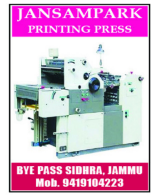




JINDRAH IMAGES



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J&K highway, Mughal road shut due to landslides, mudslides



JNEWS SERVICE
JAMMU, MAY 31

The Jammu-Srinagar national highway and Mughal road were shut for traffic on Wednesday following landslides and mudslides triggered by heavy rains in Ramban and Poonch districts of Jammu and Kashmir, officials said.

Over 200 vehicles have been stranded at various stretches of the highway, they said.

The 270-km highway,

is the only all-weather road linking Kashmir with rest of the country, was blocked by mudslides and shooting stones.

The highway has been closed till further clearance, SSP, Ramban, Mohita Sharma said in a tweet.

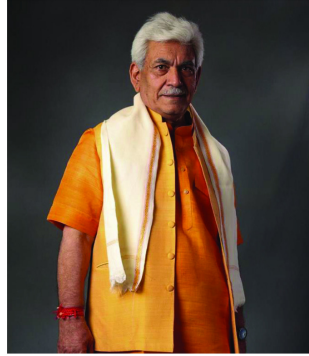
Heavy rains triggered a major landslide on Mughal road near Ratta Chamb bridge, blocking traffic movement, officials said.

The men and machines are working to clear the landslide, they said.

Centre puts J&K ahead of all UTs in Providing Housing for All

JNEWS SERVICE
SRINAGAR, MAY 31

The Union Ministry of Rural Development has allotted additional 1,99,550 houses under Pradhan Mantri Awaas Yojna-Gramin (PMAY-G) to UT of Jammu Kashmir to saturate the AwaasPlus permanent Waiting List during the year 2023-24. The newly targeted houses shall be sanctioned by the Rural Development Department by 30 June, 2023. The massive allocation for J&K, under flagship scheme, is also the highest across all UTs in India.



The Lieutenant Governor, Shri Manoj Sinha has expressed gratitude to Hon'ble Prime Minister, Shri Narendra Modi and Union Minister for Rural Development Shri Giriraj Singh for giving top priority to the Union Territory of J&K and fulfilling the dreams of lakhs of families.

In a tweet, the Lt Governor said: "Extremely grateful to Hon'ble PM Shri @narendramodi ji &

fulfill the promises for the welfare of the underprivileged and the dreams of poor families to have their own houses. "The massive allocation under PMAY (G) will ensure rapid development of rural J&K," the Lt Governor said. Overall scheme covers 3.85 lakhs (both SECC & **CONTINUED ON » PAGE 4**

LG interacts with citizens to address Grievances and to ensure time-bound delivery of key public services



JNEWS SERVICE
SRINAGAR, MAY 31

Lieutenant Governor Manoj Sinha interacted with citizens during the "LC's Mulaqaat- Live Public Grievance Hearing", at the Civil Secretariat, today.

The Lt Governor addressed the grievances filed on JKIGRAMS and directed the Senior officers and DCs to ensure time-bound delivery of key public services such as health, education & social welfare.

"Administrative machinery in J&K has been

made more responsive and efficient in meeting the needs of the masses. Number of grievances registered on JKIGRAMS and the overwhelming percentage of redressal is a sign of responsive administration," said the Lt Governor.

The Lt Governor directed the District Administration to ensure early disposal of grievances, non-discretionary approach towards decision-making and to build a competitive governance model at local level. Districts must adopt collaborative approach across levels of

governance for both grievance redressal and public service delivery, he added.

He impressed upon the Deputy Commissioners to monitor and improve performance of departments and enhance collaboration among different stakeholders for better citizen-centric governance.

The Lt Governor further emphasized on making effective use of technological interventions in ensuring quality grievance disposal and promptness in public service delivery.

"e-Governance and **CONTINUED ON » PAGE 4** rapid technological

'Maha Jan Samparak Abhiyan' to highlight achievements of central govt to be launched in June in J&K: BJP

JNEWS SERVICE
JAMMU, MAY 31

The Jammu and Kashmir BJP on Wednesday said it will launch month-long 'Maha Jan Samparak Abhiyan' in June across the Union Territory to highlight the achievements of the central government in the past nine years.

It said party leaders and workers will reach out to people to draw



their attention to various programmes, schemes, decisions of the BJP government under "SabKa Saath, Sab Ka Vikas, Sab Ka Vishwas" as preached by Prime Minister Naren-

dra Modi.

"From June 1-30, the BJP will launch Maha Jan Samparak Abhiyan in the entire country as well as in Jammu and Kashmir. We will reach out to every household under the campaign," JK BJP president Ravinder Raina told reporters here.

"Prime Minister Narendra Modi ji will address BJP workers at both levels **CONTINUED ON » PAGE 4**

J&K gets approval for 12 more DNB seats

JNEWS SERVICE
SRINAGAR, MAY 31

As a significant step towards strengthening public healthcare scenario in J&K, 12 more seats have been sanctioned by National Board of Examinations in Medical Science (NBEMS) under DNB for the public institutions of J&K. These seats shall be in addition to the earlier granted 270 DNB seats.

As per detailed breakup, Srinagar Hospital received approval for 2 seats in Orthopedics; GMC Rajouri

for 2 seats in Paediatrics; DH Poonch for 2 seats in Surgery, DH Reasi 2 seats in General Medicine and Department of Anesthesiology GMC Baramulla given accreditation for starting DNB courses with intake of 4 PGs, 2 primary DNB and 2 Secondary DNB seats per year.

Secretary Health & Medical Education Department, Bhupinder Kumar, congratulated the entire health and medical education department for this achievement. He expressed happiness over

the fact that even far-flung facilities like DH Poonch and DH Reasi have been able to start Post Graduate Courses in these hospitals.

Ayushi Sudan, Mission Director, NHM J&K, while giving details about the development, said that implementation of DNB courses at the district level in J&K has been termed as a best practice in the Country. Under DNB programme in the UT, a total of 270 seats were granted to the accredited departments during **CONTINUED ON » PAGE 4**

Jammu road accident: PM Modi announces ex-gratia of Rs 2 lakh each for kin of deceased

AGENCIES
NEW DELHI, MAY 31

Prime Minister Narendra Modi on Wednesday expressed grief over the loss of lives in the road accident in Jammu and announced ex-gratia of Rs 2 lakh each for the next of kin of the deceased and Rs 50 thousand for people who sustained injuries.

At least 10 people were killed and around 55 injured when a bus fell



into a deep gorge on the Jammu-Srinagar national highway on Tuesday morning. **CONTINUED ON » PAGE 4**

Inclement weather to continue in J&K: MeT

JNEWS SERVICE
SRINAGAR, MAY 31

Light to moderate rains lashed most places of Jammu and Kashmir while Meteorological Department on Wednesday predicted inclement weather to continue during the next 24 hours.

Light to moderate rain occurred at many places over Jammu and Kashmir since early morning while light to moderate rain, thunder and lightning at most places with isolated



heavy rain over few places of Jammu division with hailstorm is expected very likely today, the MeT office said.

It said widespread intermittent light to moderate rain, thunder and lightning with possibility of hailstorm & gusty winds at

few places during June 1-2. The weather is likely to remain mainly dry but the possibility of rain, thunderstorm at isolated places towards late afternoon can't be ruled out from June 3-8, the MeT office said.

It has also advised farmers to suspend all farm operations till June 2 and cautioned people that rain, snow on higher reaches may lead to temporary disruption of traffic over vulnerable places. **CONTINUED ON » PAGE 4**

First Hajj flight to leave for Saudi Arabia from June

JNEWS SERVICE
SRINAGAR, MAY 31

The pilgrims for the Hajj 2023 from Jammu & Kashmir would leave for Saudi Arabia from June 7, officials said.

The first flight carrying 315 pilgrims will leave from Srinagar International Airport at 3 pm on June 9, towards Jeddah International Airport for an onward journey to Makkah-ul-Mukarramah



to perform this year's Hajj. Two flights will leave every day for Jeddah International Airport from Srinagar International Airport beginning from June **CONTINUED ON » PAGE 4**

India's GDP expands 6.1 Pct in Q4, 7.2 Pct in FY23

AGENCIES
NEW DELHI, MAY 31

India's economy grew by 6.1 per cent in the January-March quarter of 2022-23, pushing the annual growth rate to 7.2 per cent on account of better performance by agriculture, manufacturing, mining and construction sectors, official data showed on Wednesday.

The growth propelled the Indian Economy to USD 3.3 trillion and set the stage for achieving USD five trillion target in the next few years.

In the previous 2021-22 fiscal, the economy grew by 9.1 per cent.

China has registered an economic growth of 4.5 per cent in the first three months of 2023.

The economic expansion was recorded at 6.1 per cent during the March 2023 quarter, while it was 4.5 per cent in October-December and 6.2 per cent in July-September 2022.

The growth was 13.1 per cent in April-June 2022, as per the data released by the National Statistical Office (NSO).

The GDP had grown by four per cent in the January-March quarter of 2021-22.

The NSO, in its second advance estimate released



in February, had projected the GDP growth for 2022-23 at seven per cent.

According to the NSO data, the real GDP prices in 2022-23 are estimated to attain a level of Rs 160.06 lakh crore against the first revised estimates of GDP of Rs 149.26 lakh crore for 2021-22.

"The growth in real GDP during 2022-23 is estimated at 7.2 per cent as compared to 9.1 per cent in 2021-22," it stated.

Nominal GDP or GDP at Current Prices in the year 2022-23 is estimated to attain a level of Rs 272.41 lakh crore (USD 3.3 trillion), as against Rs 234.71 lakh crore (USD 2.8 trillion) in 2021-22, showing a growth rate of 16.1 per cent, it added.

The GDP at Constant (2011-12) Prices in Q4 2022-23 is estimated at Rs 43.62 lakh crore against Rs 41.12 lakh crore in Q4 2021-22, showing a growth of 6.1 per cent. **CONTINUED ON » PAGE 4**

India's scientific prowess universally acknowledged in last 9 years: Dr Jitendra

JNEWS SERVICE
GHAZIABAD, MAY 31

Union Minister of State (Independent Charge) for Science and Technology, MoS PMO, Department of Atomic Energy and Department of Space and MoS Personnel, Public Grievances and Pensions, Dr. Jitendra Singh today said that under Prime Minister Narendra Modi, India's scientific prowess was universally acknowledged in last 9 years.

The Minister said, during the last nine years under the stewardship of PM Modi, India's scientific temper catapulted India to the select league of lead-



ing nations with emerging technologies.

Addressing the 46th Induction Programme for the newly recruited scientists of Ministry of Science and Technology at the Human Resource Development Centre, Ghaziabad of CSIR, Dr. Jitendra Singh said despite scepticism and doubts raised in some

unscrupulous quarters, the country successfully fought back the Covid-19 pandemic. Under the able guidance and leadership of Prime Minister Narendra Modi, Indian pharmaceutical companies developed vaccines in a short time and the Government not only combated **CONTINUED ON » PAGE 4**

NIA raids at 3 locations in Kashmir targets newly formed terror offshoots; incriminating material seized

JNEWS SERVICE
SRINAGAR, MAY 31

The National Investigation Agency (NIA) on Wednesday carried out searches at three locations in Kashmir in connection with its ongoing crackdown on the newly floated terror outfits, an official said.

The daylong raids and searches were conducted in Srinagar and Budgam districts, during which incriminating literature and several digital devices were seized, a spokesperson of the federal agency said.

The spokesperson



said the raids were conducted at the residential premises of sympathisers and cadres, hybrid terrorists and Over Ground Workers (OGWs) linked to newly-formed offshoots and affiliates of proscribed Pakistan-backed

terror outfits such as the Lashkar-e-Taiba (LeT), Jaish-e-Mohammed (JeM), Hizb-ul-Mujahideen (HM), Al-Badr and Al-Qaeda.

The searches were part of the ongoing investigations into the **CONTINUED ON » PAGE 4**

Kavinder inaugurates Chand Eye Clinic in Gandhi Nagar

JI NEWS SERVICE

JAMMU, MAY 31: Chand Eye Clinic, A center for Complete Eye Care inaugurated by Ex Deputy CM Sh Kavinder Gupta, Ex Education Minister Mrs Priya Sethi, Eminent Journalist Mr. Sahal Kazmi, Senior BJP Leader Mr Yudhvir Sethi, Councillor Mr Rahul Kumar today at 74 A/D Gandhi Nagar, Near Rotary Club, Jammu with the motto of Quality Care for Pricedless Vision.

This new eye care center is equipped with the latest state of the art, automatic and computerised machines. To serve the people of UT of Jammu and Kashmir and nearby areas, all types of eye treatment and surgery with the latest



technology will be done here.

Dr. Pranav Gupta (MS Ophthalmology) and Dr. Etili Goyal (MS Ophthalmology) will be available here to provide all services as Eye Surgeons. This eye care center is the branch of Dr. Dinesh

Gupta's Eye Clinic at Gurha Bakshi Nagar, Jammu. Dr (Prof) Dinesh Gupta, Retd HOD, Govt Medical College Jammu, who is a renowned and experienced eye surgeon has envisioned this health facility with an aim to serve the people. Moreover to ease the bur-

den of modern treatment on the patients pocket, CHAND EYE CLINIC, Gandhi Nagar, Jammu has been empanelled with Ayushman Bharat (PMAY-SHAT) Scheme so that even poor and common people can avail the services on cashless basis.

Hindi Film "MEHROOM - the deprived" Set to Captivate Audiences with Emotionally Charged Story: Zorawar



JI NEWS SERVICE

JAMMU, MAY 31: Chairman, Team Jammu and BJP leader, Zorawar Singh Jamwal today said that new Hindi Film "MEHROOM - the deprived" is also set to captivate audiences with an emotionally charged story. The highly anticipated movie has been produced by Pawan Kumar Bharti under the banner Bharti Films, which is a leading production house in the Indian film industry. The film, which has been written and directed by son of the soil and known actor Pankaj S Khajuria, is set to release at KC PVR, JAMMU on June 2nd,

2023. While formally releasing the poster of the film during a function organized at Press Club here today, Zorawar Singh Jamwal, highly appreciated the efforts of the talented team in reviving the Indian cinema in JKUT in general and Jammu in particular. He congratulated the local and young artists including Isha Sharma who have played lead role in the film and also congratulated two actors from Mumbai who made the film a remarkable success. "The film, that has kept on board, majority of the artists are from Jammu is in itself a big achievement and all Jammuites must bless the entire crew

by watching the movie in Theatre," asserted Zorawar Singh Jamwal. "Mehroom - the deprived" brings together a stellar cast and crew, promising an emotional roller coaster. It narrates the story of daughter and mother and how a daughter struggles and fights back in the society to get back the lost glory and respect of her mother. The film delves deep into the complexities of human relationships, exploring themes of love, loss, and redemption. Through its engaging narrative and reliable characters, "MEHROOM - the deprived" presents a heartfelt portrayal of the human condition. Starring some of

the industry's finest actors, including Sonali Nikam, Arnut, Bhargava, Kusum Tikoo, Isha Sharma, Diyanshu Raina, M P Sharma, Irfan Choudhary, Urja Singh, Siya Sharma, Radhika Sharma, Sandeep Manhas, Rabia Khajuria, Ravinder Sharma, Ashok Kumar, the film showcases exceptional performances that promise to leave a lasting impact on viewers. The talented ensemble cast breathes life into their characters, creating a mesmerizing on-screen experience that will resonate with audiences of all ages.

