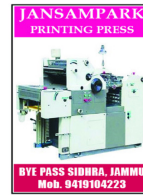




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DAILY | JAMMU | VOL NO: 10 | ISSUE NO: 171 | PAGES: 12 | PRICE: Rs 2/- | RNI NO: JK/ENG/2013/49471 | POSTAL REGD. NO. JK-497/22-24 | dailyjindrahimages.com/Epaper.php | jindrahimages223@gmail.com

J&K government orders transfers and postings of IFS officers

J1 NEWS SERVICE
JAMMU, JUL 24

The Jammu and Kashmir Government today ordered transfer and postings of IFS officers.

According to an order issued here, Roshan Jaggi, IFS (JK1988), PCCF/ Director, Social Forestry, J&K is transferred and posted as Principal Chief Conservator of Forests (Territorial) & HoF, J&K.

Suresh Kumar Gupta, IFS (JK1991), PCCF/Chief Wildlife Warden, J&K is transferred and posted as PCCF/ Director, Social Forestry, J&K. He shall also hold the additional charge of the post of Managing Director, Jammu and Kashmir Forest Development Corporation.

Sarvesh Rai, IFS (JK1991), PCCF/ CEO, CAMPAA, J&K is transferred and posted as PCCF/ Chief Wildlife Warden, J&K vice Sh. Suresh Kumar Gupta, IFS.

Asaf Mahmood, IFS (JK1992), PCCF/Director, J&K FRI, holding addi-

tional charge of Director, Soil & Water Conservation, I&K is transferred and posted as PCCF/CEO, CAMPAA, J&K vice Sh. Sarvesh Rai, IFS. He shall, however, continue holding additional charge of the post of Director, Soil and Water Conservation, J&K.

Vasu Yadav, IFS (JK1994), APCCF/ Managing Director, Jammu and Kashmir Forest Development Corporation is transferred and posted as Chairman, Jammu and Kashmir Pollution Control Committee.

J. Frankol, IFS (JK1994), APCCF/ Director, Forest Protection Force, J&K is transferred and posted as APCCF, Jammu vice Sh. Brij Mohan Sharma, IFS. Sarvesh Rai, IFS (JK1991), PCCF/ CEO, CAMPAA, J&K is transferred and posted as PCCF/ Chief Wildlife Warden, J&K vice Sh. Suresh Kumar Gupta, IFS.

Asaf Mahmood, IFS (JK1992), PCCF/Director, J&K FRI, holding addi-

LG Sinha chairs high level meeting to review Muharram arrangements



J1 NEWS SERVICE
SRINAGAR, JUL 24

Lieutenant Governor Manoj Sinha chaired a high level meeting today to review arrangements for Muharram.

The meeting at Civil Secretariat was attended by heads of religious organisations, eminent members of Shia Community, Chief Secretary, Dr Mandeep Kumar Bhandari, Principal Secretary to Lt Governor; M.K. Sinha, ADGP Hqrs; Vijay Kumar, ADGP Kashmir; Vijay Kumar Bidhuri, Divisional Commissioner Kashmir; Administra-

tive Secretaries; Deputy Commissioners; Heads of Departments and other senior officers of UT administration.

"This is the occasion of utmost religious impor-

tance for all of us. The UT administration and Government of India is working with sensitivity and commitment to ensure that all arrangements are made for smooth, safe and hassle-free conduct of Muharram," the Lt Governor said.

The Lt Governor directed the Deputy Commissioners to ensure improved connectivity to Imambars, power supply, availability of

extra ration, water and basic amenities, regular market inspection, cleanliness, traffic management, best possible medical facilities to the people.

He also sought valuable inputs from the eminent representatives of the Shia Community on the Muharram arrangements. The Lt Governor assured prompt and appropriate steps to address the issues and demands raised during the interaction. Deputy Commissioners briefed the meeting on the preparations and arrangements made in their respective districts for Muharram.

Centre likely to reserve 3 seats for Kashmiri migrants, PoJK refugees in J&K Assembly

J1 NEWS SERVICE
SRINAGAR, JUL 24

The Central government is mulling to amend the Jammu & Kashmir Reorganisation Act to reserve three seats in the Jammu & Kashmir Legislative Assembly for Kashmiri migrants and refugees from the Pakistan occupied Jammu & Kashmir (PoJK).

Sources told news agency-Kashmir News Observer (KNO) that the Centre is planning to bring "The Jammu and Kashmir Reorganisation (Amendment) Bill, 2023, in Parliament to reserve two seats for Kashmiri migrants and one for refugees from PoJK. These members will be nominated by the Lieutenant Governor of Jammu and Kashmir Union Territory, they said. According to sources, the bill states that Jammu & Kashmir's Lieutenant Governor may nominate not more than two members, one of whom shall be a woman, from the community of Kashmiri migrants, to the Jammu and Kashmir Legislative Assembly.

It further states that LG may nominate one member from displaced persons from Pakistan occupied Jammu and Kashmir to the Jammu and Kashmir Legislative Assembly.

The bill is aimed at "preserving political rights of the migrants and refugee communities as well as for their social and economic development".

It is worthwhile to mention that the delimitation commission headed by former Supreme Court judge Justice (ret.) Ranjana Desai had recommended to the Government of India to make a legal provision for nomination of at least two members (one of them must be female) from the community of Kashmiri Migrants in the Legislative Assembly.

It had also recommended that the Government may consider giving some representation to refugees from PoJK in the Jammu and Kashmir Legislative Assembly, by way of nomination of representatives of the displaced persons from PoJK. Meanwhile, JK BJP spokesman Altaf Thakur also tweeted: "Stage set for another historic moment: Reorganisation bill to be tabled in the parliament's moonsoon session: Kashmiri pandits to get two seats. KPs were forced to leave their home land and live a miserable life. One seat will be given to PoJK people who rejected two-nation theory and stood with Indian union. Later JK LG to nominate three members for KPs and PoJK people in the Parliament. Indeed a great gesture by PM Modi led government."

Two dead as truck falls into ditch in Jammu

J1 NEWS SERVICE
JAMMU, JUL 24

Two persons, including a Madhya Pradesh resident, were killed after a truck crashed into the safety barriers before landing into a ditch at a road construction site along the Jammu-Pathankot national highway here, police said.

The accident took place near Kaluchak on the outskirts of Jammu city around 6.30 am when the driver of a Samba-bound truck lost control and crushed a pedestrian before hitting the barriers set up by a construction agency to safeguard its workers engaged in road construction, Station House Officer of Ganga police station Ajay Singh Chib said.

He said the truck then fell into a ditch, resulting in the death of its driver

J&K leads country by holding over 1.5 lakh events under AKAM

J1 NEWS SERVICE
SRINAGAR, JULY 24

Chief Secretary, Dr Arun Kumar Mehta today chaired a meeting to take stock of the preparations to be made for grand celebration of the finale of Azadi Ka Mahotsav (AKAM), going on from last more than one year.

The meeting was attended by all the Administrative Secretaries, ADGP Kashmir/Jammu; Divisional Commissioner Kashmir/Jammu; Deputy Commissioners and Districts SPs besides other concerned officers.

The Chief Secretary took this occasion to applaud the Divisional and District Administration for their untiring efforts during all these months to make the UT reach to top of the table by organising more events than other states/UTs under AKAM program.



Dr Mehta impressed upon the officers that the celebrations of the culmination of this nationwide festival should be made at each level right from the Panchayats. He made out that each office, school or college should hoist the National Flag on 15th of August besides taking special measures for the sanitation and upkeep of their premises.

He enjoined upon all the officers to take part in all the events themselves besides encouraging others for the same. He also advised the District Administration to monitor the performance of the Panchayats in their jurisdiction.

He asked the Forest Department to make arrangements for providing at least 75 plant saplings to each Panchayat for planting as part of these celebrations. He asked for taking measures for protection of all of such plantations through the institutions where these are planted.

The Chief Secretary maintained that each celebration should be befitting in its grace and decorum befitting for the occasion involving the "Panchayat Prabharis" in it.

Neighbouring country trying to adopt 'Punjab model' to lure J&K youth towards drugs: DGP

J1 NEWS SERVICE
SRINAGAR, JULY 24

Jammu and Kashmir's Director General of Police (DGP) Dilbagh Singh Thursday said that the neighbouring country is following the Punjab model to lure J&K's younger generation towards drugs as militancy is on its deathbed.

"When terrorism ended in Punjab, youth and people were lured towards drugs. While terrorism vanished in Punjab, drugs remained there to destroy the generations. Same model is being followed in J&K by Pakistan. Militancy is on its deathbed in J&K but efforts from across are on to hook youth towards drugs," DGP Singh told reporters as per news agency-Kashmir News Observer (KNO), after inaugurating the J&K Police Martyrs' Football Tournament in Srinagar.

He said that last year, J&K police, while following the zero tolerance for drugs, destroyed 8000 kg of drugs and registered 20000 cases. "Some 3000 people



were arrested and many of them under NDPS act," the DGP said.

He said conspiracies are being hatched against the J&K youth from across as consignments of drugs continue to infiltrate into this side. "Terrorism incidents are taking place like the appearance of a jin Conspiracies from across the border, J&K was badly affected but today, defeated peace ahead, terrorism at back seat. Terrorism incidents taking place like a jinn," he said, adding that even for the smallest incidents, terrorist organisations come forward to take credit. He said a peaceful

environment is prevailing in J&K at present as stones lying on the roads are being used for the construction of buildings and streets. "Stones are no longer used to bruise or hurt anyone," the DGP said.

Replying to a query about Yatra, the DGP said that pilgrimage is going on smoothly and so far more than 3 lakh pilgrims have performed darshan. "The pilgrims are coming to Srinagar as well and visiting other places of Kashmir to enjoy the beauty of the Valley," he said.

The J&K police chief said that they have made elaborate arrangements to facilitate the Muharram procession of the Shia community. "There should not be any sectarian rift as all festivals and religious obligations are equally important and sacred. We are cooperating with the Shia community and will ensure peaceful Muharram processions," he said. He said that almost 46 teams will participate in the J&K police martyrs

CONTINUED ON PAGE 4

J&K Bank's Q1 PAT zooms 97% YoY to Rs 326 Crore

J1 NEWS SERVICE
SRINAGAR, JULY 24

In an impressive Q1 performance, J&K Bank's net profit has jumped 97% Year-on-Year to almost double its profit-after-tax (PAT) to Rs 326.45 Cr for the first quarter of FY 2023-24 when compared to Rs 165.97 Cr recorded for the April-June quarter last financial year.

The Bank announced its Q1 results today after the Bank's Board of Directors approved the quarterly numbers in a meeting held here at the Bank's Corporate Headquarters.

Performance Highlights
The Bank's Net interest income (NII) rose 3.4% YoY to Rs 1283.30 Cr in the first quarter of CFY, while as, the Net Interest Margin (NIM) improved to 3.98%



as compared to 3.46% registered in Q1 of FY 2022 and 3.94% recorded in the last quarter of FY 2023.

Core operating profit of the Bank witnessed a sharp spike of 38% YoY and reached Rs 528.05 Cr from Rs 381.45 Cr. Besides witnessing rise of 22% YoY and 7% QoQ in its operating income, the Bank's Cost to Income Ratio for

the quarter has reduced to 65.07% as against 69.17% recorded Q1 last FY. The Bank's Return on Assets (RoA) for the June quarter was at 0.94%.

Commenting upon the Bank's results, MD & CEO Baldev Prakash said, "With an almost doubled Year-on-Year PAT, our Q1 performance gives us a very encouraging start to

meet our annual guidance. Reflecting the gradual but marked improvement in our operations, our core operating profit has jumped 38% YoY while witnessing 17% rise on QoQ basis. With NIM at almost 4% along with 24% YoY increase in Net Interest Income, I see promising top-line growth unfolding in coming quarters."

"For the last six quarters we have continued to strengthen and stabilize key operational parameters. The idea is to keep strengthening the core to ensure continuous and sustainable growth going forward", he added.

Asset-Quality
The Bank's gross non-performing assets (GNPA) have reduced to 5.7% YoY as against 9.09% recorded last year. In sequential

terms GNPA has declined by 27 bps from 6.04% recorded in March quarter of last FY. The net NPA for the Q1 also improved to 1.39% as against 3.02% registered in Q1 of last financial year and 1.62% recorded in March quarter of FY 2023.

NPA Coverage Ratio for Q1 improved to 87.55% when compared to 81.21% recorded last year and 86.20% as on March 31, 2023.

Regarding asset quality, the MD & CEO said, "The trend in asset quality continues to be very encouraging. With vigorous recovery pursuits and expected resolution of good number of accounts, we are well on course to achieve the asset-quality as per our guidance which

CONTINUED ON PAGE 4

15 cloudburst incidents reported in J&K in July month: MeT

J1 NEWS SERVICE
SRINAGAR, JUL 24

Amid frequent wet spells in the ongoing month, Jammu and Kashmir has reported 15 cloudburst incidents in the month of July while the Meteorological department (MeT) is preparing data to speak whether the incidents have witnessed an upward trend as the data has not been finalized yet, which would help in comparing the figures of this year with previous years," he said.

Several areas of J&K a few days ago were hit by flash floods triggered by the cloudburst incidents, which led to the

Deputy Director MeT, Dr Mukhtar Ahmad told KNO that although the complete data has not been prepared but so far in this month, a total of 15 cloudburst incidents have been reported in July alone.

"It will be premature to speak whether such incidents have witnessed an upward trend as the data has not been finalized yet, which would help in comparing the figures of this year with previous years," he said.

CONTINUED ON PAGE 4

Dr Jitendra withdraws 'DNA Bill' since parliament enacts 'criminal procedure act'

AGENCIES
NEW DELHI, JUL 24

Union Science Minister Dr Jitendra Singh today withdrew the DNA Bill from Lok Sabha, in the wake of the Parliament having passed "The Criminal Procedure (Identification) Act, 2022".

When asked, the Minister explained that since most of the Clauses of the "The DNA Technology (Use and Application) Regulation Bill" have broadly been covered in "The Criminal Procedure (Identification) Act, 2022" which was brought by the Ministry of

CONTINUED ON PAGE 4

Common man's hardships piling up due to Administration's failure: Malik

LJP (R) to organize mega workers convention on August 5th 2023



JJ NEWS SERVICE

JAMMU, JUL 24: Lok Janshakti Party (Ramvilas) is going to organize mega workers convention in Jammu to highlight burning public issues on August 5th 2023 where national leaders including AK Bajpai National Vice President, Kunwar Asim Khan National President Minority Cell, Pranab Kumar National Youth President, Ravi Tickoo National Secretary will also participate. This was disclosed by Lok Janshakti Party (Ramvilas) J&K President Rafiq Malik

while addressing a press conference in Jammu today. Prominent among those present on the occasion include Santosh Singh State Senior Vice President JKUT, Sanju Bhagat State Secretary, Mahraj Krishan Bhat State President Migrant Cell JKUT, Rajiv Gorka State President Legal Cell and Chief Advisor JKUT, Deepak Kumar Jammu Province President, RP Singh State General Secretary JKUT, Mulkh Raj State President SC Cell, Neha Bhagat State President Mahilla Wing, Nirmal State Senior General Secretary JKUT.

Addressing media persons, Malik said that primary motive of convention is to highlight issues like unemployment, price rise and the overall prosperity and security of J&K people. Their hardships are piling up as Govt continues to be ignorant mode to address burning public issues," said Malik. It is not wrong to say that the middle class and poor are suffering immensely on all account of wrong policies of Govt in J&K," he said. He stated that the condition of the youth in J&K and across India is deplorable. The Govt has failed to provide

any sort of relief to the battered youth who continue to sit idle amidst disappearing employment opportunities," he said.

Malik pointed out that there was total chaos and confusion among people as Govt has failed to remove peoples' apprehensions. "On the one hand, there is complete uncertainty in J&K, while on the other hand people are confronting with failure of the administration to solve day today problems", he said, adding that most parts of the city are facing scarcity of potable water and power scarcity.

Malik blamed BJP for betraying the people of Jammu on the issue of statehood and misleading the people on various emotive issues. He asserted that BJP Government has betrayed people of Jammu by reducing status of a state to union territory and Govt is also not coming clear on many issues. He said that it is most unfortunate that the common people have no medium to raise their voice for their basic necessities due to the neglect of administration.

Kavinder asks Councillors to proactively prepare for upcoming ULB polls

Says J&K witnesses unprecedented growth under Modi's Rule



JJ NEWS SERVICE

JAMMU, JUL 24: Kavinder Gupta, senior BJP leader and former Deputy Chief Minister today convened a meeting of BJP Councillors at RS Pura to rally the party cadre for the forthcoming Urban Local Bodies (ULB) polls in the Union Territory.

The meeting witnessed the presence of prominent party members, including BJP Jammu South President Rekha Mahajan, Former Minister Sham Chowdhary, H.S Pammii, Aakash Chopra General Secretary, Adv Dev Raj,

Satpal Pappu President of Municipal Committee RS Pura, and various other dedicated Councillors representing different wards.

During the meeting, Kavinder Gupta urged the party workers to actively engage with the people of their respective areas and effectively communicate the significant achievements of the Modi Government. He referred to the last nine years of the Modi rule as a "golden period" for the country, highlighting the unprecedented strides made in various sectors that have positively impacted the lives of

millions.

