary cereal, opt for whole-grain options like oatmeal, whole wheat toast, or quinoa. These will provide you with more fibre and

nutrients, and help you feel full for longer.

- 3. Incorporate Fruits and Veggies** Adding some fruits or vegetables to your breakfast can provide you with a variety of vitamins and minerals. Try adding some spinach or bell peppers to your omelette, or topping your oatmeal with some berries or sliced banana.
- 4. Limit Added Sugars** Many breakfast foods can be high in added sugars, which can contribute to weight gain and other health problems. Try to choose options that are lower in sugar, or sweeten your food naturally with fruit or a small amount of honey.
- 5. Be Mindful of Portion Sizes** It's easy to go overboard with breakfast foods like pancakes, waffles, or muffins. Pay attention to portion sizes, and try to balance out your meal with some protein and veggies to help keep you full and satisfied. By keeping these tips in mind, you can create a healthy and satisfying breakfast that will help you stay active throughout your day. Eat healthy, stay fit!

How should vegetarians and non-vegetarians with diabetes take care of protein and vitamin B 12 deficiency

A BALANCED VEGETARIAN DIET WILL DO WONDERS TO THE HEALTH AND METABOLISM PROVIDED IT DOES NOT CONTAIN A DIRTY BAG OF REFINED CARBS AND SATURATED FATS, AND CARE IS TAKEN TO AVOID POSSIBLE DEFICIENCIES OF VITAMINS AND MINERALS. SAYS DR ANOOP MISRA, CHAIRMAN, FORTIS CDCO HOSPITAL FOR DIABETES AND ALLIED SCIENCES

A 65-year-old frail man with diabetes and weak muscles asked me, "Doc, should I switch over to vegetarian diets in my condition as I am a non-vegetarian? People say vegetarian diets are better for me." Another patient of mine, a 56-year-old woman with diabetes, deranged kidney functions and a family history of colon cancer asked, "Since I am a vegetarian, should I switch over to non-vegetarian diets in my condition?" So, I have decided to answer both their questions.

What are the various types of vegetarian diets?

There is an increasing popularity of vegetarian diets in countries, which are predominantly non-vegetarian. The reasons are

endorsement by celebrities and protective sentiments for animals. Vegetarian diets, although lumped under a single name, are heterogeneous. Lacto-vegetarian diets: These exclude meat, fish, poultry and eggs as well as foods that contain them and include dairy products (milk, cheese, yogurt and butter).

Ovo-vegetarian diets: Eggs are allowed but exclude meat, poultry, seafood and dairy products.

Lacto-ovo vegetarian diets: Allow dairy products and eggs and exclude meat, fish and poultry. Finally, vegan diets exclude meat, poultry, fish, eggs and dairy products – and foods that contain these products.

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Most Indians are lacto-ovo vegetarians. The essence and goodness of vegetarian diets are in consumption of plants, nuts, legumes and fruits.

A plant-based vegetarian diet is good and has multiple benefits.

It decreases the risk of heart disease, lowers blood cholesterol and weight. In addition, intestinal diseases (diverticulitis), kidney stones, cataracts and possibly some cancers are also lower in vegetarian/vegan diets.

Curiously, these diets do not decrease the risk of stroke, and may even increase it. Even short-term (up to three months) use of vegan diets may decrease blood sugar levels in a patient with diabetes.

Then why do many vegetarian Indians have diabetes, heart and liver disease?

Just taking a "vegetarian diet" is not good enough. Ingredients have to be balanced and should be conducive to metabolism. There are two major flaws in Indian vegetarian diets.

First, there is a high intake of refined carbohydrates (rice, naan, etc.) in major meals.

This majorly upsets all metabolic elements (sugar, triglycerides) post-meal.

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Herbalife Nutrition India enters eye health segment with ocular defense

Herbalife Nutrition India on Tuesday announced that it has entered the eye health segment with its new product, 'Ocular Defense'.

According to the company, the product comes in capsule format and is scientifically formulated to support eye health. The product contains nutrients that help in maintenance of normal vision and helps in supporting macular health, it claimed.

"Ocular Defense contains a combination of lutein and zeaxanthin that is clinically proven to support the macular health of eyes and improves macular pigment optical density. Macula is the central portion of the retina which helps to clearly see the objects in front of you, and an eye's macular health can be indicated by its density measured as Macular Pigment Optical Density (MPOD). MPOD measures the concentration of carotenoids (lutein, zeaxanthin) that help filter blue light in the macular pigment of the eye. Blue light has a potential to cause retinal damage and MPOD is an indirect indicator of the ability of macula to filter high energy blue light. The density could also change over time depending on factors such as ageing, lifestyle, and dietary choices," the company said in a statement.

India-Sweden Healthcare Innovation Centre partners with Directorate of Health Services Jammu to tackle lung cancer

Human eye has complex cellular connectivity and many molecules play a role in helping us with the normal visual process. Ocular Defense also contains vitamin A and zinc that helps in maintenance of normal vision and vitamins C, E and minerals including copper and zinc that have antioxidant properties, the company claimed.

"At Herbalife Nutrition India, we are constantly innovating to find new solutions to support health & wellness. The eye is a vital organ in the human body, and one needs to care for it. Ocular Defense is a scientifically designed formula, containing a combination of lutein and zeaxanthin that is clinically proven to support macular health and contains nutrients that support the maintenance of normal vision," Ajay Khanna, Senior Vice President & Managing Director of Herbalife Nutrition India, stated.

Weight Loss Tips: Add These 7 Superfoods To Your Diet For Better Metabolism

You could be looking for foods that can speed up your metabolism if you're attempting to lose weight or keep it off. Yes, some foods could add a little bit to raise your metabolic rate. This is the amount of calories your body burns each day.

If losing body fat or preventing weight gain is your aim, incorporating these foods into your diet may make it slightly easier to achieve. However, increasing your intake of these meals does not ensure weight loss. Instead, they support weight loss by supplementing a healthy, modestly calorie-restricted diet. Superfoods as the name suggests, is a food group that will boost your health as these foods are abundant in nutrients and health benefits. Continue reading as we share superfoods that can boost your weight loss.

Eat these superfoods to boost your metabolism:

- 1. Legumes:** Your body will take longer to digest these protein-rich foods since they are also high in fibre.
- 2. Eggs:** Foods high in protein are among the finest for increasing metabolism. Each large, hard-boiled egg is packed with protein, making eggs the perfect food for anyone looking to boost their metabolism. As it requires more energy to breakdown than fats or carbs, protein is one of the nutrients that boosts metabolism the fastest.