The captivating storytelling of "MEHROOM - the deprived" is elevated by its breath taking cinematography, meticulously designed sets, and a soul-stirring musical score. The production team, led by acclaimed director Pankaj S Khajuria and the visionary Producer Pawan Kumar Bharti, has left no stone unturned in creating a visually stunning, picturesque locations of Jammu and emotionally evocative cinematic experience. "Mehroom - the deprived" will be released in Theaters on 2nd June 2023. Audiences can expect an immersive cinematic experience that will leave them moved and inspired.

76 Bn CRPF in collaboration with J&K Health Department, organises free medical camp



JI NEWS SERVICE

JAMMU, MAY 31: Continuing the Wellness of Civilians, Civic action programmes under the aegis of Jammu Sector CRPF, 76 Battalion CRPF in collaboration with J&K Health Department, organized a

free medical camp under the guidance of Shri Mahesh Chand Ladha IG Sector Jammu, Shri Rakesh Sethi, DIG Jammu Range and Shri T.H. Khan, Commandant-76 Bn under Civic Action Program at Shiv Mandir, Brahma Mohalla, Chowadhi,

Jammu. The main objective of the camp was to reach out to the needy people of the area and make them aware about their health & provide free health care. In the Medical Camp, 02 Medical Officers namely Dr. S.Sowmya, 76 Battalion, CRPF, Dr. Arpana Sharma, Medical Officer, conducted free medical check-up of around 160 civilians and provided free medicines to more than 145 locals. Shri Rakesh Sethi, DIG Jammu Range inaugurated this Civic Action programme. On this occasion, Shri T.H. Khan, Commandant-76 Bn appealed to all people of the area to remain fit by doing physical exercises regularly and sensitized them to maintain a healthy lifestyle & hygiene. Besides, he also elaborated the role of the CRPF in maintaining cordial relationship with locals & force. Mahendra Singh 2IC, Shri Karnail Singh, Deputy Commandant, Shri 76 Bn CRPF, Asst. Comdant participated in the camp.

Power shutdown

JI NEWS SERVICE

JAMMU, MAY 31: Chief Engineer (Distribution) JPDCI, Jammu has informed that the power supply to RITC, Basantpur, MES Lakanpur, Dhanna, Thein, Lakanhanpur City and Village, Keerian Local,

Keerian Industry and adjoining areas shall remain affected on June 03 from 8 am to 10 am. Similarly, the power supply to Flora, M/C Domana, Machallian, Pargwala, Channi Tanna, Rajpura, Lakanhanpur City and Village, Keerian Local,

Raya, Smailpur, Gurah, Nathal, Chak Paras and adjoining areas shall remain affected on June 03 from 6 am to 10 am. Similarly, the power supply to Industries under Feeder 12, Ghatti Kathua shall remain affected on June 01 from 8 am to 10 am.

Restoration of democratic system must to address issues of youth: Manjit Singh

JI NEWS SERVICE

SAMBA, MAY 31: Apni Party Provincial President Jammu, and Former Minister, S. Manjit Singh today has demanded restoration of democratic system in J&K to address growing concerns of the youth with regard to the poor employment opportunities.

Addressing a joining programme cum meeting at Parmandal, Manjit Singh said that the youth have developed a feeling of disappointment under the LG administration which has failed to advertise the vacant posts for recruitment purposes to the respective agencies.

"The recruitments which were carried out in J&K have turned out to be scams, and they are under investigation after the Govt cancelled the selection process. The cancellation of the recruitment process has affected the aspirants for various jobs in the Govt sector," he said.

He further said that the aspirants who appeared in the cancelled recruitment



process have become over aged and they have also lost chances to appear in other Govt sector jobs.

"It is the responsibility of the Govt to provide fair selection process, and punish the accused persons, but not all the aspirants who had no fault," he said. He took on the administration for playing with the future of the educated youth in J&K.

He said that J&K needs an elected Govt which can work as per the aspiration of the educated and unemployed youth with regard to development, providing ample employment opportunities both in public, and private sectors, protecting their right to job, and edu-

cation.

Expressing concern over the growing concerns of the unemployed youth, he said that the Assembly Elections should be held as early as possible with the restoration of statehood to J&K.

"The delay in restoring the democratically elected process will further widen the gap between the people and the Govt. Therefore, the elected Govt must restore lost confidence of the general masses, particularly youth and provide equal opportunity to be represented through their elected MLAs in the assembly," he said. Meanwhile, over a dozen youth from Parmandal

joined the Apni Party who endorsed the party's policy and agenda of development, peace and prosperity.

The Former Minister, S. Manjit Singh welcomed them into the party and hoped that their joining would help the party to educate youth about their rights.

Prominent among those who were present in the meeting cum joining programme include District President, Samba, Raman Thappa, Youth District Present, Mangat Ram, Parmandal Block President Youth, Vikram Singh, Women Wing's District President, Priyanka and others.

BJP for pro-development, hygienic environment: Sat Sharma

Sat Sharma, Ashwani, Angral, Shailija listen to public grievances

JI NEWS SERVICE

JAMMU, MAY 31: Listening to the grievances Pule Gurth by residents of Gole Jammu, Sat Sharma, former Housing & Urban Development Minister, J&K, asked the concerned department officials to immediately provide relief to the people by pumping out filthy water from the streets. He stated that BJP is committed to provide people an environment that is essential pro-development and hygienic to thrive in a disease free state.

A delegation from Gole Gujral led by local Sarpanch apprised the senior party leaders about the problems faced by the locals due to the flooded streets. Deputations said that the stagnant water has caused a serious threat to the health of people, especially the school going children and the ailing elders. They said that the people would be forced to take the agitation path due to the non-serious apathy by the administration.



Former MLC Charanjit Singh Khalsa and J&K BJP Media Incharge Dr. Pardeep Mahotra were also present on the occasion. Sat Sharma and Ashwani Sharma immediately talked to the concerned department officials and asked them to provide immediate relief to the people. They said that the sanitation is the right of the people and the concerned departments must take swift action to clear the dirty water from the streets and ensure that the Nallah is properly taken care of to prevent such recurrence in future.

Sat Sharma, former BJP president and former Minister along with former MLC Ashwani Sharma, JMC Councillor & BJP SC, Morcha Seb-Prabhari Jeet Angral, and BJP SEM Shailija Gupta listened to the public grievances at BJP Headquarters, Trikuta Nagar, Jammu.

While listening to the grievances, Sat Sharma (CA), added that BJP has a mission to improve the life of Jammu people, by providing them with hygienic and developed environment to thrive while addressing their daily concerns.

Ashwani Sharma said that the senior BJP leaders

sincerely listen and try to sort out their issues on a daily basis at party headquarters to give the visiting deputations and individuals relief in their longstanding issues.

Jeet Angral and Shailija Gupta diarized the issues and coordinated the camp proceedings.

During the camp, people from different parts of Jammu & Kashmir visited the party office in the form of deputations to represent the issues of their respective areas as well as their individual concerns before the senior party leadership.

The other issues presented were related to the Ration card, verification of land titles, transformer issues, electric poles, street-lights, repair of lanes/roads, job issues, etc.

Listening to the various issues represented by other deputations, BJP leaders telephonically talked to the concerned departmental officials and issued letters for the redressal of the genuine problems of the people.

Nasha Mukht Bharat Abhiyan organised at Govt College of Education



JI NEWS SERVICE

JAMMU, MAY 31: Nasha Mukht Bharat Committee of GCQE Jammu organized a very impressive and informative programme in collaboration with IQAC, NSS, Nature Club and DSW on No Tobacco Day under the patronage of Prof. Aekla Gupta, Principal, GCQE, Jammu. She appreciated the role of the Convener and the students of M.Ed. and B.Ed. who actively took part in the event. She said that drug menace is like a cancer

to society that needs to be curbed as soon as possible. The introductory note was given by Prof. Shapia Shameem, convener Nasha Mukht Bharat Abhiyan, GCQE Jammu wherein she discussed the work done by the committee in spreading awareness against drug menace in the society. Sh. Koushal Kishore Ji, Minister of Housing and Urban Affairs, GOI was the Chief Guest of the event. Mr. Akshat Kant, National Convener of Nasha Mukht Samaj Andolan, Abhiyan Koushal ka was the special

guest on the occasion who joined the event through video conferencing. Sh. Kaushal Kishore, in his presidential remarks spoke about the ill effects of the drugs menace and the impact it has on the young minds of the country. He talked about the illicit drug trade that is going on in the country leading to more deaths and adversity. Mr. Akshat Kant asked the gathering to take a pledge on this No Tobacco Day. A declaration contest was also held in the same context on the topic-Say no to

drugs. Prizes were distributed among the winners of the declamation contest as well as the essay writing contest that was held on 25th May, 2023 on the topic- Drug Abuse among youth- Causes and consequences. The event was organised in a blended mode and was joined by GDC Kishwar under the patronage of Dr. Jyoti Parihar, GDC Chhatroo under the patronage of Dr. Ved Kumar and Dr. Aashiq GDC Rajouri under the patronage of Dr. Shameem Ahmed Azaad, GDC Reasi under the patronage of Dr. Kulvinder Kour and SPMR College of Commerce under the patronage of NSS PO Prof. Irfan and Yasser Khan, Secretary YLA, High Court Jammu.

Prof. Seema Kumari extended her vote of thanks on the occasion. The whole programme was hosted by Mansi Bhandral, Student B.Ed.

DC Reasi conducts extensive tour of Block Pouni



J I NEWS SERVICE

JAMMU, MAY 31: District Commissioner Panchayat, Reasi, Babila Rakwal today conducted an extensive tour of Block Pouni and inspected a number of developmental projects of RDD, R&B, and Jal Shakti Departments. She was accompanied by Assistant Commissioner PWD(R&B) Reasi,

Chief Horticulture Officer, Chief Animal Husbandry Officer, Assistant Commissioner Panchayat, Tehsildar Pouni and Block Development Officer, Pouni and other district officers. The DDC inspected the Sports Stadium and one room under Rameela Ground Kheral; Panchayat Ghar Mari and CSC building in Mari Panchayat. She also inspected houses built under Pradhan Mantri

Pouni (Higher Education), construction of two additional classrooms at GHS Kheralair and remodeling/up-gradation of GHSS Bharakh (School Education). She interacted with PRIs and discussed issues and bottlenecks faced while execution of construction of roads of PWD Departments. She directed executing agencies to immediately redress the issues projected by the PRIs. The issue of non-payment of bills of the contractors was also raised. The Deputy Commissioner gave on the spot direction to the executing agency for completion of the roads within timeline and timely release of the payments to the contractors.

Later, the Deputy Commissioner inspected Govt. Fruit Nursery at Pouni and directed Chief Horticulture Officer Reasi to replace old and senile orchards with improved and latest cultivars.

Inculcate spirit of devotion to lead a successful, harmonious life: Purnima

ASKS WOMEN FOLK TO AVAIL BENEFITS OF SCHEMES INITIATED BY MODI GOVT

J I NEWS SERVICE

JAMMU, MAY 31: Underscoring the importance of spirituality in attaining emancipation, Advocate Purnima Sharma, Spokesperson BJP J&K and former Deputy Mayor today called for imbuing knowledge and inculcating the spirit of devotion to lead a successful and harmonious life.

The senior BJP leader was speaking while interacting with the women folk during the week-long Shrimad Bhagwat Saptah Katha at Village Rehal on the outskirts of Jammu. Purnima said that spirituality helps human beings to unshackle themselves from the myopic prism of self, greed and hatred. It leads humans to the path of love and righteousness, which is the essence of all religions. She called for further strengthening the bonds of brotherhood between various segments of society and promoting social justice.

Notably, the week-long Shrimad Bhagwat Saptah Katha was organised by Mahant Shri Ram Narayan Dass Ji at Raghunath Ji Temple Rehal. This is the 60th Shrimad Bhagwat



Saptah Katha organised by Mahant Shri Ram Narayan Dass ji. This Bhagwad Saptah Katha was started by Mahant Shri Durga Dass ji Maharaj which the same has been continuing by Mahant Shri Ram Narayan Dass Ji for the welfare of society. On the occasion, Mahant Rajesh Bittu ji, Lambar Dewan Chand, Ex Sarpanch Raghunandan Khajuria, Kuldeep Khajuria, Ashok Gupta, members of Temple Committee Rehal and others were present.

The senior BJP leader said that the BJP Government headed by PM Narendra Modi has crafted several women oriented schemes to empower the women folk literally and allow them to play a pivotal role in the society. She

asked the women folk to come forward and take benefit of the schemes like Beti Bachao Beti Padhao Scheme, UJJAWALA Scheme, SWADHAR Greh Scheme, Sukanya Samridhi Account Scheme, Women Helpline Scheme and many more.

Termining the nine years of successful rule of BJP Government at the Centre led by the Prime Minister Narendra Modi as the Golden Period in the history of the nation, Purnima said that the progress report of the Modi Rule leaves no scope for anyone across the nation to be irked by it. She said that common people of this nation feel quite satisfied with the BJP rule despite the fact that there is still a lot of scope for further improvement in

the coming years. The senior BJP leader asked people of the area to participate in the Maha Jan Sampark Abhiyan initiated by the Bharatiya Janata Party and extend full support to the Party in the upcoming polls in J&K as well as Parliamentary elections of 2024.

In his religious discourse, the Mahant Shri Ram Narayan Dass Ji asked devotees to show the path of truth which is the real way to know God and one can attain Moksha by following the teachings laid down in the Vedic Puranas especially the Bhagwad Purana. He said that for attaining Moksha, one should first know what is 'God' and for this purpose only a Learned Guru can lead them.

Rekha Mahajan Launches poster on Menstrual Hygiene, an initiative of "Mahavir International"

J I NEWS SERVICE

JAMMU, MAY 31: Mahavir International Jammu Center launches the poster on Menstrual Hygiene and Swacchata awareness and distributed free sanitary pads in slum areas during the launch of the program.

During the event District President Jammu South Rekha Mahajan along with Mahila Morcha District President Divya Jain, General Secretary Rajni Jain launches Calender on Menstrual Hygiene and Swacchata Awareness campaign. Vandana Jain, Tulika Jain, Sangeeta Jain and Anika Jain prominent persons were present on the occasion.

According to BJP District President Rekha Mahajan, after the Ujjwala scheme, which provided free LPG connections to women across the country and became one of the potent reasons for the popularity of BJP, free distribution of sanitary pads could be another such move.

During her visit to slum areas Rekha along with the team distributed door to door mentioned in the discussion on menstruation was still taboo for many women, who forget about going to the market to buy san-



itary pads. "A teenage daughter in a family may be willing to use sanitary pads, but whom should she talk to, that's where the BJP campaign would help them," Rekha added. She also lauds the optimistic efforts of the Mahavir International Jammu Center to stimulate the awareness campaign among the general public in slum areas, Rekha said.

