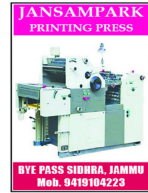


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Four new High Court Chief Justices appointed

AGENCIES
NEW DELHI, JULY 20

Four judges were on Wednesday elevated as high court chief justices.

Law Minister Arjun Ram Meghwal tweeted that Justice Alok Aradh of the Karnataka High Court has been elevated as chief justice of the Telangana High Court.

Similarly, Justice Subhasis Talapatra of the Orissa High Court has been made the chief justice in the same high court with effect from September 8 after the incumbent chief justice demits office.

Justice Sanita Agarwal of the Allahabad High Court has been appointed as chief justice of the Gujarat High Court. Justice Ashish J Desai of the Gujarat High Court has been elevated as chief justice of the Kerala High Court.

Self-Styled journalist arrested over terror funding charges in J&K; Police

AGENCIES
SRINAGAR, JULY 20

A self-styled journalist was on Thursday arrested for allegedly receiving funds for terror activities in Jammu and Kashmir, police here said.

"A self-styled journalist Muzamil Zahoor Malik of Indergam Pattan (was) arrested for terror funding. He received terror funds in his bank account made on forged documents/fake identity," Srinagar Police said on Twitter.

The police said a case under various sections of the Unlawful Activities (Prevention) Act and the Indian Penal Code has been registered and an investigation is underway. Five accused have already been arrested in the case, the police added.

NIA raids at multiple locations in 3 districts of Kashmir region in terror-related case

AGENCIES
SRINAGAR, JULY 20

The National Investigation Agency (NIA) on Thursday carried out raids at several places in Jammu and Kashmir in connection with a terror-related case, officials said.

The raids were conducted in the Baramulla, Pulwama and Shopian districts of the Kashmir valley, they said.

During the raids, the NIA sleuths were accompanied by the Jammu and Kashmir police and CRPF personnel.

According to officials, the raids are a part of the federal agency's probe into a terror-related case.

Reassess the strategy in combating anti-peace elements: J&K Top Cop

J I NEWS SERVICE
SRINAGAR, JULY 20

Jammu and Kashmir Director General of Police Dilbag Singh on Thursday directed the officers to reassess the strategy in combating the anti-peace elements to ensure safety and security of the people.

DGP visited South Kashmir's Anantnag District on Thursday where he chaired a high level meeting of Police, Army and CRPF officers and reviewed the security scenario of South Kashmir as also security arrangements with regard to ongoing Shri Amarnath Ji Yatra.

He was accompanied by Special DG CID, J&K R.R Swain, ADGP CRPF J&K, Nalin Prabhat, ADGP Armed J&K S. J. M. Gillani, ADGP Kashmir Vijay Kumar and IG ROS CRPF G.K Verma.

During the meeting the



DGP directed the officers to reassess the strategy in combating the anti-peace elements to ensure safety and security of the people.

He stressed on the importance of further developing intelligence networks and sharing the inputs to pre-empt any untoward incident.

Singh also stressed on joint night domination

and foot patrolling. The DGP directed for launching planned manhunt in suspected places to track down the terrorists.

He emphasized the need for increased vigil and enhanced proactive actions to further peace and stability.

The DGP directed the officers to initiate strict actions against people

involved in anti-peace activities.

He directed the officers to strengthen security arrangements and to undertake all necessary steps to ensure anti-peace elements don't get any chance to disturb the tranquility.

Stressing to remain more vigilant

CONTINUED ON PAGE 4

J&K to achieve the milestones of 'zero poverty' & 'housing for all' till 2024: CS

J I NEWS SERVICE
SRINAGAR, JULY 20

On the concluding day of the workshop organised by the J&K Planning, Development & Monitoring Department for administration, Chief Secretary, Dr Arun Kumar Mehta remarked that J&K is well on track to achieve the milestones of 'Zero Poverty' and 'Housing for All' by the year 2024.

Dr Mehta was speaking about the theme of 'Systems, Processes & Use of Technology for SDG Implementation' also attended by Shri Anurag Goel, Former Secretary, Corporate Affairs, GoI and



SDG Advisor, UNDP; various Administrative Secretaries and other UNDP Experts.

In his address, the Chief Secretary made out that the accomplishment of Sustainable Development Goals (SDGs) is a global framework for making the required all-round

progress. He stated that as discussed the process of budgeting in line with the SDGs has proved beneficial for many of the States/UTs here and J&K too is alive to this practice for achieving the desired goals.

He recalled that the UT intends to cover about 1.9

lakh houses under PMAY and these are enough to saturate the housing needs of all the houseless persons. He stated that J&K has moved towards top ranking States/UTs in Swachh Bharat Mission Grameen and each of its villages is ODF+ now but lot more needs to be accomplished to reach the desired outcome and move to model category.

He also said that in many of the parameters the UT is well ahead of the National average and in future is going to be one among the model States/UTs in the country. He emphasized on

CONTINUED ON PAGE 4

924 KMs of road length, 53 bridges under PMGSY await completion

J I NEWS SERVICE
SRINAGAR, JULY 20

As many 924 kilometers of road length and 53 bridges sanctioned under the Pradhan Mantri Gram Sadak Yojana-1 and II are awaiting completion, official documents reveal.

Documents accessed by news agency that Government of India

last month told representatives of Jammu and Kashmir that 400 roads of 907 kilometers and 53 bridges under PMGSY-I and 24 roads of 17 kilometers under PMGSY-II are pending to be completed.

The issue came up for discussion during the pre-empowered committee meeting held on June 09, 2023 to discuss

the project proposals of bridges for PMGSY-III submitted by the UT Government of Jammu & Kashmir.

The meeting chaired by additional secretary (Rural Development) and Director General, National Rural Infrastructure Development Agency (NRIDA) was attended by senior officials of Centre

and J&K government.

According to minutes of the meeting, Jammu & Kashmir Government was asked if the works would be completed by the extended timeline i.e. March 2024. However, J&K Government informed the Centre that, under PMGSY-I, 80-85 kilometer

CONTINUED ON PAGE 4

Tree falls on truck on J&K Highway, Two army personnel injured



J I NEWS SERVICE
BANIHAL, JAMMU, JULY 20

Two Army personnel were injured when a tree fell on a truck on the Jammu-Srinagar national

highway in Ramban district on Thursday, official said.

The truck was part of an Army convoy, they said, adding the two have been hospitalised.

Jmu-Sgr national highway reopens for traffic

J I NEWS SERVICE
JAMMU, JULY 20

Traffic on the Jammu-Srinagar national highway resumed on Thursday after a day-long closure due to landslides and mudslides in Jammu and Kashmir's Ramban district, officials said.

Heavy rains had triggered landslides

CONTINUED ON PAGE 4

Anarnath Yatra 2023 | 6,523 pilgrims leave from Jammu base camp

J I NEWS SERVICE
JAMMU, JULY 20

Chanting 'Bam Bam Bhole' as many as 6523 pilgrims on Thursday left from Bhagwati Nagar Base camp here for Shri Amarnath Cave Shrine in South Kashmir Himalayas.

An official said that a batch of 6523 pilgrims left the base camp in a convoy of 262 vehicles.

A group of 3746 pilgrims (2995 males, 665 females, two children, 75 sadhus and nine sadhvis) left for Pahalgam in a convoy of 167 vehicles.

For Baltal, 2777 pilgrims comprising 1750 males, 1020 females, one child and six sadhus left in a convoy of 97 vehicles amid tight security arrangements.

The yatra commenced on July 11 will conclude on August 31.

Bollywood Actress Sara Ali Khan undertakes Amarnath Yatra



J I NEWS SERVICE
SRINAGAR, JULY 20

Bollywood actress Sara Ali Khan undertook Amarnath Yatra in Kashmir Himalayas on Thursday.

A video on social media showing Sara Ali Khan along with some friends and escorted by the security forces coming down the stairs at the Cave shrine of Amarnath.

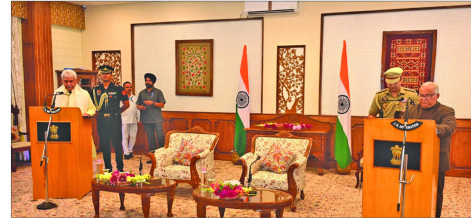
The actress was wearing a grey trek suit and a "chunari" hanging with her neck, carrying a long stick in her right hand and left hand held by her friend coming down the stairs somewhere near the Amarnath route.

Sara Ali Khan often visits Kashmir valley and last time she was seen along with her brother Ibrahim Ali Khan at Gulmarg during the winters.

Sara Ali Khan also recently travelled to Pahalgam in south Kashmir where the actress enjoyed every bit of the trekking.

Last week India's top Badminton player Saina Nehwal along with her mother also undertook the Amarnath yatra in Kashmir valley.

B R Sharma takes oath as State Election Commissioner



J I NEWS SERVICE
SRINAGAR, JULY 20

Braj Raj Sharma was sworn in as the State Election Commissioner (SEC) for the Union Territory of Jammu and Kashmir on Thursday.

The oath of office was administered by the Lieutenant Governor Manoj Sinha at a ceremony held at Raj Bhawan here.

Sharma a 1984 batch IAS officer has served as the chief secretary of the

erstwhile state of Jammu and Kashmir from 2015 to 2017. Sharma has served as the Additional Secretary in the Ministry of Home Affairs (MHA), Government of India.

Sharma's predecessor K K Sharma completed his term as SEC on February 1, 2023.

Jammu and Kashmir Lieutenant Governor had issued appointment orders of Sharma as the State Election Commissioner July 15.

"In exercise of the powers conferred by provision to sub-section (3) of section 36 of the Jammu and Kashmir Panchayati Raj Act, 1989, the Lieutenant Governor is pleased to appoint Braj Raj Sharma, IAS(Retd) as State Election Commissioner for Jammu and Kashmir," the order reads.

It said Sharma shall hold the position of the State Election Commissioner till he attains the age of 65.

Dr Jitendra informs Rajya Sabha about India's Rising nuclear power capacity

AGENCIES
NEW DELHI, JULY 20

Union Minister of State (Independent Charge) Science & Technology; MoS, PMO, Personnel, Public Grievances, Pensions, Atomic Energy and Space, Dr Jitendra Singh today informed the Rajya Sabha about India's rising Nuclear Power capacity.

In reply to a question, Dr Jitendra Singh stated that the present installed nuclear power capacity is set to increase from 7480 MW to 22480 MW by 2031.

The Minister informed that the present installed nuclear power capacity in the country is 7480 MW comprising 23 nuclear power reactors. He said, nuclear power reactors generated 46982 M-



Units of electricity (including infirm generation) in the year 2022-23.

Dr Jitendra Singh said the share of nuclear power in the total electricity generation in the country was about 2.8% in the year 2022-23.

The Minister stated that the present installed nuclear power capacity is set to increase from 7480 MW to 22480 MW by 2031 on progressive completion of projects under construction and accorded sanction. The Government has also accorded 'in principle' approval for new sites to set up nuclear reactors in future, he said.

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Col Mahan expresses grief & support for victims of flash floods in Bani, Kathua

Says District Admin is actively working to restore normalcy

JJ NEWS SERVICE

KATHUA, JUL 20 : Col Mahan Singh, Chairman District Development Council of Kathua, today expressed deep grief and sorrow over the devastating loss of lives and property caused by flash floods and cloud burst in Bani, Bosholi, Tornah, Billawar, Kathua and Hirnanagar regions.

Upon learning about the incident, Col Mahan Singh promptly engaged with the district administration of Kathua to coordinate and expedite rescue operations. He said the rescue teams are



working tirelessly to reach those in need and provide immediate assistance to the affected residents.

Col Mahan Singh has also issued necessary directives to the District Administration to assess the extent of losses incurred by

the people and ensure that adequate compensation is provided to the affected families. He also directed DC Kathua to initiate action for help under SDRF for the victims.

Col Mahan Singh also raised serious concern pertaining to the damage caused to the bridge over Tarnah Nallah on the National Highway. Recognizing its significance for transportation and connectivity, he urged the administration to take immediate action to restore the bridge and ensure the smooth flow of traffic.

Col Mahan said that the

district administration is actively working to restore normalcy and provide necessary aid to those affected. He assured the public that all possible measures are being taken to mitigate the impact of this disaster and ensure the well-being of the community.

He extended his heartfelt condolences to the families who have lost their dear ones and offered his sincere sympathies to those who have been injured in this unfortunate event. He urged the citizens of Kathua to come together in this time of crisis and extend support to the affected families and

Purnima Inaugurates special Adharcamp organised by Moonchild Social Welfare Foundation



JJ NEWS SERVICE

JAMMU, JUL 20: Moonchild Social Welfare Foundation, successfully organized a Special Adhaar Card Update and Correction Camp at Shambu Mandir, Roop Nagar. The event was inaugurated by the former Deputy Mayor, Adv. Purnima Sharma, who expressed her confidence that the camp would extend substantial convenience to the attendees. She emphasized that many individuals facing challenges in obtain-

ing their biometrics and acquiring new cards would immensely benefit from this initiative.

Chairman Megha Jamwal from Moonchild Social Welfare Foundation, Editor-in-Chief of Global Matrix Shubham Langer, and Ward No. 62 Corporator, Smt. Rekha Manhas, Dignitaries from Mandir Trust were Pardhan Sat pal Singh Chib, Dwarka Shastri ji, Ajmer Singh Manager were also present, reaffirming their commitment to uplift the community and contribute

to its overall well-being.

The camp's primary objective was to provide crucial Adhaar card update and correction services, ensuring accurate identification documents for citizens.

These updated cards empower individuals to avail various government welfare schemes, services, and benefits seamlessly. The foundation and its esteemed partners worked cohesively, leaving no stone unturned to make the camp a resounding success.

"We are optimistic that this camp will prove to be a

game-changer for numerous individuals who face difficulties in obtaining their biometrics or acquiring new cards. The convenience offered by this initiative will be of immense value to those in need," said Adv. Purnima Sharma, acknowledging the impact of the camp on the community.

The event witnessed an overwhelming response from local residents, with over 100 individuals participating and benefiting from the services provided. The foundation's dedicated volunteers, alongside government officials, worked tirelessly to ensure a seamless and efficient process for all attendees.

The Moonchild Social Welfare Foundation remains steadfast in its commitment to promoting social welfare, education, and community development. Events such as the Special Adhaar Card Camp exemplify the foundation's dedication to bridging service gaps and addressing immediate needs in the community.

POWERGRID Lightens up the remote villages on Chushul Valley and Tangste in the UT Ladakh under PMDP

JJ NEWS SERVICE

JAMMU, JUL 20: In a significant development towards making electricity accessible in the remotest parts of the country, Power Grid Corporation of India, Limited (POWERGRID) on 17th July 2023 completed the Rural electrification network in Chushul Valley habitations touching to Line of Actual Control (LAC) with China in Durbuk block of Leh Ladakh. The network involves completion of overhead HT/LT network in four (04) border Village habitations of Chibra, Satoh, Kherapulla & Parma coming under Village - Kargyam of Durbuk Block. POWERGRID executed this work as part of the consultancy work being assigned by Ladakh PDD under the centrally sponsored scheme of PMDP.

POWERGRID established an HT network of 16.896 Ckm and LT distribution network of 0.9 Ckm involving a total of 436 Poles in addition to 05 Distribution Transformers of 100 KVA capacity each. By virtue of this network, 01 Village habitation-Chibra was successfully electrified through State run DG System while the Overhead network of other Village habitations

stands completed & will require underground cable laying in a stretch of nearly 10.55 Kms due to Wildlife reserve, the case of which is under process of award at Ladakh PDD level.

Rural habitations falling under Village Kargyam are located at a distance of more than 140 Kms from the district headquarters of Leh. These habitations fall in Chushul Valley which is just few miles away from the LAC touching with China. These remote hamlets are a home to more than 107 households & by virtue of this network, habitation Chibra received electricity for the first time while as other Villages will also be able to receive the same very soon after completion of UG cable link.

Sub-zero temperature of Chushul Valley even during summers, transportation of men & material through highest mountain pass of Chang-La (Altitude -17688 feet) which intermittently remains blocked due to inclement weather and above all time constraints of Scheme closure were some of the major challenges which POWERGRID had to overcome to achieve this historical feat for the people of these border Village habitations

near to LAC.

Earlier on 31st July 2023, POWERGRID had successfully electrified 02 remote habitations of Aerong and Pilasalsal falling in Village - Tangste under Durbuk block of Leh District under the centrally sponsored scheme of PMDP.

For achieving this milestone, POWERGRID established an HT network of 9.5 Ckm involving 215 11 kV ST Poles and LT distribution network of 1.529 Ckm involving 41, 8-meter LT Poles & 03 Distribution Transformers (02-16KVA & 01-25 KVA capacity).

Located at a distance of more than 100 Kms from the district headquarters of Leh, the Village habitations of Aerong and Pilasalsal are a home to more than 45 households. Earlier, the households of these hamlets were without electricity and were using small solar set-ups to get the electricity for limited period of day. As Power Supply being fed through conventional DG Set was available only up to Earth Village. POWERGRID established the network beyond Earth Village and these 02 remote Village habitations were electrified for the first time.

Apni Party deputation from Udhampur calls on Altaf Bukhari

JJ NEWS SERVICE

JAMMU, JUL 20 : A deputation of Apni Party leaders from Udhampur called on Party President Syed Mohammed Altaf Bukhari sahib and informed about the developmental issues faced by the people in hilly district.

The deputation was led by Provincial Vice President, Jammu, Ex-MLA

Faqir Nath, District President Udhampur, Hans Raj Dogra, Haji Noor Mohammed, Jagdev Singh, Satpal Chahotra, Harpreet, Vijay Sharma, Ajit Sharma, Dharmal Verma, Makhana Lal (Sarpanch), and others. Provincial President, Jammu, S. Manjit Singh was also present on the occasion.

During their meeting, the deputation members informed Altaf Bukhari

about the worst road condition across Udhampur, Beerma bridge and bridge at Samroli especially during the rainy season. They said that the remote areas and even Udhampur town is underdevelopment and civil field departments do not listen to the people.

"The electricity and drinking water crises has also worsened in

Pritam Singh Saini, ADC Harvinder inaugurate Langar for Amarnath Yatra Devotees



JJ NEWS SERVICE

JAMMU, JUL 20 : Pritam Singh Saini, Editor-in-Chief of Nawa-i-Waqt Newspaper and National Vice President of Santantrik Samaj Sangathan, along with Harvinder Singh, Additional Deputy Commissioner Law & Order, Jammu, today inaugurated the Langar organized by Shri Amarnath Ji Yatra Welfare Society on the 20th consecutive day at Baba Purnath Temple, Bhagwati Nagar. The Langar has been thoughtfully arranged to provide food

and essential amenities for the devotees of Lord Shiva embarking on the revered Amarnath Yatra.

In a heartwarming gesture, both Pritam Singh Saini and Harvinder Singh personally distributed food and Langar among the devotees, experiencing joy and virtue in serving the pilgrims.

Speaking to reporters, Pritam Singh Saini emphasized the significance of Lord Shiva and the eternal bond of humanity that prevails in Jammu and Kashmir. He expressed his happiness to be part of this

sacred gathering and lauded the efforts of Shri Amarnath Ji Yatra Welfare Society in providing 24x7 Langar services to the devotees of Baba Barfani. He assured his unwavering support to such noble initiatives and appealed to the people to come forward and contribute wholeheartedly to the Langar organizations serving the pilgrims of Amarnath Yatra.

Harvinder Singh, in his address, highlighted the divine essence of Lord Shiva and the blessings that His devotees receive through their worship.

He expressed gratitude for the privilege to participate in the Langar and serve the devotees on the auspicious Amarnath Yatra.

National General Secretary, Raju Chandhel, marveled at the massive gathering of Shiva devotees in Jammu and Kashmir, drawing a comparison to the grandeur of the Maha Kumbh Mela. He acknowledged the positive impact of the pilgrimage on the region's tourism and local businesses, contributing to increased employment opportunities.

Rajkumar Goyal, National Working President of the Society, emphasized the role of Sanatan Dharma in establishing peace worldwide. He commended the efforts of Baba Shri Barfani Amarnath and the Langar organizers for fostering unity and spiritual harmony among the devotees.

