



# JINDRAH IMAGES



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## Thank you rail minister: Dr Jitendra after orders for 'Jammu Mail' stoppage at "Chhan Rorian" passed within 3 hrs

JNEWS SERVICE  
JAMMU, JULY 27

Stating that within three hours of the request made seeking stoppage of "Jammu Mail" at "Chhan Rorian", in view of the road traffic disruption due to damaged bridge on Tarnah Nallah in Kathua district, Union Minister Dr Jitendra Singh termed it as a striking example of the sensitivity with which Prime Minister Narendra Modi led government responds to people's genuine concerns.

"A striking example of the sensitivity with which PM @NarendraModi's government responds to people's genuine con-



cerns!" Dr Singh Tweeted.

He wrote on Twitter, "Within 3 hours of the request made, orders have been issued for the stoppage of the Jammu Mail Train No. 14033/14034 at "Chhan Rorian", in view of the road traffic disruption due to damaged bridge

Tarnah Nallah bridge in Kathua district of Jammu and Kashmir on Jammu-Pathankot national highway, Dr Singh dashed a letter to the Railway Minister requesting him to pass instructions for stoppage of 'Jammu Mail' at Chhan Rorian Railway Station of the district.

Notably, the bridge on Tarnah Nallah near Dayalakh suffered damages due to overflowing of the Ujh River on July 19.

In a letter addressed to the Railway Minister Ashwini Vaishnaw, Dr Singh had requested that it may be addressed urgently in view of the fact that alternative national highway road in the region has got suddenly been disrupted

because of the collapse of road bridge on Tarnah Nallah due to the current flash floods.

"Since the people of the region are facing gross inconvenience, the decision to order Railway stop at Chhan Rorian, even though temporarily for the time being, will go a long way in mitigating their suffering till the damaged road bridge is restored," the letter read.

"May I also mention here for your kind reference that the Jammu Mail Train stop at this same station of 'Chhan Rorian' existed earlier also before the onset of COVID pandemic," Dr. Singh mentioned in the letter.

## Woman killed in house collapse in Udhampur, footbridge washed away in Doda amid heavy rains

JNEWS SERVICE  
JAMMU, JUL 28

A woman was killed when her mud house collapsed due to heavy rains in Jammu and Kashmir's Udhampur district on Friday, officials said.

Heavy rains lashed several districts of Jammu region resulting in a footbridge being washed away in a flash flood in Doda and the roof of another house collapsing in Poonch district, they said.

A link road connecting Rajouri, Reasi and Ramban district was on Friday closed due to a massive landslide following heavy rainfall in the area, they said.

Due to heavy rains, a mud house collapsed in Ramnagar area of Udhampur district, in which one woman was killed and three others escaped unhurt, they said. The body of the woman was recovered.

Heavy rains lashed Doda, Kishtwar, Ramban, Udhampur, Kathua, Samba, Poonch, Reasi, Jammu and



and Rajouri districts triggered flash floods, they said.

In Doda, a footbridge was washed away in flash flood in Kaljugasar area of Gandoh, they said.

Similarly, a roof of a house collapsed in Mendhar with a narrow escape for three members, they said.

There was a major landslide in Chasana area of Reasi district, blocking Budhal-Reasi road, they said. An advisory has been issued asking people not to travel on the road till it is restored, they said.

The road connects Rajouri with Reasi and Ramban districts via Mahore and Gaur areas.

Heavy traffic jam was witnessed on the Jammu-Pathankot highway and there was a long queue of vehicles at Lakhampur, the gateway of Jammu and Kashmir.

Truck drivers said they were facing massive jams for the past few days after damage to the Taranah bridge and traffic was diverted to the link road of Hirnagar. Flash floods caused severe damage to the bridge on the Tarnah nallah prompting authorities to shut it last week.

Water levels in several rivers including Tawi, Chenab, Basantar and Ujh are rising due to heavy rains in hilly areas, they said.

## Chief Secretary launches artificial intelligence framework of J&K

JNEWS SERVICE  
SRINAGAR, JULY 28

In a momentous stride towards fostering technological progress and socio-economic development in J&K, Chief Secretary, Dr. Arun Kumar Mehta launched the Artificial Intelligence Framework of Jammu and Kashmir as part of Digital J&K Mission.

Commissioner Secretary, Information Technology, Prema Pari, Director Information, Minga Sherpa; Additional Secretary, Information Technology Department and other senior officers of the department were present on the occasion.

Speaking after the launch, the Chief Secretary said that this pioneering framework sets a precedent in Jammu and Kashmir with an objective of harnessing transformative potential of Artificial Intelligence (AI) in various sectors and elevate the lives of the citizens here.



He added that unveiling of AI Framework marks a defining milestone in our vision to embrace cutting-edge technologies and enhance governance, public services, and economic growth which is one of the remarkable achievements in last couple of years.

Highlighting that the J&K has shown phenomenal growth in IT services, Dr. Mehta said that standout transformation is being witnessed across Jammu and Kashmir with the initiation of Digital J&K Mission. More than

602 services are being provided to citizens through online mode. He remarked that J&K has been ranked number one amongst the all Union Territories in NeSDA rankings of DARPG which reflects the improvement in the overall governance system across Jammu and Kashmir with the help of digital technologies.

The Chief Secretary further said that the Governance system in J&K has been transformed from the Panchayat level upto the

## Woman killed after being hit by truck in Ramban

JNEWS SERVICE  
JAMMU, JUL 28

A woman died allegedly after being hit by a speeding truck on Jammu-Srinagar national highway in Jammu and Kashmir's Ramban district on Thursday, officials said.

The incident took place at a toll plaza on the highway in Banihal, they said.

The victim was identified as Aamina Begum of Lumbar area of Banihal belt, they said.

The video of the accident also made rounds on the internet, prompting authorities to order an inquiry into it.

The Deputy Commissioner (DC) of Ramban issued an order directing authorities to probe the matter.

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## J&K govt orders minor reshuffle in administration

JNEWS SERVICE  
JAMMU, JUL 28

The Jammu and Kashmir Government on Friday ordered transfers and postings in the administration.

In the interest of administration, Gulam Jeelan Zargar, JKAS, Chief Executive Officer, Tourism Development Authority, Gulmarg, holding additional charge of the post of Managing Director, J&K Cable Car Corporation, is transferred and posted as Chief Executive Officer, Tourism Development Authority, Lolab-Bung Drangyari, with immediate effect, relieving Mr. Gulam Nabi Bhat, JKAS, Additional Deputy

CONTINUED ON ► PAGE 4

## India at forefront in taking action on biodiversity conservation, protection: PM Modi at G20 environment meet

AGENCIES  
CHENNAI, JUL 28

India has consistently been at the forefront in taking action on biodiversity conservation, protection, restoration and enrichment, and has set the bar even higher through the updated targets, Prime Minister Narendra Modi said on Friday.

Addressing the G20 Environment and Climate Sustainability Ministerial Meeting here via video conferencing, the Prime Minister said he was



proud to say that India has led the way through its ambitious "Nationally Determined Contributions."

"India achieved its installed electric capacity from non-fossil fuel sources, nine years ahead of the target of 2030.

And, we have set the bar even higher through our updated targets. Today, India is one of the top five countries in the world, in terms of installed renewable energy capacity," he said.

"We have also set a target of attaining "Net Zero" by 2070. We continue to collaborate with our partners through alliances including International Solar Alliance, CDRI, and the "Leadership Group for Industry Transition," the Prime Minister said.

India is a CONTINUED ON ► PAGE 4

### BOTTOMLINE

## Lok Sabha passes 3 bills in 30 mins amid oppn protests, house adjourned till July 31

AGENCIES  
NEW DELHI, JUL 28

Amid total chaos and bedlam in Lok Sabha on Friday, three bills were passed within minutes, which included the Mines and Minerals (Development and Regulation) Amendment Bill, 2023, which will allow private sector to bid for mining critical minerals like Lithium.

After the passage of the three bills, the Lok Sabha was adjourned for the day till July 31.

The other two bills included the National Nursing and Midwifery Commission Bill, 2023 and the National Dental Commission Bill, 2023.



Minerals (Development and Regulation) Amendment Bill, 2023, was passed after a brief discussion, the other two bills were clubbed together and passed without discussion.

Even as the opposition kept up with their protests while jumping in the well of the House, seeking Prime Minister Narendra Modi's response on Mani-

pur violence and his presence in the House, the government first introduced the IIM (Amendment) Bill and then within half an hour, three bills were passed.

Opposition members indulged in slogan shouting and termed the passing of bills despite the fact that the no-confidence motion has been moved

in the House, as "illegal" and "a fraud on the Constitution."

A fresh batch of the Congress in Lok Sabha Adhir Ranjan Chowdhury was seen gesticulating angrily from his seat, even as Sonia Gandhi watched the chaotic scenes quietly from her seat.

Coal, Mines and Parliamentary Affairs Minister Pralhad Joshi while piloting the Mines and Minerals (Development and Regulation) Amendment Bill, 2023, called it as a "game changer."

Interestingly, as noisy protesters by opposition members continued, both Joshi and Health Minister Mansukh Mandaviya went to the back benches, when

### Amarnath Yatra

## Over 2,100 pilgrims leave for twin base camps from Jammu

JNEWS SERVICE  
JAMMU, JUL 28

A fresh batch of 2,100 pilgrims left Jammu city for the twin base camps in the valley to join the Amarnath Yatra on Friday, officials said.

The 62-day annual pilgrimage to the 3,880-metre-high holy cave shrine of Amarnath in the south Kashmir Himalayas commenced from the twin tracks – the traditional 48-km Nuanwan-Pahalgal route in Anantnag and the shorter 14-km Baltal route in the Ganderbal – on July 1.

A total of 2,155 pilgrims, including 1,660 men and 443 women, left for Baltal in a convoy of 37 vehicles, 1,402 pilgrims left for Pahalgal in 58

## 2 amarnath pilgrims among 3 injured in accident in Ramban

JNEWS SERVICE  
RAMBAN, JAMMU, JULY 28

Three persons, including two pilgrims, got injured on Friday when an escort vehicle of an Amarnath Yatra convoy skidded off a highway in Ramban district, officials said.

The accident took place on the Jammu-Srinagar National Highway in the Gangroo area, they added.

The vehicle was part of the Amarnath convoy to the Baltal basecamp, the officials said.

Two pilgrims—Adarsh Kumar, Manju Sharma and driver Ankush Sharma suffered minor injuries, they said.

While 753 pilgrims left for Baltal in a convoy of 37 vehicles, 1,402 pilgrims left for Pahalgal in 58

## Security forces recover nearly 9 Kg narcotics along LoC in Rajouri

JNEWS SERVICE  
JAMMU, JUL 28

Security forces on Friday recovered nearly nine kilograms of narcotics along the Line of Control (LoC) in Jammu and Kashmir's Rajouri district, officials said.

The Army, along with the police and the BSF, launched a massive search operation in the Jhangar area of Nowshera sub-division near the LoC following specific intelligence information, Senior Superintendent of Police, Rajouri, Amritpal Singh said.

During the operation, five packets carrying narcotics that weighed 8.960 kilograms were

### Bollywood needs to visit Kashmir again to explore its beauty: Vivek A Mishra



J I NEWS SERVICE

**SRINAGAR, JUL 28:** Bollywood actor Vivek Anand Mishra on Friday said that the film industry needs to visit back to the enchanting Kashmir valley to explore its beauty.

"I visited Bhaderwah district in 2017 with one of my directors when he was shooting for a film there. I was mesmerized by the beauty of the J&K region. Later, I shot my film there," he said while addressing a press conference in Srinagar to promote his upcoming film 'Lafzon Mein Pyaar'.

He said that he always loved to visit the mountains. "I was mesmerized by the beauty of Kashmir once I landed in Srinagar yesterday. I believe that Bollywood filmmakers need to come back to Kashmir and explore the amazing locations and beauty to shoot here," he said.

Mishra said that it would be a

dream come true for him to shoot in Kashmir. "Who wouldn't love to shoot here. Everything is perfect here. There are no artificial things and in fact, we don't need to make a set as well like we do at other places," he said.

He added that more films will bring more tourism and employment to the valley.

Mishra started his career with the show Manda Har Yug as a lead actor which was telecasted in Doordarshan. He is best known for playing the character Of Vidyaagar Ji Maharaj in blockbuster film Antaryatri Mahapurush. He has also done many films like Secrets of Love opposite Ravi Kisan and worked in the famous TV show Radha Krishna as Bhairav. His few works are also in the pipeline.

Vivek's co-star Anchal Agnihotri said that she admires the local talent of Kashmir. "I have worked with

artists like Waqar Khan and Kabul Bukhari, both are wonderful humans and artists too," she said.

She said that she feels fortunate enough to have shot a few songs in the valley. "I have visited Kashmir earlier too and shot a few songs in Pahalgam," she said.

Bollywood actor of film 'Haider' fame Lalit Parimoo said that he is holding a workshop next month for the Kashmiri students who want to explore the field of acting.

"We are doing it from 21st to 27th August at Tagore Hall, Srinagar. We wanted to nourish their raw talent and guide them how to make an entry into the film industry," he said.

Kashmiri musician Kabul Bukhari said that it is good to promote a Bollywood film in his own motherland. "I have composed and sung the songs and ghazals of the film. I believe that this film needs to be promoted, which has been shot in J&K," he said.

Film 'Lafzon Mein Pyaar' released in J&K is scheduled to be shot on 4th August in the multiplexes of Srinagar and Jammu.

The film has been directed by Dhiraj Mishra and Raja Randeep Giri and it has been produced and lyrics by Ashok Sawhny "Sahil".

The film is a musical love story which involves family drama as well.

The film also features actors such as Anita Raj, Zarina Wahab, Prashant Rai, Sarwar Mir, Vaani Dogra, Megha Joshi, Malama Gupta, Sachin Bhandari, Ismille Choudhary, and Avinash Kumar, among others.

### MAJDOOR DASTKAAR UNION JKUT JOINS LJP (R)

## Malik demands rehabilitating poor affected Rehri and Khokha owners

J I NEWS SERVICE

**JAMMU, JUL 28:** Parshottam Manyal State President Majdoor Dastkaar Union JKUT along with office bearers today joined Lok Jan Shakti Party (Ramvilas) in Jammu under the leadership of Lok Jan Shakti Party (Ramvilas) J&K President Rafiq Malik.

Those who joined today include Pappu Ram, Mohan Lal, B. B. I. I. U. Ram, Baburam, Ravinder Kumar, Mukesh Kumar, Ashok Kumar, Mohd Iqbal, Chand Mohan, Birbal, Om Prakash, Jia Lal, Devi Das, Ravi Kumar, Raj Kumar, Sham Lal, Shaabeer, Tirok, Babu Kumar.

Welcoming new entrants into the party fold, Malik slammed Jammu Development Authority (JDA) for not rehabilitating affected Rehri and Khokha owners at Transport Nagar, Narwal. He said that aggrieved Rehri and Khokha owners, who were dislocated during a demolition drive conducted by JDA which had assured for rehabilitating the poor affected Rehri and Khokha owners at the earliest, but till date JDA has not taken any initiative in this regard,



he added. Malik said that aggrieved shopkeepers and Khokha owners were working in Narwal for last 25 years and had no other place to carry out their business.

He urged JDA authorities for formulating a permanent rehabilitation policy for permanent settlement of the shopkeepers, and vehicle owners," he said.

Malik further said that JMC should have developed Transport Nagar under the Smart City Project. The roads, lanes, shops, workshops, and parking slots have no cleanliness, no black topping of the road, no drainage system, drinking water facility or rest house for the transporters," he said. He said

that the JMC has completely collapsed and the flagship Smart City Project has grounded before its take up in Jammu City. "There is no foothold, no medical center, no patrolling of the police despite repeated theft incidents in Transport Nagar and dozens of complaints from the shopkeepers, and vehicle owners," he said.

Truckers are the major link as a lifeline between Jammu, Kashmir, Ladakh and rest of the county yet they are forced to face problems with no arrangement of drinking water, medical care, and subsidized ration enroute to the Jammu Srinagar, and Jammu Pathankot Highway," he said.

Prominent among those present on the occasion include Rajiv Gorka State President Legal Cell and Chief Advisor JKUT, Mahraj Krishan Bhat State President Migrant Cell JKUT, Mulkh Raj State President SC Cell, RP Singh State General Secretary JKUT, Pimpal Kumar, Neha Bhagat State President Mahilla Wing, Nirmal State General Secretary Mahilla Wing, Jyoti Sharma, Ajay Raina State Secretary Labour Cell, Kishore Kumar State Vice President Majdoor Dastkar Union, Shabbaz Malik State General Secretary, Satpal Choudhary General Secretary Majdoor Dastkar

## Muharram procession, G20 meet, tourist influx testifies normalcy in J&K: Raman Suri

J I NEWS SERVICE

**JAMMU, JUL 28:** "Restoration of traditional route of Muharram procession from Guru Bazar to Dalgate in Srinagar after a span of 34 years by Shia community coupled with record breaking Shri Amarnath Ji pilgrimage and heavy influx of tourists during summers is testimony to peace dawning in Kashmir valley. This normalcy, wherein people of all faiths and communities are carrying out their social and religious obligations peacefully, was missing from the canvas of Kashmir and now that everything is falling in its right place, it is a matter of great satisfaction and pride for all".

This was said by Bharatiya Janata Party (BJP) J&K Executive Member Raman Suri, who added that the BJP government under the dynamic leadership of Prime Minister Narendra Modi at the Centre has been working hard to give the people



of Jammu and Kashmir a level-playing field and is ensuring that nothing comes in between J&K's prosperity. This hard work has now started bearing the desired fruits. Today, people can celebrate their festivals, take out religious processions, carry out pilgrimages safely and visit remote areas of the valley as tourists while contributing into the economy of the region, Raman Suri said.

Now, when Srinagar witnessed a peaceful Muharram procession and that too on its traditional route after 34 years, G20 meet went on successfully, tourists are continuing to arrive unabatedly and Shri Amarnath Ji pil-

grimage is beating all previous records, governments efforts in giving people an atmosphere of peace and prosperity are clearly visible. Raman Suri said, the credit for all this besides massive development goes to the people who are cooperating, security forces who are guarding our borders, Jammu and Kashmir police which is instilling a sense of confidence amongst the masses and Lieutenant Governor Manoj Sinha's administration for initiating measures to help people come out of fear and lead a normal life.

Raman Suri said that Kashmir Valley, which was dominated by strikes, stone pelting incidents and protests is today witnessing youngsters thronging to aesthetically-developed streets for shopping, taking up higher studies to achieve their goals, opening start-ups, vlogging on Kashmir's beauty and infrastructure besides looking beyond stress and striving to make their future

bright and contribute to their personal, their family's as well as nation's economy. This change is for good and is going to make Kashmir blink on international forums in different fields.

Raman Suri said, the Shia community mourns tout out processions both in Kashmir as well as Jammu peacefully in their traditional way. The community members recognised LG administration's efforts in restoring peace in the Valley wherein religious processions could be taken out as per traditions and this is not only historic but a huge milestone in achieving desired results of bringing peace in the region. He hoped that people will appreciate all this and keep cooperating till Kashmir witnesses its old golden era, when world used to descend there to appreciate the geography, traditions, culture and rich craftsmanship of artisans of the Valley.

## NSS Unit of GDC Hiranagar organizes plantation drive



J I NEWS SERVICE

**JAMMU, JUL 28:** The National Service Scheme (NSS) Unit CHESHTA of GDC Hiranagar organized a remarkable plantation drive under the banner of MERI MATI MERA DESH at the historic Jasmarghar Fort in Hiranagar.