Divya Jain stressed there are many girls, who enter the age of adolescence and yet are not aware of menstruation. Out of fear, they even do

not tell about this to their families. When we will distribute napkins, the girls will use them. It will become a source of education on menstrual health too," and this is part of Prime Minister Narendra Modi's Swachha Bharat (Clean India) campaign Rekha said.

Rajni Jain gives the slogan "Jhajak Chodo, Chupi Todo, Khul kar Bolo" by the NGO. She said we are living in the 21st century, and in today's world women are leading the world with their brave minds and intellectual living standards.

Col Mahan led delegation meets CS, seeks redressal to significant issues

J I NEWS SERVICE

KATHUA, MAY 31: A PRI representatives' delegation led by Col Mahan Singh (Retd) Chairman District Development Council (DDC) Kathua met Arun Kumar Mehta Chief Secretary Jammu and Kashmir Union Territory at the District Headquarters Complex here today. The delegation raised significant issues of the region and sought redressal of the same.

Col Mahan Singh (Retd), while leading the delegation brought to the notice of the Chief Secretary multiple issues seeking his intervention. He conveyed to the CS that work on certain ongoing projects in the region are moving at a snail's pace and need to be expedited. He said that these projects include Juthana Bridge, Hatlmanu Road, Mahanpur-Neyali Bridge, Seva River Bridge near Mela Ground Bank and NABARD Road from Kalibadi to Janglote village.

The delegation also submitted a road connectivity proposal for the unconnected and isolate Panchayats in Kathua District.

The DDC Chairman also sought

increase in fund allocation for NABARD roads in O 2023-24 saying that Rs. 48.70 cr is too less for a district like Kathua and deserves to be hiked at least to Rs. 100 cr. In the He also sought improvement of health and medical services especially infrastructure including availability of adequate Doctors and Paramedical staff at GMC Kathua besides at CHCs at Basohli, Bani, Billawar, Hiranagar and Nagri. During the meeting the shortage of staff in the schools especially in the high areas was brought to the notice of CS and it was impressed that since there are no private schools in these areas therefore at least 75% staff be posted in these schools so that the future of children is not adversely affected. The DDC Chairman Col Mahan Singh (Retd) also took up the significant issue of pending liabilities with the Chief Secretary and sought the release of the funds for the same at the earliest. He informed Dr Arun Mehta that there is a liability of Rs. 9390740.00 pending on account of works /projects executed under IWMP during 2021-22 in Kathua District. This pendency had resulted

due to portal issue at that time. He requested the Chief Secretary to release these funds as soon as possible. The issues like shortage of BDOs at Block Hqtrs, shortage of electric stores for maintenance purpose and scarcity of funds for flood control also came up for discussion. The Chief Secretary assured the delegation members of addressing all the issues raised before him in due course of time. Besides the DDC Chairman prominent among others present in the delegation were Vice-Chairman DDC Raghunandan Bablu, DDC members ND Tripathi, Karan Atri, Dr Shaveta, Sushma Devi, Sandeep Majotra, Abhinandan Sharma, Bikram Singh and BDC Chairpersons namely Sushma Thakur, Raghbir Singh, Suresh Kalia and Brajeshwar Singh.

The officers present during the meeting of the delegation with the Chief Secretary included Govt secretaries Shaleen Kabra, Prerna Singh, Raghav Langar, Industries Secy, MD JPDCI, Dr Tourism Jammu, DC Kathua, SSP Kathua and other officers.

DC Ganderbal reviews functioning of revenue department



J I NEWS SERVICE

GANDERBAL, MAY 31: Deputy Commissioner Ganderbal, Shyambr today chaired a meeting of Officials of the revenue department here in the Conference Hall of Mini Secretariat Ganderbal to review their performance under various priority indicators.

The DC reviewed the disposal of online services under PFGA and stressed upon the officials that no application should be served out of timeline. He also directed that all the departmental land transfer cases should be disposed off within the shortest possible time, besides all the land allotted cases should be

taken with the concerned departments and ADC shall ensure close liaison with concerned HOD's.

While reviewing the pending payment regarding the land acquisition cases, the DC directed the concerned that the such cases should be disbursed in all right owner immediately.

The DC also reviewed the available infrastructure with the department and directed the concerned that no work should hamper due to lack of any basic infrastructure requirement.

While interacting with the officials the DC accorded a supportive hand to the department and directed all the Revenue Officers to remain available/ accessible to the public in office reiterating that public services and grievances redressal must be our foremost priority. The meeting was attended by ADC, Mehraj-ud-Din Shah, ACR, SDM Kangan, all Tehsildars, and other concerned officials.

SP College organises one day programme on Fishery Resource Management

J I NEWS SERVICE

SRINAGAR, MAY 31: One day workshop on Fishery Resource Management in J&K under National Technology Day and 'Mission LIFE' was today held at Sri Pratap College, Srinagar.

The programme was organised by PG Department of Environmental Science of the College. The principal SP college, Prof. (Dr.) Gh Jeelani

Quarshi in his address emphasised on the scientific management of the fishery resources for a better economic biological security and encouraged students to take up new ventures on scientific lines for prosperity. Dr. Qazi Ashiq Hussain, the organising secretary of the programme, introduced the subject matter and the resource person to the audience. The resource person for the programme was Prof. (Dr.) Ferooz Ahmad Bhat,

Dean Faculty of Fisheries SKUAST-K, who gave detailed lecture on present fish diversity, distribution, production and conservation in Jammu & Kashmir.

The expert speaker talked at length about the taxonomic status and species distribution of fishes across Jammu & Kashmir and Ladakh. He explained the traditional and modern fish culturing techniques and technologies to the students.

9 yrs Modi Govt devoted to service, good governance, welfare of poor: Randhawa

J I NEWS SERVICE

JAMMU, MAY 31: Former Legislator and senior Bharatiya Janata Party (BJP) leader Vikram Randhawa said that Central Government led by Narendra Modi devoted 9 years to Seva, Garib Kalyan and Sushasan (service, good governance, welfare of poor). While interacting with the people during outreach programme in Billawar and Basohli Assembly Segment for upcoming programs of Nau Salk Baisam. The programme was organised to commemorate successful 9 years of the Modi Government. He informed that on June 2, 2023, the BJP will observe the death anniversary of Dr. Shyama Prasad Mukherjee across India.

"Homage will be paid to Dr Shyama Prasad Mukherjee, who worked for the welfare of the people", Randhawa said, adding that Bharatiya Janata Party (BJP) under the leadership of Prime Minister Narendra Modi is working on the theme of 'Sabka Sath Sabka Vikas' and is committed for the overall development of the areas of Jammu. He added that that no area in Union Territory of Jammu and Kashmir will remain deprived of basic amenities and development of every citizen is BJP's main motto.

The programme is being organised as a part of public outreach programme to aware the masses about the policies and the schemes launched by the Central Government for the welfare of the people, Randhawa said, adding that many projects are in pipeline which will change the face of the Jammu and Kashmir.

Former Legislator said that Prime Minister Narendra Modi is working day and night to mitigate the problems of the people and give them respite from miseries which they were facing from the last over seventy years. Randhawa stated that the central dispensation has provided surplus funds for the development works across the Union Territory and that is the reason behind irresistible development trail going on in Jammu and Kashmir. "BJP across the country is celebrating thriving 9 years of Modi Government in power from May 30 to June 30 with party cadre carrying out massive public outreach programme to make aware the people about achievements and future plans and policies of the party", Randhawa informed and asked the party cadre to aware the people about the achievements of the Modi Government in the past 9 years.

Former legislator said that various

flagship schemes were launched by the Central Government led by Prime Minister Narendra Modi including Ayushman Health Card, Pradhan Mantri Jan Dhan Yojana (PMJDY), Pradhan Mantri Jeevan Jyoti Bani Yojana (PMJJBY), Pradhan Mantri Suraksha Bima Yojana (PM-SBY), Atal Pension Bima (APY), Pradhan Mantri Kisan Samman Nidhi, etc for the benefit of the common masses.

"Central Government headed by Prime Minister Narendra Modi has come up with an inclusive agenda of development, growth, investment and creating opportunities for the youth-skilled, unskilled and educated. The initiatives put into action by the visionary Prime Minister Narendra Modi will transform Jammu and Kashmir, irrespective of region, religion, caste or ethnicity", he said. Former legislator while referring to the vision of Prime Minister Narendra Modi about Jammu and Kashmir said that while the economically marginalised segments of the society have been brought under Ayushman Bharat scheme as part of health for all across the country, it has been made applicable as Ayushman Sath in the Union Territory with benefits of Rs 5 lakh medical cover to every family without any economic slab.

CS stresses on online issuance of 'Life Certificate' and bringing all eligible services under 'Auto-appeal' by 15th of June

J1 NEWS SERVICE SRINAGAR, MAY 31

Chief Secretary, Dr. Arun Kumar Mehta today stressed on making the issuance of 'Life Certificate' online and bringing all other eligible services under the Auto-appeal system by 15th of June.

Dr Mehta made these remarks while launching new online services of H&UDD pertaining to application for license by Architects and Draftsmen in Municipal Corporations of Jammu/Srinagar and all other Municipal bodies across J&K.

On the occasion Principal Secretary, H&UDD; Commissioner Secretary, GAD; Commissioner Secretary, IT, Commissioner, JMC; CEO, J&KGA; Scientists from NIC besides other concerned officers were present.

The Chief Secretary appreciated the efforts of the IT Department and NIC for in-house development of all these services.



He said that the performance of the Department has been excellent in promoting digital J&K. He advised the concerned with the standards set under National e-Governance Service Delivery Assessment (NeSDA). The Commissioner Secretary, IT, Prerna Puri informed the meeting that by launching these 6 services of H&UDD today, the number of online services offered by the UT has risen to 480 today. She apprised

porating of all the required improvements relating to the departmental websites by upgrading their content so as to make them compliant with the standards set under National e-Governance Service Delivery Assessment (NeSDA).

The Commissioner Secretary, IT, Prerna Puri informed the meeting that by launching these 6 services of H&UDD today, the number of online services offered by the UT has risen to 480 today. She apprised

that all these services have been linked with payment and SMS gateways for ease of applicants. She further added that soon more services would be made online and the number of such services is going to touch 500 mark soon. During the meeting the Chief Secretary also reviewed the progress made in development of services like online FIR registration, online billing of water connection besides others. He

enjoined upon the officers that by offering services online and bringing them into the ambit of Auto-appeal system is ensuring their timely delivery and weeding out corruption. He observed that with the system of auto-escalation under PSGA in place both the quality and delivery of services to public would improve a lot as it is reflected from the statistics of services brought under this prudent system during the past year.

Alok Kumar visits Ramgarh Samba

J1 NEWS SERVICE SAMBA, MAY 31

Principal Secretary, Education Department, Alok Kumar today toured the Ramgarh area of Samba district to assess potential sites for the proposed Degree College Ramgarh.

The Principal Secretary was accompanied by Director of School Education, Jammu, Ashok Kumar; Deputy Commissioner, Samba, Abhishek Sharma along and other officers of education department, as well as other senior officers of the District Administration.

The main purpose of the visit was to identify potential locations for the Degree College Ramgarh and also provided a platform for the local population to voice their concerns and seek solutions.

During the tour, the Principal Secretary also interacted with the PRI members and the general public of Ramgarh, during the sidelines of Block Divas, organised by district administration Samba.

While interacting with the locals and PRI members, the Principal Secretary said that govern-



ment remains steadfast in its efforts to prioritize the needs of the public and improve the overall quality of life. He added that with the help of several ongoing initiatives and increased public awareness of government schemes, the region will witness significant progress and development in the near future.

During the interaction, the locals and PRI representatives also raised several issues and concerns with the Principal Secretary regarding the developmental needs of their area.

Taking note of some

genuine issues raised by the public, the Principal Secretary promptly directed the officers and officials of the concerned departments to address these grievances on a priority basis, ensuring efficient resolution.

Later, during the tour the Principal Secretary along with officers of district administration took the opportunity to promote the "Kissan Sampark Sammelan" program, aimed to raise awareness among the general public about various government schemes that are currently being implemented for their benefit.

FROM THE FRONT PAGE...

LG interacts with...

advancement has helped with new and innovative grievance redressal mechanism and service delivery monitoring tools for the benefits of welfare measures to seamlessly reach the last man in the queue," said the Lt Governor.

The Lt Governor also reiterated the UT Government's commitment to empowering the citizens and making the administrative setup more accountable and responsive towards the needs and concerns of the common man.

"Active participation of all sections of society in socio-economic development and commitment towards the people's well-being is top priority of the administration," he added.

Taking appraisal of the grievance regarding non-sanctioning of relief to the family in death case of a Labour card holder namely late Neelam Ranj from Kathua, the Lt Governor directed the concerned officer to resolve the issue at the earliest.

Responding to the complaint regarding illegal mining in Nallah Romshi, Karimabad, Pulwama, the Lt Governor directed the Deputy Commissioner for stringent actions as per the law to ensure there is no illegal mining.

Addressing the issue of encroachment on the land belonging to a School in Mendhar, the Lt Governor passed explicit directions to the concerned Deputy Commissioner to remove the encroachment from the said premises.

Ms Rehana Batul, Commissioner/Secretary, Public Grievances conducted the proceedings of the LG's Mulaqaat.

Dr. Arun Kumar Mehta, Chief Secretary; R K Goyal, ACS, Home Department; Administrative Secretaries; Divisional Commissioners, DCs, SSPs, HODs, and other senior officers were present during the interaction, in person and through virtual mode.

Centre puts J&K...

AwassPlus beneficiaries in the UT. Since the inception of the programme and in alignment to the objective of the programme, i.e 'Housing for All', Union Territory Government has sanctioned 1.98 lakh houses under SECC and AwassPlus categories and has completed 1.34 lakh houses till date.

India's scientific...

the spread of Covid19 but also exported the vaccine to the developed world and WHO commitments.

Dr Jitendra Singh said, under the Rs. 900 Crore 'Mission COVID Suraksha', announced by Government of India as part of the Atmanirbhar Bharat 3.0 package, the Department of Biotechnology (DBT) delivered four vaccines, augmented the manufacturing of Covaxin. The four vaccines are - 2yCoVd- world's 1st and India's indigenously developed DNA Vaccine, CORBEVAXTM - India's first protein subunit vaccine, GEMCOVAC™19 - world's 1st and India's indigenously developed mRNA vaccine and INCOVACC-World's 1st and India's indigenously developed intranasal COVID-19 Vaccine.

Dr Jitendra Singh said India created a massive jump in its global ranking of Global Innovation Index (GI) from 81st in the year 2015 to 40th in 2022 among 130 economies of the world. The Gross Expenditure on R&D (GERD) has increased more than three times in the last 10 years. India is ranked 9th in terms of resident patent filing while Women's participation in extramural R&D has also doubled in the last 9 years.