5 places that offer high teas with an Eastern twist

As far as British clichés go, the tradition of "taking", not, "having" high tea in the late afternoon is top of the charts. Right up there with the likes of those perennial, dreary weather conversations. With the nation's almost pathological obsession with the royal family shenanigans, jostling for third spot! Think 'high tea' and montages of bonnet-donning Victorian ladies daintily sipping lukewarm demitasses of Assam tea while nibbling on crust-free cucumber and watercress sandwiches swirl into perspective. Then there are those frou-frou customs of holding one's pinky finger up while sipping said tea. Always stirred in a clockwise motion with a silver spoon, once the sugar cubes and cream are added to the porcelain cup, mind you.

While we cannot verify the veracity of the above quirks, it is believed that the concept of high tea came to popularity in the early 19th century. This, thanks to the Anna, the Duchess of Bedford who decided that it was important to fill in the long gap between lunch and dinner at a time when dinner was served as late as 8 p.m.



Served daily between 4.5 p.m. alongside mini sandwiches, tartlettes and petit fours, this mid-way meal is also known multifariously as 'afternoon tea' and 'cream tea'. The latter, however, only if clotted cream, jam and scones are part of the line up.

Cut to India 2023, and the concept of high tea has been given a fillip like never before. With everything from plates of Delhi-style shakarkandi chaat and Parsi chicken dhansak tartlettes, to earthenware kullads of Kashmiri kahwa and spiced Turkish coffee thrown into the fray.

Turkish High Tea

As one of Mumbai's leading purveyors of both, baklava and lokum (Turkish delight) candy, Hurrem's is a confectionery shop-cum-cafe that's always coming up with interesting additions to its menu. The recently-launched, all-vegetarian high tea is a reflection of the decidedly Turkish aesthetics of the place, with all the bells and whistles put in place. Served daily from 3.6 p.m. and prepared by chefs flown in from Türkiye, one gets to sample a mix of sweet and savoury goodies that sit atop the three-tiered, half birdcage-like stand. These take

the form of an assortment of mini baklavas and the flaky phyllo pastry spinach-cheese boreks to Turkish tarts, mousses, and mini tea cakes. Speaking of tea, on offer are bottomless glass cups of piping hot Turkish

FROM PLATES OF SHAKARKANDI CHAAT AND DHANSAK TARTELETTES, TO UNENDING CUPS OF KASHMIRI KAHWA, THE BRITISH TRADITION OF HIGH TEA GETS AN EXOTIC EASTERN MAKEOVER AT SEVERAL INDIAN ESTABLISHMENTS

with a sweet tooth, there is everything from creamy rabri and gajak, to till ke laddoo to pick from.

The Mumbai Afternoon Tea Set against the backdrop of The Drawing Room – St Regis, Mumbai's

tea or shots of spiced coffee, if you so choose. The Westin Saga High Tea

The recently opened The Westin Resort & Spa, Himalayas in Uttarakhand curates an interesting local Garhwali themed high tea called The Westin Saga. Set on the property's Sky Deck on level 11, and overlooking the city of Rishikesh and the Holy River Ganges from its perch in the Shivalk range, this daily free high tea is an hour-long musical affair for all resort guests, from 4.5-30 p.m. Here, one can tuck into local Garhwali snacks like the bun tikki (a close cousin of the Mumbai vada pav), Delhi-style street food like the tangy shakarkandi (sweet potato) chaat and warming drinks like masala chai and kesar milk. For those

contemporary lounge—is this elegant and thoroughly desi high tea service. This one is an all day, through the week affair. Called The Mumbai Afternoon Tea, it has a decidedly local Mumbai leitmotif running through it. So, you get to try some kadak Mumbai masala chai with savoury goodies like a chicken dhansak tartlette, pav bhaji vol au vents and a quintessential Mumbai sandwich among others. From the city and rishikesh-infused halwa and the conceptually brilliant shrikhand tart. And if you don't float your boat, there's also coffee on tap, or the cardamom-saffron perfumed Kashmiri kahwa tea, if you prefer a milk-free cuppa. Bombay Style High Tea In-keeping with its

name, Bengaluru's Bombay Borough restaurant—that's housed in a quaint heritage bungalow in Ashok Nagar—has recently come up with a Bombay Style High Tea. Claiming to offer "the best of hyper-local and regional flavours", said high tea—that's available daily from 4.7 p.m.—is made up of old Bombay street staples such as Bambaia vada pav, Chowpatty corn chaat, and new takes like a pulled chicken puri among other savoury options. The twist here comes in the form of the libations that range from good old cutting chai to cocktails like Chowpatty Beach lolly, and Darjeeling nights to mocktails with equally imaginative names like pink city and rishikesh-infused.

Asian High Tea Sequencing perfectly into this list is this Far Eastern dim sum iteration of the high tea. Called yum cha in Cantonese, dim sum and tea (cha) are only ever had together in the afternoon and never post sunset in the south of China.

Ex-MP Vijay Darda convicted in coal block allocation case

AGENCIES

NEW DELHI: A Delhi court on Thursday convicted former Rajya Sabha MP Vijay Darda and former coal secretary H C Gupta, along with five other accused, in a CBI case related to irregularities in the allocation of a coal block in Chhattisgarh. The court held the accused guilty of criminal conspiracy (punishable under Section 120-B of IPC) and cheating (punishable under section 420 of IPC) and under various provisions of the Prevention of Corruption Act.

Arguments on the quantum of punishment are scheduled for July 18. Although the CBI had



filed a closure report in the case, the court in 2014 had refused to accept it and had directed that a fresh investigation be conducted by the probe agency. The court stated that Darda,

who is also the chairperson of the Lokmat Group, had "misrepresented" facts in letters written to the then Prime Minister Manmohan Singh, who held the coal portfolio. It said that Darda

had done so to secure the Fatehpur (East) coal block in Chhattisgarh for JLD Yavatmal Energy Pvt Ltd.

The 35th Screening Committee allotted the coal block to JLD Yavatmal Energy. Special Judge Sanjay Bansal also convicted the former MP's son Devender Darda, senior public servants K S Krowla and K C Samra, JLD Yavatmal Energy Pvt Ltd and its Director Manoj Kumar Jayaswal.

In its FIR, the CBI had alleged that JLD Yavatmal Energy had wrongfully concealed the previous allocation of four coal blocks to its group companies in 1999-2005. But the probe agency later filed a closure report, saying that

no undue benefit was extended to JLD Yavatmal Energy by the Coal Ministry in allocation of coal blocks. The CBI had said that nothing substantial had emerged to establish cheating and criminal conspiracy among officials of the Coal Ministry and JLD Yavatmal Energy's directors. Thursday's convictions are the 13th in the coal scam, which had rocked the Manmohan Singh-led UPA-II government. In 2012, the Comptroller and Auditor General had slammed the government for alleged inefficient allocation of 194 coal blocks to public sector enterprises and private companies between 2004 and 2009 in a non-transparent manner.