Highly motivated team consisting of Naresh, Manohar, Parshottam, Arun, Sohan Lal, and Ram Kumar diligently dug, 75 pits to ensure the successful planting of a variety of saplings. The event saw an overwhelming participation from enthusiastic forty NSS volunteers.

The assortment of

saplings included Neem, Gulmohar, Arjan, Peepal, Guava, and Sukhchirin, carefully selected to promote biodiversity and ecological balance in the region.

The Kali Mata Mandir administration played a crucial role in facilitating the plantation drive, highlighting the spirit of com-

munity collaboration and shared responsibility towards preserving nature's bounty.

The whole event was spearheaded by NSS Program Officer, Prof. Ajay, who stated that the NSS unit CHESHTA is committed to promoting ecological awareness and sustainable practices among the youth, and this event is just one step towards a greener, healthier future for our nation. Dr. Pragya Khanna, the esteemed Principal of GDC Hiranagar, extended her invaluable support and guidance, emphasizing the significance of such initiatives in building a sustainable ecosystem.

Among the NSS team members, Prof. Rakesh, Prof. Manoj, and Dr. Usha contributed significantly to the success of the event, motivating and guiding the volunteers throughout the process.

## GCOE Organised Plantation drive under the banner of "Meri Mati Mera Desh"

J I NEWS SERVICE

**JAMMU, JUL 28:** NSS unit of Govt. College of Education, Jammu organized A Plantation drive at village Pali of Bari Brahma (1st Carbon Neutral Village) under the patronage of Prof. Aekta Gupta, Principal, GCOE. Students, Teachers of the college participated in the program. The awareness program offered a platform to all students and faculty of the college to get aware tree planting is recognised as one of the most engaging, environmentally-friendly activities that people can participate in to help the planet when done properly.

More than 60 plants were planted by NSS volunteers under the Patronship of Prof. Aekta Gupta, Principal GCOE.

Dr. Shubhra jammwal, NSS programme officer supervised the event while Dr. Kajinder kour, Prof. Neeraj verma, Prof. Sarita Dogra also assisted the proceedings. Prof. Aekta Gupta, Principal GCOE, said about the Tree plantation is not just something that should be done; instead, it is a necessity, the urgent need of the hour. Planting of trees is



especially important to protect our environment against air pollution and global warming. Dr. Arun Gupta from Ayush and ayurvedic hospital jammu and Dr. Aftab also spoke the importance of different plants and trees.

Tree and plant extracts contain a variety of bioactive compounds that help with everything from managing pain to staunching bleeding, sterilizing wounds, strengthening our immune systems,

soothing our nervous systems and more. They also guided the students regarding plantation and their maintenance. Ranbir Sharma, Sarpanch of the pali village of Bari brahma also present during the Plantation Campaign. Dr. Shubhra jammwal NSS, PO thanked Dr. Arun Gupta, Dr. Aftab and Sarpanch Ranbir Sharma of Pali village on the behalf of GCOE, Jammu for imparting the knowledge to the students.

## Notorious criminal booked under PSA by Rajouri Police

J I NEWS SERVICE

**RAJOURI, JUL 28:** Continuing its efforts to take stern action against notorious criminals and to take adequate preventive measures against their unlawful activities, Rajouri police has booked another notorious criminal under Public Safety Act (PSA) which is third such detention in this week. The notorious criminal namely Amjad Mehmod son of Mohd Zafar resident of Bada Kana, Tehsil Thanamandi, Rajouri has been booked under Public Safety Act for repeated criminal activities which are highly prejudicial and detrimental to the maintenance of public order.

The accused has not changed his behaviour inspite of lodging multiple FIRs against him and arrests by Police number of times.

He is hell bent upon carrying burglaries, thefts and extortion in different parts of J&K and such activities are likely to disturb public order particularly in



Rajouri District. The said notorious criminal is already booked in a number of cases that include FIR No: 56/2022 U/S 379 IPC of Police Station Nowshera, FIR No. 04/2021 U/S 379 IPC of Police Station Nowshera, FIR No. 09/2021 U/S 379 IPC of Police Station Nowshera, FIR No. 10/2021 U/S 379 IPC of Police Station Nowshera, FIR No. 89/2023 U/S 379/34 IPC of Police Station Thanamandi, FIR No. 489/2015 U/S 379 IPC of Police Station Rajouri, FIR No. 195/2018 U/S 363/109 of Police Station Thanamandi, FIR No. 46/2020 U/S 341/323 IPC of Police Station Rajouri

Keeping in view the activities of said accused as his activities amount to pose serious threat to public order and deserves to be taken into preventive custody, as such, the accused is ordered to be detained under section 8 (1) (a) (i) read with clause (ii) of sub-section (2) of section 8 of Jammu & Kashmir Public Safety Act.

Detention order of District Magistrate Rajouri who is the competent authority while this order has been executed by a team of police headed by SHO Thanamandi Hillal Azhar under the supervision of SDPO Thanamandi Dr. Intiaz Ahmed SSP Rajouri Amritpal Singh (IPS) while reiterating the commitment of police in maintenance of order in the district said that notorious criminals are being detained as a measure to check their attempts of more unlawful acts and many such detentions have been made in recent past with people from all walks of life are extending their cooperation in this action of police

## Div Com Jammu visits Paddar, inaugurates various pilgrim facilities



JJ NEWS SERVICE

**KISHTWAR, JUL 28:** Marking a major move to facilitate Shri Machail Mata Yatra pilgrims, Divisional Commissioner Jammu, Ramesh Kumar along with Deputy Commissioner Kishtwar, Dr. Devansh Yadav and SSP Kishtwar, Khalil Ahmed Poswal on Friday visited Machail and inaugurated first of its kind 30 KW hybrid solar power plant - a guest House and three Mushroom Model Tents at Gulabgarh for providing accommodation to devotees during the Yatra.

The momentous event witnessed the presence of DDC member Paddar, Hari Krishan Chauhan, ADC Kishtwar, Indrajeet Singh Parihar, SDM Paddar, Arun Kumar Badyal, CEO Kishtwar Development Authority, Dr. Rishi Kumar Sharma, Tehsildar Atholi, Satish Rana, SDPO Paddar, Manoj Kumar, Incharge Machail Mata Yatra Cell Lovemot Kotwal, PRIs, among others.

The 30KW Hybrid Solar Power Plant has been installed to cater to the electricity needs at the Machail Mata temple, Bhawan, and its peripheral area to ensure proper illumination for the safety of the Yatris during the Pilgrimage.

Divisional Commissioner also inspected the Machail Mata Bhawan at Gulabgarh and directed the concerned officers to expedite the left out work.

The Div Com Jammu also paid obeisance at the Machail Mata Bhawan and assessed the arrangements in place for the comfortable stay of the devotees visiting the revered shrine besides interacting with Pilgrims and enquired the facilities available.

On the occasion, the Div Com congratulated the people of Paddar for the inauguration of valuable assets created to attract maximum pilgrim tourists by offering best possible facilities. He emphasized that the new assets will also boost local infrastruc-

ture and contribute to the overall developmental momentum of the area.

In addition to these inaugurations, the Div Com Jammu conducted a comprehensive review of the facilities put in place, including provision of water and electricity supply, sanitation, chopper services, accommodation, transportation, security, and other amenities for the pilgrims.

He urged the district and local administration to work collaboratively, ensuring that the pilgrims do not face any difficulty and have a seamless and comfortable Yatra experience.

During the event, Deputy Commissioner Kishtwar, Dr. Devansh Yadav gave a detailed resume of the arrangements made this year for the convenience of the Yatris. These include adequate tents at the Machail Bhawan.

The DC also informed about the availability of helicopter services for Yatris, the food stalls and home stay facilities being managed by local entrepreneurs, mobile connectivity in the Bhawan and on route and Micro ATMs installed at six designated points in the Paddar area.

He further informed that the newly launched official website, <http://www.shrimachailmatayatra.com> with detailed information about different facilities and updates and a dedicated control room provides assistance to pilgrims before and during their journey.

The Div Com Jammu encouraged the Yatris to adhere to the guidelines prescribed by the authorities, cooperate with security personnel, and uphold the sanctity of the pilgrimage site.

## NIT Srinagar takes the lead in transforming education: Successfully implements NEP-2020

JJ NEWS SERVICE

**SRINAGAR, JUL 28:** Director of National Institute of Technology (NIT) Srinagar, Prof. Sudhakar Yedla, on Friday announced that the institute has been at the forefront of successfully implementing the National Education Policy 2020 (NEP-2020).

Addressing a Press Conference in Srinagar to mark the third anniversary of NEP 2020 and its implementation in the campus curriculum, the Director wholeheartedly embraced the NEP-2020 over the past three years, effectively implementing its principles with a strong focus on two key aspects: "curriculum" and "governance" reforms.

The announcement was conducted as part of Aklil Bhartiya Shiksha Samagam, a nationwide celebration regarding the completion of NEP-2020.

Prof. Yedla was flanked by Registrar, NIT Srinagar, Prof. Syed Kaiser Bukhari, Dean Academic Affairs Dr. Muhammad Shafi Mir and Coordinator NEP2020, Dr. Manzoor Ahmad Ahanger.

The director emphasized that the New Education Policy envisions a comprehensive transformation of the entire education system, encompassing its regulation and governance, with the ultimate goal of establishing a novel framework that offers students holistic and lifelong learning opportunities.

He expressed that education at NIT Srinagar has shifted towards a "learner-centric" approach.

"As part of this transformation, all B.Tech programs have been restructured, effective from the year 2023, and the Credit system has been rationalized, reducing the minimum number of credits needed to obtain a B.Tech degree to 160. This deliberate adjustment aims to offer students ample room for experiential learning, a valuable opportunity for their academic growth," Director said.

Over the past several years, most of the infrastructure (buildings, etc.) at the institute has been made friendly for differently-abled persons by way of provision of ramps and lifts," he said.

"We take immense pride in being one of the pioneering institutions to introduce this system nationwide," he said. The Director also revealed that NIT Srinagar has successfully launched the Academic Bank of Credits (ABC) within the National Academic Depository (NAD), with students from the 2022 batch already being registered on the ABC platform.

He informed that their IDs have been generated, and the certificates of B.Tech pass-out batches of 2018 and 2019 have been successfully uploaded on NAD.

Prof. Yedla mentioned that they have embraced the concept of digital learning, enabling students to opt for online courses like SWAYAM, NPTEL, etc., accumulating up to a maximum of 10 credits during their B.Tech. program.

"NIT Srinagar has been utilizing the continuous evaluation system for a considerable period, assessing students' performances to attain the desired learning outcomes," he said.

The Director highlighted that the Institute has aligned its Ph.D. regulations with the NEP-2020, introducing direct Ph.D. admission after a bachelor's degree.

"Student mobility across institutions is a crucial aspect of the NEP, and we have wholeheartedly embraced it. NIT Srinagar has taken a significant step in this direction by signing MoUs with leading institutions in India and across the globe, fostering academic and research collaboration," he said.

The Director mentioned that apart from the mentioned initiatives, NIT Srinagar has been implementing sev-

eral other academic reforms. Notably, the institute has integrated Enterprise Resource Planning Software (ERP) for streamlined management of students, starting from admission procedures to the conferral of degrees.

"We have set up the Innovation, Incubation & Entrepreneurship Development Center (IIEDC) to offer technical and financial support to students' startups, idea generators, and grassroots innovators," he said.

"Over the past several years, most of the infrastructure (buildings, etc.) at the institute has been made friendly for differently-abled persons by way of provision of ramps and lifts," he said.

He further stated, "In recent years, significant efforts have been made to enhance accessibility for differently-abled individuals within the institute. Ramps and lifts have been provided, making most of the infrastructure (buildings, etc.) inclusive."

Additionally, Prof. Yedla shared that they are actively planning to make the campus more winter-friendly.

To achieve this, the institute will be installing central heating facilities in the dining halls and library, ensuring a comfortable environment for everyone during colder months.

"Institute has a well-established Research and Consultancy wing that serves as the primary liaison between the institute and the Industry," he said.

Prof. Yedla shared that, in a bid to contribute further to the development of the Valley, NIT Srinagar is envisioning new initiatives like the J&K Development Report and the Environmental Status Report of J&K.

"NIT Srinagar aspires to enhance students' overall development, equipping them with the skills to offer optimal solutions to emerging challenges while nurturing their sense of responsibility as socially and environmentally conscious citizens," he added.

## Protest hold against installation of prepaid meters, Amit Kapoor join hunger strike in R.S.Pura



JJ NEWS SERVICE

**JAMMU, JUL 28:** Senior social worker Amit Kapoor on Friday at R.S. Pura's Kotli Shah Dulla, under the leadership of Narendra Sharma, went on a hunger strike for the last five days against the installation of smart meters and joined them and announced their full support to them.

Expressing his views on this occasion, Amit Kapoor lashed out strongly against the Modi government at the Center for forcibly installing smart meters in Jammu and Kashmir. During this, a large number of residents of the area had gathered at the site of the hunger strike. They shouted slogans against the Lieutenant

Governor and the Modi government at the Centre.

Amit Kapoor said that people are being given free electricity in states like Delhi and Punjab, so why are people's blood being sucked by installing smart meters in Jammu and Kashmir. He said that what was the need for the LG government of Jammu and Kashmir to forcefully install smart meters in Jammu and Kashmir.

Attacking the BJP, he said that all this is happening with the connivance of the BJP. He said that at the present political party is opposing it. Kapoor asked the people to teach a lesson to the leaders of all political parties in the coming Lok Sabha elections. He

said that he started this movement by starting the protest from Janipura and now this movement has reached rural areas also. That's why the government should wake up now. Giving full support to the people sitting on dharna under the leadership of Narendra Sharma, he said that he salutes their courage.

Expressing his serious concern over the working of the PDD department, he said that due to this people are facing a lot of problems. He said that those whose bills used to be Rs 300 to 400 earlier, after the installation of smart meters, their bills are now coming to two to three thousand. He said that his movement will continue until the government stops installing smart meters. He announced that he would also sit on hunger strike next week against it and called upon all the people to oppose it strongly.

Amit Kapoor said that like Delhi, people in Jammu and Kashmir should also be given the option whether they want to install prepaid or postpaid meters. He said that huge amount of electricity is generated in Jammu and Kashmir on which the people of the state have the first right. He asked the people to come out on the streets and strongly oppose this decision of the government.

## National President Shiv Sena Hindustan demands security and safety of Rajesh Kesri



JJ NEWS SERVICE

**JAMMU, JUL 28:** National President of Shiv Sena Hindustan, Pawan Gupta in a press conference in Jammu said that the way our J&K State President Pandit Rajesh Kesari was bombed by terrorists outside his house and whose responsibility TRF terrorist group has claimed shows desperation of the terrorists because they are always at

gunpoint of security forces as a result of which they are getting eliminated whenever they come out to execute their nefarious designs. Gupta further said that due to effective strategy by security forces their movement has been almost curbed from across the border and those who are present in small number in Kashmir can't dare to come out to disturb peace and tranquillity and attacking Pandit

Kesri is their sheer frustration to make their presence felt. Gupta said that Rajesh Kesari being staunch Hindu leader has always been vocal to speak against terrorists and has always publicly demanded that the government should not give even two yards land to bury the Pakistani terrorists in our country; they should be burnt in heaps of garbage and that garbage should be dispatched to

Pakistan through flowing rivers. Gupta further said that for the last 7 months Kesri has been working against drugs. Mafia because of which all the drug peddlers and cow smugglers have become enemies of Kesri ji's life, about which discussions were held several times with top police officers and many people were also arrested in this regard, especially from one particular community. Gupta requested the government to take responsibility for the safety of Rajesh Kesari and ensure his safety. Prominent among those present on the occasion include State Chief Pandit Rajesh Kesari, Deputy State Chief Balveer Kumar, State Yuva Morcha Chief Ganesh Chaudhary, Vijay Luthra, Rajkumar, Captain Omprakash, Balwant Fauji, Sanjeev Fauji, Gaurav Fauji, Darshana Devi, Jyoti Devi, Sonia Devi and Dozens of Shiv Sainiks.

## Reserve 8 assembly seats for PoJK DPs: Badrinath Sharma

JJ NEWS SERVICE

**JAMMU, JUL 28:** Senior Congress leader Badrinath Sharma has hit hard the BJP government at the centre for ignoring the basic demand of PoJK displaced community for reservation of eight seats viz 1/3rd share of the assembly seats reserved for residents of PoJK but just proposing one seat under nominated quota for them is injustice. Reacting to the proposal of the centre government to keep one seat in the assembly to be nominated from amongst PoJK displaced persons, Sharma, who also belongs to

PoJK, said that against the demand and promise of BJP of reserving 8 seats for them besides also recommendation by joint parliamentary committee in 2014 in this regard, only one nominated seat is based on what criteria or parameters, he questioned. Sharma said that nominating one member for over 12 lac PoJK displaced community is a joke with them and that too under nominated quota.

The community had been demanding one third of the 24 seats reserved for PoJK, since nearly 1/3rd of the population of 1947 migrated to this side in view of the raiders attack.

He said that over 40,000 PoJK families migrated in 1947, whose number of families has swelled to over 2.50 lacs, so this is totally unfair.

The BJP government must accept the report of JPC besides sanction of full package for them as recommended by Congress NC government in 2014.

He said since upper house is abolished after J&K becoming UT, which was meant to give representation to unrepresented sections, it is now necessary to give representation to all such sections in the Legislative Assembly.

## Department of Psychology, University of Jammu organized a lecture cum interaction session

JJ NEWS SERVICE

**JAMMU, JUL 28:** The Department of Psychology, University of Jammu organized a lecture cum interaction session on 28th July, 2023. Prof. Hardeep Lal Joshi from Department of Psychology, Kurukshetra University was the resource person. The session started with a welcome note by Dr. Sarita Sood, Assistant Professor, Department of Psychology. Prof. Sangeeta Gupta, Dean of faculty of Social Sciences and I/C/HOD, Department of Psychology, also graced the occasion with her presence. She presented her views on the importance of Mental Health.



the critical importance of Clinical Psychology in today's society and instructed students how to take admission in M.Phil Social and Medical sciences. He mentioned top 10 institutes in India where psychology students can opt for M.Phil and considered NIMHANS as one of the best institutes not only in India but also in Asia for clinical psychology. In

addition to this, Prof. Joshi emphasized that youth must inculcate the habit of listening. Prof. Joshi gave lecture on increasing challenges to mental health. Phenomenology, a branch of psychology that explores the subjective experience of individuals, was another intriguing topic Prof. Joshi touched upon. During the session, the resource person also spoke passionately about empathy. Further, he

shed light on the challenges individuals face due to lack of necessary skills, both in personal and professional settings. It was also discussed how the quality of therapeutic alliance can influence treatment adherence, motivation and overall client satisfaction.

The engaging lecture concluded with an interactive session Q&A session where attendees had the opportunity to seek Prof. Joshi's expertise on various mental health concerns and related subjects. The event witnessed a substantial gathering of students and scholars among the faculty members. Dr. Priyanka Sharma and Dr. Pallavi Sachdeva were also present.

## Drug abuse, unhygienic dental practices responsible for hepatitis epidemic: DAK

JJ NEWS SERVICE

**SRINAGAR, JUL 28:** On world hepatitis day, Doctors Association Kashmir (DAK) on Friday expressed pressing concern over surge in hepatitis cases which has reached to epidemic proportions in Kashmir. "Drug abuse and unhygienic dental practices are responsible for hepatitis epidemic in the valley," said DAK

President Dr Nisar ul Hassan. Dr Hassan said Kashmir is witnessing an alarming rise in drug abuse cases over the past few decades.

