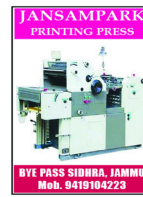


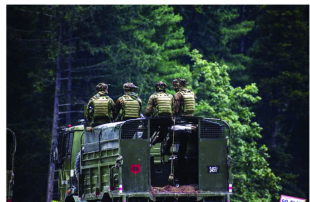


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Security forces neutralized 79 Lashkar-E-Taiba terrorists in last two years



AGENCIES
NEW DELHI, JUL 25

The security forces in Jammu and Kashmir have neutralized 79 Lashkar-e-Taiba (LeT) terrorists in the last two years, an official statement said on Tuesday.

According to officials, at least 35 terrorists have been killed by security forces in joint operations in Jammu and Kashmir this year that includes 27 unidentified and five belonging to The Resistance Front (TRF).

"In the year 2022, a total of 129 terrorists including 93 local terrorists and 36 foreign terrorists. Interestingly, there was only one unidentified terrorist in 2022, but in 2023, the figure of 'unidentified' rose to 27

till July," an official said. A senior officer informed that in the valley there are several terrorist organizations operating that include Hizbul Mujahideen, Tehrik-ul-Mujahideen (TuM), Al-Badr, Ghazwat-ul-Hind (AGuH), Islamic State Jammu and Kashmir (ISJK), Lashkar-e-Mustafa (LeM) and the Resistance Front (TRF), a proxy of the Pakistan-based terror group Lashkar-e-Taiba.

"This year, we have managed to foil many infiltration attempts, and in various encounters, a total of 35 terrorists have been neutralized that include 27 foreign terrorists that remained unidentified and eight local terrorists associated with various

CONTINUED ON ► PAGE 4

No infiltration into J&K till June-end in 2023: MoS Home Nityanand Rai

AGENCIES
NEW DELHI, JUL 25

No terrorist could infiltrate into Jammu and Kashmir till June 30 this year while 14 terrorists entered the Union Territory in 2022, Union Minister of State for Home Nityanand Rai said in Lok Sabha on Tuesday.

Rai said the approach adopted by Government of India to tackle cross-border infiltration has ensured a perceptible



decline in infiltration. There has been zero "net infiltration" into Jammu and Kashmir till

June 30, 2023, 14 in 2022, 34 in 2021, 51 in 2020 and 141 in 2019, he said replying to a written question.

The minister said the Government of India has adopted a well-coordinated and multi-pronged strategy to tackle cross-border infiltration, which includes tactical deployment of forces at the International Border (IB) and the Line of Control (LoC), use of

CONTINUED ON ► PAGE 4

Pakistani intruder shot dead along international border in Samba

JNEWS SERVICE
SAMBA, JAMMU, JULY 25

The Border Security Force (BSF) thwarted a major narcotic smuggling bid along the International Border (IB) as it shot dead a Pakistani intruder in Jammu and Kashmir's Samba district, a BSF spokesperson said on Tuesday.

Four kilograms of nar-



cotic substance was recovered from the possession of the slain intruder, the spokesperson said.

"In the intervening night of July 24 and 25, the vigilant BSF troops neutralised a Pakistani smuggler who was trying to smuggle narcotics through the Ramgarh border area," the spokesman said in Jammu.

CONTINUED ON ► PAGE 4

2 LeT terrorist associates arrested in Baramulla, arms and ammunition recovered

JNEWS SERVICE
SRINAGAR, JUL 25

Security forces on Tuesday arrested two associates of banned Lashkar-e-Taiba (LeT) terrorist outfit in Baramulla district of Jammu and Kashmir, police said.



"Police along with security forces arrested two terrorist associates linked with proscribed terror outfit LeT at Chak Tapper area of Kreseri Baramulla and recovered arms, ammunition and other incriminating materials from their

CONTINUED ON ► PAGE 4

Dr Jitendra calls for 'competency based' capacity building for civil servants



AGENCIES
NEW DELHI, JULY 25

Union Minister of State (Independent Charge) Science & Technology; MoS PMO, Personnel, Public Grievances, Pensions, Atomic Energy and Space, Dr Jitendra Singh today called for "competency based" capacity building for Civil Servants.

Addressing a workshop by the Capacity Build-

ing Commission (CBC) at Indian Institute of Public Administration (IIPA) here, Dr Jitendra Singh said, Capacity Building is a continuous exercise and the decision to have a CBC in the Government by itself is a step in the direction of Capacity Building process.

The Union Minister said, this is in line with Prime Minister Narendra Modi's vision for

building a Viksit Bharat. The National Standards for Civil Service Training Institutions (NSCSTI) framework is aligned with Mission Karmayogi, ensuring that training institutions adopt a unified and standardized approach to enhance the skills and capabilities of civil servants, fostering a more effective and accountable administration. The NSCSTI platform and its 8 pillars of excellence were launched and published on 18 July 2022.

On the occasion, Dr Jitendra Singh released the six Sub-Committee Reports related to Mission Karmayogi for nurturing a smart, citizen-friendly

CONTINUED ON ► PAGE 4

GOC 15 corps Rajiv Gahai Calls on DGP Dilbag Singh



JNEWS SERVICE
SRINAGAR, JULY 25

General Officer Commanding (GOC) 15 Corps Lt. General Rajiv Gahai called on Jammu & Kashmir Director General of Police Dilbag Singh at Police Headquarters here on Tuesday.

The two discussed vari-

ous important aspects pertaining to the prevailing security scenario of the valley.

ADGP (Hqrs./Coord.), PIJMK K. Sinha was also present on the occasion.

During the meeting, the strengthening and augmenting of security measures in order to counter

CONTINUED ON ► PAGE 4

PM Modi cites East India Company, Indian Mujahideen To Hit Back At Opposition Alliance

AGENCIES
NEW DELHI, JUL 25

Prime Minister Narendra Modi on Tuesday derided the opposition alliance INDIA as the most directionless the country had ever seen and cited reviled names such as East India Company and Indian Mujahideen to assert that people cannot be misled merely by the use of the country's name.



Parliamentary Affairs Minister Pralhad Joshi said the prime minister told the BJP Parliamentary Party meeting that the conduct of the opposition has been such that it has decided to stay in opposition.

BJP leader Ramesh Bihari said the prime minister even those wanting to break the country

had names like East India Company and Indian Mujahideen, but people will not be misled by these gimmicks.

Former Union Minister Ravi Shankar Prasad said Modi told BJP leaders that there was never such an aimless and directionless opposition in the country.

Modi said the opposition was frustrated

CONTINUED ON ► PAGE 4

Landslide hits Sumbal area; 2 labourers dead



JNEWS SERVICE
JAMMU, JULY 25

In a tragic incident, two labourers died after a landslide hit Jammu and Kashmir's Kishtwar district on Tuesday. The incident took place in the Sumbal area under the jurisdiction of Chatroo Police Station in the district.

The deceased have been identified as Aabid Hussain S/o Noor Husain and

Musharaf S/o Mohd Akbar. Authorities reached the spot after getting the information and started a rescue operation. According to reports, Hussain died on the spot, while Musharaf was pulled out from the debris. However, he succumbed to his injuries during treatment.

The incident occurred after an L&T machine came under a landslide during excavation work on the road in the area.

Dr Ashutosh Gupta is new principal GMC Jammu

JNEWS SERVICE
JAMMU, JULY 25

Principal Government Medical College (GMC) Jammu Shashi Gudan Sharma on Tuesday was shunted out after she was booked by the crime branch for allegedly tampering with her date of birth.

Ashutosh Gupta, Head of Department of Radiotherapy, will now hold the charge as the principal of the college.

According to an official order, Sharma was transferred and posted as secretary (Technical) in the Health and Medical Education Department, in the interest of the administration and patient care, with immediate effect.

Secretary, Health and Medical Education Department, Bhupinder

CONTINUED ON ► PAGE 4

Amarnath Yatra | 23rd batch of 3025 pilgrims leave from Jammu base camp

JNEWS SERVICE
JAMMU, JULY 25

Chanting 'Bam Bam Bhole' the 23rd batch of 3025 pilgrims on Tuesday left from Bhagwati Nagar Base camp here for Shri Amarnath Cave Shrine in South Kashmir Himalayas.

An official said that 3025 pilgrims left the base



camp in a convoy of 119 vehicles.

A group of 1865 pilgrims (1535 males, 275 females, two children, 48 sadhus

and five sadhis) left for Pahalgam in a convoy of 81 vehicles.

For Baltal, 1160 pilgrims comprising 735 males, 421 females and two children left in a convoy of 38 vehicles amid tight security arrangements.

The yatra started on July 1 and will conclude on August 31.

BADALTA JAMMU KASHMIR

Jan Bhagidari Portal establishes accountable, transparent governance system in J&K

JNEWS SERVICE
SRINAGAR, JULY 25

The Jan Bhagidari Portal of Jammu and Kashmir represents a significant milestone in empowering citizens and fostering transparency in the developmental process.

This exclusive online platform serves as a medium for citizens to oversight and overview all developmental works being executed in the

region, ushering a new era of meaningful transparency and accountability with citizen participation.

The primary objective of Jan Bhagidari Portal is to enable citizens to actively participate in monitoring progress of various ongoing developmental projects and initiatives. Unlike traditional approaches, this portal does not require any username or pass-

word, ensuring that information is accessible to all without any barriers. This democratization of information empowers citizens to be informed as engaged stakeholders in the development of their region.

One of the notable features of the Jan Bhagidari Portal is its comprehensive coverage of all Capital Expenditure (CAPEX) works being undertaken across Jammu and Kash-

mir. With this portal, not only major projects but also grassroots-level developments are brought under the public's scrutiny, leaving no room for unchecked utilization of resources.

The portal also introduces a unique scheme called "Janta ki Bhagidari" (People's Participation) which encourages active involvement of the public in decision-making process. By promoting

collaboration between government and citizens, this initiative fosters a sense of ownership and responsibility among people towards their community's development.

By making all the information available on portal accessible to every citizen, the government has demonstrated a commitment to transparency in public service delivery. This open approach has led to a significant improve-

ment in public trust and confidence in the administration, as citizens can now verify progress and effectiveness of various projects firsthand.

With the Jan Bhagidari Portal, the government of Jammu and Kashmir has set an exemplary standard for other regions to follow. It showcases the power of technology and people-centric governance in bringing about positive change

and inclusive development. By empowering citizens with information, enabling public oversight, and encouraging collaboration, the portal has proven to be an effective tool for fostering a more accountable and transparent governance system.

In conclusion, the Jan Bhagidari Portal for Jammu and Kashmir stands as a shining example of how technology and citizen participation

can be harnessed to build a more accountable and transparent governance framework. It embodies the spirit of "Janta ki Bhagidari" and serves as a model for fostering greater trust and partnership between the government and its people. As this initiative continues to evolve and grow, it holds the potential to transform the developmental landscape of Jammu and Kashmir for the better.

Gujjar-Bakarwals to oppose reservation for Paharis



JJ NEWS SERVICE

JAMMU, JUL 25: All J&K Gujjars - Bakarwal Coordination Committee expresses its deep anguish & resentment on the Union Government for including a Bill for discussion in the commencing Monsoon-Session of Parliament for granting Scheduled Tribe Status to the so called 'Pahari & other Communities'. In the press conference All Members of Gujjars-Bakarwal Coordination Committee said that the bill should be dropped and not to be considered for including Non-Tribal Upper Caste Communities into Scheduled Tribe.

Since, these communities are not a single ethnic group rather a group of different developed communities speaking a common dialogue called Pahari Language. Most of these so called Paharis are high caste people, businessmen, landlords, previous rulers of Peer Panchal Region. How they can be Scheduled Tribe. Whereas, Gujjars & Bakarwal is a nomads ethnic group scattered in

per the original recommendations of Mandal Commission. In this connection, speakers alleged that memorandums have already been sent to Hon'ble Prime Minister, Hon'ble Home Minister in which it is prayed to the Hon'ble Prime Minister, Hon'ble Home Minister that granting of Schedule Tribe status to the non-deserving shall be a great injustice to this nomadic & under-privileged Gujjars & Bakarwal Community. Hence, this bill granting of Scheduled Tribe Status to non-deserving Paharis is to be stalled.

Adv. Anwar Choudhary, Adv. Ashok Basotra, Adv. Parvez Ahmed, Adv. Akram Choudhary, Choudhary Aslam Khan, Adv. Mushtaq Ahmed Choudhary, Haji Hasham Ali, Haji Abdul Hamid Choudhary, Adv. Shah Muhammad Choudhary, Haji Ali Hussain Hakla, Choudhary Bashir Ahmed Noon, Choudhary Amir Din Kasanna, Jb. Shouket Pervaiz, Choudhary Mohammad Yousaf Khepar, Hamid Choudhary Sarore, Choudhary Sajad, Jb. Shoukat Gujjar President All J&K Gujjars-Bakarwal Federation, Jb. Sardar Khan President International Gujjars Mahasabha J&K, Jb. Jameel Choudhary President Doodhi Gujjars Association, Ch. Mohd Aslam President Gujjars Ishai Committee, Ch. Gulzar Khatana, Jb. Tahir Fazal Choudhary, Adv. Jameel Choudhary President Youth-wing & many other prominent leaders of many social/welfare organizations of Gujjars & Bakarwal community were present in the press conference/briefing.

The same is to be implemented as

Successful Launch of Tunnel Boring Machine Marks Milestone for Pakal Dul H.E. Project (1000 MW)



JJ NEWS SERVICE

KISHTWAR, JUL 25: In a remarkable stride towards the accelerated development of the Pakal Dul Hydroelectric (H.E.) Project (1000 MW), a joint venture of NHPC Ltd. and JKSPDC Ltd. known as CVPPL, a momentous achievement was accomplished with the successful launch of Tunnel Boring Machine-1 for the construction of Head Race Tunnel-1. The event took place today on July 25, 2023, at Kishtwar District, Jammu and Kashmir.

The launch of the Tunnel Boring Machine (TBM) was executed with precision and excellence in the presence of esteemed dignitaries, including Sh. Hasan Nadeem, Managing Director of CVPPL, Sh. Varunjeet Charak, Assistant Commissioner Revenue, Kishtwar, Government of Jammu and Kashmir, Sh. Sandeep Mittal, General Manager (HQ) of CVPPL, Sh. Ramesh Mukhiya, General Manager-Hydro Operation Planning (HOP), Pakal Dul H.E. Project, and other senior officials from CVPPL

and the TBM contractor, M/s L&T Ltd. The Pakal Dul H.E. Project is a landmark initiative, and the construction of Head Race Tunnel-1 is a critical component of this venture. The twin Head Race Tunnels, measuring 9.6 km in length and 8.33 m in excavated diameter, will significantly contribute to the generation of 1000 MW of hydroelectric power. Two state-of-the-art Double Shield TBMs, aptly named Marsu and Aksini, are engaged in the construction, boasting the most advanced technology

manufactured by M/s Herrenknecht, Germany. These cutting-edge TBMs have been specially designed to tackle the site's unique geological conditions and facilitate simultaneous boring and segment lining.

The successful launch of TBM-1 marks a significant milestone in the progress of the Pakal Dul H.E. Project, paving the way for the timely completion of Head Race Tunnel-1. This breakthrough achievement highlights the dedication, expertise, and determination of the entire team involved in the project.

Dr. Devansh Yadav, the Deputy Commissioner of Kishtwar, extended heartfelt congratulations to the entire team of Pakal Dul H.E. Project for their exemplary efforts in accomplishing this vital feat. He emphasized the importance of continuing the work with unwavering zeal and enthusiasm to ensure the project's scheduled completion, contributing to the overall development and prosperity of Kishtwar District.

IMMUNITY TO DEFAULTERS, PERSECUTION OF HONEST PAYERS' Harsh Dev serves 5 Crore notice upon Power Deptt

JJ NEWS SERVICE

JAMMU, JUL 25: While the Power Development Deptt has granted immunity to big defaulters owing millions to the govt as power dues, it is persecuting those honest consumers who continue to pay regular bills to the Deptt. In an RTI reply received today, Mr. Harsh Dev Singh, Former Minister & State President JKNPP disclosed that several illegal occupants of govt quarters especially those belonging to BJP had failed to pay power bills amounting to lacs with the govt having failed to evict them or to recover the huge arrears from them. And despite non-payment of bills of such huge amounts, they were allowed to avail of un-interrupted power supply with special power lines having been laid for them.

Besides mis-leading information was provided



under the RTI as the new details did not conform to the details of arrears as provided in earlier RTIs with respect to the same set of individuals, divulging Mr. Singh. Further huge amount of money owed as power tariff by such influential persons had been waived off by the Deptt while serving vague, misleading notices on several honest and regular payers of power tariff, alleged Harsh Dev.

Taking a serious view of the arrears of Rs. 4288/- shown against his name as

due/arrears statement and mentioning his (Harsh Dev's) name as owing Rs. 4288/- was therefore highly objectionable and amounted to libellous publication.

In a notice to Power Deptt, Mr. Singh said that wrongful publication had damaged his credibility for which the Power Development Deptt was liable to compensate him. Mr. Harsh Dev said that being a honest and upright politician, he had all along cherished high moral values and any attempt to lower him in the estimation of the public would be fought legally as well as politically. In the notice issued to XEN Electric Division No-II Jammu, Mr. Singh sought the issuance of corrected statement besides an apology letter from Power Development Deptt and compensation for slander amounting to Rs. 5 crore from Power Deptt.

DFSS hold protest rally against politicisation of woman safety

JJ NEWS SERVICE

JAMMU, JUL 25: The workers of Dogra Front & Shiv Sena under the leadership of president Ashok Gupta took out a massive protest rally in Jammu city against the politicisation of the woman safety issue and defended that the nation should stand together demanding capital punishment for the accused.