The senior BJP leader expressed his deep satisfaction over the remarkable development witnessed in Jammu and Kashmir during the nine years of Modi's rule. He acknowledged the immense strides taken in infrastructure, education, healthcare, and social welfare, which have played a pivotal role in the state's growth and prosperity.

Kavinder highlighted the key pillars that form the foundation of BJP's vision for India's progress. He emphasized that the party's ideology, rooted in the principles of cultural her-

itage and national pride, is aimed at fostering unity and building an inclusive society that caters to the aspirations of every individual.

The former Deputy Chief Minister asserted that the BJP, under the visionary leadership of Prime Minister Narendra Modi, has consistently strived to implement policies that empower the common people. He cited various landmark initiatives such as "Make in India," "Swachh Bharat," "Aabhan," "Ayushman Bharat" and "Pradhan Mantri Awas Yojana," which have brought about tangible and positive changes in the lives of millions of citizens across the country.

Kavinder encouraged the BJP Councillors and party workers of the border town to be well-prepared and proactive in their respective areas in view of upcoming ULB elections. He emphasized the importance of showcasing the party's accomplishments and development initiatives to the citizens of Jammu and Kashmir, to garner their continued support and trust.

'Vote & Support NC in forthcoming ULB elections': Former-Minister

Babu Rampaul calls for strengthening Party



JJ NEWS SERVICE

JAMMU, JUL 24: Former minister and President Central Zone (Jammu-Samba-Kathua) Jammu Kashmir National Conference (JKNC), Babu Ram Paul, has directed the District Coordinators of the Central Zone to mobilize party cadres and get ready for ULB elections.

He held a threadbare discussion with the party functionaries and drew a roadmap for a mass contact programme. He asked them

to fully gear up for ULB elections which can be announced anytime.

Rampaul emphasized on the need to highlight the failures of current dispensation as people were facing severe hardships due to governance paralysis. He said that growing unemployment was a matter of great concern as the present regime has miserably failed to create job opportunities for the youth. During the meeting Babu Rampaul deliberated in detail the various aspects imperative to

strengthen the party at the grass root level. Various issues were discussed during the meeting which include the present political scenario of Jammu and Kashmir, imposition of property tax in J&K, rising unemployment, uncontrollable inflation etc.

He opined emphasising on the office bearers to disseminate the information amongst general masses about the good work and achievements made by National Conference Party in Jammu and Kashmir.

He also said that the National Conference is a party of masses and hence all the office bearers and party workers must join hands together to raise the voice of the public and their day to day issues for appropriate redressal.

Former Minister flayed the Govt for its hollow promises to bring "Ache Din" (good days) as very basic facilities like water and power are still not fully available as per the requirement of the public.

He urged the party cadre not to waste their time and strengthen their base to defeat the nefarious designs of communal forces in the forthcoming ULB elections. Later, during the meeting, Shaked Ahmed was appointed as Zonal Joint Secretary.

Those who attended the meeting included Dr Vikas Sharma, Bharat Bhushan, Sandesh Shan, Amresh Sharma, Sham Lal Mehra, Surjeet Singh Sasan, Arvind Singh Jamwal, Yashpaul, Janak Raj, Tarsem Paul, Suresh Kumar, and others.

Release of timely honorarium for VDGs will strengthen security grid in J&K: BJP



JJ NEWS SERVICE

JAMMU, JUL 24: Release of timely honorarium for VDGs will go a long way to strengthen the security grid in Jammu & Kashmir, stated Basant Raj Thakur.

Basant Raj Thakur, BJP Village Defence Guard (VDG) Cell Convener, J&K UT, while addressing media persons at party headquarter along with BJP leader Ramesh Katech, said that

VDGs salary issue has been going on far a long time & after hard struggle, this matter has been resolved.

For taking concrete action to resolve the security and the VDGs issues, Basant Raj Thakur expressed gratitude to the Prime Minister Narendra Modi, Home Minister Amit Shah, J&K UT Incharge Tarun Chugh, MP Dr. Jitendra Singh, MP Jagdish Sharma, Seh Prabhari Ashish Sood, BJP J&K UT President Ravinder Raina, Gen. Sec. Organisation Ashok

Koul, Ex Deputy CM Dr. Nirmal Singh, Ex Minister & Gen. Sec. JK UT Sunil Sharma as they had made efforts in resolving the issue of VDGs salary.

He also thanked J&K UT LG Manoj Sinha, for taking the prompt action on the issue.

Thakur said that now, the salary of VDGs members is being credited directly in their personal bank accounts. He also conveyed his thanks to J&K UT DGP Dilbagh Singh and all district SSPs of Jammu Province, who have rapidly implemented order in this regard and also he was grateful to all VDGs Cell members who worked with great understanding and patience and the result is in front today. He congratulated all VDGs members who trust BJP, even though they were sometimes hopeless but didn't lose their confidence in BJP.

Thakur further reaffirmed that he would work wholeheartedly for the welfare of VDGs and assured the VDGs that BJP stands with them in every situation.

Mango Fest Organized at GCOE Jammu

JJ NEWS SERVICE

JAMMU, JUL 24: Govt. College of Education, Jammu in collaboration with the Department of Horticulture, J&K organized a program on Mango Festival under the patronage of Prof. Aekta Gupta, Principal of the institution. Students, teachers and non-teaching staff of the college participated in the program.

The resource person of the event was Sh. O. P. Vidyarthi (IFS) (Retd) Principal chief conservator of forests, J&K. Prof. Aekta Gupta formally welcomed the resource person and highlighted the importance of such fests for strengthening the agro-based economy of India.

She also emphasized that such programs are organized to infuse the spirit of Indian traditions in consonance with the modern agricultural practices. Prof. Aekta Gupta also talked about the various indigenous recipes and varieties of products made out of mangoes.

In his keynote address, Sh. OP Vidyarthi talked about the wide vari-



ety of mangoes available across India and abroad. The presentation was followed by an interactive session wherein the participants were introduced to a wide array of information about mangoes, the importance and benefits of mango crop. He also showed live specimens of mangoes available in different places of India.

Mr. Sanjeev Gupta, DHO, from the horticulture department apprised the students about the various government schemes available for plantation of mango orchards as well as plants

for maintaining biodiversity.

In the second session of the program metaphorical presentation of mangoes in regional art, culture and literature was illustrated by Mr. Anil Azad, Ms Dimple and Prof Shalini Rana. The program was convened by Prof Seema Kotwal, HoD of Department of Bio-Sciences. Dr. Shubhra Jamwal, NSS P conducted the program. The program was attended by the students, faculty members and non-teaching staff members.

JAMMU, JUL 24: Dr. Nirmal Singh, former Dy. Chief Minister, accompanied by J&K BJP Vice-President Anuradha Charak, former MLA Prof. Gharu Ram and Secretary Arvind Gupta, was listening to the public grievances at BJP headquarters, Trikuta Nagar, Jammu.

A large number of people, individually as well in the form of deputations, visited the BJP office to discuss their respective issues with the senior party leaders. Various issues raised contained matters of individual concerns as well as development oriented related to their respective areas.

A deputation of people from Hiranagar narrated to Dr. Singh that 2 sisters from a family lost their lives a few years ago due to electric shock from high tension cable, the PDD gave employment to their father on a temporary basis which was never regular-



ized. The PDD also did not give any compensation for the demise of the two daughters. Similarly, a group of people from Londi and Bobiya areas shared with Dr. Nirmal Singh that the army acquired lands of displaced persons of 1947, 1965 and 1971 but those of 1965 have not been paid even a single penny by the army. Moreover, the allottees among displaced persons

of 1965 have not been given ownership rights. Dr. Nirmal Singh took up these issues with the PDD senior officials, DC and SDM and stressed on them to look into their matters on priority.

Deputations from Basohli, Barnat, Billawar took up various issues, particularly installation of electric poles in their areas. Besides various personal issues, other main issues

presented related to PHE, PDD, roads, lanes, drains etc.

Dr. Nirmal Singh listened to all the individuals and the deputations patiently and immediately took up the matters with the concerned departmental officials telephonically as well as issued letters for the others. Talking to the concerned authorities, he pressed for the prompt redressal of the issues.

ABRSM delegation call on Union Education Minister, UGC Chairman; Demand for solution of pending problems



J I NEWS SERVICE

JAMMU, JUL 24: Problems related to the report of UGC Anomaly Redressal Committee, time extension for relaxation of Refresher/Orientation Course and opening of old regulation in Career Advancement Scheme will be resolved soon.

Pending problems of higher education teachers like releasing the report of the Anomaly Redressal Committee of UGC Regulation 2018, extending the time limit for opening UGC Regulation 2010 for Career Advancement Scheme till 31st December 2023 and extending the exemption of refresher and orientation course till 31st December 2023 will be resolved soon. This assurance was given by Union Education Minister Shri Dharmendra Pradhan and UGC Chairman Shri M. Jagadeesh Kumar to the delegation of ABRSM.

Giving information in this regard, the General Secretary of ABRSM Shivanand Sindankera said that ABRSM was keeping constant pressure on the Central Government and the UGC for a long time regarding these demands. Due to the efforts of the ABRSM a situation has finally been created to solve these problems. Sindankera said that a detailed dis-

online, extending the tenure of college principal till retirement, arrangement of common counseling for admission in central universities, increasing UGC JRF scholarship and making it at par with DST scholarship etc.

Additional General Secretary (School Education) Mr. Sanjay Raut said that among other demands of school education ensuring the quality of mid-day meal and outsourcing this work to an independent agency, giving additional increment to teachers for higher qualifications, arranging class-wise teachers in primary and upper primary schools and subject-wise teachers in high schools, appointment of trained teachers for skill education and early childhood education were included in the discussion.

The ABRSM also apprised the Union Education Minister and the UGC Chairman in detail about the various obstacles coming in the implementation of the National Education Policy in school and higher education and demanded a solution on their priority.

The delegation expressed gratitude to the Union Education Minister and UGC Chairman for resolving the important pending problems related to removing the requirement of PhD for appointment to the post of Assistant Professor in the University and displaying year-wise details of validity of journals in the UGC care list on the website on the demand of ABRSM.

Apart from the General Secretary and Additional General Secretary, the delegation included ABRSM's Organization Secretary Mahendra Kapoor, Co-Organization Secretary G. Laxman, Higher Education Incharge Mahendra Kumar, Vice President Kalpana Pandey, Secretary Geeta Bhatt and School Education Incharge P. Venkat Rao.

JKSAC demands resolution of 7/8 assembly seats for DPs



J I NEWS SERVICE

JAMMU, JUL 24: A meeting of DPs of 1947 from POJK was held under the banner of Jammu Kashmir Sharmarhi Action Committee (JKSAC) at Dak Bungalow Sunderbani district Rajouri wherein over 60 prominent representatives of DPs residing from Tehsil Nowshera, Kalakote, Beri Pattan and Sunderbani participated and demanded resolution of 7/8 assembly seats.

The meeting was jointly presided by Master Roshan Lal and Gurdev Singh President. Appreciating the Central Govt. move to amend section 14 of the re-organization Act 1919 to nominate 2 assembly seats for Kashmiri Migrants, the participants strongly expressed their serious concern and resentment to reserve only one assembly seat for them instead of their constitutional share of 8 seats and termed it as a gross injustice with the DPs. The participants warned the central govt. that if she goes ahead with this move to provide only one seat to DPs that they would strongly react to it with might at an appropriate time. The participant appealed to Dr. Jatinder Singh, MOS PMO, Lt. Governor Manoj K. Sinha, Sh. Jugal Kishore Sharma MP and other senior leaders of Pradesh BJP to

educate/guide the central govt. in this regard sincerely and forcefully impress upon the Hon'ble PM Sh. Modi and Home Minister Sh. Amit Shah to take into consideration the legitimate demand of lakhs of DPs to defreeze 7/8 number of seats proportionate to their population across Jammu region in one go while making the amendment in the re-organization Act instead of one seat only otherwise it would be considered as a cruel joke with DPs of POJK.

Speaking in the meeting, Gurdev Singh President alongwith Col. Kundan Khajuria, Dr. Deep Kumar, Nain Chand (ret. DFO), Dr. Naresh Sharma, Roshan Lal Sarpanch, Pritam Dass, Arun Sharma Chairman BDC and Vijay Kumar apprised the participants that DPs are clamoring for their legitimate constitutional rights of representation under the banner of JKSAC since its inception 1967 but unfortunately being political orphan, having no support, DPs voice was crushed. He said that this issue has been raised from time to time with all the govts. and also taken up with Delimitation Commission with all the evidences, to recommend to govt. to release their share of seats in proportion to their population settled across the Jammu region but the

Commission refused to make the recommendation on the ground that they have been mandated only to re-demarcate the assembly constituencies. He said that after the re-organization the J&K has become UT and is under the direct control of central govt. who is left with no justification to captivate their constitutional rights of representation. The DPs are failed to understand that how the central govt. is making up her mind to nominate only one seat for DPs of POJK instead of 8 numbers of seats lacks justification.

He further apprised the participants that constituents assembly was convened in 1951 and delineated 100 seats for J&K assembly and election was held for 75 seats only and DPs share of seats numbering 25 were reserved and kept vacant. He said that the strength of assembly seats remained 100 only when an Act was passed in 1988 and seats were increased by 111 in 1995 after making an amendment by the erstwhile govt. of J&K state. JKSAC always raised their voice in this regard and quoted arrests in 1988 and 1995 but unfortunately having no political support of Jammu based political organization the DPs were denied of their legitimate constitutional right of representation always.

He further apprised the participants that after historical abrogation of Article 370 it was expected that some provisions would be made in the reorganization Act alongwith other issues, but unfortunately nothing happened yet and DPs it is apprehended that DPs are once again being deprived of their constitutional right. He appealed to the central govt. to accommodate the aspirations of DPs by reserving their full share of seats while making the amendment in the reorganization Act as this is the only appropriate time.

The proceeding of the meeting was conducted by Sh. Babu Ram, Secy. JKSAC Unit Rajouri.

Manjit Singh demands reservation of 2 LA seats for Sikhs each in Jammu, Kashmir

Seeks 2 LA seats for Jatt community in Jammu region

J I NEWS SERVICE

JAMMU, JUL 24: Apni Party Provincial President, Jammu, and Former Minister, S. Manjit Singh today demanded reservation of two Legislative Assembly seats for Sikh Community each one in Jammu Region and another in Kashmir Valley.

"The Sikh Community has no political representation in both the regions of Jammu and Kashmir. Therefore, it becomes imperative to give them political representation by reserving two seats of Legislative Assembly of Jammu and Kashmir i.e., each one in Jammu and another in Kashmir," said the Former Minister, S. Manjit Singh. He gave this statement in response to the allocation of one each seat for the Legislative Assembly for Kashmiri Pandits, and PoJKs while

expressing concern over the negligence of the Sikh Community and Jatts in J&K.

He said that "The Sikhs in J&K have remained politically, socially and educationally backward although they have strong strength in Defence Forces. However, generally the community feels that they have no political representation and this concern of the Sikhs needs to be addressed."

He further stated that the Sikhs have played an important role in defending the country, administration, police, agriculture and other related fields yet they were not given their due share in politics.

"The time has come, when the Govt of India should consider the same with a motive to provide a political platform to the Sikh Community by reserving two Assembly

Seats for Sikhs in J&K's both regions," he added. Referring to the demand of Jatts in J&K have remained unrepresented in the Legislative Assembly and therefore, they must be given an opportunity by allocating 2 seats for them from Jammu region.

"The Jatts are backward regarding social, political, educational, or employment sectors. It becomes important for the Govt to give them political reservation in two Legislative Assembly seats to ensure the upliftment of the Jatts in J&K," he said.

Moreover, he said that the allocation (reservation) of one seat each for Kashmiri Pandits and PoJK in J&K is a welcome step.

However, the seats for the PoJK should be increased from one to eight Legislative Assembly seats as they have a clear majori-

ty of population scattered from Kathua to Poonch district, he added.

He said that the reservation of one Legislative Assembly seat for PoJK would not meet the challenges faced by the community as they require atleast assembly seats from Jammu as well as in Kashmir. "These people had to migrate in 1947, 1965 and 1971 abandoning their homes, and under difficult situations, they settled in different areas of J&K. Their repeated displacement from one place to another place has affected them badly financially, socially and educationally," he said.

He said that "The Govt should enhance the reservation of DPs from one LA seat to 8 LA seats which could enable the DPs to elect their MLAs to represent them in the upcoming Govt."

Family raises voice against illegal construction, property auctions by MC Rajouri



J I NEWS SERVICE

RAJOURI, JUL 24: A family from Rajouri on Monday asked people not to purchase shops or any other property built illegally by municipal council Rajouri on their personal land in their violation of norms and law. An aged man, Bhola Ram Sharma working as painter from Rajouri alongwith his sons and other family members that included Journalist Amit Sharma (son) and others hold press conference.

The family members said that in Bela colony area of Rajouri town they have a piece of ancestral land in Kharsa No 117, 118, 118/1 with total measurement of around 34 kanals

including a water based flour mill gharat. They said that this land is properly and completely registered in all kinds of records including revenue records with all documents are available and it (land) is their ancestral one and their fore fathers used to do farming of rice crop in it. The family members said that Municipal Council Rajouri in a sheer violation of law and norms initially started construction of a bus stand on this land which was completely illegal as on one hand they started construction on agriculture land without its conversion and on the other hand the owners of land were having no information of this act. We knocked doors of Hon'ble court in 2019 since when a case into

the matter is going on and municipal council is well aware about it but it continued the work not a bus stand on the name of bus stand for Darhal, Thanamandi route vehicles has been built there on land which is ours but we never got a single penny of compensation nor we have any information of this work," the aggrieved family members said. They added that multiple RTIs have been lodged before all the concerned departments to share revenue papers of land on which bus stand has been built but no RTI has been responded to which shows that this work has been done in an illegal manner. This is clear violation of law and illegal act that a Government department used someone's personal land, built a bus stand over it and owners have been pushed to the wall they said.