Ideals of equality, justice were closest to Babasaheb's heart: Om Birla



AGENCIES

NEW DELHI: Lok Sabha Speaker Om Birla has said the ideals of equality and justice which continually strengthened Indian democracy were closest to Baba Saheb Dr Bhimrao Ambedkar's heart.

This was stated by Birla during an event here on Saturday. The Lok Sabha Speaker unveiled a statue of Baba Saheb Dr Bhimrao Ambedkar at the Indira Gandhi National Open University (IGNOU) and addressed the students and other invitees. At the outset, Birla congratulated IGNOU on the momentous occasion of the unveiling of the statue of Baba Saheb Dr Bhim Rao Ambedkar on the campus and hailed it as a historic event.

The Lok Sabha Speaker described Dr Ambedkar as a visionary leader who has made an invaluable contribution in framing the nation's Constitution.

The ideals of equality and justice which continually strengthened Indian democracy were closest to Baba Saheb's heart and serve as a guiding beacon not only for India's governance but also form the cornerstone of several Constitutions in the world, Birla said.

Mentioning that Babasaheb was of the view that knowledge and education were the means for social and economic development, Birla recalled the challenges that Babasaheb had to surmount to gain quality education.

It was only through his determination and dedication that Babasaheb achieved the status of nation builder and that we should take inspiration from his life, stressed Birla.

Opposition's Bengaluru meet: Uddhav Sena to participate; AAP likely to decide today

AGENCIES

BENGALURU: A day ahead of the Opposition parties' second meeting scheduled to take place in Bengaluru, Shiv Sena (UBT) MP Sanjay Raut said Sunday that he will along with the party chief Uddhav Thackeray and his son Aditya Thackeray will participate in the "very important" meeting.

"Uddhav Thackeray, Aaditya Thackeray and I will participate in the opposition meeting that is going to take place in Bengaluru. This is a very important meeting," Raut was quoted as saying by news agency ANI.

The second joint meeting of the Opposition parties will be held in Bengaluru on July 17-18. The Opposition parties' first meeting was held in Patna on June 23.

Meanwhile, Aam Aadmi Party's (AAP) Political Affairs Committee (PAC) is scheduled to hold a meet-



ing today (Sunday) at 4 pm to discuss the opposition meeting. When asked if he will attend the Bengaluru meet, AAP national convenor and Delhi Chief Minister Arvind Kejriwal told reporters that he can inform only after the PAC meet. Punjab Chief Minister Bhagwant Mann will also join the PAC meeting through video conferencing.

The party has said that it won't attend the Opposition meeting unless the Congress makes its stand clear on the ordinance over the reins of 'Services' passed by the Centre for Delhi. The Congress, on its part, signalled Saturday that it

would oppose the ordinance but shied away from openly declaring its backing to the AAP government.

Congress leader Sonia Gandhi is also expected to participate in the second meeting of opposition leaders.

Shivakumar told the media that a majority of Opposition leaders are expected to participate in the meeting. "I am very confident that Sonia Gandhi will also participate." AICC president Mallikarjun Kharge has requested her to participate in this meeting," he said. The Congress party is the host of the Bengaluru meet.

Party president Mallikarjun Kharge has also invited several smaller parties to the conclave to send out a signal that most of the anti-BJP forces in the country are coming together to create a common front against the saffron party in the 2024 Lok Sabha polls.

Sources said Karnataka CM and senior Congress leader Siddaramaiah will host a dinner for all the Opposition leaders on July 17 during which there would be informal discussions. The parties' substantial deliberations would be held on July 18 after which they would hold a joint press conference. Sources said the parties are also planning to hold joint rallies in the coming days to cement their unity. In June this year, Bihar Chief Minister Nitish Kumar had hosted the first meeting of Opposition leaders with a objective of forging a united opposition front to fight BJP in next year's Lok Sabha elections.

Himachal Pradesh: Disaster relief fund launched to aid the needy

AGENCIES

NEW DELHI Initiating a digital platform aimed at aiding the disaster-affected people of Himachal Pradesh, Chief Minister Sukhvir Singh Sukhu on Sunday launched the Aapda Rahat Kosh-2023 website.

"Individuals can donate money in Aapda Rahat Kosh-2023 from anywhere. The system has been integrated with multiple payment gateways to ensure seamless transactions that include Debit Card, Credit Card, Net Banking, QR code and UPI," he said.

During the launch, the Chief Minister said that the magnitude of the tragedy was vast and people from across the country and abroad have expressed their desire to assist.

He said that to facilitate this support, the Department of Digital Technology and Governance developed a transparent web link where anyone can donate online and receive a receipt on their mobile device. The Chief Minister said that preparations were underway to enable online donations from overseas donors within the next few days. Sukhu expressed gratitude towards employee organizations and individuals nationwide who have already contributed to the Aapda Rahat Kosh-2023.

He said that he himself and his cabinet colleagues, all Congress MLAs, have decided to donate their one month's salary towards the cause.

Highlighting the severity of the situation, the Chief Minister said that Himachal Pradesh had faced immense losses due to the unprecedented rainfall, marking the worst calamity the state has experienced in 50 years. He exhorted everyone to extend maximum financial support to help the state to recover from the devastation.

Nadda targets Cong govt in Rajasthan, says UPA stands for 'utpidan, pakshpat, atyachar'



AGENCIES

BJP president J P Nadda changed on Sunday that the UPA of Congress stands for 'utpidan, pakshpat and atyachar' - oppression, favouritism and atrocities - and that the party has no right to be in power in Rajasthan even for a minute.

Addressing a rally after launching the BJP's "Nahi Sahega Rajasthan" campaign against the Congress government, he targeted the United Progressive Alliance (UPA) led by the Congress and said, "UPA of Congress stands for 'utpidan, pakshpat and atyachar'."

"Whereas the NDA (National Democratic

Alliance) government led by Prime Minister Narendra Modi is working with the mantra of 'sabka saath, sabka vikas, sabka viswas and sabka prayas'," he said.

Nadda launched the party's poll campaign - "Nahi Sahega Rajasthan" - to oust the Congress from power. Assembly elections are due in the state by the year-end. This campaign will be run in the entire state.

Nadda launched the campaign and a theme video which highlights crime against women, the murder of Kanhaiya Lal in Udaipur, communal riots and other issues. He also released a "Fail Card" of the Congress-led state government.

He targeted the state government saying that it loots and tortures people and has broken all records of atrocities against Dalits, tribals, women, children and the poor. "It has no right to be in power even for a minute," he said.