"Drug addicts are at a higher risk of contracting hepatitis and have the potential to spread this deadly infection to others," he said.

In a recent study conducted at the Institute of Mental Health and Neurosciences Kashmir, 72% drug

addicts were found to have Hepatitis C infection. "Research has found that each drug addict infected with hepatitis virus is likely to infect 20 others and this rapid transmission of the disease occurs within the first 3 years of initial infection," he said.

The DAK President said another reason for high rates of Hepatitis infection is unhygienic dental practices in Kashmir.



### Gandhi Memorial College organizes service camp for 9th Muharam procession at Shamaswari, Fateh Kadal

**JNEWS SERVICE**  
SRINAGAR, JULY 28  
On the eve of 9th Muharram, Gandhi Memorial College, Srinagar today organized a free service camp for mourners' procession at Shamaswari, Fateh Kadal.  
On this occasion, juice, water and free medicines were distributed among the participants of the procession. The Princi-

pal, Prof (Dr) G M Lone personally supervised the proceedings of this service camp.  
The NSS Wing, NCC, College Health Center, Physical Education Department and Faculty members engaged themselves in providing various services to the mourners with the larger objective of fostering compassion, unity, and solidarity among participants and the community.

### Mega event on Nasha Mukht Bharat Abhiyan held at BHSS Maidaanpora



**JNEWS SERVICE**  
KUPWARA, JULY 28  
In continuation to series of programmes being organized to raise awareness on harmful effects of drug abuse under 'Nasha Mukht Bharat Abhiyan' in Kupwara district, a mega awareness programme was organized by Social Welfare Department Kupwara in collaboration with Govt. BHSS Maidaanpora.  
Vice Chairman, District Development Council Kupwara, Haji Farooq Ahmad Mir was the chief guest on the occasion.  
M Anwar Mir, Principal Govt. BHSS Maidaanpora; Dr. M Ashraf Mir, Medical Officer; PRI members, TSWO, AWWs, Staff, Students and Parents attended the programme.  
Speaking on the occasion, the Vice Chairman DDC Kupwara said that such awareness programmes and seminars that highlight drug abuse are of immense importance. He said that the menace of drug addiction must be eradicated from society by holistic support of different stakeholders and everyone

should come forward to curb this menace.  
Addressing the students, the Vice Chairman said that students can play an important role in spreading awareness about the harmful effects of drug abuse and its trafficking. The Vice Chairman asserted that teachers and parents must be cautious and maintain vigil on their children's activities. He said that early intervention is critical in preventing the youth from becoming addicts adding that with firm determination and joint efforts by all stakeholders, this menace can be eradicated from the society.  
Meanwhile, a pledge taking ceremony was also organized on the occasion to affirm that the menace of drug abuse will be eradicated.  
During the programme, various cultural activities were organized to spread the message of Nasha Mukht Bharat Abhiyan.  
Students of the institute presented a cultural programme and a skit which highlighted the harmful effects of drug abuse and its trafficking.

## 'National Convention on Sufism' seeks to rekindle spirit of Sufism

**JNEWS SERVICE**  
SRINAGAR, JULY 28



The 'National Convention on Sufism' organised by Cluster University Srinagar here witnessed a clarion call from scholars to revive the essence of Sufism to bridge the gap between the communities.  
Speaking during the technical session of the convention, Vice Chancellor, Cluster University Srinagar, Prof. Qayyum Hussain said that Kashmir is known as a bastion of Sufi traditions. "Infact, it won't be an exaggeration to call Kashmir as the cradle of Sufism in South Asia. This tradition has been an integral part of the people's ethos in the valley," he said.  
"Principles of Sufism are as relevant today as they were in medieval times because love and compassion, the two main planks of Sufism, will never age. By their humanistic teachings, Sufis bridged the gulf between people of dif-

ferent faiths," said Prof. Qayyum.  
In the technical session of the convention, scholars like Dr. Satish Vimal, Dr. Ghulam Nabi Haleem, Prof. Shad Ramzan, Prof. Mushtaque Barq and Prof. P. P. Singh presented their papers on the theme 'Sufism: A Bridge between communities'. The session was chaired by Prof. Naseem Shifai.  
Dr. Satish Vimal spoke about the different dimensions of Sufism while quoting different Sufi saints while as Prof. Shad Ramzan said that the younger generation needs to realise the vasty rich heritage of Kashmir including the Sufi movement.  
Dr. Ghulam Nabi Haleem spoke about the

tradition of tolerance embodied by personalities like Sheikh-ul Aalam (RA) while as Mushtaque Barq spoke about the distinction between a 'learned sufi' and a 'living sufi' while stressing on the practical aspects of the Sufi tradition.  
Prof. P. P. Singh spoke about the affinity of Sikh community with Sufi traditions. He cited the example of Baba Farid who is revered by Punjabi Muslims, Hindus and Sikhs alike.  
In his concluding remarks, Prof. Naseem Shifai congratulated Cluster University Srinagar for organising the convention on theme of Sufism and said more such programmes should be organised to rekindle the spirit

### FSD Anantnag seals White Chilli Restaurant

**JNEWS SERVICE**  
ANANTNAG, JULY 28

A team of Food Safety department (FSD) Anantnag today sealed "White Chilli Restaurant" on receipt of a complaint against White Chilli Restaurant. The Food Safety team Anantnag under the chairmanship of Assistant Commissioner, Zamer conducted inspection of the restaurant premises and observed deviations against different provisions of Food Safety and Standards Act 2006/Rules which include Food preparation area/kitchen of the restaurant completely in dilapidated condition with lack of maintenance and in insanitary condition.  
During the inspection utensils were found untidy, messy, damaged and some were non food grade.  
There was direct entry of birds and pests into the Food preparation area, dust & dirt was found everywhere within the premises of kitchen. Utensils and tools were dirty, having stains and spots and were unhygienic.  
On seeing the restaurant in such a worse condition, the Food Safety Department Anantnag sealed the restaurant under the Food Safety Act.

### Director Agriculture visits Heavy rainfall, Flash Flood affected areas of Kupwara



**JNEWS SERVICE**  
KUPWARA, JULY 28  
The Director Agriculture Kashmir, Chowdhury Mohammad Iqbal today undertook a tour of various incessant rain, flash flood affected areas of Kupwara district to assess the damage to paddy, maize and other agriculture crops.  
During the tour, Director along with Chief Agriculture Officer Kupwara visited various areas of Kupwara district including Kalarooor, Nagsari, Ladah, Madmadu, Nagsari, Narikoot and Moori where incessant rains, flash floods and gusty winds damaged crops.  
Director Agriculture directed the visiting teams to make on spot assessment of the damage caused by the vegetable crops, paddy field and maize crop by the recent heavy rains.  
Talking to the affected farmers, Director Agriculture said that the depart-

ment is committed to the economic security of the farming community. He assured them that all the necessary steps would be taken, to mitigate the damage caused by the heavy rainfall, flash floods to the agriculture crops.  
Instructions were issued by the Director to the field officers to immediately make a detailed assessment of the losses and the concerned Chief Agriculture Officer was advised to furnish crop wise and area wise damage reports within a week's time.  
Director asked the farmers to strictly follow the advisories by the department and impressed upon the concerned officers to work in close coordination with the affected farmers and guide them in all the agriculture activities and post rainfall management operations.  
DDC member, Mustafa Rahi; BDC member, Abdul Karoos, Hafizullah Wani were also present on the occasion.

### ADDC Kulgam reviews arrangements for JIM fortnight

**JNEWS SERVICE**  
KULGAM, JULY 28

To review arrangements for JIM fortnight, scheduled to be held from August 01 to 14, a meeting of officers was today held under the chairmanship of Additional District Development Commissioner (ADDC) Kulgam, Shoukat Ahmad Rather at Mini-Secretariat, here.  
During the meeting arrangements for conducting special Gram Sabhas for discussing JIM, installation of Signages on all water supply schemes were reviewed.

### DC Kulgam chairs District Level NCORD Committee meeting



**JNEWS SERVICE**  
KULGAM, JULY 28

A meeting of the District Level Committee under the Narco Coordination Centre (NCORD) was today held under the chairmanship of the Deputy Commissioner (DC) Kulgam, Dr. Bilal-Mohi-Ud-Din-Bhat at the mini-secretariat, here.  
The meeting was convened to discuss various measures to curb the drug abuse and narcotic trade in the district and review the implementation of decisions passed in previous meetings.  
During the meeting, three-hour discussion was held on various issues related to incidence of drug addiction, areas of concern and hotspots of drug use besides action taken by the concerned departments with regard to curbing the menace of drugs.  
The DC sought details from the concerned departments about the measures taken to control the drug menace.  
During the meeting, it was informed that during this month 16 FIRs were registered under NDPS.  
He also asked the police and other concerned to take stringent action against the culprits involved in the hazardous trade of drugs.  
While reviewing the measures taken to curb the drug menace, the DC maintained that the District Administration is

focused to create a drug-free environment in the district and stressed upon the officers of all the line departments including Enforcement agencies to ensure better coordination to contain the drug peddling and to break the supply chain.  
All stakeholders were asked to orientate programmes against the drug abuse across the district especially among youth in schools and colleges.  
The meeting was attended by ADC Viqar Ahmed Giri, ACD Mohammad Imran Khan, DFO, CEO, Dy. SP HQ, Drug Officer and other officers from police and civil administration.

## FROM THE FRONT PAGE...

### Chief Secretary launches...

Administrative level with impetus on involving all the citizens from the grass root level into the system. He added that with the unique platform of Jan Bhagidari (Empowerment) Portal, an accountable, transparent governance system has been established in Jammu and Kashmir which enables citizens to participate in monitoring of development progress. Dr. Mehta further said that with the launch of Artificial Intelligence Framework, Jammu and Kashmir will emerge as a leader in AI, fostering social innovations as well as realizing vision of a technologically advanced and digitally empowered Jammu and Kashmir. He added that this transformative framework will empower our government, citizens, and industries to unlock the full potential of AI and drive sustainable development across the region.  
On the occasion Commissioner Secretary Information Technology department, PremaPuri gave a detailed presentation on AI Framework of J&K and spoke on length about the broad objectives of this framework and the anticipated outcomes for the UT in running its affairs more effectively with the hallmarks of transparency and accountability.

### Woman killed after...

The people of the area, who were demanding an overhead bridge on the spot for the past three months, held protest demonstrations against NHAI.  
The DC also asked NHAI for the construction of an overhead bridge at Lambar near the toll plaza as per the demand of the people. (Agencies)

### J&K govt orders...

Commissioner, Kupwara of the additional charge of the post.  
Further, Raja Yaqoob Farooq, IRS-IT-2014, Director, Tourism, Kashmir, shall hold the charge of the posts of Chief Executive Officer, Tourism Development Authority, Gulmarg and Managing Director, J&K Cable Car Corporation, in addition to his own duties, till further orders.

### India at forefront in...

mega-diverse country and the nation has consistently been at the forefront in taking action on biodiversity conservation, protection, restoration and enrichment.  
"Through the Gandhinagar Implementation Roadmap and Platform", you are recognising restoration in priority landscapes impacted by forest fires and mining," he said.  
India has recently launched the "International Big Cat Alliance" for conservation of seven big cats of our planet based on our learnings from Project Tiger, a pioneering conservation initiative. As a result of Project Tiger, 70 per cent of the world's tigers today are found in India, Modi said.  
India is also working on 'Project Lion' and 'Project Dolphin', he added.  
India's initiatives are powered by people's participation, he said and pointed to the "Mission Amrit Sarovar," a unique water conservation initiative. Under this mission, more than 63,000 water bodies have been developed in just about one year. This mission is implemented entirely through community participation, and aided by technology.  
"Our 'Catch the Rain' campaign has also shown excellent results. To conserve water, more than two hundred

and eighty thousand water harvesting structures have been constructed through this campaign," he added.  
In addition, nearly two hundred and fifty thousand re-use and recharge structures have also been constructed. All this was achieved through people's participation and focused on local soil and water conditions, he said.  
Also, community participation was effectively used in the "Namami Gange Mission" for cleaning the river Ganga. This has led to a major achievement in the reappearance of the Gangetic Dolphin in many stretches of the river. "Our efforts in wetland conservation have also borne fruit," the Prime Minister added. (Agencies)

### Lok Sabha passes 3...

their respective bills were being passed, to avoid the protesting members.  
The Mines and Minerals (Development and Regulation) Amendment Bill, 2023, will allow private sector to bid for mining critical minerals like Lithium.  
Out of the list of critical minerals, a few of them have been brought under the proposed amendment, which will allow their mining by private entities.  
In addition, the proposed amendments will also allow Central government to auction these minerals while the royalty will go to states.  
In the bill, it is proposed to omit six minerals, namely Beryllium and other beryllium-bearing minerals, Lithium-bearing minerals, Niobium-bearing minerals, Titanium-bearing minerals and ores, Tantalum-bearing minerals and Zirconium-bearing minerals and ores from the list of critical minerals.  
Upon removal of these minerals from the said list, their exploration and mining will be opened up for the

private sector as well.  
As a result, exploration and mining of these minerals is expected to increase significantly in the country.  
The National Nursing and Midwifery Commission Bill, 2023 provides for regulation and maintenance of standards of education and services by nursing and midwifery professionals, assessment of institutions, maintenance of a National Register and State Registers and creation of a system to improve access, research and development and adoption of latest scientific advancement.  
The National Dental Commission Bill, 2023 will regulate the profession of dentistry in the country, to provide for quality and affordable dental education, and to make accessible high quality oral healthcare. (Agencies)

### Over 2,100 pilgrims...

undertaken the yatra so far this year as against last year's 3,65,751, according to official data.  
Over 1.35 lakh pilgrims have left the Bhagwati Nagar camp for the valley since June 29, being the first batch of pilgrims was flagged off by Lieutenant Governor Manoj Sinha.  
The yatra will end on August 31.

### Security forces...

recovered, he said.  
A case was registered at the Nowshera police station in this regard and investigation was launched, the SP said. "The recovery of such a huge quantity of narcotics indicates a possible cross-LoC smuggling attempt, which was foiled," he said.

# Corruption flourished, unchecked under Congress regime: Kavinder



JI NEWS SERVICE

JAMMU, JUL 28: The Modi government has achieved remarkable success in curbing corruption and ensuring the efficient implementation of Direct Benefit Transfer (DBT) schemes. This notable accomplishment highlighted the transformative efforts made by the present government in eradicating pilferage and establishing transparency in benefit distribution.

This was stated by Kavinder Gupta, senior BJP leader and former Deputy Chief Minister while addressing a joining programme at the village Sher Garg here today. Baldev Singh Billawaria, Deputy Mayor Jammu and Vinay Gupta former President Jammu district were also present.

The BJP stalwart highlighted that the previous

Congress Prime Minister Rajiv Gandhi himself admitted that only a small fraction of the funds meant for beneficiaries actually reached them, with the rest being siphoned off. However, the Modi government has successfully put an end to this practice and ensured that the benefits reach the intended recipients promptly and transparently, he said.

In a scathing criticism of the previous Congress regime, Kavinder highlighted how corruption flourished under their governance. He asserted that the Congress-led government failed to take decisive action against corruption, leading to a lack of accountability and transparency in various sectors.

"Under the Congress regime, corruption thrived and went unchecked. The lack of accountability and

transparency in their governance eroded public trust in the system," he stated.

The former Deputy Chief Minister emphasised the contrasting approach of the present BJP-led government, led by Prime Minister Narendra Modi, in tackling corruption. He commended the government's unwavering commitment to clean governance and its efforts to bring about systemic changes to curb corruption.

Kavinder asserted that today the effective implementation of DBT has not only minimized leakages and pilferage but has also increased the accountability of welfare schemes. This has resulted in significant progress in reaching out to the most vulnerable sections of society and uplifting their lives through various social welfare initiatives, he added.

Among those who joined the Party fold include Sohan Singh Katal, Chowdhary Masood, Roop Singh, Mohan Singh, Ashwani Kumar, Suman Kumar, Masud Mohd Timmy, Naib Sarpanch Ashwani Kumar, Panch Suman Devi, Lambardhar Rajinder Kumar, Lambardhar Latif, Chandan Verma, Sohan Singh Katal, Ashwani Kumar, Roop Singh, Chowdhary Girdhari Lal and Mohan Singh.

Earlier, Kavinder Gupta also welcomed Congress workers, including five Panchs, along with their 200 supporters of Village Dharap, into the BJP fold during the event. He expressed his appreciation for their trust in the BJP and its vision for a prosperous and inclusive India.

The senior BJP leader encouraged the newly joined members to actively contribute to the party's mission of building a stronger and more equitable India. He reaffirmed the BJP's commitment to serve the people and work towards addressing the challenges faced by the general public. "BJP is committed to serving the people and addressing their concerns. We value the trust placed in us by the citizens and will continue to work tirelessly to build a prosperous and equitable society," he added.

# BJP OBC Morcha thanks union govt for introducing OBC bill



JI NEWS SERVICE

JAMMU, JUL 28: BJP OBC Morcha Jammu & Kashmir thanked the union government for introducing the bill to grant OBC status to OBC Samaj of Jammu and Kashmir.

Sunil Prajapati, State President BJP OBC Morcha, while addressing media at BJP Office Jammu lauded the change in nomenclature to Other Backward Classes (OBC) in place of "Weak and under Privileged Classes (Social Caste)" by the GoI by amending J&K Reservation Act 2004.

Welcoming the decision

of the union govt to amend the J&K Reservation Act 2004, through J&K Reservation Bill 2023 in the Parliament, Prajapati expressed great pleasure that now OBC category people in J&K will get great relief as all benefits connected to reservation under OBC Category will be available for OBCs in J&K UT; such as:-

Only a single OBC certificate will be required to be obtained for the J&K UT as well as the Central Govt Jobs and other schemes. Now all aspirants of NEET from the OBC category in both regions will get the reservation as entitled to the category.

Many OBCs will get the

relief who were otherwise denied reservation in J&K UT under the Social Caste category, for which income from all sources including from agricultural land was clubbed and calculated towards the annual income of the family.

He said now OBC people will also get reservations in Panchayats and Urban Local Bodies (Municipalities) elections, as available under the provisions of Article 243 D(6) and Article 243 (6) respectively. Accordingly, appropriate representations from the OBC category in both regions will be elected in the Panchayats, Municipalities, and DDC

elections, which was otherwise not applicable under the "Social Caste" category.

Under the OBC category, the reservation may be enhanced keeping in view the population of OBC castes as included in the OBC Category. Further, with the inclusion of 14 more castes in the OBC Category including the Jat Community and West Pakistani Refugees, the percentage of reservation may be enhanced as per the population of the OBCs after including the population of all the newly added castes/communities, which will be worked out by the J&K UT Govt while amending the J&K Reservation Rules 2005, in accordance with the amendment incorporated in J&K Reservation Act 2004, the Union of India through J&K Reservation Bill 2023.

Rash Pal Verma (National Secretary BJP OBC Morcha), Brahm Jyot Satti (Prabharj OBC Morcha), Raj Kumar Tarkhan (State General Secretary BJP OBC Morcha) and prominent leaders were also present on the occasion.

# Transforming, peaceful J&K unnerves those who have thrived on politics of graveyards: Rana



JI NEWS SERVICE

JAMMU JUL 28: Senior BJP leader Mr Devender Singh Rana today said that peacefully transforming, blooming and progressing Jammu and Kashmir has unnerved those playing politics over graves, relegating them to political wilderness they had never dreamt of.