The members further said that now municipal council Rajouri has started auctioning of shops on this site which itself is illegal.

"We want to request all the people of Rajouri not to be a partner in this sale process of shops as every act of multiplicity on this land is illegal and whoever will purchase such a shop will be part of illegal practice and we will submit our complaint for legal proceedings against all such people they added.

Kesri appreciates Police for swift action into low instance explosion in Kachi Chawani

J I NEWS SERVICE

JAMMU, JUL 24: Shiv Sena Hindustan J&K President Pt Rajesh Kesri has appreciated Police for immediately starting investigation into a low instance explosion that took place in the Kachi Chawani area of Jammu at around 10 pm late Sunday night. Kesri said that the blast took place at around 10 pm last night, minutes after he returned to his place. "Soon after the blast, everyone in the locality came out and he called up the police after which cops reached the spot and carried out the investigation. Multiple police teams were here since last night along with Bomb Disposal Squad. They have collected the evidence, mostly iron nails, with them," added Kesri. He said explosion has been recorded in the multiple CCTV that were installed in nearby building. Teams of Police reached the spot in 10 minutes after being informed



about the incident. Kesri further alleged that his party is party of patriots and the way he has launched vigorous campaign against drugs traffickers and also raised voice against anti-social elements he has become eyesore in their eyes and out of frustration such blasts may have planned

by them to silence him. He reiterated that he won't be cowed down by these anti-social elements will continue to speak against evils in the society and also all those having nefarious designs to disrupt peace of Jammu city and also those who are hell-bent to destroy our younger generation.

Congress misleading people for political survival: Dr. Manyal

J I NEWS SERVICE

JAMMU, JUL 24: The Jammu and Kashmir BJP is of the view that the Congress has turned issueless and its leaders are making misleading statements to keep their party alive through media only. The people are well aware of the past policies and priorities of the Congress and role of its leaders during seven decades when it was in power at the centre and in the erstwhile state of Jammu and Kashmir, either on its own or while sharing power with Kashmir-centric, regional political parties.

This was stated by Jammu and Kashmir BJP General Secretary & former minister, Dr. Devinder Manyal, while advising the Congress leaders to first introspect themselves before making attempts to mislead the peo-



ple of the UT for political gains.

Strongly reacting to the self drafted claim of J&K Congress president that BJP will face humiliating defeat in elections, Dr. Manyal said that Jnanab Vikar Rasool Wani is not aware of the facts with regard to the fast deprivation of the non BJP parties in the UT, including Congress.

"The Congress leadership should not forget that over the past few years, the BJP has registered one victory after the other in all the elections, whether Panchayats, ULBs or assembly," he said and added that at the same time, in these elections at different levels, the Congress in particular, had to face humiliating defeats. This is the reality but Congress leaders are still day dreaming of gaining the lost ground in the UT by making false and misleading statements.

Dr. Devinder Manyal said that in the present era of easily accessible modern means of communication, the people are well informed and they realise that BJP is the only political party which do not promote a family but works on the principle of taking all together on the path of progress and prosperity.

Social Activist sits on indefinite hunger strike over huge power fees

JI NEWS SERVICE

JAMMU, JUL 24: Social Activist and PDP District Jammu Media Coordinator Narinder Sharma Monday started indefinite hunger strike along with locals mostly women at Kotli Shah Doula KS Pura over rising power tariffs being charged from poor demanding waiving, off power bills of poor. Speaking to media persons, Sharma said no one is against smart meters but the government needs to check the ground reality. Poor don't have the capacity to pay huge power fees. They are poor people living their lives peacefully, why is the government poking them with one thing or the other, the power tariffs they pay are sufficient. People are being deliberately provoked," he said. The citizens have approached the concerned authorities several times



but no action has been taken to help. Hence, the citizens decided to sit on hunger strike against the authorities.

The main concerns of the residents are the frequent long power outages as well as the mass disconnection of power lines without prior notice to certain residents. The power cuts are too frequent, especially on Sunday where the power cut lasts for many hours at a stretch every week. The

ones with inverters may not be facing as much of an issue but the others are suffering as they are unable to work and are affected extremely", he said.

Sharma said that the current scenario in the Jammu region as far as electricity supply is concerned is quite unfortunate because even the areas having the latest smart meters are not being spared from unscheduled power cuts leaving aside the situation

of consumers having old meters. He said despite the installation of smart meters people of Jammu are not getting a regular power supply.

The rising mercury, heat-wave, and unscheduled power cuts in several parts of Jammu province have started affecting residents badly.

Such a crisis has never been witnessed in the last three decades, added Sharma.

Ensures assistance of Rs 8000 to every family on demise of BSF personnel: Ex-CPMFWA asks DG BSF

JI NEWS SERVICE

JAMMU, JUL 24: Welcoming Director General BSF order issued by March 15, 2021 to ensure a moral support to the demise of BSF personnel as an assistance of Rs 8000 to the needy family, D.K Chauhan, General Secretary Ex-Central Paramilitary Forces Welfare Association (CPMFWA) said that the order needed some rectification. "Such assistance should be universalized to each and every family on the demise of BSF personnel," D.K Chauhan said in a press conference here today. "We from time to time raised this issue to the higher officials of BSF but found no such response. On the other hand, no such kind of assistance of Rs 8000 was obtained by any family member of a BSF official in the Jammu region till date," he said. He said that it is



the time to restore the status of BSF for OROP as the BSF personnel are performing their duties for the security of the nation at par with other security forces.

He also demanded exemption of GST and functioning of WARB at district level under supervision of registered pensioners associations.

Presently WARB is formed which is not effective since the services of the WARB are not properly beneficial for pensioners. The duties of the WARB and proposals for pensioners are required to be examined," he added.

He also demanded martyr status to CPMFWs so that all facilities to the martyrs may be provided at par with army and equal incentives for medals also.

He also demanded restoration of the pension benefits scheme (Old Pension Scheme under CCS pension) rules 1972 for post 2004 personnel.

Others present in the press conference include President S.K Sharma, Vice-President Harbans Lal besides Noor Mohammad, Yash Paul and Hans Raj.

BJP OBC Morcha organised workers meet in Kupwara



JI NEWS SERVICE

JAMMU, JUL 24: BJP OBC Morcha organised Workers meeting in Dak Bungalow, Kupwara.

Sunil Prajapati (State President BJP OBC Morcha), Abdul Rehman (District President BJP Kupwara), Fayaz Ahmed Najar (General Secretary

BJP OBC Morcha), Sajjad Hussain Kumar (State General Secretary BJP OBC Morcha), Zahoor Ahmed (District General Secretary BJP Kupwara), Hilal Rizwan (State Social Media Secretary BJP OBC Morcha), Ghulam Mohammed Hajjam (District President BJP OBC Morcha Kupwara),

Constituency Presidents and other Workers were Present in the Meeting.

The program was organised by Fayaz Ahmed and Ghulam Mohammed Hajjam. Firstly Sunil Prajapati took Reporting from the workers regarding Month long Campaign of 9 Saal Bemisal of Modi Government at the Centre.

The Motive of the Meeting was to discuss the Works done during last one Month and also to Make Strategy for Upcoming Programmes of the Party. Sunil Prajapati said that the nine years of Modi government remained momentous and fruitful for the country as many historical steps were taken in these years with the top notch motto of abrogation of Article 370, which changed the course of life of people of J&K as normalcy and peace returned and days of turmoil ended successfully. He said, "It was only the BJP Government under which Kashmir has witnessed drastic change as days of turmoil are over and peace has started knocking doors.

He also laid stress on strengthening up the organizational structure of the Party.

Rekha, Ajay kick-started the upgradation of lane drain work in ward 52



JI NEWS SERVICE

JAMMU, JUL 24: Bharatiya Janata Party (BJP) District President Jammu South Rekha Mahajan stated that advancement and promising governance under Modi Sarkar are enigmas of BJP's popularity across the region as the party has made a distinction in the political arena by making general public realize the importance of good governance in the real sense. District President Jammu South Rekha Mahajan

along with local Councillor Ajay Gupta kick-started the upgradation of the lane and drain work in ward no.52, 1/C east extension near Marble market in Bahu Constituency falls under District Jammu South.

While speaking on the occasion, Rekha Mahajan said it was a long pending demand of the people of the area as the lane was in bad shape for many years ago and since then it was never repaired and upgraded. She said that it

was in dilapidated condition following which locals were facing many hardships and other hamlets had been ignored. While stressing upon the executing agency to maintain the quality of the work, said that it should be completed within the prescribed time. Rekha also admired the work that has been done by Councillor Ajay Gupta so far in his ward.

Ajay Gupta said that it was a long pending demand of the ward and which is being fulfilled. He

said that this work will enhance the beauty of the ward and will also be very helpful for the people and hoped that he will live up to the expectations of the people to make this ward a modern ward of Jammu city.

Later Rekha Mahajan along with Ajay Gupta also interacted with residents of the locality, BJP Jammu district south functionary Rekha further acknowledged that the "Jammu Municipal Corporation" is undertaking several projects to give an upliftment to the face of the Jammu district south.

District General Secretary Pushpinder Singh, Ward President Nitin Thappa, Ajay Kumar, Dev Raj Gupta, Tarsem Singh Chib, Adv Sampurn Singh, Rajnesh, Subhash Choudhary, Tara Chand, Ramesh Choudhary, Hans Raj, Mukesh Gupta, Monu Gupta, and other prominent persons were present on the occasion.

Celebration of Kargil Vijay Diwas at Paddar

JI NEWS SERVICE

KISHITWAR, JUL 24: In the run up to Kargil Vijay Diwas, Indian Army, Dul organised a Mini Marathon for students of Paddar region on 23 July 2023, in which more than 150 students from all across Paddar participated with

great zeal. The event was conducted in two categories. For boys, the distance was kept 6.5kms while for girls it was kept 3.5kms. Students ran their lungs out and were completely exhausted but the josh they were receiving from Army troops were charging them up enroute to the finishing point. Many

civil dignitaries were also invited to witness the extraordinary efforts of students. The Indian Army not only felicitated winners in both categories but also honoured the zonal physical education officer, Shri Ram Lohi Khajuria who has played pivotal role in conduct of various sports activities in region.

J&K's first Cambridge English language Lab inaugurated at BOMIS



JI NEWS SERVICE

JAMMU, JUL 24: J&K's first Cambridge English Language Lab for 2023-24 Academic Session was inaugurated at BIRLA OPEN MINDS INTERNATIONAL SCHOOL (BOMIS), JAMMU.

Speaking at the occasion, Chief Guest Sudhir Verma (DIG SHQ SPL OPS - JAMMU), while inaugurating the Cambridge English Language Lab, highlighted the importance of English in today's world. He encouraged the students not to feel hesitant to speak in English even if they make grammatical errors, and also encourages the

students to practice English every day.

The Principal of BOMIS Aparana Kohli, delivered a welcome address at the inaugural function which was attended by the students of both junior and senior wing.

The main objective of inaugurating Cambridge English Language Lab is to achieve an active and interactive method of learning English in the most motivated matter. It intends to improve the students to speak English with correct pronunciation and accent with ease and confidence. To improve listening, speaking and reading skills in the most motivated mat-

ter. The Language Lab will be opened every Monday to Saturday of every week for students.

Speaking on the occasion, Principal of the school, Ms. APARANA KOHLI said, "As we embark on this new chapter, let's celebrate this inauguration as a symbol of our dedication to providing an exceptional education for our students. Together, let us nurture a language learning environment that celebrates curiosity, encourages exploration, and sets the stage for lifelong success."

After Inauguration, Plantation drive was also

organised in collaboration with SSB Jammu. During the plantation drive, near about 200 plants were planted and more than 200 plants were donated by Shri Sudhir Verma (DIG SHQ SPL OPS- JAMMU), Chairperson Dr. Panna Manhas and Principal Aparana Kohli of Birla Open Minds International School. During this drive, the participants learnt about the significance of trees, the benefits they provide to the environment, and the role they play in combating climate change. They were also educated on proper planting techniques and how to take care of the newly planted trees.

Such plantation drives conducted by schools play a crucial role in promoting environmental awareness and sustainability. Planting 200 plants can have a positive impact on the local ecosystem by improving air quality, providing habitat for wildlife, and contributing to overall ecosystem health. It's commendable that Bomis Jammu school is actively taking part in such initiatives.

Ashok Kumar reviews functioning of Dharmarth Trust temples at Srinagar

JI NEWS SERVICE

SRINAGAR, JUL 24: Ashok Kumar Sharma, (SSP Retd) Secretary of Jammu & Kashmir Dharmarth Trust undertook a visit to various temples in Srinagar that fall under the purview of Dharmarth Trust. He assessed the functioning of these temples and interacted with the staff and priests to ensure seamless support for the visiting pilgrims.

The Secretary, accompanied by Trust officials, toured several temples including Kheer Bhawani Temple, Ganderbal, Shankaracharya Temple Srinagar and Shiv Gauri Temple Pahalgam to get a firsthand understanding of their operations. He emphasized the significance of providing every possible assistance to the devotees who visit these temples, ensuring a smooth and enriching experience for them.

Ashok Sharma particularly stressed the importance of maintaining strict adherence to duties by the staff and priests, with spe-



cial attention to hygiene in the temple premises. He directed the personnel to maintain the sanctity and cleanliness of the sacred spaces, in line with the Trust's commitment to upholding the highest standards.

Trust's Secretary said the Trust is committed to promoting and safeguarding the rich cultural and spiritual heritage of the Union Territory. The Trust, through its various initiatives, endeavors to provide an enriching spiritual experience for pilgrims and devotees who visit the sacred temples, he added.

Additional Secretary, also accompanied the Dharmarth Trust Srinagar, Trust's Secretary.

Ch Zulfkar condoles the passing of Mohammad Iqbal Thakar

JI NEWS SERVICE

SRINAGAR, JUL 24: Apni Party Vice President and former legislator Chowdhary Zulfkar Ali has expressed his profound grief and sorrow over the passing away of Mohammad Iqbal Thakar, a prominent social worker from the Budhal area of Rajouri district. Thakar left for his heavenly abode late Sunday evening.

In his condolence message, Chowdhary Zulfkar, while expressing his grief and sorrow over his death, said, "I am deeply grieved to hear about the demise of my longtime colleague Jenab Mohammad Iqbal Thakar, who passed last night. He was a noble soul and a dear friend. May Almighty Allah bless his soul with eternal peace, and may Allah shower His choicest blessings on his grave."

THOUGHT OF THE DAY

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

JINDRAH IMAGES

High cancer mortality worrisome

The deadly Cancer is spreading its tentacles fast and thick across the country, with India's cancer burden rising with every passing day. The mortality rate for the dreaded disease is also going northwards. Unhealthy food habits, consumption of excessive junk food and products loaded with chemicals are stated to be among the major reasons for Cancer in the modern days. Recently, the Government of India informed the Lok Sabha that of the 14.61 lakh cases of cancer detected in 2022 -35,000 more than in the previous year - 8.08 lakh patients died as compared to 7.89 lakh in 2021. This calls for better curative, palliative and preventive measures and strengthening of cancer care infrastructure. What is quite unfortunate is that health institutions across the country are largely grappling with shortage of manpower and infrastructure to effectively deal with this deadly disease. This is notwithstanding the fact that the government has been spending billions to enhance its approach to prevent the disease from becoming more fatal. Another cause for concern is that the mortality-to-incidence ratio for cancer in the country is among the highest in the world. The finding of a 2022 FICCI-EY study is even more alarming; the actual incidence of cancer could be two to three times higher than the official figures. It has been reported that the cancer prevalence in the country is slated for an increase by 12.8 per cent. The last report on the impact of this life-threatening disease in Jammu and Kashmir showed that over 51000 new cases in both regions of the union territory during the last four years. As many as 39, 181 new cancer cases were detected in J&K in the last three years, while as per other data 12,396 cases were reported in 2019. Jammu and Kashmir has seen a steady rise in cancer cases as in 2019, 12,396 cases were reported, in 2020, 12726, in 2021, 13060 and in 2022, 13395 new cases bringing a total of 51,577 fresh cases across both regions of the UT. The statistics calls for the immediate need for more and better hospitals equipped with oncologists and state-of-the-art machinery. At the heart of the problem is the lack of easy access to specialist hospitals for timely detection of the disease and affordable treatment. With a large proportion of the cancer victims unable to afford quality care, the government would do well to speed up work on the promised 19 state cancer institutes and 20 tertiary care centres. The public healthcare system is overburdened, while treatment in private hospitals is extremely costly. In this scenario, it is equally crucial to focus on campaigns aimed at raising public awareness about cancer detection and prevention. Cancer is a multifactorial disease, the risk factors of which include ageing population, sedentary lifestyle, use of tobacco products, alcohol, unhealthy diet and air pollution. The government should ensure immediate strengthening of tertiary cancer care centres facilities in order to enhance the facilities for tertiary care of cancer.