The Langar operator, Matrushakti Meena Kak, TK Kak, Paramjit Singh Happy Manthan Goyal, youth leader Sardar Charan Singh, District President Jammu Ji Vikram Sridhar Chhota Yogi, and Majeed Bhai were present.

NDA, HIIT launches 'Meri Mati Mere Desh' programme in Samba

JJ NEWS SERVICE

JAMMU, JUL 20 : Nations Development Association (NDA) affiliated NYKS J&K Under the Ministry of Youth Affairs & Sports Government of India associated HIITin has geared up to start a range of activities under Meri Mati Mere Desh Program, even as in recently concluded the activities under the International Moon Day.

In this regard, the NDA Volunteers and Chairman Nations Development Association (NDA) today visited HIIT Centre Samba to organize a preliminary meeting with the people for the implementation of the Meri Mati Mere Desh Programme launched by Ministry of Youth Affairs & Sports, Government of India.

Sushil Singh Charak Chairman Nations Development Association & convener of the meeting briefed the people about the Programme and appealed for their maximum participation.

Further, he informed that near about 75 saplings of indigenous nature will be planted as a part of the Programme preferably in a single cluster to be commonly known as "Amrit Vatika". They discussed the various issues pertaining to the Plantation drive to be conducted on 9th of August, 2023 and also framed a strategy for making the drive successful.

Speaking on the occasion, Vishal Singh Manhas, Managing Director HIIT welcomed the Sushil Singh



Charak Chairman NDA and volunteers from Samba and highlighted the importance of the Meri Mati Mere Desh Programme of the government.

Further, he assured maximum participation of the villagers in the Programme. During the meeting four different locations were identified for the plantation of trees on 9th August, 2023 i.e. Ambli, Basa Khurd and Rakh Ambli etc.

The people were also made aware of the Yuva Portal as an online Yuva

Leadership and Social Engagement Platform that aims to empower and engage youth to become leaders and active citizens in their communities. It provides tools, resources, and opportunities for youth to develop their skills, engage in social impact projects, connect with peers, and contribute to the governance process. Other prominent persons present on the occasion included Manisha Sambhal, Abhinav Bandral, Priya Sharma and Ajay Kumar etc.

Toyota Kirloskar Motors delivers a fleet of the Iconic Hilux to the Indian Army

JJ NEWS SERVICE

JAMMU, JUL 20 : Toyota Kirloskar Motor (TKM) is proud to announce the handover of a fleet of Toyota Hilux, marking the company's first-ever delivery of its Hilux to the Indian Army. The Hilux was put through over 2 months of extensive and rigorous evaluation by the Northern Command of the Indian Army and the globally acclaimed Hilux outperformed in extreme weather and rough terrains - ranging from an altitude of 13000ft to sub-zero temperatures. The Toyota Hilux is an iconic Utility Vehicle that is globally recognized for its toughness, durability, reliability, and off-roading capabilities.

Sharing his views, Mr. V. Wiselene Sigamani, General Manager - Strategic Business Unit (North), said "We are thrilled to deliver the Hilux, marking a significant milestone, fulfilling our first-ever Hilux order to Indian Army. We are truly honoured and proud with this opportunity. The Hilux that offers unique off-roading characteristics, coupled with enhanced safety features, makes it the most ideal vehicle for the army purposes and cater to their special purposes.

We are sure that the Hilux will be a



great addition to the army's fleets and meet the specific needs of our esteemed clientele. This reaffirms our commitment in offering reliable products and our association with the Indian Army in the future."

The senior leadership and users of Hilux said, "We are happy to receive the first fleet of Toyota Hilux, which measures up to the requirements of the Indian Army.

We acknowledge TKM's support to customise the Hilux, passing through our stringent road tests with its strong off-roading strengths and extreme performance under stringent weather, difficult terrain conditions, which is key

to our requirements. We look forward to utilising these fleet of Hilux for the purposes meant."

With its global reputation as a reliable off-roader, the Hilux has proven its worth time and again, and the Indian Army's procurement post rigorous testing only serves to reinforce its reputation.

Globally, the Hilux sales have surpassed 20 million units winning hearts of many discerning customers from over 180 countries.

Through more than five decades and eight generations, the Toyota Hilux has created extraordinary experiences and an unbreakable bond with those who desire awesome drives.

All Women Tri-Services Motorcycle Rally given a heroic welcome



J I NEWS SERVICE

JAMMU, JUL 20 : The Tri-Services All Women Motorcycle Rally reached Jammu on 20th Jul 23 which was flagged off by the Chief of the Army Staff, General Manoj Pandey from National War Memorial, Delhi on 18th Jul 2023.

The Tri-Services All Women Motorcycle rally was given a heartwarming welcome by students of St

Mary's Presentation Convent School. The team members interacted with the students and motivated them to join the Armed Forces. An inspirational speech was also delivered by Dr Deepali Adhau about tales of Kargil War including heroics of Gallantry awardees Capt Vikram Batra and her husband Col Rajesh Adhau. Dr Deepali also highlighted the indomitable spirit of Indian women and the heights which they are capable of achieving with their sheer resolve and willpower.

The school children were spellbound by her speech and the program ended with a beautiful cultural program by students of St Mary's Presentation Convent School.

The 25-member strong tri-services team includes two Veer Naris, one of whom is a serving officer, 10 serving

Indian Army Women officers, one woman officer each from Indian Air Force and Indian Navy, three women soldiers of Indian Army and eight Armed Forces spouses.

The team will celebrate the decisive victory of the Armed Forces in the Kargil War and pay tribute to the soldiers who made the supreme sacrifice in service of the Nation. The Rally will cover a total distance of approximately 1000 kilometres, wherein they have traversed through the arduous tracks in the plains of Haryana, Punjab before reaching Jammu.

The rally will now move through the high mountain passes of Jammu & Kashmir and Ladakh to reach Kargil War Memorial in Dras on 25 July 23. During the Rally, the team is interacting with NCC Cadets, students from various schools/colleges, Veterans and Veer Naris.

For this Rally, the Indian Army has partnered with TVS Motor Company and the participants will be riding on TVS Ronin motorcycles.

Baldev Billawaria takes strong measures to improve water supply in Jammu

J I NEWS SERVICE

JAMMU, JUL 20 : In a bid to address the concerns of the water supply for Jammu, Deputy Mayor Jammu Baldev Singh Billawaria has strongly directed the PHE Authorities for the better water supply in badly affected areas in Jammu.

Addressing a press conference, Deputy Mayor Jammu Baldev Singh Billawaria highlighted the ongoing development works for water supply systems for future doorstep of water supply. Deputy Mayor Jammu Baldev Singh Billawaria takes Strong Measures to Address Water Supply Concerns in Jammu. Deputy Mayor Jammu Baldev Singh Billawaria said that he would like to inform the people through a press conference that the Municipal Corporation is taking strict steps to address the water supply concerns in Jammu city. Deputy Mayor Baldev Singh Billawaria expressed his commitment to resolving the water supply issues promptly. He stated, "Access to clean and reliable water is a fundamental right of every citizen, and it is our responsibility as public servants to ensure that this right is upheld. We are taking decisive steps to address the water supply concerns in Jammu, and with the cooperation of the PHE Authorities and the active involvement of the community, we will overcome these challenges. Deputy Mayor Jammu, Baldev Singh Billawaria said in a press conference that a meeting was held with the officers of the PHE department to mitigate the challenges arising out of lack of water supply in various areas of Jammu city.

In a proactive effort to alleviate the challenges posed by water supply scarcity in various areas of Jammu, Deputy Mayor Jammu, Baldev Singh Billawaria, has issued stringent directives to the Public Health Engineering (PHE) Authorities.

The aim is to significantly improve the water supply to the badly affected

regions and ensure a better quality of life for the residents. During the meeting, he emphasized the critical importance of providing a steady and reliable water supply to all areas of Jammu, especially those severely affected by shortages.

Highlighting the major development works for water supply systems, Deputy Mayor Jammu, Baldev Singh Billawaria said that about 600 crores is being spent for new tubewells and their improvement. Deputy Mayor Jammu Baldev Singh Billawaria said that under UT CAPEX Rs. 6.5 crore will be spent for tubewells at Greater Kailash for which tendering is under process. Tubewell at Deeli with a capacity of 2 Lacs gallon of water supply which can boost the water supply of the adjoining area of Deeli. In Sainik Colony Sec. D, E & F ongoing work of tubewell is in progress with the capacity of 30 thousand gallon of water in Sector C tubewell is already installed. At Shastri Nagar Rs. 40.00 Lacs area proposed for the improvement of the water supply system. In Channi Himmat tubewell is drilled to improve the water supply of Sanjay Nagar area. Bhor Camp area and also a water distribution system is also proposed in these areas according to the need of water supply. The Sainik Colony Sec. A DHT overhead water tank for an amount of Rs. 1.50 crore for which tendering is under process. The tendering for construction of tubewell at Sunjwan is under process including other allied works. Also in Trikuta Nagar Chak Vijay Rs. 1.50 crore will be spent for improvement of water supply for which tendering is under process including the Tubewell near Gurudwara Sahib Trikuta Nagar for an amount of Rs. 1.50 crore.

Inter connection of tube well, which can divert the water supply to the affected areas under JAL JEEVAN Mission water supply scheme at Bhandi 15.50 crore work has been tendered and same has been allotted and at Dharap Kotte Over Head Tank (OHT) has been completed. Water supply

at Old Satwari the tubewell has been drilled & is functional with the water capacity of 15,000 gallon is dedicated to the public of the said area.

Deputy Mayor Jammu Baldev Singh Billawaria said that during the meeting the following key actions have been initiated:

Assessment and Prioritization: The PHE Authorities have been directed to conduct a comprehensive assessment of the water supply infrastructure across Jammu. Special attention will be given to areas that have been experiencing prolonged water shortages.

Swift Remediation: Immediate repair and maintenance work will be carried out on water supply pipelines and related infrastructure. Any leaks or damages that contribute to water loss will be addressed promptly.

Water Conservation Awareness Campaign: To foster a culture of responsible water usage and conservation, Deputy Mayor Billawaria has instructed the PHE Authorities to launch an extensive awareness campaign. The campaign will educate citizens about water-saving practices and the significance of preserving this precious resource.

Community Participation: The Deputy Mayor strongly believes that community participation is vital in tackling water supply challenges effectively. He has urged local residents, community leaders, and stakeholders to collaborate with the PHE Authorities and actively participate in water conservation efforts.

Transparency and Accountability: To ensure a transparent approach, the Deputy Mayor has called for regular updates from the PHE Authorities on the progress made in addressing the water supply concerns. Accountability will be a key focus throughout the implementation process.

The Deputy Mayor also urged the citizens of Jammu to report any water-related issues they encounter promptly to the PHE officers and to actively participate in water conservation initiatives.

Dr Manohar demands special package for flood affected areas

J I NEWS SERVICE

JAMMU, JUL 20 : Dr Manohar today expressed profound grief over the loss of lives in house collapse and landslides triggered by incessant rains in the Bani, Bashioli, Tarnah, Billawar, Kathua and Hiranagar regions. He prayed to the Almighty to grant eternal peace to the departed souls. The loss to the bereaved families is colossal," he said while asking the near and dear ones to remain strong at this hour of grief to bear with the irreparable loss. Dr Manohar also expressed sympathies with the bereaved families as the loss incurred was gigantic. He said that the government should have issued timely warnings about the heavy rains so that people could have gone to safer areas.

He also expressed concern about the damage inflicted to civic infrastructure in the entire region, especially the damages to the bridge near Dyala Chak leading to NH44 blockage. Stressing on remaining alert in the wake of flash floods and landslides, the former Minister said he is concerned about the families living in far-flung areas where the situation is grim due to incessant rains which have triggered landslides and disconnected poor people in terms of road blockades and communication disruption.

"Since the major rivers including Tawi, Chenab, Basantar, Devak, and Ujj are flowing above the danger mark, the administration should remain alert to the emerging situation," Dr Manohar cautioned. In anticipation of

landslips in hilly districts, Dr Manohar asked the Border Roads Organisation (BRO), Public Works Department (PWD), National Highways and Infrastructure Development Corporation Limited (NHIDCL), and Pradhan Mantri Gram Sadak Yojana (PMGSY) department to keep their men and machinery on standby for road clearance operations, added Dr Manohar.

Expressing concern over the damages caused due to flash floods in the wake of recent rains in Jammu region, Dr Manohar Lal Sharma today urged the Government to sanction special package and immediate interim relief in favour of the sufferers. He called for immediate restoration of various protection bunds, road network and other public utility services that have suffered damages due to water logging and flash floods, besides shifting such of the families to Government buildings whose houses have been damaged.

Dr Manohar took a detailed appraisal of the damages caused in Billawar constituency and other pockets of Jammu region and stressed the need for providing special package and immediate interim relief to the sufferers. Dr Manohar urged the administration for carrying out urgent survey to assess the losses so that those suffered could be compensated. He also stressed the need for immediate restoration of various utility services like electricity and drinking water wherever these have been affected. Dr

Manohar sought round the clock functioning of the essential departments and close monitoring of water level in various rivers and Nallas so that necessary preventive and rescue measures are undertaken in the event of eventualities. He also exhorted upon the officers of the divisional and district administration to be prompt and alert vigilant towards their services to deal with the situation arisen due to heavy rains and flash floods in the region effectively.

Dr Manohar exuded confidence that visits of top ranking officials in the flood affected areas will ensure better coordination between various departments and help in mitigating the problems confronted to the people.

He stressed the need for dewatering the water logged areas and covering these by disinfectants for the overall health and hygiene. He also sought the survey and assessment of crop damages so that the farming community is adequate compensated.

Dr Manohar further demanded mobilizing the administration for meeting the challenge posed by the incessant rains for about a week now. He also urged the Disaster Management Authority to beef up its operation for rescuing the flood affected people. He expressed serious concern over the losses caused to residential houses and paddy fields due to cloud burst and incessant rains during past three days in J&K and sought appropriate compensation in favour of affected people.

NC strongly opposes replacement of Smart Power Meters with Prepaid Meters

Prioritize uninterrupted power supply instead of seeking Advance Payment: Rattan Lal

J I NEWS SERVICE

JAMMU, JUL 20 : The J&K National Conference vehemently opposed the decision of J&K Government to replace smart power meters with prepaid meters. The Party believed that switching over from one type of meter to another will not serve the purpose, as the root cause of corruption lies within the system and not with the power meters themselves. The delinquent staff and corrupt consumers are responsible for the bungling, not the meters.

In a statement issued here today, Rattan Lal Gupta, Provincial President JKN, Jammu, said that switching over from one type of meter to another will not serve the purpose because 'corruption' is deep rooted in the state. The present dispensation is miserably failed to eradicate corruption and now the government has started harassing general public.

He questioned the government's decision, stating, "What is the point of big packages announced by the government if the common people have to pay extra bucks to cover up the losses incurred by the power department?"



He believed that the government's approach is adding additional burden to the already struggling population who have lost their livelihoods due to the pandemic and are facing the repercussions of the highest-ever inflation and unemployment in J&K.

Rattan Lal Gupta strongly believed that it is inhumane for the government to enforce advance payment of power bills on the marginalized population. "On one hand, the government is claiming that J&K will become a power surplus Union Territory in the next three to four years, with the completion of hydroelectric projects generating 3099 Mega Watts of power and the other hand the government is forcing

common man to pay power bills in advance, which is deemed inhuman," he added.

The senior NC leader called on the government to reconsider its decision and instead follow the policies implemented by the Delhi and Punjab governments and those consuming power up to 200 units should be exempted from paying bills, as a way to support the already burdened population.

Furthermore, he asked the Jammu Power Corporation Ltd (JPCDL) authorities to prioritize providing uninterrupted power supply to the people instead of demanding advance payment. The current financial crunch faced by the population due to the pandemic and its extensive impact makes it an inappropriate time to make such harsh decisions, he said.

The Provincial President sought that the authorities should revise the proposal to switch over to prepaid meters. He believed that it is not the right time to implement such anti people schemes when people are facing a financial crunch. The government should focus on supporting the population rather than putting further pressure on them.

DFSS activists protest against the Kashmiri politicians for spreading propaganda on the 5 Marla Land Scheme

J I NEWS SERVICE

JAMMU, JUL 20 : Militants shot at and injured two non-local labourers in south Kashmir's Anantnag on Tuesday evening. Terrorists fired upon two outside labourers in Anantnag. Both the injured civilians have been shifted to hospital.

The attack comes just five days after militants shot at and injured three non-local migrant workers in south Kashmir's Shopian.

The reason behind the attack has been initiated by the statements of Ex. Chief Ministers as they have been saying that the 5 Marla's of land will be given to the outsiders.

A detailed list has been published on the website of rural development department which has shown that the land has been given to the residents of Jammu & Kashmir. Mr GUPTA



demanding answer from the Ex. Chief Minister as a copy from the website of the rural development department has been sent to both of them. This is a mere propaganda which is being spread by both of them for petty vote bank. 200 kanals of land was given to Bihlwar and the distinguishes was it done between Andar wala or Babar wala.

The workers of DOGRA FRONT & SHIV SENA under the leadership of president Mr ASHOK GUPTA took out a protest rally in jammu city against the two Ex Chief Ministers as there propaganda is acting in which they are terrorizing the migrant labour force.

At last he stated that if the 2 ex chief ministers are so clear than invite them for a debate on this issue of land being giving to locals or outsiders. The party people who were present at the time of protest were Rajkumari, Ashish, Dinesh, Sham, Gola, Dev Raj, Bantu and various others were present.

Dr. Manyal for proactive measures to provide relief to Bani residents

J I NEWS SERVICE

JAMMU, JUL 20 : Expressing grief over the loss of precious lives and damages to the houses in Bani area of Kathua district due to heavy rains and landslides, Jammu and Kashmir BJP General Secretary & former minister Dr. Devinder Manyal, has stressed upon the LG administration to press into service all the available machinery and manpower to undertake the rescue and rehabilitation operations on war footing.

On the occasion, Dr. Manyal also made a fervent appeal to the UT Lieutenant Governor, Manoj Sinha, to provide immediate relief and ex gratia to the affected families and free medical assistance to such people who may be in need of such help. He said that the natural calamity has caused immense damages to the existing connectivity network also, which may create hurdles in reaching every affected area and as such alternate means for the purpose should also be utilised.

Besides, he also asked to identify black spots of land sliding areas and make permanent solutions to the problem. He asked the administration to take appropriate action and funds be provided for repairing and restoring the connectivity network which were damaged due to recent heavy rains.

While Dr. Manyal for proactive measures to provide relief to the Bani residents, he also raised a point to identify the weak points which may prevent future mishaps, as he pointed out that while the rains and the raised waters are a recurrent natural phenomenon but the damages could be prevented with a better foresighted constructive and preventive physical measures. At the same time, the BJP leader also asked the party activists, social and religious organisations to cooperate with the administration in its operations for providing relief to the population affected by the recent floods in their respective areas.

Leopard mauls 2-yr-old boy to death in Bijbehara

JNEWS SERVICE ANANTNAG, JUL 20

A two-year-old boy was mauled to death by a Leopard at Check Dadoo village in Bijbehara area of South Kashmir's Anantnag district on Thursday evening. An official told the news agency that a two-year-old boy identified as Burhan Zahoor, son of Zahoor Ahmad Khan of Check Dadoo in Sangam Bijbehara hamlet was pounced upon by a leopard near his residence. The leopard reportedly dragged the boy into dense orchards. Alarmed by the cries, the family and locals chased the leopard and retrieved the boy in critical condition, he said. They evacuated the boy to Sub District Hospital (SDH) Bijbehara where he succumbed to his injuries, he said. The incident created panic among the villagers, who demanded authorities to trap the leopard to avoid any such incident in the future. They alleged that such incidents have come to the fore in the area several times but department has failed to trap the animal.