Interacting with senior BJP functionaries, workers and the people assembled during the weekly public grievances redressal camp at the party headquarters here this afternoon along with Mrs. Veenu Khanna, BJP State Secretary and Mr. Danish Mishra Vice President, BJP Yuva Morcha.

Rana referred to fast changing scenario across the Union Territory with tourism influx registering new marks, Shri Amarnathji Yatra surpassing records of sorts, Muharram procession taking place after 34 years and the era of stone-pelting and shutdown culture evaporating like the exploitative politics of the elite class believing Jammu and Kashmir as their fiefdom.

"They are dumb struck as their fake

narratives are working no more now", Mr Devender Rana said, adding that while understanding the changing mood, they are not giving up true to the character of wolves who lose teeth but not their nature.

The politicians of deceit and deception have played their innings cunningly for over four decades by bullying New Delhi on the one hand and instigating people against the mainstream on the other hand to have the best of both the worlds. This has been their formula to remain leeches to the chair, no matter how much the people suffer. But, the game is over now as the people have started reading between the lines and reining the dividends of peace and normalcy. Seen is believing, he said while referring to unprecedented enthusiasm among the people in Kashmir, who have opened up their arms for the tourists by switching over to stay-home culture due to hundred percent occupancy in hotels and lodges.

Rana said the economic emancipation of the people in the recent years, especially after focus on investments to build world class infrastructure holds promise for better days to

come, not only in terms of growth but also job generation. The successful G-20 conclave has further bolstered the efforts of the Centre and the UT Administration to take Jammu and Kashmir to new heights of progress and development. This is something the frustrated politicians are not comfortable with as peoples' prosperity means their political doom. The height of their dejection and desperation is ironically so deep that those getting just two to three percent votes are now hobnobbing with their counterparts across the country in mistaken belief of changing the political structure of the country," he said.

Devender Rana also referred to the mega efforts being taken to ensure political empowerment of all sections of society, especially the marginalised and neglected segments. He hailed the proposed amendment in reservation by including Paharis of various communities in the Scheduled Tribe without diluting even an iota of the share of Gujjar and Bakarwals much to the discomfort of those who wanted to create dissension and division among communities. The inclusion of Valmikis in reserved category and OBC status to OSC is also a welcome step. This is the inspiring example of Sabka Saith, Sabka Vikas, Sabka Prayas, Sabka Vishwas, he said and exhorted the cadre to intensify the public outreach programme to educate the people about path breaking initiatives to change the destiny of the nation.

Rana, during the public hearing, heard individual and collective problems of the people and assured that these will be taken up at appropriate forums for earnest action.

# Dr Indresh releases Dr Vivek Sharma's authored 'Buddhism in India and Abroad'



JI NEWS SERVICE

JAMMU, JUL 28: Dr Indresh Kumar, National Executive Member of RSS and Chief Patron of Bharat Tibet Sahyog Manch (BTSM) released the book entitled 'Buddhism in India and Abroad' authored by Dr. Vivek Sharma during a seminar at Computer Science & IT Seminar Hall, University of Jammu here.

On the occasion, Dr. Indresh Kumar was the main speaker whereas Rajinder Sharma, Mayor Jammu Municipal Corporation (MC) was the chief guest, and Shakti Pathak-IPS, DIG JSK Range; and Dr. Vikrant Sharma, Prantaryasth, J&K were the guests of honour.

Prof Shohab Inayat Malik, HoD Buddhist Studies, Prof (Dr) Neelu Rohmetra, Director DDE, Dr. Meenakshi Kilam, Rector Kathua Campus,

Prof Rajeev Rattan, Director CDC, Prof Viorend Kundal, Prof G.M. Bhat and Prof Mohd. Riyaz also graced the occasion.

Giving brief account of his book, Dr Vivek Sharma, who is Academic Coordinator of JU Kathua Campus and Faculty at Buddhist Studies Deptt, said, "It is based on Theravada Buddhism in India and abroad wherein the genesis of the Shakyas in the matrix of historical Buddha's genealogy has been traced.

He further apprised the august gathering that book was a refreshing treatment of the Buddha's lineage. "The core teachings of the Buddha are accorded in an authentic way from the standpoint of Pali Buddhism, which is the original source of Theravada Buddhism. The book vividly presents the Rainy Season Retreats of the Buddha, which is popularly known as the Vassava in the Buddhist tradition.

I have enumerated four sacred places of Buddhism, which are directly related to the life of the Buddha. In fact, these four places, such as Lumbini, Bodhgaya, Samath and Kushinagar are mentioned in the Mahaparinibbana Sutta of the Digha Nikaya of the Sutta Pitaka. The book has given the history of Pali literature - canonical and extra-canonical - in a detailed manner," he added.

Dr Indresh congratulated and lauded Dr. Vivek Sharma for authoring such a detailed study of Buddhism. He said "Lord Buddha taught us non-violence and mutual co-existence. His teachings are more relevant in the contemporary world and emphasized upon the people to follow his philosophy for peace all around."

Fertinent to mention that the book 'Buddhism in India and Abroad' has delineated almost all the Buddhist Councils beginning from the First Buddhist Council to the Sixth Buddhist Council in a critical way. The Buddhist Councils are considered as the watershed developments in the history of Buddhism.

The book also provides information about the contemporary kingdoms of the Buddha and post-Buddha dynasties, which have fruitfully contributed to the spread and development of Buddhism in India and abroad. Mention may be made of a chapter of this book wherein the survey of the Buddhist population in the world is highlighted. I have also discussed Mahayana and Hinayana tradition in the eighth chapter of this book.

The book has dealt very extensively and intensively with the history of Buddhism as recorded abroad, viz. Vietnam, Cambodia, Laos, China, Nepal, Bhutan, Myanmar, Sri Lanka, Tibet, Thailand and Far-East Japan. The book is for academic purposes, and new researchers in the field of Buddhism can take benefit from this book.

# ABDPSS's Amarnath Yatra Bhandara enters 23rd Day

JAMMU, JUL 28: Akhil Bhartiya Dharan Prachar Sewa Samiti Jammu and Kashmir has continuously been arranging Bhandara for Baba Amarnathji Yatis since 6th July, 2023 at Railway Station, Jammu with enthusiasm and fervor. The Samiti has the mission of Public Service accomplishments which forms the core of the organization. The Langar run by the Samiti run continuously and provide pure healthy meals day and night to pilgrims and devotees come from across the country for the darshan of Baba Amarnath.

Today on 23rd day of Bhandara Mahant Balsand Dass ji Maharaj inaugurated today's Bhandara in the presence of and Sunil Sharma, National Co-ordinator of the Akhil Bhartiya Dharan Prachar Sewa Samiti, Phool Krishan ji Maharaj lauded the efforts of the volunteers of the samiti for arranging meals day and night for the yatis coming from different states of India and abroad.

The National Co-ordinator of the Samiti Sh. Sunil Sharma informed that today on 23rd day of Bhandara the guidance of Sunil Sharma actively followed by Raman Sharma, Ajay Kumar, Vikram Sharma, Tarachand and Raman Kumar have constituted a team of highly dedicated Members to serve the yatis day and night in the best possible manner.

Gurji. The pilgrims shall be served hygienic, delicious, energetic and digestive 'sattvic' bhोजन for all days; besides there shall be special and exclusive arrangement for pilgrims observing 'fast' on Ekadashi and other important festival dates, such arrangement is available nowhere in Jammu Transit Camps.

Parshotam Sharma informed that For this purpose, the Akhil Bhartiya Dharan Prachar Sewa Samiti under the guidance of Sunil Sharma actively followed by Raman Sharma, Ajay Kumar, Vikram Sharma, Tarachand and Raman Kumar have constituted a team of highly dedicated Members to serve the yatis day and night in the best possible manner.

# Andrabi reaches Shahdra Sharief, take stock of Urs arrangements



JI NEWS SERVICE

RAJOURI, JUL 28: Minister of State and Chairperson J&K Waqf Board Dr Darakhshan Andrabi today reached Shahdra Sharief in Rajouri and was accorded a warm welcome by the local administration, Waqf officers and the public delegations.

She paid obeisance at the shrine of Baba Ghulam Shah Badshah (RA) and took stock of the arrangements on the eve of the annual Urs celebrations being held tomorrow.

Dr Andrabi in a meeting with Waqf Board staff, representatives of government

departments and prominent civil society representatives and directed all to work in coordination with each other to ensure smooth Urs tomorrow. She praised the Waqf Board

Officers and the department in-charges for placing in all necessary arrangements.

Later Dr Andrabi spoke about the development plan of Waqf Board for this

facing spiritual centre of J&K.

"Many new initiatives of the Board will definitely update and upgrade the facilities at this Sufi shrine", said Dr Darakhshan.

## THOUGHT OF THE DAY

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

## JINDRAH IMAGES

## Need to soothe the frayed nerves

The decision of the central government to reserve two seats for Kashmiri migrants and one for displaced Pakistanis in Jammu and Kashmir has triggered a major row as the latter feel cheated and betrayed. The POJK refugees are unhappy over the way they have been treated as they demand nomination of at least 8 Assembly seats and Pahari status to all Displaced persons. Their accusations are that they have been given step-motherly treatment over the nomination in Assembly as well as pick and choose in according Pahari Status. They are of the opinion that 'this Government has again established that sky is the limit for the valley migrants while the displaced people from PoJK are the children of a lesser God'. Gujjars and Bakeswals are already on roads against the grant of ST status to Pahari speaking people. This is the hard fact that POJK refugees have always opposed the preferential treatment to Kashmiri migrants. They argued that those who migrated from within the country and not going back to their homes despite return of normalcy, have been considered for nomination of two Legislative Assembly seats while the PoJK Displaced community, whose number is much more higher and who are unable to go to their native land which is still under illegal occupation of Pakistan since 1947, have been given only one seat. Moreover, the Parliamentary Standing Committee in its 183rd Report submitted on December 22, 2014 in both houses of Parliament has already recommended defreezing of at least eight Assembly seats for the displaced people, out of 24 reserved Assembly seats for the occupied Jammu Kashmir. Even the Delimitation Commission has recommended for adequate representation to the displaced persons from PoJK, which, they said, is understood to be at least eight Assembly seats for the community by way of nomination. Now they are claiming to have been belonging to Pahari speaking tribe. They feel that the Government has deprived a large chunk of PoJK Displaced Persons from their natural right of being a member of Pahari community/clan as lakhs of PoJK Displaced families temporarily settled in Jammu and other areas are being denied Pahari certificate notwithstanding the fact that entire population of the displaced community belongs to the Pahari tribe, who are native of districts of Poonch, Mirpur and Muzaffarabad areas, which are now under illegal occupation of Pakistan since 1947. As per the existing government provisions, to claim the benefit of Pahari category status, it is mandatory for the beneficiary to be a member of Pahari clan, tribe and ethnicity. But the government is openly violating the provisions of their own 'Pahari Act' in lieu of vote bank. All the displaced people of Poonch, Mirpur and Muzaffarabad districts belong to Pahari clan, tribes and ethnicities, irrespective of where they are living in displacement today. The government is giving Pahari certificates only to those people who are living in Rajouri and Poonch districts. 'This stand of the government is completely opposite to its own Pahari Act. To consider all the people living in Rajouri and Poonch districts as Pahari is a big conspiracy which is being done only with a view to increase the vote bank. This is a sinister game being played by the government through which some fake people who are neither the ancestral citizens of Rajouri or Poonch district nor belong to hill tribes', one of the arguments said. The fact of the matter is that clan or tribe of a person remains unchanged wherever he settles or whatever language he speaks. Therefore, the logic that according the ST status to only those residing in Rajouri-Poonch or some belts in Kashmir Valley but denying the same to those settled in Jammu and others parts holds sound ground. The BJP government at the Centre should immediately look into the simmering discontent among different sections of society as it will surely have significant impact on upcoming elections scheduled to be held in Jammu and Kashmir.

GURBACHAN JAGAT

A MID reports of the destruction caused by heavy rainfall and overflowing rivers, news has come regarding breaches in the dhussi bunds in Majha and Doaba regions of Punjab. My mind goes back to 1971-73 when I was posted as SP, Kapurthala. The area had been prone to heavy flooding until the dhussi bundh came up during the time of Partap Singh Kairon. It was his initiative and the hard work done by Balwant Singh (who later became Finance Minister of Punjab) which led to the successful completion of the embankment. Well before the rainy season, the Deputy Commissioner used to call a meeting of the officers concerned regarding its maintenance. Thereafter, led by the DC, we would inspect the weak spots, meet the villagers and discuss their problems. Follow-up action was taken. Later, the Financial Commissioner (Revenue) came and inspected the entire bundh along with us and reviewed the contingency arrangements. He even inspected the equipment and tested the boats. Thereafter, when the rains came, we were ready to meet all challenges.

Control rooms were set up at district and state HQs to monitor the flood situation and related matters. That is the reason why reports of devastation disturb me, as it seems that the administration was caught napping and major breaches occurred as a result. There is no fixing of responsibility or accountability in the current system. We have enough top-heavy departments, funds, ministers, et cetera - does anyone carry out the pre-monsoon drill? Does any Financial Commissioner go for an inspection? There are several of them in Punjab today, as against only one in 1971. This was an example of an earlier time when the administration had to contend only with the regular vagaries of nature, not the impending doom of climate change. The same negligence and its results are visible in almost all states of India. It is an annual failure and lack of implementation of well-codified standing orders in all spheres of public amenities.

A cursory look at the headlines from across the world today will throw up alarming news of extreme climate conditions and their aftermath. Parts of Europe and North America are reeling under a relentless heatwave, with forest fires compounding the situation - New York's orange skies

# Ignore extreme climate at your own peril



would have brought tears to the eyes of any visiting Delhiite. South Asia is witnessing a disrupted monsoon. Meagre rain in June and a deluge in July are leading to beleaguered farmers, damaged crops and high inflation in food - tomatoes, broccoli, capsicum and ginger are where all the action is. To put it in perspective, McDonald's stopped serving tomatoes - now what is a Big Mac without tomato? Strangely, all this was predicted by wise men in various journals and newspapers but, we 'homo sapiens' carry on (or should one say 'burn on') with our routine lives. To quote famous scientist James Lovelock (from his 'Nuclear Energy for the 21st Century' speech at the International Conference in Paris in 2005): "We have to stop thinking of human needs and rights alone. Let us be brave and see that the real threat comes from the living earth, which we have harmed and is now at war with us."

The existential crisis that was supposed to overtake our planet and its millions of species after 75 to 100 years appears to be far closer today. Countries and their people have been caught unawares and unprepared because nobody believed it would happen in our lifetime. We carried on merely bemoaning disaster to the coming generations. There was no dearth of studies on climate change, no dearth of conferences at the UN and other forums. Individuals like former US Vice-President Al Gore

extensively toured and lectured all over the world, predicting the coming cataclysmic changes in climate, but nobody listened. I'm reminded of Walter De La Mere's poem 'The Listeners in a different context: 'Is there anybody there?' he said. But no one descended to the Traveller... But only a host of phantom listeners

That dwell in the lone house then Stood listening in the quiet of the moonlight To that voice from the world of men...

Perhaps an echo of the times to come - we ignore science at our own peril. Yet, we find the West embroiled in a battle with Russia. Once again, the greater good and science have taken the back seat in the face of petty political squabbles; fossil fuels are being used in even greater quantities as supply chains are disrupted and armies bomb each other to oblivion. Increasingly, nationalism is beginning to trump an open and global outlook. Short-term political, defence and economic considerations are far outweighing climate change which to the global leadership appears as a distant mirage and yet, the planet only gets hotter. This is not to say that all is lost; the political and scientific movement on climate change is getting stronger and louder. Great steps have been taken by some nations towards sustainable power, EVs, forestation and reducing our car-

bon footprint. The larger debate now is on the pace of moving away from fossil fuels to a greener economy - this pace, however, will be dictated more by the planet than by us.

My fear and apprehensions are focused more at home. Though India's historic contribution to carbon emission is said to be a mere 3.7 per cent (as per a recent article in Economic Times), given our size and population, we may be faced by the brunt of this change. Changes in the monsoon pattern along with weather conditions like El Nino will greatly affect our agriculture and food security. For a nation of 1.4 billion, where a large segment of the population has a low income and agriculture is primarily rainfed, the results could be catastrophic. Yet, our Parliament and Assemblies spend their energies on debating mythical cultural issues or remain dysfunctional, embroiled in contentious political tragedies. Seasonal floods have swept our lands in the North, the monsoon was delayed and then it came with a vengeance, resulting in large-scale disasters. Lives were lost, infrastructure and property destroyed and the government was found wanting everywhere. The question is, as a nation, as states both individually and collectively, will we come together to fight the battle of our lifetime to ensure that for our children, and those who come later, we leave a planet and a home better, or at least as beautiful, as we found it?

## When Le Corbusier shook architects out of their comfort zone

RAJNISH WATTAS

Le Corbusier famously said, "A house is a machine to live in." In the early 1920s, a young Le Corbusier was struggling to set up his architectural practice in Paris. But he had plenty of opportunities to channel his irrepressible creative energies in the world of art and design and he joined the avant garde movement against decadent institutions that were resisting change. Soon, he started his own polemical but refreshingly fresh journal L'Esprit Nouveau. He wrote a series of articles calling for a revolution in architecture, which was still imitating neo-classical styles in spite of new technologies and varied spatial demands of the 'machine age'. In 1923, he brought out a compilation of these essays as a book, Vers une Architecture, translated into English as Towards a New Architecture.

The world over, architectural institutions are organising events to mark the centenary of this visionary nugget. Mark Wigley of Columbia University hails it as 'the single-most influential architectural manifesto of that century'. Similarly, Rowan Moore, an eminent architectural author-critic, calls it the 'most influential book on the design of buildings since Vitruvius wrote his De Architectura in the reign of Roman emperor Augustus'. The book had an automobile on its cover. Inside, there were more pic-



tures of steamships, airplanes, automobiles and grain silos than of buildings. But there was a rationale to that. He wanted to awaken the architects - accusing them of having 'eyes that do not see' - to the fact that the engineers had progressed to the next level, where every component of the new age demanded precision of design and optimal use of space. On the other hand, architects were still prisoners to pseudo imitation of historic styles extracted from Greek, Gothic, Baroque and other classical sources.

However, this phenomenon was not unique to Europe; it was happening in the US too, which with its vast

resources had already started building high-rise buildings in steel. But the architects still clad them with stone in an ornamental eclectic mix of neo-classical styles. In an architectural competition for the high-rise tower of the Chicago Tribune, the winning entry had a design of a steel skyscraper clad in ornamental Gothic stonework! It still stands proudly. The early torchbearer of modernism was Louis Sullivan, who coined the term 'Form follows function', which encapsulated the ethos of the emerging 'no-frills' style. His young disciple Frank Lloyd Wright took it the next level of refinement and started build-

ing sleek streamlined 'Prairie houses' shorn of unnecessary false elements, creating beauty through proportions and authenticity of materials such as exposed brickwork and concrete with sweeping cantilevered roofs. Ayn Rand's iconic book The Fountainhead was supposedly inspired by Wright's struggle for modernity against vested interests of the builder-establishment lobby and its patrons. In Towards a New Architecture, Le Corbusier employed numerous provocative exhortations, admonishments and commands that later became catchphrases of the profession. Some of them - 'Plan is the generator of

form', 'Architecture is the masterful, correct and magnificent play of volumes brought together in light' - have become legendary in the world of architecture. They read like slogans on T-shirts worn by rebellious youth today or like the ancient world's Ashokan rock edicts spreading the message with relentless passion and vigour. The adage 'Architecture or revolution' was more a threat to the somnolent architects of the era to wake up and smell the coffee.