Why NATO is enhancing engagement with Indo-Pacific allies

THE ASEAN COUNTRIES DO NOT WANT TO BE PART OF THE BIG POWER RIVALRY, WHICH INVOLVES NATO.

GURJIT SINGH

THE recent NATO summit in Vilnius (Lithuania) aimed to enhance multilateral engagement in the Indo-Pacific. Australia, Japan, the Republic of Korea and New Zealand, the four US allies in the east, participated for the second time after last year's Madrid summit.

NATO has gained strength in the context of the Ukraine war. This has diminished European aspirations for strategic autonomy and brought Europe behind the US and its NATO arrangements. NATO members are increasing their defence expenditure. Japan, South Korea and Australia are also doing so.

The strengthening of the Quad and the emergence of AUKUS have brought Japan and Australia closer to the US. Korea, a US ally, is improving its relationship with Japan. New Zealand has been the odd one out a member of the dormant ANZUS alliance of 1951, it is unenthusiastic about regional strategic competition vis-a-vis China.

The enhancement of NATO's engagement with its Indo-Pacific partners has several aspects.

First, the US has stamped its leadership over Europe by revitalising NATO amid the Ukraine war; it wants to do the same in the Indo-Pacific. The dynamic situation in the Indo-Pacific is related to countering Chinese assertiveness. That is on a slow burner because the US has been making overtures to China to restore orderliness among them.

The US prefers to delink China from Russia and isolate Russia in the context of the Ukraine crisis. To this end, its Indo-Pacific allies are being encouraged to confront Russia more and mute the criticism of China.

Second, the original intent of Quad and the AUKUS was to deal with cross-cutting strategic issues and common challenges bringing the Indo-Pacific and Europe together. Some challenges are global, but does that imply that NATO must expand beyond Europe and the Atlantic towards the Indo-Pacific? The common goals that some countries in the Indo-Pacific may have with some NATO nation is not justification enough.

The trigger for NATO's engagement with Indo-Pacific allies is the



Ukraine crisis and not the Chinese threat to the region. Is the US trying to marshal its Indo-Pacific allies to coerce Russia or will it use the might of NATO for dealing with China are unanswered questions.

Besides the participation of the leaders of Australia, Japan, South Korea and New Zealand in NATO summits, their foreign ministers have been attending NATO ministerial meetings since 2020. Since the Ukraine war began, the NATO Military Committee meetings have also seen their participation. The purpose cited is the exchange of information on the situation pertaining to security developments, since Russia is projected both as a European and an Asian power, which is not entirely true.

Third, more than these situational issues are the collaborations that NATO seeks on the technological challenges of cyber defence, the strategic impact of climate change, maritime security, new technologies and hybrid defence. In April 2022, NATO and its partners concurred on an agenda for tackling shared security concerns.

When NATO adopted the Strategic Concept at the 2022 summit, it mentioned the salience of the Indo-Pacific. The aim is to enhance dialogue and cooperation with new and existing partners in the Indo-Pacific to address cross-

regional challenges and shared security interests. Australia, New Zealand and Japan have individual alone partnership programmes with NATO.

NATO countries are increasing their interface with the Indo-Pacific bilaterally and multilaterally. France is moving ahead rapidly through NATO underlines this achievement of Quad, which is slowly making a Quad-ASEAN engagement feasible.

The Philippines, for instance, has restarted military engagement with Japan and the US. India, Australia and Indonesia revived their trilateral meetings on the sidelines of the ASEAN meeting earlier in July. The ASEAN countries do not want to become a part of the big power rivalry, in which NATO is involved. They do not mind bilateral or trilateral arrangements even with Quad partners, but are perturbed over the possibility of NATO entering the region. They prefer avoiding to make choices about Russia, China and others. India is watching this NATO effort, but there is no tangible encouragement. Modi's hugely successful visit to Washington in June took the India-US relations to the next level. The recent flurry of visits of Japanese business and political delegations shows the vibrancy of the bilateral relationship. Modi's visit to Australia after the G7 summit in Hiroshima was another landmark.

Germany, too, intends to play a larger role, for which it has guidelines in place; its new strategy for China tries to separately deal with the Chinese challenge. The EU, the Netherlands, and even Lithuania, which hosted the NATO summit, now have Indo-Pacific strategies. The UK is the most vigorous of the European nations in the Indo-Pacific.

Jens Stoltenberg, NATO Secretary General, was perhaps overenthusiastic in announcing that NATO would open an office in Tokyo, which would be its first in Asia. France is reportedly not keen in this regard. Some European members of NATO believe that a formal association of the organisation in the Indo-Pacific is out of its regional context and ambit.

Perhaps, the NATO Secretary General is moving faster than the NATO members are ready to go. India has gently nudged the

Explore options to restore normalcy in Manipur

C UDAY BHASKAR

INDIA is in a state of shock and disbelief over a video clip which shows two women being paraded naked and molested by their tormentors in Manipur.

The women were later gang-raped and their two male relatives killed by a group of men in a barbaric display of tribal hostilities. The gory incident occurred on May 4 in the early phase of the ethno-religious violence that rocked the state, and it has now scorched the collective consciousness of the country.

Predictably, reports of similar cases of rape and murder have surfaced and it is likely that other horrific acts of killing and mutilation will emerge from the destruction and depravity that have engulfed Manipur.

Women being subjected to sexual violence during conflicts and wars has a hoary past. While this deplorable practice deserves condemnation and cannot be condoned in any manner by a modern democratic state, sadly, it still occurs in contemporary conflicts. Post-Cold War regional conflicts and recent local wars in Africa are illustrative.

In the Indian context, the 2012

Nirbhaya episode jolted the nation's conscience for the extreme brutalisation of the hapless victim, but it was seen as an isolated case of diabolical criminality. However, the Manipur case will remain different for the impunity with which the two women were stripped naked by a mob and forced to walk, with men groping them - and all of this being recorded on camera.

One of the victims of the May 4 atrocity has revealed, "The police were there with the mob which was attacking our village. The police picked us up from near home, and took us a little away from the village and left us on the road with the mob. We were given to them by the police." Alas, state complicity is an ugly reality and a distinctive characteristic of the Manipur horror.

This dastardly act is an unforgivable and shameful reflection on the institutional credibility of state and Central agencies, as also the media - for 76 days, this horrific act of degrading the bodies of women (to instil fear in the minority community) was either ignored or kept under wraps. Prime Minister Modi's belated statement before the start of the Monsoon Session of Parliament - "This



incident is a shameful act for any civilised society... What has happened to the daughters of Manipur can never be forgiven" - will not be enough to end the trauma that the victims and their families are undergoing.

It has since been reported that the husband of one of the humiliated women is an Army

veteran who took part in the 1999 Kargil war and had served as a JCO (junior commissioned officer) in the Assam regiment. His remarks to a TV channel are heart-rending: "I fought for the nation in the Kargil war and was also in Sri Lanka as part of the Indian Peace-Keeping Force. I protected the nation but

am dejected that after my retirement, I could not protect my home, my wife and fellow villagers. I am sad, depressed."

The violence in Manipur began in early May and while the trigger was a hasty High Court order that pitted the majority Meitei community against the others, there is no

denying the exacerbation of old fault-lines and fissures among the tribes and other groups by the prevailing socio-political churn in India that has prioritised the majority demography/religion over vulnerable minorities.

The polarisation between the local communities in Manipur has reached disturbing levels and the fact that police personnel are now deployed according to their ethnic/tribal identities is indicative of the state of affairs. And what points to institutional complicity is the manner in which the local police have become complicit in the spiralling violence.

The state, which is expected to ensure citizens' security without making any distinction on the basis of identity, has become suspect in Manipur, and the larger national trend with respect to women's safety is a cause for deep dismay. The kid-glove treatment by the Delhi Police of accused BJP MP Brij Bhushan Sharan Singh in the wrestlers' sexual harassment case and the generous parole given to a rape convict (Gurmeet Ran Rahim Singh) make a mockery of the much-touted 'beti bachao' slogan of the Modi government.

In an unusual but welcome

development, the Supreme Court has taken suo motu cognisance of the May 4 Manipur crime and told the government to act, "otherwise, we will take action if nothing is happening on the ground."

The current state leadership in Imphal has lost its ability and credibility to 'act' and restore stability in Manipur in a non-partisan manner. Hence, other options of governance will have to be explored. In such an exigency, the Army would have to be inducted to restore law and order and the recovery of arms and ammunition looted by local groups from the police armoury would have to be accorded the highest priority. The old adage - "remove the guns" to stop the fighting - holds true in the current atmosphere of discord and bloodshed.

The Army, which has considerable experience in managing the troubled areas of the North-East, will now be dealing with a different Manipur, which is burdened by its trauma and venal institutional transgressions. Maintaining its much-respected professional credibility and constitutional fidelity will be an onerous challenge for the Indian fauj - the last-resort institution in the national quiver.

'DAHAAD' A CLUTTER BREAKER FOR ME ACTOR SAYS SONAKSHI SINHA

Actor Sonakshi Sinha says her streaming debut 'Dahaad', which will see her in the role of a cop hot on the heels of a serial killer, was a true 'clutter breaker'.

The upcoming Prime Video crime-drama series is created by filmmakers Zoya Akhtar and Reema Kagti. Kagti also directs the eight-part show with Ruchika Oberoi of 'Island City' fame.

"When I met her (Zoya), I told her that there was a period when I had started saying no to every film offer that came to me because nothing was exciting enough for me to get up and be that character for 30 to 40 or 90 days. It (Dahaad) was a no-brainer. I said yes immediately,"

Sinha told PTI in an interview.

The actor said she was getting "mundane" offers, but the show came as a welcome change.

"On paper, the character (Anjali Bhaati) was so powerful. For me, as an actor, to be able to do that kind of role it was just so exciting at that point of time in my life, where I was, I was being offered repetitive things. This was truly a clutter breaker," the 35-year-old actor said.

Sinha, known for films such as 'Dabangg', 'Lootera', 'Kalank', 'Rowdy Rathore' and 'Son of Sardaar', said she was not concerned with the medium.

In fact, the show came to her even



before the OTT boom happened during the pandemic.

"She (Zoya) came to me before the pandemic. The whole OTT boom happened much later. I said yes to it even before that. As an actor, I see it as a role, not the platform. Is it good enough for me to do it? Is it really shaking me up, like, 'I have to be this character? Whether it is an

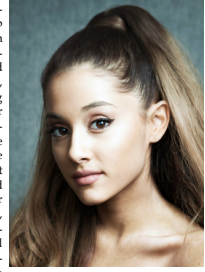
OTT (project) or a film, it doesn't really matter."

In 'Dahaad', Sinha plays a feisty cop trying to solve a case where women are mysteriously found dead in public bathrooms.

From being a restless actor, Sinha said, she has evolved into someone who wants to portray strong women on screen.

Is Ariana Grande already over Dalton Gomez? Rumours of dating Wicked co-star Ethan Slater swirl among fans

Ariana Grande, the pop sensation known for her powerful vocals and chart-topping hits, has been making headlines lately for her romantic roller-coaster. Amidst the drama, rumors are swirling about Ariana's newfound romance with her Wicked co-star, Ethan Slater. The 31-year-old actor and singer has reportedly started dating the songsstress after her separation from Dalton.



The pair apparently connected during the production of their musical film, and fans are eager to see how this new chapter unfolds. After announcing her separation from husband Dalton Gomez, the start seems to be throwing some major shade on social media too.

As news of Ariana's split with Dalton Gomez broke, fans noticed a series of cryptic Instagram likes from the singer. The posts she interacted with seemed to hint at emotional struggles, setting boundaries, healing from trauma, and dealing with difficult relationships. While it's unclear why she engaged with these particular posts, many fans suspect she could be expressing her emotions and seeking comfort through social media.

Moving On with Co-Star Ethan Slater
Ethan Slater's career has been on the rise since he first landed a recurring role in the TV show Redheads Anonymous in 2015.

Barbie or Oppenheimer? Which movie raked in more money during opening weekend

Two star-studded, much-awaited movies 'Barbie' and 'Oppenheimer' released on July 21, 2023 and are currently clashing at the box office. Which of the two cashed in on more bucks in opening weekend?, we have the answers you've been looking for.

The 'Barbie' craze has surely gripped movie-goers as the numbers tell a tale.

According to The Hollywood Reporter, Margot Robbie and Ryan Gosling-starrer Barbie defeated Oppenheimer in the opening weekend box office collection in the United States. Barbie earned \$155 million, crossing expectations for a \$120 million debut.

In fact with a \$155 million opening weekend, 'Barbie' has become the biggest debut of the year, surpassing the likes of 'The Super Mario Bros. Movie' and every Marvel movie released this year. In over



seas markets, 'Barbie' earned \$182 million from 70 markets, giving the movie a \$337 million dollar worldwide gross. Meanwhile, 'Oppenheimer' opened at \$80.5 million over the weekend in the



United States, according to Comscore. Senior media analyst at Comscore, Paul Dergarabedian hailed the terrific performance of both the movies despite competition with each other.

It's unprecedented to not only have two films do so well, but also to help each other with the Barbenheimer trend, Dergarabedian said. "I can't really think of any parallels ever. Where both movies became bigger because of each other," added Dergarabedian.

Interestingly, 'Barbie' has set a unique record for itself by marking the biggest opening in the United States for a movie directed by a woman. Notably, Oscar-winning writer and director Greta Gerwig has directed 'Barbie'.

Oppenheimer has been directed by acclaimed filmmaker Christopher Nolan. Hollywood stars like Robert Downey Jr., Cillian Murphy, Matt Damon are the leading cast of 'Oppenheimer' which is based on the Pulitzer Prize-winning biography 'American Prometheus: The Triumph and Tragedy of J. Robert Oppenheimer.'

Shah Rukh Khan introduces 'dealer of death' Vijay Sethupathi's look in new Jawan poster: There's no stopping him

Actor Shah Rukh Khan on Monday unveiled the first look poster of his Jawan co-star Vijay Sethupathi. Taking to Instagram, Shah Rukh shared the poster in which Vijay's character was described as the 'dealer of death'. Vijay Sethupathi plays the main antagonist in Jawan.

In the poster, Vijay wore sunglasses and had a grim expression on his face. He was also seen standing near a doorway looking for someone in the poster. Sharing it, Shah Rukh captioned the post, "There's no stopping him... or is there? Watch out! Vijay Sethupathi, Jawan Prevue out now! Jawan releasing worldwide on 7th September 2023 in Hindi, Tamil and Telugu."

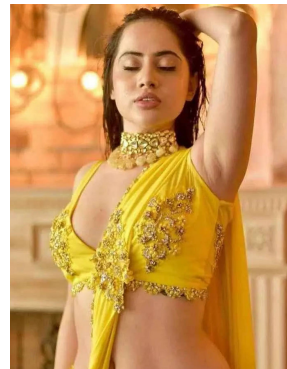
Fans react to Vijay's look in film
Reacting to the post, Bhumi Pednekar said, "Excitement level is (100 emoji)." A fan wrote, "Blockbuster written all over it!" A comment read, "Can't wait for Jawan." A person commented, "Goosebumps." Others also praised the actor. "Can't wait to see both of you together!" another fan said. "Best villain ever South era," said an Instagram user.

Vijay and Gauri share poster
Vijay Sethupathi also shared the poster on his Instagram. He captioned it, "Ready to conquer!" Sharing the poster in Hindi, English, Tamil and Telugu, Gauri Khan wrote on Instagram, "The powerhouse - #VijaySethupathi!! Ready or not, here comes the destruction! #VijaySethupathi," Red Chillies Entertainment posted.

Uorfi Javed reveals getting lip fillers since she was 18: 'Instead of hating yourself, better to opt for surgeries'

Uorfi Javed, who has been having a tough time after opting for under-eye fillers recently, shared a long note talking about her journey with fillers in the last few years.

Taking to Instagram on Monday, Uorfi posted a series of her photos giving a glimpse of her face after she opted for fillers. In the first photo, one of Uorfi's eyes was red. In the next picture, Uorfi smiled looking at the camera. She was also seen with lip fillers in a few photos. All the pictures were clicked by Uorfi herself. Sharing the pictures, Uorfi captioned the post, "Sharing with you all my lip filler journey. I've been getting lip fillers from the age of 18, I didn't have that much money back then but I always felt my lips were too thin and I wanted bigger fuller lips. I went



to dermat deni we're ready to do it for less and these were the results at times! I had to get them dissolved and mind it it's the most painful thing ever!!" She also added, "I'm not telling people to not get them, but in fact what I'm trying to say is just be careful while getting fillers or Botox. I still very much have lip fillers just that I know what suits my face and I know now less is more.

Encouraging everyone to thoroughly research before going to any doctor. I actually revoked (recommending) fillers to everyone, if you have some insecurities about your face or body instead of hating yourself or your face it's just better to opt for fillers or surgeries but not from a very good doctor only." Reacting to the post, fans thanked her for her honesty. A person wrote, "To come out that clean and real being in this profession needs guts !!!" Uorfi A comment read, "Thank you for being honest and real. And for people saying accept yourself for who you are. It's her body and if she likes it so be it. She doesn't recommend fillers or surgery to anyone. She's saying if they want to go for it, choose a good doctor. Natural is the best yes but if it doesn't make you happy then why not."