The Minister said India ranks 3rd globally in terms of number of Startups (77,000) and in terms of no of UNICORNs (107) in the world. India ranks third among the most attractive investment destinations for technology transactions in the world. India's significant rise in terms of number of publications in SCI journals - globally ranked 3rd now from 6th in 2013. Besides, India occupies 3rd rank in terms of number of PhDs awarded in Science and Engineering (S&E) (nearly 25,000) after the USA and China.

Dr Jitendra Singh said, in line with the Prime Minister's announcement at COP26, India is working towards

achieving 500 GW of installed electricity capacity from non-fossil sources by 2030. So far, more than 170 GW of capacity from non-fossil fuel sources has been installed in the country. India stands 4th globally in Renewable Energy Installed Capacity (including Large Hydro), 4th in Wind Power capacity and 4th in Solar Power capacity.

Dr Jitendra Singh said, Space reforms have unleashed innovative potentials of StartUps and within a short span of time, from a couple of Space Start-ups three-four years back, today we have 102 start-ups working in cutting-edge areas of space debris management, nano-satellite, launch vehicle, ground systems, research etc. The Minister said, with the integration of R&D, Academia and Industry with equal stake, it is safe to say that a Space Revolution led by ISRO along with the Private Sector and Start-ups is on the horizon. In November last year the first-ever private Vikram-suborbital (VKS) rocket was launched by ISRO, setting a new milestone in the 75 years journey of independent India.

In Defence sector, Dr Jitendra Singh said, India's first indigenous aircraft carrier INS Vikrant was commissioned by the Prime Minister at Cochin Shipyard Limited in September 2022 and a couple of days ago the Mig-29K fighter jet made a successful maiden flight landing on the carrier. Due to the Government's persistent efforts, Defence exports grew by 334% in the last five years. They touched a record Rs 13,000 crore in Financial Year 2021-22. India is now exporting defence equipment to over 75 countries.

Dr Jitendra Singh said India is among the world's foodgrain, horticulture and livestock-poultry producers and is also partly meeting the global food requirements. Last year the ICAR produced more than 339,000 qt. of seeds and 147.56 million saplings/seedlings/livestock strains, besides various bio-products for availability to the farmers.

The Minister said the Union Cabinet, chaired by the Prime Minister Shri Narendra Modi, approved the National Quantum Mission (NQM) in April 2023 at a total cost of over Rs.6,000 crore during the period 2023-31, aiming to seed, nurture and scale up scientific and industrial R&D and create a vibrant & innovative ecosystem in Quantum Technology (QT). This will accelerate QT led economic growth, nurture the ecosystem in the country and make India one of the leading nations in the development of Quantum Technologies & Applications (QTA).

Dr Jitendra Singh said the new mission targets developing intermediate scale quantum computers with 50-1000 physical qubits in 8 years in various platforms like superconducting and photonic technology. Satellite based secure quantum communications between ground stations over a range of 2000 kilometres within India, long distance secure quantum communications with other countries, inter-city quantum key distribution over 2000 km as well as multi-node Quantum network with quantum memories are also some of the deliverables of the Mission.

First Hajj flight to...

7 and each will carry 315 pilgrims in separate schedules. The pilgrims will wear Ihram (sacred cloth) at Srinagar International Airport, Hajj officer Abdul Salam said.

He said those Hujaji Kiram who will board the flight at 3 pm will have to report at Bemina Hajj house in Srinagar at 10 am for fulfilling all the formalities and will be flagged off towards Srinagar International Airport by the officials of the government.

Similarly, the pilgrims who had to board the second flight of the day which will leave from Srinagar International Airport at 7 pm, will report at hajj house Bemina by 2 pm, he added.

Salam said that about 12000 pilgrims from Jammu and Kashmir will perform Hajj this year.

The return of the pilgrims will commence from July 1st, he added.

He said all adequate arrangements have been put in place for the smooth conduct of the pilgrimage at Makkah-tul-Mukarramah and Madina Munawarah in

Saudi Arabia for the Hujaji Kiram.

NI raids at 3...

activities of the recently formed terrorist groups including The Resistance Front (TRF), United Liberation Front Jammu & Kashmir (ULF&JK), Mujahideen Gazwatal-Hind (MGH), Jammu & Kashmir Freedom Fighters (JKFF), Kashmir Tigers and People's Anti-Fascist Front (PAFF), the spokesperson said.

A total of 51 locations across Jammu and Kashmir have been searched in recent days in connection with a terror conspiracy case registered suo moto by the NIA on June 21 last year.

The case relates to hatching of a conspiracy, both physical and in cyberspace, and plans by the proscribed terrorist organisations to unleash terrorist attacks in the union territory with sticky bombs, IEDs and small arms, the spokesperson said.

According to the NIA, the plans are part of a larger conspiracy to carry out acts of terror and violence, by radicalising local youth and mobilising underground workers, to disturb the peace and communal harmony of Jammu and Kashmir.

Cadres and workers of the newly formed organisations have been found to be involved in the collection and distribution of sticky bombs or magnetic bombs, IEDs, funds, narcotic substances and arms and ammunition, the spokesperson said, adding they are spreading activities relating to terror, violence and subversion in J&K.

"Investigations have further revealed that Pakistan-based operatives are using drones to deliver arms and ammunition, explosives, narcotics to their operatives and cadres in the valley. These operatives are using social media to connect with the cadres and workers in India," the spokesperson said. (Agencies)

India's GDP...

The GDP at Current Prices in Q4 2022-23 is estimated at Rs 71.82 lakh crore compared to Rs 65.05 lakh crore in Q4 2021-22, a growth of 10.4 per cent.

Gross value added (GVA) growth during the fiscal ending March 2023 was 7 per cent against an 8.8 per cent growth in the preceding year.

The GVA growth in the manufacturing sector accelerated to 4.5 per cent in the March 2023 quarter against 0.6 per cent a year ago.

GVA growth in mining was 4.3 per cent in the fourth quarter compared to 2.3 per cent in the same quarter of the previous fiscal. Construction grew 10.4 per cent in the quarter, up from 4.9 per cent in the corresponding period of 2022-23.

The agriculture sector growth accelerated to 5.5 per cent from 4.1 per cent.

The electricity, gas, water supply and other utility services segment grew 6.9 per cent during the fourth quarter from 6.7 per cent in the year-ago period.

GVA growth in the services sector - trade, hotel, transport, communication and services related to broadcasting - was 9.1 per cent in the fourth quarter against a growth of five per cent a year ago.

Financial, real estate and professional services grew by 7.1 per cent in the March 2023 quarter compared to 5.7 per cent in the year-ago period.

Public administration, defence and other services posted 3.1 per cent growth in the quarter against 5.2 per cent expansion in the same quarter a year ago.

As per the data, the discrepancies factored while computing the national income was Rs 3,80,964 crore in 2022-23, lower than Rs 4,47,182 crore in the previous fiscal. (Agencies)

Inclement weather...

All concerned are advised to remain cautious and alert and follow traffic advisories, the MeT office added.

Regarding rainfall the MeT office said Srinagar received 5.7mm, Qazigund 13.6mm, Pahalgam 11.6mm, Kupwara 2.7mm, Kokernag 13.0mm and Gulmarg 9.8mm during the past 24 hours till 0830 hours Wednesday.

The day temperature dips from 9-10 degree Celsius in Kashmir valley while barring Pahalgam and Kupwara the night temperature was down by 1.2 degree Celsius following the rainfall.

Srinagar recorded a low of 11.6 degree Celsius against 11.8 degree Celsius which was 0.9 degree Celsius below normal for the summer capital of Jammu and Kashmir. The maximum temperature was 8.8 degree Celsius below normal of 26.3 degree Celsius on Wednesday.

Qazigund recorded a low of 10.2 degree Celsius against 11.3 degree Celsius the previous night and it was 0.9 degree Celsius below normal for the gateway of Kashmir.

Pahalgam had a low of 7.8 degree Celsius against 8.8 degree Celsius the previous night which was 1.2 degree Celsius above normal for the famous tourist spot of south Kashmir.

Kokernag had a low of 9.1 degree Celsius against 8.3 degree Celsius a day ago and it was 2.0 degree Celsius below normal for the south Kashmir's picnic spot while Kupwara settled at 11.2 degree Celsius and it was 2.0 degree Celsius above normal for the frontier district of Kashmir.

Gulmarg recorded a low of 5.0 degree Celsius against 4.0 degree Celsius a day ago and it was 2.6 degree Celsius below normal for the famous skiing resort of north Kashmir, the MeT office said.

Jammu road accident...

"Expressing grief on the bus accident in Jammu and Kashmir, PM @narendramodi has announced an ex-gratia of Rs 2 lakh from PMNRF for the next of kin of such deceased. The injured would be given Rs. 50,000," PMO tweeted.

'Maha Jan Samparak...

On June 23 in connection with the martyrdom of Shama Prasad Mukherjee," he said Raina said 'Yoga Divas' will be organised at all tehsils in Jammu and Kashmir on June 21. (Agencies)

J&K gets approval...

session 2022 and start of 2023 consequent to the concerted efforts and hard work of the administrative department H&ME J&K, NHM J&K and the team of health institutions being monitored by Bhupinder Kumar, Secretary, Health and Medical Education Department.

All the efforts are being made to scale up the DNB courses in all the District Hospitals and potential CHCs of J&K. During upcoming session, J&K is planning to submit more than 30 application in all District Hospitals," he added.

Earlier in the month of March, 20 seats were approved in the UT of J&K in which Government Medical College Srinagar received approval for 2 seats in FNB Paediatric Anesthesia. JLNH Medical, Srinagar received 3 Post MBBS DNB seats in General Surgery, DH Udhampur received a sanction of 5 seats under Pediatrics, General Medicine and Orthopedics. DH Poonch received 2 seats in General Medicine. DH Ganderbal got a sanction of 2 seats each in DNB General Medicine & Diploma Pediatrics. DH Kulgam received 2 seats in Family Medicine and CHC Kupwara got 2 seats in Diploma Pediatrics.

Pertinent to mention that the DNB (Diplomate of National Board) courses have been introduced in the District Hospitals and new Government Medical Colleges besides old GMCs and SKIMS in order to strengthen the institutions, decongest the Govt. Medical Colleges and to address the shortage of specialists in the UT of J&K. Implementation of DNB courses has led to an equitable distribution of health care services and manpower especially in far flung and hard to reach areas and beneficial to the population which they have very meagre access to health care services in their areas, leading to low referrals from DNB institutions to Tertiary care institutions thereby further decreasing the Out of pocket expenditure (OOPE) of the patients.

Koul reviews preparations for BJP's month long programmes



JJ NEWS SERVICE

JAMMU, MAY 31: For the smooth and successful conduct of the month-long programmes at Parliament and Assembly levels across Jammu & Kashmir, a number of meetings were held at party headquarters under General Secretary (Org.) Ashok Koul, where, in lengthy discussions were

held to gear up the cadre to ensure their full contribution for the massive exercise under BJP's "Maha Jana Sampark Abhiyaan". Dr. Devinder Manyal, J&K BJP General Secretary & convenor for "Maha Jana Sampark Abhiyaan" also addressed the meetings. In these meetings, respective work of every team was discussed and

also sought suggestions to work for effective implementation of the month-long programmes. Ashok Koul, while speaking in the meetings, said that for every programme and event; the participation of the party activists and working of various teams need to work in unison. He said that while celebrating the 9

years of Modi government, the party is going to organize different programmes at different levels. Reviewing the preparations for all the programmes to be conducted in a month-long campaign, Koul asked the participants in the meeting to suggest means for better conduct of these programmes. Dr. Devinder Manyal, in these meetings, stressed upon the party leaders to devote more time for the planning and successful conduct of all the programmes in the upcoming month from 1st to 30th June. Pertinent to note that the BJP has constituted various teams for "Maha Jana Sampark Abhiyaan". Out of several teams, today meetings of BJP's "Maha Jana Sampark Abhiyaan" state team, Vishal Jan Sabha team, team of Spokespersons, Team Vikas Tirth, Team Sanyukt Morcha were held at party headquarter, Trikuta Nagar, Jammu.

Badrinath Sharma sees off Hajj pilgrims from village Kullian, RS Pura

JJ NEWS SERVICE

RS PURA, MAY 31: Senior Congress leader and Sarpanch Badrinath Sharma today met the Haj pilgrims who left for Haj pilgrimage from village Kullian of RS Pura area on Wednesday and extended his best wishes to them for safe and smooth performance of the tenants of Hajj. He met the intending pilgrims individually and requested them to pray for peace in J&K and for prosperity of its residents.

On this occasion, other workers of the Congress party were also especially present with him. On this occasion, senior Congress leader and Sarpanch Badrinath Sharma said that Roshan Din and his Begum living in Kullian village of RS Pura area have left for Haj for the second time. He said that participating



in Haj pilgrimage is a matter of great fortune and Allah has given Roshan Deen and his family members the opportunity to participate in this pilgrimage. Along with this, he said that Jammu and Kashmir should get full statehood, for this also Roshan Din has been asked to pray dur-

ing his visit. On this occasion, Roshan Din said that he has got the opportunity to participate in Haj pilgrimage for the second time and he will pray during his Haj pilgrimage that mutual brotherhood prevails in Jammu and Kashmir and our state moves forward on the path of progress.

brotherhood are enemies of humanity, Roshan Din said that he has got the opportunity to participate in Haj pilgrimage for the second time and he will pray during his Haj pilgrimage that mutual brotherhood prevails in Jammu and Kashmir and our state moves forward on the path of progress.

Nalwa welcomes new entrants, holds workers meet



JJ NEWS SERVICE

JAMMU, MAY 31: While welcoming new entrants in the party folds, prominent Socio Civic personalities of district Jammu 'Bhartiya Janata Party Minority Morcha' President Ranjodh Singh Nalwa con-

vened workers meeting at Party Headquarters at Trikuta Nagar here today. Several prominent Socio-political personalities joined BJP Minority Morcha during an impressive party function. All the delegates and other prominent persons

who joined the Party were warmly welcomed. Speaking on the occasion, Nalwa said that India is multilingual, multi-ethnic, multicultural and multi-religious country in which every citizen ought to come on common platform to work for unity and

integrity of the nation and dedicate themselves for the National and humanitarian causes and work for strengthening peace and harmony amongst different sections of the society. Meanwhile, All the newly joined delegates met Bharatiya Janata Party General Secretary (Org) Ashok Kaul and expressed gratitude for his cooperation. Prominent among those who were present in the meeting included, Sanjeev Singh Bali (Additional Incharge Prabhari JKUT), Balvinder Singh (Sr. Vice President UT), Santokh Singh (General Secretary), Syed Asad Mallik, Harpal Singh Bali (District Prabhari South), Vicky Singh, Mohinder Singh Rana and others.

JKNPP pays 'Shradhanjali' to Prof Bhim Singh on first death anniversary

JJ NEWS SERVICE

JAMMU, MAY 31: Jammu & Kashmir National Panthers Party paid floral tributes (Shradhanjali) to Prof. Bhim Singh on his first death anniversary in Jammu today. Political Advisor and senior leader JKNPP Mr. Bansil Lal Sharma and other leaders remembered and recalled the unforgettable contributions of Prof Bhim Singh in the political history of Jammu & Kashmir.