His most famous maxim, "A house is a machine to live in", is also perhaps the most misunderstood. What he meant was that house design should have a definitive programme of needs and optimal usage of space needed, if the problem of mass housing for the world were to be solved.

The book not only meditates on architecture but also on urbanism. In his search for the ideal city, he presented a number of hypothetical schemes such as Ville Contemporaine (1922), a vision of a city of three million inhabitants that proposed high-rise towers on stilts spread out over vast landscapes with elevated roads and movement corridors, thus liberating the ground for gardens and pedestrian movement. In 1925, his Plan Voisin for restructuring parts of Paris met with derision and virulent criticism of being inhuman. The best and most refined of these highly imaginative but debatable schemes was Ville Radieuse or 'Radiant City', wherein

he conceptualised the city as a human body with organs such as the head, the heart, lungs and arteries interconnected with one another. The Chandigarh plan draws its inspiration from his studies for 'Radiant City'.

Le Corbusier put his theories into practice with Villa Savoye, a house completed in 1931, a white horizontal rectangle resting on pilotis. His biggest experiment in mass housing, Unité d'Habitation at Marseille (1952), built in exposed concrete, was a masterpiece in its own right but often labelled as 'brutalist'. His exposed concrete surfaces, unpainted and clad in appealing material, put off some people, while others found them honest, truthful and expressive of a new aesthetic.

His later projects broke away from the rigidity of monolithic cuboid structures and brought in a plasticity of shapes. The chapel of Notre-Dame, Ronchamp, and the Assembly building at Chandigarh's Capitol Complex are classic examples of his advocacy of pure forms brought to light together. The Secretariat building has overtones of Unité d'Habitation and has been compared to a large steamship. Admired or derided, Towards a New Architecture did bring about a architectural rebirth at that point of time by ushering in modernism. Just like Picasso, who upturned the world of painting with his cubist vision, Le Corbusier shook architects out of their comfort zone.

# Kajol says Shah Rukh Khan would stab her 'with a fork' if she did this annoying thing...

Kajol recently revealed if she and Shah Rukh Khan are best friends. Kajol was answering some 'most Googled questions' she was asked during a chat with Mashable India. While she called Shah Rukh Khan a 'very good friend' of hers, Kajol said she would never even try to message him every day.

Kajol said that if she ever called Shah Rukh in the middle of the night, he would answer her call. But she would never send him 'good morning' messages as she fears his reaction. Kajol joked Shah Rukh might 'stab her with a fork' if she ever tried to send him such messages.

Why Kajol doesn't message Shah Rukh as much

"I think we are very, very good friends. I know for a fact that if I ever had to call him up at 3 o'clock in the morning, he

would pick up my phone and he knows vice-versa. But no, I do not message him every day 'Good morning there' and send him a flower photograph. I think he would stab me with a nice fork if I ever tried it," Kajol told Mashable India.

Kajol and Shah Rukh Khan's films

Kajol and Shah Rukh have appeared together in several hit films like Dilwale Dulhania Le Jayenge (1995), Baazigar (1993), Karan Arjun (1995), My Name Is Khan (2010) and Kabhi Khushi Kabhie Gham (2001), among others. They reunited for Rohit Shetty's 2015 film Dilwale.

Shah Rukh on his friendship with Kajol

Apart from being one of Bollywood's most loved on-screen pair, the actors are also friends, and have time and again spoken about their bond.

"It is very exciting to be back with



Kajol. I haven't had the time to thank her to be a part of the film. We will start the film in June hopefully. It is good to work with Rohit. I have not worked with Kajol

after My Name Is Khan. It is always exciting to work with her. She is my warmest, closest friend. We have done really nice cinema together.

# Fans say Samantha Ruth Prabhu's dance in new video is basically a social media challenge waiting to happen

After shooting for back-to-back projects such as Citadel and Kushi, Samantha Ruth Prabhu is on an acting break to focus on her health. The actor, who was diagnosed with the autoimmune condition myositis last year, has been keeping fans updated about what she's been up to lately. On Friday, Samantha shared a video of her dancing with a friend. The two are on a vacation in Bali. Also read: Samantha Ruth Prabhu loses her sunglasses to monkeys



Two clapped their hands and busted out some cool dance moves on what appeared to be a deck at a restaurant or resort. Fans react to Samantha's dance

video, "Don't know why, but I love her expression and personality." Another said, "This dance is going to be a new trend." One person commented, "100/100 for the dance." A person also said, "Those steps look cool... getting addicted to watching this." Inside Samantha Ruth Prabhu's Bali vacation Since the past few days, Samantha has offered fans glimpses of Bali, where she is currently on a holiday. She recently visited the Uluwatu Temple, one of Bali's top tourist spots. She also posted a picture of herself wearing sunglasses, and revealed they were stolen by a monkey soon after. Last week, Samantha had also teased fans to a glimpse of herself flaunting a short new hairstyle ahead of her Bali trip.

Samantha Ruth Prabhu's break from

films

After wrapping up the Indian chapter of the web series Citadel, as well as her Telugu film Kushi, Samantha is taking a step back from acting for at least one year. During the break, she would primarily focus on her health, and undergo treatment for autoimmune condition myositis in the US, said a source close to the actor. "Few months back, Samantha decided that she will be taking a break from acting, and was just waiting to wrap up her projects - Kushi with Vijay Deverakonda and the Indian segment of Citadel with Varun Dhawan. When I checked with her a few months back, she told me that she is not signing any projects currently," the source earlier told agencies.

# OBSESSED HITMAKER ABHIJAY SHARMA: PUNE MAKES ME FEEL AT HOME



Musician Abhijay Sharma will mark his debut performance in Pune today and he's looking forward to the "exhilarating experience" He says, "Pune makes me feel at home since it's a student city and being a student myself, I can relate to Pune." While his 2022 single Obsessed with singer Riar Saab was a chart-topper, Sharma is certain that it'll receive love in Pune, too. "Having witnessed the overwhelming response to Obsessed in various cities, I am sure that Pune, with its vibrant and music-loving community, will warmly embrace the song as well. The track has resonated with a diverse audience, and I believe Pune's music enthusiasts will appreciate its catchy beats and lyrics. I've been receiving a lot of love and support from music lovers in Pune for the single," says the 21-year-old. Besides the single, he also looks forward to presenting many other tracks at the gig tonight. "I'm looking forward to performing some unreleased tracks that I've been working on for the past few months and I'm sure Pune's going to enjoy them," shares the singer, as he goes on to talk about the deep connect Puneans have with music. "I've heard nothing but praises about the city's deep-rooted appreciation for the arts. Knowing for its nightlife, Pune has a passionate audience that embraces various genres and welcomes artists with open arms," Sharma ends.

# Vicky Kaushal completes 8 years in Bollywood: I want people to care about my work, expect better films from me



Vicky Kaushal, known for his roles in films like "Raazi" and "Uri: The Surgical Strike," embraces the pressures and responsibilities that come with stardom, seeing them as opportunities for growth as an artist and individual. He wants audiences to have high expectations of his work and is committed to delivering good performances. He believes that success and failure are fleeting and focuses on the process of becoming a better actor. He acknowledges that the fate of a film after its release is beyond his control and emphasizes giving his all to his work. It's been eight years since Vicky Kaushal got into mainstream spotlight with Masaan, after doing a couple of brief roles in projects such as Bombay Velvet and Luv Shuv Te Chicken Khurana. As the film completed eight years of its release earlier this week, the actor admits that he doesn't like to shy away from the pressures that comes with this stardom, and in fact, it only motivates him to push himself as an artiste.

"When it comes to stardom, we cannot take it for granted because stardom is not something that we own. It is given to us by the public," says the actor, adding, "The pressures and responsibilities that come with it, if taken in the right way, is something which will help you grow as an artiste and as a human being. I want that pressure to be there with me." The 35-year-old, whose last theatrical outing, Zara Hatke Zara Bachke turned out to be a hit, wants audiences to continue having high expectations from him.

"I want people to care about my work, expect good and better, in fact best work from me with every project. When I started off on this journey, it was very clear that there are just two ways for you - one is that you can try and be better with your work, so that people care about what you do.

# Bandgee Kallra on splitting with Puneesh Sharma: Don't want to be put out on social media

Model-influencer Bandgee Kallra and actor Puneesh Sharma met on Bigg Boss 11, fell in love, dated for five years and have decided to part ways. Bandgee took to Instagram to announce their breakup and requested fans to "respect our privacy and not speculate things".

While Puneesh, in an interview shared that the reason for the breakup was their long-distance relationship, Bandgee exclusively tells us that she does not want to delve into the details of it, but adds that there are no hard feelings or any kind of negativity between her and Puneesh.

"I'm very peaceful at heart and I'm sure same is the case with him. But, no two people think alike. I might feel that long-distance is fine, but maybe he wasn't comfortable with this relationship, and wants to be with me all the time," says Bandgee, adding, "Difference in opinion is always there. Moreover, with time, people change, so do their priorities and needs. And that's what has happened with us."

When asked about the reason for splitting after dating for almost half a decade, Bandgee refrains from divulging much. "I've already shared it on social media and I think for the world, that's enough. Our relationship might have started on a reality show, but I don't want all the reasons of separation to be put out in the public space for people to see and judge," she maintains. Calling herself a private person, who likes to keep certain things to herself for her sanity, she goes on to add, "Back then, Puneesh and I did not have the authority as we met on television, but now we have a choice."

# 'Hey, weirdos, do you have...', Megan Fox reacts to criticism for not supporting friend's Cancer Fund, fans furious

American actress Megan Fox is facing criticism from fans after being accused of "lacking generosity" for not contributing to her friend Brittney Boyce's father's cancer fund.

The "Transformers" star took the matter onto her Instagram story, saying, "Hey weirdos, do any of you have the emotional intelligence to consider that maybe Britt doesn't want her celebrity clients donating large sums of money to her because it creates a dynamic in her working relationships that makes her uncomfortable?"

Megan Fox refutes claims of 'forcing' kids into 'girls clothes'

She also said, "She asked me to post the 'GoFundMe' so that people could donate small amounts of money to



help reach their goal." Megan explains how Brittney asked her to share the 'GoFundMe' page and how it has reached a goal of \$60,000 because of her reach on social media. A fan mentioned on a Reddit forum, "The highest donation was only \$300, which wasn't anonymous, and if I had as much money as her, I'd cover 100% of the friend's medical expenses." Megan and her fiancé, Colson Baker, famously known as Machine Gun Kelly, have been clients of the Nail of LA

founder. Brittney took to her 'GoFund Me' page, saying, "I know things are tough right now, but it would really help if you're able to donate or share it."

Brittney mentioned that her father picked up the prescription yesterday, and due to insurance not being covered, the bill ran to \$1000, which is not enough supply for an entire month.

Megan's fans have also come out to subtly mention that the star could have contributed privately through Zelle or anything similar, but no attempts were made on the same.

The fans on the Reddit forum have also come out to say, "I can't imagine a person being so dense and not being able to contribute even after having the money she does, but who knows?"

# How Brad Pitt and Ines de Ramo are 'very strong' and 'doing great' after eight months of dating

Brad Pitt and Ines de Ramon have been having a lovely summer romance. The couple first came into the public eye eight months ago, and a source close to de Ramon, 32, tells PEOPLE that they are still "very strong" and "doing great." The insider also says that they have been spending a lot of time in Europe, where they enjoy each other's company and are very into each other. "It's obvious to anyone who sees them together," the insider says. A source close to

Pitt, 59, tells PEOPLE that he's been in Europe for the summer, where he was working on the Formula One racing movie until the SAG-AFTRA strike put the production on hold.

"He still has a place at Chateau Miraval and has been staying there and other places in Europe," the source adds.

"And Ines has been flying in to see him several times." Pitt and de Ramon were first spotted together at a Los Angeles concert in November. Sources told PEOPLE then that they

had actually been dating for "a few months" before that. Pitt had previously dated women like Emily Ratajkowski and Nicole Poturalski after he and Angelina Jolie broke up in 2016.

Meanwhile, de Ramon and her former husband, Vampire Diaries star Paul Wesley, quietly split in May 2022 after three years of marriage. She reportedly met Pitt through a mutual friend. The two have been seen together at various events, such as the Los

Angeles Babylon premiere party and Pitt's 59th birthday party at a Hollywood restaurant, both in December.

"They were very cute and flirty. You could tell that she makes him happy," a source told PEOPLE then.

Pitt and de Ramon then celebrated 2023 with a trip to Cabo San Lucas, Mexico, where they stayed for New Year's Eve and the next few days.

On Valentine's Day, the jewelry designer was seen in Los Angeles holding a big bouquet

of pink peonies, as reported by the Daily Mail.

A source confirmed to PEOPLE in February that Pitt was the one who sent the romantic flowers to his lover.

Although Pitt was not there with her for the holiday being busy in New York City filming his new movie Wolves jewelry designer de Ramon looked very happy with the sweet gesture.

She smiled as she held the flowers, and also had a long baguette under one arm to complete her Valentine's



# Are stale rotis healthier than fresh ones? Experts on how to consume, store

Not all leftover foods are unhealthy, and some may actually become more nutritious if stored in a right manner overnight. Many people consume baasi roti or stale roti in their breakfast while others discard them fearing spoilage. However, as per experts leftover rotis have their own set of benefits for diabetes and digestion and the process of freezing them overnight can increase resistant starch which could be beneficial in blood sugar control. Baasi or stale rotis should be best consumed in breakfast along with milk or vegetables, say experts. However, it's better to consume them within 12-15 hours of preparing them and freezing them for best results. (Also read: Diabetes: Can eating cold leftover rice improve your blood sugar levels?)

Stale roti better than fresh one? "Wheat is one of the world's most common and controversial cereal. It is a rich source of fibre, vitamins, minerals and antioxidants. It is a good source of carbohydrates and an energy food. Whole wheat flour ranks moderate on glycaemic index and high on glycaemic load, but it is also a good source of insoluble fibre which can be effective in reducing the postprandial blood glucose response. Researchers suggest that repeated cycle of cooking and freezing increases the resistant starch which may potentially increase the healthy gut microbiota. Grains high in resistant starch improve human health and possess beneficial effects for diabetics. Further studies need to be carried to support the health benefits of stale rotis for diabetics," says Nutritionist Priya Palan in an email interview with HT Digital.



The right way to consume leftover rotis

"Leftover rotis are an integral part of the Indian meals. People generally prefer it to be for breakfast. Adding it in the right manner may enhance the nutritional value of the food. Rotis contains more carbohydrates, hence combining them with veg-

etables and protein foods is advisable. Keeping a watch on the count of rotis is important. High amount of gluten in wheat can worsen irritable bowel disease and cause inflammation in digestive tract," says Priya Palan. "Benefits and side effects of eating stale rotis "Social media is abuzz with the benefits of baasi

roti, or stale chapati. When left out for 12 hours, roti undergoes changes in taste, texture, and starch composition. It leads to formation of resistant starch, which acts like fibre and doesn't break down into glucose as easily. However, the difference in glycaemic index between fresh and stale chapati may not significantly impact blood sugar control. If not stored properly, bacteria or Mold growth is possible. Consuming 12-hour-old roti is acceptable if stored correctly and appears fine, but fresh roti offers the best taste and texture. Note that there is a difference between roti made from fresh dough and fermented dough, as fermentation improves digestion, nutrient bioavailability, gut health, and adds unique flavour," says Dr Khalid J Ferooqi, Principal Consultant - Endocrinology & Diabetes, Max Hospital, Gurgaon.

## How to Do Face Pulls, One of the Best Exercises to Protect Your Shoulders



Face pulls are an underrated movement that targets the shoulders and back. One of the older-named exercises in the gym, conjuring images of legendary guys like Jack LaLanne pulling cars and boats with their teeth, the exercise gets its name from pulling a cable handle to the face, not the neck or upper chest. Here's how and why to build cable face pulls into your upper-body routine.

Many machine exercises contribute to shoulder instability, overuse, and injury. Face pulls, however, when done correctly, do the opposite. The exercise strengthens all the stabilizer muscles around the shoulder, enhancing scapular stability, and preventing injury. While most guys spend some time stabilizing their hips and put a ton of focus on their abs, they don't devote enough effort to their shoulders, which take a beating from everyday life hunched over computers and steering wheels.

Shoulders also take a lot of abuse in the weight room. There's a reason it's called shouldering a burden. Face pulls improve posture, prevent shoulder issues, and even enhance your pulling ability since they develop many of the same muscles used for the king of all body-weight moves. Plus, if you want to build that impressive V-shaped back, the face pull is one of the best moves you can do.

What Do Face Pulls Work? Face pulls target and develop the shoulders and upper-back muscles such as the rear deltoids, middle trapezius, rhomboids, and rotator cuff muscles (like the infraspinatus), which improve scapular stability and strength.

Stabilizing the rotator cuff muscles is crucial not just for guys who hammer their shoulders in the weight room, but also for baseball pitchers, quarterbacks, and swimmers, who are especially prone to shoulder overuse. Not only will face pulls strengthen and stabilize your shoulders and back, which is valuable in and of itself, but that stable upper body will produce bigger lifts, better posture, and overall musculoskeletal health.

On the cable pulley system, use the rope attachment and set the weight to an appropriate setting. Note: Use light weight until you master proper form. Going too heavy will likely shift momentum and turn this into more of a back exercise.

Stand facing the cable machine in an athletic stance with your feet shoulder-width apart and your body leaning back about 20 degrees.

Grip the rope with both hands, then step back, so the stack of weight plates rises. Keeping your back straight and knees slightly bent, begin the movement by inhaling and squeezing your shoulder blades together as if trying to bring them toward your back pockets.

Bring the cable to your face at eye level—not the chin or neck, where it becomes more of a biceps movement. At the end of the move, your upper arms and forearms should form a 90-degree angle.

Face pulls require a specific form with limited variation to make them either easier or harder (aside from adjusting the weight), and are best performed with a cable pulley machine.

If you don't have access to one, it's possible to use resistance bands—hanging them on a bar and pulling them to your face. Other movements that target similar muscle groups include lat pulldowns, pullups, dumbbell flies, and dumbbell rows.

# In an unequal society like India, community-led interventions can make therapy more accessible

Most health systems consider mental health therapy as an individualised form of medicine, but community mental health approaches could make therapy more accessible to people and create communities of support, some experts suggest a new research shows.

domestic violence, and therefore, community-based interventions might help more

py, usually do not acknowledge the social, political, or cultural causes of distress, and are based on individualistic ideas supporting the

medicalising mental health. For instance, serotonin imbalance is understood as one of the primary causes of depression and reduced dopamine has been long associated with reduced

and marginalised groups are more prone to poorer mental health outcomes. Lower levels of income, precarious nature of work and perceived lack of control in some social groups are



**WITH INDIA'S LACK OF MENTAL CARE PROFESSIONALS, COMMUNITY PROGRAMMES MIGHT BE A BETTER WAY TO REACH MORE PEOPLE.**

A 2017 study published in The Lancet found that approximately one in seven Indians is affected by a mental health concern of varying degrees of severity. India has a suicide rate of 21.1 per 100,000 people, estimates the World Health Organization. In addition, post the Covid-19 pandemic, mental health concerns have risen across the globe.

than individual therapy. Programmes in India include those by non-governmental organisations such as Sangath and the Manas Foundations that train community health workers to identify and help with mental health issues.

proposition that changing mindsets in therapy can reduce individual suffering. But, Sanah Ahsan, a psychologist based in the UK at the National Institute of Health, wrote in The Guardian, that encouraging individuals to change mindsets in therapy could be another way of adapting to systems that are inefficient, and protect the status quo which harms marginalised groups.

motivation. These beliefs, nevertheless, are changing now. "The main areas of serotonin research provided no consistent evidence of there being an association between serotonin and depression, and no support for the hypothesis that depression is caused by lowered serotonin activity or concentrations," a 2022 review of studies concluded. Medicalising mental health, and thereby finding roots of the problem in faulty brain chemistry, can also be disempowering, especially when it distracts individuals from the environment that has caused this distress. Saba Ahmed, a Delhi-based senior researcher with SEWA Bharat, a trade union of women working in the informal sector, said that often, in interactions with women from the informal economy, "a lot of the problems or concerns women express are related to the precarious nature of their employment".

factors that increase the severity of stress. Similarly, poor mental health outcomes are also linked to employment conditions, such as the informal sector, where a significant proportion of Indian women work, and where stress due to poorly managed systems and violence is prevalent.