Weapon snatching bid foiled in Shopian, one held: Police

JNEWS SERVICE SRINAGAR, JUL 20

A rifle snatching bid was foiled on Thursday evening at Imnashib area of South Kashmir's Shopian district, a top police officer said. A senior police officer told the news agency that a person attempted to snatch a weapon from SOG personnel near the camp at Imnashib. He said that with the quick action, the snatcher was, however, arrested on the spot. Senior Superintendent of Police (SSP) Shopian confirmed the incident to KNO and said that a case is being registered to take up further investigation into the matter.

Youth found dead inside shop in Qazigund, family alleges foul play

JNEWS SERVICE QAZIGUND, JUL 20

A 22-year-old youth was found hanging under mysterious circumstances inside his shop in Bahama area of Qazigund in south Kashmir's Kulgam district, while his family members smelled foul play and demanded investigation. An official told the news agency that the youth was found dead inside his shop this morning. "Police rushed to the spot and shifted the body to emergency hospital Qazigund for postmortem," he said, adding that a case in this has been registered and investigation has been started. Meanwhile, family members and relatives of the deceased held a protest and alleged that he had been murdered. "We appeal to the authorities to look into the matter and investigate the case thoroughly to identify the culprits involved," they said.

Primary school in Satrina Kangan 'can collapse any time', say locals

JNEWS SERVICE GANDEBAL, JUL 20

The existing buildings of the Government Boys Primary School Satrina Kangan in Ganderal district have developed cracks, thus posing a threat to the lives of hundreds of students and staff members. The residents of the area told the news agency that both buildings are damaged and the chances of their collapse had increased manifold. "Our children are made to study in these buildings due to the non-availability of a new one. We always remain worried about the well-being of children and teachers," said a local. A parent of one of the students said, "Our children are studying under the shadow of death. The building can collapse anytime which can result in fatalities." The students are also suffering due to a lack of adequate accommodation, he said. Deputy Sarpanch of the area told KNO that the buildings had developed cracks and the matter was brought to the notice of the concerned department several times but to no avail. The locals also demanded the upgradation of the primary school to middle school. They have appealed to Deputy Commissioner Ganderal to look into the matter.

Out-of-list drug found at Jan Aushadhi store at DH Kulgam

JNEWS SERVICE KULGAM, JUL 20

A drug which is not approved under Jan Aushadhi drugs was found in a store at District Hospital Kulgam raising concerns among the public. Official sources within the hospital informed news agency, that one particular drug of Paracetamol infusion was found at the Jan Aushadhi store even as the drug isn't included in the official drug list of Jan Aushadhi. They said that hospital authorities have received complaints regarding fungal contamination in the drug. They said that soon after the incident came to fore, a message was passed to staff to avoid using the particular brand but there is need to find out how the drug reached the Jan aushadhi store when it is not in the list. Notably drugs supplied through the Pradhan Mantri Jan-Aushadhi Yojana to Jan Aushadhi Stores undergo rigorous quality testing before reaching the end-users but finding of non approved drug in Jan aushadhi centre raises concerns among the public. Through Pradhan Mantri Jan-Aushadhi Yojana the drugs are being given to public at cheaper rates but drugs are considered to be very effective. A top health official acknowledged that a

Forest employees protest in Anantnag in favour of risk allowances

JNEWS SERVICE ANANTNAG, JUL 20

Members of All Jammu and Kashmir Non-Gazetted Forest Officers' Association staged a protest demonstration here on Thursday in favour of several demands including removal of pay anomaly and grant of risk allowances. Scores of protesting employees assembled in Anantnag and raised voice in favour of demands. They said even as they were doing their duty amid risky situations, "we are not being given the benefit of risk allowance." The leaders of their association said that forest protection wing employees are getting all the benefits but those who work are being kept deprived of such benefits. They said that so far 110 employees of the forest department have laid their lives while performing the duties and despite that no allowance came to them. They said those who are receiving such allowances have never received even injury on the ground. They said that a young boy Imran Yousuf from Budgam has laid his life while protecting the forest and the government must provide all possible help to the family of the victim. They demanded that the government must provide his kin a job under SRO 43 and other possible benefits to his family. The protesters appealed to the LG administration to intervene in the matter and do needful on humanitarian ground.

Receiving bookings from countries that never visited J&K: Secretary Tourism

JNEWS SERVICE SRINAGAR, JUL 20

Secretary Tourism Syed Abid Rashid Shah on Thursday said that after the G-20 Summit in Kashmir, there has been a significant increase in inquiries and bookings from the countries that have never visited J&K. "With the success of the G-20 tourism summit, we are getting a lot of inquiries and bookings from the countries which had not visited here. We are confident that in the coming times, we will be able to present Jammu & Kashmir as a global destination," he said, according to the news agency. Shah said tourist visits in Jammu & Kashmir will increase following the G-20's success. "During the first 6 to 7 months of this year we have already crossed the last year's tourist arrival figures and the number is increasing with each passing month," he said, adding, that the rush of tourists towards J&K is a "big tribute" to the people here for their "warmth" and "hospitality". Along with the natural beauty and grandiosity in Kashmir, the people of both the regions from Jammu and Kashmir are fully hospitable towards tourists and pilgrims and welcome them with full warmth and affection, due to which they get a pleasurable experience and keep visiting here, he said. The Secretary Tourism said the "hospitable" approach of people of J&K towards tourists is a "great trend". "The whole country is witnessing this, and the foreign tourists are also turning towards J&K now," he said. Syed Abid said that holding the G-20 tourism summit was a watershed moment for the tourism scenario of Jammu & Kashmir. By the grace of Almighty, we were successful and are witnessing its positive results now, he remarked. In the coming times, the people directly or indirectly associated with the tourism sector will benefit from G-20's success, he said. KNO

Three south Kashmir villages say they consume contaminated water due to defunct filtration plant

JNEWS SERVICE PULWAMA, JUL 20

The residents of three villages in south Kashmir say they are consuming contaminated water as the authorities have failed to repair a filtration plant that was damaged in the 2014 floods. The residents of Zahid Bagh, Rakh and Darbagh villages told the news agency that the scheme was started in 2012 and started facing glitches after two years. The filtration plant of the supply got defunct in the 2014 floods, since then, around 500 households have been suffering, they said, adding that authorities have failed to take cognizance of the issue. They said dozens of households in Darbagh and Zahid Bagh are yet to be connected with the pipeline. According to locals, the scheme is functioning without filtration plants, leaving them with no option but to consume the contaminated water. "In the absence of a filtration plant, water from Nallah Tongri, which is highly contaminated, is directly being supplied to us," Sameer Ahmad, a local, said. The locals also alleged that not even 30 percent of the funds sanctioned for the scheme were spent on it. "Even the funds sanctioned after the 2014 floods were not utilized but went in the pockets of contractors and officials who were hand in glove with them," they alleged. They demanded that the pending households must be connected with the scheme. The residents have sought the intervention of Deputy Commissioner Pulwama for installing a fresh filtration plant. KNO

Nine years on, vital bridge in Pulwama awaits completion

JNEWS SERVICE PULWAMA, JUL 20

Even after the lapse of nine years, a vital bridge in the Rohmoog village of south Kashmir's Pulwama district is awaiting completion, due to which locals are suffering. Locals told the news agency that the bridge, on the Romshi rivulet, was washed out during the 2014 floods. Since then, we have been facing hardships as the authorities have failed to complete its construction, they said. Nazir Ahmad, a local, said the bridge connects Pulwama with the neighbouring Budgam district and is of vital importance. He said many bridges which were approved after 2014 have been completed but this bridge has been left incomplete due to unknown reasons. According to Nadeem Ahmad, another local, the bridge is funded by the World Bank and was taken up by the Jammu And Kashmir Projects Construction Corporation (JKPCC) nine years ago. The work was started; however, the department is yet to complete it, he said, adding that the work on the bridge is no way near completion. The locals said whenever they take up the issue with higher-ups or highlight it through media; the work is started for a few days, and then again put to a halt. The work on the bridge should be speeded up and completed at the earliest, they said, adding that they have knocked on the doors of every authority but received only assurances. The bridge is being constructed at an estimated cost of Rs 25 crore. An official said the release of funds from the World Bank was delayed due to which it took time to complete. "The work has been allotted again and the bridge will be completed soon," he said. KNO

FROM THE FRONT PAGE...

Reassess the strategy...

against support networks who are helping terrorists to carry out their nefarious designs, Singh directed for putting in all efforts to ensure terror free Jammu and Kashmir. The DGP also highlighted the necessity of gaining furthermore trust and cooperation of the people as a crucial part of counter-terror operations. With regard to Shri Amarnath Ji Yatra, he directed the officers to ensure that all the arrangements are meticulously followed to ensure incident free Yatra. Emerging challenges and their counter measures were also thereabout discussed during the meeting. The officers apprised the DGP regarding the area domination in Anantnag as also in other districts of South Kashmir. The DGP was informed that security forces are deployed at strategic locations. He was also briefed about the anti-terror security grid of South Kashmir. The meeting besides the officers accompanying the DGP was attended by Brig A.S Pundir 2 Sector RR, DIG South Kashmir Raveyes Mohammad Bhat, DIG CRPF OPS Anantnag K. Dawwal, DIG OPS (SCO) CRPF Alakh Avashy, Col. A.K Sagotra 53 RR, Col. Devan Sood 55RR, Col. Ajeet Agarwal, 3rd RR, CO 90 BN CRPF M.A.M Rizwan, CO 18th Bn B.A.K Chaurausia, CO 14th BN CRPF R.P Meena, CO 116 BN CRPF Narvir Singh, CO 130 BN CRPF Rajeev Yadav, CO 1RP 10th BN Ajaz Ahmad, CO 1RP BN Javaid Iqbal, SSP Anantnag Ashish Kumar Mishra, SSP Kulgam Sahil Sarangal, SSP Awantipora Ajaz Ahmad Zargar, DyCO 1R11th Sajid Shah, 182 CRPF Nodal officer, Pulwama Jai Singh, 14 BN CRPF Nodal officer Shopian, Rupesh Kumar, and SP Hrs Anantnag Ms Deepika.

J&K to achieve...

enhancing the capacity of individuals and institutions so that they are able to reorient their thinking to meet SDG targets. He stated that J&K aims at implementing SDG 2.0 as its objective with a defined roadmap and optimal timelines. He advised for having a clear idea about where to see ourselves after 6 months, 1 year or a decade from here. He also directed for making SDG portal live by next month for the UT which would give real time data for targeted interventions. On the occasion he thanked Mr Goel for sharing his ideas and expertise with the officers to sensitize them about the future challenges to be faced by the Government. He asked him to help J&K in drawing way forward in light of its strengths and opportunities. In his address Mr Goel called SDG a vehicle for attaining future-ready governance. He remarked that building institutional capacity should be focus of the administration. He observed that the partnership with UNDP can be valuable in creating future-ready J&K. In his presentation, he dwelt upon effective systems, processes and technologies that can help in faster implementation of SDGs. He asked for creating awareness about technology which he said is not based on IT tools alone but future technologies in sync with changing times.

He exuded hope that J&K has right direction and leadership to steer its way forward in smoothly implementing all the policies for achieving SDGs. He made out that its brisk momentum of going up the ladder on different parameters in the last few years as showcased here is reinforcing it further. He asked for establishment of SDG coordination centre for accelerating and monitoring the implementation at the highest level. A number of presentations were made by the UNDP experts, Administrative Secretaries of Planning, Education, Health, Industries and other Departments about their achievements and the roadmaps for future. All of them also discussed further strengthening of implementation of SDGs in the UT.

924 KMs of road...

roads and six bridges may not get completed due to non-issuance of forest clearance. "Other works will be completed by November 2023," the record note quotes J&K government's representative saying. In the meeting, the Jammu & Kashmir Government was also told to increase the pace so as to achieve the target of 2023-24. KNO

Jmu-Sgr national...

and mudslides at multiple places blocking the highway in Ramban and Udhampur districts. The highway is through for two-way traffic and all stranded vehicles have been cleared, they said. Chief Secretary, Dr Arun Kumar Mehta took stock of the the situation at the highway and underscored the need for taking strict action against slow moving vehicles and overloaded trucks. He asked executing agencies to handover the second tube of the Ramban flyover by August 15 and the Banihal bypass by the end of this year.

Arms, ammunition...

said on Twitter. The Army said two AK rifles, six pistols, four hand grenades and other war-like stores were recovered during the search operation. (Agencies)

Dr Jitendra informs...

accorded sanction. The Government has also accorded 'in principle' approval for new sites to set up nuclear reactors in future, he said. In reply to another question, Dr Jitendra Singh today said the National Biopharma Mission is supporting 101 pan-India projects in Biopharma sector which has provided increased employment opportunities. These projects have engaged 1065 manpower including 304 scientists/ researchers. The Mission is also supporting development of human capital by providing specific training to address the critical skill gap for strengthening product development. Dr Jitendra Singh said the National Biopharma Mis-

sion is supporting more than 150 organizations including academia, start-ups and MSMEs. Projects have been sanctioned to 30 MSMEs to support affordable product development. The MSMEs have also benefited from the shared facilities, clinical trial networks and Technology Transfer Offices supported under the Mission. Various training in product development, bioethics and regulatory aspects have been conducted under NBM where representatives from MSMEs have participated. The National Biopharma Mission (NBM) is a Cabinet approved Program entitled Industry-Academia Collaborative Mission for Accelerating Discovery Research to Early Development for Biopharmaceuticals. "Innovate in India (3) Empowering biotech entrepreneurs & accelerating inclusive innovation"; of the Department of Biotechnology (DBT), being implemented through Biotechnology Industry Research Assistance Council (BIRAC) with a mandate to enable and nurture an ecosystem for preparing India's technological and product development capabilities in bio pharmaceuticals (vaccines, biosimilars), medical devices and diagnostics. The Mission has supported strengthening infrastructure facilities in the Biopharma sector, with the establishment of 11 shared facilities for providing testing, validating & manufacturing services to Start-ups, MSMEs in the area of vaccines and bio-therapeutics. The functional facilities include GCLP labs for vaccine characterization, GLP labs for analytical testing of biosimilars, cGMP manufacturing and process development labs. The Mission aims at developing an ecosystem for affordable product development through the following verticals: 1. Development of product leads for Vaccines, Biosimilars, Medical devices and Diagnostics that are relevant to the public health need by focusing on targeted partnerships. The Mission has been supporting the development of Vaccine candidates (15) for Cholera, Influenza, Dengue, Chikungunya, Pneumococcal disease, COVID-19 and related technologies (4); Biosimilar products and related technologies (21) for Diabetes, Rheumatological and ophthalmic diseases, Cancer; Medical Devices & Diagnostics (29) including devices for imaging, pumps for dialysis, endoscopes, bone implants, MRI scanners and diagnostics for COVID 19. 2. Establishing and strengthening shared facilities for product development and validation. Support is being extended by the Mission for establishing shared infrastructure facilities (22), both for Biopharmaceutical (Vaccines, Biosimilars) & MedTech device development. Establishment of hospital based and field site based Clinical Trial Networks (16) for trials of vaccines and bio-therapeutics are also supported. 3. Supporting development of human capital by providing specific training to address the critical skills gap. Under the skill development program 46 training modules have been conducted in areas: bio-therapeutics characterization, sero-surveillance, bioethics, environment health and safety and in total around 7000 personnel attended these trainings. 4. Establishment of Technology Transfer Offices. To help enhance industry academia inter-linkages and provide increased opportunities for academia, innovators and entrepreneurs, to translate knowledge into products and technologies. 7 Technology Transfer Offices are being supported.

MP Khatana briefs HM Amit Shah about ground situation in J&K



JJ NEWS SERVICE

NEW DELHI, JUL 20 : BJP MP Rajya Sabha Er. Gulam Ali Khatana today met Union Minister for Home & Cooperatives Amit Shah and briefed him about the first hand account of ground situation in Jammu and Kashmir after recent tour across the length and

breadth of the Union Territory. MP Gulam Ali briefed the Union Minister Amit Shah about the issues of security, need for providing promotion avenues to the SC, ST, OBC employees serving in Kashmir, developmental needs, creation of sports infrastructure and need for senior administrative officers to regularly visit

special recruitment drives must be carried out by Central Armed Police Forces(CAPF) and army. He said that unprecedented inflow of tourists has improved the economic conditions of the people associated with tourism industry and stressed the need for exploring the tourism potential of hitherto untouched tourist destinations in Doda, Kishtwar, Rajouri, Poonch, Baniptore and Kupwara area. MP Gulam Ali appreciated the government decision to grant 5 marla plots to landless and homeless and also demanded a policy to bring paperless citizens of UT under this scheme. He highlighted various issues of tribal population and sought their redressal.

Union Home Minister Amit Shah assured to redress the issues raised by him.

DC Rajouri inaugurates Plantation Drive organized by Forest Department

JJ NEWS SERVICE

RAJOURI, JUL 20: A monsoon mass plantation drive was today kick started by the Forest Department in Rajouri district starting from Government Medical College Rajouri.

Deputy Commissioner, Vikas Kundal initiated the drive by planting a sapling of Peepal in the premises of the Government Medical College, in presence of Conservator of Forest West Circle Rajouri, Vivek Verma, Divisional Forest Officer, Dr A.D. Singh, DFO Social Forestry, Naveed and Dr Chander Shekhar; Superintendent GMC Rajouri Dr. Mehmood Chowdhary as well as staff and students of Govt. Medical College Rajouri. All the wings of the Forest Department were involved



in mass plantation at campus and more than 500 saplings of Chinar, Bargal, Bottle-Brush Guava and other ornamental species were planted by students with the help of Forest Department.

The DC Rajouri appreciated the efforts of the Forest department for speeding up the Har Gaon Hariyali campaign.

Divisional Forest Officer Dr A.D. Singh shared the importance of plantation in preventing climate change, soil erosion, the role of trees in hydrological cycle and food chain. He said the Rajouri Forest Division has set a target of planting 1 Lakh trees this year under Har Gaon Hariyali.

JKNC expresses grief over loss of lives in Bani

Demands ex-gratia of Rs 10 lakh to NoKs

JJ NEWS SERVICE

JAMMU, JUL 20 : The Central Zone of Jammu and Kashmir National Conference (JKNC) has expressed grief and sorrow over the loss of lives in Bani area of Kathua district and demanded Rs 10 lakh ex-gratia to the next of kin of the deceased.

Pertinent to mention here that five members of a family were among eight persons killed in landslides and house collapse incidents in remote Bani area of district Kathua yesterday.

The Central Zone of JKNC under the chairmanship of Babu Rampaul today expressed their grief and sorrow over the loss of previous and innocent lives and expressed their sympathies with the bereaved family members. They said that the National Conference stands with the families of the deceased in this hour of grief and urged upon the administration to provide Rs 10 lakh ex-gratia to the next of kin of those who lost their lives in this tragic incident.

He further said that Lohai Malhar road and Duggan road are closed since last 15 days affecting a population of nearly 4000 souls. He demanded immediate road, Fathapur Bhandar road and Sitti Gitti road were all constructed under Pradhan Mantri Gram Sadak Yojna (PMGSY) violating norms and using sub-standard material. He said that following this major landslides have taken place on these roads which have claimed the lives of innocent people. He demanded strict action against the contractor and government officials responsible for violation.

He further said that Lohai Malhar road and Duggan road are closed since last 15 days affecting a population of nearly 4000 souls. He demanded immediate

restoration of these roads. He has demanded free of cost treatment for those who have injured in these incidents at the best private hospitals. He also demanded Rs 10 lakh ex-gratia to the deceased and Rs 5 lakh assistance to the injured people.

The Central Zone offered prayers for the eternal peace of the departed souls and speedy recovery for those injured in these incidents.

Those who were present include Amrith Sharma, Bharat Bhushan, Dr. Vikas Sharma, Sham Lal, Om Dalmotra, Som Raj Taroch, Chander Udhay Singh, Adv Aslam Chowdhary and others.

Gear up for upcoming ULB polls: Kavinder tells Corporators

Urges Govt to take people's friendly decisions

JJ NEWS SERVICE

JAMMU, JUL 20 : Senior BJP leader and former Deputy Chief Minister, Kavinder Gupta asked the party cadre to gear up for ensuring ULB elections in the Union Territory of Jammu and Kashmir.