The leaders along with several workers observed two minutes

silence praying for eternal peace to the departed soul.

Bansil Lal while remembering Prof. Bhim Singh said that he was an inspiring figure and a great statesman. Sharma further said that Prof. Sahib was passionate about politics as a tool of reform and relentlessly raised the voice for all the regions of J&K.

"He was a self-respecting, seasoned and thinking politician and always rose above party politics to follow the principle of 'Rights and Justice' (Haq aur Insaaf).

His death has left a huge void in the politics of J&K", Bansil Lal added.

Highlighting the role of Prof. Bhim Singh, party leaders including Masood Andrabi, Rajinder Singh Manju, Gagan Pratap Singh Purshotam Farihar, Ajay Singh, Maqbool Malik, Rajesh Komal, Mohinder Singh, Parmajit Singh Marshall, Desh Rattan Pandita among others recalled that the party founder had an amicable demeanour and enormous courage to take on varied challenges during his colossal political career.

Rahul undermining India on foreign lands, should visit a psychiatrist: Kavinder

Rahul's unwarranted criticism of PM Modi part of Congress' toolkit

JJ NEWS SERVICE

JAMMU, MAY 31: Bharatiya Senior BJP leader and former Deputy Chief Minister, Kavinder Gupta attacked Congress leader Rahul Gandhi for speaking against the Prime Minister Narendra Modi and Government of India on foreign lands.

Sharpening his attack on Rahul Gandhi by accusing him of assaulting India's sovereignty on foreign soil, the BJP stalwart leader said that like his forefathers, Rahul is undermining the country and it is his humble advice to the Congress leader to immediately visit a psychiatrist for treatment. He said that there are no takers for the illogical statements made by Rahul in India and that is why this 'Psycho' is playing in the hands of some big powers, which are anti-India. Kavinder said, "When the



entire world is supporting PM Modi for his extraordinary leadership and big achievements not only in India but at the international level, this Congress' leader, who is not taken seriously by anyone in the country for his naive and eccentric behavior, is trying to malign the image of PM of the country through cheap tactics. He

alleged that Rahul and his party too a line of appeasement policy in favour of Muslims giving two hoots to the rights of Hindus.

The former Deputy Chief Minister said that the sole purpose of Rahul's foreign visits is to defame India on foreign soils but the government should not tolerate this anymore and must take appropriate action against such an anti-stand taken by the Congress leader.

Kavinder said that rejected at home, the Congress leader has become part of his party's toolkit to dent the interests of the country at international forums. He said that this is not the first time that he has spoken against the PM and the Government of India in a foreign country but it has become his trait to decay India whenever he gets a chance to visit a foreign land.

SKJAVS Trust President calls on former Mayor JMC

JJ NEWS SERVICE

JAMMU, MAY 31: Shri Kailash Jyotish avim Vedic Sanathan Trust, President Mahant Rohit Shastri a courtesy call to State BJP vice President & Former Mayor (JMC) Chander Mohan Gupta and presented a "Kartavya Manag" - the annual in-house magazine & Annual panchang, calendar of Shri Kailash Jyotish Evam Vedic Sanathan trust. On this occasion, trust President Mahant Rohit Shastri told him that the trust is continuously working for the promotion of Devvani Sanskrit in the state.

It should be noted that Kashmir is the only state in India, where Sanskrit has been used not only as a lan-



guage of instruction but also as a communication language for the longest time in the past. Here Abhinava gupta, commentator of Raghuvansh Vallabhdv, mathematician Utpal, Kshemendra Kshemraj, Bilhan, Rajataranginikar Kalhan, Gnostic Muktavaliakar Jalhan, great musicologist Sharangdev, Vedanti Keshav Bhattacharya, poetry publisher Mammata, Kail, Lollat, Kaibat, Jaihat, Ralhan, Shilhan, Malhan and many ancient Sanskrit The sages have arisen. These Acharyas had paved

the way to unite not only India, but the whole world in the thread of unity with their penance. Whereas Punyasaalia Jammu-Kashmir Vasundhara is becoming extinct from Sanskrit today. Trusts are working in the promotion of the same.

On this occasion, State BJP vice President & Former Mayor (JMC) Chander Mohan Gupta said that Devvani Sanskrit is the only language which ennobles us.

Study and teaching of Sanskrit is very necessary to bring this land back to its ancient historical glory. At the same time, he praised the works of the trust. On occasion trust member and senior BJP leader Ricky Gupta were also present.

Ajatshatru Singh expresses grief over loss of lives in Jajjar Kotli accident

JJ NEWS SERVICE

JAMMU, MAY 31: Ajatshatru Singh, senior BJP leader and former minister today expressed grief over the loss of lives in an accident in Jajjar Kotli in which 10 people died and 55 were injured after their bus skidded off a bridge and fell into a gorge.

In a statement issued today, Ajatshatru Singh prayed for peace to the



departed souls and fortitude to the bereaved families.

He also prayed for speedy recovery of the injured and impressed upon the divisional administration in Jammu to ensure the affected families get relief and adequate gratia.

The senior BJP leader asked the government to ensure all possible help to the injured passengers and best possible treatment free of cost.

He sought that the government should provide specialized treatment to the injured at Jammu or any other place outside J&K.

He said that the frequency of accidents in the region has seen extraordinary spurt therefore the LG Manoj Sinha should activate mechanisms to put an end to such fatal incidents as human lives are precious and shouldn't be allowed to perish in this manner.

Dr Gautam Delivers lecture on WNTD-2023

JJ NEWS SERVICE

JAMMU, MAY 31: Dr. Gautam Sharma (MDS), Dental Surgeon of the University of Jammu and former President of Indian Dental association (IDA) today interacted with the students of Padma Shri Padma Sachdev Govt. College for Women, Gandhi Nagar, Jammu, on "World No Tobacco Day", This lecture was organised by Nasha Mukh Bharat Abhiyan (NMBMA) Committee of the college on the theme "Commit to Quit".

Prof. Minu Mahajan, Principal, Padma Shri Padma Sachdev Govt. College for women, Gandhi Nagar, Jammu presented a bouquet to Dr. Gautam. She applauded the efforts of the committee for organising the event which is appropriate to the circumstances of the current times. She emphasised that through such lectures the younger generation will certainly realise that substance abuse is a bane for the society as it eventually leads to substance dependence and chronic



health problems. The welcome address was delivered by Prof. Rashmi Kumari, Convenor of NMBMA. She formally welcomed the guest speaker and emphasised on the harmful and deadly effects of tobacco use and discouraged the use of tobacco.

Dr. Gautam Sharma shared his valuable insights, evidence-based research, and practical tips to help individuals make informed decisions about quitting smoking and leading a healthier lifestyle. During the lecture, Dr. Gautam Sharma addressed various aspects of tobacco addiction, including its impact on physical and mental health, the associated economic burden, and

through the skin.

Furthermore, tobacco farmers often find themselves trapped in a vicious cycle of debt as a result of unfair contractual agreements with the tobacco industry and face difficulties in shifting away from tobacco. Fortunately, there are several examples of successful transitions where tobacco farmers have switched to growing high-iron beans, cashew, corn and green vegetables instead.

In order to achieve this globally, it is important to adopt an ecosystem approach and identify economically sustainable alternatives to tobacco growing that will not only enable farmers to earn as much as, if not more than, what they earn from tobacco, and at the same time achieve better health and a better environment for themselves and their land and forests.

World No Tobacco Day, observed on May 31st each year, is a global initiative aimed at raising awareness about the dangers of tobacco use and promoting effective strategies for tobacco control.



THOUGHT OF THE DAY

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

JINDRAH IMAGES

Ladakhi youngsters to excel at national level

In August 2019, Ladakh attained the status of the Union Territory—a decades long demand of Ladakhi people. Thereafter, Ladakh UT has taken several initiatives to explore the talent among budding youngsters who have shown keen interest in sports. The women ice hockey team from Ladakh has excelled at national and international level and brought laurels to the arid region. Now, the UT administration has roped in the legendary football goalkeeping coach, Steve Marsella and appointed him as Head Coach of the 1Ladakh FC, the first professional football team from Ladakh. Marsella, an ex-Premiership talent spotter, is having a month-long stay in Ladakh to lead the team and conduct trials, coach the technical staff, and provide basic coaching to budding footballers, as well as the senior men's and women's teams of UT Ladakh. For the first time in Ladakh's history, a professional football coach, Coach Steve, will be training budding footballers and the technical staff of UT Ladakh. Additionally, Coach Steve will closely collaborate with local coaches and the youth services department, conducting workshops on implementing modern techniques and coaching methods in Ladakh. Coming all the way from England, Coach Steve Marsella brings with him an illustrious career as both a coach and talent spotter. His vast knowledge and rich background promise to be invaluable assets to the football development in Ladakh. In Asia, Steve has worked with the Philippines National Team and also coached Global FC in their AFC championships. The recently launched 1 Ladakh FC will conduct trials in the next two weeks, aiming to harness and nurture the abundant talent from Ladakh. In line with this vision, the Ladakh Football Club, with the support of LAHDC Leh and UT Administration, is in discussions to send a group of 5-6 top players from Ladakh to Europe this year. This opportunity will provide them with optimal training and exposure, enabling them to become exemplary professionals and shine not only for their country but also for the Ladakh region. 1 Ladakh FC has set a commendable goal to become the cleanest and greenest football team in India. With a vision to raise awareness about nature and climate change through football, their aim is to encourage the people of Ladakh and the entire nation to embrace sustainable practices in their lives. The move will help budding footballers from the cold desert to exhibit their talent and possibly find a place in the national team of India.

PRACHANDA'S VISIT AIMS TO BOOST BILATERAL TIES

PRACHANDA'S AGENDA IS SAID TO INCLUDE THE RESUMPTION OF FOREIGN SECRETARY-LEVEL TALKS ON THE BORDER DISPUTE.

MAJ GEN ASHOK K MEHTA (RETD)

POSTPONED at least thrice and then confirmed only last week, the visit of Nepal PM Pushpa Kamal Dahal (Prachanda) to India was a case of when, not if, it would take place. Prachanda's four-day visit begins today. The MEA noted that the event 'underscores importance given by both sides to adding further momentum to bilateral partnership.'

Prachanda has made much of his first foreign visit after he assumed office in December 2022, emphasising that it was a tradition to visit India first. However, when he became PM in 2008, he chose to go to China, which he later clarified was not a political visit. He told the Kantipur Daily that 'good preparations have been made this time' and the 'visit will script new history in bilateral ties.' How this grand objective will be realised, given the periodic political instability in Nepal, is worth examining.

Prachanda is credited with transforming Nepal with the bullet and the ballot by achieving the Maoist objectives of a new Constitution and placing the Nepal army under political control. While Prachanda is still at the helm, his Communist Party of Nepal (Maoist Centre) has diminished in stature, its tally dropping from an overwhelming 227 seats to 83, then to 51 and 32 seats in various elections since 2008. Political stability has eluded Nepal, with no government or any prime minister completing the full term. The new mixed electoral system denies Nepal a single-party majority government.

When Prime Minister Narendra Modi first visited Nepal in June 2014, he took the people and Parliament by storm, capturing their hearts and minds. He said: "My work is neither to give directions nor interfere with your work because Nepal itself is a sovereign nation." Many MoUs were signed, notably in power trade, but the events that followed — the 2015 blockade, Nepal's trade and transit treaty with China (2016), Nepal's unilateral revision of the map (2019), Modi not receiving the Eminent Persons Group (EPG) report and Nepalese accusation of India's micro-management — have sullied relations. Further, Big Powers-play and political instability prompted a



Nepalese diplomat to say, "Nepal needs a leader like Modi with a commanding majority in the House."

Third-time PM Prachanda is a changed leader who knows that this is his make-or-break chance. The Communist Party of Nepal (Maoist Centre) has slipped to the number three position after the Nepali Congress (NC) and the Communist Party of Nepal (Unified Marxist-Leninist). He needs to reform his party and leadership and enhance his seat tally. He has proved to be an astute politician by winning three votes of confidence in two months and helping the NC in staging a comeback after being in the bonodocks. It now has a president, several ministers in the cabinet and chief ministers of three out of seven provinces. The other four provinces are shared with the Maoists and the Janata Samajwadi Party. Prachanda is leading the eight-party ruling coalition which is as stable as it gets in Nepal. New Delhi can help the coalition in ways that it has: getting the BJP's foreign affairs incharge Vijay Chauthaiwale to tie a rakhi on former PM Sher Bahadur Deuba's wife Arzu Rana and BJP president JP Nadda inviting Prachanda last July to New Delhi. Nurturing the NC and the revived CPN (Maoist Centre) is a sound political investment.

Prachanda has taken some impressive steps towards reducing corruption and improving governance. Leaders of the previous government involved in the scam of Nepalese, instead of Bhutanese, refugees being repatriated abroad are in jail. He has put on hold the purchase of military equipment from China where kickbacks are likely. He has pledged to progress the investigation of missing persons and Maoist excesses during the Civil War. The Truth and Reconciliation Commission will act now. A focus on the eradication of corruption is bound to resonate with the people.

Of late, India's 'Neighbourhood First' policy appears distracted by external issue-based alignments and preoccupation as chair of G20 and the SCO. India's security concerns in the neighbourhood are exacerbated following confrontations with China in Doklam and Ladakh and Bhutan's unilateral attempts to secure a border settlement with China.

Foreign Minister S Jaishankar, who has drawn praise from Modi for his diplomatic dexterity and global reach, requires to replicate India's strategic recovery in Sri Lanka in Nepal. But he has maintained a light footprint in Nepal.

A busy programme has been drawn for Prachanda, including delogation-level talks. After the recent

visits of Modi to Lumbini and Deuba to India, at least 12 MoUs are to be signed with Prachanda, making it historic. On May 27, Nepal awarded the 669-MW Lower Arun Hydropower Project to India, making it the biggest player in Nepal's power sector. India can help Nepal reduce the perennial trade deficit. Prachanda's agenda is said to include the resumption of foreign secretary-level talks on the border dispute and a request to Modi to accept the EPG report.

It is not known whether the one-year delayed decision on the Agniphath scheme — more maligned in Nepal than in India — will be discussed. But it could be during the one-on-one between the two PMs. It is unfortunate that India is forgetting the import of the Gorkha connection and the strategic benefits that Gorkha soldiers and ex-servicemen in Nepal provide to the bilateral partnership.

At the reception hosted for Prachanda by his Embassy in New Delhi, former Indian Army Chiefs, who are Honorary Generals in the Nepal Army (and vice versa), are likely to recall Modi's epic statement in the Nepal Parliament about the Gorkha sacrifices for protecting India's sovereignty. Exempting Nepal from Agniphath will be a historic gesture. It can be the start of 'scripting history' in 'bilateral ties'.