The party workers burned the effigy of the accused to set a precedent for the woman safety. There is a long list of heinous crimes against women in states such as Rajasthan, West Bengal and Bihar, but politics is playing politics over the Manipur incident. Tension mounted in the hills of strife-torn Manipur after a May 4 video surfaced on Wednesday showing two women from one of the warring communities being paraded naked by a group of men from the other side. Gupta claimed that over one lakh cases of



crime against women have been registered in Rajasthan in the last four years. "A total of 33,000 cases pertain to sexual assault on women in Rajasthan. The Congress accused the BJP of resorting to whataboutery and running away from discussion in parliament like 'fugitives'. The BJP is saying that the Congress is playing politics and it letting the debate happen. Any crime against

women is crime, and outrage can't depend on which government is in place.

The party president said that the opposition should let the parliament function and the ruling party should not play politics as well.

Woman safety has been compromised they have been paraded naked in the streets which is a big blot on our society.

A strong action should be taken against the accused and the case should be

processed through fast track courts for swift action.

The politics over the woman paraded naked is unfortunate and put the whole nation at shame.

The party people who were present at the time of protest were Abhishek, Geeta, Bantu, Kalu, Ashish, Ramesh, Naresh, Vikram, Sanjeev, Deepak, Monika, Anita, Rajesh, Manisha, Aman and various others were present.

JU Team Presents Innovative UG "Design Your Degree" Program at KU



JJ NEWS SERVICE

JAMMU, JUL 25: A momentous occasion unfolded at the University of Kashmir as a team of educators from University of Jammu made a detailed powerpoint presented on a path-breaking innovative four year UG -Design your Degree. The presentation garnered significant attention and was attended by the top officials of Kashmir University including Dr. Yasmeen Ashah, Director Colleges, HED, Govt of J&K who gave her valuable input. The session was chaired by the Vice-Chancellor, University of Kashmir,

Prof Nilofer Khan. During the presentation, it was highlighted that an innovative program is designed to meet the rapidly evolving demands of the modern world by encouraging interdisciplinary approach or studies and promoting creative thinking. The Design Your Degree program seeks to equip students with a well-rounded skill set that transcends the boundaries of traditional education.

The Vice-Chancellor, Kashmir University in her address lauded the team for their dedication to fostering a student-centric approach to education. She emphasized that Jammu

University's commitment to innovation in academia would further strengthen its position as a leading institution in the region. At the end of the presentation, various queries were raised which were addressed satisfactorily by the team from Jammu University.

The Deans, HOD's of Kashmir University were equally impressed by the initiative and expressed their enthusiasm for collaborating with Jammu University on such transformative progress. They applauded the efforts to break away from the traditional model, acknowledging that this would enable students to flourish in their respective areas of interest and make a meaningful impact on society.

In the end, the introduction-cum-introduction session on the Design Your Degree Program ended with a vote of thanks by Prof. Farooq Ahmed Masoodi, Dean Academic Affairs, Kashmir University. The team of educators from JU included Prof. Naresh Padma, formerly, Dean Academic Affairs, JU, Prof. Alka Sharma, Director, SIIEDC, University of Jammu and Dr. Sadaf Shah, Associate Professor, Department of English.

BJP works on the agenda of "Nation First": Sat Sharma



JJ NEWS SERVICE

JAMMU, JUL 25: Former Minister and Ex MLA Sat Sharma (CA) along with Former Chairman JMC & Corporator Ward 26 Hardeep Singh Mankotia started developmental works Near Peer Baba, Subash Nagar area of Jammu. Sharma was also accompanied by local residents and political activists of the area. The works are being done under the City Grant Fund of Rupees 27 lakhs allotted to the Corporator and several lanes of the area will be remodelled with interlock tiles in these works.

Speaking on the occasion, Sat Sharma said that after dissolution of the State Assembly, Corporators of BJP are working round the clock to develop their wards to the fullest and they have ensured that best quality works are done in their areas so that public can get qualitative infrastructure at their doorsteps. He said that BJP has always believed in the agenda of "Nation First" and all activists of the party are serving the society without any self interest. Sharma also stated that Congress and its allies who are working on hollow slogans only, never bothered

Narendra Modi who with his caliber took the nation to those heights which was only a dream before, he added.

Hardeep Singh Mankotia said that the long pending demand of the inhabitants has been resolved and maximum area will be covered under the works being taken up which will provide an adequate system to the locals. He also highlighted the works done by JMC for betterment of Jammu. He also lauded the works done by Former MLA to improve the infra scenario of the Constituency.

Indian Army conducts Sewing Technology & Dress Making Class for Women

JJ NEWS SERVICE

RAJOURI, JUL 25: Indian Army has always contributed in nation building not only when it comes to times of conflict, but also by providing aid during critical situations whether it be internal security, natural calamities or providing guidance and education in remote areas. Women are an important part of society and their contribution to society and nation building has helped in achieving great milestones. Towards this end, Indian Army over the years, under its Sadbhavana initiative has imparted vocational training to empower women residing in remote areas to make them self-reliant.

OBCs holds protest against not granting reservation as per their desire



JJ NEWS SERVICE

JAMMU, JUL 25: joint Protest held by O.B.C. Mahasabha, All India Backward Classes Federation and All J&K Welfare Forum of Srinagar and Presidents of different castes and communities under the banner of O.B.C. Adhikar Tringa Yatra. In this Protest Sh.Mohan Lal Pawar General Secretary O.B.C.Mahasabha criticised the "discriminatory behaviour of Sh.Narinder Modi,Prime Minister of India,Sh.Amit Shah,Home Minister of India , Lieutenant Governor of Jammu & Kashmir and of Sh.G.D.Sharma,Chairman JK-UT Socially & Educationally Backward Classes towards JK-UT OBC masses and Vice-Chancellor of Jammu University.

During the Protest Sh.Kasturi Lal Basotra,Chairman O.B.C. Mahasabha strongly condemned the attitude of Modi Govt. as the BJP Modi Govt. has betrayed from its promise made in 2014 at Maulana Azad Stadium Jammu and at Hiranagar during the Assembly election of Jammu & Kashmir and also in 2019.Instead of implementing 27% reservation in JK-UT Govt.services as per Supreme of India Judgment dt.16.11.1992 on Mandal commission report and in Panchayati Raj system and in Urban Local Bodies (as of Article 243D & 243T-6) the Modi Govt.start diluting the OSC/OBC reservation in JK-UT by start Inducting the Upper caste masses under the garb of RESIDENT OF BACKWARD AREA(R.B.A)10% reservation + Actual line of control+I.B(A.L.C) 4%and Phari

speaking peoples(P.S.P) 4% in Socially & Educationally Backward classes as clearly mentioned in the S.O.-127 dt.20.04.2020 an amendment to S.R.O 294 of 2005 as the Modi Govt.has continued the STATE RESERVATION ACT-2004 which was framed under article-370.Where as for upper caste masses (Otherthan Schedule caste/Schedule Tribe and OBC'S) the Modi Govt.implemented 10% EWS reservation in 2019 by inducting Article 15(6) and 16(6) in the Indian constitution.So the Reservation to upper castes masses under R.B.A+A.L.C+ I.B+ P.S.P under Socially & Educationally Backward Classes (as O.B.C'S)is constitutionally illegal.

Further Sh.Faqir Chand Satia ,President A.I.B.C.F detailed during the protest that the Modi Govt.constituted a SOCIALLY & EDUCATIONALLY BACKWARD CLASSES COMMISSION in March 2020 by appointing a 92 year old Justice Sh.G.D.Sharma as its Chairman and Two Non-O.B.C members under article 340 of Indian constitution for inclusion & Exclusion of Mandal Commission identified castes and communities in the JK-UT lists of SOCIALLY & EDUCATIONALLY BACKWARD CLASSES.

The Name of this commission is BACKWARD CLASSES COMMISSION but Modi Govt. constituted with the NON-OBC'S Chairman and its members only with the intention to dilute the OSC/OBC reservation by inducting the upper castes/classes and other castes as mentioned in S.O.-557 dt.19.10.2022 of JK-UT Govt.

who not KAMEENS but landlords and are not in the Report of Mandal commission the lists of JK-UT.The Union Govt.and JK-UT Govt. should disband this commission and constitute a BACKWARD CLASSES COMMISSION as the para number 123A of A.I.R 1993-94 regarding the Judgment dt.16.11.1992 on Mandal commission report in the case "INDIRA SAWHNEY Vs UNION OF INDIA for inclusion & Exclusion of castes and communities.

Further Sh.Mohd.Shahir Sambiyal,President Dhobi Welfare Central Committee detailed during the protest that in the recruitment of Professors/ Assistant Professors/ Associate Professors in Jammu University the Vice-Chancellor of Jammu University as adopted the discriminatory way of OBC reservation under the influence of Modi Govt. by giving only 2% reservation in the recently advertised posts instead of 27% as per UNIVERSITY GRANTS COMMISSION norms.

Moreover the OBC Scholars in this University are facing discrimination during Ph.D after the submission of Ph.d. Further a fake OBC certificate holder has been allowed for M.phil/Ph.d during the year-2016 which the OBC organisations has pointed out several times but this university is hiding this matter for a long time. All the reserved categories of JK-UT are getting the reservation in Ph.d entrance but due to discriminatory attitude of Jammu/Kashmir Universities towards OSC/OBC students these universities are not giving their reservation in Ph.d entrance.

The Main dignitaries present in the Protest Shashi Verma President Pradesh Vishwakarma sabha,Madan Lal Chalotra Sr. Leader of OBC samaj, Bishan Dass Dogra,Jagdish Pandey Co_ordinator Jammu-Poonch constituency OBC Mahasabha Raj Kumar Chalotra,Vice-President Vishwakarma Sabha, Raj Kumar sodi, Sain Dass,Manohar Lal Tiyal,Advisor O.B.C. Mahasabha Bansil Lal Choudhary, Arjit Kumar Kashyap Youth leader of OBC Mahasabha,Bansil Lal Gumbal,Ravi Kumar Dogra,Madan Lal Baldotra, Sr.Vice President Parjapati Sabha ,Kewal Fotra,General Secretary Sain Samaj,Rakesh Kumar Verma,Shub Kumar Ur Pappu,Bhupinder Kumar Ur Pappu,Madan Lal Ghou Manhasan.

Ashok Kumar reviews functioning of Dharmarth Trust temples at Srinagar

JJ NEWS SERVICE

SRINAGAR, JUL 25: 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 Bhawan 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 special attention to hygiene in the temple premises.

He directed the person-

nel 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.

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

First Ever Transgender Rights Program Organized by GCOE Jammu



JJ NEWS SERVICE

JAMMU, JUL 25: Realizing the importance of Transgender rights, GCOE Jammu became the leading college in organizing an awareness program on Transgender Rights today in its college premises. Ms Arnavi Sharma, Trans-activist and first Trans-Artist of Jammu was invited as a Resource Person. Dr Kavita Suri of Jammu University was also the resource person on the occasion.

In the inaugural session

Prof Aketa Gupta formally welcomed the guests and applauded the efforts of IQAC, Gender Equity Cell, WDC and SPARSH Committee of the college for organizing such a relevant program for bringing the Trans-genders in the mainstream society.

She added that the Government of India introduced a Protection of Rights Bill for Transgender Persons in the year 2019 which clearly defines equal opportunities and rights for Transgenders. She also said that our students are

being trained as teachers and as teachers they ought to be sensitive about the protection of Trans-genders students. How they can be protected from bullying and insensitive behavior by other.

Ms Arnavi Sharma in her session extensively talked about her difficult journey and how she had to face bullying when she was in school. She narrated all the traumatic experiences that she had experienced in her school days. She appealed to the teachers under training to support transgender

students because when the trans-students seek help from teachers they also leave a scar with their insensitive behavior. Similarly, parents whom every child looks up to as a protector many a times leave their trans-children to fend for themselves. The students assured that they will protect the rights of trans-students if they come across in their teaching career. In the second session Dr Kavita Suri spoke extensively about gender rights in her interactive session. She also talked about gender construct and the traditional beliefs about gender roles.

The students were also made aware about LGBITQ Rights.

The program was convened by Prof Shalini Rana, IQAC Convenor and Prof Anuradha Chaudhary while the program was conducted ably by Dr Shubhra Jamwal, NSS Program Officer of the college.

Amarnath Yatra shining example of spiritual journey, religious tolerance: Kavinder

Lauds vital role played by Langar Organizations for smooth conduct of Yatra



JJ NEWS SERVICE

JAMMU, JUL 25: Kavinder Gupta, senior BJP leader and former Deputy Chief Minister, emphasized that Shri Amarnath Ji Yatra has a profound significance in Indian tradition as a symbol of peace, harmony, and inclusive growth.

The former Deputy Chief Minister was speaking while participating in the Langar organized by the Shri Amarnath Welfare Society, where he shared his thoughts on the enduring

spiritual and cultural legacy of the Yatra. On the occasion, Kiran Wattal, Anil Gupta, Prem Sharma and Ashok Khajuria, representative of Shri Amarnath Welfare Society were present. Gupta stated, "Shri Amarnath Ji Yatra holds great relevance in our tradition, and it serves as a beacon of peace, harmony, and inclusive growth. This annual pilgrimage brings together seekers and keepers of divine wisdom from all corners of our nation to celebrate one of the oldest

spiritual traditions of India." Kavinder said that the Yatra exemplifies the principle of Unity in Diversity, wherein people from different faiths and sects come together to contribute towards making the journey for seekers a smooth and enjoyable experience.

"The Yatra sows the seed of bliss and paves the path for inner transformation and promotion of our rich cultural ethos," he added.

This year's Yatra has witnessed an unprecedented

increase in tourism influx within the Union Territory, which he attributed to the auspicious occasion of the holy pilgrimage and the warm hospitality extended by the citizens. "I firmly believe that the pilgrims visiting for this sacred journey will return to their respective states as the Brand Ambassadors of the new and aspiring Jammu Kashmir," Kavinder said.

Kavinder also lauded the Langar organizations involved in supporting the Yatra, acknowledging their significant contribution to the pilgrimage's success and well-being of the devotees. Shri Amarnath Ji Yatra is not only a testament to India's spiritual heritage but also a unifying force that brings people together from diverse backgrounds and beliefs. It fosters a spirit of camaraderie and amity, contributing to the promotion of national integration and harmony, he added.

KISNA opens its 9th exclusive jewellery showroom; the first in Jammu

JJ NEWS SERVICE

JAMMU, JUL 25: KISNA, from Hari Krishna Group is on its way to make its mark in northern India as it launches its first franchise showroom in the city of Jammu. With this new showroom launch, KISNA continues to take a progressive step towards a shift in its distribution strategy as it aims to fulfill its promise and vision of making diamond jewellery accessible to all modern Indian women. With the mines to market set up by Hari Krishna Group, KISNA caters to the ever-evolving consumer preferences for all occasions and budgets.

KISNA's newest showroom at Aquaf Market, Jammu is designed to offer the best and most preferred collections and designs for each age group. With tastes and designs curated as per local preferences, this new showroom offers an extensive range of high-quality and trendsetting designs perfect for everyday wear as well as the festive season.

The showroom's grand opening witnessed renowned actress Ms. Jasmin Bhasin, along with Mr. Ghanshyam Dholakia, Founder & Managing Director & Mr. Parag Shah, Director, KISNA.



Established in 2005, KISNA pioneered its distribution driven model - with a current footprint of 3500 + showrooms across the country making it the largest distributed diamond jewellery brand in India. KISNA launched 8 showrooms till date in various cities which includes Siliguri, Hyderabad, Hisar, Ayodhya, Bareilly, Raipur, Delhi, Mumbai & Jammu.

Expressing his thoughts on the new showroom launch, Mr. Ghanshyam Dholakia said, "We are elated to establish KISNA's first showroom in Jammu and bring some of our newest designs. We are working towards making diamonds accessible to all women in the country and with our expansion plans we aim to fulfil every woman's aspiration of

owning diamond jewellery as we aim to reach each household across the country.

At the new showroom, we want consumers to experience the expertise of the Hari Krishna Group and provide them with a variety of diamond and gold jewellery options that they can wear for any occasion." Parag Shah added, "Launching our store in the state of J&K is our way forward in the next phase towards growth and expansion. As this city is known for its unique designs in jewellery with the launch of the KISNA showroom in the city, we aim to curate jewellery as per local tastes and cater to the growing demand of the state. On our roadmap to make diamonds accessible to all women across the

country, we are also looking at intensifying our bond with local consumers and bringing them the highest standards of customer service."

Attending the launch, Jasmin Bhasin said, "KISNA Diamond Jewellery is the first choice of people." It feels great to be part of the launch of KISNA's new showroom in Jammu as they strive one step further to making diamonds accessible to women across the country. The wide assortment of modern wearable jewellery designs and styles that KISNA brings are a perfect reflection of the preferences of every modern Indian woman. With a variety of mesmerizing collections, its diamond earrings and bracelets that are a personal favorite of mine."

Power shutdown

JAMMU, JULY 25: Executive Engineer, Elect. Division-I, JPDCI Parade, Jammu has informed that the power supply to Parade Matador Stand, Upper Gummat, Jain Bazar, Lakhdata Bazar, Kanak Mandi shall remain affected on July 26 from 8 am to 12 noon.

Gumbad, Jain Bazar, Upper Gummat, Kanak Mandi shall remain affected on July 27 from 8 am to 12 noon.

Meanwhile, the Superintendent Engineer (Distribution) JPDCI, O&M Circle, Kathua has informed that the power supply to Shar, Kurmi, Kathera, Boura, Bhed Bhole and adjoining areas shall remain affected on July 26, 27 and 28 from 6 am to 9 am.

Similarly, the power supply to Sakta Check and PHE Barnoti shall remain affected on July 26 and 27 from 6 am to 9 am.