Bigg Boss OTT 2's Falaq Naaz reacts to Nischay Malhan's roast video

Actor Falaq Naaz remains one of the most talked-about contestants of this season's Bigg Boss OTT. She was evicted during the last Weekend Ka Vaar episode, hosted by Salman Khan. Freshly out of the Bigg Boss house, Falaq sat down for a chat with Hindustan Times and answered some questions about her stint on the reality show. Apart from talking about her equation with Avinash Sachdev, Abbashek Malhan and Pooja Bhatt, she also answered some direct questions from viewers.

There's so much that has happened in the house

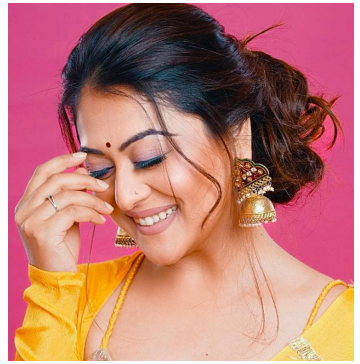
between you and Avinash. Will you see Avinash outside the house whenever he comes out?

Falaq Naaz: Definitely yes! The bond is really beautiful. We met in the house. Throughout this journey, he remained constant, understood me, and stood beside me in all situations. There was a time when both of us had no one by our side. Sabne hum logo ko alag chor diya tha (Everyone had left us out). Maybe they had their personal reasons regarding the game. At one point, we only had each other. It was a difficult but beautiful time, we created a beautiful bond.

A lot is being written about Avinash's past relationship. Does that bother you?
Falaq Naaz: Honestly, sabke past hai iss duniya me, koi yaha pe nahi hai jiska koi past nahi ha (Everyone has a past). Right now I am not thinking a lot. I think you must be knowing that I have asked him for some time. I am not ready for anything as of now. But, the bond is there and the care is there. He will meet me when he will be out (laughs).
Some time back Abbashek Malhan's brother Nischay Malhan posted a roast video and commented on you and your family, including the Tunisha Sharma death case.

Did you get time to see it?
Falaq Naaz: No I haven't seen it.
Basically he roasted people in the Bigg Boss house, including you...
Falaq Naaz: I don't know who is his brother. I only know Abbashek. I don't think even he would appreciate his brother commenting upon such a sensitive topic. A bond was created with Abbashek in the house, although it took us some time, even weeks. But, we had started to understand each other and developed a brother-sister bond.
Unfortunately, I had to exit. Mujhe nahi lagta jab Abbashek bahar ayege woh iss video k

liye apne bhai ko shabashi denge (I don't think he will appreciate his brother). Everyone has their own perspective. You cannot sit, judge people and their bond in the Bigg Boss house until you know them in real life.
But, koi baat nahi yeunka karna hai (It's his decision). He must have thought it was the right thing to do. But, I don't think Abbashek would have done something so insensitive. As of now, I don't have any misunderstandings or tiffs with Abbashek.
Also read: Salman Khan calls out Falaq Naaz, Pooja Bhatt for questioning Abbashek Malhan's 'parvarish'



Build strength and maintain muscle mass without going to the gym! Here's how



For far too long, we have been made to believe that muscles are only built in the gym! But that's not always true. There may be times in life where going to the gym may neither be a choice, nor a possibility. Even if you are a gym-loving person, sickness or travel may keep you away from it. As a fitness enthusiast, you may probably worry about losing all your gains that you achieved after sweating it out in the gym. Well, you don't have to worry, as you can maintain the muscle mass you worked so hard to build. You just have to pick the right exercises that you can do at home or while you are away from the gym.

To figure out how to maintain muscle mass without going to

the gym, HealthShots connected with fitness guru Aminder Singh of Team Aminder fame.

Importance of maintaining muscle mass

Maintaining muscle mass is not only important, but it becomes a mandatory requirement, especially as we grow older. Singh explains that this is because as we grow up, we gradually begin to lose muscle mass. What's worse, we end up accumulating more fat mass. As we cross the age 40, muscle breakdown happens at the rate of 7 percent. It shoots up to 15 percent by the time we touch 60! The expert says that reduced muscle mass in this age means complete loss of strength, as we can't even move a single limb

without the help of muscles. So, muscle mass muscle exercises are the only preventive solution to retain strength as we grow older. Neglecting your muscle mass can lead to an increased risk of serious health conditions such as osteoporosis.

Exercises to build and maintain muscle mass at home

We know that push-ups work the chest, triceps, shoulders, and multiple other muscles, besides increasing your upper body strength (beginners' guide to ace push-ups at home). But there's more you can do to maintain mass muscle at home. Here are some of the exercises you can do at home!

1. Lateral leg raises
- For each leg, do 5 lifts with

your toe flexed, 5 with your toe pointed, and 5 with your toe pointed toward the ceiling. These are core and lower body exercises that help in building

and shoulders.

5. Pelvic exercise
- Lie down on the floor on your back and then lift the hip up and squeeze it. You need to hold

UNABLE TO GO TO THE GYM? YOU CAN ALWAYS DO INTERESTING WORKOUTS AT HOME WHICH WOULD HELP YOU TO BUILD STRENGTH AND MAINTAIN MUSCLE MASS.

mass muscle.

2. Water bottle curls with 5 kg water bottle
- Hold a 5 kg or 1 litre water bottle in each hand, stand with your feet apart and curl the water bottles up towards your shoulders with your palms facing in. This exercise builds your forearms and biceps.
3. Water bottle shoulder overhead press with 5 kg water bottles
- Stand with your feet shoulder-width apart and hold a 5 kg water bottle in each hand. Raise the water bottles and take them overhead, pause for a few seconds, and then bring your hands down. This exercise works up your entire triceps and shoulders, says Singh.
4. Shoulder front raises with bottle
- Stand straight with your feet a little apart and hold a water bottle in each hand. Extend your shoulders and elbows to drive the water bottles straight up. This exercise targets your biceps

each squeeze just for a few seconds and then release it. This helps to strengthen your pelvic floor muscles, which further enhances your bowel and bladder control.

6. Rowing back exercise
- Rowing back exercise is done by holding any grill and pulling the body towards the grill. This works your back and upper arms and helps to build your entire upper body strength.
7. Spot walking
- While walking on the spot, raise your knee up to the hip level and swing your hands the way you do when you walk outdoors. Walking on the spot is simple and an effective exercise, says Singh. It helps to burn calories, improves your cardiovascular fitness and also increases the strength and endurance of your leg muscles. You also need to focus on proper nutrition to maintain muscle mass. Increase your intake of proteins by consuming foods such as chicken, fish and eggs.

WHAT NUTRITIONAL YEAST CAN DO FOR YOU

Nutritional yeast takes these dressings, toppings and seasoning blends up a notch



As both a food editor and a semi-professional member of society, I'm a little embarrassed to admit how frequently I eat popcorn for dinner. (A couple of times a month, at least.) And I dabble myself only slightly: It's vegetable adjacent.

Nutritional yeast is the backbone of my fine-tuned and finely ground house popcorn topping, contributing irresistible cheesiness without any dairy. For some time, I used it only for popcorn because, frankly, I didn't know how to harness its full potential. But much like miso paste, nutritional yeast will last a very long time – like, U.S.-representative-term-long – when stored airtight in a cool, dry place. So I had ample time for figure things out.

Nutritional yeast, or deactivated Brewer's yeast (a.k.a. *saccharomyces cerevisiae*, used for beers and breads), has long been pitched as a high-protein, vitamin-packed health food. But it is likely to better serve you as a savory flavoring agent than as a nutritional supplement. (Though, depending on the brand, it can contain somewhere between 6 to 10 grams of protein per 1/4 cup, which isn't nothing.)

Thanks to some pretty genius recipes, I've graduated from our often gratifying nooch applications. Adding nutritional yeast to a buttery, salty bread-crumbs topping for a bit of tang seemed so obvious to me after I saw Alexa Weibel do so for her creamy Swiss chard pasta.

Using nutritional yeast as a wholesale cheese substitute isn't novel, but I particularly love how it completely replaces Parmesan when blended into Becky Hughes's beloved Vegan Caesar dressing, and how it adds a familiar richness when paired with dairy-free butter in Ali Slagle's vegan twice-baked potatoes.

And then there are all of the seasoning blends you can make that aren't exclusively for popcorn, like Bryant Terry's umami powder – a combination of pulverized dried mushrooms, nutritional yeast and nuts – which he uses in his pesto-ish pasta sauce made with blanched broccoli.

I knew I was going to miss having a dishwasher when I moved into a new apartment last year, but I really did not expect to miss having a microwave. But thanks to my colleague Priya Krishna, I do!

I am so intrigued by her method for cooking rice in the microwave, her preferred appliance for preparing the grain. (Apart from an Uncle Ben's-type bagged rice, I've never made microwave rice.) The microwave is, per her detailed reporting, more consistent than a stovetop burner like a rice cooker. College students without access to a stove, as well as folks without counter space to spare, may find this technique especially useful.

"But the method that worked every time was also the simplest: rinsing the rice thoroughly, adding double the amount of water, and microwaving, uncovered, for 15 to 25 minutes, depending on the wattage of the machine. It may take a few attempts to figure out the exact timing for your microwave – in my 700-watt machine, it takes 22 and a half minutes – but once you do, you won't have to think twice about it."

Want toned legs? Follow these steps to strengthen and lose fat from your legs

All set to score toned legs? Try these strategies that can help you strengthen and tone your legs in no time.

Do you want toned legs? For someone ready to score toned legs, you need to know one thing! Rather than toning your legs, you should focus on building strength and lean muscles while trying to reduce fat to give the appearance of toned legs. For that, you need to combine cardio with muscle training to strengthen your legs. Having said that, let's find out some exercises to help you lose fat from your legs.

How to lose fat from legs?

Did you know your lower body is also the quickest part to build lean muscles? If toned legs is your goal, here are some easy and effective ways that will help lose fat from your legs and tone them up.

How to reduce thigh fat?

1. Don't focus on spot reduction
- Fitness trainers around the world say that 'spot reduction' is a myth. While it may be impossible to spot-reduce leg fat, you can train your muscles to build strength and tone them. For that, you can do a lot of exercises that can help you lose fat from your legs, like lunges, squats, and more.
2. Combine cardio and strength training
- As mentioned before, you should combine cardio and strength training to tone your legs. Only doing cardio like running will help you lose weight but it wouldn't make your legs firm. If you only focus on strength training, the process of getting rid of cellulite would be



slow, and your leg muscles may end up becoming bulky. The key is to strike a balance between cardio and muscle training.

For a healthier and happier life, try these 5 everyday tips

3. Lunges can help
- Lunges are one of the best exercises to reduce thigh fat. It targets your glutes, thigh adduc-

tors, quadriceps, and hamstrings. It also helps strengthen your muscles and boost your metabolism. Start with your feet wide apart. Walk forward while bending both knees, lowering yourself until your knees are 90 degrees bent. Lifting your back leg and pushing it forward will cause your back foot to land

in a lunge position in front of you as you step through and push off with both of your legs.

4. Squat it out!
- Squats are great to strengthen your bones, tendons, and ligaments around the leg muscles. Start with standing straight with your feet hip-width apart. Lower down as if you are sitting on an invisible chair. Now, lift back up with your back straight. Now, repeat the movement. Don't forget to engage your abdominal muscles while you perform squats.
5. Calves rise
- If we are talking about toning the legs, how can we forget the calf muscles? One of the best exercises to strengthen the largest muscle in the calf is to do standing calf raises.

Stay on track with these healthy and delicious meal prep ideas for busy lifestyles

Eating healthy can be a challenge when you have a busy lifestyle. But meal-prepping can help. Here are some nutritious meal prep ideas to keep you fueled.

Finding the time and energy to prepare healthy meals every day might be challenging in our hectic life. However, you can take control of your diet and make sure you're providing your body with scrumptious and nourishing meals by making a little advance planning and preparation. With the right meal prep ideas, you can enjoy delicious and nutritious meals throughout the week without breaking the bank. Meal preparation also transforms your week by allowing you to experience a variety of flavours, save time, and make better choices. Whether you're a busy professional, a student, or a parent on the go, these meal prep ideas are sure to make your life easier and more delicious. (Also read: Effective meal planning tips to save money and stay healthy)

Healthy and delicious meal prep ideas:

Chef Gauri Varma, Founder, and Owner of G's Patisserie and Confect, shared with HT Lifestyle, some inventive and useful meal-prep ideas that will motivate you to eat wisely and stick to your fitness objectives.

1. Plan your meals
- Plan out your meals for the coming week to start. Consider your food choices, nutritional requirements, and any objectives you may have, such as weight loss or muscle building,



Make a menu with a variety of proteins, whole grains, healthy fats, and colourful fruits and vegetables. Making plans will not only save you time, but it will also guide your grocery shopping decisions.

2. Prep ingredients in advance
- To make cooking during the week a breeze, spend some time preparing the items in advance. Vegetables should be washed, chopped, and proteins should be marinated. To make it simple to prepare meals later, store

each one in a different container or zip-top bag. You'll save time by not having to prepare items every day and are more likely to stick to your healthy eating plan if you have everything ready to go.

3. Mix and match
- Make a variety of elements that can be combined and matched all week long. Prepare a huge quantity of roasted veggies, a few different proteins (chicken, tofu, or fish), and several sauces or dressings to add flavour, for

instance. In this manner, you can mix these components in numerous ways to make new meals each day, satisfying your palate.

4. Portion control
- Utilise portioned containers or meal preparation containers with dividers to ensure portion control. By doing this, you may prevent overeating and make sure your meals are balanced. Divide your vegetables, cereals, and proteins into the proper serving sizes, leaving room for healthy fats and sauces. You will have a visible reminder to direct your eating habits and support your goals if you have portioned meals.
5. Embrace mason jar salads
- Enjoying fresh and crisp salads throughout the week is simple and appealing when done in mason jars. Layers of filling components, including grains, proteins, and vegetables, should then be added on top of the dressing at the bottom of the jar. For protection against wilting, save the fragile greens for the top layer. To prepare your salad for consumption, simply shake the container to spread the dressing.
6. Freezer-friendly meals
- Utilize your freezer by making freezer-friendly dishes that can be quickly reheated. Make huge quantities of soups, stews, or

casseroles and split them up for freezing. On hectic days when you don't have time to cook, these meals might come in quite handy. You may quickly prepare a wholesome and delectable supper by just defrosting and heating them.

7. Smart snacking
- When planning meals, don't overlook snacks. Prepare healthy, time-saving snacks like pre-portioned nuts cut fruit, or homemade energy balls. When hunger hits, having these snacks on hand will help you make wiser decisions and keep you from reaching for harmful ones. "To sum up, meal planning is essential to conquering the difficulties of a hectic lifestyle and ensuring that you feed your body nutritious foods. You may save time, savour a variety of flavours, and make wise decisions for your health by planning your meals, preparing ingredients ahead of time, and embracing strategies like mix-and-match, portion management, mason jar salads, freezer-friendly dishes, and smart snacking. You can alter your eating patterns, maintain a nourishing diet, and meet your fitness objectives with a little organisation and hard work. Make meal preparation a regular part of your life to reap the rewards of quick, healthy eating," concludes Chef Gauri.

District Admin, Kishtwar Development Authority felicitate Sonarpur Arohi Club for conquering Mt. Brammah 1

JI NEWS SERVICE

KISHTWAR, JULY 24: At a momentous event, the District Administration Kishtwar and Kishtwar Development Authority, organized a felicitation programme at Digital Movie Theatre TRC Kishtwar to honor the members of Sonarpur Arohi Club (West Bengal) for successful summit of Mt. Brammah 1 in Dachan area of District Kishtwar.

The extraordinary achievement marks the first Indian team to conquer the summit, etching their names in mountaineering history. Mt. Brammah 1, first climbed by British mountaineer Chris Bonington half a century ago, had not witnessed a successful ascent since 1979-80.

The triumph of the Sonarpur



Arohi Club has rekindled the spirit of adventure in the region and has opened new horizons for adventure tourism in Kishtwar. At

the felicitation ceremony, Deputy Commissioner, Dr. Devansh Yadav felicitated the members of Sonarpur Arohi Club with a trophy and garland of flowers, acknowledging their incredible feat. ACR, Varunjeet Singh Charak, PO ICDS - CEO KDA Dr. Rishi Sharma and SDM Chhatro Shokat Hayat Mattoo were also present.

Later, addressing the media at a press conference, Deputy Commissioner Dr. Devansh Yadav extended his heartfelt congratulations to the Sonarpur Arohi Club (West Bengal) for their historic accomplishment.

He emphasized that this momentous achievement not only brings honor to the entire nation but also paves the way for promoting adventure tourism in the picturesque Kishtwar region.

The members of the Sonarpur Arohi Club shared their unforgettable experiences and cherished memories from the challenging expedition, expressing their gratitude towards Deputy Commissioner Kishtwar and CEO KDA for their recognition and encouragement.

This significant achievement by the Sonarpur Arohi Club sets a new benchmark in mountaineering and serves as an inspiration for more such daring endeavors in the future.

The District Administration Kishtwar and Kishtwar Development Authority are committed to supporting and promoting such remarkable ventures that showcase the spirit of adventure and exploration.

DC Bandipora reviews progress of District Jal Jeevan Mission

DIRECTS FOR CLOSE COORDINATION AMONG LINE DEPARTMENTS; TIMELY COMPLETION OF PROJECTS

JI NEWS SERVICE

BANDIPORA, JULY 24: The Deputy Commissioner (DC) Bandipora, Dr Owais Ahmad on Monday convened a meeting to review the progress and discuss further strategies to ensure the efficient implementation of the Jal Jeevan Mission in the district.