India trying to find ways to resume India-Myanmar-Thailand Trilateral Highway project: EAM Jaishankar

AGENCIES

NEW DELHI: India-Myanmar-Thailand Trilateral Highway has been a "very difficult project" because of the situation in Myanmar and it is the government's priority to find ways to resume it, External Affairs Minister S Jaishankar said on Saturday. Jaishankar is in Bangkok to participate in the 12th Foreign Ministers' Meeting of the

Mekong Ganga Cooperation (MGC) Mechanism and attend the BIMSTEC Foreign Ministers' Retreat. Addressing the Indian community soon after his arrival in Bangkok, Jaishankar spoke about the connectivity between Thailand and India.

"The real challenge today before us one which we are working on, is how do we build road connectivity between Thailand....We have this project

from northeast India, that if we build a road through Myanmar, and that road connects up with what Thailand will be building towards," Jaishankar said.

He said with good road connectivity, the movement of goods, movement of people will undergo an enormous change.

"But it has been a very difficult project. It has been a very difficult project mainly because of the situation in Myanmar. And one of our

priorities today is to find ways of how to resume this project, how to unlock it, and how to make it because large parts of the project have been built," Jaishankar said.

India, Thailand and Myanmar are working on about 1,400-km-long highway that would link the country with Southeast Asia by land and give a boost to trade, business, health, education and tourism ties among the three countries.

Around 70 per cent of construction work on the ambitious India-Myanmar-Thailand Trilateral Highway has been completed. The highway will connect Moreh in Manipur, India with Mae Sot in Thailand via Myanmar.

The strategic highway project has been delayed. Earlier, the government was aiming to make the highway operational by December 2019.

Congress has 'unique position' in Oppn ranks, leader of anti-BJP bloc will emerge in due course: Chidambaram

AGENCIES

NEW DELHI: Ahead of the crucial Bengaluru meeting, senior Congress leader P Chidambaram on Sunday exuded confidence that the Opposition, by staying united, can certainly challenge Prime Minister Narendra Modi in the 2024 Lok Sabha polls and asserted that the leader of the anti-BJP bloc will emerge in "due course".

In an interview with agencies, Chidambaram said the Congress has a "unique position" in the ranks of the opposition parties but there was "no need to talk about it now".

The former Union minister also said that the manner in which the AAP formulated and posed the Delhi ordinance issue

at the Patna meeting of the opposition parties was "unfortunate".

Each issue will be decided on its own merits and at the appropriate time and place, he said.

Chidambaram stressed that the Opposition parties have several objectives in common as they are opposed to the social and economic policies of the BJP government, are concerned about slow economic growth, high inflation and rising unemployment, as well as about the "curtailment of civil liberties, the gagging of the media, the emasculation of institutions, and the misuse of investigating agencies".

Must Read | Congress's top legal minds favour 'nuanced approach' on UCC "They are concerned about



the security situation on the borders. These common concerns have brought them together to oppose the BJP in the 2024 Lok Sabha elections. There is enough justification for the Opposition parties to meet as often as possible in the run up to the elections," he said.

The forthcoming meeting at Bengaluru will certainly be purposeful, Chidambaram said and added that "we must wait and see what the next steps will be".

Asked about the Opposition having sidestepped the leadership question for now and whether going to polls without a

PM face face would work when Modi has been at the helm for 10 years, Chidambaram said, "That Mr Narendra Modi has been at the helm of the BJP and the central government for 10 years is not a strength but a weakness. Mr Modi's hands are bare and he has not delivered on his promises." There is nothing more that he can deliver in the last year, "except perhaps more slogans", he added.

"The Opposition, by being united in their opposition to the BJP, can certainly challenge Mr Modi," the senior Congress leader said. Chidambaram said the leader of the "united Opposition" will emerge in "due course".

On the comparison of the Opposition uniting to take on then PM Indira Gandhi in 1977

to the present scenario of opposition parties coming together, Chidambaram said the situation in 1977 was different from the situation in 2023 as in that election, the sole issue was Emergency but today, and in the run up to the 2024 Lok Sabha elections, there are plenty of issues that are bothering the people. "I have referred to the common concerns of the Opposition parties. They are sufficient to erect a platform that can be shared by Opposition parties," he said.

On Prime Minister Modi's swipe at the Opposition that the corrupt were joining hands, Chidambaram said that in Modi's view, every Opposition party and every Opposition leader is corrupt. "It is a hollow argument. His view has been

rejected by the people time and again. The latest instance was in Karnataka. Mr Modi's allegations are becoming tiresome. If he looks at his own ranks, he will find many leaders/ministers whom he had once accused of corruption," Chidambaram said.

The phrase 'BJP is a giant washing machine' is familiar throughout India and evokes a lot of laughter and derision, he said. On how the Opposition would counter polarising issues, Chidambaram said each issue raised by the BJP will be countered with facts, figures and the actual situation on the ground.

The Indian people are aware of the realities they face every day and they know which issue is a polarising issue and which issue affects their lives, he said.

Sri Lanka Not Averse To Using Indian Rupee As Common Currency: President

COLOMBO: Sri Lanka would want to see the Indian Rupee used as much as the US dollar, President Ranil Wickremesinghe has said, days ahead of his first official visit to New Delhi.

President Wickremesinghe, also the Sri Lanka's finance minister, made this remark while addressing the Indian CEO Forum this week.

"Just as East Asia, including countries like Japan, Korea and China, witnessed significant growth 75 years ago, it is now India's turn, along with the Indian Ocean region," President Wickremesinghe said.

President Wickremesinghe is expected to visit New Delhi next week, his first since becoming president a year ago amidst unprecedented economic and political turmoil in the island nation.

President Wickremesinghe's comments were in response to the chair of the Forum, TS Prakash, who in his address had called for the enhanced use of the Indian rupee in the Sri Lanka economy.

"It makes no difference to us if India (the Indian rupee) becomes a common currency. We will have to figure out how to go about it. We must become more open to the outside world", President



Wickremesinghe said.

"The world is evolving and India is undergoing rapid development, particularly under Prime Minister Modi's leadership", he added.

He also said that Sri Lanka benefits from its proximity to India, coupled with a rich history, cultural heritage and longstanding trading relationships spanning 2,500 years, the Daily Mirror newspaper quoted him as saying.

President Wickremesinghe has steered the island nation out of the economic crisis and said the economy is recovering despite its slowness.

"Once we complete debt restructuring our focus will shift towards a comprehensive growth agenda.

This entails a massive overhaul of our economy, legal framework and

systems aligning our path with that of India", he said. The 74-year-old Sri Lankan politician was elected through parliament to fill in the rest of the term of the ousted president Gotabaya Rajapaksa.

Sri Lanka-India relationship history points to that it was unusual that Ranil Wickremesinghe's tour to Delhi had taken a year to happen, analysts noted.