BJP SC Morcha marks 9 Years of Modi Govt with Mega Jan Sampark Abhiyan

BJP committed to empowering, uplifting all sections of society: Neelam Langheh

J I NEWS SERVICE

JAMMU, JUL 25: Neelam Langheh, President BJP SC Morcha J&K and former M.A. conducted a door-to-door campaign under the chairmanship of District President Umesh Kumar Gabbar in South Numbers 62 and 63 of Mandal R S Pura, South Jammu district. This event commemorates the 9 years of the Modi government's rule at the center and highlights the key achievements during this period. During the campaign, Neelam Langheh and his team distributed pamphlets highlighting the various welfare initiatives undertaken by the Modi



government for the betterment of the people. He said that the outreach aimed to connect with every household and raise awareness about the transformative work done for the welfare of citizens during the nine years of Modi government's tenure. Present at the occasion were Vice President Vijay Nand Gill, DDC Vidya Motton, Mandal President Ramesh Kumar, and District

Mahamantri Manohar Lal, along with other party members. Langheh said, "The Jan Sampark Abhiyan is a sincere effort to reach out to every individual and ensure they are aware of the pro-people policies and initiatives undertaken by the Modi government in the past nine years. These initiatives have positively impacted the lives of millions, especially those from

marginalized communities." He said the event not only aimed at highlighting the achievements but also provided an opportunity for the public to share their feedback and suggestions for further progress. The BJP Scheduled Caste Morcha remains committed to empowering and uplifting all sections of society and working towards a prosperous and inclusive India, he added.

Shri Machail Mata Yatra commences with religious fervor, gaiety

Hundreds of devotees pay obeisance at Machail Bhawan on first day

J I NEWS SERVICE

KISHTWAR, JULY 25: The annual Shri Machail Mata Yatra commenced today with religious fervor and gaiety.

On the first day, ADGP Jammu Mukesh Singh, DIG Range Doda-Kishtwar Raman, Sunil Gupta along with Deputy Commissioner Kishtwar, Dr. Devansh Yadav, SSP Kishtwar Khalil Ahmed Paswal, SSP Raman, Mohita Sharma, ADC Kishtwar Inderjeet Singh Parihar, SDM Paddar Arun Kumar Badyal, BMO Paddar Dr. Anil Sharma, DDC Paddar Hari Krishan Chauhan, besides other officials of the Machail Mata Yatra cell, local PRIs, prominent socio-religious personalities and hundreds of devo-

tees paid obeisance on the auspicious occasion-first day of the pilgrimage at the Bhawan of Shri Machail Mata Ji. They prayed for peace, prosperity and development of the Union Territory.

Meanwhile, the ADGP reviewed and assessed the security arrangements made for the ongoing Yatra and issued necessary directions to Police to ensure smooth conduct of the pilgrimage. Interacting with the pilgrims, ADGP Jammu Mukesh Singh assured that police have made comprehensive security measures to ensure a hassle-free and safe pilgrimage. He said cut-off timings have been rationalized for the safety of the pilgrims. The Deputy Commissioner apprised about various arrangements

put in place this year for the convenience of the Yatis. These include providing adequate tents under the tent city at the Bhawan and accommodation facilities at Yatra Bhawan in Gulabgarh. He informed that Yatri Bhawan bookings at Gulabgarh will commence from today with a nominal charge of Rs. 50 and Rs. 20.

The DC also informed about the installation of a 30 KW solar power plant at Machail to illuminate the area and augment electricity supply, as well as the availability of helicopter services for the convenience of Yatis. Moreover, local food stalls and home stay facilities are being provided by local entrepreneurs to cater to the needs of the pilgrims.

GMC, Jammu gives an Emotional farewell to Dr Shashi Sudhan

J I NEWS SERVICE

JAMMU, JUL 25: The Faculty Staff & Students of GMC, Jammu bid an emotional adieu to Principal & Dean, Government Medical College Jammu on her transfer as Secretary (Technical) in the Health and Medical Education Department on Tuesday.

While recalling the unmatched and exemplary services of Dr Shashi Sudhan, all the Speakers said that people of her caliber are limited in the department and her services will be remembered by the Institution for all times to come. She has been an inspiration to all of the us and a mentor that we always look up to. They recalled her immense contribution during the COVID-19 pandemic and in the post COVID times in the development of the College and the welfare of the faculty, Staff and Students and thanked her for the legacy that she would be leaving behind. The HoDs complimented her for being ever available and ever ready to help & provide Solutions to any problem.

Dr Shashi Sudhan expressed her gratitude to the gathering, and shared that she has developed an invisible bond with the Institution and everyone in it. She said that it has been an honor and a privilege to work in this premier institute which has made a positive impact on the lives of People and for that, I am forever grateful. She said that the success of this



institution is and will always be the teamwork of the administration, Faculty and staff & Students. She recalled that it was due to teamwork only that we were able to go through the times of COVID Pandemic and work towards making the Institution as one of the best in Country. She thanked everyone who contributed in the journey of progress of the Institution. She recalled the major milestones during her tenure like establishment of

Hospital, MCH Hospital G. Nagar, 100 bedded Emergency Block, State Cancer Institute, Bone & Joint Hospital, BSL-3 Lab, 12 Satellite testing Labs, during COVID, Renal transplant & Corneal transplant Services, recruitment, DPC of Faculty & Staff etc in the Institution. She also visited the Deptt of Microbiology. Overall it was an emotional scene in the Institution today.

All the HoDs, Faculty and Staff, Students etc. were present.

JKAACL organises Bhajan Sandhya for Amarnath Yatis



J I NEWS SERVICE

KATHUA, JUL 25: In an initiative to showcase cultural programmes for Amarnath Yatis, the Sub-Office Kathua of J&K Academy of Art, Culture and Languages organized a 'Bhajan Sandhya' at Amarnath Yatri Felicitation Centre, Lakhanpur. The programme was presented with the support of District Administration, Kathua. Large number of pilgrims thronged the venue to witness the soulful pro-

gramme by the local artists. The programme was organised under the able guidance of Sh. Bharat Singh (JKAS) Secretary, J&K Academy of Art Culture and Languages. The programme was started with the vibrant soulful singing of Rakesh Kumar and party of Kathua who mesmerised everyone with their awe-struck performance of Dogri and Punjabi Bhajans. This was followed by the Dogri and Hindi Bhajans by Neelam Gandotra and party of Bashioli who left

no stone unturned to make the soulful evening a successful one. The evening was culminated with the Nukkad Natak 'Maine Jeena Hai' based on a theme of drugs and presented by New Sarjam Cultural and Social Group, Vijaypur. The play showcases how the drug menace is ruining the generations and thus crippling the developing nations and pushing generations to death, devastation and destruction. The play unfolds a series of incidents where people

are influenced by drugs, alcohol and other intoxications which create hell for themselves as well as for their loved-ones. Many precious lives are being charmed in this fire of drug menace which is to be fought untidily. The play has tried to make a strong appeal to save mankind from this uncontrolled dragon.

Earlier informing the media on the occasion Sh. Sanjeev Gupta SOCA JKAACL Sub-Office, Kathua said that we are trying to do our best of efforts for the preservation and promotion of the Art and Culture of the Union Territory of Jammu and Kashmir.

This time our motive was different as Amarnath Yatra is going on, we are here for them for the soulful evening, he added. He further shared that JKAACL will come up with such kind of programmes in near future as well.

Apni Party delegation calls on Deputy Director Ayush

J I NEWS SERVICE

JAMMU, JUL 25: Apni Party Provincial Secretary Riaz Atish has demanded a probe into the alleged misappropriation of medicines, and absenteeism at Ayush centers across Poonch.

Atish along with the Apni Party delegation consisting of youth leader Amir Hasnani, Khawaja Mohammed Younis, Abdul Rashid Bhat, Adil Raza, Mohammed Rafi Bhat, Bilal Bhat and others.

They called on Deputy Director, Ayush and informed him about the



problems faced by the people at the Ayush health centers where the people are hardly provided medicines.

"The patients face problems because of the culture of absenteeism of staff

members, and doctors in the Ayush centers across Poonch," he said, and demanded that the authorities must act to ensure presence of the doctors and paramedical staff in the

above said Ayush centers. He also demanded an investigation against the alleged misappropriation of the medicines that are not provided to the patients.

"The stock of the medicines are provided to these Ayush centers in Poonch like other districts. However, we have complaints that the medicines are not provided to the patients," he said, demanding a probe into the matter.

After listening to him carefully, the Deputy Director Ayush assured them that he would look into the issues.

UIET, Kathua Campus (JU) organizes an Industrial Talk under Industry-Academia Partnership Series

J I NEWS SERVICE

KATHUA, JUL 25: Under the Industry-Academia Partnership Series, University Institute of Engineering and Technology (UIET), Kathua Campus (JU) organized an Industrial Talk on the topic "Future-Proofing your Career: The Impact of Personal Branding and Early Entrepreneurship" by Mr. Sanjeev Sharma, Director and Founder, Orcanio Technologies, Sydney, Australia. With a strong foundation in electronics engineering, Mr. Sanjeev embarked on a remarkable journey through the realms of IT and finance, amassing a wealth of experience spanning an impressive 19 years.

Mr. Sharma highlighted that in today's rapidly changing world, it has become crucial to take charge of the professional journey and equip with the essential elements like personal branding and early entrepreneurship.

He further said that in the present digital age, the online presence is vital for personal branding where social media platforms, websites, blogs, and professional networking sites offer opportunities to showcase the expertise and engage with the target audience. He also stressed that a well-crafted personal brand can amplify early entrepreneurial efforts, increase visibility, and set the stage for long-term success in the business world. Dr. Meenakshi Kilam, Rector, Kathua Campus (JU) in her message expressed gratitude towards the resource person for presenting an informative lecture to the students of Campus. She said that personal branding is the art about showcasing the skills, experiences, and values in a way that distinguishes one from the others in a specific field. She added that building a strong personal brand and becoming an entrepreneur gives an opportunity to create a network of influential connections along with

recognition in the field.

Dr. Sourabh Shastri, I/c Coordinator, UIET, Kathua Campus (JU) introduced and welcomed the eminent speaker and thanked him for an informative talk on such an inspiring topic.

Dr. Nisha Choudhary coordinated the whole programme and Er. Vedika Khullar delivered the vote of thanks.

Mr. Amit Sharma, Er. Sushant Gagat, Dr. Seema Janwal, Er. Sandeep Raj, Dr. Shivani Sharma, Mr. Gourav Sharma, Er. Komal Khadotra, Er. Rakshit Khajuria, Er. Sarvadam Sharma, Dr. Rubby Mahajan, Er. Archana Saluja, Er. Himant Khajuria, Er. Palti Verma, Er. Arooshi Gupta, Er. Vishavjeet Singh, Er. Shivani Sharma, Er. Sourav Gupta, Dr. Sunny Sharma, Dr. Zahir Ansari, Mr. Pranav Ratta, Ms. Ritika Goyal, Ms. Kamakshi Sharma, Ms. Tiharika Nath, and other teaching and non-teaching faculty of the Campus attended the lecture.

Ex Mayor starts pending construction work of community hall in Ward-33



J I NEWS SERVICE

JAMMU, JUL 25: Former Mayor Chander Mohan Gupta today started pending works of a community hall in Ward-33 near Mata Rani temple. Gupta was accompanied by prominent persons and local residents of the area. The pending works will be done at an estimated cost of Rs 16 lakhs and a modernized community hall will be constructed under the same works. Speaking on the occasion, Gupta said that this place holds a great significance in our society and it is our prime duty to develop such places. He stated that during his

tenure as Mayor, many community halls were built across the Constituency which catered to the needs of thousands of inhabitants. He also stated that Jammu has progressed a lot towards development in the last five years. Gupta said that this was the much awaited work which has been taken up today and said that the pending works of the said community hall will be completed soon and wherever required my help will also be given to solve remaining problems in the Ward. He said that such places could be used for public gatherings as well and family functions as well as such halls keep the

tradition alive as in old times, programmes and functions were usually held in community halls. Gupta highlighted the commitment and the priority of Modi government to develop the Jammu and Kashmir on most modern lines. He said that while the Union Government has taken effective steps to curb terrorism in the border regions, it has equally focused on to develop the region. BJP leaders have taken this commitment of Narendra Modi government to the ground level and are continuously dedicating time to remain in contact with the masses for their contentment and progress. Cautioning against the dubious and deceptive political entities, who were attempting to strain Jammu and Kashmir trust with progress, development and harmony as per the cherished agenda of Prime Minister Narendra Modi's solemn pledge of Sabka Saath, Sabka Vikas, Sabka Vishwas, Sabka Priyas, former Mayor said the people cannot be dissuaded from their chosen path of being the part of the country's growth story, with equal opportunities to all, irrespective of region, religion or caste.

Fire Fighting Hydrant System test conducted at Kulgam

System significant in providing fire safety to Mini-Secretariat, Kulgam

J I NEWS SERVICE

KULGAM, JULY 25: Hydrant type, Fire fighting system installed by Mechanical Unit, JKPCCL Ltd was today test-checked at Mini Secretariat, Kulgam. The test was conducted in presence of the Deputy Commissioner (DC) Kulgam, Dr. Bilal Mohi-Ud-Din Bhat, ADCC Kulgam, Shoukat Ahmad Rather, ACE, JDC, AD Fire and Emergency Service, Kulgam, officials

of MED and JKPCCL Mechanical Unit were present on the occasion. The test of the fire fighting system was done successfully and is a significant step towards ensuring a safe working atmosphere for staff working in the largest office complex of the district. The staff of Fire and Emergency services were involved in the test, checking its functioning and strength to deal with any fire incident.

The system is fitted with Pump capacity of 2280 LPM main pump, 180 LPM JOKY pump and a Sump Capacity of 50,000 lts. It is equipped with three fire pumps consisting of two electrical and one Diesel driven back-up pump and shall cater to all floors of the building with 32 hydrants inside and outside of the building including 22 first aid pipe reels inside the building and 10 no. Yard hydrants outside the building.

THOUGHT OF THE DAY

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

JINDRAH IMAGES

Heading for a keen battle to LS polls?

In the run up to General Elections scheduled to be held early next year, political activities have gathered a lot of steam in the country with the ruling BJP and the ganged-up opposition parties mincing no word to take on each other. Opposition parties have held two meetings to display an exemplary unity among them. It has also given a clear indication that the electoral battle for Lok Sabha is going to be between the opposition front baptised as I.N.D.I.A. - an acronym for Indian National Developmental Inclusive Alliance- and the ruling BJP-led NDA. There has been a lot of debate over the use of acronym I.N.D.I.A by the opposition parties to counter the BJP. It seems to have a two-fold objective. It is not only catchy and easy to attract people's imagination and encompasses in its full form the broader objective of the new alliance viz development and inclusivity to counter the BJP's divisive agenda but it is some kind of a counter to the saffron brigade's hyper rather ultranationalism. The opposition meetings have reportedly created ripples in the NDA government but the BJP, on the other hand, is trying to pretend that it hardly makes any impact on ground as the people are well aware of the 'opportunistic people' who have come together just for the sake of power. The warring opposition parties coming together was definitely a news but the NDA under Prime Minister Narendra Modi holding its first meeting in the last nine years made a bigger headline. The opposition parties are well versed with the ground reality that the road ahead for them which are quietly weaving a combine around Congress would be bumpy despite two meetings taking place smoothly; and even naming the new front passed off without hiccups. And the BJP with its all-out aggressive approach will spare no effort to unsettle them. The new acronym being used by the opposition parties is also indicative of the fact that a lot of groundwork seemed to have been done in this connection. Also, the opposition parties packed with political stalwarts have embarked on a cautious and step-by-step approach rather than moving fast and igniting the cross-connections. The body language of the opposition leaders, with some mercurial and mavericks in the rank, has given an impression that they meant business. There is no doubt that the fear of Modi-regime with the unleashing effect of agencies such as CBI, Enforcement Directorate and Income Tax department, has bound them together or at least the intent was clearly visible. If one looks at some statistics and facts, it is clear that opposition unity is likely to have little effect on the NDA government. The major states where the opposition alliance is currently in power are Tamil Nadu, Bihar and Jharkhand. In other states like West Bengal (Trinamool Congress), Punjab and Haryana (AAP), Rajasthan, Karnataka, Himachal Pradesh and Chhattisgarh (Congress) the opposition has a strong imprint. Together they account for more than 200 Lok Sabha seats with Maharashtra and Madhya Pradesh which account for another 100 odd seats wide open to the contest. Given the statistics, the upcoming Lok Sabha elections are set for a healthy and keen battle between the NDA and the opposition front baptised as I.N.D.I.A. Though it is premature to analyze the things at this moment, yet the General elections are heading for a keenly fought battle with the BJP surely not in mood to take it lightly.

India's support can steer Lanka towards recovery

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

MAJ GEN ASHOK K MEHTA (RET)

Sri Lanka's rulers have historically relied on India for security and on China for economic assistance. Last year, the reverse happened, with China staying aloof during Sri Lanka's economic crisis.

Last week, Sri Lankan President Ranil Wickremesinghe was on his first visit to New Delhi since assuming office last July after the then President Gotabaya Rajapaksa was ousted by a people's uprising amidst an economic collapse that saw India emerging as the saviour. Wickremesinghe was here to thank India, his country's too-close-for-comfort big neighbour. India came up with timely monetary assistance of \$4 billion. When Colombo had sought military aid with its back to the wall in Jaffna in 2000 while battling the LTTE, India had provided it \$500 million.