Yet, mental health practitioners are in short supply. In India, there are two mental health workers and 0.3 psychiatrists per 100,000 population, below the global average of 13 mental health workers for 100,000 people.

Distress-causing environment. Cognitive Behavior Therapy is one of the most common types of therapy practised across the globe. It is based on the premise that our thoughts about events in the external environment cause feelings about the event, which in turn affect behaviour. The therapy assumes that a change in perception of the external environment can change thoughts, thereby reducing feelings of perpetual sadness or anxiety. This form of therapy, and other forms of psychother-

For instance, if a person is experiencing economic hardship due to systemic issues such as income inequality, encouraging them to change their mindset and work harder to achieve financial success could be seen as a way to adapt to a system that is inefficient and unjust, rather than addressing the structural issues that create economic inequality in the first place.

Mental health experts now understand that people in lower socio-economic communities

Professionals should not resolve mental health concerns by counselling over the telephone or by using pills, when the concerns are due to discrimination, physical assault and lack of basic necessities, such as food and shelter, wrote Sudharshan R Kottai, a psychology professor at Jain University in Bangalore in an article in the Economic and Political Weekly. He argued that mental health professionals often underestimate socio-political factors that cause distress.

# Mental Health: 5 Lifestyle Changes To Uplift Your Mood And Confidence Everyday

Home LifestyleMental health: 5 Lifestyle Changes to Uplift Your Mood And Confidence Everyday



As with physical health, tending to mental health is an ongoing process and can be improved with simple daily practices. Here are 5 suggestions to get started.

Mental health: 5 Lifestyle Changes to Enhance Your Mood And Confidence on Day-to-Day Basis

Everyone agrees that Mental Health is as important as physical health, but do we really do enough to take care of our mental health on a day-to-day basis? Some basic ways of living that have been inherent to our culture have been proven scientifically effective for maintaining good mental health.

As with physical health, tending to mental health is an ongoing process and can be improved with simple

daily practices. Here are 5 suggestions to get started.  
5 Lifestyle Changes to Uplift Your Mood And Confidence Everyday

1. Sleep hygiene: sleep is essential to maintaining good emotional and physical well-being. A minimum of 7-8 hours of uninterrupted sleep at

night should be considered non negotiable to prevent sleep debt that we often try to cover up through mid day

**AS WITH PHYSICAL HEALTH, TENDING TO MENTAL HEALTH IS AN ONGOING PROCESS AND CAN BE IMPROVED WITH SIMPLE DAILY PRACTICES. HERE ARE 5 SUGGESTIONS TO GET STARTED.**

naps or long sleeping hours over the weekend. There's indeed some value in a good night sleep.

2. Healthy diet: this seems more common sense to physical well being, but unrelated to mental health. A good healthy diet with nutritious foods goes a long way in keeping our gut health, which is directly related to mental health. You would have noticed that when you're having a stressful day at work or feeling anxious before exams, the butterflies in the stomach are a real thing, and subsequent complaints of gastritis, acidity and constipation are not uncommon.

3. Leisure: All work and no play can make the human mind dull. Burn outs which are characteristic of the

fast paced contemporary society are a result of lack of time for leisure and extra curricular activities that we stopped engaging in as we get busy with work/exams and our general living. When we don't get time to indulge in things we enjoy, our brain receptors responsible for pleasure are not being stimulated enough. Moreover, unwinding and resting are also good ways to slow down and enjoy me time.

4. Social interaction: There's some value in picking up the phone and calling that old friend you have not connected with in a while. Humans are social beings who have a strong

need for belongingness. When this basic need is eroded in a fast paced life, our mental health can suffer.

Indian culture which is rich with festivals throughout the year provides us with opportunity to experience social interactions. So next time you avoid going to that Diwali or Christmas party, think twice.

5. Exercise: The Indian way of living has always incorporated some basic yoga asanas (postures) and pranayams (breathing exercises). Simple stretching and breathing that is ancient in our culture has now proven to be effective for good mental health by western science. So, next time you feel stressed out, you may find some ways of being healthy in our yoga culture.



## Deputy Commissioner Poonch reviews performance of POSHAN (ICDS) Department

POONCH, JULY 28: District Development Commissioner Poonch, Yasin M. Choudhary today reviewed the performance of POSHAN (ICDS) Department at a meeting held today.

The meeting was attended by District Programme Officer, Khalid Wafa; Assistant Development Commissioner, Abid Hussain Shah; CDPO Haveli, Taj-un-Nisa; CDPO Mandi, Adil Shabir; CDPO Buzilaz, Mohd Nisar, CDPO Mendhar, Abdul Aziz and all supervisors, besides contractors and other Officials.

A detailed review of ICDS schemes was conducted, including supplementary nutrition, early childhood care and education, health checkup, health and nutrition education POSHAN vanita, Pradhan Mantri Matru Vandana Yojna (PMMVY) and construction of anganwadi buildings under MGNREGA convergence, POSHAN tracker etc.



The meeting focused on the improvement of health and nutrition status of children of 0-6 year age with special emphasis on addressing the problem of anemia, stunting, underweight, SAM, and MAM.

In convergence with the health department to identify the children under six year who are suffering from anemia by conducting HB tests in the district. The anemia children are required to be given supplements and proper nutrition as per SOP with the consultation of the health department. Malnutrition related ailments are serious which affect the physical as well as mental development of a child.

The Deputy Commissioner directed the Officers and officials to ensure the saturation under Pradhan Mantri Matru Vandana Yojna (PMMVY) by cross checking the data of pregnant and lactating mothers available with the health department so that all eligible women are provided benefits of the scheme.

The Deputy Commissioner further emphasized on identifying and covering all left out children under the Indradhanush campaign.

The supervisors were asked to extend cooperation to the health department in identifying the children who have not been vaccinated or left out due to any reason.

The CDPOs were asked to conduct the joint verification for shifting of Anganwadi centers to nearby schools wherever feasible. The Deputy Commissioner passed direction to ACD Poonch to speed up the work of construction of all 59 Anganwadi buildings undertaken under MGNREGA convergence scheme and complete the same in the current financial year.

Later, the Deputy Commissioner directed the Officers to work with missionary spirit and review the implementation of all ICDS schemes on a regular basis with the main focus on prevention and reduction of anemia, stunting, wasting, SAM, MAM among children and anemia among pregnant women and lactating mothers.

## DC Bandipora reviews preparations for 'Meri Maati Mera Desh' campaign

JJ NEWS SERVICE

BANDIPORA, JULY 28: The Deputy Commissioner (DC) Bandipora, Dr Owais Ahmad on Friday convened a meeting of all concerned officers to review the preparations for the conduct of 'Meri Maati Mera Desh' campaign under Azadi Ka Amrit Mahotsav in the district.

On the occasion, the meeting was briefed about the 'Meri Maati Mera Desh' campaign, including its components viz. Deep Dive-Silaphalakam, Vasudha Vandhan (planting 75 saplings), Veeron Ka Vandan, Hoisting of National Flag and Singing of Rashtra Gaan besides Panch Pran Pledge.

The DC asked all departments for impactful celebrations of Independence Day under the national theme 'Meri Maati Mera Desh' across the district as per guidelines issued by the government. It was informed that the local level programmes shall also be held to pay homage to the 'Veers' who have sacrificed their lives for the nation.

He asked to prepare the list of all such 'Veers' who have sacrificed their lives, including freedom fighters and defense/ police personnel of the district. The meeting was further informed that 'Mitti Yatra's from Panchayats shall be organised and under the activity of 'Vasudha Vandhan', each Gram Panchayat will replenish mother earth by planting at least 75 plant saplings preferentially around the already established Amrit Sarovars.

The ACD and EO MC were directed to make all necessary arrangements for 'MittiYatra' in all the Panchayats of the district and wards of the town.

The DC enjoined upon all the officers to take part in all the events in person besides encouraging others for the same and stressed upon all departments to ensure utmost coordination among themselves to make the campaign successful.

Earlier, Mehraj Wani, STO Bandipora/ Nodal Officer gave a detailed presentation of the campaign.

The meeting was attended by Nodal Officer Coordination, Mohammad Ashraf Hakak; ACR, ACP, CEO, District Information Officer, CHO, CAHO, DFO and other officers and officials from concerned departments.

## DC Udhampur takes stock of unauthorised constructions in Rural areas

JJ NEWS SERVICE

UDHAMPUR, JULY 28: Deputy Commissioner, Udhampur Sachin Kumar Vaishya today convened a meeting of Revenue officers here in the Conference Hall DC Office Complex to take stock of unauthorised constructions in the Rural Areas.

The meeting was attended by SDM Ramnagar, Shishir Gupta; SDM Basantgarh, Waheed Manhas; SDM Dudu, Kulraj Singh, besides all the BDOs, Tehsildars and Naib Tehsildars. ACR, Rafiq Ahmed Jalai attended the meeting through virtual mode.

During the meeting, the DC directed the officers to curb the illegal construction in rural areas and ensure the permission be granted without any delay. The buildings constructed without permission from the competent authority should immediately be sealed.

The DC took review of revenue issues which includes delivery of services under PSGA, E-office, Building permission in rural areas, Digitization of Jamabandis, Digitization and Geo referencing of cadastral maps/ mussavis, Status of agriculture census, Attestation of mutation, Relief cases etc.

He asked the department to expedite the Up-dation process of Jamabandis and quality check of revenue records as per the targets.

He further exhorted the officers and field functionaries to work as a team for better results and efficient service delivery to the people.

## High level team inspects facilities for inmates in Poonch Jail



JJ NEWS SERVICE

POONCH, JULY 28: Deputy Commissioner Poonch, Yasin M. Choudhary, Sub-Judge (Secretary DLSA Poonch), Wahajat Hussain Kazmi, and Senior Superintendent of Police, Vinay Kumar Sharma today visited the District Jail Poonch to inspect the facilities being provided to the jail inmates.

The visiting team was welcomed by the Jail Superintendent, Khalid Amin. The team inspected the overall arrangements in the jail, including the control room, kitchen block, barracks of inmates, CCTV room and video conference room.

During the inspection, the team interacted with the jail inmates to enquire about the healthcare and other essential facilities provided to them by the jail authority. District Legal Services Authority Poonch Secretary (Sub-Judge) Wahajat Hussain Kazmi listened to the problems of the inmates and assured them to solve their genuine demands soon.

The team also checked the quality of food being provided to the inmates.

The Deputy Commissioner instructed the Jail Superintendent to provide all basic amenities to the inmates and pay special attention to their health and provision of medical facilities.

## Mayor of Srinagar pays glorious tributes to Imam Hussain (A.S) & Shohada-e-Karbala

Imam Hussain's (A.S) sacrifice, a guiding light for entire humanity: Junaid Mattu

JJ NEWS SERVICE

Srinagar, July 28: The Mayor of Srinagar, Junaid Azim Mattu Friday paid glorious tributes to the martyrs of Karbala, and highlighted the spirit and essence of Karbala and the sacrifice of Imam Hussain (A.S).

The Mayor said, "The day of Ashura is a day of great significance for Muslims all over the

world. It is a day to remember the sacrifice of Imam Hussain (AS) and his companions, who stood up against tyranny and injustice. The spirit of Karbala is a reminder that we must always stand up for what is right, even in the face of overwhelming odds and injustice." The Mayor also said that the sacrifice of Imam Hussain (A.S) is a lesson in courage, resilience, and faith. "Imam Hussain (A.S) and his

companions showed us that it is possible to stand up to oppression, even when it means sacrificing our own lives. Their sacrifice is an inspiration to us all," he added.

He called on all Muslims to commemorate the day of Ashura with prayers, fasting, and reflection. "Let us remember the sacrifice of Imam Hussain and his companions, and let us resolve to live our lives in accordance with their

teachings," Mattu said.

"The spirit of Karbala is a powerful one. It is a spirit of resistance, of courage, and of sacrifice. It is a spirit that has inspired Muslims for centuries, and it continues to inspire us today," he added.

The story of Karbala is a tragic one. It is the story of a man, Imam Hussain (A.S), who stood up to tyranny and injustice, even though he knew that it would cost

him his life. Imam Hussain's (A.S) sacrifice was a powerful one, and it has had a profound impact on the world even to this day," the Mayor further said.

Mattu said that we should remember the sacrifice of Imam Hussain (A.S) and his companions in our day to day lives and resolve to live our lives in accordance with their teachings and their ideals.

## ADDCC Bandipora convenes developmental review meeting at Tulail

JJ NEWS SERVICE

BANDIPORA, JULY 28: On the directions of Deputy Commissioner (DC) Bandipora, a developmental review meeting was today convened at Tulail Valley under the chairmanship of Additional District Development Commissioner (ADDCC) Bandipora, Ali Afsar Khan.

The meeting discussed various developmental initiatives, infrastructural development, healthcare facilities, education, and road connectivity.

The ADDCC Bandipora stressed for transparency and accountability during the execution of various developmental projects in the region. SDM Gurez on the occasion presented detailed updates on the achievements and ongoing projects and informed about their current status.

The ADDCC urged officers to work extra hours to meet deadlines, considering the limited working season in Tulail due to the approaching winter.

The meeting took stock of the availability of essential commodities,

including ration, fuel, and cooking gas. The ADDCC urged officers to stock ample quantities of essential commodities to ensure the well-being of the residents during the challenging weather conditions in the upcoming winter season.

The meeting was attended by Sub Divisional Magistrate (SDM) Gurez, Dr Mudasar, members of Block Development Council Gurez, PRIs, Block Development Officer Gurez, concerned officers and residents of Tulail valley.

## Director Agriculture visits Heavy rainfall, Flash Flood affected areas of Kupwara

JJ NEWS SERVICE

KUPWARA, JULY 28: The Director Agriculture Kashmir, Chowdhury Mohammad Iqbal today undertook a tour of various incessant rain, flash flood affected areas of Kupwara district to assess the damage to paddy, maize and other agriculture crops. During the tour, Director along with Chief Agriculture Officer Kupwara visited various areas of Kupwara district including Kalaroose, Thayan, Ladah, Madmadu, Nagsari, Narikoot and Moori where incessant rains, flash floods and gusty winds damaged crops. Director Agriculture directed the vis-



iting teams to make on spot assessment of the damage caused to the vegetable crops, paddy field and maize crop by the heavy rains. Talking to the affected farmers, Director Agriculture said that the department is committed to the economic security of the farming community.

He assured them that all the necessary steps would be taken, to mitigate the damage caused by the heavy rainfall, flash floods to the agriculture crops.

Instructions were issued by the Director to the field officers to immediately

make a detailed assessment of the losses and the concerned Chief Agriculture Officer was advised to furnish crop wise and area wise damage reports within a week's time.

Director asked the farmers to strictly follow the advisories by the department and impressed upon the concerned officers to work in close coordination with the affected farmers and guide them in all the agriculture activities and post rainfall management operations. DC member, Mustafa Rahi; BDC member, Abdul Rashid; AEO Kalaroose, Hafizullah Wani were also present on the occasion.

## DC Kupwara distributes certificates among 60 Trainees of Sales & Marketing

JJ NEWS SERVICE

KUPWARA, JULY 28: The Deputy Commissioner (DC) Kupwara, Ayushi Sudan on Friday urged the unemployed youth of the district to take advantage of Government's self-employment schemes in the district by starting their own ventures so that unemployment is addressed.

The DC said this during a Certificate Distribution Ceremony held at Town Hall Kupwara organised by a Delhi based NGO 'REACHA' in collaboration with 41 RR of Indian Army. Ayushi while referring to

Asks youth to avail benefits of self-employment schemes

PMEGP, Mudra, HADP, Himayat and other employment generation schemes said that there are so many government schemes which are targeting unemployed youth. She congratulated the trainees for completing 45 days training in Sales and Marketing and said that trainees should take benefit from different employment generation schemes and start their own ventures so that they can provide employment to others.

She advised the trainees to get full information of these schemes

and spread the this awareness among their friends and colleagues.

The DC said that Government is always at the back of unemployed youth to facilitate them and the need of the hour is to follow the guidelines given by the Government from time to time for establishment of self-employment units. She appreciated the agencies which provided the skill training to the girl trainees and said that the skill training will help in women empowerment.

Later, the DC distributed certificates among 60 Youth (Male and Female).

She also held an interaction with trainees and asked them to be productive and contribute to society as they have training and talent. On the occasion project implementation team of NGO claimed that they have provided training to 180 unemployed youth in retail and out of them 80 trainees have been provided employment in private sector. Similarly in Master Chef course of

hospitality 40 youth have been trained and 33 have been successfully placed in different companies.

Commanding officer 41 RR appreciated the efforts of district administration for taking Kupwara district to new heights of development.

Commanding Officer 41 RR, Col. Naval Gatti, Tehsildar Trehgam, Mudassar, Sikander, District Nodal Officer- EDI Kupwara, Ishfaq Ahmad Mir; Senior Advisor to RICHA, Azad Naqashbandi and other concerned officers were present at the occasion.

# Indian, Japanese Scientists Discover 600-Million-Year-Old Ocean In Himalayas

BENGALURU: High up in the Himalayas, scientists at the Indian Institute of Science (IISc) and Niigata University, Japan, have discovered droplets of water trapped in mineral deposits that were likely left behind from an ancient ocean which existed around 600 million years ago.

Analysis of the deposits, which had both calcium and magnesium carbonates, also allowed the team to provide a possible explanation for events that might have led to a major oxygenation event in Earth's history, Bengaluru-based IISc said in a release on Thursday.

"We have found a time capsule for paleo oceans," says Prakash Chandra Arya, PhD student at the Centre for Earth Sciences (CEAS), IISc, and first author of the study published in 'Precambrian Research'.

According to the statement, scientists believe that between 700 and 500 million years ago, thick sheets of ice covered the Earth for an extended period, called the Snowball Earth glaciation (one of the major glacial events in Earth's history).

What followed this, it said, was an increase in the amount of oxygen in the Earth's atmosphere, called the Second Great Oxygenation Event, which eventually led to the evolution of complex life forms.

So far, scientists have not fully understood how these events were connected due to the lack of well-preserved fossils and the disappearance of all past oceans that existed in the Earth's history, IISc noted, adding that exposures of such marine rocks in the Himalayas can provide some answers.

"We don't know much about past oceans," says Mr Arya. "How different or similar were they compared to present-day oceans? Were they more acidic or basic, nutrient-rich or deficient, warm or cold, and what was their chemical and isotopic composition?"

Such insights could also provide clues about the Earth's past climate, and this information can be useful for climate modelling, he adds.

The deposits found by the team - which date back to around the time of the Snowball Earth glaciation - showed that the sedimentary basins were deprived of calcium for an extended period, probably due to low riverine input.