India had thrown a lifeline to the last days of the Rajapaksa presidency with an economic assistance package that amounted to 4 billion dollars.

Sri Lanka used the Indian credit lines to import essentials and fuel as the country was gripped in forex shortages which triggered massive street protests. Meanwhile, the High Commissioner of India in Sri Lanka Gopal Bagle who was at the July 13 event, said that the Indian government and the Indian business community have helped the island nation in recuperating from the last year's financial crisis.

"Even during the initial crisis, Indian businessmen began doing business in Sri Lanka to demonstrate to the rest of the world that the country's financial status is stable," Mr Bagle was quoted as saying by the Sri Lankan media.

Singapore Minister Arrested In Rare Top-Level Corruption Probe, Released On Bail

SINGAPORE: Singapore's transport minister has been arrested in connection with a rare top-level corruption probe that has also ensnared a billionaire hotel tycoon, the country's anti-graft body has said.

Transport Minister S. Iswaran was "arrested on 11 July 2023" and "subsequently released on bail", the Corrupt Practices Investigation Bureau (CPIB) said in an emailed statement late Friday, confirming the arrest for the first time.

Hotel tycoon Ong Beng Seng, one of Singapore's richest people, was also arrested on the same day and released on bail in connection with the probe, the bureau said.

The bureau has not disclosed details of the investigation that has gripped the city-state, a global financial hub reputed to be among the least corrupt countries in the world.

Cabinet ministers are paid salaries

comparable to the top earners in the private sector to deter corruption.

The investigation of the transport chief by the powerful anti-graft bureau widened after it was disclosed that Ong was included in the probe.

Ong is the managing director of Hotel Properties Limited (HPL), which owns a string of high-end hotels and resorts in locations around Asia and the Pacific.

In a filing with the Singapore Exchange on Friday, the company said that Ong was given a "notice of arrest" by the CPIB and had posted bail.

While the passports of those under arrest are generally impounded, Ong was granted permission to leave Singapore on Friday, with the CPIB noting it considers requests for travel overseas "on a case-by-case basis".

The CPIB said it had "accepted" Ong's request to travel overseas, but

increased his bail to S\$500,000 (\$76,000).

"Upon his return, Ong is required to report to CPIB and surrender his passport to the bureau," the CPIB added. Ong, a Malaysian who is a Singapore permanent resident, is credited with helping bring the Formula One Grand Prix to Singapore in 2008.

His private company Singapore GP and the Singapore Tourism Board last year renewed the contract to host the F1 race until 2028. Iswaran, meanwhile, had been ordered to go on leave earlier in the week by Prime Minister Lee Hsien Loong after the CPIB said the minister was "currently assisting" an ongoing investigation.

Lee said the anti-graft body had sought his approval for a formal investigation that would involve interviewing Iswaran, among other people.

"Artificially High" Growth Predicted For China In Q2: Report

BEIJING: China's economic growth is expected to have surged in the second quarter, an AFP survey has forecast, but analysts say Monday's figures will be misleadingly inflated given the low base of comparison with pandemic-wrecked 2022.

A year ago, with restrictions such as sudden lockdowns, travel curbs and factory shutdowns the norm, China posted 0.4 percent on-year growth, one of its lowest quarterly readings in recent years.

This year, an average of predictions from a group of 13 experts interviewed by AFP suggested the economy expanded 7.1 percent in April-June.

But this figure is "artificially high because of the low base" in 2022, said Gene Ma from the Institute of International Finance.

The same period last year notably included a lockdown in Shanghai that saw the financial capital of 25 million people completely closed off for two

months.

The quarter-on-quarter growth figures, which will also be released on Monday, should give a more realistic view of the world's second largest economy.

In the first three months of this year, it grew 4.5 percent on-year, reflecting a resurgence in activity after the abrupt end of the zero-Covid policy in December.

But the recovery, which has been slow to take hold in some sectors, appears to already be running out of steam.

"Afraid to open wallets" Despite the post-pandemic reopening, a sluggish job market and general uncertainty over the future mean consumer confidence is at a low.

"From holiday travel to shopping for cars and homes, the macroeconomic data shows Chinese people are now just afraid to open their wallets too widely," said the independent Hinrich Foundation's Stewart

Paterson.

In May, one in five young Chinese were unemployed, according to official data, a record that could be broken again on Monday when June figures are announced.

Low demand means companies are hesitating to hire, taking a "wait-and-see" attitude before expanding operations, said Harry Murphy Cruise, an economist at rating agency Moody's.

Memories of 2022's repeated lockdowns and suddenly changing policy shifts were adding to their hesitancy, he said.

"Unfortunately, a revival in business activity is needed for broader demand to lift. That stalemate is keeping business activity weak," he added. That in turn raises the spectre of deflation, a decrease in general prices, which would further add to China's economic woes.

Inflation was flat last month, while producer prices sank more than expected, a further sign of weak demand.

OFFICE OF THE EXECUTIVE ENGINEER HORTICULTURE (P&M) DIVISION JAMMU.

Tender Extension (3rd)

Name of work: Up-gradation and infrastructure for Development of Fruit and Vegetable Market at Narwal Jammu by way of providing and laying of 75 mm thick WMM and 25 mm thick OGCPC over 50mm thick Bituminous Macadam.

Reference : e-NIT No.13 of 2023-24 dated. 12-06-2023

Due to poor response, the date for uploading and opening of bids for work mentioned above is here by extended as under:-

Please read	Instead of
Bid submission end date 19-07-2023 (1800 hours)	Bid submission end date 12-07-2023 (1800 hours)
Bid opening date 20-07-2023 (1200 hours)	Bid opening date 13-07-2023 (1200 hours)

NO: EEHPM/2023-24/ 432-42

Dated: 13-07-2023

DIP/J-5052/23

SD/
EXECUTIVE ENGINEER
HORTICULTURE (P&M) DIVISION
JAMMU

EXECUTIVE ENGINEER PWD (R&B) CONST. DIV. NO. II JAMMU

SHORT NOTICE INVITING TENDER

Fresh Short e-NIT No. 99 of 2023-2024/Div-2 Dated 12-07-2023

For and on behalf of the Lieutenant Governor, Union Territory of Jammu and Kashmir e-tenders are invited on percentage basis from approved and eligible Contractors registered with Union Territory of J&K, CPWD, Railways, MES and other State/Central Governments for each of the following works :-

S. No	Name of Work	Name of Division	Advertised Cost (Rs. in lacs)	Cost of Item (in Rs.)	Earnest Money (in Rs.)	Time Allowed for complete on	Time and date of opening of tender	Class of Contract
1	Improvement of Karwanda to Burn Brahmna link road (Under Capex)	PWD (R&B) Const. Div. No. II Jammu	30.96	600	2% of Advertised Cost	02 Months	20-07-2023 (1.00Pm)	A & B Class / Hot Mix Plant Holder
2	Construction of 1.0 No 0.90 Mtr span Hume Pipe Culvert at Link Road from Lower Rargoora To Upper Rargoora, Sidhra Jammu . (Under Non-Plan).	PWD (R&B) Const. Div. No. II Jammu	6.65	600	2% of Advertised Cost	01 Month	20-07-2023 (1.00Pm)	"A, B, C & D Class
3	Providing and Laying of T-Wire Crates at Link road from Railway under bridge to NH44 at Upper Rargoora Jammu . (Under Non-Plan).	PWD (R&B) Const. Div. No. II Jammu	5.00	600	2% of Advertised Cost	01 Month	20-07-2023 (1.00Pm)	"A, B, C & D Class

Position of AAA : Accorded.