The former Deputy Chief Minister stated this while chairing a meeting of the corporators of (JMC) at the Party Headquarters here, today. On the occasion, Mayor Rajinder Sharma, Deputy Mayor Baldev Billawaria, Party's Chief Whip Dinesh and former Deputy Mayor Purnima Sharma shared the dais.

Kavinder said that under the BJP Government led by PM Narendra Modi the development works are going on persistently in the UT of J&K and elsewhere, and it is for the first time that people have got the essence of democracy which is meant for the people, of the people and by the people as earlier governments used to work for the selected few and the dynast parties.



Citing a number of projects which the BJP government has successfully completed in the UT, Kavinder said that the performance card of the government led by PM Modi stands testimony to the commitment of BJP to steer J&K to pinnacles of development and heralding a new era of peace and normalcy. Kavinder Gupta said it is the responsibility of the party cadre to educate the people and to help the attempts of those dividing them on the basis of region and religion. He said that being the elected representatives of the people they owe a sacred duty towards the people of their respective

wards and in this direction they are expected to resolve all their problems and issues. "For this you don't need to wait till the people approach you or the JMC. You must be present among the people so as to know their problems so that these can be best addressed on ground, especially during the ongoing pandemic times," he asserted.

Raising a serious concern over the problems faced by the general public related to pension, Kavinder asked the Corporators to provide all necessary assistance to deserving individuals, ensuring that genuine beneficiaries are not left behind when receiving government pension benefits. Expressing concern over the government's shift from Smart Power Meters to Prepaid Power Meters, Kavinder appealed to the authorities to carefully consider the issues faced by the people. He urged the government to make decisions that are people-friendly, ensuring that the general public does not encounter any problems during this transition. Kavinder Gupta appealed to the corporators to strengthen the party base at grass root level and ensure victory for the party candidates in the forthcoming ULB elections in J&K and 2024 Lok Sabha polls.

Dr Ashwani Joira Prajapati, others join JKDFA

Dairy farming major source of livelihood for many rural families: Khajuria



JJ NEWS SERVICE

JAMMU, JUL 20: Several prominent persons today joined J&K Dairy Farming Association (JKDFA) to strengthen JKDFA and to share their valuable experience in the field with dairy farming community. Those who joined today include Retired District Agriculture Officer and Founder Sahayog India - Social Organization, President Special Olympics Bharat JK/UT/ Ladkhakh UT Dr Ashwani Joira Prajapati from RS Pura. He is also a recipient of State Award for social reforms & empowerment with J&K Govt in 2008, Mohan Singh Jasrotia Retd Senior Manager Grameen Bank from Hiranagar, Tarsem Singh Chib Retd from Indian Army from RS Pura, Nasir Parray Batote, Mukhtiar Ali Narwal, Raju Singh RS Pura, Amit Mangal Nowsheera, Mammet Singh Nowsheera, Mukul Pandey from RS Pura. Kulbushan prominent among those present on the occasion include Kulbushan Khajuria President JKDFA JK UT, Surjeet Singh Senior Vice President JKDFA JK UT, Kishore Kumar Vice President JKDFA JK UT, Sukhdev Singh Treasurer, Sat Pal Choudhary

Treasurer, Sandeep Singh Chib President Jammu Province, State Secretary Balwinder Singh Bindu, District President Jammu Keher Singh, District President Ramban Sadiq.

Dr Ashwani Joira Prajapati speaking on the occasion said that J&K government hopes to achieve remarkable growth in average annual milk productivity from 2380 litres to 4300 litres by 2027. He said Jammu and Kashmir is home to a thriving bovine industry, with about 31.45 lakh bovines the region accounts for 1.04% of India's total bovine population. Out of the total bovine population, 10,90 lakh cattle and buffaloes are considered breedable and have the potential to contribute towards the region's milk economy. J&K is 25.94 lakh MT and the average annual milk production per cow in the region stands at 2380 litre, which is higher than the national average. The milk economy in J&K is valued at Rs 9080 cr which plays a crucial role in UT's agri-economy, added Joira.

Dr Joira said that J&K government has taken a major step towards boosting the agriculture and allied sectors with the recent launch of the Holistic Agriculture Development Program (HADP). This comprehensive program was expertly drafted by a team of Technical Working Groups under the guidance of the Agriculture Production Department, led by the distinguished scientist Dr Mangla Rai, former DG of ICAR. The HADP is a comprehensive program that aims to address various challenges faced by the agriculture and allied sectors including the dairy industry in J&K besides providing ample employment opportunities and contributing to the local population's well-being. With the increasing demand for dairy products and the per capita availability of milk being lower than many milk potential states, the dairy sector is poised for significant growth in the UT in the coming years, added Khajuria.

annual milk productivity. The use of Artificial Insemination in the dairy industry has been proven to be a highly effective tool to increase average animal productivity and contribute to the growth of the rural economy, added Dr Joira.

President JKDFA JK UT speaking on the occasion said that Dairy farming is a major source of livelihood for many rural families and is constantly growing, with a focus on increasing milk productivity and improving the quality of milk with upgradation in milk collection, processing and marketing infrastructure under CSS-NPDD. The dairy industry in J&K holds immense potential for UT's economy, providing employment opportunities and contributing to the local population's well-being. With the increasing demand for dairy products and the per capita availability of milk being lower than many milk potential states, the dairy sector is poised for significant growth in the UT in the coming years, added Khajuria.

JJ NEWS SERVICE

JAMMU, JUL 20 : R S CHIB, General Secretary, Democratic Progressive Azad Party, Jugal Kishore Sharma, Provincial President, along with other senior leaders of the Party, in a joint statement have expressed their shock and grief over the tragic incidents, which took place in BANI area of District Kathua, in which many valuable lives have been lost, due to landslides, because of heavy rains. They expressed their grief over the tragedy and while conveying their message of condolence to the members of bereaved families said that their hearts go out to them. They also prayed for the speedy recovery of those who were injured and safety of all those who were present in that situations.

The leaders urged upon the District Administration for their effective and time bound intervention, through disaster Management Teams and their visits to the effective spots and meetings with the concerned persons, in order to help the victim's, in this difficult situation.

Raj Rattan commends India's Historic Triumph at 2023 Para Athletics World Championships

JJ NEWS SERVICE

JAMMU, JUL 20 : BJP leader Raj Rattan Raina hailed India's remarkable achievement at the recently concluded 2023 Para Athletics World Championships held in Paris. The Indian contingent showcased unparalleled determination and skill, securing an unprecedented record tally of 10 medals - including three gold, four silver, and three bronze medals. This outstanding performance catapulted India to an impressive 19th position among the 62 nations that participated in the prestigious global tournament.

The Indian athletes demonstrated extraordinary prowess and tenacity, making their country proud with their exceptional performances across various disciplines. Among the standout champions were Sumit Antil in F64 Javelin Throw event; Sachin Sarjera Khilari in Men's F46 Shot put and Ajeet Singh in Men's F46 Javelin Throw category, securing three gold medals for India. Moreover, the silver medalists showcased incredible determination

included Yogesh Khatuniva in Men's F56 Discus Throw; Nishad Kumar Men's in T47 High Jump; Shailesh Kumar in Men's T63 High Jump and Rinku Hooda in Men's F46 High Jump. The bronze medalists included Parveen Kumar in Men's T64 High Jump; Ekta Bhyani in Women's F51 Club Throw and Pooja in Women's F54 Javelin Throw.

In light of this historic achievement, Raj Rattan Raina expressed his utmost admiration and appreciation for the para-athletes' unyielding spirit and unwavering dedication. He commended their relentless pursuit of excellence, which not only brought honor to the nation but also inspired a generation of aspiring athletes across the country.

THOUGHT OF THE DAY

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

JINDRAH IMAGES

War on drugs: Close synergy needed for better results

It is a matter of concern for all, especially parents and authorities at the helm of affairs that the young generation has fallen prey to the growing menace of narcotics being supplied and smuggled to India from across the border. In the context of Jammu and Kashmir, it is a hard fact that Jammu and Kashmir too has virtually slipped into the tight grip of narco-terrorism as unabated smuggling of habit-forming drugs from across the border has taken a heavy toll on the youths, particularly teenagers, in the Union Territory. Recently, the destruction of over 1.4 lakh kg drugs in several parts of the country, watched through video-conferencing by Union Home Minister Amit Shah and others who attended a conference on 'Drugs Smuggling and National Security', has clearly established the intent of the Central and state governments to root out the drug menace. The seized drugs, worth Rs 2,378 crore, were destroyed by the Narcotics Control Bureau and law enforcement agencies of various states. It also highlighted the vital aspects that need to be viewed seriously as the strong nexus between peddlers and smugglers in the country. The Ministry of Home Affairs has raised the pitch for the confiscation of assets of those involved in the illicit drug trade and their public shaming, while Himachal Pradesh Chief Minister Sukhvinder Singh Sukhu called for life imprisonment to drug peddlers and changes in the NDPS Act to make it more stringent. In Jammu and Kashmir, the major reason for it is that the UT have emerged as one of the prime destinations and transit points for smuggling of ganja, hashish, heroin and 'tablets of all types', going by the staggering catch in the last couple of years. The official statistics are the testimony of the large seizure of narcotic drugs like ganja, hashish, heroin and poppy straw from Jammu and Kashmir which shares International Border (IB) and Line of Control (LoC) with Pakistan. It indicates that the flow of drugs into the UT from across the border has remained unabated over the years, notwithstanding the claims of drug law enforcement agencies (DLEAs) to have launched a crackdown on drug mafia. The Union Home Minister stated that the Modi government wanted to create an India where not even a single youth was addicted to drugs, even as he laid emphasis on closer coordination between the Centre and the states. The Union Government must understand that different states face dissimilar challenges while fighting the war against drugs. The Government of India must ensure an uninterrupted flow of funds to states and UTs so that they can upgrade their forensic laboratories and drug de-addiction centres. Amending the law to make a clear distinction between addicts and peddlers is another imperative. Among the peddlers, the big fish must be targeted on priority. It's worrying that international drug cartels continue to be

India, Japan must share resources to firm up semiconductor supply chain

AD GNANAGURUNATHAN

THE exit of Foxconn from a \$19.5-billion semiconductor joint venture with Vedanta Ltd has apparently dampened the mood in India. This comes right after the euphoria over the Cabinet approval for US chipmaker Micron Technology's \$2.7-billion project to set up a new semiconductor packaging and testing unit.

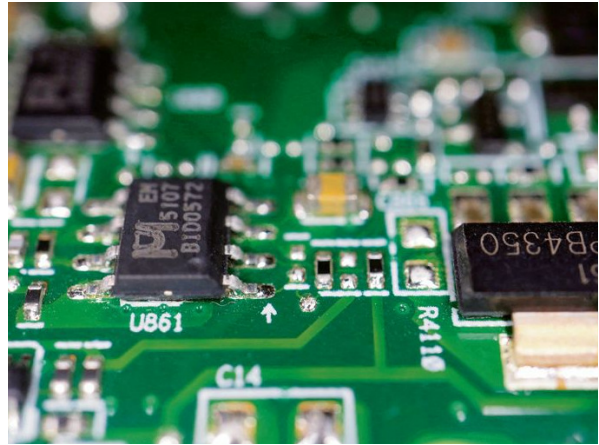
Projects involving Singapore-based IGSS Ventures and global consortium ISMC have also been stalled. India's second innings in chipmaking has run into rough weather as it attempts to build a robust semiconductor ecosystem. The country's semiconductor market is expected to reach \$63 billion by 2026. India aims to fuel its global aspirations with a strong manufacturing base aided by high technologies. So, what should India do under these circumstances?

Acquisition of technology, especially cutting-edge, is not merely about gaining bureaucratic approvals and making the best cost estimates. Rather, it is a function of geopolitics. India's own experience with nuclear apartheid and space technology denials can attest to it. A favourable geopolitical climate facilitates investment and smoothens technology transfer. For example, in the second phase of the Cold War, apart from commercial considerations, the US decided to offshore its production of semiconductor materials and microelectronics to allies like Japan so as to maintain supplies for the US military forces stationed in the region and ensure the presence of partners in its camp.

Now, India seems to be in a desirable position to obtain resources and technology as the US is nudging it to play an active role in the Indo-Pacific region. The initiative on Critical and Emerging Technologies (CET) is a step in this direction, especially collaboration in the development of semiconductor design, manufacturing and fabrication ecosystem in India. However, it would be unwise for India to put all its eggs in one basket as its relations with the US will continue to remain unsettled since they both pursue divergent global ambitions despite sharing certain short and medium-term foreign policy objectives.

Simultaneously, there appears to be an increased strategic synergy and improved technological cooperation between India and Japan. The relationship was upgraded to 'Special Strategic and Global Partnership' in 2014. The joint statement, 'Japan and India Vision 2025: Special Strategic and Global

A LARGE TALENT POOL IS AVAILABLE FOR JAPANESE FIRMS TO HARVEST AND SET UP SHOP IN INDIA AMID ITS DWINDLING HUMAN RESOURCES.



Partnership Working Together for Peace and Prosperity of the Indo-Pacific Region and the World', issued in December 2015, transformed it into a broad-based relationship. Besides, both nations have signed key pacts – a memorandum of understanding (2013) between the Indian Nuclear Society and the Japan Atomic Energy Society to promote peaceful uses of nuclear science and technology; an MoU (2016) between JAXA and ISRO to explore outer space; and the civil nuclear agreement of 2017. Japan's geopolitical necessities have played a significant role in strengthening the bilateral relationship.

Japan occupied a pride of place in semiconductor fabrication when its firms accounted for 51 per cent of the world's market share in 1988. Allegations of unfair trade practices and dumping, levelled by American high-tech industries against Japan, paved the way for the US-Japan Semiconductor Agreement, which sent Japan's semiconductor industry downhill. Still, it retains 6 per cent share of chips (logic, micro, memory and analogue), 35 per cent of manufacturing equipment and 50 per cent of material in the global semiconductor supply chain.

The present global situation offers an opportunity for India to leverage its geopolitical importance to further its technological goals

with Japanese assistance. Both India and Japan are actively seeking collaboration with partners and allies. Hence, they are at a crossroads in their pursuit of semiconductor technology, though with different objectives – Japan wants to regain its dominance, while India, having squandered its early advantage, is trying to gain a foothold in the global semiconductor supply chain.

In the MoU signed in 2021, India and Japan agreed to work on 5G and 6G, telecom security, submarine optical fibre cable and smart cities. But hardly any Japanese company or investor has shown interest in the Indian semiconductor space despite the centrality of chips in these sectors. There are no free lunches in international geopolitics. India's less-than-perfect infrastructure and Byzantine bureaucracy are often held against it with regard to technology transfer and joint production. India is now trying to create a conducive ecosystem, apart from offering huge financial incentives, unlike in the past. Indian software engineers account for around 20 per cent of the world's semiconductor designers, though they work mostly for foreign companies, which own the intellectual property. In effect, a large pool of world-class talent is available for the Japanese design firms to harvest and set up shop here amid its dwindling human

resources. India is willing to fund even trailing-edge chip fabrication, although it had initially focused on cutting-edge semiconductors.

Therefore, there is less pressure to share cutting-edge technologies. As major countries race to strengthen their position in the semiconductor supply chain, it is imperative that India and Japan, as strategic partners, share resources to ensure supply chain security in contingencies. Moreover, Japanese firms can monetise their trailing-end technologies and compensate for the loss of the Chinese market to an extent.

Worryingly, regarding technology transfer, Japan has been accused of being ungenerous and dispensing outdated technologies, going by the experiences of South Korea and Southeast Asian nations. The ShinMaywa US-2 amphibious aircraft deal between India and Japan fell through as the latter was reluctant to share technology.

India needs to make Japan understand that a serious commitment to help ease Japanese geopolitical predicaments may be possible if Tokyo joins New Delhi's semiconductor journey lock, stock, and barrel. India can cite its time-tested strategic ties with Russia and France, owing mainly to their willingness to provide advanced technologies.

Make taxmen accountable to legislative panels

The ecosystem of tax administration in the country is such that taxpayers are ready to expect the worst.

TK ARUN

BENJAMIN Franklin is supposed to have said that the only certain things in life are death and taxes. The certainty of taxes can be exaggerated, especially in India. But there is nothing uncertain about the fury of a taxman who has been scorned. Being at the receiving end of arbitrary demands by taxmen is one of the banes of life as a small entrepreneur in India. You either pay up or litigate your way to death and leave behind an inheritance of incomplete litigation. This must change if India is to reap its demographic dividend and unleash the creativity of its vast cohorts of talented youth. An immediate solution would be to make the investigative arms of tax authorities accountable to committees of the legislature at the appropriate level of the federal polity – a committee of the state legislature for the state tax authorities, and a committee of Parliament for the Central tax authorities.

The Goods and Services Tax regime was supposed to herald an era of transparent tax compliance and administration, especially as India's system of value added taxation is completely



online, a first for the world. Fraud would be minimal, it was believed, and evasion difficult. But daily news is rife with reports of the government busting fake claims of input tax credit and saving the exchequer tens of thousands of crore of rupees. Recently, the government changed its rules for implementing the Prevention of Money Laundering Act, to add the GST Network (GSTN) to the list of agencies with which the Financial Intelligence Unit (FIU)

in the finance ministry would share information. The actual notification was about a one-way sharing of information by the FIU to the GSTN, to inform the latter of any suspicious foreign exchange transactions. But the business community understood the move to mean that the GSTN was being brought under the Prevention of Money Laundering Act, especially as sections of the financial media reported the move as such.

The ecosystem of tax administration in the country is such that taxpayers are ready to expect the worst. And the government does not disappoint. Take the case of the recent huffing and puffing over including or excluding credit card payments from the limits of foreign exchange an Indian citizen can spend annually under the liberalised foreign remittance scheme, which allows an Indian to take as much as \$25,000 abroad a year; or asking for tax to be deducted at source on

credit card spends abroad. These instances show the government's penchant for deploying brute, punitive force where a delicate, precision stroke is all that is called for. Conceptually, what difference does it make if a citizen spends foreign exchange as currency, traveller's cheque, prepaid card, bank account transfer, credit card, debit card or Gift-from-Santa Claus card? In whatever form the transaction is carried out, it places an equivalent claim on the total foreign exchange resources available within the country. In theory, there is no reason to exempt any element of outflow of foreign exchange, carried out by whatever instrument, from the overall limit under the liberalised remittance scheme. The demand for Tax Collected at Source (TCS) on credit cards is even more arbitrary. TCS is resorted to in order to register a marker of a transaction, and the tax paid can be recovered, if warranted, while claiming refunds at year-end filing of income tax returns. But why ask all citizens to go through this process that costs money and effort? Every credit card is linked to a bank account, and every bank account, to a Permanent Account Number of

the Income Tax Department. Every transaction involving foreign exchange, made using a credit card, should stack up against the relevant PAN, and at the end of the year, if the PAN-holding entity has not filed income tax returns showing income that can sustain the kind of foreign exchange spending via credit card or other means, the taxman should pay him a visit. But why should people who have only tax-paid income, especially the salaried class, lock up a part of their foreign travel budget as advance, refundable tax payment, to spare the tax authorities the effort of matching every PAN with its associated income and spending, particularly in foreign exchange?

It is better that 10 guilty persons escape rather than one innocent suffer – that is Blackstone's ratio, from William Blackstone's acclaimed Commentaries on the Laws of England. What chance does an 18th-century jurist's ethical reasoning have in today's India, where you can determine innocence or culpability by looking at a person's clothes and punishment is delivered with a bulldozer, even before the extent of liability is debated, leave alone ascertained? If anyone imagines

that the ordinary citizen is not affected by the Enforcement Directorate (ED) going after Opposition leaders after state, let them ponder the effect on the ED official who is endowed with impunity for carrying out his political master's directive. Will he expect his political master to pull him up if he were to do a freelance operation of his own on the side? Can a corporate rival tempt this official to target your business for suspected illegal activities?