While a \$3-billion International Monetary Fund (IMF) bailout will help Sri Lanka tide over its economic woes, it's the political situation that has not really changed. Although the Rajapaksa - the victors in the war - have been hounded out, their party, the Sri Lanka Podujana Peramuna (SLPP), still calls the shots. Six-time Prime Minister Wickremesinghe, the lone nominated MP of the United National Party, was elected by the parliament as President with the support of SLPP MPs. There is a perception that the President and the government lack political legitimacy as geoeconomics has trumped geopolitics. The provincial council and local government elections have not been held for more than four years as the government fears an electoral rout. While the President's term ends in November 2024, the parliament's tenure will expire in 2025. Though Article 21A has restored constitutional councils, the powers of the President (restored by Gotabaya) have not been curbed as promised. At the Human Rights Council's March session in Geneva, Sri Lanka made renewed promises on addressing war crimes and human rights violations as a part of national reconciliation. Wickremesinghe had promised to resolve the Tamil National Question, first by February 4, 2023, and then by the year-end. His latest offer of implementing 13A (13th Amendment to the constitution) sans police powers was rejected by the Tamils.



Before the Wickremesinghe visit, Sri Lanka's Ambassador to New Delhi Milinda Moragoda had admitted that its debt trap was of its own making and that India had helped in getting the IMF loan. On July 8, House Speaker Mahinda Yapa Abeywardena thanked India for saving Sri Lanka and preventing a bloodbath during its unprecedented economic crisis last year. In 2022, India extended a multi-pronged assistance of \$4 billion to Sri Lanka through multiple credit lines and currency support, in line with India's 'Neighbourhood First' policy. Sri Lanka's payback has been stingy, especially after its standoffish behaviour in cancelling the India-Sri Lanka-Japan joint venture in the East Container Terminal (ECT) at the Colombo Port, delaying the Trincomalee oil tank farm deal and the Sampur renewable energy project. It crossed a red line in awarding a contract to a Chinese firm to construct a hybrid solar and wind project off the coast of Jaffna; it later rescinded the decision and gave the project to India. The West Container Terminal at the Colombo Port was later given to the Adani Group, which also won the controversial wind farm contract in Mannar that rocked the parliaments of both countries. Another ticklish issue was Wickremesinghe initially refusing

but later permitting a Chinese surveillance ship, Yuan Wang 5, to dock in the veritably China-owned Hambantota Port. In 2013, a Chinese nuclear submarine (Colombo insists that it was a conventional submarine) berthing in the Colombo Port had caused a ruckus. Sri Lanka's economy has shrunk by 7 per cent and will contract by another 3 per cent this year. The IMF-imposed unpopular measures, such as cutting subsidies, increasing taxes and privatising state enterprises, have flattened the economy. Integrating the Sri Lankan economy with that of India can steer Colombo towards recovery. At his briefing to the media on the outcome of President Wickremesinghe's visit, Foreign Secretary Vinay Mohan Kwatra said the vision document for economic partnership highlighted multi-connectivity - land, air, maritime, energy, power, trade and financial transactions. Kwatra added that negotiations on the Economic and Technology Cooperation Agreement would resume so as to replace the existing trade deal. He refused to comment on the West Container Terminal given in lieu of the cancelled ECT, referring to the involvement of private players. The new framework agreement on Trincomalee is based on the previous agreement of January 2022

for making it the regional energy hub. The joint development of 61 of the 99 oil tank farms by the Lanka Indian Oil Corporation and the Ceylon Petroleum Corporation is included in a 50-year development plan. Wickremesinghe has appointed former CDS Admiral Ravi Wijegunaratne as Managing Director, Ceylon Petroleum Corporation, and Chairman, Trincomalee Petroleum Terminal. The strategic Trincomalee harbour is highly valued by India and a long-term presence is vital to keep China at bay. Beijing's interests in the region extend to the Indian Ocean and, hence, it has invested in projects in the Colombo Port and Colombo Port City and has a 99-year lease on the Hambantota Port. At this month's India CEO Forum, Wickremesinghe spoke about fostering long-term relations between the two countries and aligning Sri Lanka's path with India as it had undergone an economic transformation and it was now 'India time in the Indian Ocean Region'. Speaking to France24 this month, he said: "Lanka is neutral; there is no military agreement with China and we will not allow the use of our soil for any threat against India." The Indian Ocean may not be 'India's Ocean', but geography enables both India and Sri Lanka to play a vital role in its peace and stability.

Manipur Govt has let down people, it must go

NEERA CHANDHOKE

It took a disturbing video clip of two women from the Kuki-Zomi community being stripped by Meitei men and forced to walk naked amidst a leering mob for Prime Minister Narendra Modi to utter a few words after nearly three months of complete silence on the violent turmoil in Manipur. Over 150 people have died, churches have been set on fire and thousands have fled their homes for refugee camps.

he nation, said Modi, is feeling ashamed. Certainly, we should feel shame when we witness the degradation of women in the times of war as well as peace. We should be ashamed of our silence that skirts the horrors our fellow citizens experience day after day. We should be ashamed of the way we have been reduced from participative citizens to an audience which watches the spectacle of blood, much like the crowds that excitedly viewed public executions in the medieval period. We let down our fellow citizens during a crisis. Indeed, we should be ashamed.

But the Central and state governments should also be ashamed of their failure to prevent bloodletting, rapes and assaults on such a large scale. The people of India elect governments and bestow them with enormous power so that their basic right to life and liberty is protected. How can power-holders ignore the

ineradicable scars inflicted on their people? There is enough cause for them to feel shame.

Studies of collective violence tell us that riots do not erupt suddenly or out of nothing. The transition from simmering discontent to violent acts always involves a trigger: the people who instigate violence, those who provide weapons and those who mastermind the shedding of blood. Above all, collective violence simply does not happen if the government does not want it to happen.

The police and intelligence agencies, which are tasked with protecting citizens, should be able to read the indicators of impending violence: rumours, hate speech and stockpiling of weapons. It is surprising that in the age of the surveillance state, the state government could not prevent violence that was unleashed on the people of Manipur. The failure to do so speaks poorly of the competence of those in power, of their refusal to accept responsibility and of their lack of accountability to the people who have voted them to power.

In the history of India, there have been leaders who have accepted responsibility. On the night of August 25, 1947, in a small town of Sheikhpura (near Lahore), which had a mixed population of Muslims, Sikhs and Hindus, massive clashes erupted between the communities. Twenty-four hours later, hundreds of people had been savagely murdered.



Parts of the town were set on fire and Sikhs preferred to take shelter in a gurdwara rather than hospitals. Historian Alex von Tunzelmann, in her book Indian Summer, says that the sight of the injured Sikhs in the gurdwara was appalling. The hands and feet of men and women had been cut off and forearms reduced to putrefied fly-covered stumps. Babies and little children had been wounded. When Nehru visited a few days

later, he found himself sick with horror at the stink of spilt blood and burnt flesh. He wrote to Mountbatten in deep depression: "I suppose I am not directly responsible for what is taking place in Punjab... But in any event, I cannot and do not wish to shed responsibility for my people. If I cannot discharge the responsibility effectively then I begin to doubt whether I have any business to be where I am." Nehru toured the violence-affected areas and tried to con-

trol the riots. He tried to persuade Muslims not to leave their homes and appealed to those who had left to come back to India, with the assurance that they would be provided security.

Today, do we see any political leader on the streets, appealing for the cessation of violence? Do we see any of them accepting responsibility for the harm done?

It is true that Manipur is no stranger to violence. The struggle

between insurgents and the Government of India is overlaid by discord between hill tribes and the people of the Valley - the Meiteis. The ubiquity of violence has taken a heavy toll on Manipuri society.

Poets portray the dejected faces of mothers, of young men and women who have been picked up either by the security forces or by rival armed ethnic groups. Tayejam Bijoykumar Singh has written about renowned theatre director Ratan Thiyam's powerful play Kurukshetraji Peering, which dwells on the futility of war and the endless search for peace. At the end of the play, the actors light oil lamps to signify enlightenment: "Wars bring only destruction... An enlightened Panchali vows to arm herself with Dharma and wipe away tears from the eyes of the multitude of anguished mothers whose valiant sons had been felled in the battlefield of Kurukshetra." Thiyam's entire career as a writer and director of plays has been wracked by sorrow at the plight of his beloved state, Manipur.

The ongoing violence that has taken countless lives, rendered people homeless and wiped out the dignity of women is beyond compare. It's time the CM heading the state government resigned (or is sacked) and the Centre made serious attempts to bring an end to the bloodshed that has scarred the region.

Kalki Koechlin says people would ask her for drugs during her teenage years: 'Was the only white girl in my group'

Actor Kalki Koechlin recently spoke about growing up as a 'white girl' in India. She told Siddharth Alambayan in a new interview that she left people surprised, when she answered them back in Tamil after they would ask her for drugs. Kalki Koechlin said people in India assumed she would have drugs on her since she was a 'white girl'.

Kalki Koechlin's career Kalki, who has worked in films such as Shaitaan, Shanghai, Ek Thi Daayan, Yeh

Jawaani Hai Deewani, Zindagi Na Milegi Dobara and Gully Boy, among others, was born in Pondicherry. She later lived near Ooty. After returning to India after her studies, Kalki made her Bollywood debut in Anurag Kashyap's Dev D.

Kalki Koechlin on patriarchy When asked about her early years in India and how she saw patriarchy at play, Kalki said to Siddharth Alambayan on his show The Male Feminist, "I saw it (patriarchy) from very young, because I was always asked for



drugs. Because I was the only white girl in my group, so it was like that loose morals, white girl phenomenon. They see Baywatch and think that every white girl

must be like that. Just like forwardness. And then the minute I would answer back in Tamil, they would be like 'Akka, sister', you know.

'The Bachelorette' Charity faces the toughest decision yet: Sending a heartfelt goodbye to Tanner!

New Orleans became the stage for heartwarming moments and tough decisions on the latest episode of The Bachelorette, as Charity Lawson tried to find the men she could see a future with. Here's a rundown of the highs and lows from this week's episode:

Joey received the coveted one-on-one date.

First, it was Joey who received the coveted one-on-one date. A horse-drawn carriage ride, delicious cuisine, and dancing in the streets made Charity's heart skip a beat. "I just adore everything about him," she gushed about Joey. Their connection felt natural, like being with an old friend, according to the tennis pro. By the end of the date, emotions ran high as Joey con-



fessed, "I would be crazy not to tell you that I am falling in love with you." Charity was moved and rewarded him with a rose, declaring that Joey could be

her future husband. Two-one date with Sean and Tanner

Next up, a nerve-wracking two-on-one date with Sean and Tanner. A swamp tour and a low country boil set the stage for the anxious trio. Charity's inner conflict surfaced as she tried to distinguish between a boyfriend and a potential husband. The tension reached its peak during dinner, but in an unexpected twist, Charity decided not to hand out a rose that night. Both Sean and Tanner were promised more time to win her heart.

One-on-one date 2.0 with Dotun Dotun, who had already enjoyed one memorable one-on-one date, was in for another surprise. Charity chose him for yet another solo outing.

Annu Kapoor: Maybe people will value me more when I'm gone

Actor Annu Kapoor says he leaves no stone unturned in delivering his best for the audience and living up to the faith of the makers. "Casting people, producers and directors know that whatever responsibility I will be given that will be delivered - puri jaan laga kar ke. To earn this kind of confidence is surely a tough job and that's why there is only one Annu Kapoor (laughs). Maybe people will value me more when I am gone," says Kapoor.

The Jolly LLB-2 actor adds, "I am not angry but udasen ho gaya hoon! Zindagi ke itne thapade khaane ke baad, logon ke chehre se naqaab utar jaane ke baad now I care a damn. I just do my work with full honesty and move on. I am not into drinking, smoking, parties or socialising. I don't watch TV, films nor read newspapers. For me life is about my work, my room and books."

Kapoor says his stellar performances come from his real life experience. "Ghaat ghaat ka pani pe kar aap unki boondein jama karte hain and when required you can bring them out. Mere paas bhasha hai, abhiyakti hai aur vichaar hai and that's what I add to my performances.

Bahut kathin tapasya ki hai! I have been people constantly doing one kind of acting and still they have earned crores while the audience and media have made them mahaan superstars." After recovering from a heart attack (in January), he has wrapped Dream Girl-2 and recently Hum Do Hamare Baarah in Lucknow.

BIGG BOSS OTT 2: POOJA BHATT REVEALS HER REGRETS IN LIFE

Pooja Bhatt has said that she does not regret any of her actions, though she has her own regrets. She was talking on the ongoing reality show Bigg Boss OTT 2. Salman Khan is the host for the second season of the show that was earlier hosted by filmmaker Karan Johar in season 1.

Pooja's regrets Talking to her co-contestants, Pooja was seen recalling her Bollywood journey. She also shared her regrets and said that her life revolves around the thinking. "If you are the smartest in a room, you are in the wrong room!" She added, "I only have regrets of things not done, not for things done! I feel it is important to at least try, either you lose something or you gain everything."

Talking about being a Bigg Boss participant, she added, "We can't



hide what and who we are. The audience understands everything. One amongst us will only win, it is important to try and give our best." Bigg Boss OTT 2 promo A promo for Tuesday's episode also showed Pooja getting special privileges during the nomination task. Bigg Boss announced that Pooja has the rights

to decide who gets to nominate, and how many people can they nominate. The promo video then showed participants criticising each others' behaviours, ever as it avoided the names of the nominations.

In a 2017 interview with Hindustan Times, Mahesh Bhatt had said that he wanted Pooja to star in his 1990 romantic film Aashiqui, but she turned down the offer. "On the first day of the shoot, I wanted Pooja to give the clap for the mahurat shot, and I saw regret rippling her. Even today, Pooja laughingly says that it was silly of her to turn down Aashiqui. To make up for that, she jumped into the offer of Dil Hai Ke Manta Nahin (1991)," he said.

Pooja's career Pooja made her debut in front of the camera at the young age of 17 with her father's 1989 film Daddy. She later worked in many films including Dil Hai Ke Manta Nahin, Sadak, Phir Teri Kahani Yaad Aayee, Jaanann, Junoon, Sir, Guneghar, Zakham, and Border. It was in the early 2000s that she made her directorial debut with Paap which was followed by films such as Dhokha, Holiday, Jism 2 and Kajraare.

Chooona trailer: Jimmy Sheirgill has to deal with a Tom Cruise-style heist



The trailer for Jimmy Sheirgill's new web series Chooona is out and looks fun. He plays a politician with a command over astrology, and has a gang of commoners planning a heist to nab his 2000 crore. Will they be able to do it, remains to be seen. Also read: Aashim Gulati on playing Naseeruddin Shah's son in Taj: 'My acting school came to me by himself'

What the Chooona trailer is all about The two-and-a-half-minute-long trailer opens with an introduction of Jimmy Sheirgill as an aspiring chief minister Shukla, who claims that he has all his planets under control. Enter Aashim Gulati of Taj fame, who is told to immolate himself when he tells Jimmy with confidence, "Aapke live to jaan bhi de sakte hain (I can lay down my life for you)."

On the other hand, a group of people decide to give him 'emotional pain' and plan to grab his 2000 crore in order to take their revenge from him. Shukla sits at the RTO office, and it looks difficult to carry out the robbery due to his security arrangement. At one point, actor Vikram Kochhar of Sacred Games fame is told to come out of the window via a zip line and he responds, "Ae bhai main Tom Cruise nahin hu (I am not Tom Cruise)."

Raja Kumari sings Jawan theme in New York concert: 'Can't wait to perform this at every event for the rest of my life'

Grammy Award-winning rapper Raja Kumari has sung the title track of Shah Rukh Khan's upcoming action thriller Jawan. The song is composed by Anirudh Ravichandran. Recently, she surprised fans at a live concert where she started crooning the Jawan theme. (Also Read: Shah Rukh Khan introduces 'dealer of death' Vijay Sethupathi's look in new Jawan poster: There's no stopping him)

A Shah Rukh Khan fan account posted an Instagram Reel of Raja Kumari crooning the Jawan theme to a roaring applause. It seemed to be a surprise instead of a part of the concert line-up. Raja reposted the Reel on her Instagram Stories and wrote,

"Can't wait to perform this at every event for the rest of my life." Raja Kumari in pink Raja Kumari posted pictures from the concert in Brooklyn, New York on her Instagram account. She wore a hot pink cape sari and matched it with pink heels and pink sunglasses. She wrote in the caption, "Indian Barbie but the gang is Gulabi," jumping on the Barbie bandwagon that's in vogue given the release of Greta Gerwig's Hollywood adaptation of the Mattel doll, starring Margot Robbie in the titular role and Ryan Gosling as Ken.

About Jawan theme The Jawan theme was first heard in the Jawan Prevue that was unveiled earlier this month. It plays against the return of Shah Rukh Khan as Jawan, the titular character in Atlee's film.