The Bidding documents Consisting of qualifying information, eligibility criteria, specifications, Drawings, bill of quantities (B.O.Q), Set of terms and conditions of contract and other details can be seen/downloaded from the departmental website <http://jktenders.gov.in> as per below schedule :-

1	Date of Issue of Tender Notice	12-07-2023
2	Period of downloading of bidding documents	From 13-07-2023 to 19-07-2023 upto 1800 Hrs
3	Date, Time and place of pre-bid meeting	XXXXXXXX at XXXX Hrs. in the Office of Executive Engineer PWD (R&B) Const. Divn. No. II Jammu
4	Bid submission Start Date	13-07-2023
5	Bid Submission End Date	19-07-2023 upto 1800 Hrs
6	Date & time of opening of Technical Bids (Online)	20-07-2023 on or after 1300 Hrs in the Office of Executive Engineer PWD (R&B) Const. Divn. No. II Jammu
7	Date & time of opening of Financial Bids (Online)	To be notified after technical bid evaluation is completed

1. Bids must be accompanied with cost of Tender document in shape of e-challan through Treasury indicating Treasury Voucher No. & date, e-NIT No. and name of work duly crediting to MH 0059 (Revenue) favoring Executive Engineer PWD (R&B) Const. Divn. No. II Jammu and upload the same te treasury challan / receipt, Earnest money/Bid security in shape of CDR/FDR/FG pledged to Executive Engineer PWD (R&B) Const. Divn. No. II Jammu. The CDR/ FDR/ BG shall be valid for 45 Days beyond the bid validity period. The original instruments in respect of cost of documents, EMD and relevant documents of L1 be submitted to the Executive Engineer PWD (R&B) Const. Divn. No. II Jammu at the time of allotment.

2. The electronic bidding system would not allow any late submission of bids after due date and time as per server time. Bidders may modify their bids by uploading their request for modification before the deadline for submission of bids. For this, the bidder needs not to make any additional payment towards the cost of tender document. For bid modification and consequential re-submission, the bidder is not required to withdraw his bid submitted earlier. The last modified bid submitted by the bidder within the bid submission time shall be considered as the bid. For this purpose, modification/withdrawal by other means will not be accepted. In online system of bid submission, the modification and consequential-submission of bids is allowed any number of times. The bidders may withdraw his bid by uploading their request before the deadline for submission of bids; however, if the bid is withdrawn, the re-submission of the bid is not allowed. No bid shall be modified or withdrawn after the deadline of submission of bids.

3. The date and time of opening of Financial-Bids shall be notified on Web Site www.jktenders.gov.in and conveyed to the bidders automatically through an e-mail message on their e-mail address. The Financial-bids of responsive bidders shall be opened online in the Office of Executive Engineer PWD (R&B) Const. Divn. No. II Jammu. The date for same shall be intimated separately.

No :- 20175-99

Dated :- 12-07-2023

DIP/J-5052/23

SD/
EXECUTIVE ENGINEER
PWD (R&B) CONST. DIV. NO. II
JAMMU

Imran Khan Reveals Plan If His Political Party Gets Banned In Pakistan

ISLAMABAD: Pakistan Tehreek-e-Insaf (PTI) chief Imran Khan has said in the event that his party is banned, he will float a new political party to contest the upcoming general elections and will win the elections, Dawn reported citing Nikkei Asia.

Dawn in the wake of the violent nationwide protests on May 9 and the subsequent clampdown on the protesters and the Pakistan Tehreek-e-Insaf, many government figures had called for a ban on the party.

Pakistan Interior Minister Rana Sanaullah had said banning the Pakistan Tehreek-e-Insaf was the only solution.



Defence Minister Khawaja Asif said a move to that effect was being considered and Pakistan Peoples Party (PPP) chairman and Foreign Minister Bilawal Bhutto Zardari had also said his party will not resist any move to impose a ban on the Pakistan

Tehreek-e-Insaf.

Questioned on the impact of a possible ban on his electoral future by Nikkei Asia, Imran Khan said, "If they remove the party then we will form a party with a new name and still win the elections."

Imran Khan was quoted saying that "even if they disqualify me and throw me in jail, the party will still win".

The Pakistan Tehreek-e-Insaf chief emphasised to the outlet that his base of supporters "remains intact", claiming that the national politics had "fundamentally changed".

On the continued crackdown on his party, Imran Khan said the government was "still trying to break it through intimidation".

Chief Justice presides over Technology Day celebrations at KVK-Gurez

JJ NEWS SERVICE

GUREZ, JULY 16: Chief Justice High Court of Jammu & Kashmir and Ladakh, Justice N. Kotsiwar Singh today presided over Technology Day celebrations at Krishi Vigyan Kendra (KVK)-Gurez in Mountain Agricultural Research and Extension Station (MARES) of SKUAST-K at Izmarg, here. Upon his arrival to MARES, the Chief Justice was given a rousing welcome by Head MARES and Krishi Vigyan Kendra-Gurez, Dr. Bilal Ahmad Bhat and the scientists and staff.

On the occasion, the Chief Justice interacted with subject matter specialists and scientists of the MARES and discussed about the scope for cultivation of different vegetables as well as other potential



species in the valley. During the interaction, Dr. Shah Nawaz Ahmad Dar briefed the Chief Justice about the status and potential of honey bee rearing in Gurez valley. Similarly, Dr. Mohammad Mudasar

briefed the Chief Justice about scope of protected cultivation of different vegetables in this region because of harsh climatic conditions in winters. At Izmarg, the Chief Justice was briefed

about different activities related to agriculture and allied sectors undertaken by SKUAST-K for the upliftment of farming community of this region. Dr. Bhat apprised the Chief Justice about recent tie up of SKUAST-K with PepsiCo for marketing support to potato growers of this valley. Dr. Parveen Kumar, SMS (Ag. Extension), on the occasion briefed the Chief Justice that July 16 is the Foundation Day of ICAR and ICAR has decided to celebrate the day as Technology Day. He added that the Technology Day celebrations will go on till July 18 and all the KVKs in the country are organizing exhibitions displaying various innovations, technologies and products as a part of their endeavour to raise awareness of farming community.