The legal system is the ultimate recourse for all violations of constitutional freedoms and denial of justice. But the wheels of justice grind ever so slowly as to be practically useless in the lives of ordinary mortals. An immediate solution is to make the arms of the tax department that interact with the public, by way of making visits to company premises or inspections and raising additional tax demands, accountable to a committee of the legislature. It is not enough for the political executive, which controls all arms of the state, including the tax departments, accountable to the people via the legislature. Assembly sessions are disrupted or not held. But committee meetings can be held even before Assembly sessions.



Genelia Deshmukh on whether Riteish Deshmukh made her quit films after marriage

Genelia Deshmukh was recently asked if people still say that her husband, actor-filmmaker Riteish Deshmukh stopped her from acting in films. She had then said that it is her sole decision whether or not she works in movies. Genelia was recently seen with Riteish in the Marathi hit Ved.

Genelia and Riteish's relationship Genelia and Riteish were first seen in their debut Tujhe Meri Kasam and were together for some time before they married in February 2012. They have two sons. After two years of marriage, they welcomed Rihaan Deshmukh, and in 2016, they had their second baby, Rihyl Deshmukh. Riteish and Genelia were also seen together in Iene Naal Love Ho Gaya, Masti and Mister Mummy, and recently in Ved.

Decision to take a break

Genelia told Bollywood Bubble, when asked if people still claim Riteish was the one, who made her quit films, "I am sure. People say what they want to say but the truth of the matter is that I decided. Till date, like people say 'Why don't you do so much more work?' I don't feel I can do so much work but I feel I still enjoy that whole part of being with my kids."

She added, "I want to do that. I want to do this. I'll choose when I want to do what. And the good part is that I no more look for validation like I have to be part of this banner."

I have to be part of a story that impressed me the day I read it." She was also asked if her sons have made weird demands, but she quickly said none of his demands are weird.

Genelia's new film Genelia is currently gearing up for the



release of Alejo Sen's film Trial Period. Genelia essays the role of a single mom whose son demands a father "on trial" for a month. Manav Kaul plays a candidate

for the father on trial. The film also features Shakti Kapoor, Gajraj Rao, Sheeba Chadda, and Zidane Braz. It is slated for a digital premiere on Jio Cinema on July 21.

Project K first look of Prabhas removed and replaced amid backlash, Twitter reacts: 'Looks like a fan-made poster'

The first look of Prabhas from Project K was released on Wednesday. As the first look surfaced online, many took to Twitter to react and going by the responses, it seems that most fans were left unimpressed. The poster went viral on Twitter as many reacted hilariously and compared it to Adipurush. Amid backlash, the first look poster was removed by the makers and then reshared, albeit with a slight change.

First look of Prabhas removed In the first look that was posted on Wednesday, the actor features a top bun with a fully armed, robotic-looking body. He is seen looking directly at the camera, with the caption 'What is Project K' in the background.

Twitter reactions Many called out the heavy use of

graphics and even compared it to Adipurush. One comment read, "Looks like a fan made poster, even I can do much better editing than this." Another said, "I genuinely wonder where the hundreds of crosses that are pumped into these movies are going because clearly it doesn't add up. You can't claim to make India's biggest movies when some of the most basic assets such as posters/teasers of your movies reek of such incompetence." A second user wrote, "Adipurush got a new sibling." Another said, "Looks like face was cut and pasted into something," said another.

First look of Prabhas replaced The first look poster was then removed and a new poster of Prabhas was shared instead. The new first look poster shows Prabhas in the same pose, although the



look is somehow brighter, with the 'What is Project K' line missing in the background.

"They deleted first look tweet. First time someone has done that," a user said.

Another wrote, "Even this is bad. Still deleting the first look of a film which is presented as pan world tells how careless the unit is. Hoping that glimpse will give a hope." A user felt the new one was better and wrote, "They deleted the old pic from their timeline. Now, this one looks much better. The neck is a bit visible, making it look real, unlike the previous in which it looked like the face was superimposed."

About San Diego Comic Con event Project K is set to become the first-ever Indian film to debut at the San Diego Comic-Con (SDCC) 2023. Ahead of the same, a billboard of Project K saying, "First glimpse on July 20" was seen at Times Square in New York City.

Sara Ali Khan pays obeisance at Amarnath cave shrine



Actor Sara Ali Khan undertook the Amarnath Yatra to pay obeisance at the holy cave shrine in the south Kashmir Himalayas, officials said on Thursday.

Sara, daughter of actors Saif Ali Khan and Amrita Singh, undertook the yatra from the Ballal axis, they said. On Wednesday, the 27-year-old actor visited the Sonamarg resort - on the way to Ballal in central Kashmir's Ganderbal district - and enjoyed the breathing views at the Thajwas glacier.

Sara clicked pictures with local children and also had tea at a temporary shelter. She later shared the photos of her visit on Instagram.

"When the soul is content and the hamstrings are sore. Bakri se phir bachon se ki dosti. And then we had the year, chad I adore (sic)," she wrote in the caption.

The officials said the "Zara Hatke Zara Bachke" actor also visited the Martand sun temple in south Kashmir's Anantnag district before embarking on the Yatra.

Karan Johar to turn Student of the Year movie franchise into a web series starring Shanaya Kapoor: Report

Karan Johar is turning his Student of the Year movie franchise into a web series, as per a new report. The next installment, Student of the Year 3 (SOY3), will also mark the OTT debut of budding actor Shanaya Kapoor, Sanjay Kapoor and Maheep Kapoor's daughter.

It was recently announced that Shanaya Kapoor's film debut will not be Karan's Bedhadak; she'll be launched with Mohanlal's pan-India film Vrushabha instead. Shanaya has already worked in the capacity of an assistant director on cousin-actor Janhvi Kapoor-starrer Gunjan Saxena:

The Kargil Girl. However, her transition into acting has been discussed over the past few years.

About Student of the Year 3

Karan Johar is turning the Student of the Year movie franchise into a



web series in partnership with Disney+ Hotstar, as per a Pinkvilla report. The project is currently in the writing stage and is scheduled to go on floors in the last quarter of this year, chad the report.

The Disney+ Hotstar show is expected to introduce some more fresh faces alongside Shanaya,

and the casting process for that is reportedly underway.

Further details about the show's plot are awaited, but as per the sources quoted in the report, the work on this series is going on in full swing at Dharma's digital content arm.

tor for the series is expected to be finalised within a month.

Shanaya's acting debut News of Shanaya's Bollywood launch has been around for the past two years. The star kid was initially set to make her acting debut with Karan Johar's Bedhadak, alongside Lakshya Lalwani and Gurfateh Pirzada.

However, the Shashank Khaitan directorial was reportedly shelved due to script issues. Now, veteran Malayalam actor Mohanlal's upcoming film Vrushabha will finally mark Shanaya's first movie as an actor.

Student of the Year franchise

In 2012, Karan Johar introduced Alia Bhatt, Varun Dhawan, and Sidharth Malhotra with his high-school drama, Student of the Year (SOY1). The film was

turned into a franchise seven years later with Student of the Year 2 (SOY2).

Dramatic Entertainment. The direc-

Akshay Kumar tweets 'shaken, disgusted' over Manipur video; users troll him, say 'wish you had spoken before'



Actor Akshay Kumar on Thursday reacted to a viral video that allegedly showed two women in Manipur being sexually assaulted on a road by a mob. Akshay tweeted: "Shaken, disgusted to see the video of violence against women in Manipur. I hope the culprits get such a harsh punishment that no one ever thinks of doing a horrifying thing like this again."

However, Akshay was brutally trolled over his tweet. Spoke to CM was assured of strict action: Smriti Inrani on Manipur video

One wrote: "I wish you had spoken before! All this is a result of a pervasive silence practiced by those who matter. Nevertheless, it's heartening to see people from all walks of life come out and speak against this terrible incident. Regards"

Another wrote: "Finally every celebrity is given permission to tweet on the incident."

"Sir Aap Aam chus ke khate ho yah cut kar?? Agar hamare Hindustan ke logo ke liye thoda bhi Sacha pyaar ho to Modi ji se puchiye tweet karke jitne dinse #Manipur_Violence pe chup kiu h???" wrote one.

Internet calls Ranveer Singh, Alia Bhatt's new Rocky Aur Rani Kahaani promo lame: 'Is that funny?'



A new promo for the upcoming film Rocky Aur Rani Kii Prem Kahaani (RRKPK) has been shared amid the countdown to its release on July 28. It once again tries to show funny side of Ranveer's character Rocky, who does not understand the meaning of 'colleague' when Alia Bhatt's Rani introduces him to one of her co-workers.

New RRKPK promo

Karan shared the new promo on Instagram with the caption, "Mother side ho ya father side, inki prem kahaani is surely going to be a ride (From the mom's side or the father's side, their love story is surely going to be a ride)! Rocky Aur Rani Kii Prem Kahaani, in cinemas near you on 28th July!"

The promo shows a scene which would come either before or after the song What Jhumka, which was unveiled last week. As Ranveer Singh and one of his friends walk towards Alia Bhatt in a grand setup, he first gives Alia a hug without even asking her. He then reacts on seeing a man accompanying Alia, "Ye dekho year safety ke liye brother ko bhi saath le aayi (Look at her, she has brought her brother too for her safety)."

The man introduces himself as Alia's colleague, to which Ranveer says, "Colleague? mother side, father side?" This leaves the man amused, while Alia cracks up.

Reactions to RRKPK promo

Karan's followers had a mixed reaction to the promo. An Instagram user wrote, "Itna bhi gawar na dikhaa Ranveer ko (don't show Ranveer as this dumb)." Another asked, "Isme funny kya the year (what's funny in this)?" One more asked, "Is that funny?"

A person also said, "This huge budget should have used to tell a better story...and there is no chemistry between leads, this is gonna fall flat in my opinion, was not expecting something like this from Karan." Many also called it a "bekaar (useless)" or "bakwaas (nonsense)" movie in the comments section.

Sunny Leone reveals story behind her stage name: 'Sunny is my brother's nickname, my mom hated that I...'

DID YOU KNOW SUNNY LEONE WAS BORN AS KARENJIT KAUR VOHRA? SHE HAS NOW SPOKEN ABOUT HOW SHE GOT HER STAGE NAME AND HER MOTHER'S REACTION TO IT.

ACTOR SUNNY Leone's real name is Karenjit Kaur Vohra. In a recent interview, she explained the reason why she changed her name. While her first name 'Sunny' belongs to her brother, Sandeep Singh, whose nickname is Sunny, there's a story behind her last name, 'Leone', too. Sunny Leone was born in

Canada to an Indian Sikh family. She moved to India some years ago. In a recent interview, the actor revealed how she picked Sunny as her name, and told a magazine to pick her last name, Leone. How Sunny Leone chose her stage name "I was doing the interview for a magazine and they said, 'What do you want

your name to be?' I couldn't think of anything at that moment. I was working at a tax and retirement firm and I worked for the HR department, accounting department, and another agent. I helped with all these things, and then I was also a receptionist. So, I was doing the interview in this place and I knew I had to get off the phone soon and get

back to work, because I would get caught. And they were like 'what would you like your name to be' and I said, 'Use Sunny as my first name, and then you can pick the last name'." Sunny Leone's mom hated her name. Further speaking about her choice, she said, 'Sunny is my brother's nickname. His name

is Sandeep Singh, we call him Sunny. My mom hated that I named myself Sunny. She said, 'Out of all the names, that's the one you pick?' I was like, yeah, it's just what came to my mind... And then the magazine picked the last name and I just kept it." Sunny's film career After working for some years in the adult film industry in



Mental health: it's not always good to talk

Few of us would question the need to break the silence around mental illness. Countless campaigns have drilled into us that such silence is harmful and that we should try to break it wherever we find it.

Britain Get Talking is one such campaign. It launches with a splash on Britain's Got Talent a few years ago when hosts Ant and Dec paused the show for a minute to allow viewers to talk to each other about their mental health. When the minute ended, Ant declared: "See, wasn't hard, was it?"

Doubtlessly, campaigns like this have helped many people open up about their mental health problems, particularly those who have stayed silent because of prejudice and stigma. However, they can also feed misconceptions about silence in mental illness. They imply that silence in and around mental illness is always bad, rooted in fear and stigma, and any effort to break it is good.

In fact, silence in mental illness comes in many forms. Some kinds of silence form part of mood disorders like depression. People who have written about their experiences of depression often describe losing their ability to form thoughts and feeling unable to speak.

For example, the author Andrew Solomon recalls that he "could not manage to say



much". Elaborating, he writes, "Words, with which I have always been intimate, seemed suddenly very elaborate, difficult metaphors the use of which entailed much more energy than I could possibly muster."

This aspect of depression is well-known in mental healthcare. Thinking and speaking less are actually considered two different symptoms of depression. Some research even suggests silence is such a reliable symptom that it might be possible to develop automated tools that diagnose depression based on a person's patterns of speech.

The launch of Britain Get Talking. If you're experiencing

this sort of "depressed silence", being confronted with campaigns and people urging you to speak might not help, regardless of their good intentions. After all, the problem isn't that others aren't open to what you have to say or that they might react poorly to it. It is that you have nothing to say.

Other kinds of silence might be empowering. Some with mental illness are defiantly silent because the people around them ask unwelcome questions or give them unhelpful input. They might wisely choose to save difficult conversations for their therapist.

Such a choice isn't necessarily

rooted in stigma. That someone is well-meaning and knows some facts about mental health doesn't mean they are the right person to talk to about mental

The silences I have described should perhaps be broken under the right circumstances. Since depressed silence seems to form part of the depressive illness, it

SILENCE IN AND AROUND MENTAL ILLNESS IS NOT ALWAYS BAD; DEPRESSED SILENCE CAN NEED HELP FROM MENTAL HEALTHCARE PROFESSIONALS AS PART OF RECOVERY

may be something the patient has to break with the help of a mental healthcare professional as part of their recovery. Along similar lines, someone might benefit from breaking their peaceful silence in therapy, even if the silence feels good.

For whatever reason, many people won't find those circumstances with their family, friends, or colleagues, despite the encouragement of a celebrity on TV.

The fact is that it is very hard to talk about mental health problems, even with people who love and support us. Sometimes that is because of stigma, but sometimes it isn't.

We should, of course, continue to strive to make it easier for people to open up about their mental health problems in the right setting. But we have to get rid of the rhetoric that pressures people to break the silence without regard for why they are silent or if speaking would benefit them.

Traces of ancient viruses in DNA of humans could help fight cancer: Study



A study has found that remnants of million-year-old viruses passed down in humans, could have been hiding inside DNA, and might help the body fight cancers. Scientists believe that the findings could be useful to treat more people to survive lung cancer.

A group of scientists were studying lung cancer and analysing why some patients respond better than others to immunotherapy.

Lung cancer is a type of cancer which begins in the lungs and spreads to other organs. It is common cancer, caused by harmful cells in lungs and grows unchecked. While the scientists at the Francis Crick Institute were studying lung cancer and related immunotherapy, they found that the dormant remnants become active when cancerous cells go out of control and then help the immune system target and attack the tumour.

Julian Downward, who is the associate research director and head of the oncogene biology laboratory at the institute, said: "This work opens up a number of new opportunities for improving patient responses to immunotherapy, a crucial step in helping more people survive lung cancer."

The study titled "Antibodies against endogenous retroviruses promote lung cancer immunotherapy" was published in the journal Nature this week.

A part of the study mentioned that anti-tumour antibodies are frequently induced in multiple cancer types, targeting both internal and tumour cell-surface antigens. And these tumour-associated antigens (TAAs) include non-mutated differentiation antigens and shared tumour antigens, as well as antigens derived from endogenous retroviruses (ERVs)

COVID INFECTION RISING IN KIDS, DOCTORS REPORT HIGH FEVER, ITCHY EYES

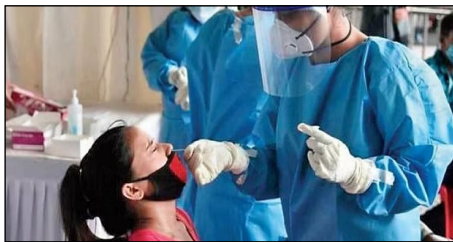
WHILE THE INFECTION IS RISING, THE DOCTORS SAID THAT THERE HAS BEEN NO CASE OF HOSPITALISATION AND THAT THE CHILDREN ARE RESPONDING TO TREATMENT

The surging cases of Covid-19 infection have also started affecting infants and children, with many of them reporting high fever, cough, and even itchy eyes and conjunctivitis, said doctors here on Monday. From the beginning, Covid was rare and mild in children. But some of those infected faced severe multisystem inflammatory syndrome (MIS) - a condition where different body parts can become inflamed, including the heart, lungs, kidneys, brain, skin, eyes, or gastrointestinal organs.

However, this time, it is showing newer symptoms like itchy eyes that were not seen during previous Covid waves.

"There has been a sudden onset of acute febrile illness with positive RT-PCR for SARS-CoV2 among infants, aged 6-11 months," Dr. Vipin M. Vashishtha, member of WHO's Vaccine Safety Net, told.

"Most children presented with moderate fever, cold and mild cough with features of bronchitis. The one differentiating feature is conjunctivitis, not seen in previous waves, especially here," he added. Vashishtha, who is also a consultant paediatrician at the Mangla Hospital and Research Centre in Bijnor, UP, said that the Covid infection in children, which has sur-



acted once again after a gap of six months, is not "MIS-C, which has rash and other features". The incidence of Covid among children is rising. They are being brought with simple respiratory infections and then testing positive for Covid," Dr. Krishan Chugh, Director and head of the department of paediatrics at Fortis Memorial Research Institute, Gurugram, told. Chugh added that children, mainly of "school going age, are increasingly being affected with fever and throat pain since the last two weeks". He said that in most

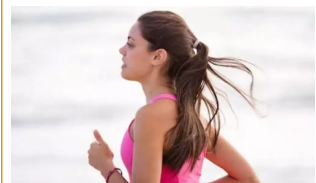
cases they are acquiring the infection from infected family members.

While the infection is rising, the doctors said that there has been no case of hospitalisation and that the children are responding to treatment. They suggested using masks, maintaining social distance, and washing hands regularly. India on Monday logged 5,880 coronavirus cases, according to data released by the Union Health Ministry on Monday. The country also saw 14 deaths due to the virus. Besides, Covid, doctors report that

Respiratory syncytial virus (RSV) is also rising among kids. RSV is a highly contagious virus that causes respiratory infections, especially in young children.

"In changing weather, along with Covid-19 and the flu, we are witnessing a spike in cases of RSV, and not only young children but even infants are getting affected by it," Dr. R. D. Srivastava, HoD and Senior Consultant in Pediatric Medicine and Neonatology at Sri Balaji Action Medical Institute, Paschim Vihar, told. RSV is highly contagious and spreads through contact with droplets from the nose or throat of an infected person, or by touching surfaces contaminated with the virus. Symptoms include fever, cough, running or stuffy nose, breathing problems, sore throat, earache, and headache. "Prevention includes frequent hand washing, avoiding contact with people who have respiratory infections, covering your mouth and nose when coughing or sneezing, keeping infants and young children away from crowds and people with respiratory infections, and vaccination for those at high risk," Dr. Ravi Munshi, Consultant - Paediatrics at Dharamshila Narayana Superspecialty Hospital Delhi, told.

5 Lifestyle Changes One Should Make To Stay Fit



Staying fit and healthy has become an important part of almost everyone's life. While many people follow diets to keep themselves fit, some people opt for physical exercises like hitting the gym, doing yoga and others. Though staying fit might turn out to be difficult at times amid the hectic schedule, making some simple lifestyle changes will also help in staying fit and healthy. An Ayurvedic expert Dr. Dixa Bhavsar Savaliya took to her Instagram recently and suggested some lifestyle changes to make to keep oneself healthy and fit. She wrote while sharing, "Avoid these habits to stay Healthy."

Lifestyle Changes To Stay Healthy
Eating without Hunger/Appetite - Hunger is a sign that your previous meal is digested well. When you eat without appetite, you are overburdening your liver. The best rule you need to follow is to eat only when you are hungry. Eating without hunger can disturb your gut and reduce your metabolism.