Alia Bhatt shares video of her rehearsing Bangla lines before Kolkata event, Ranveer teases her 'exam ke time bhool gai'

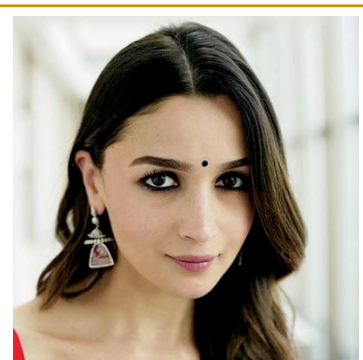
Alia Bhatt recently visited Kolkata along with Ranveer Singh for the promotion of their film Rocky Aur Rani Kii Prem Kahani. Alia has now shared a video and several behind-the-scene pictures from the event, where she greeted fans in Bangla. She is seen dedicatedly rehearsing her Bangla lines before the event. However, she had forgotten the lines on stage, but after a few attempts and some support from Ranveer, she was finally able to greet fans in Bangla. Sharing the videos and pic-

tures on Instagram, Alia Bhatt wrote, "Rocky Aur Rani kii Kolkata kii kahaani (Rocky and Rani's Kolkata story). See you in 3 days! Rocky Aur Rani Kii Prem Kahani in cinemas this Friday." Alia looked pretty in a pink and red saree paired with statement earrings. Ranveer was in an informal white shirt and black pants. The first video shows Alia sitting on a sofa and rehearsing her lines with the help of a tablet. It then shows a glimpse of the event, where Alia started speaking in Bangla, but stopped midway

and said, "I forgot my lines, maine rehearse kiya tha (I had rehearsed)." Making fun of her, Ranveer Singh said, "So cute yaar, tu homework karke aayi thi, exam ke time pe bhool gai (You had done your homework before coming, still you forgot your lines)." The video is followed by her stunning pictures, one of which shows her making a face. Reactions to Alia's post Commenting on her post, a fan wrote, "Soooo cuteeee." Impressed by her Bangla speaking skills, another said,

"Wow !!! Rani...(diamond emoji)." One more said, "You tried @aliaabhatt so cuteeee." A fan page of the actor wrote, "Respect button for Alia Bhatt." A comment also smiled with three hearts and kiss emoji." Alia on why she forgot her lines A video from the Kolkata event surfaced online and showed Alia forgetting her lines after the first few words of her Bangla speech. I am sorry. Main kal subah se I have been learning these lines aur yaha aake, apka sara chehra dekh ke, laal rang dekh ke

main bhool gai (I have been rehearsing these lines since yesterday morning but after seeing you all in red, I forgot everything) but I had been wanting you to greet you in Bangla so I have done it." Alia and Ranveer flew to Kolkata on Monday when their new dance number Dhindora Baje Re was also unveiled. The song shows them in red, dancing their hearts out during Durga Puja celebrations. It is choreographed by Vaibhavi Merchant and sung by Darshan Raval and Bhoomi Trivedi.



'Exercise, avoid bangs and invent fairy stories': Henry Marsh's guide to keeping brains healthy



As a neurosurgeon, Henry Marsh has spent several decades making people's brains better (and occasionally, as his memoirs document with breathtaking honesty, making them worse). But that job involved removing tumours and patching up the aftermath of serious head traumas. Keeping a brain in perfect health is an altogether different matter, not least because we understand so little about it. A couple of years ago, the now 73-year-old Marsh agreed to have his own brain scanned. He was not overly worried about what it might show. He exercised well, stayed mentally active and was not displaying any significant signs of cognitive decline. "But it was slight-

ly shocking, because my brain looked rather elderly," he says. "I shouldn't have been surprised because I was 70 years old! But it was rather scary." The more active a brain you have, the longer it takes for the batteries to run down Marsh says we can all do to lessen the probability of problems in the future. "First of all, you want to avoid banging your head," he says. "There's convincing evidence that even minor head injuries cumulatively cause damage. You know, rugby players and football players heading the ball. So I think you should avoid sports which involve repetitive head trauma. It's the idea of the cerebral

reserve: that the more active a brain you have, the longer it takes for the batteries to run down." This theory can be extended to education too. "We know that the older you are when you finish higher education, the lower the risk of dementia," says Marsh. "It's multifactorial, of course, but the theory is that the more connections in your brain, which presumably being educated involves, the longer it takes for the brain to wear out." One way Marsh keeps mentally active is inventing fairy stories for his grandchildren, which he hopes to start writing up properly. "It should be my last book," he says, before adding, grimly: "As with most people I'm horri-

fied by the prospects that face my grandchildren in 30 or 40 years' time. God knows where the world will be."

I wonder if this kind of existential dread is damaging for all

tia and depression

The one area that Marsh does think offers fairly conclusive evidence is exercise. "That's verging on a universal panacea," he says. "The people who exercise

THE NEUROSURGEON SPENT DECADES MAKING PEOPLE'S BRAINS BETTER, BUT A SCAN LED HIM TO FOCUS ON THE FACTORS THAT STAVE OFF COGNITIVE DECLINE AND BOOST QUALITY OF LIFE

of our brains but he says the evidence on that is contradictory. Some of it suggests that a certain amount of stress is good for you. "On the other hand, there is some evidence that high blood pressure does cause white matter damage. When I was operating, I would have had episodes of extremely high blood pressure due to the stress, but whether that was responsible for the changes on my scan or not, I don't know." Marsh has worked for periods in Ukraine since the 1990s and was recently in Kyiv, arriving "at exactly the same time as the Russian cruise missiles". That can't have been good for the stress levels. "I wasn't exactly frightened, but I was living very intensely."

To say it was enjoyable would be a bit naïf as people were being killed. But I can see why certain journalists and even some doctors become war junkies." It's verging on a universal panacea. The people who exercise regularly have lower rates of dementia and depression.

regularly have lower rates of dementia and depression. Although you can't prove causation. Then, of course, there is luck. Marsh has removed countless tumours from brains and says there's never been any obvious reason why some people develop them and others don't. "Every so often you'd see a brain scan of somebody in their 80s that shows relatively little shrinkage or atrophy. We still don't know why that's the case. It could be genetic."

For Marsh, it's not his brain he is most concerned about right now but the prostate cancer he revealed he'd been diagnosed with in 2021. The diagnosis has given him a clearer perspective on life, and that applies to our conversation about brain health. "The point I would like to emphasise is that it's about trying to live well," he says. "And a better life is really about helping other people or helping the natural world."

How to do a dumbbell shoulder and overhead press for upper body strength



When it comes to dumbbell or upper body exercises, we first need to get rid of the notion that women should not do it as it will end up giving them a Hulk-like bulky look. Well, that's not the case! Women need to indulge in muscle gain exercises as much as men to strengthen their upper body which will eventually give strength and posture to the whole body. One such exercise is shoulder and overhead press using dumbbells. Let's take a look at how to properly perform a shoulder and overhead press.

The shoulder and overhead press are great exercises that target the shoulders, upper back, and arms. These exercises are effective for building strength and muscles in the upper body, improving posture, and increasing shoulder stability.

How to do a dumbbell shoulder press? The shoulder press is an exercise that primarily targets the shoulders, with some secondary activation of the triceps and upper back. Here are the steps to performing a shoulder press:

1. Begin by standing with your feet shoulder-width apart and holding a pair of dumbbells at shoulder height. Your palms should be facing forward, and your elbows should be bent at a 90-degree angle.
2. Engage your core and press the dumbbells overhead, extending your arms fully. Keep your shoulders down and away from your ears.

Build upper strength with shoulder exercise. Image courtesy: Shutterstock

How to do a dumbbell overhead press? The overhead press is similar to the shoulder press, but involves pressing the weights directly overhead, rather than in front of your body. This exercise targets the same muscles as the shoulder press, but also engages the core and lower body for stability. Here's how to perform an overhead press:

1. Begin by standing with your feet shoulder-width apart and holding a pair of dumbbells at shoulder height. Your palms should be facing inward, and your elbows should be bent at a 90-degree angle.
2. Engage your core and press the dumbbells directly overhead, extending your arms fully. Keep your shoulders down and away from your ears.

Include These Five Nutritious Dishes In Your Meals To Aid Weight Loss

A SUBTLE TWEAK, LIKE INTRODUCING A HIGH-PROTEIN AND FIBRE-RICH DIET AND REDUCING THE INTAKE OF CARBOHYDRATES, CAN HELP IN LOSING WEIGHT

A healthy diet and a few lifestyle changes could help you achieve your weight loss goal faster. To shed those extra kilos, you have to be mindful of your diet and physical exercise routine. It may sound challenging at first, but gradually, you will get used to it. Your diet does not necessarily need to undergo major changes, but you need to make a few healthy choices for food.

A subtle tweak, like introducing a high-protein and fibre-rich diet and reducing the intake of carbohydrates, can help with your weight loss journey. Here are 5 nutritious meals that may aid in weight loss:

A veggie and hummus sandwich makes a great fibre-rich lunch. Hummus is a spread or a



dip that is made from cooked and mashed chickpeas blended with tahini, garlic, olive oil, lemon juice and salt. You can pair it with any kind of bread or use it in sandwiches. Take a few slices of multi-grain bread and spread the hummus on all the

slices. Add the vegetables like bell pepper, cucumber, lettuce, onion, and tomato slices to make a delicious sandwich.

Oats Khichdi We all know that oats are healthy and should be a part of our regular diet. You can either eat it as porridge or just make a khichdi out of it. You can add dal and vegetables to make it healthier. Just add chopped carrots, onions, cauliflower, tomatoes, french beans and a few chillies. For extra flavour you can add garlic as well.

Uppma Uppma is a flavourful and healthy dish that you can cook in a jiffy. It is a perfect meal option made of lightly roasted semolina, green peas, carrots and onions and lightly tempered with mus-

tard seeds and curry leaves. Green Peas are high in protein content and low in calories. It is loaded with vitamins K and C, manganese and fibre.

Oats dosa Switch the rice ingredient with oats and you can cut down on your carbs intake. Unlike typical dosa, oats do not need to be soaked.

You can add soaked urad dal in a small quantity with oats for binding. Make a batter blending the urad dal and oats together. Let it ferment for 10-12 hours. You can make oats dosas and pair it with sambar and coconut chutney.

Besan Chilla Besan Chilla is made with gram flour (besan), onions, tomatoes, herbs and spices. You can add finely chopped or grated vegetables to increase the nutrition of the dish. Have it for your breakfast or lunch.

This one exercise ages your face faster, according to a plastic surgeon

TikTok teaches us a lot of things - for instance, eating oranges in the shower can be beneficial for your mental health (who knew?) One thing we never expected to learn through TikTok, though, is that this very common form of cardio can actually make our faces age faster.

Dr. Gerald Imber, a plastic surgeon from New York, recently took to his TikTok to reveal his findings. "Have you ever seen a long-distance runner, long-time runner that didn't have a gaunt, old face?" he asks his audience in a video. He calls this his "pet peeve."

Obviously, this isn't the news we want to hear especially if you've also been wondering 'should I run everyday?' Running is the fairly easy cardio exercise many of us rely on, with the universal hope that exercising will keep us looking and feeling healthier for longer. "Half my patients love me for it and half my patients hate me for it," he says in the TikTok, referring to his running advice. Many refer to this face-aging phenomenon as "runner's face." Dr. Imber uses the example of two characters in a rom-com running toward each other, and noticing how their cheeks move up and down as the camera focuses in on their faces.

Beware! These 5 Foods May Turn Toxic When Cooked Or Overcooked

We all know cooking is an art, but trust us, it is also a science. You need to know the science behind every food item to make a dish healthy and wholesome. Every single ingredient in your pantry, whether it is vegetable, meat or masala, contains nutrients that react differently when heated or mixed with other foods. While some concoctions amplify the goodness of a dish, some make it toxic. Likewise, there are some food items that serve the best when eaten raw or moderately done. Why, you ask? It is because the nutrients of these food items get washed off when they come in contact with heat. Here, we will help you identify a few such everyday food ingredients that we often end up overcooking, making them unhealthy for consumption. Let's get started.

Believe it or not, how you cook your meal defines how healthy it is. Cooking food causes a chemical reaction which either makes it edible or inedible for all. Health experts state that overcooking certain food items negatively affects their quality, look and taste, making them hard to

digest. Why You Should Not Overcook Certain Food Items? 1. Affect the taste and aroma: Do you like



eating food that looks pale? Of course not! Look and feel play major roles in identifying a meal experience. And keeping some ingredients raw or moderately cooked helps you achieve the goal. Remember, overcooking cer-

tain foods alter the natural taste and colour of certain food items. 2. Eliminate the nutrients: As mentioned earli-

er, cooking makes some chemical changes in the properties of the ingredients. For certain foods, you will see the loss of nutrients, making them unhealthy for consumption. 3. Lead to gut problems: At times, the change in

chemicals also makes the food hard to digest, leading to bloating, indigestion, acidity and other gut-related problems. This further results in different other health issues including weight gain, skin rashes et al. 4. Lead to contamination: Overcooking certain foods lead to the growth of bacteria, making them carcinogenic in nature. This majorly happens when food gets charred or burnt.

To put it simply, raw foods are those that don't undergo any kind of cooking process or haven't got in contact with heat. According to health expert and nutritionist Rohit Shelatkar, "A food item is considered raw if it has not been subjected to heat over 40 to 48 degrees Celsius." Several studies explained that certain food items contain water-soluble nutrients that easily get washed off when cooked. Hence, it is best to have such food items raw to enjoy the benefits to the fullest. Rohit Shelatkar further states that a raw diet essentially consists of

fruits, vegetables, nuts, seeds, and certain legumes and grains, which help lower the risk of diabetes and cardiovascular diseases and also help manage body weight."

That May Turn Toxic When Cooked: 1. Honey: Honey makes for a great sugar substitute for many, but that doesn't mean you use it while cooking. Raw honey contains simple sugar, water, beta-carotene, vitamins C, B, D, E and K and several essential minerals. According to the National Center for Biotechnology (NCBI), heating honey deteriorates its quality and diminishes the essential enzymes. Besides, heating or cooking it might also make it toxic, affecting our health negatively.

2. Broccoli: If you have been making curries and sabzis with broccoli, then stop it now! Experts state, broccoli is best enjoyed raw, as boiling it leaches out the water-soluble vitamins like vitamin C and folate. Some studies also found that boiling, microwaving or stir-frying broccoli causes a significant loss of chlorophyll that adds to the natural green colour of the vegetables. 3. Almond: Almond is considered a

superfood due to its high nutritional value. We have it as is, use it as a garnishing element and also make chutneys and other yummy dishes with it. But did you know, you should never roast almonds as it may damage the healthy polyunsaturated fats in it? According to celebrity nutritionist Pooja Makhija, the best way to enjoy the benefits of almonds is by soaking and peeling the skin. And if you at all want to roast it, make sure, you do it at low temperature. 4. Bell pepper: Roasted bell pepper is quite a popular addition to several recipes. It may make the dish look exotic, but cooking or charring takes away the nutrients from bell pepper. Let us explain. It contains a good amount of vitamin C, which is a water-soluble nutrient; hence, coming in contact to heat reduces its goodness.

5. Beetroot: We love beetroot sabzi. Don't we? But it might not be as healthy as you think. Beetroot contains vitamin C, folate and several other nutrients that get destroyed when cooked on high flame. Hence, nutritionists suggest eating beetroots fresh and raw for maximum benefits.

Samagra Shiksha, ALIMCO organise aids, appliances distribution camp for CWSN at Srinagar

JJ NEWS SERVICE

SRINAGAR, JULY 25: Directorate of Samagra Shiksha, J&K in collaboration with Artificial Limbs Manufacturing Corporation of India (ALIMCO) is all set to organize aids and appliances distribution camps for children with Special Needs (CWSN) in all districts across Jammu and Kashmir. The first such distribution camp was inaugurated by the Project Director Samagra Shiksha, Deep Raj at Govt. HSS Kothibagh, in presence of Chief Education Officer, Srinagar Shabir Hussain, Principal, Nusrat Barkhori and other officers of the department as well as staff of the institution. Speaking on the occasion, the Project Director said that to ensure the equitable and inclusive education in line with the NEP, 2020, Samagra Shiksha under the aegis of School Education Department, is working tirelessly for providing



quality education to the children with special needs. He highlighted that, 21000 CWSN have been identified, out of which 18660 students have been enrolled in various schools across the UT. The Project Director further said that during the year 2022-23, 188 Camps were organised in various Districts, to identify those children, who are in need of aids and appliances for making their

life easy to some extent. He remarked that 4900 CWSN will be empowered with different aids and appliances and the distribution has been started in five districts of Kashmir Division (Anantnag, Budgam, Ganderbal, Kulgam, and Srinagar) and in the remaining five districts the same will be started by tomorrow. The Project Director added that in Jammu Division, the distribu-

tion camps shall be organised from 2nd of August upto 14th of August, 2023. While interacting with the CWSN, Project Director Samagra Shiksha said that the Directorate every year provides Rs. 1.70 Crores to CWSN as stipend besides braille books, free uniforms and free text books are also provided to the children in various schools across the UT. He remarked that School Education Department will always stand with the CWSN for which necessary upgradation of infrastructure like ramps and CWSN friendly toilets are made available in various schools, adding that more than 400 CWSN toilets have been constructed besides 44 resource rooms have been made functional. The Project Director appreciated the efforts of the State Coordinator Vijay Sharma, Chief Education Officer, Principal GHSS

Kothibagh, Assistant Coordinator, Special Educators/ Resource Persons and representatives from ALIMCO Foundation, who are working for the welfare of CWSN. He assured every possible assistance by the Directorate of Samagra Shiksha to these children. During the first day of the event, 70 differently abled children were provided relevant aids and appliances as per need already assessed by team of professionals and experts from ALIMCO in the previously organised assessment camps. The aids and appliances include Tricycle conventional, wheel chairs folding (Child Size), Wheel Chairs folding (Adult Size), CP Chairs, MR kits, Digital type hearing aids, Brail kits, Sugumya cane, Daisy player, Crutch elbow adjustable, Rollators size 1 and 2, AFO II and III, KAFO I and II and other appliances for visually impaired students.

DC distributes Aids, Appliances among CWSN at BHSS Ganderbal

JJ NEWS SERVICE

GANDERBAL, JULY 25: A distribution cum fitment camp was today organized by Chief Education Officer Ganderbal under SAMAGRA Shiksha component in collaboration with Artificial Limbs Manufacturing Corporation of India (ALIMCO) at Govt Boys Higher Secondary School Ganderbal, here. The camp was presided over by the Deputy commissioner (DC) Ganderbal, Shyambr in chief guest. He distributed aids and appliances among the beneficiaries. Speaking on the occasion the DC said that Children with Special Needs (CWSN) might be physically and mentally weak in one faculty, but excel in other faculties and said that we should tap and focus upon their such strengths and maintained that such children must be treated as equal to other children. He also assured all possible support to such children in the district. During the camp it was given out that Ganderbal district has 716 CWSN enrolled in Govt. Schools and 84 in Private schools. Prior to this distribution cum fitment camp, two assessment camps were held in the Month of November 2022 at BHSS Kangan and BHSS Ganderbal where CWSN were assessed by experts from ALIMCO Kanpur. 221 CWSN attended the camps and 150 CWSN were recommended for different Aids and Appliances like wheel-chairs, Cerebral Palsy chairs, tricycles, Smart Cans and Braille Kits for blind children. During the camp 59 CWSN of Zone Ganderbal and Tullamulla were given Aids and Appliances. Besides CWSN their parents, CEO Ganderbal were present in the programme.