KVK Samba celebrates 95th ICAR Foundation & Technology Day



JJ NEWS SERVICE

SAMBA, JULY 16: Krishi Vigyan Kendra, Samba of Sher-e-Kashmir University of Agricultural Sciences & Technology of Jammu today celebrated the 95th ICAR Foundation Day & Technology Day here under the guidance of Prof. B.N.Tripathi, Vice-Chancellor, SKUAST-Jammu.

As many as 133 farmers/farm women actively participated in the programme. On this Occasion, an exhibition was also organized where different types of specimens, exhibits and agricultural tools and implements were displayed. The programme started with the welcome address by Dr. Sanjay Khajuria, Chief Scientist & Head. He welcomed all the farmers and highlighted the importance of 95th ICAR Foundation Day. He

advised the farmers to adopt Innovative Agricultural Practices to maintain the soil health and make agriculture more profitable. He informed that the KVK will impart training to the farmers in different innovative farming techniques, including preparation of inputs, enriching soil and value addition of fruits and vegetables. He said the main purpose of organizing the awareness camp was to sensitize farmers about the Innovative Agricultural Practices, which is the need of the hour. Dr. Njerja Sharma, Senior Scientist Horticulture, discussed in detail the post-harvest techniques and value addition of the fruits and vegetables for enhancement of farmers income. Dr. Abhay Kumar Sinha, Senior Scientist Agricultural Engineering acquainted the farmers

about the Farm Mechanization and how it has proved a game changer in making Agriculture a profitable activity. "The introduction of Farm Machinery like tractors, tillers, farm machinery banks, Custom hiring centers, manual weeders, Irrigation Pump sets, Brush Cutters, innovative farm tools has reduced farm drudgery to a greater extent," he added.

Speaking on the occasion, Dr. Saray Gupta, Scientist, Entomology briefed in detail the importance of innovative farming as it offers a solution to various problems, such as food insecurity, farmers' distress, and health problems arising due to pesticide and fertilizer residues in food and water, global warming, climate change and natural calamities. He also discussed different ways to control various insects - pests and diseases of major crops through innovative farming techniques. Dr. Vijay Kumar Sharma Scientist, Animal Sciences discussed the welfare schemes of central and UT governments in the animal husbandry sector. He also sensitized the farmers about different parasitic diseases among livestock, their prevention and control strategies.

Dr. Shalini, Programme Assistant, KVK Samba emphasized the importance of soil in agricultural productivity. She advised the farmers to use organic farming techniques to promote soil health.

ICAR Foundation Day observed at Kupwara

DC KUPWARA STRESSES FOR HANDHOLDING OF AGRRI-ENTREPRENEURS

JJ NEWS SERVICE

KUPWARA, JULY 16: In order to celebrate India Council for Agricultural Research (ICAR) Foundation Day, Krishi Vigyan Kendra (KVK) Kupwara today organized a function here. The function was presided over by Deputy Commissioner (DC) Kupwara, Ayushi Sudan. Addressing the function, the DC appreciated the Members of Farmer Producer Organizations (FPOs) for doing commendable job in their fields of activity. He stressed upon the KVK officers to further improve their involvement with the FPOs vis a vis handholding of Agri-entrepreneurs which will boost their livelihood and overall employment generation scenario of the district.

Ayushi urged the entrepreneurs to not remain dependent on the Government rather become self-reliant by upskilling themselves. She asked them to identify bulk buyers to make assured income and market. She wished them success of their employment units. The DC appealed to all the participants including scientists and farmers to work with added dedication and hardwork to bring Rainbow Revolution in the district which shall make it self-reliant and bring prosperity to the people. On the occasion, Members of various FPOs and progressive Farmers interacted with the DC and shared their experience of work. They also put forth different issues pertaining to their business. The DC heard them patiently and assured full support from the District Administration. KVK Head, Dr. Kaiser Mohiddin also spoke and said that the ICAR Foundation Day is celebrated every year with an aim to provide awareness to the farmers about new technologies in scientific farming from institutions like ICAR.

Chairman DDC Budgam visits Narbal & Kanihama village

INSPECTS ONGOING MACADAMIZATION WORK ON BADRAN KANIHAMA ROAD

JJ NEWS SERVICE

BUDGAM, JULY 16: The Chairman, District Development Council (DDC) Budgam, Nazir Ahmad Khan today paid a visit to Narbal and Kanihama villages in the Budgam district.

During the visit, he inspected the ongoing macadamization work on the Badran Kanihama road. The Chairman reiterated the DDC's commitment to ensuring the timely completion of all development projects in Budgam district. The visit to Narbal and Kanihama villages aimed to assess the progress of infrastructure development in the region and interact with the local communities.

Khan met with the residents, listened to their concerns, and assured them of the DDC's dedication towards addressing their issues and improving their quality of life.

One of the key highlights of the visit was the inspection of the ongoing macadamization work on the Badran Kanihama road. The Chairman closely examined the quality and progress of the road construction, emphasizing the importance of well-built and accessible roads for the socio-economic development of the district.

Nazir Ahmad Khan expressed his satisfaction with the pace and quality of the ongoing macadamization work on the Badran Kanihama road. He expressed gratitude to the district administration, Budgam and the concerned department involved in the project for its timely completion.

Speaking on behalf of the DDC Council, Chairman reiterated the council's unwavering commitment to the overall development of Budgam district. He emphasized that every project, whether it is related to infrastructure, education, healthcare, or any other sector, will be closely monitored to ensure its timely completion and adherence to the highest standards of quality.

DC Kupwara visits Handwara; inspects several developmental projects

JJ NEWS SERVICE

KUPWARA, JULY 16: In order to take on-site review of pace of work on different developmental projects, the Deputy Commissioner (DC) Kupwara, Ayushi Sudan visited Handwara.

On reaching Handwara, the Deputy Commissioner visited under-construction buildings of Girls and Boys hostels of Government Medical College Handwara and checked the pace of work of both the Hostel buildings.

The DC directed the executing agency to speed up the pace of work on both the buildings and increase the working hours so that buildings are completed well in time.

The DC was accompanied by ACD Kupwara, Nodal officer GMC, Tehsil Handwara and other concerned officers.

Later, the DC visited Badarkali and Badkote villages of Handwara and inspected the Amritsarwars constructed by RDD.