The Best Workouts For Longevity & How Often To Do Them, From An MD

Do you sit at a desk all week and then commit to a 100-mile bike ride with your younger co-workers on the weekend? It may have sounded like a good idea (or not a really bad idea) at the time, but waking up on Monday morning...well, you've decided otherwise. The good news is that you're waking up (you didn't expire). Exercise is associated with lower mortality, even for the weekend warrior who is active only one or two days per week.

A compelling study showed that one or two weekly sessions of moderate- or vigorous-intensity leisure/recreational activity was all that was necessary to reduce the risk of dying from cardiovascular disease (40%), cancer (18%), or something else (30%) compared with inactive individuals.

Weekend warriors are, however, more at risk for injuries, including severe and fatal injuries, than individuals who exercise during the week. This could result from (1) prolonged physically demanding activity that exceeds one's exercise tolerance level, or (2) lower experience level with the activity. Generalized muscle soreness and lethargy may also be more com-



mon. A weekend warrior who experiences a debilitating injury (e.g., broken leg, strained back) may inadvertently become sedentary for an extended period of time.

If this describes you, take some common-sense precautions: Choose a few weekend activities to become skilled in doing; stretch and warm up before starting; get a good night's sleep before and after; stay adequately hydrated; wear the appropriate protective gear; and know your limits. And, if possible, do some light exercise during the week—even if that means taking the stairs at work

instead of the elevator. What type of movement/exercise is best?

The simplest (and honest) answer to this question is that the best exercise is the one that you'll actually do. It should really be something that you enjoy doing, particularly if the alternative is doing nothing. That being said, I'm going to review some forms of effective exercise here. Depending on your specific health goals and your current fitness level, select those activities that help move (pun intended) you toward your Thrive State.

Aerobic exercise

Aerobic exercise is defined as sustained physical activity of low to high intensity that stimulates and strengthens the heart and lungs to improve the body's utilization of oxygen; this is why aerobic exercise is sometimes called "cardio." With aerobic exercise, you will breathe harder and faster; your heart will beat quicker than when you are resting; and you'll likely begin to perspire. Aerobic activities involve the large muscle groups, particularly the legs, and are rhythmic in nature. Examples include walking, jogging, medium- to long-distance running, swimming, and cycling.

is defined as any exercise that involves muscles contracting against an external resistance or weight. These types of exercises increase muscle strength, tone, mass (size), and/or endurance (stamina).

As a process, resistance exercises first break down or injure muscle cells (catabolism) and then repair, rebuild, and strengthen muscle cells (anabolism).

The "external resistance" in resistance training can be rubber resistance bands, dumbbells, weighted bars, kettlebells, water bottles, cans of vegetables, or your own body weight.

Depending on your goals, resistance training can be utilized for muscle definition—a tighter, more sculpted, and physically fit appearance. To "bulk up," more resistance or greater weight can be used. By increasing muscle mass, you'll increase your metabolism and burn more calories at rest; assuming that you don't eat any extra calories, you will lose fat mass. Your body weight may stay the same or go up slightly due to the extra muscle mass, but you'll notice a difference in how much better your clothes fit you.

After age 30, otherwise healthy individuals begin losing muscle mass—as much as 3 to 5 percent per decade thereafter. Many chronic diseases, including diabetes and obesity, are believed to accelerate the decline of both muscle mass and strength, thereby increasing the risk of sarcopenia and physical disability and decreasing health span.

How often to do it
For general health and to prevent sarcopenia in older adults, two days a week of resistance training is recommended. One day's workout should be devoted to upper-body exercises and the other to lower-body exercises.

High Intensity Interval Training (HIIT)

HIIT is somewhat of a new exercise strategy designed for maximal fitness compressed into a short workout. It involves alternating cardiovascular exercise performed with all-out effort/intensity followed by a brief recovery period of less intense exercise; this cycling between exercise and recovery lasts until the individual is too exhausted to continue. Workouts are typically less than 30 minutes, which benefits people with limited time.

Exercises that work well with the HIIT model include a stationary bicycle, rowing machine, stair climbing, running, and uphill walking.

A common HIIT regimen entails a 2:1 ratio of intense activity to moderate (recovery) activity. For example, 40 seconds of an all-out, maximal-effort sprint alternated with 20 seconds of joggling or walking until exhausted. Individuals of any cardiovascular fitness level can do a HIIT workout simply by modifying the activity and the time. A less fit person could alternate between 30 seconds of fast walking and 15 seconds of normal walking.

DC Kathua takes stock of damages caused by incessant rains, landslides in Bani

JJ NEWS SERVICE

KATHUA, JULY 20: Deputy Commissioner Kathua, Rakesh Minhas today visited Bani and took stock of ongoing relief and restoration works in hilly sub division which witnessed loss of lives and property due to inundation and landslides triggered by incessant rains.

The DC was accompanied by DDC, BDC members, ACR Kathua, SDM Bani and Engineers of PWD(R&B), PMGSY and GREP besides officers and officials of line departments. On his arrival, the DC visited PHC Bani where he inspected the medical facilities and arrangements available to cater to healthcare emergencies. He also interacted with the injured and enquired about their health. He directed medical and paramedical



staff of PHC to keep medical resources in operation-ready mode.

DC Rajouri flags off mobile veterinary ambulances to strengthen animal healthcare services

JJ NEWS SERVICE

RAJOURI, JULY 20: To bolster Animal healthcare facilities in the district, Deputy Commissioner Rajouri, Vikas Kundra, today flagged off two mobile veterinary ambulances here from the Animal Husbandry Department office in presence of the Chief Animal Husbandry Officer and other officials.

The newly launched mobile veterinary ambulances aim to provide prompt medical assistance to animals in distress and strengthen the animal healthcare services in the region. The ambulances will be stationed at strategic locations one at Rajouri HQ and other at Nowshera to cover a wide area and cater to the medical needs of a diverse range of animals. Equipped with medical equipment and facilities, the ambulances will play a vital role in delivering emergency medical care and effectively addressing animal health concerns.

At the flagging off ceremony, the DC Rajouri, reiterated the government's commitment towards the welfare of animals in the district. He highlighted the importance of instituting timely medical aid to animals and improving the overall animal healthcare infrastructure.

The Chief Animal Husbandry Officer emphasized the significance of the mobile veterinary ambulances in reaching out to remote areas and offering much-needed veterinary services.

With the introduction of the mobile veterinary ambulance, the District Administration of Rajouri aims to reduce the suffering of animals in distress and create a more compassionate society for animals.

This initiative will not only enhance animal healthcare but also foster awareness among the community about the importance of animal welfare. The DC extended his gratitude to the Animal Husbandry Department and other stakeholders involved in the successful launch of the mobile veterinary ambulances.

He also urged the public to come forward and report any animal health-related concerns to ensure that the ambulances can promptly reach and attend to them.

Among the others who were present on the occasion were CAHO, Dr. Khalid Mujeeb; Technical Officer, Sayed Junaid Showket; PDO, Dr. Safer Ahmed Dar and LDO, Dr. Tanveer Ahmed Dar.

Independence day celebrations matter of National pride: Dr. Abid Rasheed

REVIEWS PREPARATIONS OF CULTURE DEPT FOR INDEPENDENCE DAY 2023

JJ NEWS SERVICE

SRINAGAR, JULY 20: Secretary Culture and Tourism, Dr. Syed Abid Rasheed Shah today held a comprehensive review of the preparations and arrangements made by the department for the upcoming Independence Day celebrations at Civil Secretariat here.

Addressing the officers during the meeting, Dr. Abid highlighted

that this day is a matter of national pride for all of us and holds a special place in the hearts of every citizen, symbolizing the unyielding spirit and unity that have defined our great nation. During the review meeting, the Secretary underscored on the importance of creating an inclusive and memorable event that would resonate with people of all ages and backgrounds. He impressed upon the

officers to meticulously focus on all the aspects of these celebrations well in advance.

Emphasising on the patriotic importance of this day, Dr. Abid impressed upon the officers that the performances of cultural academy as well as their artists should portray patriotic fervor and the level of these performances should commensurate with the standard of this National day. He asked the

officers to shortlist the artists well in advance for the celebrations besides line departmental requisitions for various purposes should also be addressed beforehand.

The Secretary expressed his appreciation for the meticulous planning and dedication of the department and emphasized on the need for seamless coordination among all stakeholders involved for smooth organisation of this

grand event. Dr. Abid further expressed confidence that the 2023 Independence Day celebrations would be a remarkable occasion that celebrates the country's achievements with patriotic fervor. The meeting among others was attended by Secretary JKAA-CL, Director Finance, Culture Department, Special Secretary, Culture Department, Additional Secretary, JKAA-CL and other concerned officers both in person and through video conferencing.

DC Ramban reviews progress of banking sector

'District records 6.95% increase in CD ratio'

JJ NEWS SERVICE

RAMBAN, JULY 20: Deputy Commissioner, Ramban, Mussarat today directed the Bankers to focus on priority sector and achieve the targets under income generating schemes as he was reviewing the performance of Banks at the District Level Review Committee (DLRC) meeting. The meeting was informed that banks have expended Rs. 215.68 crore on the priority sector against a target of Rs 566 crore i.e. 38% of ACP 2022-23 ending, March 2023 and Rs 293 crore under Non-Priority Sector against the target of Rs 65 crore which is 44%.

The Deputy Commissioner directed the LDM and Cluster Head of banks to fix the responsibility of concerned bankers for not achieving the targets under priority sector.

He also directed the officers of sponsoring departments to saturate in sponsorship to provide the benefits of different employment oriented schemes to the youth of the district.



The Deputy Commissioner emphasized on timely disbursement of loan cases, besides implementing the youth and employment-oriented schemes under different segments of priority sector schemes like PMEGP, and CCS for Artisans of Handicraft and Handloom sector, PMWMS, MUMKIN, JK REGP, TEJASWINI, Agriculture, MSME, Housing, and Education in the district.

After detailed deliberations on achievements under different sectors, the DC directed Bankers and Officers of line departments to extend the banking facilities to uncovered areas by using digital modes

of banking like ATM service besides sensitizing the people about schemes pertaining to the banking sector.

The meeting was attended by the CPO, Dr. Kasturi Lal, GM DIC Ravinder Anand, Lead District Manager, Abdul Rashid Sofi, Cluster Head JK Bank Parvez Mir, Director RSETI, Vikramjit Singh, DDM NABARD, Arushi Sharma, CHO Anil Gorka, AD Fisheries Fayaz Ahmed, Bankers and various senior officer.

The Deputy Commissioner also took stock of the bank-wise deposits, advances, and the CD Ratio targets. It was informed in the meeting that the CD Ratio registered

an increase of 6.95% and stood at 60.35%, till March 31, 2022.

Asking the Bankers and officers of line departments to come up with a holistic plan for generating job opportunities by promoting local products and tourism activities in the district, the DC said Banks should play a key role to boost the economy of district which is mainly based on agricultural sector by promoting production of agro based products like Honey, Anardana and Quince.

Highlighting the importance of IEC activities in implementing various job oriented schemes, the DC advised the LDM and other Departments to prepare a calendar of activity for organizing awareness programmes besides using social media platforms for disseminating information about their schemes, especially pertaining to youth and women folk.

The DC also directed Director RSETI to complete all coddle formalities and start construction work of RSETI building on allotted land at Phaly to provide quality training to youth for facilitating them about job orientation. Director RSETI informed us that a training batch for Tourist Guide will be starting soon at Batote.

Fortnightly Van Mahotsava activities take off at KVK Samba

JJ NEWS SERVICE

SAMBA, JULY 20: Krishi Vigyan Kendra, Samba of Sher-e-Kashmir University of Agricultural Sciences & Technology of Jammu today commenced the Van Mahotsav 2023 activities by organizing a mega plantation drive in the premises of the KVK.

Organised under the dynamic leadership of Prof. B.N. Tripathi, Vice-Chancellor, SKUAST-Jammu, more than 60 enthusiastic farmers and farm women participated in this programme. Dr. Sanjay Khajuria, Chief Scientist & Head inaugurated the programme and more than 100 saplings of different plants were planted in the premises of the KVK. Earlier, in his



welcome address, Prof. Khajuria welcomed the participants and enlightened the gathering about the urgency of environmental conservation and planting of new saplings in the monsoon season.

He also emphasized upon use of biodegradable materials in daily life and shunning the use of plastic and its products.

13th round of Kisan Samparak Abhiyan under HADP concludes in Ramban

JJ NEWS SERVICE

RAMBAN, JULY 20: The 13th round of Kisan Samparak Abhiyan, Farmers Orientation programme on Holistic Agriculture Development Plan, under the aegis of Azadi Ka Amrit Mahotsav with the theme Atma Nirbhar Bharat, concluded today in 2 blocks of district Ramban.

The campaign ended on a positive note as an overwhelming response was received from the farming community in all ten blocks of the district.

Audio-visuals (AVs) aids were used to disseminate the information about different government sponsored schemes meant for the welfare

of the farmers associated with Agriculture, Animal Husbandry, Sheep Husbandry, Horticulture, Apiculture, Pisciculture, Sericulture etc. The resource persons from different departments imparted awareness to the participating farmers regarding different schemes.

Informative booklets in 03 (three) languages regarding the schemes of HADP were distributed among the participants.

Moreover, farmers were also made aware about Daksh Kisan (online learning portal for skill development) and Kisan Sathi (IT Dashboard) portal for applying for different services/ schemes. The resource persons urged

farmers to ensure maximum participation in Kisan Samparak Abhiyan to avail orientation and skilling courses for all interventions, latest techniques, exploring new possibilities, and making the farming more accessible and profitable.

During the program, farmers also raised various queries, which were diligently responded by the resource persons. The event witnessed a huge participation of farmers, mostly unemployed youth at each venue. As many as 331 farmers were registered during the thirteen round of Kisan Samparak Abhiyan for the baseline survey by the Skill gap study resource persons.

ADDC chairs Concurrent Audit Team meeting at Bandipora

JJ NEWS SERVICE

BANDIPORA, JULY 20: On the directions of Deputy Commissioner Bandipora, the Additional District Development Commissioner (ADDC) Bandipora, Ali Afzar Khan Thursday chaired a meeting of the Concurrent Audit Team in his office chambers.

The meeting focused on addressing and expediting the examination of recently completed Languageing projects in the region. During the meeting, files pertaining to the recently completed Languageing projects were formally handed over to the members of the Concurrent Audit Team. The officials were entrusted with the crucial task of thoroughly examining the cases of the completed projects. The examination aimed to ensure compliance with established guidelines, quality standards, and effective utilization of resources. On the occasion the Concurrent Audit Team members were apprised of the significance of their role in evaluating the projects' execution and highlighting any potential irregularities or areas for improvement. The ADCDC directed to adhere to the prescribed format while preparing the reports for the examined cases. Ali Afzar Khan on the occasion set a strict deadline for the submission of the audit reports. The team was instructed to submit the detailed reports, along with their findings and recommendations, within a time period of 10 days.

Besides, concerned Officers and officials, Officers from various departments including PHE, PDD, R&B and DSEO also attended the meeting.

Cloud bursts, heavy rains trigger floods in Zurlama, Jumgund areas of Kupwara

DDC Kupwara visits flood affected areas; gets first hand appraisal of Situation

JJ NEWS SERVICE

KUPWARA, JULY 20: The District Development Commissioner (DDC) Kupwara, Ayushi Sudhan Wednesday afternoon conducted an emergency tour of the flood-affected Zurlama area of Kupwara to get first-hand appraisal of the situation.

The DDC, accompanied by Tehsildar Trehgam and local PRIs paid a visit to flood affected Gujarpatti Zurlama and inspected Zurlama- Jumgund road where a portion of road was washed-off due to flash floods.

She visited Mir Mohalla and Chohan Mohalla where some culverts connecting local habitations were damaged by flash floods.

DC asked locals to take precautionary measures and avoid venturing close to nallahs and stressed upon the concerned departments to stay vigilant in case of any eventuality.

Pertinent to mention that the flash floods triggered by cloud bursts and heavy rains have caused damage to KPDCI, Jal Shakti Infrastructure, Culverts and a stretch of Zurlama-Jumgund road.

Horticulture department organizes Awareness/ Capacity Building Programme on HADP

JJ NEWS SERVICE

SRINAGAR, JULY 20: The Directorate of Horticulture, Rajbagh Srinagar, today organized a highly informative and impactful Awareness/Capacity Building Programme on the "Holistic Agriculture Development Programme (HADP)".

The event aimed to equip officers of the Directorate and field officers of the Department of Horticulture, including Chief Horticulture Officer, DLSMS, and Horticulture Development Officers, with valuable insights into effectively implementing the HADP for the benefit of farmers and the agriculture sector.

The programme was presided over by the Director Horticulture Kashmir, Mr. G. R. Mir.

During the programme, experts from the Department of Horticulture delivered comprehensive presentations, shedding light on various critical aspects of implementing the "Holistic Agriculture Development Programme (HADP)". Participants were provided with valuable knowledge and best practices to ensure the successful execution of the programme.

Director Horticulture emphasized the need to achieve the set targets for the current year under the HADP. He stressed that the success of the programme would lead to significant improvements in agricultural practices and boost the socio-economic condition of farmers in the region. Furthermore, Director Horticulture emphasized that all officers must adhere to the implementation guidelines of HADP in both letter and spirit.

Plant Clinical Camp organised at Budgam

JJ NEWS SERVICE

BUDGAM, JULY 20: Krishi Vigyan Kendra (KVK) Budgam in collaboration with IFCCO today organized a day-long plant clinical camp at Qazibagh.

Around 100 farmers from the area participated in the said camp. Besides, the programme was attended by Scientists of Kendra, experts from Div. of Soil Science, Div. of Entomology SKUAST-K, officials from the line departments, and representatives from IFCCO. The purpose of the programme was to discuss and deliberate about the issues faced by the farmers related to the horticulture, field and vegetable Crops for their on-spot redressal.

Senior Scientist and Head KVK Budgam, Dr. Bilal Ahmad Lone discussed the role of KVK in insect pest and disease management of crops. He further stressed upon usage of new technology and social media for management of insect pests and diseases by getting advisories from the concerned scientists.

Dr. Vaseem Yousuf (Scientist Plant Pathology) also replied to the pertinent queries raised by farmers.

During the programme free cost pea seed was distributed among the farmers.

Scientists also visited the farmers' field for on the spot assessment and recommendation for redressal of the problems.



DC Baramulla reviews arrangements for I-Day 2023 Celebrations

J1 NEWS SERVICE

BARAMULLA, JULY 20: The Deputy Commissioner (DC) Baramulla, Dr Syed Schrish Aggar today convened a meeting of officers from different departments at Dak Bangalaw here to review the arrangements for smooth Independence Day 2023 celebrations in the district.

The meeting was informed that the main function of the day will be held at District Police Lines Baramulla, where the chief guest will unfurl the National Flag followed by inspection of parade.

The meeting held threadbare discussions on arrangements to be put in place at the venue for the National function, including security, seating, transportation, parking, electricity, refreshment, medicare, availability of ambulance, deployment of fire tenders and sanitation measures.



It was given out that the march-past will be presented by contingents of JKP, CRPF, Fire and Emergency and other bands which would be followed by a colorful cultural programme by students.

The Health Department was asked to depute Medical teams along with ambulances at the venue to meet any eventuality.

Executive officer, Municipal Council Baramulla was directed to ensure proper sanitation and cleanliness of the main venue.

The DC also directed the concerned Officer of Education Department to select the contingents and students for the national anthem and cultural programme.

The concerned departments were asked to ensure proper arrangements related to security, sanitation, seating arrangements, barricading, water supply, power

supply, issuance of invitation cards and illumination of important buildings etc on the Independence Day.

Moreover, Dr Schrish emphasized upon all the officers to work with synergy and mutual coordination for smooth and successful conduct of I-Day celebrations.

Additional District Development Commissioner Baramulla, Ajaz Abdullah Saraf; Additional Deputy Commissioner Sopore, Manzoor Ahmad Raina; Additional Deputy Commissioner Baramulla, Dr Zahoor Ahmad Raina; Joint Director Planning, M. Yousof; Assistant Commissioner Revenue, SDMs besides other officers of Police, CRPF were present in the meeting.