DC Budgam inspects progress of works on PRI & Transit Accommodations for PM Package employees

Says all infra projects to be completed within stipulated time frame

JJ NEWS SERVICE

BUDGAM, JULY 25: The Deputy Commissioner (DC), Budgam, Akshay Labro today conducted site inspection of construction of Transit Accommodation for Kashmiri Migrant employees at Kakenanar and PRI members' Accommodation at Sheikhpura and inspected ongoing progress of these projects.

While inspecting the ongoing process at different blocks, the DC said that work on 10 out of 12 blocks comprising 194 flats at Transit Accommodation, Kakenanar is going on in full swing.

He instructed concerned to expedite work process on blocks to ensure the project is completed within the stipulated time frame.

Later, DC also inspected progress of ongoing PRI's Accommodation project at Sheikhpura and inspected interior works in different flats.

DC said that the project is nearing completion and soon shall be dedicated to the concerned to strengthen the democracy at the grass roots level.

The DC directed concerned to expedite pace of work and complete construction of pending boundary wall construction, lawn and pathway development and approach road. He said that the District Administration is keen on completing all infrastructural projects within the deadline so that the same are dedicated to the general public at the earliest. Similarly, review of Clock Tower, multi story car parking and beautification works in Budgam are also being given special focus by the district administration.

Among others, ADDC Dr Akramullah Tak, JD Planning, ACD, ACP, Executive Engineer R&B, Tehsildar, BDO and other officers also accompanied DC during inspection of projects.

DC Kupwara reviews preparations for "Meri Mati Mera Desh" campaign

Directs officers to ensure successful conduct of Campaign across the district

JJ NEWS SERVICE

KUPWARA, JULY 25: The Deputy Commissioner (DC) Kupwara, Ayushi Sudan today convened a meeting of all concerned officers to review the preparations for launch of "Meri Mati Mera Desh" campaign under Azadi Ka Amrit Mahotsav in the district.

Addressing the meeting, the DC stressed upon all the departments to ensure utmost coordination among themselves to make the "Meri Mati Mera Desh" campaign successful. She

asked the officers to maintain uniformity in activities to be carried out across all Panchayats/institutions as part of the campaign. She emphasized that the main events will be conducted preferably at Amrit Sarovars as far as possible and every Panchayat will join in offering collective tribute to the Mitti of the Motherland. On the occasion, the ADC Kupwara gave a detailed PowerPoint Presentation regarding the "Meri Mati Mera Desh" campaign. He highlighted various components of the campaign including Deep

Dive-Silapalalagam, Vasudha Vandhan (planting 75 saplings), Veeron Ka Vandhan, Hoisting of National Flag and Singing of Rashtira Gaan and Panch Pran Pledge + Selfie. The Campaign website /ink https://yuvva.gov.in/meri_mati_mera_desh was also shared with the officers for keeping themselves updated. SSP Kupwara, Yougal Manahas; ADC Handwara, ADC Kupwara, DPO ICDS, ACR, SDM Lolab, CMO, ACD, DIO, Tehsildars, BDOs, Dy. CEO and concerned officers attended the meeting.

DDC Chairperson Ramban kick-starts work of Hara Gali to Naka Top road

JJ NEWS SERVICE

RAMBAN, JULY 25: Chairperson, District Development Council (DDC) Ramban, Dr. Shamshad Shan, today kick-started construction work of 1.0 km Hara Gali to Naka Top Gool road being constructed under NABARD RIDF-XXVIII at an allocated cost of Rs.1.36 crore.

DDC Chairperson Gool, Shekhsela Begum; DDC member Gool, Sakshi Mohd; AEE PWD, Vimal Krishna Sidha, JE, PRIs, prominent citizens

and locals were present on the occasion. Speaking on the occasion, the DDC Chairperson said that with the completion of this road project a long pending demand of the area would be fulfilled. She said that this road project will provide smooth transport connectivity to facilitate the people of the area.

She also said that the government is committed to meet the genuine demands of the people and the PRIs should bring public demands and issues in the notice of the administration.

While interacting with the people, the Chairperson informed about the initiatives taken by the District Development Council and other departments, especially for the development of the rural and far-flung areas of the district. After listening to issues and demands highlighted by the locals, the Chairperson assured them that the same shall be taken up with the higher authorities for their desired redressal.

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3-Day capacity building program under National Action Plan for Drug Demand Reduction (NAPDDR) concludes in Reasi

JJ NEWS SERVICE

REASI, JULY 25: The three day capacity building training programme on drug demand reduction was organised in District Reasi by the Department of Social Welfare Reasi.

The training was organized as a part of National Action Plan for Drug Demand Reduction (NAPDDR) to impart intensive training to participants regarding identification, treatment, after care, rehabilitation and social integration of substance dependents.

The trainees included diverse sections of administration & civil society members like Teachers/Counselors, OSC staff, DHEW staff, Asha Workers/Anganwadi Workers, PRIs/ student groups/volunteers/ Police functionaries and law personnel.

The programme was kick started by Deputy Commissioner Reasi, Babila Rakwal where in emphasis was laid on the early detection of substance abuse and



treatment of victims. Psychological counselling was advised to be conducted as the victims of drug abuse often lack psychological disconnect from the society. The DC urged upon the participants to spread awareness about the drug abuse and illicit trafficking in their surroundings. She laid

emphasis to exercise extra vigil in cases where information of youth involved is received especially when the victims are school going children. The training programme was further given impetus by Additional District Development Commissioner Jyoti Salathia, wherein the

role of frontline workers in dissemination of accurate information about various substances, their use, treatment options etc was outlined. The District Health Officer Reasi Ashok Kumar was the subject matter expert who shared his practical experience in dealing with drug abuse victim cases and suggested measures for their early identification and treatment. The programme concluded on day 3 in presence of Additional Deputy Commissioner Reasi Abdul Star who urged the participants to spread awareness about drug abuse which has become a major problem as a part of a bigger issue Narco-Terrorism. Senior Superintendent Police Reasi, Amit Gupta shared his valuable observations regarding the drug abuse. He emphasized the need for identifying the victims and threw light on the reasons why youth fall prey to these grave problems. Programme Officer ICDS Reasi, Mohd. Anwar Bandy and Dy. SP H.Q Neeraj Padyar among others were present on the occasion.

DC Ramban reviews I-day arrangements, preparedness for 'Mitti Yatra'

JJ NEWS SERVICE

RAMBAN, July 25: Deputy Commissioner (DC), Ramban, Musarrat Islam today chaired a high-level meeting to discuss the arrangements for Independence Day, 2023 celebration in the district.

Additional District Development Commissioner, Rajinder Sharma; Addl. Deputy Commissioner, Harbans Lal; Addl. SP, Gaurav Sharma; ACR, Gias-Ul-Haq; CPO, Dr. Kasturi Lal, senior officers of the Army, CRP, IRP and other civil departments attended the meeting. The DC informed that Independence Day shall be cele-

brated under national theme 'Meri Mati Mera Desh' across the district as per guidelines issued by the Government.

It was informed that the local level programs shall also be held to pay homage to the 'Veers' who had sacrificed their lives for our future preferentially freedom fighters, defence personnel. As part of this initiative a 'Silapalalagam' will be erected at each location to pay tributes to Veers followed by flag hoisting ceremony and singing of the National Anthem. The meeting was further informed that 'MittiYatra's from Panchayats would be taken to

blocks where from it would be collected in an earthen urn for forward journey to New Delhi by a youth from each block for construction of the National Memorial at Kartavya Path. The Assistant Commissioner Development was directed to make all necessary arrangements for 'MittiYatra' in all blocks. It was decided in the meeting that the district-level function shall be organized at District Police Lines Ground, wherein the National Flag will be unfurled by the chief guest followed by a march past by the contingents of JKP, JKAP, Forest Protection Force, Army band and schools.

In the meeting, a threadbare discussion was also held on various arrangements related to the smooth conduct of the function like seating, barricading, drinking water, power supply, sanitation, fire services, security, transport, traffic regulations, illumination of government buildings and other necessary arrangements on the national day function. The DC directed district heads of all departments to ensure their presence at the Independence Day function at District Headquarters. Besides directing their subordinate officers and officials to attend national functions at their respective jurisdictions.

DDC Chairperson, DC Ganderbal inspect Muharram arrangements at Dub

JJ NEWS SERVICE



GANDERBAL, JULY 25: In order to take first hand appraisal of arrangements being put in place for holy month of Muharram, the Chairperson, District Development Council (DDC) Ganderbal, Nuzhat Ishfaq and Deputy Commissioner (DC) Ganderbal, Shyambr today visited Dub Ganderbal to review the Muharram arrangements there. On the occasion, the duo visited Imbara Dub and took stock of the availability of essential arrangements put in place for the smooth conduct of congregations and mourning processions during the Muharram-ul-Haram days. They interacted with the Imbara Intezamia Committee and enquired about the facilities available for them. The DC enquired about the facilities being put in place by various departments and locals apprised him about several issues regarding health care, street lights, sanitation, and other issues. Detailed discussions for effective management of the issues raised were held with the concerned departments. While replying to the issues, the DC said that line departments are already directed to ensure all related arrangements pertaining to their departments are put in place where main majlis and processions are held during Muharram days. Additional District Development Commissioner, Mushtaq Ahmad Simani; Tehsildar Wakura, Chief Medical Officer Ganderbal, DDC Chairperson Wakura and other concerned officials were present on the occasion.



Food Supplies Employees Association, J&K organizes Blood Donation Camp at Directorate of FCS&CA, Kashmir

DIV COM PRESIDES OVER THE EVENT, HIGHLIGHTS THE IMPORTANCE OF BLOOD DONATION

JJ NEWS SERVICE

SRINAGAR, JULY 25: Blood Donation camp organized by the Food Supplies Employees Association, J&K signifies how a community remains in unison to help each other in difficult circumstances, said Divisional Commissioner (Div. Com) Kashmir, Vijay Kumar Bidhuri.

The Div Com said this while presiding over as chief guest in a Blood Donation Camp organized by the Food Supplies Employees Association, J&K in collaboration with Department of Hematology and Transfusion Medicine, Govt. Lal Ded Hospital Srinagar at Directorate of Food Civil Supplies and Consumer Affairs (FCS&CA) department Kashmir.



He highlighted the importance of blood donation and said that it is the duty of mankind to help each other and donating blood voluntarily to help people in need is one such aspect. He acknowledged the remarkable dedication and humanitarian spirit displayed by the employees of FCS&CA and blood donors for their life-saving

contributions. Earlier, the camp was inaugurated by the Director, FCS&CA Kashmir.

Speaking on the occasion, he said that the employees of FCS&CA have been voluntarily coming forward every year to donate blood to serve humanity and save precious lives. He said this year 75 pints have been donated by the donors.

The President, Food Supplies Employees Association, J&K, Ajaz Khan said that they have been organizing the Blood Donation Camp every year on eve of Muharram-ul-Haram to facilitate blood donation to save lives. He said the Food Supplies Employees Association, J&K has been voluntarily coming forward to help people to be in the form of

donating blood, serving people in natural calamities or during Mela Kheer Bhawani, religious occasions at Dargah Hazratbal or serving Shri Amarnath ji Yatries. He said they always set up camps to serve people.

The camp saw an impressive turnout, with employees, officers and children of employees besides students from schools and colleges and outsiders participating in it and donating blood to save precious lives.

Khan expressed gratitude to all the distinguished guests, dedicated staff members of L.D Hospital, and the generous blood donors for their presence and participation, emphasizing the profound impact their contributions would have on saving lives.

DC Kathua discusses arrangements for Independence Day-2023 celebration

JJ NEWS SERVICE

KATHUA, JULY 25: Deputy Commissioner Kathua, Rakesh Minhas today chaired a meeting of officers to discuss arrangements for the celebration of Independence Day-2023.

The meeting decided that the main function of the National Day will be held at Sports Stadium, Kathua, where the VIP will unfurl the National Flag and take salute from March Past contingents comprising of Police, Army, Para Military forces, Forest, NCC, platoons of Schools, Colleges besides bands of PTIS and Army.

The DC directed Manager Sports Stadium Kathua and XEN PWD to undertake the renovation works besides arranging logistics for smooth and successful hosting of the mega event at district headquarters.

The meeting held detailed deliberations on sequencing of events wherein it was given out that the celebrations will start with playing of Sheshnai Vadan by the Information Department in the wee hours at the Deputy Commissioner Office and SSP Office Kathua.

The DC directed the concerned departments to ensure all the arrangements related to security, sanitation, seating, barricading, drinking water supply, uninterrupted electricity, prize distribution, invitation cards, transportation and illumination of important buildings on the Independence Day.

Regarding presentation of cultural programmes, the DC directed CEO Kathua to shortlist best cultural items involving a pool of school and college students depicting colourful cultural diversity of India.

The DC also emphasized on ensuring cleanliness, illumination of offices, carrying out plantation drives besides flag hoisting in all the government establishments to celebrate the nation in a befitting manner.

The DC exhorted the officers to complete all preparations well in advance so that national function could be celebrated with traditional fervor.

SPS Kathua, Shivdeep Singh, Jammu, ADC Ranjeet Singh, CPO Uttam Singh, District Officers of different departments were also present on the occasion.

Mission Shakti Kishitwar organises awareness programme

JJ NEWS SERVICE

KISHITWAR, JULY 25: The District Hub for Empowerment of Women, Mission Shakti, under the aegis of the Social Welfare Department, on Tuesday organised a mega awareness programme as part of the "Azadi Ka Amrit Mahotsav" here at AWC Hunjala, Kishitwar. The awareness programme aimed to enlighten the attendees about different women-centric schemes and initiatives that can empower and uplift women in the region. The DHEW members conducted insightful discussions on a range of schemes, including the Marriage Assistance Scheme, Tejaswini - Women Entrepreneurship Programme, Women Development Corporation, PMEGP (Prime Minister's Employment Generation Programme), BBWP (Beti Bachao Beti Padhao), Ladli Beti, Sukanya Samridhi Yojana, PMMVY (Pradhan Mantri Matru Vandana Yojana), JSY (Janani Suraksha Yojana), Widru pension, One Stop Centre (OSC), Women Helpline 181, and many others. The participants were engaged in dialogue regarding the pivotal role of women in society, emphasizing their right to live free from violence and discrimination, access the highest attainable standard of physical and mental health, receive education, achieve financial independence, and earn equal wages. Special emphasis was placed on discussing the Social Marriage Assistance Scheme (SMAS), which provides benefits to economically disadvantaged girls of marriageable age belonging to families holding either Antyodaya Anna Yojana (AAY) or Priority Household (PHH) ration cards.

At the end of the programme the grievances of the women were noted and several beneficiaries helped to get linked with SMAS, RSEIT and Pension Schemes etc.

DC B'la discusses issues related to construction of National Highway Project

Work on NH-1 project to be Expedited: DC B'la to executing agencies



JJ NEWS SERVICE

BARAMULLA, JULY 25: To discuss various issues relating to National Highway from Narbal to Baramulla and Baramulla to Uri, a meeting of all the concerned officers was today held under the chairmanship of Deputy Commissioner (DC) Baramulla, Dr Syam Singh Aggar at DC Office here. A three-hour discussion was held on the subject besides shifting of utilities and pending land acquisition cases was also discussed comprehensively.

While reviewing the progress of the Srinagar - Baramulla - Uri National Highway project, the DC asserted that the project is of strategic importance and stressed for its timely completion. On the occasion, Dr Sehrih directed the concerned executing agencies to expedite the work on the project and complete it within stipulated time frame. Collectors were also directed to complete land acquisition proceedings.

The DC also exhorted that land acquisition processes for construction and widening of the highway project be expedited. Giving deadline for cutting of trees on the National Highway, the DC directed the concerned department to ensure the completion of Cutting down of trees within two weeks.

JKNHM releases JK e-Sahaj June 2023 rankings of Public Health facilities

JJ NEWS SERVICE

SRINAGAR, JULY 25: J&K National Health Mission (JKNHM) today released ranking of Public Health facilities on Hospital Management Information System (JK e-Sahaj) for the month of June 2023.

In first phase of implementation, 578 facilities have been covered under this initiative and will be further extended to other facilities in phased manner. In the category of Associated Hospitals of Govt. Medical Colleges, the first rank has been clinched by Chest Disease Hospital Jammu followed by Jammu Psychiatric Disease Hospital, Kashmir Nursing Home Srinagar, GMC Baramulla and Govt. Lal Ded Hospital, Srinagar.