DC conducts late night surprise visit to DH Bandipora

JJ NEWS SERVICE

BANDIPORA, JULY 16: In order to ensure smooth functioning and quality healthcare services at the District Hospital (DH) Bandipora, the Deputy Commissioner (DC) Bandipora, Dr. Owais undertook a surprise visit during late hours on Saturday.

The visit was aimed to assess the working scenario, infrastructure, and patient care standards at the hospital.

Dr. Owais on-spot inspected all the wards in the hospital and received feedback from the patients regarding the treatment provided to them.

The DC also checked the duty roster of the official and doctors on duty.

Dr. Owais directed the medical superintendent to ensure quality healthcare facilities in the hospital. He directed hospital authorities to ensure that the daily duty roster is followed strictly so that patient care does not suffer.

Social Welfare dept Pulwama organises mega event on NMBA

JJ NEWS SERVICE

PULWAMA, July 16: The Department of Social Welfare Pulwama organized a mega event on Nasha Mukht Bharat Abhiyan (NMBA) to raise awareness against drug abuse and its consequences.

Additional Deputy Commissioner (ADC) Tral, Sajid Yehya Naqash was the chief guest of the event.

The ADC Tral in his speech delved on the scenario of drug addiction in Kashmir. He made the participants aware about the alarming rise in the number of substance abusers & drug distributors across the UT.

He addressed the audience with a soulful speech on drug abuse and how youth can save themselves from this evil by following religious teachings. He elaborated the role of educational institutions in eradicating the drug menace.

Earlier, a detailed introduction about the event was presented by Rameez Raib, DSWO Pulwama.

Gender Specialist DHEM(Division Shakti) Pulwama & Teacher from Arupal Tral delivered speech on how our youth is indulging in substance abuse. They advised the audience to aware the young wards against the menace of narcotic drug & Psychotropic substance.

Experts from Mental Health DH Pulwama, Cause NGO Drug De-addiction & Rehabilitation Centre Bajwani Tral, Students from Government Degree

College Tral delivered speeches on "Drug Menace and the Role of Educational Institutions."

DC Kupwara inaugurates CRM at Handwara

JJ NEWS SERVICE

KUPWARA, JULY 16 : The Deputy Commissioner (DC) Kupwara, Ayushi Sudan inaugurated first of its kind CRM (Cash Recycler Machine) at Main Market Handwara in presence of Cluster Head J&K Bank Kupwara, Shadab Mehboob. This is the first of its kind CRM at Handwara and second in Kupwara district which is laud with latest technology banking facilities and will help, the

people of the area in withdrawal and depositing cash beyond banking hours and even on holidays as it will remain open 24x7. CRM will be having face currency detection, instant messaging and note denomination wise receipt facilities.

While congratulating people of Handwara, the DC thanked J&K Bank authorities for their contribution in rendering banking facilities to the people. She urged the people to take advantage of this CRM and use it frequently.

She said that the machine will benefit

specifically traders and the business community as well as the local population of Handwara by saving their valuable time and efforts. The DC on the occasion expressed hope that bank will open more such CRMs in future in Kupwara district. The Cluster Head reaffirmed the bank's commitment in providing world-class banking facilities and services to the people of Kupwara district.

"There was demand of CRM at main market of Handwara from Traders and customers. To ease the customer service,

J&K Bank operationalised CRM at Main Market Handwara as it is a large market having good cash transactions and fruit Mandi is also located close to CRM besides it will also reduce footfall on business Units of Handwara." Cluster Head and said, I.D.M. Kupwara, Mehboob Illahi Khan, ADC Handwara, Nazir Ahmad Mir; President Traders Federation Handwara, Tehsil Handwara, Branch Managers of various Branches of Handwara and customers of the J&K bank were present on the occasion.

Samba administration hosts Amawas festival at Purmandal-Utterbehni

DC, SSP DISCUSS ARRANGEMENTS WITH STAKEHOLDERS

JJ NEWS SERVICE

SAMBA, JULY 16: Deputy Commissioner Samba Abhishek Sharma and SSP, Benam Tosh today reviewed the arrangements for the upcoming Amawas festival at Purmandal-Utterbehni here at a meeting with the Stakeholders.

The Deputy Commissioner discussed in detail the arrangements for the festival being held tomorrow. Additional Deputy Commissioner, Sub Divisional Magistrate Vijaypur, Principal Government Degree College Purmandal, Assistant Regional Transport Officer, Executive Engineer PWD (R&B), Chief Medical Officer and other senior officers also attended the meeting.

Deputy Commissioner Samba asked the Secretary J&K Dharmarth Trust to raise their issues /demands if any so that the same are resolved well before time.

The chair directed ARTO/Dy. SP (Traffic) Samba to make all



necessary Traffic/ Transport related arrangements. The ARTO Samba, Deputy Superintendent of Police (Traffic) and Executive Engineer, PWD (R&B) Samba were asked to submit a traffic plan to SDM Vijaypur for smooth regulation of traffic in the area.

The Dy. SP (Traffic) was asked to deploy an adequate number of personnel to regulate the traffic to avoid congestion and smooth parking of vehicles at appropriate places during the entire festival /Mela.

NSS unit of Degree College Purmandal and the volunteers of Civil Defence in the premises of the temple.

Regarding Medical Arrangements, the Chief Medical Officer, Samba was asked to deploy a team of Doctors and Paramedical staff in all dispensaries and hospitals 24 x 7 basis.

He was directed to arrange a First Aid Team along with one standby Ambulance and medical team in Purmandal /Utterbehni area where devotees are expected in large numbers. The DC directed the Executive Engineer, PWD (R&B) Samba to ensure the repair/ maintenance of the road leading to the Utterbehni/ Purmandal to avoid inconvenience to the general public and devotees on this occasion.

Assistant Regional Transport Officer was directed to enhance the number of buses during the Amawas festival particularly for Purmandal /Utterbehni and to ensure regulation of parking of vehicles/ Buses at appropriate

places.

The chair directed the Chief Executive Officer Surinsar Mansar Development Authority to make arrangements for maintenance of the Toilet Complex under his control at Purmandal /Utterbehni Shrinis. The Block Development Officer, Purmandal along with Executive Engineer, Bari Brahmana were given the responsibility to maintain sanitation in the Purmandal /Utterbehni area. The EOs were entrusted with the job to maintain sanitation in Utterbehni /Purmandal Shrine. EO, Bari Brahmana was asked to deploy the adequate numbers of Safai Karamcharis at the festival /Mela for cleanliness operations especially in Purmandal /Utterbehni area.

Tehsilbari Bari Brahmana was nominated as the magistrate for the entire festival. For ensuring fire safety, the Divisional Fire Officers, Fire and Emergency Services Samba were asked to keep standby fire tenders at Utterbehni /Purmandal i.e. 24x7 during the celebration of Amawas festivals 2023, directed the chair.