India must be ready for the long haul

BEIJING REMAINS ENGROSSED IN ITS LONG-TERM CAMPAIGN FOR DELHI'S STRATEGIC CONTAINMENT

G PARTHASARATHY

DOUBTS and queries had been raised in India about how important world powers would react if New Delhi hosted an international conference in Jammu and Kashmir. Pakistan would obviously raise strong objections to any country participating in such an event and seek to subvert it. The answers to such queries were provided recently. India carefully and deliberately chose Srinagar to host G20 members who were focusing attention on the promotion of tourism. Srinagar is widely accepted as a tourist haven. Pakistan, led by its young Foreign Minister Bilawal Bhutto, made all-out efforts to dissuade countries from attending the meeting. China predictably skipped the meeting and was ostensibly joined by some Islamic countries — Saudi Arabia, Egypt, Indonesia and Turkey. Indonesia and Saudi Arabia were, however, represented at the Srinagar meeting by their diplomats based in New Delhi. Turkey has been an ardent supporter of Pakistan for decades. It has chosen to remain less than friendly with India.

Just over a week earlier, the National Security Advisers (NSAs) of India (Ajit Doval) and the US (Jake Sullivan) met in Saudi Arabia along with the Crown Prince of Saudi Arabia Mohammed bin



Salman bin Ayman and Sheikh Tahnoon bin Zayed al Nahyan, the NSA of the UAE. The US has a natural interest in restoring good relations with the oil-rich Saudi Arabia, which had been adversely affected by a less-than-tactful statement by President Biden about the desert kingdom. The US was, however, shaken when China brokered a deal to normalise relations between Saudi Arabia and Iran. What is more astonishing is that the US appears to cherish having continuingly hostile relations with Iran, which has thrived and progressed for over four decades in the face of continuing American hostility. Chinese domination of relations with the leading powers of the oil-rich

Persian Gulf region is hardly a development that India can be sanguine about. The US-India exchanges with the UAE and Saudi Arabia will hopefully enhance security, stability and cooperation across India's oil-rich western neighbourhood. The understanding promoted by the US-India interaction with two crucial oil-rich Arab states should now be carefully integrated with work in the U212 grouping comprising the US, the UAE, India and Israel. Stability and peace in a region where an estimated 8.1 million Indians reside, out of whom 3.4 million are based in the UAE, is naturally of crucial importance to India.

Amidst these developments, the

control of some areas in northern Ladakh. India responded firmly by enhancing deployment and establishing control over the strategic Kailash Range, a move China had evidently not expected.

Talks between senior military commanders have failed to change the status quo. More importantly, Chinese attempts to seize territories have continued. India has responded strongly by resisting Chinese efforts to seize territories in Arunachal Pradesh in the Tawang area. China's aim is clearly to keep Indian troops deployed in difficult terrain and ice-cold weather in Ladakh and Arunachal Pradesh. Things could change only if China realises that continuous 'salami slicing' of small bits of Indian territory is not going to impact India's growing relations with the US, Russia and Japan. Nor are they going to influence India's determination to foster economic and defence ties through groupings such as the Quad and I2U2 across the Indo-Pacific region.

China also remains determined to undermine India's influence in Nepal by courting a wide cross-section of the Nepalese political elite. This is, however, easier said than done, given the interdependence of landlocked Nepal and its people with India. While Bhutan and India are linked by longstanding treaty commitments, China is

now seeking to make inroads into Bhutan by negotiating a border agreement. Bhutan, with its long-term economic, cultural and spiritual links, is, however, sensitive to India's concerns as it proceeds with its talks with China. Most importantly, China has backed Pakistan in confronting India by liberal supplies of conventional weapons and assistance to Pakistan's nuclear weapons and missile programmes. China remains engrossed in its long-term programme for strategic containment of India. This is a reality that India has to recognise and be prepared for a long haul.

India's response to this long-term reality of challenges that China poses has been gradually picking up momentum. This has involved maintaining good relations with Russia, despite western reservations, which have grown stronger after the Ukraine conflict. While India recognises that Russia cannot indefinitely hold on to Ukrainian territory, there is good reason to infer that Ukrainian President Zelenskyy went too far with his ambitions by joining hands with the US and seeking control of Crimea.

China, which has offered to mediate, is going to realise that no solution to the Ukraine crisis can be found unless Russia's crucial interests in Crimea and concerns over ethnic Russians in southern Ukraine are addressed.

Sara Ali Khan reacts to trolls targeting her for visiting Mahakal Temple: 'People can say whatever they want'

After being trolled over her recent visit to Mahakal Temple in Ujjain, Sara Ali Khan broke her silence and gave a befitting response to the naysayers.

During the press conference of her upcoming film Zara Hatke Zara Bachke, Sara said, "I take my work very seriously. I work for people, for you. I would feel bad if you don't like my work but my personal beliefs are my own. I will go to Ajmer Sharif with the same devotion with which I will go to Bangla Sahib or Mahakal. I will continue visiting. People can say whatever they want, I have no problem. You should like the energy of a place...I believe in energy."

This is not the first time the Gaslight actor has been trolled for visiting a temple. Recently, after her visit to the Mahadev temple, she faced backlash on social media.

Earlier today, Sara Ali Khan offered prayers at Mahakaleshwar Temple in Madhya Pradesh's Ujjain district. She also participated in the Bhasma Aarti on the occasion. Bhasma Aarti (offering with ashes) is a famous ritual here. It is performed during the Brahma Muhurta between 4 am and 5:30 am.

Following the tradition of the temple, Sara Ali Khan wore a pink coloured saree during the Bhasma Aarti. It is mandatory for women to wear a saree in Bhasma Aarti. During the Bhasma Aarti, Sara sat in the Nandihal of the temple and performed prayers. The actor also performed Jalabhishek inside the sanctum sanctorum.

Notably, it was not the first time that Sara visited the Mahakal temple. During the visit, she also stood at the Kothi Teerth Kund situated on the premises of the temple and appeared engrossed in the devotional spirit.



Black Mirror Season 6 trailer: Charlie Brooker's anthology series returns with five shocking stories



Black Mirror is returning with its sixth season on Netflix and once again, the Charlie Brooker anthology series appears like it will have the audience question their reality as they watch the five new stories unfold on screen. The trailer for the upcoming season was released on Thursday, and it promises to be the most "unpredictable, unclassifiable and unexpected" season yet.

A small description of the five stories give out just enough to intrigue the audience. Annie Murphy and Salma Hayek star in a story where a woman who finds her life turned into a TV show on a global streaming platform, where she is portrayed by Hayek.

Loch Henry has a young couple traveling to a Scottish town with the intention of making a nature documentary, but instead they find themselves drawn to an old story from the town's past. Beyond The Sea, starring Aaron Paul, is set in an alternative 1960 where men on a high-tech mission find themselves in a tragedy. Mazy Day is a commentary on the paparazzi culture. And Demon 79, set in 1979, follows a sales assistant who is being dictated to do some awful things.

Ashish Vidyarthi says separation from ex-wife Piloov was 'painful'; reveals why he decided to marry Rupali Barua

Actor Ashish Vidyarthi got married to fashion entrepreneur Rupali Barua last week, after divorcing his wife of 22 years, Piloov Vidyarthi, a couple of years ago. In a recent interview, the actor shared that the decision to separate from his ex-wife was not an easy one, and both of them tried to make things work for months before finally deciding to call it quits. Vidyarthi also revealed how he found love for the second time in Rupali Barua, whom he met on one of his vlogging assignments.

Speaking about his first wife Piloov, Ashish told The Telegraph, "We thought it through and went through months of working with each other. And, finally when we saw it was not working... (we came to a decision). This wasn't an



overnight decision..." The actor maintained that there is no bitterness between him and his ex-wife, and they are co-parenting their son Arth. "No way can I hate

her. Piloov and I are walking on with wonderful memories of an amazing marriage. I have never related to Piloov just as my son's mother. Piloov's my friend..." Vidyarthi added. However, the actor maintained that the separation from Piloov was not "without pain". He shared, "Parting has got pain. It is very difficult. Now, I am being clinical about it, but both Piloov and I and Mowgli (his son) have gone through pain... But then you have a choice, do you want to deal with it or do you want to linger with it? Then life goes away."

Sharing details of how his love story with Rupali began, Vidyarthi said, "Last year, I met Rupali during one of my vlogging assignments and we started chatting and we discovered that she has also gone through her degree of pain.

After slamming TV industry's work culture, Radhika Madan says she learnt everything from television: 'What you learn on TV, can't learn anywhere else'



Radhika Madan, who worked in television shows for a few years before she started working in the movies, had previously spoken up about the never-ending hours of working on a TV set and many, including Ektaa Kapoor, criticised her comments. Now, in a recent interview, Radhika said her learnings from television have helped her in her career and also added that what one can learn on TV, cannot be learnt anywhere else.

She told Siddharth Kannan, "I have learnt everything from television. What you can learn on TV, you can't learn anywhere else." When asked about the fan following that she had gained after working on television for almost two years, Radhika said that filmmakers were quite surprised as they did not expect a television celebrity to be that famous.

"Nobody expected me to have that following but that is the love that you get from television," she said.

Radhika Madan also spoke about the transition from television to films and how that was the "biggest challenge" of her career. The Kacchey Limbu actor said that she did not have any work for a year and a half and was living off her savings. She also shared that many of her co-stars on television suggested that she shouldn't leave the show. Radhika played the lead role on the Colors TV show Meri Aashiqui Tum Se Hi.

"When I was transitioning from TV to film, there was no work, nothing. By God's grace my show was a hit and leaving it at that peak was really risky and that too for a dream that I didn't know was going to work out or not. I had to start from scratch. But I had to take that leap of faith. A lot of people were telling me that nothing is going to work out, you should stay back and work here for 2-3 more years," she recalled.

In an earlier interview, Radhika Madan had opened up

When Alia Bhatt opened up on her relationship with stepsister Pooja Bhatt: 'No fakeness in our relationship'



Alia Bhatt is one of the three daughters of filmmaker Mahesh Bhatt. Before marrying Alia's mother Soni Razdan, Mahesh was married to Kiran Bhatt and they had two children - Rahul and Pooja Bhatt. Pooja was an acclaimed actor in the 1990s and while people might have imagined that the relationship between the stepsiblings might not be very cordial, it's actually the opposite.

Alia, in an interview, in 2014, spoke about her relationship with Pooja and said that there is no "fakeness" in their relationship. "Actually recently it's become much better. We have gotten close as a family. People would always say that you have a step sister, step mother and all that but it never bothered me," she shared on the Anupam Kher Show.

She continued, "Because our family is so real and honest with each other. There is no facade or fakeness. So when we spend time with each other, we genuinely like to spend time with each other."

Alia and Pooja have previously spoken about the circumstances of Mahesh and Kiran's marriage falling apart.

SONAM BAJWA REVEALS WHY SHE HASN'T DEBUTED IN BOLLYWOOD YET, SAYS 'BOLD CONTENT' HAS ALSO BEEN A HINDRANCE

Sonam Bajwa may have found fame with her work in Punjabi films, but she is loved by people across India. The actor has been tagged as 'national crush' by fans, who cannot have enough of her beauty and personality. Given her fanbase, it's natural to wonder why she didn't give Bollywood a chance after her Miss India stint and walked straight into regional cinema. "I didn't really have a choice," she says.



In a chat with indianexpress.com, Sonam shared that after the pagant, the first offer that she received was for a Punjabi film. However, she added that she's grateful because Punjabi cinema gave her an identity, fame, and love. "I may have been brought up in Uttarakhnad but my roots are from Punjab. My family was also eclectic about me doing something in our language. When I look back, I really didn't have any other offer. I was also unsure if I wanted to be an actor, so I wasn't quite persistent either. But I am so happy I decided as this (acting) gives me the biggest

joy," she shared.

The actor also recalled how she was never made to 'feel small' and rather encouraged to do more. She added how times have changed, and actors are looked beyond the language of cinema they are associated with. Sonam shared that as she was touring with Bollywood biggies, she had her apprehensions. "However, no one made me feel less than anyone - not a single team member or even fans. Even now when people meet me, they talk about my films, which they have loved, having watched with subti-

BHOLAA: IS AJAY DEVGN SECRETLY A GENIUS ACTION DIRECTOR?



There is a moment in Bhola - director-star Ajay Devgn's new film, out now on Prime Video - when you're immediately struck by the realisation that the movie you're watching is way kookier than what you expected. No, it isn't when they credit an actual astrology consultant (jyotish salahkaar) in the opening cred-

POST CREDITS SCENE: DEDICATED TO HIS LATE FATHER VEERU DEVGAN, AJAY DEVGN'S BHOLAA BOASTS SOME OF THE MOST REFINED ACTION A MAINSTREAM HINDI MOVIE HAS DELIVERED IN YEARS.

unpredictably bonkers movie to follow. To be clear, Bhola isn't a good film. In fact, a lot of it is actually quite grating. The dialogue is poor, the sound mix is off, the background score seems to be in direct competition with Vikram Vedha for who can be louder - a musical metaphor for the aggro face-offs that dominate both movies. More annoyingly, Tabu is underutilised, and the film's final act basically qualifies it for a membership to the

sof-Hindustani batch of Hindi cinema that is seeing such a surge in popularity these days. But when the movie steps in its tracks (quite literally, as it turns out) and unleashes an action sequence (co-directed by Ramazan Bulut and RP Yadav), it's undeniably glorious. I'm struggling to remember the last time there was a gap this huge between the quality of one particular element in a film and the rest of it. Maybe Hans Zimmer's score for X-Men: Dark Phoenix? Also read | Drishyam 2: Ajay Devgn's thriller is selling a middle-class male fantasy, without pausing to self-reflect. A remake of Lokesh Kannagaraj's 2019 Tamil-language hit Kaithi, starring Karthi, Bhola takes the basic structure and characters of that film, but replaces its relatively gritty tone with what can only be described as a Looney Toons vibe. The cartoonish intensity of the movie, about a man who is enlisted by an injured cop to drive them (and 40 unconscious police officers) to safety in a truck while gangsters relentlessly chase them along a highway, completely evaporates when Devgn decides to introduce drama to the proceedings.

Bhola is best enjoyed as a breakneck action spectacle that would've been at least 70% better had Devgn made the bold decision to remove most of the soapy backstory and designed the entire film around its three set-pieces. These set-pieces arrive at the end of each act, and involve such hilariously over-the-top moments as Devgn punching a guy's spine out of his body, slaring a cheetah with sheer presence alone, and swatting away an airborne motorbike like it's a housefly. Sure, it's all in service of making Bhola, and by extension Devgn himself, seem like a superhero.

10 bad habits that are making you less productive in the morning

Mornings mark the beginning of the day and usher in fresh optimism. However, because of our fast-paced lives, many among us end up adopting some bad morning habits. So much so that despite knowing they harm us, we are reluctant to change our ways as long as they help us remain ahead of others. Although they might not have an immediate impact on us, these bad morning habits adversely affect our physical and mental well-being. Therefore, we must consider recognising and changing them.

Here is a list of bad morning habits that make us less productive

Checking your phone as soon as you wake up

Technology has enslaved us. This is more evident in our constant need for checking our phones. Many among us are prey to this habit as we wake up and instantly start scrolling through social media on our smartphones.