"During this time, there was no flow in the oceans, and hence no calcium input. When there is no flow or calcium input, as more calcium precipitates, the amount of magnesium goes up," explains Sajeew Krishnan, Professor at CEAS and corresponding author of the study. The magnesium deposits formed at this time were able

to trap paleo ocean water in their pore space as they crystallised, the researchers suggest.

The calcium deprivation also likely led to a nutrient deficiency, making it conducive for slow-growing photosynthetic cyanobacteria, which could have started spewing out more oxygen into the atmosphere.

"Whenever there is an increase in the oxygen level in the atmosphere, you will have biological radiation (evolution)," says Mr Arya.

The team hunted for these deposits across a long stretch of the western Kumaon Himalayas, extending from Annapurna to the Milam glacier, and Dehradun to the Gangotri glacier region.

Using extensive laboratory analysis, they were able to confirm that the deposits are a product of precipitation from ancient ocean water, and not from other places, such as the Earth's interior (for example, from submarine volcanic activity).

The researchers believe that these deposits can provide information about ancient oceanic conditions such as pH, chemistry, and isotopic composition, which have so far only been theorised or modelled. Such information can help answer questions related to the evolution of oceans, and even life, in Earth's history, it was stated.

# Adityanath reviews work of planning dept gives directions on Bundelkhand Purvanchal's development

LUCKNOW JUL 28: Purvanchal and Bundelkhand have immense possibilities and funds for their development should be utilised after considering the multi-dimensional and long-term plans for the regions, Chief Minister Yogi Adityanath said on Friday during a review meeting of the planning department.

At the meeting, Adityanath gave necessary directions regarding the promotion of sector-wise potential in the state, according to an official statement.



include them in the action plan, he said.

"Bundelkhand and Purvanchal have immense development opportunities. We need to explore these possibilities by connecting universities and technical institutions in this important task," Adityanath said.

A comprehensive study should be conducted on where and which sectors require effort, and what kind of assistance should be provided, Adityanath said. This study report should be compiled in the planning department and used accordingly to

the estimated GDP is Rs 21.91 lakh crore, he added. "This is satisfying, and efforts should continue to achieve the goal of a USD 1 trillion economy," Adityanath said. The chief minister also said that all identified districts under the Aspirational District Program have shown excellent performance.

According to NITI Aayog's Champions of Change Dashboard, Uttar Pradesh has six districts among the top 10 districts in the country in May 2023, he said.

Adityanath said the Aspirational District Block Program is a top priority for the government

and each development block is being closely monitored at the government level. The best development block in the overall delta ranking will receive Rs 2 crore and the top-performing development block in thematic areas will receive financial incentives of Rs 60 lakh each. The State Transformation Commission has been created for long-term planning regarding the development of the state, the CM said. Selection/nomination of qualified experts on all crucial positions in the commission should be made functional as soon as possible, he added.

# Collaboration is crucial to tackle climate change challenges says Minister Bhupender Yadav

CHENNAI, JUL 28: Collaboration among nations is crucial for tackling complex and inter-connected challenges of climate change, biodiversity loss, desertification and pollution, among others, Union Minister for Environment, Forest and Climate Change Bhupender Yadav said here on Friday.

have taken decisive domestic actions, set ambitious targets, and actively guided international efforts through various initiatives like the ISA, CDRI, Mission LIFE and International Big Cat Alliance," the minister said.

As the world's most populous democracy and a vibrant emerging economy, India sought to lead the global fight against climate change, together with the G20, he said.

issue of integrated water resource management and captured best practices in the G20 in a compendium that can be a useful resource. The G20 nations have agreed on a comprehensive set of principles on LIFE styles for Sustainable Development, through the Development Ministers, he said.

He stressed the need to further strengthen the collective understanding of pressing climate and environment challenges, and to lead global efforts in tackling them, while addressing the G20 Environment and Climate Sustainability Ministerial meeting under the Presidency of India here. All the G20 members are coastal states and have a serious responsibility to protect and conserve coastal and ocean resources and use them responsibly, he said.

"India has consistently been a source of solutions, while historically not being part of the problems. We

the world's most populous democracy and a vibrant emerging economy, India sought to lead the global fight against climate change, together with the G20, he said.

The meet took up several new and important thematic priorities for deliberations and for the first time in a G20 forum, there was a discussion on the pressing issues of forest fires and mining degraded areas as priority landscapes, he said.

"Our experiences and best practices to restore them are included in Presidency documents, and these can be used in implementing measures to achieve our target for land degradation neutrality," Yadav said.

The meeting also addressed the

issue of integrated water resource management and captured best practices in the G20 in a compendium that can be a useful resource. The G20 nations have agreed on a comprehensive set of principles on LIFE styles for Sustainable Development, through the Development Ministers, he said.

"We have worked on developing the G20 High Level Principles for a sustainable and resilient blue or ocean-based economy," the Minister said.

Though significant progress has been made, the developmental and climate goals are yet to be reached, he said.

"We need to further our efforts in reaching our sustainable development goal targets with focus on eradication of poverty, equitable access to energy and resources, food and water security," the Minister added.

# In greed for power BJP playing with women's respect alleges Rahul

NEW DELHI, JUL 28: Congress leader Rahul Gandhi on Friday alleged that the BJP in its "greed for power" is playing with "women's respect" as well as the self-respect of the country.



Bhushan Sharan Singh, alleged killing of a woman in Uttarakhnd in which the son of a BJP leader was accused, and the release of the convicts in the Bilkis Bano gangrape case.

In a Facebook post, Gandhi shared a video montage built with media reports about incidents of sexual assault to attack the central government.

The video referred to such incidents as the sexual assault on two women who were stripped and paraded by a mob in Manipur, alleged sexual harassment of women wrangled by outgoing WPI chief Brij

with both the respect of women as well as the self-respect of the country," the former Congress president said in his post in Hindi.

Gandhi's remarks come amid the opposition's continued attack on the government over its handling of the situation in violence-hit Manipur, where two women were stripped and paraded naked by a mob.

The video of the May 4 incident, which only surfaced earlier this month, sparked nationwide outrage and has since become a polarising political fault line between the ruling BJP and the opposition bloc INDIA.

# India, Brazil Push Back Against China Over BRICS Expansion

New Delhi: India and Brazil are pushing back against a Chinese bid to rapidly expand the BRICS group of emerging markets to grow its political clout and counter the US, officials with knowledge of the matter said.

The countries have raised objections in preparatory talks for a summit in Johannesburg, next month where Brazil, Russia, India, China and South Africa will discuss potentially expanding the group to include Indonesia and Saudi Arabia. China has repeatedly lobbied for expansion during these meetings, said the officials, who asked not to be identified as the discussions are private.

Dozens of other nations are also clamoring to join the alliance, fueling western concerns the group is moving to become a counterweight to Washington and the European Union.

Brazil wants to avoid expansion partly because of these worries, while India wants strict rules on how and whether nations could move closer to the group, without formally expanding it. Any decision will require consensus among the members who will meet Aug. 22-24. India and Brazil want to use the summit to discuss potentially bringing in additional countries with observer status, the officials said.

South Africa supports discussing different membership options to accommodate this, but doesn't necessarily oppose expansion, two of the officials said.

"The BRICS leaders meeting last year authorized the expansion of membership, adding more members to BRICS is the political consensus of the five BRICS countries," China's foreign ministry said in a response to Bloomberg. The meeting aims to showcase the bloc's goals to establish itself as a serious political and economic force. The group has already discussed the potential establishment of a common currency, although significant progress toward that goal



isn't expected.

The summit comes at a time of heightened tensions between Washington and Beijing, and after South Africa fretted over Russian President Vladimir Putin's attendance. He'll participate virtually so South Africa doesn't have to execute an International Criminal Court arrest warrant for him. BRICS members have refused to join the likes of the Group of Seven in blaming and sanctioning Russia over its invasion of Ukraine, although the New Development Bank started by BRICS froze Russian projects and Moscow hasn't been able to access dollars via the bloc's shared foreign currency system. Russia does not hold a firm position on expanding BRICS said Fyodor Lukyanov, head of the Council on Foreign and Defense Policy, which advises the Kremlin.

"It's broadly in favor of BRICS expansion, but without any huge enthusiasm. It's following the others' lead. We won't block any decision," Formed officially in 2009-2010, the bloc has struggled to have the kind of geopolitical influence that matches its collective economic reach. Current BRICS members represent more than 42% of the world's population and account for 23% of global gross

domestic product and 18% of trade. Draft rules for admission to the group were drawn up after India's opposition to China's push for expansion, said two Indian officials. The guidelines are expected to be discussed and adopted during the leader's summit next month, the officials said.

India has put forward the idea that BRICS nations should look to emerging economies as well as democracies like Argentina and Nigeria if they want to expand the group, rather than Saudi Arabia, with its dynastic and autocratic rule, one of the officials said.

India's Prime Minister Narendra Modi discussed issues with Saudi Arabia's potential admission with the kingdom's Crown Prince Mohammed bin Salman last month, the official said.

The Ministry of External Affairs in India didn't comment. Saudi Arabia's government didn't respond to requests for comment, joining BRICS would bolster Crown Prince Mohammed's attempts to diversify his nation's economy, an effort that has bought it closer to Russia and China in recent years. China is the kingdom's top oil customer, while it relies on relations with Russia for the OPEC+ alliance.

# 'Ulterior political motives': Opposition slams govt over extension to ED Director Sanjay Mishra

New Delhi, Jul 28: The opposition slammed the BJP-led Centre on Friday over the extension of the tenure of Enforcement Directorate (ED) chief Sanjay Kumar Mishra till September 15, alleging that this was done with "ulterior political motives" and was aimed at targeting the leaders of the INDIA bloc with "false cases" to weaken the alliance.



The Supreme Court on Thursday extended Mishra's tenure till the mid-night of September 15 in larger "public and national interest," after the Centre asserted that his continuity is necessary in view of the ongoing FATE peer review and attempts by India's neighbours to ensure that the country gets into the "grey" list.

The top court, which initially made a sharp observation and asked "are we not giving a picture that there is no other person and the entire department is full of incompetent people", subsequently relented and accepted the Centre's request for extending Mishra's tenure, but for a month less than what was sought.

Addressing a joint press conference outside Parliament, Rashtriya Janata Dal (RJD) MP Manoj Jha alleged that Mishra was being the extension despite an illegality.

"It has been done over ulterior political motives. There is talk on the cor-

ridor of power that there will be an attempt to break the INDIA alliance by resorting to lies. We know about this and we want to tell this to the government," he said.

Samajwadi Party MP Ram Gopal Yadav said the Supreme Court asking whether there is "no other person and the entire department is full of incompetent people" was telling.

"There is an attempt to oblige one person and there is a conspiracy to trap opposition leaders in false cases," he alleged.

The Congress's deputy leader in the Rajya Sabha, Pramod Tiwari, also referred to the apex court's observation and wondered why Mishra was given an extension for only a month and a half and what would happen in this period.

agencies and want to slap false cases on opposition leaders... INDIA has come to the fore and is saying BJP gaddi choro (quit power)," he said.

Trinamool Congress's (TMC) Sushmita Dev alleged that the ED is a "weapon that works for the BJP".

"The Bihar, West Bengal and Jharkhand governments were targeted using agencies. They wanted to destabilise these governments and weaken the INDIA alliance," she said.

Twenty-six opposition parties have formed the Indian National Developmental Inclusive Alliance (INDIA) to take on the ruling Bharatiya Janata Party (BJP) untested in the 2024 Lok Sabha polls. On July 11, the top court held that two back-to-back year-long extensions granted to Mishra were "in breach" of its mandamus (judicial writ) in a 2021 verdict that the Indian Revenue Service (IRS) officer should not be given a further term.

He had also curtailed Mishra's extended tenure to July 31 from November 18, 2023, when he was supposed to retire.

Mishra was first appointed as the ED director for two years on November 19, 2018. By an order dated November 13, 2020, the Centre modified the appointment letter re-

# Delhi HC rejects fan's PIL against Sukesh Chandrasekhar over letters to Jacqueline, Nora

NEW DELHI, JUL 28: The Delhi High Court on Friday rejected a public interest litigation by a "hardcore fan" aggrieved by the "derogatory letters" written by Sukesh Chandrasekhar to actors Jacqueline Fernandez and Nora Fatehi, involved in criminal proceedings together with the alleged conman. The petitioner

sought action against government authorities for allegedly conniving with Chandrasekhar to "outrage the modesty" of the two women.

A bench of Chief Justice Satish Chandra Sharma and Justice Sanjeev Narula said the PIL filed by Nishant Singh was meant merely for publicity and shall be dismissed with costs.

The court also said the petition was based on "vague and baseless allegations". A detailed copy of the order is awaited. In his petition, Singh said Chandrasekhar's "false public love stories are heavily impacting on the psychology of our teenagers" and his "public antics" need to be stopped immediately.

# 'We've challenged the No 2 side in the world, so why not others?'

**DHAKA:** Hashan Ali Tahir, the Bangladesh women's head coach, is in a good space following the performance of his team in the recently concluded series against India. In a free-flowing chat, the Sri Lankan opens up about how his team has shaped up and the plans going ahead.

Excerpts from the interview: You have done extremely well against India? What is the impact of this performance on Bangladesh as a team?

I think the performance is huge because it was a big challenge to do well against a top-ranked side like India. The preparation was good and all credit goes to BCB for providing us with all the facilities. The win is huge because they have started believing in themselves and we know there will be more challenges coming up but the preparation will be easier going forward because once you do well against top sides, you just follow the process. I think we have gone to the next level and girls have taken a huge step to achieve it.

When you took over, did you think your team could challenge big sides like India?

Yeah, when I saw them in the qualifiers and in the Asia Cup, I saw there was no short of skill they just



needed a little bit of fine-tuning. It was challenging but I loved it because they were keen to improve and that was the plus point. When did you feel that you could beat India?

I think from the second T20, I started believing that we could beat India. There were a few hiccups but they started believing, and that was the major part and it was the most positive thing in our cricket.

You were always very keen on developing the batting unit. Are you happy with the batting unit's performance at the end of the series?

I think batting will take time. It's about believing in yourself and trusting your coach. Right now, after two bad performances (in the opening two T20s) we had a very fruitful discussion with the girls and we came out with a batting plan. How to get 220 - that was our plan. We knew our bowling was strong and we had two anchors Lara and Pinky. Pinky and Lara were given specific roles to play and all the other batters, had to bat around them. Pinky batted brilliantly and took responsibility.

# Brevis, Boulton star as MINY eliminate Washington Freedom

Dallas - Led by Dewald Brevis's 41-ball 57 and Trent Boult's 4-fer, MI New York eliminated Washington Freedom from MLC 2023. Put in to bat, MI New York posted 141 for 7 at the Grand Prairie Stadium in Dallas before limiting Washington Freedom to 125 for 9 to make a passage to Challenger.

Marco Jonsson, Justin Dill and Saurabh Netravalkar made a tight start with the ball, not allowing the MINY top order batters to get going freely. In the third over, Monank Patel was run out after being sent back by his partner,

while Nicholas Pooran was cleaned up by Netravalkar soon after the powerplay, ending the captain's struggled stay in which he managed to score only a solitary run in 10 balls.

Shayan Jahangir, who looked as uncomfortable at the start, had broken free in the last over of the powerplay, cracking three boundaries off Anrich Nortje. But that remained an oddity as MI New York could only manage 39 runs in the first nine overs. Jahangir's effort to try too hard backfired as Akeal Hosein had him trapped legbefore when he missed his reverse sweep.

From thereon, it was a

one-man show as Brevis took over. He carted Moises Henriques for a six over the mid wicket fence and went over extra cover to back it up with a boundary.

Two overs later, he muscled a six down the ground off Hosein and then stepped out to find a four. He then lofted a full delivery by Nortje over extra cover and muscled a pull off a short delivery by the pacer for a six. Tim David too joined him and muscled a couple of sixes, including one that left the premises of the stadium as the duo set the base for the team's competitive total

before getting dismissed. Washington Freedom, on the other hand, made a steady start to the run chase despite losing Matthew Short early.

Andrew Gous and Mukhtar Ahmed chugged along at around run-a-ball en route their 34-run stand for the second wicket. Even as Gous fell in the 8th over, Mukhtar and Glenn Phillips ensured a smooth passage for Freedom till the half-way mark. However, the former's run out while attempting a quick single, courtesy a fine throw from backcourt point by Kenjige, triggered a collapse.

## EXECUTIVE ENGINEER JAL SHAKTI (PHE) MECH. DIVISION UDHAMPUR

### NOTICE INVITING TENDER

e-NIT No. 27-JJM OF 2023-24 Dated: 26-07-2023

For and on behalf of Lt. Governor of UT of J&K, Executive Engineer Jal Shakti (PHE) Mechanical Division Udhampur, invites e-tenders from reputed and resourceful Bidders/ Firms/Companies/ registered in DIC or any other State Government for below mentioned work at Water Supply scheme of Jal Shakti (PHE) Mechanical Division Udhampur, of Jammu Province of UT of J&K, under Jal Jeevan Mission (JJM).

The bidding process shall be completed online on [www.jktenders.gov.in](http://www.jktenders.gov.in) in two covers viz. **Cover 1<sup>st</sup>** consisting of General Terms and Conditions and Technical Specifications and **Cover 2<sup>nd</sup>** consisting of Financial Bid on overall percentage rate basis, in the prescribed BOCQ.

Sr. No.	Particulars of the works	Estimated cost (lacs)	Tender fee (in Rs.)	Earnest money deposit	Bid validity	Time of completion of work (Days)
1	Providing, installation, testing and commissioning of electro-mechanical machinery alongwith allied works at WSS Pakhial (Refer to the scope of work)	As per ANNEXURE-I to this bid document	Rs. 500/-	2% of the estimated cost (in case of non-registered firms) Or 1% of the estimated cost (in case of firms registered with DIC/SSI/MSME)	180 days	As per ANNEXURE-I to this bid document.
2	Providing, installation, testing and commissioning of electro-mechanical machinery alongwith allied works at WSS Tandar (Refer to the scope of work)	As per ANNEXURE-I to this bid document	Rs. 500/-	2% of the estimated cost (in case of non-registered firms) Or 1% of the estimated cost (in case of firms registered with DIC/SSI/MSME)	180 days	As per ANNEXURE-I to this bid document.
3	Providing, installation, testing and commissioning of electro-mechanical machinery alongwith allied works at WSS Gharian Kulasser (Refer to the scope of work)	As per ANNEXURE-I to this bid document	Rs. 500/-	2% of the estimated cost (in case of non-registered firms) Or 1% of the estimated cost (in case of firms registered with DIC/SSI/MSME)	180 days	As per ANNEXURE-I to this bid document.

**Position of funds :** Approved Under Jal Jeevan Mission (JJM)  
**Position of AAA :** Accorded  
**Position of T.S :** Sanctioned  
 The tender inviting authority is Executive Engineer Jal Shakti (PHE) Mechanical Division Udhampur.