Bottom five in this category include SMHS Hospital, Srinagar, Children Hospital, Bemina Govt. Dental College, Jammu, GMC Handwara and GMC



Kathua. In the category of District Hospitals first rank has been clinched by DH Budgam followed by DH Shopian, DH Samba, Nagar Hospital, Gandhi Nagar, Jammu and DH Bandipora. Bottom five in this category include DH Kulgam, MCCCH Anantnag, JINM Hospital, Srinagar, DH Reasi and DH Ramban. In the category of Community Health Centres (CHCs), first rank has been clinched by CHC Bantihal followed by CHC Seer, CHC Sohanjana, CHC Raipora and CHC Marh. Bottom five in this category include CHC

Hospitals, CHCs and PHCs. The ranking has been done on the basis of registration, conversion of EMR (Electronic Medical Record), registration of IPD patients and Patient feedback uploaded on the portal of JK e-Sahaj for the month of June 2023, on real time basis. The detailed list of facilities is shared on NHM website. J&K Electronic System for Automation of Hospital Administration J&K (JK e-Sahaj) initiative was formally launched on 4th November 2022 as part of Jash-e-Sabhat, by the Lieutenant Governor for different types of facilities like Tertiary care, District Hospitals, Community Health Centres, Primary Health Centres and some New type PHCs. JK E-Sahaj has been integrated with Rapid Assessment System (RAS), 104 Centralised Health Helpline for out-bound calling and RCH portal of MoHFW, Govt. of India.

DC Ganderbal chairs 13th NCORD meeting

JJ NEWS SERVICE

GANDERBAL, JULY 25: The Deputy Commissioner (DC) Ganderbal, Shyamir today chaired a 13th meeting of the District-level NARCO Coordination Committee (NCORD) to review the measures taken by the enforcement agencies to curb the drug abuse and narcotic trafficking in the district. During the meeting a three-hour discussion was held on various issues pertaining to incidences of drug addiction, areas of concern and hotspots of drug use and action taken by the concerned departments with regard to curbing the menace of drugs. The DC sought realistic data from all stakeholders regarding the status of drug addiction and cultivation of restricted crops.

While reviewing the status of cultivation of cannabis in the district, he directed Tehsildars to collect the data of cannabis cultivation, drug addicts and drug suppliers in their jurisdiction taking help of patwaris, chowkidars and lumberjacks so that appropriate action is initiated accordingly. Assistant Drug Controller informed that out of total 257 retail medical shops in the district, over 70 percent of shops have installed CCTV cameras. Further about 31 percent of shops have installed computerized billing systems. The DC directed her to intensify inspection of chemist shops to restrict illegal transport, sale and distribution of psychotropic drugs and other banned substances in the district besides ensuring 100 percent installation of CCTV cameras by all medical shops and switching to computerized billing systems by all shops. The meeting also reviewed the activities carried out under Nasha Mukta Panchayat campaign in the district and concerned departments were directed to share the monthly progress report and the activities undertaken with videography and photography proof under the campaign.

GDC Kishitwar Students participate in Mathematics Training and Talent Search Program

JJ NEWS SERVICE

KISHITWAR, JULY 25: A group of six talented students from the Mathematics department, under the guidance and recommendation of Dr. Madhu Ram, Head of the Department of Mathematics, GDC Kishitwar recently participated in the esteemed 'Initiation into Mathematics (InitMath) 2023' event organized by Jammu & Kashmir Institute of Mathematical Sciences (KIMS), Srinagar, as part of the Mathematics Training and Talent Search Programme (MTTS). The event, which took place from July 10th to 18th, 2023, witnessed the students successfully completing the intensive nine-day training program and returning to the college with certificates of participation. The MTTS program is designed to nurture and develop the mathematical talent among the



young minds, providing them with an opportunity to deepen their understanding of mathematics and explore advanced mathematical concepts. Under the patronage of Dr. Jyoti Parihar, the esteemed Principal of GDC Kishitwar, the students were granted approval to participate in this prestigious event. Upon their return to the college, Dr. Jyoti

Parihar engaged the participants in a thoughtful discussion, wherein the students shared their experiences and insights gained during the MTTS event. The Principal expressed her delight with their active participation and commendable performance throughout the program. She also recognized the efforts of the Mathematics department in men-

toring and guiding the students to achieve such milestones. Impressed by the potential benefits of participating in such programs, Dr. Jyoti Parihar encouraged the students to inspire their juniors and fellow peers about the advantages of participating in similar events. She emphasized the importance of nurturing a strong mathemat-

ical foundation and applauded the students' enthusiasm in pursuing further opportunities in the field of mathematics.

The Mathematics Training and Talent Search Programme not only enhances students' problem-solving skills but also nurtures critical thinking, logical reasoning, and a deeper appreciation for the subject. It empowers students to excel in their academic pursuits and opens doors to various research and career opportunities in mathematics. GDC Kishitwar takes pride in its commitment to providing its students with enriching experiences and exposure to opportunities that foster holistic development. The institution remains dedicated to nurturing future mathematicians and scholars who will contribute significantly to the advancement of mathematics and its applications.

SWD Kishitwar organises Capacity Building Training Programme on Drug Demand Reduction

JJ NEWS SERVICE

KISHITWAR, JULY 25: Social Welfare Department Kishitwar Organised a Capacity Building training programme on Drug demand Reduction under Nasha Mukta Bharat Abhiyaan in BDO Office Gulabgarh Paddar.

The training programme was attended by the PRI Members, Anganwari Workers, Asha Workers, Teachers, Students, and Representatives from Different departments and NGOs. The Programme started with the Welcome addresses of the Tehsil Social Welfare Officer Paddar. He briefed the participants that the main objective of Capacity Building Programme is to aware the participants about the dangerous effects of substance use and to find out the ways to eradicate this menace from Society.

Resource persons briefed the participants regarding Identification, Treatment, Aftercare, Rehabilitation and Social Integration of Substance Dependents.

They informed the participants about symptoms, early signs, effects of drugs, precautionary measures and treatment facilities for drug users.

CVPPL achieves major milestone with successful launch of Tunnel Boring Machine at 1000 MW Pakal Dul HEP

JJ NEWS SERVICE

KISHITWAR, JULY 25: In a remarkable stride towards the accelerated development of the 1000 MW Pakal Dul Hydroelectric (HE) Project, the Tunnel Boring Machine was today successfully launched for the construction of Head Race Tunnel-1. The project is a joint venture of NHPC Ltd. and JKSPDC Ltd. known as Chenab Valley Power Projects Limited (CVPPL).

The launch of the Tunnel Boring Machine (TBM) was executed with precision and excellence in the presence of Hasan Nadeem, Managing Director of CVPPL, Varunjet Charak, Assistant Commissioner Revenue, Kishitwar; Sandeep Mittal,

General Manager (HQ) of CVPPL; Ramesh Mukhiya, General Manager-Hydro Operation Planning (HOP), Pakal Dul H.E. Project, and other senior officials from CVPPL and the TBM contractor, M/s L&T Ltd.

The Pakal Dul H.E. Project is a landmark initiative, and the construction of Head Race Tunnel-1 is a critical component of this venture. The twin Head Race Tunnels, measuring 9.6 km in length and 8.33 m in excavated diameter, will significantly contribute to the generation of 1000 MW of hydroelectric power. Two state-of-the-art Double Shield TBMs, apply named Marsu and Aksini, are engaged in the construction, boasting the most advanced technology manufactured by M/s Herrenknecht,

Germany. These cutting-edge TBMs have been specially designed to tackle the site's unique geological conditions and facilitate simultaneous boring and segment lining.

The successful launch of TBM-1 marks a significant milestone in the progress of the Pakal Dul H.E. Project, paving the way for the timely completion of Head Race Tunnel-1. This breakthrough achievement highlights the dedication, expertise, and determination of the entire team involved in the project. Deputy Commissioner Kishitwar, Dr. Desranh Yadav extended heartfelt congratulations to the entire team of Pakal Dul H.E. Project for their exemplary efforts in accomplishing this vital feat.

1-Day arrangement 2023 discussed at Udhampur

JJ NEWS SERVICE

UDHAMPUR, JULY 25: To discuss the arrangements for the smooth Celebration of Independence Day 2023 at District headquarters, the Deputy Commissioner Udhampur, Sachin Kumar Vaishya today convened a meeting of district officers of line departments, here in the Conference Hall, DC Complex.

Senior Superintendent of Police, Dr. Vinod Kumar, Additional Deputy Commissioner, Joginder Singh Jasrotia; SDM, Rammagar, Shishir Gupta; Chief Planning Officer, Mudassar Yaqoob Zargar; Assistant Commissioner Revenue, Rafiq Ahmed Jari, SDMs and other senior officers from Civil Administration, Police, CRPF were present in the meeting.

Detailed discussions were held on seating arrangement, barricading, security, traffic regulation, drinking water and power supply, sanitation, first-aid, PAS, fire-tenders, Magisterial duties, Refreshment, Illumination, Transport etc.

It was decided in the meeting that

the main function would be held in Government PG Degree College Boys, where the VIP would unfurl the National flag. The function would start with the Shehnaai Vadan in the morning by the Information department. It was decided in the meeting that the rehearsal will start from 5th of August 2023.

The DC stressed upon the officers of different departments to participate in the function with great zeal and enthusiasm and work in close coordination to make the National function a grand success.

The DC directed the concerned officers to put in place all the necessary arrangements well in time for the smooth and enthusiastic celebration of the National function. He called upon the officers and employees of all departments to remain present at the venue, on the day of function. It was further decided in the meeting that Contingents from District Police, SKPA, CRPF, Volunteers Home Guard, NCC and different colleges and schools would participate in the march past. Various cultural programmes reflect-

ing patriotism and rich Dogra culture would also be presented by the students on the occasion.

Executive Engineers of PWD, PHE and PDD were directed to ensure seating, barricading and drinking water arrangements, besides uninterrupted power supply at the function venue. The Chief Executive Officer, Municipality was asked to maintain cleanliness in the town as well as at the venue.

Regarding First aid arrangements, the Chief Medical Officer was directed to ensure the deployment of one ambulance along with a team of Doctors and necessary medicine till the conclusion of function. District and Traffic Police would ensure security and traffic management, the DC added. The ARTO was directed to ensure the arrangement of a sufficient number of buses so that a large number of people turn up for the Independence Day celebrations. Different committees like the Reception Committee, Illumination Committee, etc. were also constituted for the successful celebration of the national function.

NSS Unit GZMD Govt Degree College organises awareness programme

JJ NEWS SERVICE

REASI, JULY 25: NSS Unit of General Zorawar Singh Memorial Government Degree College, Reasi visited Government Primary School located in College's adopted Village Seela.

NSS Programme Officer, Prof. Ajay Kumar led the Volunteers and organized an Awareness Lecture-cum-Interaction Programme for the Students under the Community Outreach Scheme of NSS.

The Volunteers highlighted the importance of Personal Hygiene and Cleanliness in our lives.

Speaking on the occasion, Headmaster of the School, Vijay Kumar appreciated NSS volunteers for organizing the thought provoking awareness program for the village children and inculcating in them a sense of National Service and Oneness. He added that such interactions with small kids will go a long way to motivate them for higher studies.

The Volunteers also distributed biscuits among the students on the occasion. Further, they also dug holes for the trees to be planted on 26th July, 2023 under Meri Mati Mere Desh Programme to mark Kargil Vijay Diwas.

SDM Kangan reviews arrangements for Independence Day, 2023 celebration

JJ NEWS SERVICE

GANDERBAL, JULY 25: The Sub Divisional Magistrate (SDM) Kangan, Javid Ahmad today convened a meeting of concerned officers to review the arrangements being put in place by different departments for smooth celebration of Independence Day, 2023 in the subdivision.

SDM impressed upon all the officers to ensure all arrangements are made well in advance. He directed ZEO to make necessary arrangements and prepare students of schools from subdivision for cultural programs on patriotic themes and also showcase local culture on Independence Day.

He impressed upon the officers to work in coordinated manner so that all arrangements are ensured well on time.

The meeting was attended by Tehsildar Kangan Dr Haroon Rashid, Tehsildar Ganderbal kpal and officers from civil departments and from police.

Nat Sciver-Brunt is the new No. 1 batter in women's ODIs

Following their success against India, Fargana Hoque and Nahida Akter become the highest-ranked batter and bowler ever for Bangladesh in women's ODIs



MELBOURNE: Nat Sciver-Brunt's 271 runs at an average of 135.50 in the three women's Ashes ODIs has pushed her up to No. 1 - from the second spot - in the ICC rankings.

That makes it a double for Sciver-Brunt, who is also the top-ranked ODI allrounder in the world. With Sciver-Brunt moving up, Beth Mooney - 130 runs in three innings - has dropped to No. 3, with Chamari Athapaththu, who hit two centuries in the three-

12th, Dani Wyatt three spots to 18th and Ashleigh Gardner four spots to 21st on the batter rankings. Gardner also rose three spots on the bowlers' table to fifth place and two spots among allrounders to third.

Sophie Ecclestone continued to top the rankings for ODI bowlers.

Fargana and Nahida prosper after heroics against India.

The ODI series between Bangladesh and India ended in a tied century amid high drama. The key number, though, was 1-1, the scoreline, which most observers might not have expected.

Fargana Hoque was one of Bangladesh's star performers, her sequence of 27, 47 and 107 - the first ODI century by a Bangladesh woman - giving her the Player-of-the-Series award. She jumped 11 spots on the ODI batters' table as a result, getting to No. 19. She is the first woman from her country to get in the top 20 on the list.

Nahida Akter was the big mover among the bowlers, the left-arm spinner going from No. 24 to No. 19 - also the best for a Bangladesh woman cricketer. Nahida picked up six wickets in the three ODIs.

Inter Zonal District Level Tournament showcases promising Talent in Kishtwar

JJ NEWS SERVICE

KISHTWAR, JULY 25: The Inter Zonal District Level Tournament continued in Kishtwar with great enthusiasm and fervor, under the guidance of Director Youth Services & Sports, Jammu and Kashmir, Subash Chander Chibber.

The sports-tournament has been organized under the supervision of District Youth Services and Sports Officer, Karati Lal Sharma and witnessed an impressive display of skill and sportsmanship.

The competition featured the Under 17 Boys Category, where participants showcased their expertise in different disciplines such as kabaddi, kho-kho, tug of war, rope skipping, volleyball, and badminton. The exhilarating matches were held at the Chowgan Ground.

The presence of officials from the Youth Services and Sports District Kishtwar added to the prestige of the event, signifying the support given to the budding athletes. The tournament saw an outstanding turnout, with a total of 180 students hailing from different zones participating enthusiastically. Throughout the matches, their spirit, sportsmanship, and dedication were evident, creating an atmosphere of excitement and healthy competition.

The Inter Zonal District Level Tournament in District Kishtwar serves as a platform to nurture young talent, encouraging them to excel in their chosen disciplines. It promotes essential values such as teamwork, discipline, and resilience, fostering holistic development among the participants.

Kishtwar zone registered win in Kabaddi, Kho-Kho, Volleyball, Rope Skipping and Badminton under 17 Boys and Interzonal zone registered win in Tug of War.

Football Australia plays down captain Kerr injury panic

MELBOURNE: Football Australia (FA) has sought to play down the panic over Matildas' captain Sam Kerr's calf injury. A spokesperson for FA denied that Kerr has torn her calf - an injury that would likely rule her out of the entire FIFA Women's World Cup - after a slip of the tongue from teammate Kyra Cooney-Cross. Asked about the injury that saw Kerr miss Australia's World Cup opener, Cooney-Cross sent shockwaves through Australian football, Xinhua reported. "It's unfortunate that Sam tore

Who is Neil Shaka Hislop, ESPN host who collapsed while going live on camera?

CALIFORNIA: Neil Shaka Hislop, a former West Ham goalie, caused a health worry when he passed out while on air prior to Sunday's friendly match between Real Madrid and AC Milan in California. 54-year-old Hislop stumbled and fell to the ground during a pre-game interview at the Rose Bowl while serving as a commentator for US broadcaster ESPN.

Dan Thomas, a colleague in broadcasting, jumped in to help the former Trinidad & Tobago international as

ESPN unexpectedly ended for a commercial.

"Shaka, my friend, isn't here, but as it stands, the news is good," Thomas informed the audience.

"He is conscious, speaking, and I believe he is rather embarrassed by the situation. He has offered numerous excuses. Not a man who enjoys attention from others. It is obviously too soon to make a diagnosis, but what matters is that Shaka is conscious and that we were able to speak with his family as well. Imagine wit-

nessing that live."

Who is Neil Shaka Hislop?

Goalkeeper Neil Shaka Hislop CM, born 22 February 1969, is a retired football player. He played for England at the under-21 level before representing Trinidad & Tobago at the senior international level. He was born in England. He spent the majority of his career in England's top level, playing for Newcastle United, which under Kevin Keegan's first leadership placed second in the Premier League for two consecutive seasons.

OFFICE OF THE EXECUTIVE ENGINEER MECHANICAL IRRIGATION DIVISION, AKHNOOR/NOWSHERA

Tele/Fax : 01924-253998/E-Mail - ifjmidakhnoor@gmail.com

Short Notice Inviting Tender

e-NIT No.-MID/AN/50 Dated:-22/07/2023

For and on behalf of The Hon'ble Lt. Governor of Jammu and Kashmir (UT), Executive Engineer, Mechanical Irrigation Division Akhnoor/Nowshera invites e-tenders from Approved contractors/ Registered firms / Workshop owners having experience in Electromechanical Works for following jobs:-

S. No.	Name of the work	Quantity	Cost of tender document	Period of Completion	Class of contractor
01.	Restoration of 200 HP capacity three phase induction motor unit no 2 & 3 submerged due to flash flood and sudden rise in water level in river Chenab along with other allied works at LIS Ambaran.	01 Job	Rs. 200	10 Days	Registered /Reputed firms / Workshop owners having experience in Electromechanical Works

1. The bidding documents can be seen and downloaded from the website <http://www.jktenders.gov.in> from 22/7/2023 (05:00PM) to 29/7/2023 (02:00 PM). Bidding document contains instruction for bidders, bill of quantities, general terms and condition and other details.