Even experts advise against going through social media first thing in the morning, as it can leave us feeling stressed and worried depending on what we read.

Ideally, the first thing to do every morning is meditation. Spending a good 10-15 minutes doing this is one of the best ways to kick-start our day. This helps us maintain inner peace and calm.



One of the worst morning habits adversely impacting productivity and health is hitting the snooze button of the alarm clock. It reduces the time we should be spending on preparing psychologically and getting ready for the day, which adds to our stress.

Additionally, by doing so, we miss out on important things in life which we should use to focus on. Hitting snooze disturbs our sleep inertia as well. Instead, we should either sleep early or set an alarm for a realistic time at which we can wake up and feel fresh. We should also try to improve our sleep cycle by resisting the habit of snoozing the alarm.

Breakfast means 'breaking the fast', which is eating after a long seven-to-eight-hour sleep cycle. Moreover, this is the most significant meal of the day, and we should not skip it to simply get some more time to do other things in the morning.

Being hungry for so long impacts our health in the long run. So, first thing in the morning, we should consume whole foods and increase our intake of fruits and veggies. Consider morning meal planning if you don't have the time to whip up healthy dishes every day.

Having a goal or listing things to do every day is very important. This is because the list enables our subconscious mind to keep track of the schedule even while we are asleep and prepares us to wake up the first time the alarm rings. This makes our mornings easy, and we never feel the urge to keep lazing in bed. A to-do list helps complete all tasks planned for the day. Although making our bed may seem like something that is only associated with the look of our home, it truly helps us prepare for a productive day. How, you ask? It readies us psychologically - the room looks fresh and systemic as opposed to an

unmade bed, which makes us feel sleepy and lethargic.

Contrary to popular belief, starting the day with news is not ideally a good morning habit, as it can take a toll on our mental health. Reading negative reports and articles first thing in the morning may dampen your positivity from the get go, and this is the major reason why experts advise against starting our day by reading the news. It negatively impacts our mindset, which hinders productivity.

However, catching up on news and knowing what is happening around us is necessary, so try to do so only after completing our morning routine or just read headlines to filter the news to focus on.

Adding to the list of bad morning habits is having no morning exercise routine, and its effects might not show up while we are young. Making exercise part of our morning regime is one of the best things we can do for ourselves. A morning sweat session for just 15-30 minutes increases physical and mental productivity. Additionally, morning workouts can help boost metabolism which keeps us fit. One of the most essential morning routines that many people fail to even consider is monitoring our body's water. Drinking sufficient water first thing in the morning and staying hydrated throughout the day can promote a healthy gut and metabolism. Hydrating our-

selves in the morning can also strengthen the immune system, and prevent bad breath and bladder infections. In order to be healthy and productive, start cultivating the habit of starting your day with lots of water and detoxifying drinks.

Yes, drinking coffee in the morning counts among the list of bad morning habits, and it's not a good idea to do so before 9:30 a.m. According to research, our body naturally creates more cortisol, a stress hormone that regulates energy between the hours of eight and nine in the morning. Consuming coffee during this time can confuse our natural cortisol monitoring system. However, having a regular cup of coffee at noon is considered an ideal time. While making a cup of coffee, make sure to have a glass of water to remain hydrated.

Always consider having breakfast staples in the morning before having any kind of dessert. This is because consuming dessert on an empty stomach increases blood sugar levels, which can result in sugar spikes in the short run, and even diabetes in the long run. Having a healthy, hearty breakfast stabilises the sugar content in the food consumed and keeps the gut healthy, without making us feel bloated. Also, experts suggest consuming foods which promote better metabolism and are easily digestible in the morning.

Deal with hangovers effectively with these five yoga asanas



If you've ever experienced a hangover, or know someone who has, you would know definitely how that nasty effects take a long time to wear off. While most of us reach out for the medicine box or a glass of lemon water as a home remedy, turns out there is a healthier antidote to it - yoga.

"Yoga enables the development of balance between the mind and body link through the use of physical postures, breathing exercises, meditation, and other approaches," said Himalayan Siddhaa Akshar, founder of Akshar Yoga Institutions.

1PCOS can impact your sleep; here's a nighttime routine to manage it

2These small, hardened deposits in your gallbladder may affect digestion

3Acute case of this rare infection caused worms to crawl under man's skin; know more

As such, today we are here with five yoga asanas that will help you deal with the hangovers in the most natural way, all thank to Sarvesh Shashi, the founder of Sarva Yoga Studios. Taking to Instagram, he wrote, "We all know someone who has experienced great effects of alcohol and the next morning experienced the not-so-great effects of alcohol. But yoga always comes to the rescue, if you know someone who needs to deal with hangovers, here are five asanas that will help you."

Steps:

*Kneel on the mat and sit on your heels.

*Raise your arms over your head. Inhale.

*Bend your upper body forward.

*Put your forehead on the floor. Your pelvis should rest on your heels.

*Make sure your back is not hunched.

According to Akshar, the pose helps release tension in the chest, back and shoulders, and promotes blood circulation throughout the body. However, pregnant women, people with high blood pressure or joint pain should avoid performing this asana.

Bitilasana-Marjarasana

cat cow pose This asana is great for relaxation as it facilitates deep inhalation and exhalation. (Source: Freepik)

The name Marjari and Bitila come from the Sanskrit script, where 'marjari' means 'cat' and 'bitila' means 'cow'.

Steps:

*Get down on your knees, place palms under shoulders and knees under hips.

*Inhale, curve your spine to look up.

*Exhale, curve your spine to form an arch of the back and allow your neck to drop down.

*Focus your gaze towards your chest.

Akshar said, "This asana is great for relaxation as it facilitates deep inhalation and exhalation," further suggesting pregnant women and people with a knee injury to avoid doing it.

Baddha Konasana

The Sanskrit name Baddha Konasana is the combination of three words: Baddha, Kona and Asana, which means Bound Angle Pose.

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

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

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

A subtle tweak, like introducing a high-protein and fibre-rich diet and reducing the intake of carbohydrates, can help with your weight loss journey.

Here are 5 nutritious meals that may aid in weight loss:

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



dip that is made from cooked and mashed chickpeas blended with tahini, garlic, olive oil, lemon juice and salt. You can

pair it with any kind of bread or use it in sandwiches. Take a few slices of multi-grain bread and spread the hummus on all the

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

Oats Khichdi

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

Upma

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

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

Oats dosa

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

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

Besan Chilla

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

Osteoporosis: 7 things you can do to help build bone density

It is estimated more than three million people in Britain and Ireland have osteoporosis and more than 500,000 people receive hospital treatment from osteoporosis related fragility fractures every year, as Dr Annette Creedon, nutrition manager for the British Nutrition Foundation, points out.

The condition means bones become weaker, making them more prone to breakage.

"Bone is a living, growing tissue, with old bone tissue continually being removed and replaced by new bone tissue," explains Creedon.

"This is a continual process that happens throughout the lifecycle, but when you have osteoporosis, old bone tissue is removed faster than new bone can be produced."

She says the higher the peak bone mass we can get in young adulthood, and the slower the loss of bone mass in later adulthood, the better. These things are partly determined by genetics but diet and lifestyle also play a part - and women are more at risk of osteoporosis than men, especially in the first few years after menopause or if menopause begins before your mid-40s, due to the role

of oestrogen.

Christine Bailey, registered nutritionist and ambassador for bonehealth supplements, says the condition is often cited as a 'silent disease' because it can develop unnoticed for many years, only coming to light when a fracture occurs.

Here, experts talk us through some of the key, but perhaps less obvious, ways to help build bone density...

1. EAT A WIDE VARIETY OF FOODS

"Calcium is well known to be important for bones but there are other vitamins, minerals and nutrients vital to keeping bones healthy and strong, including vitamin K, potassium and magnesium," notes Creedon.

"Eating a healthy, balanced diet with a wide variety of foods from each food group is important for getting all the nutrients needed to build and maintain healthy bones throughout life."

2. MEASURE YOUR SHADOW

The body produces vitamin D via sun exposure, but how do you know if you're getting enough?

If your shadow is shorter than your height, Creedon says your body can



produce vitamin D from sunlight exposure.

However, if your shadow is longer than your height, this means the sun is too low in the sky for you to be able to produce vitamin D - which in the

maintain healthy bones and muscles," says Creedon.

"As we age, a low vitamin D level can increase the risk of weak bones making them more prone to breaking - osteoporosis."

We generally need 10 micrograms of vitamin D a day, which is why supplements are advised during the colder, darker months, to ensure we maintain healthy levels.

3. CONSIDER COLLAGEN

Bailey cites collagen - which declines as we age - as the forgotten nutrient for bone health: "While in the past, the focus has been on calcium for building bone density, research is revealing a whole host of other nutrients are needed for healthy bones, including magnesium, vitamin D, vitamin K2, vitamin C and silica. Collagen is also important."

"Collagen is the body's most abundant structural protein, which acts like glue to hold your body together," she says. "It's a building block for bones and makes up about 35 per cent of your bone tissue. It provides a framework for your bones and, along with calcium and other nutrients, strengthens them."

Collagen supplements are a rela-

tively new - but booming - addition to the wellness landscape. If you are considering giving it a go, Bailey suggests being aware it comes in different forms, so it's important to take one specifically suited to bone health.

"Research has shown a particular type of bioactive collagen peptides, bonebalance, starts to work in six days," says Bailey.

"Clinical trials on the ingredient show bone mineral density gains that compare favourably with prescription treatments for osteoporosis."

4. TAKE UP TENNIS...

...Or any other weight-bearing exercise you enjoy, such as dancing, hiking or jogging, suggests Creedon.

"Resistance exercises, such as lifting weights or push-ups using your own body weight, help to build muscle strength, which also supports bone health as muscles pulling on your bones will increase bone strength," Creedon explains.

As she points out, regular physical activity is important for building strong, healthy bones when we're younger, and for maintaining bone health when we're older. It also helps improve balance and coordination, which can prevent falls.



Rugby, Yogasana events draw hundreds to Pologround multisport complex in Srinagar

SPORTS HELP IN CREATING HEALTHIER, HAPPIER COMMUNITY: SARMAD HAFEZ

JI NEWS SERVICE

SRINAGAR, MAY 31: As a sequel to its concerted efforts of organizing sports activities in nook and corner of J&K, the Sports Council today hosted a series of events in many sports facilities of the Union Territory.

The day started with a Yogasana sports event which was held at Pologround multisport complex in Srinagar. The event was jointly organized by the J&K Sports Council and Directorate of Ayush J&K which was aimed to promote awareness about the benefits of yoga and a healthy lifestyle. On the occasion, yoga was performed by people from various backgrounds including students, professionals and senior citizens. The experts from the Directorate of Ayush gave valuable tips to the participants regarding the correct postures and breathing techniques involved in performing Yoga. The participants were also educated about the importance of maintaining a balanced diet and regular exercise for a healthy lifestyle.

The event was a huge success as it managed to bring people from different age groups together and promote the spirit of camaraderie. The participants were enthusiastic about the event and expressed their desire to make yoga a regular part of their daily routine.

Speaking about the event, Secretary Youth Services and Sports, Sarmad Hafeez, said that Yoga is an ancient practice that offers numerous benefits to the mind and body. It is an effective way to reduce stress, improve flexibility, and enhance overall wellbeing, he added.

Secretary said that the popularity of yoga has been on the rise in recent years, and the success of this event has encouraged us to plan more such events in future, creating a healthier and happier community besides helping spread the benefits of this ancient sport to a wider audience, she concluded. Meanwhile the 15th J&K UT Level Rugby Tournament was organized by the J&K Rugby Association in collaboration with the J&K Sports Council. The main aim of



The championship was to promote rugby in the region and provide a platform for aspiring players to showcase their talent.

The event hosted more than 800 participants including both females and males in different age groups. The district Srinagar remained the overall champions of the event. Applauding the efforts of the players, Muhammad Iqbal in charge of the zone encouraged the young athletes to continue with their hard work and dedication to achieve success at the national level. The players who performed well in the tournament were awarded with trophies and the top performers were also selected for the national competition to be held in Pune later this year enabling a great opportunity for the players to showcase their skills at a higher level.

events while Tug of War competition was the main highlight of the event, with teams from different schools pulling in a winning cause.

The Judo Women Premier league being held in Sports Stadium Kathua under the My Youth My Pride programme concluded here today with more than seventy female players taking part in the finals of the competitions for nine age categories played during the day.

The medalists from the overall results in different categories comprised Vedanti Devi gold, Ishu Sumbria silver and Bani Preet Kour bronze in 40kg category while in 44kg category Sonakshi Devi gold, Komal silver and Kashika Verma bagged bronze medal.

In the 48 kg category Sameena Akhler with gold, Ridhima Gupta with silver and Shiya with bronze featured among the medalists. In the 52 kg category Ishita Mahajan with Gold, Khashi with Silver, and Mansi with bronze figured in the medalists while in 57 and 63 kg category Jimmo Devi bagged gold, Yashika

silver and Vishali with gold). Manu with silver and Mehak with bronze respectively clinched the top spots. Similarly in 70kg and 78 kg category Tarvi and Deepasha with gold, Ritika and Deenakshi with silver and Madhumita and Diya with bronze respectively remained the overall winners.

While congratulating all the participants for their efforts, Secretary Sports Council, Nuzhat Gull, expressed her satisfaction with the turnout and performance of the participants. She praised the efforts of Jammu division Sports Council team in conducting the event successfully. She urged upon the young athletes to continue their hard work and dedication towards sports, reiterating that J&K Sports Council is committed to promoting sports and nurturing the talent of young athletes wherever they are.

Meanwhile, many events in parts of Kashmir division were postponed due to inclement weather conditions and shall be held on new dates, said Sports Officer, Kashmir, Nuzhat Farooq.

Grievances Redressal programmes held at 3 different locations in Doda district

JI NEWS SERVICE

DODA, MAY 31: To listen to the issues and grievances of the people, Public Outreach Programmes, under the weekly Block Diwas program, were held today at three different locations across Doda district. The weekly Block Diwas program was held at Block Headquarter Baderwah, Panchayat Kharangal; Sub Division Gandoh, Panchayat Chilli and Sub Division Assar. At Baderwah, the outreach programme was chaired by ADC Chowdhary Dil Mir, at Panchayat Kharangal, while SDM Gandoh Arun Kumar Badyal presided over the outreach camp at Panchayat Chilli and SDM Assar Lekh Raj chaired the program at Assar.

Block Diwas is aimed at getting first-hand appraisal of the problems and development aspirations of the people. It also aims to ensure equitable development of rural and urban areas by fulfilling popular aspirations of the people.

Block Diwas program is being organised weekly, on every Wednesday at different locations of the district, to reach out to the people and listen to their grievances, aspirations, and demands.

Several public delegations, individuals besides PRI members, projected the local demands and problems being faced by the public at all the four locations today.

Public and PRIs put forth a range of issues/ demands. They demanded augmentation of water supply and electricity supply line, macadamization of roads, meeting dearth of staff in schools and hospitals, upgradation of schools, banking facilities in rural areas, etc. The presiding officers of the Block Diwas, along with officers in charge of all the departments, gave patient hearing to the issues and demands and assured to resolve all the genuine demands/ issues at the earliest.