#### CRITICAL DATES:

i	Publish Date	26-07-2023 (18:00 Hours)
ii	Document Download Start Date	26-07-2023 (18:30 Hours)
iii	Clarification Start date	28-07-2023
iv	Clarification End date	31-07-2023
v	Bid submission Start date	26-07-2023
v	Bid submission End date	09-08-2023 (15.00 PM)
vi	Date of Bid opening	10-08-2023 (11:00 AM onwards)

1. Bid documents can be accessed & downloaded from [www.jktenders.gov.in](http://www.jktenders.gov.in) the website
2. The whole bidding process shall be completed online on tender portal [www.jktenders.gov.in](http://www.jktenders.gov.in). The intending bidders can download the bid document from the tender portal and can submit their bids by uploading them on the tender portal.
3. The valid bids received shall be opened online in the office of the Executive Engineer Jal Shakti (PHE) Mechanical Division Udhampur Bids must be accompanied cost of Tender Document and EMD as specified in column 4 & 5 of the table and shall be payable at Jammu.
  - The cost of tender documents should be in form of Treasury challan / e-Challan towards the cost of tender document to be deposited in MH-0215-WSS (Revenue head) or through RTGS in J&K Bank branch Udhampur bearing bank account No. 002801020000091, IFSC code JAKA0UDMPUR in favour of Executive Engineer Jal Shakti (PHE) Mechanical Division Udhampur
4. Firms who will fulfill the following parameters are eligible to participate.
  - i) Average Annual financial turnover during the last 3 years, ending 31 March of the previous financial year, should be at least 30% of this estimated cost.
  - ii) Experience certificate of having successfully completed or substantially completed one similar work during last seven years ending last day of the month previous to the one in which tenders are invited.
  - iii) Definition of "similar work" should be clearly defined.
  - iv) The hard copies of cost of tender document in shape of Treasury challan, Earnest money in shape of CDR/FDR/BG and other relevant documents shall be obtained from the bidder who is declared as L1 after opening of financial cover.
  5. The bid shall remain valid for a period of **180 days** from the last date of submission of bids. If any bidder withdraws his bid before the said period or makes any modifications in the terms and conditions of the bid, the same shall be considered to be in violation of bid security declaration and shall be dealt with accordingly and the bid shall be declared non-responsive.
  6. Other details can be seen in the bidding documents from the website [www.jktenders.gov.in](http://www.jktenders.gov.in).
  7. Queries by email if any should be made at [eephmudr@gmail.com](mailto:eephmudr@gmail.com).

**NORTHERN RAILWAY**  
**E-Tender Notice**  
 Tender Notice No- 770-W/168/WA-1/FZR/144-2023-24-ADEN-II-FZR acting for and on behalf of The President of India invites open tenders (E-Tenders) against below titled tenders and available on [www.reps.gov.in](http://www.reps.gov.in) with closing date- 18.08.2023 up to 15:00 Hrs. Bidders will be able to submit their original/reserved bids up to closing date and time only. Manual offers are not allowed against this tenders, and any such manual offer received shall be ignored.  
 Contractors are allowed to make payments against this tender towards tender document cost and earnest money only through only payment modes available on REPS portal like net banking, debit card, credit card etc. Manual payments through Demand draft, Banker cheque, Deposit receipts, FDR etc. are not allowed.

Tender Type	Tendering Section	Bidding System
Open	Works	Single Bid System
Date of Uploading Tenders	Bid Starting Date	Bid Closing Date/Time
28.07.2023	04.08.2023	18.08.2023
S.No.	Tender No.	Details of Tender
1.	144-2023-24-ADEN-II-FZR	Crossing of 600 mm internal dia Water Supply Pipe Line passing through 800 mm internal dia D.I. encasing pipe K-7 and 1000 mm internal dia M.S. Heavy Duty casing pipe under the Railway Track at Km 147-8 on ABS-FKA section in the jurisdiction of ADEN-II-FZR
	Advertised Value (Rs.)	Validity of Offer
	2777892	60 Days
		Period of Completion
		04 Months
		2336/2023

SERVING CUSTOMERS WITH A SMILE

## GOVERNMENT OF UNION TERRITORY OF JAMMU & KASHMIR OFFICE OF CHILD DEVELOPMENT PROJECT OFFICER POSHAN PROJECT GHORDI

#### Final Selection List of Sahakiyas ( Anganwadi Helpers) in Poshan Project Ghordi

S.No.	NAME OF THE CANDIDATE	PARENTAGE	PANCHAYAT	WARD NO.	NAME OF THE AAW	DATE OF BIRTH	TOTAL POINTS
1	REVA DEVI	D/O SHAM LAL	BINDLA	01	BANI	11/21/1997	47
2	RAINU KUMARI	D/O KULDEEP SINGH	CHANUNTA	02	CHANUNTA A	2/3/2000	65.4
3	SHARUTI DEVI	D/O RATTAN CHAND	CHANUNTA	09	CHANUNTA C	3/18/2004	74.8
4	SAPNA	D/O SHAM LAL	DALSAR	04	CHILLAR	2/16/1998	87.6
5	MAMTA	D/O SURESH KUMAR	BADHOLE	06	DARA	3/20/2003	67.6
6	NIDYA RANI	D/O RANJEET SINGH	BADHOLE	WARD NO.03	BADHOLE G	1/16/1996	60.4
7	POOJA THAKUR	D/O RATTAN SINGH	BIRNOO	06	DRAMAN	10/10/1998	65.4
8	NEHA THAKUR	D/O MOHINDER SINGH	BHUGTERIAN	WARD NO.08	KHALI PADDAAR	2/20/2003	73.6
9	SLONI THAKUR	D/O JAGDISH SINGH	KANAH	WARD NO.07	LAUGH	6/26/2002	71
10	POOJA DEVI	W/O PARTAP SINGH	SUGHLAR	06	LOWER NADIAL	3/27/1997	64.8
11	RENU SHARMA	D/O PARSHOTAM SHARMA	SATYALTA	WARD NO. 09	MALAL	3/8/2004	70.8
12	ZASMEEN	W/O SHAKEEL AHMED	MANI	WARD NO.02	MANI A	8/14/2001	53.4
13	PALVI THAKUR	D/O UTTAM SINGH	LARH	WARD NO.01	SOO	6/4/2004	71
14	LAKSHMI DEVI	D/O KAKU RAM	LARH	WARD NO.03	LARH	7/24/2004	86
15	REKHA DEVI	W/O SANJAY KUMAR	NAGROTA PANGRIAN	WARD NO.08	AGROTA PANGRIA	2/2/1995	53
16	ASHA GOSWAMI	W/O GIAN CHAND	SERMANJLA	WARD NO.05	KHAIL	2/10/1995	47

# Secy L&E meets representatives of Labour Trade Unions

JI NEWS SERVICE

JAMMU, JULY 28: Presidents and representatives of various trade unions of the Labourers met Secretary, Labour and Employment (L&E), Rehana Batul at Civil Secretariat here today.

The representatives from Labour Unions of Kashmir participated in the meet through video conferencing. During the latest challenges being faced by the Labourers working in various sectors of Jammu and Kashmir were discussed in detail.

The meeting was attended by CEO/ Secretary JK B&OCWVB, Munir Ul Islam; Labour Commissioner, J&K, Abdul Rashid War; and other senior officers of the Department.

From the Labour unions, the meeting was attended by the Presidents, General Secretaries and other representatives Centre of Indian Trade Union, Bhartiya Mazdoor Sangh, Indian National Trade



Union Council, State Central Labour Union, Kashmir Labour Union, ASCOMS Employees Welfare Association, Chenab Textile Mill Mazdoor Union, Marble Workers Union, Kashmir Private Diagnostics Centres Association, Kashmir valley Hair and Beauty Saloons Union, J&K Tourism Employees Union, International Airport Taxi Drivers Union,

Building and other Construction Workers Union, Taxi Union Chichi Mata Taxi Operator, Samba and All J&K Mason, Carpenter, Painters, Electrician Labour Union.

She underlined that the government is committed for welfare of the labourers-local as well as those coming from other parts of the country.

She also apprised Unions about welfare measures being taken by the government through J&K Building and other Construction Workers Welfare Board, Employees State Insurance Schemes, among others.

She also informed that Government has recently revised the Minimum Wages required to be paid to the Labourers in categories of unskilled, semi-skilled, skilled and highly skilled and Ministerial.

The Secretary disclosed that the activities of Employees State Insurance Schemes will get an impetus as the Governing Body of the Society has been revamped. She also asked all the Unions Representative to submit their suggestions, representations and grievances, if any, to the Department which shall be given due consideration.

# Har Shikhar Tiranga team calls on Lt Governor



JI NEWS SERVICE

SRINAGAR, JULY 28: The team of Har Shikhar Tiranga campaign called on Lieutenant Governor Shri Manoj Sinha at Raj Bhawan today.

The team led by Col R S Jamwal comprising Nub Sub T Chosgai, Hav Rakesh Yadav, Hav Kewal and Shri Amit Chowdhury apprised the Lt Governor of their Har Shikhar Tiranga campaign in which they are climbing the highest mountains/points of all the states of the country.

The Lt Governor conveyed his best wishes to the team for their unique endeavour. He also congratulated Col Jamwal for his achievements in mountaineering and bringing laurels to J&K and the country.

Pertinently, the Har Shikhar Tiranga campaign team has already scaled the highest mountains of Seven North eastern states, highest peaks in Himachal Pradesh, Uttarakhand, Jammu Kashmir. Now the team is on the way to climb the highest points of 18 states.

## Azadi Ka Amrit Mahotsav DC Rajouri reviews preparations for 'Meri Maati Mera Desh' campaign



JI NEWS SERVICE

RAJOURI, JULY 28: Deputy Commissioner Rajouri, Vikas Kundra today chaired a meeting of the concerned officers to review the preparations for the 'Meri Maati Mera Desh' campaign under the aegis of Azadi Ka Amrit Mahotsav. The campaign aims to instill a sense of national pride and unity among citizens by celebrating the spirit of freedom and independence. The meeting kicked off with a discussion on the various components of the campaign, including Deep Dive-Silapalankam, Vasudha Vandhan, Veeron Ka Vandhan, Hoisting of National Flag and Singing of Rashtra Gaan, and Panch Pran Pledge. The DC urged all departments to work together in coordination to make the campaign successful, and to take part in all events themselves while encouraging others to do the same. The meeting also highlighted the importance of paying homage to the 'Veers' who have sacrificed their lives for the nation. The departments were asked to prepare a list of all such 'Veers' who have sacrificed their lives, including freedom fighters and defence/police personnel of the district.

Under the activity of 'Vasudha Vandhan', each Gram Panchayat will replenish mother earth by planting at least 75 plant saplings, preferentially around the already established Amrit Sarovars. 'Mitti Yatras' from Panchayats shall also be organized as a part of the campaign, emphasizing the need to protect and preserve the environment. The DC emphasized the importance of effective celebrations of Independence Day, which will serve as a platform to instill a sense of patriotism and national pride among citizens. He urged officers to work with dedication and commitment towards making the campaign a resounding success. With the 'Meri Maati Mera Desh' campaign, the people of Rajouri have a unique opportunity to celebrate the spirit of freedom and independence and reaffirm their commitment towards building a stronger, united, and prosperous India. The campaign promises to deliver a memorable and impactful experience for every citizen of Rajouri, as they come together to celebrate the rich cultural heritage and diversity of our great nation. The meeting was attended by several distinguished officers, including Chief Planning Officer Mohammad Khurshid, Assistant Commissioner Development Vijay Kumar, Assistant Commissioner Panchayat Sheraz Chowhan, District Information Officer Israr Bukhari and Block Development Officers.

## Implementation of Ayushman Bharat Digital Mission reviewed at Doda

QR Code for faster OPD registration kick-started at CHC Thathri

JI NEWS SERVICE

DODA, JULY 28: In yet another government initiative, Scan & Share for OPD patients under Ayushman Bharat Digital Mission (ABDM) was kick started today at CHC Thathri.

Chief Medical Officer, Dr Ab Hamid Zargar inaugurated the digital facility in presence of local BMO Dr Shaikat Javed Zargar. Appreciating the step taken to facilitate patients under this new initiative, CMO Doda Dr Zargar said the ease of access to the healthcare system is key to quality care, and technology plays a vital role in it.

He also said this initiative will go a long way in facilitating Patient registration,



and save the public from long waits and queues. Speaking about the initiative, the BMO Thathri Dr Shaikat said that this is a great initiative for patient care as the patients no longer have to stand in long queues to get the OPD tickets.

He said that under this facility the patients has to just scan the QR code through an app on their mobile phone and after getting the successful registration, all the details of the patient will get reflected.

He added that the patient then has to simply go to the registration counter and reply to just a few queries of his/her ailments and the patient will be immediately directed to the concerned doctor and OPD as per token generated from the QR code.

Furthermore, all the details of the patients will

be saved and maintained including the ailments of patients and the same can be reflected during the next visit of the patient.

Meanwhile, the CMO went around various wards, different sections of the hospitals and received detailed accounts of the activities vis a vis patient flow, availability of infrastructure, manpower, medicines, diagnostic equipment and sanitation in the hospital. CMO also interacted with the patients, attendants and enquired about the facilities being provided to them. On the occasion, the staff of CHC Thathri including doctors and paramedics besides Rishi Kumar Pandita, Mohd Shafi Attu and DPM NHM J Mehta also were present.

## DC Samba reviews restoration work of century-old Bhamu Chack Temple; Inspects Development Projects in Ramgarh

JI NEWS SERVICE

SAMBA, JULY 28: District Development Commissioner (DC) Samba, Abhishek Sharma today visited the Bhamu Chack Temple to oversee the ongoing restoration work being carried out by the Archives Department in collaboration with the Public Works Department (PWD).

The DC was stressed on ensuring the preservation of the temple's ancient charm and magnificence throughout the restoration process. For this, the executing agency was directed to seek the assistance of a qualified consultant/architect with expertise in heritage conservation and construction. During the inspection, the



DC emphasized the promotion of the Border tourist circuit, particularly focusing on the pilgrim spots of Baba Chamliyal and Bhamu Chack Temple. To facilitate seamless exploration for tourists and visitors, the DC instructed the engineers to install signages at these sacred locations. These signages will provide essential information about the twin places to enable the tourists visiting one site to discover

and access the other, enhancing their overall pilgrimage experience.

Later, the DC proceeded to Village Abtal, where he inspected the construction works under the Pradhan Mantri Awas Yojana (PMAY). The DC expressed the administration's commitment to provide affordable housing to all deserving beneficiaries under this flagship government scheme.

Furthermore, the DC also inspected the progress of work on community bunkers, which are being developed to ensure the safety and security of the locals in times of cross border shelling. These bunkers are part of the administration's efforts to strengthen disaster preparedness and protect the lives of residents residing in vulnerable areas.

The District Commissioner's visit underscores the administration's dedication to preserve cultural heritage, promoting tourism, and ensuring the well-being of the residents. Such proactive and comprehensive assessments are pivotal in achieving holistic development and sustainable growth for the district.

## DC Anantnag reviews 'Meri Maati Mera Desh' campaign preparations

JI NEWS SERVICE

ANANTNAG, JULY 28: The Deputy Commissioner (DC) Anantnag, SF Hamid today chaired a meeting to inaugurate the 'Meri Maati Mera Desh' campaign at Dak Bunglow Khanbal. The meeting aimed to review the preparations for various programs to be organized under this campaign as part of the Azadi Ka Amrit Mahotsav celebrations.

SF Hamid, emphasized the paramount importance of the 'Meri Maati Mera Desh' campaign, which seeks to foster unity and pride across all sections of society. This initiative celebrates India's rich heritage and patriotic spirit and pays tribute to the nation's brave martyrs. The hallmark of the campaign will be the commemoration of the 'Veers' through ceremonies at all levels across the district.



SF Hamid provided a detailed outline of the events and themes planned under the 'Meri Maati Mera Desh' campaign. It was decided that five programs will be organized at each Panchayat and Block from 9th August to 15th August, encapsulating the spirit of the campaign.

As part of the program, memorial plaques will be placed at Amrit Sarovars and Panchayat Ghars to honor the national heroes of the country who have sacrificed their lives for the cause of the nation. More than 200 Amrit Sarovars have already been developed in various Panchayats across the district. The DC directed Block Development Officers to identify suitable buildings for erecting Memorials in the remaining Panchayats.

The campaign will also involve 'Mitti-Yatras' from Panchayats that will be taken to blocks, and later, an urn will be carried to New Delhi by a youth from each block for the construction of the National Memorial at Kartavya Path.

Moreover, the program will include the planting of at least 75 plant saplings in each Panchayat and ward of the district, further contributing to the preservation of nature and the environment.

The DC also emphasized on the active participation of educational institutions, including Principals of Degree Colleges and CEO Anantnag, in organizing various events such as Essay, Drawings, Paintings, Photography, and Videography contests in memory of the brave hearts and national heroes.

SF Hamid expressed immense pride in the successful implementation of various programs

as part of the 'Azadi Ka Amrit Mahotsav' and voiced confidence that the upcoming 'Meri Maati Mera Desh' campaign would be equally successful, showcasing the collective efforts of all stakeholders.

With the campaign set to begin, the DC urged all concerned departments to make necessary preparations and ensure a successful observance of the 'Meri Maati Mera Desh' program. Wide publicity of the campaign will be encouraged to engage and inspire a larger audience. The Campaign website: [https://yuva.gov.in/meri\\_maati\\_mera\\_desh](https://yuva.gov.in/meri_maati_mera_desh) was also shared with the officers for keeping themselves updated.

This year, the Independence Day will be celebrated under the national theme 'Meri Maati Mera Desh' across the district, following the guidelines issued by the Government.

## Release of PM-KISAN 14th Installment: Live telecast organised in Samba District

JI NEWS SERVICE

SAMBA, JULY 28: The Agriculture Department District Samba, under the Chairmanship of Chairman District Development Council, Keshav Dutt Sharma, organized a live telecast (webcasting) of the release of 14th installment of Pradhan Mantri Kisan Saman Nidhi Yojana and launch of other initiatives by Prime Minister Narendra Modi at Sikar-Rajasthan, the other day. Around 100 local farmers, PRIs and government functionaries watched the telecast held in the conference hall of the DC Office. In Samba District, 17,942 farmers were among the beneficiaries, receiving the Direct Transfer of Rs 3.69 crore in their accounts (Rs 2000 each). This installment marks the milestone of 11 crore farmers benefiting from the scheme, with a total transfer of Rs 2.60 lakh crore so far.

## AYUSH Medical camp held in Boys Pahari Hostel

JI NEWS SERVICE

JAMMU, JULY 28: A medical camp was today organized in Government Boys Pahari Hostel Bantalab by the Directorate of Ayush to provide free medical checkup and free medicines to the inmates. The camp was organized on the directions of Commissioner/ Secretary, Social Welfare Department, Sheetal Nanda. A team of Medical Officers, Dr. Neena Sharma and Dr. Dheeraj Raina, Pharmacist Kamal Natar and Yoga Instructor Kunal Jamwal were deployed for duty in the camp. The camp was inaugurated by Secretary, Advisory Board for Pahari Speaking, People Jammu and Kashmir, Sapna Kotwal. Speaking on the occasion, Sapna Kotwal appreciated the team of Doctors and other para medical staff of AYUSH Department. She explained the benefits of the Indian System Medicines and urged the inmates of the Hostel to avail this opportunity and get themselves medically examined and take the medicines being provided to them free of cost.

## INDEPENDENCE-DAY CELEBRATIONS

## DIPR cultural unit presents scintillating cultural program at May Fair School



JI NEWS SERVICE

JAMMU, JULY 28: Cultural Unit of Information Department Jammu presented a scintillating cultural program on the theme Independence Day Celebration here IN May Fair Hr. Sec. School Chand Nagar Jammu.

Artists of the Cultural Wing of the Information Department presented Folk songs and patriotic songs. Students of the school also presented a colourful Cultural Program.

Speaking on the occasion, the school Principal Abhay Basur shared his views on the topic and appreciated the Cultural Unit of the Department of Information and Public Relations for organizing such a meaningful program to aware the future of the nation.

Among others, staff members of the school, officials of the Information Department and a large number of students witnessed the program.

The whole program was conducted under the supervision of Cultural Officer Mukesh Kumar.