DC Bandipora inaugurates Police Martyrs' Memorial Cricket Tournament at SK Sports Stadium

J1 NEWS SERVICE

BANDIPORA, JULY 20: The Deputy Commissioner (DC) Bandipora, Dr Owais along with the SSP Bandipora, Lakshay Sharma today inaugurated 'Police Martyrs Memorial' Cricket Tournament at SK Sports Stadium Bandipora.

As many as 18 teams from across the district are participating in the tournament.

This cricket event is being organized by the District Police Bandipora in collaboration with the Cricket Association Bandipora, with the aim to pay homage to the brave police personnel who have made the ultimate sacrifice while serving the community.

The opening ceremony of the tournament marked the presence of esteemed guests, local dignitaries, cricket enthusiasts, and members of the bereaved families of fallen police martyrs.

Speaking on the occasion, the DC expressed his profound gratitude to the district police and Cricket Association Bandipora for organizing such a significant event that honors the sacrifices of our courageous police force.

Dr Owais highlighted the importance of recognizing the efforts of these unsung heroes, who work tirelessly day and night to maintain peace and harmony in the region.

SSP Bandipora said the Police Martyrs' Cricket Tournament aims to remember the sacrifices of the fallen heroes, besides to foster camaraderie and sportsmanship among the participating teams.

He said 18 teams from various police departments and local cricket clubs in Bandipora will compete in the tournament.

Cricket Association Bandipora, expressed his gratitude towards the district police for joining hands in organizing this momentous event.

Among others, Faisal Ali was also present on the occasion.

DC B'ta chairs District Level Coordination-Implementation Committee meeting

Dr Sheshik secures Approval of 06 New Projects under RRP&M scheme of Architecture & Heritage

J1 NEWS SERVICE

BARAMULLA, JULY 20: A meeting of District Level Coordination-cum-Implementation Committee (DLIC) was held under the chairmanship of the Deputy Commissioner (DC) Baramulla, Dr Syed Schrish Aggar at Conference Hall of DC Office Complex here to review the progress of works being executed on development and restoration of Religious Places/Assets in the district. At the outset, the DC discussed threadbare the Action Plan prepared for carrying out the restoration, review, preservation and maintenance of Architecture and Heritage of Religious Places/Heritage Sites in Baramulla for the current year. On the occasion, the committee approved 6 new projects in Baramulla district to be carried out under the scheme Revival Restoration, Preservation and Maintenance of Architecture and Heritage of Jammu and Kashmir. The DC also asked the concerned departments to submit the Detailed Project Report (DPR) for the same with the Department of Culture and Heritage Jammu and Kashmir.

During the meeting, it was also informed that 5 projects have already been taken up wherein the works are in execution mode. She was informed that the work is going on in full swing on different components of the project.

Additional Deputy Commissioner Baramulla, Zahoor Ahmad Raina; Joint Director Planning, M. Yousof Rather besides other officers of concerned departments were present in the meeting.

ADDC Ganderbal discusses issues related to transport facility at Baltal

J1 NEWS SERVICE

GANDERBAL, JULY 20: The Additional District Development Commissioner Ganderbal, Mushtaq Ahmad Simmani and Camp Director Base Camp Baltal, Gan Shyam Singh today convened a meeting with the transporters and discussed range of issues related to transport facilities provided to the devotees. The meeting was attended by various representatives of transport associations and other officials from Civil and Police.

The meeting discussed various issues related to transport facilities at Baltal including adherence to notified rates, timing, parking, and other related issues.

While deliberating on the issues, ADDC urged them to ensure the rates notified already shall be adhered to strictly, besides the vehicle coming from other stands shall not be allowed to stop in the bus stand Baltal who are charging rates arbitrarily from the devotees.

Police department was asked to check on such drivers who are overcharging the devotees, besides transporters were also directed to identify such drivers who are not adhering to the notified rates so that they can be dealt with strictly. Meanwhile, the ADDC complemented the transporters for providing the smooth transport facilities to the pilgrims since the commencement of yatra.

Mega cleanliness drive held at GDC Ganderbal

J1 NEWS SERVICE

GANDERBAL, JULY 20: Non-teaching Staff of Govt. Degree College (GDC) Ganderbal in collaboration with Municipal Council Ganderbal under Swachh Bharat Abhiyan today organised a cleanliness drive within the college premises.

The initiative aimed to promote cleanliness and to create and contribute towards a cleaner and healthier environment in and around the campus. The cleanliness drive began in the morning with an opening address by the Principal of the College Prof. Fouzia Fatima who emphasised the significance of cleanliness for a healthy society and a good academic environment.

Chairman DDC Budgam discusses Muharram arrangements, follow-up of Constituency visits

J1 NEWS SERVICE

BUDGAM, JULY 20: In an effort to ensure the smooth conduct of Muharram and to review the progress of his recent visits to Chadora and Charar i Sharief constituencies, the Chairman, District Development Council (DDC) Budgam, Nazir Ahmad Khan today chaired a crucial meeting which witnessed participation from all key line departments.

The primary agenda of the meeting was to discuss the preparations for the upcoming Muharram observances and to ensure that all necessary arrangements are in place to ensure the safety and well-being of the residents during this occasion.

Chairman DDC emphasised the significance of maintaining peace and harmony while facilitating the religious processions and gatherings throughout the district. He urged all the officials to work in close coordination with religious

leaders and community representatives to ensure a peaceful and respectful observance of Muharram.

During the meeting, Nazir Ahmad Khan also took the opportunity to review the outcomes of his recent visits to Chadora and Charar i Sharief constituencies.

He highlighted the issues raised by the locals of Loolipora, Karwan, Kandajara and Chararipora. He stressed on the importance of timely execution of developmental projects and assured continued support from the DDC Council in enhancing the overall infrastructure and services in district Budgam.

Chairman DDC expressed his satisfaction with the discussions and thanked all officials for their active participation and valuable inputs. He urged everyone to work with renewed dedication and zeal to make Muharram arrangements successful and to implement development projects promptly.

Dr Abid calls on youth to preserve the timeless Art of Calligraphy

J1 NEWS SERVICE

SRINAGAR, JULY 20: Secretary Culture and Tourism, Dr. Syed Abid Rasheed Shah emphasized the vital role of the young generation in keeping the art of calligraphy alive during a valedictory function of a ten-day calligraphy workshop.

The workshop, which focused on Arabic, Urdu, and English calligraphy, was organized by the Jammu and Kashmir Academy of Art, Culture, and Languages (JKAAAL) and saw enthusiastic participation from students representing various colleges in Srinagar. The event took

place at JKAAAL's Divisional Office in Lal Mandi. Dr. Abid Rasheed, acknowledged calligraphy as a form of art of utmost elegance and beauty and urged the young and talented students to shoulder the responsibility of preserving and promoting this timeless art form.

He also extended his appreciation to the calligraphy art teachers, encouraging them to continue their efforts in keeping this cherished heritage alive.

Comending the JKAAAL for organizing such a workshop, Dr. Abid Rasheed highlighted the academy's efforts to restore its lost glory, for which it was renowned in the past.

Chairman DDC Budgam assesses road for Muharram procession; addresses Khul blockage in Daffpora

J1 NEWS SERVICE

BUDGAM, JULY 20: The Chairman, District Development Council (DDC) Budgam, Nazir Ahmad Khan today visited Daffpora Budgam to assess the road conditions for the upcoming Muharram procession and to address the blockage of Khul in the area.

Accompanied by the Chief Executive Officer (CEO) of DDC Council and Executive Engineers of Roads & Buildings (R&B) and

Irrigation departments, the Chairman conducted an on-site inspection to evaluate the condition of the road, ensuring its suitability and safety for the upcoming religious procession of Muharram.

Furthermore, during the visit, Nazir Ahmad Khan also took immediate action to address the issue of the Khul blockage, a vital waterway in the area. The concerned authorities were directed to initiate necessary measures promptly to resolve the blockage and restore the smooth

flow of water to benefit the local community. The Chairman DDC emphasized the importance of ensuring seamless arrangements for religious events while also acknowledging the significance of maintaining essential infrastructure to meet the needs of the people in Daffpora, Budgam. He extended his gratitude to the local community and administrative officials for their cooperation during the visit and urged everyone to work collectively for the betterment of the region.

Samba Administration scales up Drug Control measures

J1 NEWS SERVICE

SAMBA, JULY 20: A three day training programme on 'Early Detection of Drug Abuse and Post Detection Management' was held on Thursday here in the Conference Hall, DC Office Complex Samba.

The programme has been organized on the direction of Deputy Commissioner, Abhishek Sharma, involving Social Welfare, School Education and other line departments.

At the outset, District Social Welfare Officer, Nawaz Sharif welcomed the participants and highlighted different issues associated with drug abuse.

In his address, the DC Samba stressed the need for early identification of individuals struggling with drug abuse. He asked the stakeholders to devise an all inclusive action plan to deal effectively with the possible challenges in the fight against the Drug menace.



The Deputy Commissioner opined that the Drug abuser shall not be stigmatized. "Instead of treating them as criminals, the approach should be to treat them as victims and encourage them to quit the drugs through proper sensitization and trust

building," he said.

The DC sought to focus on identifying the perpetrators who are the root cause of the problem. He stressed on inter-departmental synergy while dealing with the problem.

He stressed that teachers should try to

identify the students who exhibit possible signs of drug abuse like falling grades, antisocial behavior, missing school classes etc. Anganwadi workers of ICDS can also be instrumental in identifying possible drug abusers due to their strong linkages in the grassroots level.

"The District administration intends to bring in a permanent mechanism to mitigate the menace of drug abuse in educational institutions," he added.

The purpose of holding the workshop is to bring all stakeholders together to deliberate upon and come out with an effective plan to tackle drug abuse. "The drug abuse must be eliminated by small steps in the right direction i.e. from one family to one village and subsequently the entire district," he said.

Program Officer POSHAN Subhash Chander, Chief Education Officer Kewal Krishan, DIO Monika also took part in the programme.

3-day training program on drug control measures commences at Rambana

DC bats for intensive sensitization of youth about its disastrous consequences

J1 NEWS SERVICE

RAMBANA, July 20: Deputy Commissioner, Rambana Musarat Islam inaugurated a 3-day training programme for master trainers and field functionaries of ICDS Department on 'Early Detection Of Drug Abuse And Post-Detection Management' here today in the Conference Hall, Maitha.

The trainees are selected teachers, Anganwadi Workers, ASHA workers, volunteer youths, Counsellors of One-Stop Centre and District Hub for Empowerment of Women (DHEW) Training programme has been organized by the Social Welfare Department in collaboration with ICDS, Health and Education Department as part of JK UT Government's Action Plan to counter the challenge of drug abuse and eradicate this menace by creating a pool of Master Trainers to create an effective team

on ground level under the National Action Plan For Drug Demand Reduction (NAPDRM). Speaking on the occasion, the Deputy Commissioner stated that drug abuse affects individuals, families and communities. He emphasized tackling it from multiple perspectives including deterrence, treatment and enforcement.

Informing that enforcement agencies are on job to tighten the noose around the drug peddlers, the DC said District Administration Rambana in coordination with Police and other stakeholder departments is committed to create a drug-free environment in the district. He also underlined the need to highlight the devastating impacts of drug abuse on the physical and mental state of those who succumb to peer group resistance.

The Deputy Commissioner emphasized the importance of creating awareness and spreading knowledge to prevent drug abuse

and promote sustainable livelihood.

He appreciated collaborating departments' efforts and said training sessions' experience will help work more effectively in curbing this menace in the district. Earlier, Social Welfare Officer Rahul Gupta presented a welcome address highlighting issues associated with drug abuse followed by lectures by Chief Medical Officer, Dr Kamal Zadu, CEO Dev Anand, BMO Batote, Dr Gurmeet Kaur, counsellors and psychologists. BMO Batote, Dr. Gurmeet Kour spoke on physical or psychological, mental or psychological and behavioural signs of early detection of drug abuse, steps to help prevent drug misuse in children and teenagers.

She also dwelt on types of drug abuse rehabilitation. The BMO also screened a motivational film and used Power Point Presentation to train the Master Trainers which included selected

teachers, Anganwadi Workers, ASHA workers, volunteer youths, Counsellors of One-Stop Centre and District Hub for Empowerment of Women (DHEW). The

YS&S conducts Pad Yatra, Inter School Competitions in Tulail Gurez

J1 NEWS SERVICE

BANDIPORA, JULY 20: Youth Services & Sports (YS&S) department Thursday organized a Pad Yatra and Inter School Volleyball and Kabaddi Competitions in Barie Block Tulail of Gurez Bandipora. The Pad Yatra, led by ZPEO Office Gurez, took place amidst the scenic beauty of Tulail, bringing together enthusiastic participants from various schools in the region. The event aimed to promote physical activity, outdoor exploration, and cultural integration among the youth of the remote areas.

In conjunction with the Pad Yatra, Inter School Volleyball and Kabaddi Competitions were conducted for U14 and U17 Boys and Girls categories at HS Jurniyal. The competitions witnessed an overwhelming response from hundreds of students who eagerly showcased their sporting prowess and team spirit.

The event served as a platform for talented young athletes to exhibit their skills and represent their respective schools

JKTPO Team Meets Invest India, ITPO to Foster Investments and Trade Opportunities in J&K

J I NEWS SERVICE

NEW DELHI, JULY 20: A delegation from Jammu & Kashmir Trade Promotion Organization (JKTPO), led by its Managing Director, Khalid Jahangir held extensive meetings with Invest India and Indian Trade Promotion Organization (ITPO) to explore investment opportunities and strengthen trade ties in the region. The delegation congratulated Nirvuti Rai, for the new role as MD & CEO of Invest India, and sought her support in projecting Jammu & Kashmir's potential as a prime investment destination. Further, the visit was followed by detailed discussions regarding investment prospects in focus sectors such as



Tourism, IT/ITES, Food Processing, Ayush, One District One Product (ODOOP), Logistics, and with the Sectoral Teams of Invest India. There was productive sharing of knowledge and ideas, aimed facilitate investment in areas of strength and impor-

importance for J&K. The collaboration aims to attract investments that will fuel economic development and generate employment opportunities in the region. The JKTPO team also engaged with ITPO to study the revenue and organizational model, with a focus on finalizing plans for a Mega trade fair to be held in Srinagar in last week of September. The trade fair aims to provide a platform for exhibitors from across India and J&K to showcase their exquisite products and explore trade opportunities. On the same lines JKTPO shall be organizing the second version of mega trade fair in Jammu and will further be a flagship event of Industries & Commerce Department which

will be organised annually. The meeting at ITPO was attended by General Managers of different wings, Dy. General Managers, and Senior Managers of ITPO, emphasizing the commitment of both organizations to create a conducive environment for trade in Jammu & Kashmir. The JKTPO team expressed their enthusiasm about the fruitful discussions and the potential outcomes of these meetings. The decisions and discussions will lead to positive impact on successful roll out of the Mega trade fair, which is expected to bolster trade opportunities, promote local products, and attract investments for the overall economic growth and prosperity of the region.

District Red Cross Society Kishtwar elects new Managing Committee

J I NEWS SERVICE



KISHTWAR, JULY 20: The Annual General Meeting of the District Red Cross Society Kishtwar was held today here in the Conference hall of the Mini Secretariat DC Office during which the elections to elect the managing committee members were conducted. Under the leadership of the Deputy Commissioner, Dr. Devansh Yadav, who also serves as the President of the District Red Cross Society, the individuals elected to key positions are Chairman, Shyam Lal ADDC (elected unopposed), Vice Chairman, Chief Medical Officer, Dr. M.Y. Mir (elected with 55 votes out of 81 votes) Treasurer, Accounts Officer DC Office, Inman Ahmed Kitchloo (elected unopposed). Further, Khalid Ahmed Poswal, Senior Superintendent of Police has been nominated as the Vice President of the District Red Cross Society by President District Red Cross Society, Dr. Devansh Yadav. The election was conducted smoothly by the Returning Officer (RO), ACR Varunjeet Singh Charak. In addition to the Chairman, Vice Chairman, and Treasurer, a total of 25 members were also elected to be part of the management committee of the District Red Cross Society. Prior to the elections, a notice was circulated in the public domain inviting individuals to apply for membership and registration in the District Red Cross Society. The DC urged the new Committee to work diligently for the betterment and welfare of the society. He also emphasized the importance of involving youth in the service programs and initiatives to foster a stronger sense of community engagement.

Social Welfare Department Poonch organises 2 -Day Training Program on Drug Control measures

J I NEWS SERVICE

POONCH, JULY 20: The Social Welfare Department Poonch today organised a two-day capacity building training programme for Village Level Committees and Youth Clubs to intensify efforts under Nasha Mukti Bharat Abhiyaan and Nasha Mukti Panchayat Abhiyaan. The programme was inaugurated by the Deputy Commissioner Poonch, Yasin M. Choudhary in the New Auditorium Hall of Shree Krishna Chander Government Degree College Poonch to spread

Awareness among youth about the hazards of drugs. The programme is being conducted by the Master Trainer from State Level Coordinating Agency and Ministry of Social Justice and Empowerment. In his inaugural address, the Deputy Commissioner emphasised the importance of spreading awareness among youngsters and the public to avoid drugs and its ill effects. He urged the public to cooperate with the district administration and police to make the district drug-free.

Youth club, village Committee members participate

The Deputy Commissioner further stressed the role of the committees in curbing the menace of drugs. The training program aims to make the Village Level Committees and Youth Clubs fully functional in their efforts to promote drug awareness and prevent drug abuse in the district. The training programme was conducted by the Social Welfare Department Poonch is part of the Nasha Mukti Panchayat Abhiyaan launched on 26th June 2023, which is a

nationwide campaign to make villages free from the menace of drugs. The programme aims to empower the Village Level Committees and Youth Clubs to effectively implement and monitor de-addiction programs and activities in their respective villages. The training programme will cover various aspects related to drug abuse prevention, including the ill effects of drugs, the legal framework related to drug abuse prevention, and the role of

Village Level Committees and Youth Clubs in promoting drug awareness. The participants are also being trained in counseling techniques and outreach strategies to reach out to the youth and other vulnerable sections of the society. PMU State Coordinator Jammu and Kashmir, Nandni Rawat, ARTO/DIO Poonch, Basharat Mehmood, Assistant Prof. Sarfarz Mir, Tehsil Social Welfare Officer, Mohd. Azam Rather, and other dignitaries were present at the event.

District Level Export promotion Committee discusses Draft Export Plan for Jammu

J I NEWS SERVICE

JAMMU, JULY 20: A meeting of District Level Export Promotion Committee was today held here under the Chairpersonship of Deputy Commissioner Jammu Anvay Lavasa, who is also the Chairman of Committee. The meeting was convened to discuss the Draft Export Plan for Jammu

district prepared by Jammu and Kashmir trade promotion Organization J&K (JKTPO). At the outset, the Functional Manager DIC Jammu Sandeep Dubey welcomed the committee members and informed about the agenda of the meeting. The consultant from JKTPO presented a PowerPoint presentation on the draft district Export action

plan, detailing both hard and soft measures required to increase exports of products identified under ODOP, i.e. Basmati Rice, and products identified under District as Export Hub, i.e. Mango, Dairy Products, Sozni and Stapple. An extensive discussion was held on the increase of production of Basmati rice and mango, besides

the action plan to make these products of international quality so as to increase the income of local potential exporters. The Deputy Commissioner Jammu directed the stakeholder departments to provide short- and long-term action plans with specific targets for next three years of identified product to DIC for its incorporation in the plan.