During the meeting, the DC highlighted the importance of mission and emphasized the need for

collective efforts from all the concerned to meet the targets effectively. He said that a commendable progress has already been made in this direction so far.

The meeting assessed various aspects regarding the mission through including the status of implementation, funds allocation, technological interventions, and community participation besides water quality and testing the meeting reviewed the current status of the ongoing water supply projects, with a focus on identifying any bottlenecks and finding ways to expedite their completion. It also discussed allocation and utilization of funds for different initiatives under the Jal Jeevan Mission. The DC stressed on the officers for transparent financial management and to ensure that the allocated resources are put to optimum use. The meeting emphasized the need for regular water quality testing

and monitoring to safeguard public health. Dr. Owais reiterated his commitment to providing each household tap water and making Bandipora a model district for successful Jal Jeevan Mission implementation. He urged all officers and concerned officials to work in close coordination towards achieving the targets well ahead of schedule and timeline. The meeting was attended by Additional District Development Commissioner, Ali

Afsar Khan; Nodal Officer Coordination, Mohammad Ashraf Hakak; ACR Bandipora, JD Planning, SE Hydraulic, HQ Sopore, Executive Engineers Jal Shakti Department, DPMU JMM Bandipora besides other concerned officers.

On the occasion, Project Manager, DPMU, JMM, Bandipora gave a detailed presentation of the latest progress of all projects in the District.

DDC Chairperson Udhampur kick starts construction work of Water Supply Scheme Haartaryan

JI NEWS SERVICE

UDHAMPUR, JULY 24: Chairman District Development Council Udhampur, Lal Chand, today kick-started the work of Water Supply Scheme Panchayat Hartaryan in presence of Chairperson Block Development Council, Udhampur Balwan Singh, Sarpanch Panchayat Halga Hartaryan, Nishat Akhtar, Panch Aftab Hussain, PRI Members besides officials of PHE department and other prominent persons of the village.

The WSS Hartaryan project will be executed at a cost of Rs. 7.66 cr. The project is a Lift Water Supply Scheme and will cover every household of the area. Once completed, every household in the vicinity will get clean tap water thus overcoming the problem of dearth of potable water.

Speaking on the occasion, the DDC Chairperson congratulated the local populace and expressed hope that the pace of development in Block Udhampur would remain the same.

He appreciated the efforts of PRI Members in accelerating the developmental activities in the Panchayat. Additionally, he acknowledged the Jal Shakti Department officers' efforts and urged them to see to it that all approved projects are started and finished in time to make it easier to provide tap water to every home and habitation.

The 'Har Ghar Nal Se Jal' objective of Prime Minister Narendra Modi is also emphasised by him.

Earlier, the Chairman also inaugurated work on WSS Kambal Danga (Sunari) costing Rs.9.61 cr. This scheme will also contribute to WSS- Hartaryan to some extent. At the end, he congratulated the PRI and locals of the area and urged them to maintain the pace of work in the region.

Vice Chairperson DDC Udhampur for meeting staff deficiencies in far flung areas

JI NEWS SERVICE

UDHAMPUR, JULY 24: Juhi Manhas Pathania, Vice Chairperson District Development Council today met several delegations here at her office in DC Office Complex.

The delegations projected a range of demanding provision of drinking water, adequate power supply, road connectivity, meeting paucity of staff in schools for far flung areas of District Udhampur.

DDC Latti, Pinky and DDC Ramnagar-II, Jattu Ram sought filling of posts left vacant after recent transfer of Teachers and masters.

They said that the ATD has almost emptied the far flung areas of Chanunta, Ghordi, Ramnagar, Kulwanta where no replacement has been made after the transfers of teachers and masters.

Mrs. Pathania, took up the issue with the Department of School Education, underscoring the need for provision of adequate staff schools in far flung areas and staff-deficient schools, while making a pointed reference towards recent transfers which have evoked much furor amongst the public and students community. She pointed out that scores of high schools in the far flung pockets of district Udhampur have been left staff-



less and headless too.

She raised a viable point with CEO Udhampur over violation of parameters spelled out by national education policy which mandates that pupil teacher ratio should be maintained at 30:1.

Another spirited deputation from Block Koon led by Sham Lal Panch called upon the Vice Chairperson regarding the damage of houses, roads and agriculture due to recent heavy rains and floods.

The DDC Vice-chairperson took up the issue with the administration and called for immediate restoration of civil amenities like power, drinking water, ration supplies and spurring up human and animal healthcare facilities in the area so that the miseries and hardships of the people over here could be curtailed. She also called the Department of PWD and PMGSY for immediate repair of the damaged roads and clearance of roads block due to landslides.

Various other delegations led by PRI members had detailed discussions with the Vice Chairperson regarding key developmental issues pertaining to their areas including stalled works under JMM due to forest or court complications, restoration of blocked roads, immediate doing out of compensation for losses of human lives and properties lost during recent devastating floods, especially in hilly pockets of Udhampur.

DDC Gbl reviews progress of Developmental works under District Capex Plan 2023-24

JI NEWS SERVICE

GANDERBAL, JULY 24: The District Development Commissioner (DDC) Ganderbal, Shyambir today chaired the meeting of officers to discuss and review the progress of various developmental projects under District Capex Plan 2023-24 in the Conference Hall of Mini Secretariat Ganderbal. At the outset, the CPO gave a detailed overview of the estimation and tendering process under District Capex, Area Development Fund (DDC/ BDC/ PRI grants), Aspirational Block Development Programme (ABDP), SBM, JMM etc.

The meeting was informed that a budget of Rs 52.39 crore is approved for District Capex for the year 2023-24 under which 1460 works including 38 ongoing have been identified of various departments for augmentation of infrastructure and other facilities in the district.

It was informed that out of 1460 total works 963 works have been accorded administrative approval, authorization of 70 percent works is given and over 46 percent works stand tendered.

The DDC took a detailed review of the physical and financial status of works taken up under the District Capex schemes of various departments including Jal Shakti, Urban Development, RDD, Youth Services & Sports, education, irrigation, PWD and others.

After reviewing the sector wise progress of the works, the DDC impressed upon all the departments to complete the estimation, tendering and allotment of works within the timelines so that all the developmental works could be completed within the time bound manner.

The meeting was attended by Chief Planning Officer, Irfan Giri, SE, R&B Circle Ganderbal, SE, KPDCL, Executive Engineer Jal Shakti, Executive Engineer R&B, CEO and other District and Sectoral Officers.

Nowshera Forest division conducts series of plantation drives under "one beat guard one village Programme"

JI NEWS SERVICE

RAJOURI, JULY 24: The Nowshera Forest Division organized a number of Plantation drives under the "One Beat Guard One Village" programme. Among these, one such drive was conducted at village Prat of Sunderbani Range. Amit Kumar, Panch Panchayat Prat, other PRI members and a large number of villagers took part in the drive. Beat Guard Salheri, Bal Rai Raina conducted the drive with the help of Block Forest Officer Dharamsal, Rajinder Dev Sharma and other staff members. A number of fruit, Medicinal and fodder plants were planted & distributed. Some plants were also planted under "Ek Ped Lagayein Beeti Ke Naam" campaign. The plants were planted by Mahira Anjum D/O Makhan Din, Rubena Akhter D/O Kala Khan, Suman Devi D/O Tamesh Kumar. The PRI members and general public of the area lauded the efforts of Forest department for increasing the green cover and thanked Vivek Verma, Conservator of Forests West Circle Rajouri, Satyendra Maurya, Divisional Forest Officer Nowshera and Sudesh Kumar, Range Officer Sunderbani/Lowher for organising these plantation drives and creating awareness among the villagers regarding the importance of increasing tree cover.

Kisan Sampark Abhiyaan enters Phase-14th in Udhampur

JI NEWS SERVICE

UDHAMPUR, JULY 24: Kisan Samark Abhiyan entered phase 14th here in District Udhampur as an orientation program was organised today at Panchayat Kambal Danga in zone Jib.

After the successful completion of 13 phases of "Kisan Sampark Abhiyan started on April 24, 2023 in the district, 159 panchayats out of total 236 panchayats have been covered with the participation of more than 17000 farmers. During the programmes farmers were acquainted with latest schemes of Agriculture and Allied Departments, besides newest initiatives launched by the Government for the farming community. The programme provided awareness to farmers on 29 projects involving different stakeholders and lending agencies. The farmers are being made aware by different means viz screening of videos and by providing printed materials. While speaking on the occasion, BDC Chairman, Balwan Singh lauded the Agriculture Department for creating awareness amongst the farmers under holistic agriculture development programme (HADP). He urged the farmers to take maximum benefits of this flagship initiative by the department to enhance the productivity and profitability of the farming. He further thanked the District Administration and Chief Agriculture Officer, Sanjay Anand for the support. Sarpanches, Panches, AEO JIB, JAO's, AEA's and Field Staff of Agriculture and Allied departments attended the event.

DC Kupwara chairs NCORD Committee meeting

DIRECTS OFFICERS TO MAKE SERIOUS EFFORTS TOWARDS CURBING DRUG MENACE IN DISTRICT

JI NEWS SERVICE

KUPWARA, JULY 24: The Deputy Commissioner (DC) Kupwara, Ayushi Sudan today convened a meeting of the District Level Committee of NCORD Coordination Centre (NCORD) to review the measures for controlling drug abuse in the district.

Addressing the meeting, the DC impressed upon all the officers to make serious efforts towards curbing the drug menace in the district. She directed them to ensure that IEC activities regarding Nasha Mukh Bharat Abhiyan are conducted in every public function including Block Diwas and Back to Village programmes.

Regarding Nasha Mukh Panchayats, the DC directed the concerned officers for re-verification of Nasha Mukh Certified Panchayats and share list of left out Panchayats with the concerned Tehsildars.

Meanwhile, the Drug Controller Officer informed that 95-100% Drug Stores/Pharmacy Shops



have been covered with CCTV cameras in main markets of the district. However, CCTV coverage in peripheral areas is in progress,

he added.

The DC directed the Drug Controller Officer to draft a strategy and submit a calendar of inspections to be carried out in peripheral areas in this regard. He was also directed to close down all those shops which show non-compliance of the instructions.

The Dy. CEO present in the meeting was directed to submit the status of shops selling Tobacco products within 100 meter radius of the Educational Institutions.

SSP Kupwara also suggested that Committees comprising of officials from Health, Revenue, Police, Education, RDD and PRIs/Religious Heads be constituted for Block wise/Thana wise counselling session of drug addicts. The DC directed the Tehsildars for prioritizing the matters relating to curbing of drug abuse in their respective jurisdiction and extend complete support to other agencies working for the cause. They were also directed to destroy Cannabis in their respective jurisdictions.

Ayushi asked the officers to identify a popular Sports person/Artist who can be designated as a Brand Ambassador for the district to spread a message among masses about the ill effects of drug abuse.

Earlier, ADC Kupwara, Ghulam Nabi Bhat briefed the meeting about the current status of drug addicts in the district and measures being taken by the administration. CMO Dr. Mohammed Ramzan, informed the chair that 924 drug addicts have already been identified in the district, out of which 340 are under treatment at Rehabilitation Centres. He also informed that 289 awareness camps have been conducted in the district to sensitize the people about ill effects of drugs.

SSP Kupwara, Yougul Manhas; ADC Kupwara, Ghulam Nabi Bhat; CMO Kupwara, DIO Kupwara, Dy. CEO, Dy. SP Headquarter Handwara, Tehsildars, Drug Controller Officer and other concerned attended the meeting.

DC Kupwara launches "GULABPOSH Project" aimed to transform Anganwadis

JI NEWS SERVICE

KUPWARA, JULY 24: The Deputy Commissioner (DC) Kupwara, Ayushi Sudan today launched "GULABPOSH Project" in collaboration with Primal Foundation to transform Anganwadis as part of the Aspirational District Programme. On the occasion, the DC directed the officers to conduct meetings down the line with subordinates for awareness and effective implementation of the GulabPOSH Project. During the meeting, the DC was informed that 2316 Anganwadi Centres are functioning in the district with enrollment of 3236 male and 3187 female children under the age of 6 years. Regarding the Project, it was informed that the GulabPOSH Project consists of 4 thematic areas including Basic Infrastructure, Service Delivery, Community Outreach and Enhancement of Anganwari Workers' capabilities.

DDC discusses arrangements for annual Kounsar Nag Yatra

JJ NEWS SERVICE

REASI, JULY 24: District Development Commissioner Reasi, Babila Rakwal today discussed the arrangements for annual Kounsar Nag Yatra here at a meeting of Officers and yatra Management Committee members.

At the outset, the president Kounsar Nag Yatra Samiti briefed the District Development Commissioner about the details of the Yatra regarding number of yatis, halting points and en-route.

Threadbare discussions were held on the arrangements, including Medicare, transportation, boarding and lodging, security, fixation of pony and pithoos walas rates, installation of solar lights, setting up of langar, power and water arrangements for the convenience of the devotees en-route to the shrine.

The meeting was informed that SDM Mahore will be the nodal officer to coordi-



Meeting with the stakeholder departments and Kousar Nag yatra committee for the smooth conduct of the yatra.

nces. Addressing the meeting, the DDC said that efforts would be made to promote the Kounsar Nag as a major tourist destination. "State Disaster Response Force (SDRF), Aapda Mitra will be deployed at identified critical spots on the route" the DDC said.

The DDC directed Xen PWD and Xen PMGSY Mahore to ensure repair of the approach roads well in advance to ensure their traffic worthiness. The DC asked ARTO Reasi to ensure provision of buses during the yatra.

It was directed that the Assistant Director Tourism Katra/Reasi shall make a documentary of Kounsar Nag Holy place/ lake with yatra to promote it as a tourist destination through different media platforms.

SP Reasi, Amit Gupta, ADC, Abdul Star, ACR Reasi, ACD Reasi, SDM Mahore Tehsilidar Reasi, District Social Officer, CMO Reasi, ARTO Reasi, CMO, and other concerned officers attended the meeting.

487 TB patients registered for nutritional support in Rajouri

JJ NEWS SERVICE

RAJOURI, JULY 24: Deputy Commissioner Rajouri, Vikas Kundal, today called for effective implementation of the National Tuberculosis Elimination Programme (NTEP) to achieve elimination of the disease in the district by 2025 in consonance with the national target.

He was chairing a meeting of the members of the District Tuberculosis Forum convened to discuss action plan for effective implementation of the program.

The meeting was attended by the CPO, Mohammad Khurshid; Chief Medical Officer, Dr. Rajinder Sharma; MS DH, Dr. Mehmood Bajar; DTO, Dr. Khalid

DC calls for intensifying tuberculosis elimination measures

Mansoor and other concerned officers.

The meeting was appraised of the composition, objectives, and working of the TB Forum, and the achievements made under NTEP in the district. The meeting served as a platform to discuss different kinds of services being provided by the government to the masses under the National Tuberculosis Elimination programme.

Tuberculosis is a priority disease that has been targeted for elimination in India by 2025, and community-led participation is an essential component to achieve the target within the stipulated time frame.

The Deputy Commissioner emphasized the stakeholders to work in tandem for the effective implementation of the National Tuberculosis Elimination Programme in the district.

The attendees were informed that as of 30 June 2023, a total of 427 TB patients have been notified in the district under the NTEP. Additionally, a total of 9,528 persons have been examined for sputum, and 1,022 CBNAAT tests, 1,667 Truenat tests, and 2,689 molecular tests have been done in the district under the NTEP.

The Deputy Commissioner urged the stakeholder to make concerted efforts to achieve 100

percent eradication of tuberculosis in the district. He stressed the importance of remaining in touch with tuberculosis patients and providing them with the best possible healthcare services so that they do not face any inconveniences.

The Deputy Commissioner also highlighted the importance of effective implementation of the Nikshya Poshan Yojana, a scheme aimed at providing nutritional support to TB patients. As of now, 487 patients have been registered under Nikshya Mitra.

The Deputy Commissioner called for mobilization and intensification of Information,

Education, and Communication (IEC) activities to raise awareness about the disease and the measures to control and prevent it. Early detection and testing of patients suffering from TB is crucial in ensuring the timely elimination of the disease from the district.

The Deputy Commissioner called for increasing the testing rate of high-risk groups so that they can be provided with necessary treatment in time.

In conclusion, the meeting served as a reminder of the government's commitment to eliminating tuberculosis from the country and the crucial role of community-led participation in achieving this goal.

DLSA Kathua organises Training cum Orientation programme for Penal lawyers, legal Volunteers



JJ NEWS SERVICE

KATHUA, JULY 24: District Legal Services Authority Kathua organized a One Day Training/Orientation & Sensitization programme for Panel Lawyers and Para Legal Volunteers in the conference hall of District Courts Complex, here today.

The programme was organised to provide an overview of the role of Legal Aid Lawyers and the code of ethics which they are required to adhere to.

The event was held as per the directions of Chairman, District Legal Services Authority Kathua (Pr. District & Sessions Judge Kathua), Ashok Kumar Shavan, who also presided over the training session.

He sensitized the participants as to what exactly are their duties and responsibilities.