- The Bids shall be uploaded in electronic format on the website <http://www.jktenders.gov.in> from 24/7/2023(10:00AM) to 29/7/2023 (02:00 PM).
- The complete bidding process will be through electronic mode.
- A pre-bid meeting will be held on 24/7/2023 (11:00 AM) in the Office of the Executive Engineer, Mechanical Irrigation Division Akhnoor /Nowshera to address any queries from the firms.
- Cover-1 of the bids uploaded on the website up to due date and time will be opened on 31/7/2023 (1:00PM) in the Office of the Executive Engineer, Mechanical Irrigation Division Akhnoor / Nowshera in the presence of the bidders who wish to attend. If the office happens to be closed on the date of opening of the bids as specified, the bids will be opened on the next working day at the same time and venue.

2. As per the Govt. Order No. O.M. No. A/24(2017)-651 Dated. 07-06-2018.

- Furnishing of hard copies of bids immediately after submission of e-Tenders is dispensed with. The same should be obtained only from the bidders who is declared as LI after opening of Financial Bids
- The cost of the tenders should be collected by introducing e-challan by simply uploading a copy of necessary treasury challan/Receipt.
- Other details can be seen in the bidding document.
- The guidelines regarding submission of bid in electronic mode can be downloaded from website <http://www.jktenders.gov.in>
- The bidders shall go through the tender specific instructions sheet also.
- The bidders for any clarification can contact the department through e-mail ifjmidakhnoor@gmail.com.

No: - MID/AN/640-44

Dated:-22-07-2023

DIP/J-5692/23

-Sd/-
Executive Engineer
Mechanical Irrigation Division
Akhnoor/Nowshera

OFFICE OF THE EXECUTIVE ENGINEER MECHANICAL IRRIGATION DIVISION, AKHNOOR/NOWSHERA

Tele/Fax : 01924-253998/E-Mail - ifjmidakhnoor@gmail.com

Notice Inviting Tender

e-NIT No.:- MID/AN/51 Dated:-24/07/2023

For and on behalf of The Hon'ble Lt. Governor of Jammu and Kashmir (UT), Executive Engineer, Mechanical Irrigation Division Akhnoor/Nowshera invites e-tenders from Approved contractors/ Registered firms / Workshop owners having experience in Electromechanical Works for following jobs:-

S. No.	Name of the work	Quantity	Cost of tender document	Period of Completion	Class of contractor
01.	Replacement by providing/fitting, installation, testing and commissioning of 4 cusec discharge 26 mtr head H.C pump coupled with suitable rating induction Motor with all other allied works at LIS Trooti.	01 Job	Rs. 500	60 Days	Registered /Reputed firms / Workshop owners having experience in Electromechanical Works

1. The bidding documents can be seen and downloaded from the website <http://www.jktenders.gov.in> from 24/07/2023 (05:00PM) to 14/8/2023 (02:00 PM). Bidding document contains instruction for bidders, bill of quantities, general terms and condition and other details.

- The Bids shall be uploaded in electronic format on the website <http://www.jktenders.gov.in> from 30/7/2023 (10:00AM) to 14/08/2023 (02:00 PM).
- The complete bidding process will be through electronic mode.
- A pre-bid meeting will be held on 26/7/2023 (11:30 AM) in the Office of the Executive Engineer, Mechanical Irrigation Division Akhnoor / Nowshera to address any queries from the firms.
- Cover-1 of the bids uploaded on the website up to due date and time will be opened on 16/8/2023(1:00PM) in the Office of the Executive Engineer, Mechanical Irrigation Division Akhnoor / Nowshera in the presence of the bidders who wish to attend. If the office happens to be closed on the date of opening of the bids as specified, the bids will be opened on the next working day at the same time and venue.

2. As per the Govt. Order No. O.M. No. A/24(2017)-651 Dated. 07-06-2018.

- Furnishing of hard copies of bids immediately after submission of e-Tenders is dispensed with. The same should be obtained only from the bidders who is declared as LI after opening of Financial Bids
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No: - MID/AN/647-51

Dated:-24-07-2023

DIP/J-5690/23

-Sd/-
Executive Engineer
Mechanical Irrigation Division
Akhnoor/Nowshera

Chief Secretary chairs UIDIC Meeting for 100% Aadhaar enrollment

Urges for activation of all the centres and optimum utilization of gadgets

J1 NEWS SERVICE

SRINAGAR, JULY 25: Chief Secretary, Dr Arun Kumar Mehta today impressed upon all the concerned Departments to ensure 100 percent Aadhaar registration of individuals by activating all the enrollment centres run by them and optimum utilization of available gadgets.

He made the directions while chairing a meeting of the Unique Identification Implementation Committee (UIDIC) here at Civil Secretariat.

The meeting was attended by Administrative Secretaries, officials from UIDAI, Divisional Commissioners Kashmir/Jammu and representatives from various government departments.

Commissioner Secretary, II, Prerna Puri, commenced the proceedings by presenting an overview of the Aadhaar situation in Jammu and Kashmir. It was reported that till date, 121,96,367 Aadhaar numbers have been generated, resulting in a saturation of over 90 percent population in the UT.

A breakdown of Aadhaar saturation for different age groups was also given out which include 0-5 years: 60.70%, 5-18 years: 89.2% and above 18 years: 92.4%.

Despite the positive progress, concerns were raised about lagging behind the national average in the 0-5 years age group.

The meeting focused on the urgent need



for document updation by residents who have not updated their Aadhaar details in the last 10 years. In this context, the Unique Identification Authority of India (UIDAI) has disseminated pamphlets and posters across all blocks of Jammu and Kashmir to raise awareness regarding document updation.

An action plan was devised during the meeting to address the challenges and expedite the Aadhaar registration process which includes preparation of Schooling and class-wise lists of children requiring Mandatory Biometric Updates (MBUs) roster for the movement of MBU kits in the schools, besides roping in Health and ICDS for the enrollment of

children in the age group of 0-5 years.

Dr Mehta called upon Deputy Director General UIDAI, Regional Office Chandigarh, that awareness campaigns be conducted by the School Education Department at all locations, besides efforts to increase the turnout in schools.

Regarding the availability of functional Aadhaar centres, it was reported that 780 permanent centres and 450 mobile tablets are operational throughout the UT. The Chief Secretary urged for activation of all these centres and optimum utilization of their resources in order to bridge the gap between the actual population and registrations made so far.

In an effort to cover all school students

under Aadhaar registration, Dr Mehta directed concerned officers to ensure that 100 percent of students in schools, including those not yet registered under Aadhaar, are included within the next six months. He also emphasized on the importance of registering for Aadhaar during births, whether in government-run or private hospitals in order to saturate it on real time basis.

Furthermore, the Chief Secretary urged all officers involved to raise awareness about the Aadhaar updation process by ensuring 100 percent functionality of all Aadhaar centres.

The meeting also highlighted the approval of proposals under the Aadhaar Authentication for Good Governance (Social Welfare, Innovation, Knowledge) Rules, 2020. Some of the approved proposals include the eKYC registration of Yatris by Shri Amarnath ji Shrine Board at all counters across J&K, authentication of applicants for property-related documents by the Department of Registration, DBI linked beneficiary oriented schemes and authentication of applicants for Domicile Certificates by the Revenue Department.

Dr Mehta reaffirmed that with the comprehensive plan in place and the commitment of all stakeholders, Jammu and Kashmir aims to achieve full Aadhaar registration, ensuring seamless services and enhancement in quality governance for its citizens.

Joint Director YSS felicitates Jiya Manhas for bagging 1st Position at Moscow Wushu C'ship

J1 NEWS SERVICE

JAMMU, JULY 25: Joint Director Youth Services and Sports Jammu, Suram Chand Sharma today felicitated young Wushu star Jiya Manhas for securing First Position in International Wushu Championship recently concluded at Moscow, Russia.

Jiya has earlier played in a few National level competitions and National women's league in the U-14 thirty six Kg category.

The Wushu player was honored on the occasion of Inter-Dist Division Level tournament for selection of Divisional level Team (Girls) U-14 & U-17 for Subroto Cup where Girls from Poonch district entered the UT level competitions to be held shortly.

Speaking on the occasion, Suram Sharma congratulated Jiya Manhas for her achievement in Wushu and appreciated her hard work in acquiring perfection in the event. He also lauded the role of her parents who motivated and encouraged her to participate in games. He also urged for a vigorous campaign against drug addiction.

NCC Cadets of PSPS GCW Gandhinagar accorded warm Farewell

J1 NEWS SERVICE

JAMMU, JULY 25: The NCC wings of Padma Shri Padma Sachdev Government College for Women proudly had heartfelt farewell to its outstanding cadets who have completed their tenure with the organization.

A momentous occasion, the Farewell Ceremony- 2023 commenced with the lighting of the traditional lamp followed by a motivational address by the College Principal Prof. Minu Mahajan-the Chief Guest on the occasion.

The Farewell Ceremony served as a tribute to the relentless efforts and indomitable spirit of Senior Cadets of 21&K Girls Bn.NCC, Jammu; 11&K Girls Bn.NCC (Srinagar) and 11&K Naval (Srinagar) who served as beacons of inspiration for their peers.

Aarohan - the newsletter of NCC was released on this occasion which showcases the unwavering dedication of cadets in honing their leadership skills and commitment to social causes and exemplified the true spirit of nation-building.

A moment of pride and a bittersweet experience was graced by the Senior faculty members, ANO's-Lt. Dr.Revika Arora; SLT. Dr. Neelima Gupta; Lt. Prof. Suman Bala; Prof. Poonam (C/T) and NCC alumni who have etched their mark in various fields.

An opportunity for the outgoing cadets to reflect on their memorable journey within the NCC and the lifelong friendships they have forged was made special with a cultural Bonanza presented by juniors, a series of inspiring speeches, heartwarming anecdotes, and presentations showcasing the remarkable achievements of the outgoing cadets. The programme concluded with the presentation of mementos as a token of love and the cake cutting ceremony.

Lakhanpur: JKAACL organises Bhajan Sandhya for Amarnath Yatris



J1 NEWS SERVICE

KATHUA, JULY 25: In an initiative to showcase the local culture and heritage to Amarnath Yatris entering Jammu Kashmir through road, the Sub-Office Kathua of J&K Academy of Art, Culture and Languages, in collaboration with District Information Centre Kathua, organised a 'Bhajan Sandhya' at Lakhanpur Felicitation Centre.

The cultural performances were witnessed by a large number of pilgrims who thronged the venue to enjoy the soulful presentations by the local artists. The programme was organised under the guidance of J&K Academy of Art Culture and Languages, Bharat Singh.

The programme started with the mesmerising singing of Rakesh Kumar and party of Kathua, who enthralled everyone with their awe-struck performance through Dogri and Punjabi Bhajans. This was followed by the Dogri and Hindi Bhajans by Neelam Gandotra and the party from Basohli. The exceptional musical presentation of Naleem added to the spiritual ambience.

The evening culminated with the Nukkad Natak 'Maine Jeena Hai' based on a theme of drugs and presented by Narm Sargam Cultural and Social Group, Vijaypur. The play showcased how the drug-menace is ruining the generations and thus crippling the developing nations and pushing generations to death, devastation and destruction.

The play also unfolded a series of incidents where people are influenced by drugs, alcohol and other intoxications which create hell for themselves as well as for their loved-ones. Many precious lives are being charred in this fire of drug menace which is to be fought untidily. The play has tried to make a strong appeal to save mankind from this biggest drug menace.

Chairperson DDC B'la, DC B'la lay foundation Stone of Prestigious Project at Wagoora

Rs. 5.84 Crore Project started under Comprehensive Plan for Flood Management Works on River Jhelum & its Tributaries

J1 NEWS SERVICE

BARAMULLA, JULY 25: In a significant development to protect flood-prone areas of Baramulla, Chairperson District Development Council (DDC) Baramulla, Saleena Beigh accompanied by Deputy Commissioner (DC) Baramulla, Dr Syed Shrish Asgar today laid a foundation stone of prestigious project under "Comprehensive Plan for Flood Management Works on River Jhelum and its Tributaries at Wagoora."

The much awaited and prestigious project is being constructed at an estimated cost of Rs. 5.84 Crores



under FMP Phase-II Part-A with I&C Division Sopore as an executing agency. The project will safeguard various Nallahs including Nigli, Gundari, Bakul, Fashar, Khursi and Pohru of Baramulla district. Incharge Chief Engineer, Irrigation and Flood Control, Kashmir, Mohammad Salim Malik, Superintending Engineer Hydraulic Baramulla/Bandipora-Headquarter, Sopore, Mohammad Hanief besides other concerned dignitaries were on

the occasion. After laying the foundation stone, the Chairperson, DDC Baramulla highlighted the significance of the prestigious project and asserted that the project is a step towards flood management aiming to protect flood-prone areas of the district.

Saleena Beigh informed that the project comprises various components, including improvement in the discharge carrying capacity of river Jhelum, bank and toe protection works, raising of bunds and embankments, and re-securing and channel improvement of the rivers.

With regard to the proj-

ADDC inaugurates Blood Donation Camp organised by JKYP at Covid Care Centre Pulwama

Describes the activity as part of common humanitarian cause

J1 NEWS SERVICE

SRINAGAR, JULY 25: The Additional District Development Commissioner (ADDC) Pulwama, Sheikh Abdul Aziz Tuesday inaugurated a Blood Donation camp organised by JKYP Yateem Foundation (JKYP) in collaboration with District Hospital Pulwama at Covid Care Centre in Pulwama.

Scores of JKYP volunteers and well-wishers participated enthusiastically and donated blood units.

ADDC described the event as a very useful and timely activity particularly during the ongoing holy Muharram ul Haram. He enjoined upon the people to regularly donate blood to save the precious human lives.

Sheikh Aziz also highlighted the lead role of JKYP being for upliftment and rehabilitation of the poor, needy and destitute. Speaking on the occasion, Senior JKYP volunteer Mohammad Abdullah Ahangar urged the people from all sections, irrespec-

tive of status, caste, creed, colour and religion to join hands with the J&K Yateem Foundation for the common humanitarian cause.

The event evoked enthusiastic response from the locals who pledged to be the blood donors regularly to help the needy people.

JKYP District Representative, Mohammad Amin Bhat introduced the blood donation programme and highlighted the importance of donating blood to save human lives.

JKTPO showcases Rich Heritage at India GI Fair 2023

J1 NEWS SERVICE

NOIDA, JULY 24: The Jammu and Kashmir Trade Promotion Organization (JKTPO) under the aegis of Industries & Commerce Department, J&K proudly participated in the prestigious India GI Fair 2023 organized by Export Promotion Council of Handicrafts (EPCH) for showcasing the exquisite and diverse Geographical Indications (GI) products from the enchanting region of Jammu and Kashmir.

The event took place at India Export Mart Greater Noida which attracted domestic & international buyers, visitors, traders, and enthusiasts from across India and abroad.

In tune with the overarching vision of Government of Jammu & Kashmir led by Lieutenant Governor Shri Manoj Sinha to enhance access to markets and to

SEALED BIG TICKET DEALS WITH INTERNATIONAL BUYERS



boost exports of niche products of J&K, JKTPO is participating in Global and domestic exhibition, buyer-seller meets, trade fairs and other prominent platforms.

The India GI Fair is a flagship event that aims to celebrate and promote the unique cultural heritage, craftsmanship, and traditional expertise that different regions in India have to offer.

With Jammu and Kashmir being a treasure trove of ancient traditions and indigenous practices, the participation of traders from J&K in this event played a crucial role in highlighting the UT's exceptional GI products.

The event witnessed an impressive display of a wide range of GI-registered products like Hand-knotted Silk Carpets,

Kani Shawls, Pashmina Shawls, Sozni, Safon, Basohli Painting and Basmati.

With national and international buyers in attendance, the fair facilitated fruitful business interactions and paved the way for expanding market opportunities. The platform resulted in generation of more than 500 business leads and on spot retail sales of INR 25 lakh by J&K exhibitors.

The highlight of the fair was a prominent deal in Pashmina, where our exhibitors Ajaz Ahmad Malik & Irfan Amin both hailing from Srinagar closed deals worth INR 70 lakh with buyers from Kuwait and Oman. The deal pertains to Pashmina Ramaal, a traditional headscarf highly regarded in GCC countries.

Commissioner Secretary Industries & Commerce, Vikramjit Singh congratulated the exhibitors for their efforts and expressed his delight and gratitude at the overwhelming support received during the fair.

He said that the government shall continue to organize and participate in such unique platforms for our region's distinct products, creating pathways for economic growth and promoting the rich cultural heritage of Jammu and Kashmir on the global stage.

The successful deals reflect the growing demand and appreciation for our region's distinct products, creating pathways for economic growth and promoting the rich cultural heritage of Jammu and Kashmir on the global stage.

DC Kulgam inaugurates three day's distribution cum fitment camp for children with special needs

AID, APPLIANCES DISTRIBUTED AMONG DIFFERENTLY-ABLED CHILDREN

J1 NEWS SERVICE

KULGAM, JULY 25: Chief Education Officer Kulgam in Collaboration with ALIMCO under the banner of Samagra Shiksha organized a three days distribution cum fitment camp for children with special needs at Kulgam.

This camp was inaugurated by the Deputy Commissioner (DC) Kulgam, Dr. Bilal Mohi-Ud-Din Bhat. While interacting with these specially-abled children, the DC said that administration is committed towards welfare and upliftment of specially-abled persons.

During the camp, 350 differently-abled children were provided relevant aids and appliances as per need already assessed by a team of professionals and experts from ALIMCO in the previous assessment camp organized w.e.f 28/10/2022 to 30/10/2022.

The aids and appliances provided include Tricycle conventional, wheel chairs, CP Chairs, MR kits, Digital type hearing aids, Brail kits, Sugumya, Smart phones, Crutch elbow adjustable and other appliances for visually impaired students.

Present on the occasion were CEO Kulgam, Mushtaq Ahmad Qadri; ZEO Ataa Mohammad and other officers.