MD NHIDCL inspects Z-Morh, Zoijla tunnel projects

J I NEWS SERVICE

GANDERBAL, JULY 20: Managing Director, National Highways and Infrastructure Development Corporation Limited (NHIDCL), Chankar Kumar today visited Z-Morh and Zoijla Road Tunnel Projects here and took comprehensive review on the progress of ongoing works on these projects. Besides visiting the project sites, he also chaired review meetings at the site offices and took stock of progress all the components of these projects in detail. While reviewing the progress of

Z-Morh project, the MD was informed that 77 percent work has been completed. He also interacted with Chief Executive Officer, Sonamary Development Authority during the visit. The MD directed the NHIDCL officers to beautify the muck dumping areas near Sonamary to maintain the beautiful landscapes of this famous tourist place. Pertinently, Z-Morh project comprises of 6.5km tunnel with a parallel escape tunnel and a 5.5 km approach road. After completion, it

will provide an all-weather connectivity between Srinagar and Sonamary. Similarly, while reviewing Zoijla project, the MD was informed that 35 percent of works have been completed as on date. He was also apprised that this project comprises of 13.153 km main tunnel and 17.814 km approach road, scheduled to be completed in the month of September 2026. During the visit, he appreciated the efforts of ground team for constructing such projects of national

importance in harsh climatic conditions. He also directed all the stakeholders of both the projects to complete the projects on scheduled timelines. Interacting with NHIDCL officers on the occasion, the MD said that both the projects once completed, will entirely transform the socioeconomic aspect of the area by promoting tourism. He added that the projects also have strategic role as they will provide an all-weather connectivity between Srinagar and Leh which will facilitate easier movement of the Armed Forces and their logistics to the higher reaches of Leh.

DC Srinagar chairs District Level Cooperative Development Committee Meet

Stresses on intensifying IEC activities, coordinated efforts among line departments to strengthen the cooperative ecosystem

J I NEWS SERVICE

SRINAGAR, JULY 20:- The Deputy Commissioner(DC) Srinagar, Mohammed Ajaz Asad Thursday chaired a meeting of District Level Cooperative Development Committee(DLDC) here at Conference Hall of DC Office Complex to review the implementation of various schemes aimed to strengthen Cooperative movement and deepening its reach to the grassroots level. Besides, Additional District Development Commissioner, Srinagar, Zahoor Ahmad Mir, the meeting was attended by

the Chief Planning Officer, Deputy Registrar Cooperatives, Deputy Director Fisheries, Chief Agricultural Officer, DDM NABARD, Officers from J&K State Cooperative Bank, Cooperative Department, and other concerned. At the outset, the Deputy Commissioner (DC) Srinagar, who is also the Chairman District Cooperative Development Committee (DLDC) took a detailed appraisal of the interventions being adopted to make Primary Cooperative Societies as vibrant entities of the economy.

A threadbare deliberation on different initiatives and key components was also held in detailed manner. The DC reviewed the status about adoption of Model Bye Laws by PACS for making them Multipurpose and multi-Dimensional, status of hardware purchase, District Wise targets for establishing new multipurpose PACS o Primary Dairy/Fisheries Cooperative Societies in uncovered Panchayat villages, selection of PACS for the pilot projects for worlds largest Decentralized Grain Storage Plan in

Cooperative Sector, Identification of PACS for convergence with PM-KUSUM scheme for promoting green energy at Panchayat level. On the occasion, the DC stressed on all the members of the Committee to work in coordinated efforts in order to achieve the targets of various initiatives of the Ministry of Cooperation to further strengthen the cooperative ecosystem. The DC also laid thrust on intensifying IEC activities and ensuring active involvement of the PRI members to achieve the set targets in a time bound manner.

The DC was informed that the Ministry of Cooperation, Ministry of Electronics and IT, NABARD and CSC e-governance service India Ltd has signed a Memorandum of Understanding (MOU) enabling PACS to undertake CSC services. The chair was also informed that in order to diversify the business activities of PACS to make them vibrant economic entities various initiatives like opening up of Jan Aushadhi Kendra, LPG/Petrol/ Diesel distribution outlets are being undertaken by Union/State Government for which all the 07 PACS registered in Srinagar District have adopted the model bye laws.

UNION TERRITORY OF JAMMU & KASHMIR OFFICE OF THE SECRETARY JAMMU TAWI GOLF COURSE, SIDHRA

NOTICE INVITING TENDER

E-NIT NO. - JTGC/03OF 2023-24 DATED: - 15-07-2023

For and on behalf of the Lieutenant Governor, Union Territory of Jammu and Kashmir e-tenders are invited on item rate basis from Authorized Dealers / Distributors/ Retailer /Genuine Spare parts Supplier associated with firm having registered certificate of company for each of the following work:-

Sl. No.	Name of work	Advertised Cost (in Rs.)	Cost of doc. (in Rs.)	Earnest money (% of Advs. Cost)	Time of Completion	Class of Contractor
1.	Procurement for new spare parts for Club Car Golf Carts at Jammu Tawi Golf Course Sidhra.	3.00	600/-	2%	30 Days	Dealers / Distributors/ Retailer / Genuine Spare parts Supplier
2.	Procurement for new spare parts for Toro Machinery at Jammu Tawi Golf Course Sidhra.	12.50	600/-	2%	30 Days	

1. Bidding documents consisting of pre-qualification criteria, specifications of the work, Bill of Quantities, set of terms and conditions of contract and other relevant details can be seen/downloaded from the website www.kitenders.gov.in.

Schedule of tender:

A	Date of Issue of Tender Notice	15-07-2023
B	Period of downloading of bidding documents	15-07-2023 from 1630 Hrs to 31-07-2023 upto 1630 Hrs
C	Bid submission Start Date	15-07-2023 from 1630 Hrs
D	Bid submission End Date	31-07-2023 upto 1630 Hrs
E	Date of opening of Technical Bids (online)	01/08/2023, 1400 Hrs in the office of the Secretary JTGC Sidhra, Jammu

Position of AAA : Approved
Position of funds : Available
Position of TS : Approved

No JTGC/B/01-04/2023-24
Dated: 15/07/2023

DIP/J-5422/23

Sd/-
Secretary JTGC Sidhra,
Jammu

UNION TERRITORY OF JAMMU & KASHMIR OFFICE OF THE SECRETARY JAMMU TAWI GOLF COURSE, SIDHRA ADDENDUM & EXTENSION

Name of Work:

1. Procurement for new spare parts for Club Car Golf Carts at Jammu Tawi Golf Course Sidhra.
2. Procurement for new spare parts for Toro Machinery at Jammu Tawi Golf Course Sidhra.

Reference: This Office E-NIT No. : JTGC/03 of 2023-24 Dated: - 15-07-2023

Bidders to kindly take note of the following:-

Tender Fee (Cost of tender documents):

Cost of tender fee indicated above has to be deposited by the bidder in the following account: M/H 5452 favouring Secretary JTGC Sidhra, Jammu or Name of the account holder: Secretary, Jammu Tawi Golf Course, Sidhra Account Number:0320101200000077 Name of the bank: J&K Bank Branch: Sidhra, Jammu

Accordingly, the last date for submission of online Bid of the above cited works has been extended upto 1630Hrs on 31-07-2023. Date for opening Online Technical Bid is 1200Hrs on 01/08/2023 in the office of the Secretary JTGC Sidhra, Jammu.

All other Terms and conditions of the Tender shall remain unaltered.

No JTGC/B/03-03/2023-24
Dated: 18/07/2023

SD/-
SECRETARY JTGC SIDHRA,
JAMMU

DC Poonch inaugurates Mega Job Fair-2023 in SKC Government Degree

Over 800 unemployed Youth Participate, 452 Candidates Shortlisted for Available Vacancies

J I NEWS SERVICE

POONCH, JULY 20: District Development Commissioner, Poonch, Yasin M. Choudhary today inaugurated a one day Job Fair/Employment Mela organized by District Employment and Counselling Centre in SKC Govt. Degree College. As many as 24 firms (agencies) participated in the Fair to make selections for more than 400 vacancies among the unemployed Youth of the District.

Around 800 unemployed youth participated in the job fair of which 452 candidates were shortlisted for the available vacancies offered by 24 Employers/Job Providers. The Job Seekers from Mendhar, Mandi, Surankote, Poonch enthusiastically participated in the event and submitted their resumes to the participating companies. The Government Departments also set up their stalls for providing awareness regarding different self employment schemes. The District Development Commissioner interacted with the job seekers and job providers during the program. He emphasized the importance of the event and said it would serve as an



excellent platform for introducing skilled manpower of District Poonch to the Job Providers. Besides, he said that such programmes bridge the gap between Job Seekers and Job providers. He also advised the Deputy Director Employment and Counselling Centre Poonch to make it a regular feature so as to mitigate the unemployment in the District.

Earlier, Deputy Director Employment, Mohammad Rafiq presented a welcome address and enumerated the importance of the Job Fair/Employment Mela. He urged the youth to avail the opportunity of employment provided on a single platform through job providers. He urged the

youth to get registered with online portal www.jakemp.nic.in and informed them that the portal has also been integrated with NCS portal www.ncs.gov.in, which has 1.92 lakh employers onboard. He also informed that more than 50 thousand unemployed youth from JK have already registered themselves on the platform.

Elaborating further, the Deputy Director Employment Poonch appealed to the youth to avail the benefit of self employment schemes and become successful entrepreneurs rather than the job seeker. The Principal SKC GDC Poonch, Dr. Jasbir Singh, while interacting with the

candidates, stressed upon opting for job oriented courses for achieving success in their careers. He encouraged them to give their best in the interviews and wished them well for their future endeavors.

The unemployed youth also expressed their gratitude to the District Administration Poonch, especially to the District Employment and Counselling Centre for organizing this job fair and bringing employers to their doorsteps.

The other officers present were GM DIC Poonch, Dr. Zakir Hussain, Principal SKC GDC Poonch, Dr. Jasbir Singh, Principal GDC Mendhar, Dr. Mohd Azam, Principal GDC Mandi, LDM JK Bank Poonch, Ashutosh Kaul, District Nodal Officer, JKEDI Azmat Hussain Besides this, Incharge Career Counselling Centre, Prof. Fateh Mohd Abbasi, Incharge Career Counselling Cell, GDC Mendhar, Prof. Murtaza Ahmed, Incharge Career Counselling Cell, GDC Surankote, Dr. Mohammad Ashfaq, Employment Officer, Suja Ahmed Bhat, Young Professional, Harman Simran Singh & representatives from different Departments and Local Self Help Groups were present in the event.

SWD Kathua organises Capacity building, Training programme on Drug Demand Reduction

J I NEWS SERVICE

KATHUA, JULY 20: Social Welfare Department, Kathua today hosted a Three day Capacity Building/Training programme under National Action plan for Drug Demand reduction here in the Conference Hall of DC Office.

The programme was presided over by the District Social Welfare officer. The participants included CDPsOs, frontline Anganwadi Workers, ASHA Workers, Social Welfare officials and volunteers.

The main objective of the training cum capacity building program was to acquaint the participants about drug control measures to eradicate it from society.

District Mental Health Officer, Dr. Mukul Ubbott and representative of Life Line NGO threw light on the evils of the drug abuse and how the stakeholders can play a positive role in rooting out the menace.

District Social Welfare Officer Kathua gave a detailed presentation on the importance of early detection of drug abuse and post detection management of drug de-addiction. He further informed that during the three day capacity building programme the stakeholders will be acquainted with different aspects of drug demand reduction so as to make Kathua a drug free district.

NABARD J&K Regional office celebrates 42nd Foundation Day



J I NEWS SERVICE

JAMMU, JULY 20: NABARD, Jammu and Kashmir Regional Office, celebrated the 42nd Foundation Day here today.

Kamal Patnaik, Regional Director, RBI Jammu was the Chief Guest on the occasion. Along with the staff members of NABARD, Jammu and Kashmir Regional Office, delegates from Banks and line departments also attended the function. In his welcome address, Bhallamudi Srihar, CGM, Jammu and Kashmir Regional Office highlighted the key areas of NABARD such as infrastructure financing, support for KCC Nurturing of Co-operatives and RBIs through recapitalization, computerization of co-operatives, e-commerce portal such as Open Network for Digital Commerce(ONDC) for sale of products, Supporting SHGs, FPOs, etc. He focussed on the need to become relevant with the ever-changing rural ecosystem. He further encouraged all the stakeholders to work together as an entity and understand the requirement of each other to address the issues of Rural India.

Besides, it also thanked Indian Army ITRR, Police, Forest Department, KDA and the local team, consisting of Ravinder Singh Thakur, Bhanu Badyal, Rajesh Thakur and Avleen Bhutiyal including 2 local Youth from Kishtwar who recently completed the Adventure Training Course at the Jawahar Institute of Mountaineering and Winter Sports, Pahalgam.

DC Kishtwar, Dr. Devansh Yadav congratulated the team for this remarkable accomplishment and expressed enthusiasm about boosting the tourist potential and tourism in Kishtwar.

West Bengal Sonarpur Aarohi Club achieves historic Summit of Mt Brammah 1 in Kishtwar; Discover exciting new route

J I NEWS SERVICE

KISHTWAR, JULY 20: The West Bengal Sonarpur Aarohi Club, comprising a team of skilled and eminent mountaineers, has successfully conquered Mt Brammah 1. The challenging peak, known for its technical difficulty, has been a long-standing aspiration among the mountaineering community since it was first climbed by British mountaineer Chris Bonington about 50 years ago.

This remarkable achievement marks the first Indian team to conquer the summit, making history in the world of mountaineering.

After meticulous planning, the



expedition took off on July 16, 2023 with the cooperation of the district Administration Kishtwar and different government and military bodies. However, adverse weather conditions, including whitout and heavy snowfall, forced the team to abandon their initial summit

attempt. During this unfortunate incident, a Sherpa member fell approximately 70 meters but, fortunately, survived with bruises, cuts, shock, and snow blindness while searching for the summit route. The team made a courageous decision to wait for his recovery and launch another

attempt within 30 hours.

On the midnight of July 17, the team set out once again, and at approximately 10 am on July 18, they achieved their goal, successfully summiting Mt Brammah 1. The team recorded the height as 6426 meters, which differed slightly from the topo map's mentioned elevation of 6416 meters, based on four devices readings.

A total of nine climbing members and five Sherpas accomplished the momentous summit, while three members coordinated the activities from the base camp. Upon safely returning to the Base Camp on July 19 at 8:30 pm, the team expressed their gratitude to the district

Administration Kishtwar for its support, both direct and indirect, throughout the expedition.

Besides, it also thanked Indian Army ITRR, Police, Forest Department, KDA and the local team, consisting of Ravinder Singh Thakur, Bhanu Badyal, Rajesh Thakur and Avleen Bhutiyal including 2 local Youth from Kishtwar who recently completed the Adventure Training Course at the Jawahar Institute of Mountaineering and Winter Sports, Pahalgam.

DC Kishtwar, Dr. Devansh Yadav congratulated the team for this remarkable accomplishment and expressed enthusiasm about boosting the tourist potential and tourism in Kishtwar.

DC Reasi reviews implementation of NTCP, PCPNDT Act

J I NEWS SERVICE

REASI, JULY 20: A meeting of key stakeholders of District Level Co-ordination Committee under National Tobacco Control Programme (NTCP) was held today under the Chairpersonship of Deputy Commissioner Reasi, Babla Rakhwal here in the DC Office. The meeting started with the power point presentation by Shiveta Raina (Divisional Coordinator, NTCP). She gave a brief introduction about epidemiology of Tobacco use. The key facts & figures were also discussed in detail.

Deputy Commissioner, Babla Rakhwal, laid stress on household survey in villages, yellow lining in schools/educational institutions, signages of tobacco free village & Educational institutions, joint inspections in I2 CD Blocks by key stakeholders, constitution of village level co-ordination committees, 24x7 LED Display & scrolling of IEC in District Hospital & CHC Katra & various other issues & decision were also taken.

Later, Chief Medical Officer, Dr. Ravinder Singh, gave a brief presentation on working of District Health Society and Maternal/Child care, Chairperson District Health Society Reasi also reviewed implementation of PCPNDT Act and focus was laid on referral revision/audit, implementation of Anemia Mukht Bharat & Menstrual Hygiene Programme in Schools, line listing of RBKS cases identified for any defect and inspection of clinical establishments.

The meetings were attended by Additional Superintendent of Police, Dy SP HQ, Assistant Labour Commissioner, Tehsildar, Assistant Regional Transport Officer, Principal Higher Sec. School, Aghar Jitto, representative of Chief Education Officer District Social welfare Officer, Medical Superintendent, DH, Dy CMO, District Health Officer, Block Medical Officers, Pouni, Mahore & Reasi, District Nodal Officer, Ayush, Reasi, District Programme Management Unit.

Export Awareness cum e-Commerce on boarding Workshop held at Kulgam



J I NEWS SERVICE

KULGAM, JULY 20: Jammu and Kashmir Trade Promotion Organization (KTPO) in collaboration with the Directorate General of Foreign Trade (DGFT) today conducted an export awareness cum e-Commerce on boarding workshop at Rest House Kulgam.

The workshop aimed to educate and empower potential exporters in the region and facilitate their entry into the world of e-commerce.

The workshop was presided over by Dr. Bilal Mohi-ud-din Bhat, Deputy Commissioner (DC) Kulgam. Dr. Bilal expressed his gratitude towards the business community members from Kulgam district and emphasized the importance of industrial development, proper storage of products, promotion of One District One Product (ODOP) items, and the need to generate self-employment opportunities.

He threw light on the major products from Kulgam that possess

immense potential for exports, stressing the significance of fine-tuning and perfecting the quality of these products.

As part of the export awareness cum e-Commerce onboarding workshop, the Agricultural and Processed Food Products Export Development Authority (APEDA) and the Federation of Indian Export Organizations (FIEO) joined forces to deliver a comprehensive session on export opportunities across various sectors.

The event marked the beginning of a series of workshops planned across the Jammu and Kashmir region to promote exports from all districts. It included comprehensive sessions on the benefits of exports, awareness regarding the India Business Portal and India Trade Portal, credit linkages for exports, credit risk insurance facilities, and the international market potential for products from the region.

Representatives from APEDA and FIEO collaborated to provide valuable insights and guidance to the work-

shop participants.

The session aimed to equip potential exporters with the necessary knowledge and tools to explore international markets and enhance their export capabilities.

The primary focus of the workshop was to enhance and support exports from Kulgam, with a special emphasis on developing the district as an export hub under the District as Export Hub/ODOP initiatives. Participants were provided insights into the export potential of their products, the target countries, and the export procedures to be followed.

KTPO, through these initiatives, has succeeded in bringing all export agencies and stakeholders to the grassroots level, ensuring maximum participation and benefits for the local exporters. The workshop particularly highlighted the ODOP product Garlic from Kulgam district, drawing attention to its exceptional qualities and export prospects.

Experts conducted detailed sessions during the workshop, covering topics such as the advantages of exports, the process of obtaining an Import/Export code, promoting local products in the international market, credit linkages for exports, and credit risk insurance facilities.

A.K. Bhushan, Deputy General of DGFT, enlightened the participants about the crucial role played by DGFT in international trade.

SANJY 2023: Dr. Singla reviews arrangements for ongoing Shri Amarnathji Yatra

J I NEWS SERVICE

PANCHTARNI, JULY 20: Secretary Revenue and Nodal Officer for Shri Amarnathji Yatra via Pahalgam Axis, Dr. Piyush Singla today held a virtual meeting with DC Anantnag, Dr. Syed Fakrudin Hamid and other government officials stationed at Panchtarni campsite to review arrangements for ongoing

Shri Amarnath Ji Yatra 2023 to ensure convenient and smooth conduct of Holy Yatra.

During the meeting, the Nodal Officer expressed satisfaction with the conduct of yatra so far and appreciated the collaborative efforts of all stakeholders, highlighting their unwavering commitment to ensure safety and comfort of the pilgrims. He also lauded the

District Administration for their efforts towards ensuring a safe Yatra.

Dr. Singla further said, "As the Amarnath Yatra progresses, we remain committed to closely monitoring the arrangements and addressing any challenges that may arise promptly.

The collective determination of the authorities and stakeholders involved underscores their

dedication to make this year's Amarnath Yatra a resounding success."

He added that Lieutenant Governor, Manoj Sinha and the Shrine Board are meticulously overseeing all the arrangements.

The Nodal Officer during the meeting also appreciated 'Yatra Mitra' team for their relentless support and assistance in facilitating the smooth and clean pil-

grimage journey for the devotees, and contributing significantly to this year's Yatra's overall success.

During the meeting, Camp Director, Panchtarni, Thakur Sher Singh briefed the meeting about the current arrangements put in place to cater to the needs of the pilgrims, ensuring their comfort and well-being throughout the Yatra.