He also sensitized the Panel Advocates and PLVs that they are the first interface with the public at the grass root level and how they can act as a bridge to fulfill the Constitutional mandate under Article 39-A of the Constitution by enhancing their knowledge and ability to discharge their duties as Legal Aid Lawyers and PLVs to the needy persons through the DLSA Kathua. Earlier, Secretary, District Legal Services Authority Kathua, Rekha Kapoor Nischal, presented the welcome address whereas vote of thanks was presented by Deputy Chief Legal Aid Defence Counsel, DLSA Kathua Puneet Kumari.

The training session was attended by Deputy Chief Legal Aid Defence Counsel, Assistant Legal Aid Defence Counsel, all the Panel Lawyers and Para Legal Volunteers of District Legal Services Authority Kathua.

DC Doda discusses Bhandarwah Tourism Promotion Plan with private stakeholders

JJ NEWS SERVICE

DODA, JULY 24: Deputy Commissioner Doda, Vishesh Mahajan, today convened a meeting with private stakeholders to seek their suggestions to formulate a comprehensive plan for the promotion of tourism in Bhandarwah.

The meeting aimed to harness the potential of Bhandarwah as a prominent tourist destination and to seek the inputs and suggestions of private stakeholders for effective implementation of the plan.

The DC emphasized on creating Shopping Malls, luxury hotels, Gaming facilities, food courts, and other amenities to attract international and domestic tourists.

He stressed on the stakeholders to make all the arrangements in advance for the upcoming Mela Pat and Kailash Yatra. He informed that the adminis-



DC Doda discussing Bhandarwah Tourism Promotion Plan with private stakeholders.

tration is mulling to hold cultural programmes during these two religious festivals to showcase the district's rich culture and heritage to the tourists and pilgrims.

It was also informed in the meeting that this year more than two lakh tourists have chosen Bhandarwah as their favourite destination by visiting here and a huge footfall is expected during the ongoing Summer, Kailash Yatra and Mela Pat.

The meeting witnessed the participation of several private stakeholders, including hoteliers, tour operators, adventure sports organizers, and local representatives.

The DC apprised the stakeholders of the vision and objectives of the tourism promotion in the district.

Safeena Beigh visits Delina; reviews arrangements for smooth observance of Muharram Processions

JJ NEWS SERVICE

BARAMULLA, JULY 24: The Chairperson, District Development Council (DDC) Baramulla, Safeena Beigh accompanied by team of officers today visited Delina and took stock of the arrangements being put in place for smooth observance of Muharram processions. During her visit, the Chairperson interacted with prominent citizens and Intazimiyah committee for the hassle-free conduct of

Majlis and processions. Special attention was given to crowd management, ensuring the smooth flow of processions. While responding to the suggestions and issues put forth by the representatives of the community, Safeena Beigh assured them that all their genuine demands will be looked into on priority.

On the occasion, the Chairperson directed the Municipal Officer to ensure cleanliness around the Imambaras, mosques and roads

where from processions will come out during the Muharram processions.

Moreover, the Department of PHE and PDD were asked to ensure adequate water and electricity supply with foolproof standby arrangements.

Furthermore, the Chairperson DDC urged all concerned stakeholders to cooperate and extend their support to ensure the successful conduct of Muharram-ul-Haram events while maintaining peace and harmony in the district.

Srinagar Admin Conducts Intensified Market Checking in City parts ahead of Muharram*

Dozen erring Food Business Unit inspected, Huge Quantity of Substandard Food Items Destroyed

JJ NEWS SERVICE

SRINAGAR JULY 24:- In order to prevent any profiteering and black marketing in Srinagar District during the Holy month of Muharram, the Special Market Checking team of District Administration Srinagar Monday conducted intensified market checking in various parts of the City District particularly Shia populated areas.

The Drive was conducted on the directions of the Deputy Commissioner



Mohammad Aijaz Asad to curb the practice of illegal profiteering in markets and ensure all essential commodities are sold at Government approved rates as per the quality standards with sufficient availability of consumables.

The major drive was conducted by the market checking team headed by Tehsilidar Eidghaj, Ishfaq Ahmad Khan which inspected number of markets in Zadibal, Hawal, Alamgari Bazar in the Tehsil Eidghaj during which several erring shopkeepers were booked for failing to maintain the quality of food items, not displaying

rate lists of essential commodities, selling expiry products, besides indulging in practices of illegal profiteering and sale of underweight products.

Similarly, team headed by Tehsilidar Panthachowk, Rakib Ahmad also undertook a market checking drive in Pandrethan, Zewan and other adjacent areas of the Tehsil aid inspected various shops.

In Shalimar, Arbal, Chandpora Harwan areas in North Tehsil, the market checking was also conducted under the supervision of

Tehsilidar concerned Kaiser Mehmood.

Meanwhile, the Deputy Commissioner, Srinagar, Mohammad Aijaz Asad stressed on owners of all business establishments to maintain quality and standard of essential commodities and ensure all essential commodities are sold at Government approved rates. He asked the Market checking squad to continue the drive on regular basis in months ahead as part of pro-consumer measures.

Shiv Khori Shravan Mahotsav

Bhajan competition organised at Ransoo

JJ NEWS SERVICE

REASI, JULY 24: To mark the celebration of Shiv Khori Shravan Mahotsav, a bhajan competition was organised today - the third Monday of Shravan month.

District Development Council member Katra, Nirmal Devi was the chief guest and Assistant Commissioner Development, Anurudh Rai was the Guest of honour.

Speaking on the occasion, the DDC member Nirmal Devi said that the devotional song competition has assumed a great significance as on one hand it provides a major platform to the budding singers and on the other hand offers a major attraction for the Tourists. A huge audience, comprising civil society members and Government Functionaries relished the soulful bhajans presented by 20 contesting artists hailing from different parts of Jammu and Kashmir.

Eight artists made it to the finals scheduled to be held on August 14, 2023. The winner will be awarded with a cash prize.

EO Shiv Khori Shrine Board, Pardeep Kumar, DPO, Om Parkash; DIO, Rajinder Digrá and Tehsilidar Pouni Naresh Kumar were present on the occasion.

Director Agriculture flags-off batch of farmers on training program

Says, Capacity building of farmers, one of the priorities under HADP

JJ NEWS SERVICE

SRINAGAR, JULY 24: A batch of farmers was today flagged-off by the Director Agriculture Kashmir, Chaudhry Mohammad Iqbal from Agriculture Complex Lal Mandi Srinagar on a training program to central institute of Temperate Horticulture under Human Resource development program MIDH organized by department of Agriculture Kashmir.

Director while interacting with the farmers on the occasion said that the visit has been organised for making the farmers aware of the latest technologies for commercial agriculture, Realtime trends in organic farming and cultivation of different crop on scientific lines.

He impressed upon the farmers to interact with the farm scientists, experts, and extension functionaries to get acquainted with upto date methodologies in crop cultivation on scientific lines.

He asked the farmers to enhance their technical skills in the field of integrated farming and to adopt the advanced technologies for cultivation of different crops after learning from such training programs.

Chaudhry said that under holistic agriculture development program special attention has been given to the capacity building of farmers and to achieve this target a number of programs have been devised.

Chief Agriculture Officer Srinagar, Manohar Lal Sharma; District Agriculture Officer Srinagar, DSCO, Agriculture Development Officer Srinagar Shaikh Farhan and other senior officers were present on the occasion.

DC Reasi chairs NCORD meeting

JJ NEWS SERVICE

REASI, JULY 24: A meeting of District Level Committee of Narco Coordination Centre (NCORD) was held today here under the Chairpersonship of Deputy Commissioner Reasi Babila Rakwal to discuss the Action Plan to counter the menace of drug abuse in the district.

The DC reviewed the implementation of the measures taken and progress achieved to eliminate drug abuse and its peddling.

At the outset, the DC took a detailed appraisal from concerned members of NCORD Committee regarding the present scenario of drug related occurrences, areas of concern, age group of addicts and hot spots of drug abuse in the District.

The DC took feedback from all the block officers and laid thrust on further intensifying IEC campaigns in Schools and Colleges to sensitize students and common masses about ill effects of drugs as well as encouraging healthy activities and hobbies to discourage drug abuse.

The DC also directed the concerned officers to ask the owners of all medical shops, clinical establishments to install CCTV cameras for surveillance with regard to the containment of sale of psychotropic drugs.

The Deputy Commissioner emphasized that the Reasi Administration has adopted a zero tolerance policy against drug suppliers and traffickers.

SP Reasi Amit Gupta, ADC, Abdul Star, Dy. SP Reasi Neeraj Padyar, SDM Katra Deepak Dubey, Tehsilidar Reasi, District Social Officer, CMO Reasi, Drug Inspector and other concerned.

DYS&S B'la continues hunt for exploring Talent through Inter School Sports Competitions

Volleyball, Kho-Kho & Kabaddi part of Sports Competition showcasing diverse Athletic Talent of Youth

JJ NEWS SERVICE

BARAMULLA, JULY 24: The Department of Youth Services & Sports (DYS&S) Baramulla continued its fervent commitment to promote sports, fostering a spirit of healthy competition among students.

Today, various sports competitions were held across four zones, namely Danganpora, Sopore, Nehalpora and Chandoosa with enthusiastic participation from students aged between 14 and 17, both boys and girls.

The competitions featured three exciting sports disciplines, including volleyball, Kho-Kho, and Kabaddi, showcasing the diverse athletic talents of the young participants.

On the occasion, students from numerous schools vied for glory in an atmosphere charged with camaraderie and sportsmanship. The event witnessed an overwhelming response with thousands of students taking part in the inter school sports competitions. Their passion and dedication to sports were truly inspiring, leaving a lasting impression on all present.

KUPWARA DEPARTS 18 STUDENTS FOR HIGHER STUDIES TO APS BEAS



AHMAD ZUBAIR
JI NEWS SERVICE

KUPWARA 24 JULY: Higher education for young aspiring minds can be facilitated if proper education opportunities exist which can be harnessed. In the consistent initiatives of Indian Army under Operation Sadhbhavana, yet another fresh batch of students were selected to be sent for senior class studies to Army Public School, Beas, Jalandhar by grant of Operation Sadhbhavana Scholarship. The new batch of 18 students comprise of two students from the Class VIII and total 16 students of Class IX. Out of the total 18 students, 17 are boys and 01 Girl student namely Miss Simran Manzoor of Class IX hailing from Kupwara District. The selection procedure for this scholarship includes an entrance exam followed by personal inter-

view of the candidate. Besides merit, preference is also given to students from economically challenged background and below poverty line. The fresh batch of 18 students were sent off with full fanfare event which was conducted at UDAAN School, Drugmulla. The event witnessed interaction of students and parents with Indian Army, distribution of kits, tea which followed the departure. The students were very happy to have been granted this scholarship. The proud parents expressed their joy by thanking Indian Army and Vajra Division for their consistent support for all initiatives for the development of UT of J & K. The students will now undergo their further studies at APS, Beas till Class XII. APS, Beas is a state of art modern school with all amenities of curricular & co-curricular activities which will help these young minds to be groomed holistically to take up challenges in their future lives.

NORTHERN RAILWAY
E-Tender Notice

Tender Notice No:- 770-W/169WA-1FZR/124-2023-24-ADEN-II-FZR & 125-2023-24-ADEN-II-FZR acting for and on behalf of The President of India invites open tenders (E-Tenders) against below titled tenders and available on www.reps.gov.in with closing date **18.08.2023 up to 18:00 Hrs.** Bidders will be able to submit their original/revised bids up to closing date and time only. Manual offers are not allowed against these tenders, and any such manual offer received shall be ignored. Contractors are allowed to make payments against this tender towards tender document cost and earnest money only through only payment modes available on IREPS portal like net banking, debit card, credit card etc. Manual payments through Demand draft, Banker cheque, Deposit receipts, FDR etc are not allowed.

Tender Type	Tendering Section	Bidding System	Date of Uploading Tender	Bid Starting Date	Bid Closing Date/Time
Open	Works	Single Bid System	20.07.2023	04.08.2023	18.08.2023

S.N	Tender No.	Details of Tender	Advertised Value (Rs.)	Validity of Offer	Period of Completion
1	124-2023-24-ADEN-II-FZR	Crossing of 500 mm internal dia Water Supply Pipe Line passing through 700 mm internal dia D.I. encasing pipe K-7 and 900 mm internal dia M.S Heavy Duty casing pipe under the Railway Track at Km 7714-5 on FZP-FKA section.	413365.59	60 Days	04 Months
2	125-2023-24-ADEN-II-FZR	Crossing of 450 mm internal dia Water Supply carrier Pipe Line passing through 700 mm internal dia D.I. encasing pipe K-7 and 900 mm internal dia M.S Heavy Duty casing pipe under the Railway Track at Km 640-10 on FZP-FKA section.	4543641	60 Days	04 Months

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UNION TERRITORY OF JAMMU KASHMIR IRRIGATION & FLOOD CONTROL DEPARTMENT OFFICE OF THE EXECUTIVE ENGINEER IRRIGATION DIVISION NO. II JAMMU E-Mail: ifcjmuxenid2@gmail.com, Tel/Fax: 0191-2457756

No:JID/II/2023-24/2588-2624

Dated: 21-07-2023

CORRIGENDUM

Subject: Extension of dates and Clarification regarding Condition No. 37 of General terms & Conditions.
Reference: This office E-NIT No. 08 of 07/2023-24 issued vide endorsement No. JID/II/2023-24/2229-2265 dated 04-07-2023.

This is for the information of all the concerned that the bid submission end date and bid opening date of above-mentioned E-NIT is hereby extended as per the request of contractor's and the fresh dates are as under: -

- i) **Uploading stops on :** 25-07-2023 (06:00 PM)
- ii) **Tender opens on :** 26-07-2023 (12:00 Noon - Subjective)

In addition to this read Condition No. 37 as;

"In case of unbalance bids; if the quoted percentage of lowest bidder (L1) is more than 15.00% below than the advertised cost, then the lowest bidder (L1) shall have to submit an Additional Performance Security in shape of CDR/FDR with a validity of 365 days pledged to "Executive Engineer Irrigation Division No. II Jammu" before allotment of contract as per details given below: -

S.No	%age of unbalanced bid viz-a-viz advertised cost	Additional performance security to be deposited
1.	Upto 15% below	Nil
2.	More than 15% Below upto 20% below	5.00% of the advertised cost
3.	More than 20% Below upto 25 % below	10.00% of the advertised cost
4.	More than 25% Below upto 30% below	15.00% of the advertised cost
5.	More than 30% Below	20.00% of the advertised cost

Instead of

In case of unbalance bids; if the quoted percentage in BOQ is more than 15.00% below than the SSR-2022, then the bidder shall have to upload online, an Additional Performance Security in shape of CDR/FDR in Cover-2nd with a validity of 365 days pledged to "Executive Engineer Irrigation Division No. II Jammu" as per details given below:

S.No	%age of unbalanced bid viz-a-viz advertised cost	Additional performance security to be deposited
1.	Upto 15% below	Nil
2.	More than 15% Below upto 20% below	5.00% of the advertised cost
3.	More than 20% Below upto 25 % below	10.00% of the advertised cost
4.	More than 25% Below upto 30% below	15.00% of the advertised cost
5.	More than 30% Below	20.00% of the advertised cost

Rest of the terms and conditions shall remain the same.

DIP/J-5778/23

SD/
(ER. HAFIZ ULLAH RESHI)
EXECUTIVE ENGINEER
IRRIGATION DIVISION NO.II
JAMMU

Union Territory of Jammu and Kashmir OFFICE OF THE EXECUTIVE ENGINEER ENGINEER MECHANICAL DIVISION UDHAMPUR

E-mail-xenmdudh@gmail.com

The Joint Director
Information Department
Jammu

No:- MDU/TS:- 719-23

Sub:- Publication of e-NIT.

Dated:- 21/07/2023

Sr,

Please find enclosed the Abstract of e-NIT No. MDU/TS/ 09 of 2023-24 Dt. 21-07-2023 Due on. 31.07.2023 of this office for publication in two leading local English or Hindi newspaper well before the due date. A copy of the newspaper where in the e-NIT is published may please sent to this office for record and reference.

DIP/J-5612/23

SD/
EXECUTIVE ENGINEER
MECHANICAL DIVISION
UDHAMPUR

UNION TERRITORY OF JAMMU & KASHMIR OFFICE OF THE EXECUTIVE ENGINEER PWD (R&B) DIVISION KATRA

(Tele- Fax No. 01991-232043 E-mail address eepwdkatra@gmail.com)

TENDER CANCELLATION NOTICE

S. No.	Name of work	Tender cost (Lacs)	Bids received
1.	Providing and laying 25mm thick OGPC and 50MM thick BM in Stretches on road from Hotel vaishno devi to Tea garden W.No.02 Katra. (6 th time)	1.90	No response
2.	Providing and laying 25mm thick OGPC and 50MM thick BM in Stretches on road from House of Sh. Ashoki Mengi to Peer Baba with adjoining link (Length= 650 mtr.) (6 th time)	10.95	No response

Due to no response received from the bidders, the tender invited vide this office e-NIT No. 39 of 2023-24 dated 08-07-2023 for the above cited works are hereby cancelled and fresh tenders are being invited.

No:- 2728-33

Dated:- 21-07-2023

DIP/J-5583/23

SD/
(ER. ASHWANI KUMAR)
EXECUTIVE ENGINEER
PWD (R&B) DIVISION,
KATRA

UNION TERRITORY OF JAMMU & KASHMIR OFFICE THE EXECUTIVE ENGINEER PWD (R&B) DIVISION KATRA

SHORT NOTICE INVITING TENDER

Fresh e-NIT No. 49 of 2023-24 Dated 21-07-2023

(SINGLE COVER SYSTEM)

For and on behalf of the Lt. Governor, UT J&K, e-tenders (In single cover system) are invited on Percentage Basis from approved and eligible Contractors registered with J&K Govt., CPWD, Railways and other State/Central Governments for the following works:-

S. No	Name of Work	Adv. Cost (in lacs)	Cost of doc't (in Rs.)	Earnest Money (in Rs.)	Time Allowed for completion	Class of Contractor	Head of Account
1	2	3	4	5	6	7	8
1.	Repair and Renovation of Lane and Drain from house of Kaku to Trikuta School, W.No. 10. (3 rd time)	2.85	600	5700	30 Days	D	Own Sources of Municipality Katra
2.	Repair and Renovation of Drain/Lane from shop of Sh. Kapil to Keshav Ashram, W.No. 06. (3 rd time)	1.48	600	2960	30 Days	D	
3.	Repair and Renovation of Lane and Drain from Hari Krishan to Mohammad Yousaf, W.No. 11. (3 rd time)	4.94	600	9880	45 Days	D	
4.	Repair and Renovation of Drain near house of Ajay Gupta opposite Higher Secondary School, W.No. 06, Katra. (3 rd time)	0.90	600	1800	30 Days	D	
5.	Repair and Renovation of Lane and Drain from house of Sat Paul to Banarsi Dass, W.No. 08. (3 rd time)	1.74	600	3480	30 Days	D	

Position of AAA:-

Accorded.

Position of T.S :-

Accorded

Position of funds :-

Available with Municipal Committee Katra

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

1	Date of Publishing of Tender Notice	21-07-2023
2	Period of downloading of bidding documents	From 22-07-2023 to 01-08-2023, 1700 Hrs
4	Bid submission Start Date	22-07-2023
5	Bid Submission End Date	01-08-2023 up to 1700 Hrs
6	Date & time of opening of Technical Bids (Online)	02-08-2023 on or after 1200 Hrs in the Office of Executive Engineer PWD (R&B) Division, Katra.
7	Date & time of opening of Financial Bids (Online)	To be notified after technical bid evaluation is completed.

1. Bids must be accompanied with cost of Tender document in shape of e-challan through Treasury indicating Treasury Voucher No. & date, e-NIT No. and name of work duly creditting to 0059 (Revenue) favoring, Executive Engineer PWD (R&B) Division, Katra uploading a copy of treasury challan and EM/D Bid Security in the shape of CDR/FDR (The date of Treasury Challan/ Bid Security/Affidavits between date of start of bid submission and bid submission end date) duly pledged to Executive Engineer PWD (R&B) Division, Katra as mentioned in the bid documents.

No:- 2722-27

DATED:- 21-07-2023

DIP/J-5607/23

SD/
(ER. ASHWANI KUMAR)
EXECUTIVE ENGINEER
PWD (R&B) DIVISION
KATRA

Tourism Directorate Jammu invites Devotees to Experience Spiritual Journey of Machail Mata Yatra 2023 amidst Scenic Himalayan Range

Pilgrimage Information now just a click away as website www.shrimachailmatayatra.com launched for facilitation and convenience of yatris

JI NEWS SERVICE

JAMMU, JULY 24: Directorate of Tourism, Jammu in collaboration with District Administration Kishtwar has made elaborate arrangements to attract pilgrims from all over the country to seek the blessings of Goddess Chandī Maa and experience the spiritual journey of Shri Machail Mata Yatra 2023.

The annual pilgrimage of Machail Mata nestled in the abode of Himalayan range of Padder Valley in the Kishtwar district of Jammu and Kashmir is all set to commence on 25th of July 2023. The annual Machail Mata yatra embodies the spirit of divinity and spirituality and is one of the most famous pilgrimages across northern India.

While interacting with the media, Director Tourism Jammu Vivekanand Rai, said that the Annual Machail Mata Yatra shall commence from 25th July, 2023 and culminate on 5th September, 2023. He further elaborated that the necessary arrangements for the Yatra are being made by the District Administration Kishtwar and Directorate of Tourism Jammu has ensured that the right information reaches the Yatris through the medium of newspaper



and other publicity media He also added that the Yatris can get the information through the Toll Free Number of Tourism Department 1800 890 8457 or the Helpline Number of District Administration Kishtwar +91-1995259555. Joint Director Tourism, Sunaina Mehta informed the media that the revered pilgrimage of Goddess Machail Mata is vigorously being promoted throughout India as this time we are expecting some more visitors from other states/UTs. She further added that the recent e-launching of

the official website www.shrimachailmatayatra.com will further facilitate the convenience by providing a one stop solution to all the needs of the pilgrims pertaining to yatra.

Machail Mata Yatra would start from Jammu, allowing devotees to be a part of this spiritual journey from the very beginning.

The holy mace or Chhari of Goddess Machail Mata is carried by devotees during the Yatra singing devotional bhajans in praise of the Goddess amidst the beating

of traditional drums, playing flutes, chanting mantras, and showering flower petals.

The Machail Yatris trek about 33 km from Gulabgarh, passing through scenic nature, including the most sacred hot and cold water springs that are miracles of nature and the shrine of Machail Mata lies in the landscape of unblemished beauty with hills, glaciers, and tributaries of the Chenab river.

With the main aim of focusing on the convenience of Yatris at every step during the Yatra, adequate arrangements and well-organised preparations have been chalked out like convenient transportation modes via digital services for online booking of the chopper, Palki or pony services, ample accommodation facilities of homestays, tentage, toilet facilities, 4G connectivity, solar power backups, health care and various other essential services along with upgraded infrastructure.

This year's pilgrimage promises to be a memorable and fulfilling experience for all the devotees. The Directorate of tourism Jammu is exclusively promoting the yatra across the country through various modes of publicity including radio jingles, newspaper advertisements, flex hoardings, and social media handles to ensure maximum participation of Yatris from across the country and to attract visitors for boosting local employment and showcasing of indigenous rich culture.

Dr. Shahid inaugurates two day conference on 'Gojri language in the contemporary world'

JI NEWS SERVICE

SRINAGAR, JULY 24: Secretary, Tribal Affairs, Dr. Shahid Iqbal Choudhary today inaugurated two day conference on 'Gojri language in the contemporary world'.

The two day conference is being organised by Jammu & Kashmir Academy of Art, Culture & Languages (JKAACL) and brought together galaxy of scholars and experts deliberating the future of Gojri language and culture.

In his address, Dr. Shahid called for collective efforts to off-set challenges confronting the Gojri language and culture. He lauded the initiatives taken for holistic development of regional languages and culture.

In the post-inaugural session, noted writer and broadcaster, Gulab Din Tahir presented a paper on Gojri language. In his paper, GD Tahir said that Gojri language has centuries old past with a rich treasure of literature and poetry adding that it is one of the rich languages in Northern India.

Earlier, in his welcome address, Secretary JKAACL, Bharat Singh said that the objective of the conference is to take a holistic view of Gojri language in the backdrop of the challenges it is confronting and the opportunities that lay in its way. "It is very important to make our languages relevant to the modern times to ensure their survival and promotion", he added.

As part of the 2-day event, music programmes and paper reading sessions were also held. The proceedings of the conference were conducted by Editor and Head, Gojri Wing, Dr. Shahwanaz.

The conference was attended by Salam ud Din Bajad, MK Waqar, Abdul Hamid Kasana, Ghulam Haider Badana, Javed Nizami, Mansha Khaki besides Abdul Gani Arif.

DC chairs Yuva Chintan Shivar Program at GHSSB Doda

Asks students to meet their duties towards the Nation

JI NEWS SERVICE

DODA, JULY 24: Deputy Commissioner Vishesh Mahajan today attended the district level Yuva Chintan Shivar programme at Government Higher Secondary School Boys Doda organised to empower the youth generation.

The program hosted by the Chief Education Officer in collaboration with the district administration, was held to celebrate the 75th glorious year of India's independence under the aegis of Azaadi Ka Amrit Mahotsav.

In his impactful speech, the DC Doda emphasized harnessing the positive energy of the youth for the country's development. He urged the youth to unleash their potential to serve the nation by performing their duties as 'duties are more important than the rights'. The students and the teaching and non-teaching staff attentively listened to the chief guest's inspiring words.

Furthermore, DC Doda informed the students about the upcoming mega summer festival to be held at Lal Daman. He warmly invited everyone to participate in the festival and showcase their hidden talents and express their brilliant ideas.

The program witnessed overwhelming participation of the students of Government Higher Secondary School Boys Doda. This event served as a testament to the unwavering commitment of the authorities towards nurturing and supporting the youth as they embark on their journey to contribute meaningfully towards the country's development and prosperity.

#Badalta Jammu Kashmir

Transformed PDS in J&K ensuring transparency, preventing leakages in ration distribution

JI NEWS SERVICE

SRINAGAR, JULY 24: From the last four years, Jammu and Kashmir has witnessed a remarkable transformation in its Public Distribution System (PDS). Through series of innovative reforms and technology-driven initiatives, the government has successfully eliminated leakages, enhanced efficiency, and ensured the benefits of PDS reach the deserving beneficiaries.

The government's decision to seed Aadhaar cards with PDS beneficiary records has been a game-changer in ensuring transparency and preventing leakages. By linking beneficiaries' Aadhaar information to their

ration cards, the system has become fool proof, eliminating the possibility of duplication and ensuring that only eligible individuals receive the benefits.

The successful implementation of the National Food Security Act (NFSA) has played a crucial role in reaching out to the most vulnerable sections of society. By achieving 100% Ration Card level under the NFSA, the government has ensured that no eligible household is left out from the PDS net.

To streamline the distribution process and bring in more accountability, the administration converted 6,413 out of 6,735 Point-of-Sale (PoS) machines to online status. Additionally, 322 PoS machines were put in offline

mode, primarily to cater to areas with limited internet connectivity. This tech-driven approach has not only expedited the distribution process but also reduced the scope for malpractices and ensured real-time monitoring.

With over 93% of PDS transactions being conducted online, the beneficiaries now draw their ration through Aadhaar authentication. This has not only minimized human intervention but also empowered the beneficiaries with a convenient and hassle-free process. The authentication system has also made it easier to track the movement of food grains, thus ensuring efficient stock management. By implementing One Nation One Ration Card (ONRC), the government

has facilitated seamless portability, enabling beneficiaries to avail their entitled ration from any PDS outlet across the country. This has been of immense help to transient populations and has further strengthened the food security network.

The government's meticulous de-duplication exercise led to the deletion of one million ineligible beneficiaries from the PDS system. This exercise not only ensured that the benefits reached the truly deserving ones but also saved substantial resources and reduced the burden on the exchequer.

The combined impact of technology integration, Aadhaar authentication, and de-duplication has resulted in substantial

financial savings. The streamlined PDS has saved over Rs 230 crores and efficiently distributed 1.6 Lakh MTs of food grains to the needy population.

By leveraging technology, embracing Aadhaar authentication, and implementing innovative schemes like ONORC, the administration has set an exemplary precedent for other states to follow. The elimination of leakages, improved efficiency, and significant cost savings are clear indicators of the successful implementation of these reforms. The reformed PDS system stands as a shining example of how good governance can positively impact the lives of the most vulnerable and marginalized sections of society.

3-Day Capacity building training on Drug Demand Reduction commences at Udhampur



JI NEWS SERVICE

UDHAMPUR, JULY 24: A Three Day capacity building training programme on Early Detection of Users and Vulnerable Persons and Role of Frontline workers under National Action Plan for Drug Demand Reduction commenced here today. The training event has been organized by the Department of Social Welfare here at Riwayaat Hall, Deputy Commissioner, Sachin Kumar Waishya was the chief guest while Senior Superintendent of Police, Dr. Vinod Kumar was the guest of honour at the inaugural function.

In his address, the Chief Guest enumerated the harmful effects of Drugs and appreciated the Social Welfare department for organizing this awareness training programme.

The DC said that such programmes go a long way to create awareness among the public in general and the young generation in particular. He urged the participants to spread awareness about the drug abuse and illicit trafficking in their surroundings to make the society healthy.

The DC requested the participants to join hands in fighting the drug abuse to eliminate this social evil from the society to make India a drug free nation. He stressed on inter district coordination for elimination of drugs from society and thanked the Social Welfare department as well as participants. The Senior Superintendent of Police hazards of drug addiction including the psychological impact on the addicts as well as on their families.

The SSP urged the participants to spread awareness amongst the people in general and youth in particular to take necessary steps for curbing drug abuse. He appreciated the tireless efforts made by the Social Welfare department for organizing fruitful capacity building training programmes. Earlier, District Social Welfare Officer, Kanika Gupta, in her welcome address threw light on ill effects of drugs and educated the participants about reasons why youth fall prey to this grave problem.

Mayor Jammu, PCCF launch Greening Jammu Campaign

JI NEWS SERVICE

JAMMU, JULY 24: The Mayor Jammu Municipal Corporation, Rajinder Sharma today launched plant distribution campaign in Jammu City today under Green JK initiative of the J&K Forest department by flagging off the mobile Vans here from Forest Information Centre, Bikram Chowk, carrying plants of different fruit and ornamental species for distributing the same amongst the people of Jammu City.

During the campaign, all the wards of the Municipal Corporation of Jammu shall be covered and provided good plant species for plantation.

The aim of the initiative is to Green and clean Jammu. He appealed to the people to plant trees in their houses, strips, public parks and to protect them. He informed that the JMC has operationalized "The Tree Authority" for the plantation and protection of trees in the Jammu Municipal Corporation. He emphasized that the JMC and the Forest Department have to work in close tandem to make Jammu green and pollution free.

Earlier, the event started by planting a ceremonial plant by the Mayor and Principal Chief Conservator of Forest & Head of Forest Force in the premises of the Forest Information Centre, Bikram Chowk.

A Green March comprising staff of the Forest Department was also taken out from Forest Resource Management Centre, Narwal to Forest Information Centre through Gorkha Nagar, Panama Chowk, Bahu Plaza and Gandhi Nagar. The participants were raising slogans like "Paed Laga Beti Ke Naam", "Each one plant one,



Make Jammu Green and Pollution free". The aim of the Green march was to make people aware about the importance of planting and protecting trees especially in the present scenario.

The Principal Chief Conservator of Forest & Head of Forest Force, J&K Roshan Jaggi informed that emphasis shall be laid on planting trees on the strips, along Nallahs and Public Parks in all the Municipal wards of the Jammu Municipal Corporation.

He advised that all Mohalla committees/Housing board/JDA Colonies in all the Wards shall have to play an important role in identifying the strips, land along nallahs, public parks in associations with the staff of the Forest Department for plantations. He also appealed to the public to plant trees where the land is available and protect them.

He also stressed that all the Councilors shall have to identifying the suitable lands in their wards in

association with the staff of Department and JMC for planting trees.

On the occasion Ornamental & fruit plants were also distributed by the Hon'ble Mayor to the general public. It is pertinent to mention here that the Department has advertised dates for distribution of plants through electronic and print media in different localities with prominent places for distribution of plants to the people for plantation during the current Monsoon season.

The others who graced the occasion include B.M.Sharma, IFS APCCF, Jammu, Babesh Gupta, JKAS, JMC Commissioner, JMC, Jammu Mohinder Kumar Gupta, Regional Director, Social Forestry Department, Jammu, Alok K. Maurya, IFS, DFO, Social Forestry Division, Jammu, Sunil Singh, DFO, Urban Forestry Division, Jammu, Range Officers, staff of Forest and its allied wings and general public.

SKUAST-J organises Anti Dengue campaign

JI NEWS SERVICE

JAMMU, JULY 24: An Awareness Programme, as a part of July Month Anti Dengue campaign, was organized today at Sher-e-Kashmir University of Science and Technology (SKUAST), Jammu.

The program was held under the direct supervision of Dr. Rajeev Kumar Sharma, Director Health Services Jammu, who was the Chief Guest on this occasion. More than 400 students, faculty members, non teaching staff and Administrative staff of SKUAST were sensitized. A Power Point Presentation regarding the Vector Borne Diseases, in particular Dengue, was given by Dr. Harjeet Rai, State Surveillance Officer/ State Malariaologist, J&K, Jammu. Dr. Rajesh Katoch, Dean Student Welfare, Dr. Anil Gupta, Medical Officer, Dr. Sushma, Medical Officers at SKUAST and Dr. Subash, NSS, Coordinator were also present on the occasion. This activity was carried out as part of the National Social Service activity of the Agriculture College.

Inter-District Zonal Level Tournament showcases promising talent in District Kishtwar

JI NEWS SERVICE

KISHTWAR, JULY 24: The Inter District Zonal Level Tournament for Under 14 Boys, organised under the guidance of Director Youth Services & Sports, Jammu and Kashmir, Subash Chander Chibber and the supervision of District Youth Services and Sports Officer, Khari Lal Sharma, in Kishtwar, has witnessed an impressive display of skills and sportsmanship. The tournament witnessed exciting matches in the disciplines of Chess, Carrom, Wrestling, Handball and Yoga. The matches took place at the JHS Boys, IHS Girls & Play Ground. The presence of officials from the Youth Services and Sports District Kishtwar added to the prestige of the event. The tournament saw an impressive turnout, with a total of 90 students from different Zones of the district participating in the event. Their enthusiasm, sportsmanship, and dedication were evident throughout the matches, creating an atmosphere of excitement and healthy competition.