ICDS Doda bids adieu to retiring DPO

JI NEWS SERVICE

DODA, MAY 31: Staff of Integrated Child Development Projects (ICDS) of all the 8 projects of Doda and the staff of District Programme Office ICDS Doda bid farewell to Shahida Parveen, DPO ICDS Doda on her superannuation from government services after rendering 40 years of unblemished and exemplary services.

Among other postings, she served as Supervisor and CPO- ICDS in various projects across the UT, Deputy Director Employment Doda, GM DIC Doda, and DPO ICDS Doda.

Many officers and staff members spoke about her achievements and services she rendered in the ICDS Department and her people friendly approach during her tenure in other departments.

In her speech, the retiring Officer urged the colleagues to take it as an opportunity to serve the people, especially children, adolescent girls, and pregnant women.

Sr Malaria Inspector accorded warm farewell at Doda

JI NEWS SERVICE

DODA, May 31: Chief Medical Officer's Office Doda today accorded a warm farewell to Sr Malaria Inspector, OM Parkash Shan on his retirement at a grand function.

Chief Medical Officer, Dr A H Zargar besides staff of CMO, Dy CMO Office and Planning Section were present on the occasion.

The CMO lauded the retiring official as a dedicated, hard-working and reliable employee of the Health Department who always remained available at the beck and call of his seniors and colleagues for which he would be remembered for his utmost services.

The official was presented gifts as a token of respect for his tireless services in the department.

Shan thanked the staff of the Health Department for the warm farewell and assured to be available for every possible help to the department after his retirement.

JKTPO organized ONDC onboarding drive in Srinagar

JI NEWS SERVICE

SRINAGAR, MAY 31: Jammu and Kashmir Trade Promotion Organisation (JKTPO) under the guidance of Commissioner Secretary, Industries & Commerce and under the supervision of Managing Director JKTPO today organized a successful onboarding drive on Open Network for Digital Commerce (ONDC) Network at JKEDI, Pampora. This initiative, in collaboration with ONDC Seller Partner MyStore, aims to facilitate the onboarding of local sellers, artisans, retailers, small merchants, and traders onto the ONDC platform to gain access to a vast digital marketplace.

More than 75 local entrepreneurs participated in the drive and 30 were registered on-spot from various sectors viz Handloom & Handicrafts, Agro and Food, manufacturing sector, etc.

JKTPO is continuously organising such activities including onboarding on e-commerce platforms to enable local entrepreneurs to showcase and sell their products across world.

The onboarding drive is a significant milestone in the continued efforts of JKTPO and ONDC to foster economic growth and promote digital commerce in Jammu and Kashmir. It builds upon the success of the ONDC awareness workshops that have been conducted since September 2022 in both divisions of Jammu and Kashmir. These workshops have helped create awareness about the benefits of leveraging the power of democratisation of e-commerce through ONDC and expand their reach beyond traditional boundaries. Managing Director, JKTPO expressed his optimism about the initiative "We have collaborated with ONDC to empower local entrepreneurs by providing them the platform to thrive in the digital era and unlocking their full potential through e-commerce revolution."

Awareness camp on Mahila Samman Savings Certificate scheme, lecture on WNT-Day held in GCW Gandhinagar

College mourns demise of Prof Ghai

JI NEWS SERVICE

JAMMU, MAY 31: Students Welfare Committee of Padma Shri Padma Sachdev Government College for Women Gandhinagar, in collaboration with Senior Superintendent of Post Offices, Postal Division Jammu, on Wednesday organised an awareness camp on Mahila Samman Savings Certificate scheme announced exclusively for women and girl child in budget 2023-24 by Finance Minister Nirmala Sitharaman.

The awareness camp was held in the College premises as an initiative to promote financial empowerment and encourage women to take control of their financial future. Information brochures, handouts and other resource materials, summarizing key points were distributed among the students and staff. This will enable the participants to refer back to the information and continue their learning beyond the event.

A supportive and empowering environment was created among the participants and they were encouraged to take charge of their financial well-being. By providing them with the necessary knowledge, the camp contributed in building a financial secure future for women.

Principal of the College, Prof. Minu Mahajan and Student's Welfare Committee thanked the organisers of the camp Kewal Chander, Postmaster Gandhi Nagar, Head-office, Rekha Devi, Sr. Suptt. PO Jammu Division, Pawan Kumar, Sr. Superintendent PO Jammu Division. Later, Nisha Mukht Bharat Abhiyan Committee of the College, organised a lecture on "World No Tobacco Day" on the theme "Commit to Quit". The keynote speaker for the event was Dr. Gautam Sharma (MD) Periodontist and Implantologist.

DC Udhampur holds public grievances redressal camp at Block Majalta



JI NEWS SERVICE

UDHAMPUR, MAY 31: Deputy Commissioner, Udhampur Sachin Kumar Vaishya today visited block Majalta and listened to public issues and demands at a public outreach programme held at Kesar Resort under the weekly Block Diwas Program.

DC, Chairman, DDC Councillor and District Officers of various

departments, besides PRIs members participated in the outreach camp. BDC, Dina Nath, DDC Majalta, Amit Sharma, Sarpanches, Panches and the general public of the area projected several demands and problems being faced by them. They sought effective implementation of JMM, establishment of Dispensary, new electric poles, steps to ease traffic congestion at Battal and Mansar Morh, blacktopping of roads, restoration of

damaged street lights, release of pending payment under 14th FC, posting of Urdu Teacher in schools of the area, installation of transformer and Handpumps, filling up of vacant post in health and education department, organising awareness camps, construction of bridge over nallah at Majalta, improvement of conditions of various PMGSY and PWD roads etc. Responding to the issues and demands raised by PRI members as well as the general public of the area, the DC passed on-spot directions for redressal of their grievances. He asked the officers to take first hand appraisal of all the grievances of PRIs and redress on priority. The DC assured the general public that such public outreach camps would also be organized in near future to solve the genuine problems of the people at their door steps.

DC reviews functioning of Urban Local bodies at Udhampur

JI NEWS SERVICE

UDHAMPUR, MAY 31: To review the functioning of Urban Local Bodies in the district, Deputy Commissioner, Udhampur Sachin Kumar Vaishya today chaired a meeting of concerned officers and field functionaries here in his office chamber.

Additional District Development Commissioner, Ghan Sham Singh; Chief Executive Officer, Dalip Abrol and other officers attended the meeting.

Detailed deliberations were held on various aspects which included overall functioning of Urban Local Bodies, Sanitation, Collection and disposal of waste, generation of own

source of revenue by civic bodies, augmentation of development infrastructure etc.

The DC directed the concerned officers to put in extra efforts for smooth functioning of the department. He exhorted them to work in coordination and to generate own revenue for the proper working of the department.

Work on duly sanctioned projects worth Rs. 4.5 crore started during follow up Block Diwas at Chararipora Pakherpora

Distt Admin committed to speedy completion of developmental projects, public service delivery: DC Budgam

JI NEWS SERVICE

BUDGAM, MAY 31: Work on duly sanctioned projects worth above Rs 4.5 crores was started today in the follow up Block Diwas held by Deputy Commissioner (DC), Budgam, Akshay Labroo at Chararipora, Pakherpora of Charar-i-Sharif, Budgam.

The works include upgradation of 8 kms long Road length projects including Shuru Karpura-Shankerpora Road, Dalwan Shankerpora-Chararipora road, and Karpura-Qamrazipora Road projects. The road projects have been allotted at the cost of Rs 3.97 crores.

The DC also unveiled the work regarding the Additional



Classroom complex at the High School.

He laid the foundation stone for construction of a playground at Pakherpora to facilitate better sports related arrangements for the local youth.

Similarly, work on the Chararipora-Kadipora WSS project was also started. The gravity scheme shall have 10000 gallon Capacity SR and shall benefit as many as 100 households of the village.

During the follow up Block Diwas, PRIs elders and local youth delegations from villages Chararipora, Mehndipora, Shankerpora, Dalwan and other adjacent villages who participated, expressed their gratitude to the District Administration for taking note of their demands and addressing them within a month's time period.

The DC said that all other genuine demands raised during last Block Diwas program have been taken up and discussed with all the concerned departments and speedy disposal will be ensured for those demands too.

He reiterated that the District Administration is committed to ensure robust development and better facility creation in all rural

as well as urban areas of the district.

The DC said that projects on which work has been started today after their completion shall ensure better education, connectivity and adequate potable water supply in the area and people would be benefited largely in the area.

He emphasised that work on all these projects be completed in a stipulated time frame. He called for prompt redressal of public issues to ensure better service delivery to people. Among others, ADC Budgam, Dr. Akramullah Tak, SDM Chadoora, Executive Engineers of all wings, Tehsilidar, BDO and all District and sectoral officers, officials were present on the occasion.

Justice Tashi Rabstan visits District Court Complex Moominabad

J1 NEWS SERVICE

SRINAGAR, MAY 31: Justice Tashi Rabstan, Judge of High Court of Jammu and Kashmir and Ladakh, who is also the Administrative Judge for the District Srinagar, visited the District Court Complex Moominabad Srinagar and reviewed functioning there.

Justice Tashi Rabstan had a detailed interaction with the Judicial officers posted at Srinagar in the Conference Hall of District Court Srinagar.

Jawad Ahmad, Principal District and Sessions Judge, Srinagar, apprised Justice Tashi Rabstan of working of courts with relevant statistics and also high-



lighted the various issues faced by the Judicial officers. Justice Tashi

Rabstan addressed the Judges and took stock of functioning of the courts. After giving a patient hearing to the Judges, he assured them of resolving the issues within a short span of time. He sensitized the Judges about their role in the society and urged upon them to give their best to the society and at the same time uphold the dignity and honour of the institution. He emphasised upon the need of speedy disposal of cases with focus on old cases. He also engaged in discussions with the judicial officers to understand their challenges and offered his valuable insights and guidance. He emphasised the commitment of judiciary of UT of J & K in general and District Srinagar in par-

ticular in providing fair and efficient Justice to the people.

Earlier, Justice Tashi Rabstan was warmly received by the Principal District Judge Srinagar, Jawad Ahmad. On the occasion, Justice Tashi Rabstan was welcomed with ceremonial guard of honour from the contingent of J and K Police. Principal District and Sessions Judge Srinagar extended a warm welcome to Justice Tashi Rabstan and expressed his gratitude for taking out the time to visit the District Court Complex Moominabad Srinagar. He also acknowledged the invaluable guidance and support being provided by Justice Tashi Rabstan in furthering the cause of Justice in Srinagar.

World No Tobacco Day observed across District Doda

J1 NEWS SERVICE

DODA, MAY 31: A series of awareness programmes were held today under the aegis of District Health Society Doda to observe World No Tobacco Day.

The programme was organized on the theme, "We need food, not tobacco" as a part of Azadi Ka Amrit Mahotsav celebration.

Two major events were held at ANMI School Doda, SDH Bhaderwah, besides in other medical blocks of the District.

At Bhaderwah, the programme was chaired by CMO, Dr Abdul Hamid Zargar, in presence of BMO. The CMO highlighted the importance of the day and said that tobacco has been clinically proven as the main cause of cancer which affects millions across the world. He further said tobacco is considered as one of the major threats to public health in the 21st century.

The CMO Doda also called for creating mass awareness about the hazards of smoking and its other forms. He stressed upon the voluntary organizations to organize programmes and help in sensitizing the society about the effects of smoking on public health.

The participants pledged to spread the message in the society in a big way and save the human lives from the dreaded diseases like cancer, tuberculosis caused due to smoking. At ANMI School Doda, the programme was chaired by Principal Anusuya Bhan.

The speakers said that the students and youth are the best ambassadors to circulate the message and create awareness to develop drug and tobacco free society.

Awareness rallies were also organized by the health department, with the active participation of school students.

World No Tobacco Day: Health Department Sunderbani organises awareness event

J1 NEWS SERVICE

SUNDERBANI, MAY 31: To mark World No Tobacco Day, Health Department Sunderbani organized an awareness event at the Community Health Centre to educate the public about the detrimental effects of all tobacco products.

Under the theme "We Need Food, Not Tobacco," the event aimed to promote a tobacco-free lifestyle and encourage individuals to quit smoking. The event witnessed active participation of consultants, medical officers, health staff, ASHA workers and the general public.

Block Medical Officer of Sunderbani, Dr. Nissar Hussain delivered an informative lecture enlightening the masses about the life-threatening consequences of tobacco consumption. He urged individuals to take steps towards quitting this harmful habit for their well-being.

In his lecture, Dr. Rajesh Minia, a Consultant in Medicine, revealed that approximately 12 lakh people lose their lives each year in the country due to smoking-related illnesses. He emphasized that tobacco users are susceptible to 40 different types of cancers, including mouth and lung

cancers, as well as 25 other serious diseases. Dr. Minia further stressed that smoking weakens the immune system, making individuals more vulnerable to various health conditions.

Dr. Sonali Khajuria administered a pledge to the attendees, urging them never to use or consume any form of tobacco products. She also encouraged the participants to motivate their family members and acquaintances to refrain from tobacco use.

JKRLM accords farewell to retiring Junior stenographer

JAMMU, MAY 31: Jammu Kashmir Rural Livelihoods Mission (JKRLM) on Wednesday accorded a warm farewell to the retiring officer of the Department.

In a function organised at Mission Directorate Office Jammu, a warm farewell was given by Kuldeep Raj, Junior Stenographer, who put in 28 years of service. Mission Director JKRLM, Indu Kanwal Chib, in her address, wished the retiring employee a very happy, healthy and prosperous post retirement life. She congratulated him on the successful completion of his active service. She also highlighted his zeal and dedication towards the work. Additional Mission Director JKRLM Jammu, Mrithu Salathia, District Programme Managers, Block Programme Managers of JKRLM and other staff members also wished the retiring officer for a happy and healthy post retirement life.

The retiring employee thanked all their colleagues for their support and cooperation during his tenure in the department.

A bouquet and memento were presented to the retiring official on behalf of the Mission as a mark of honour and affection.

J&K gets approval for 12 more DNB seats

J1 NEWS SERVICE

SRINAGAR, MAY 31: As a significant step towards strengthening public healthcare scenario in J&K, 12 more seats have been sanctioned by National Board of Examinations in Medical Science (NBEMS) under DNB for the public institutions of J&K. These seats shall be in addition to the earlier granted 270 DNB seats.

As per detailed breakup, Srinagar Hospital received approval for 2 seats in Orthopedics; GMC Rajouri for 2 seats in Paediatrics; DH Poonch for 2 seats in Surgery; DH Reasi 2 seats in General Medicine and

Department of Anesthesiology GMC Baramulla given accreditation for starting DNB courses with intake of 4 PGs, 2 primary DNB and 2 Secondary DNB seats per year.

Secretary Health & Medical Education Department, Bhupinder Kumar, congratulated the entire health and medical education department for this achievement. He expressed happiness over the fact that even far-flung facilities like DH Poonch and DH Reasi have been able to start Post Graduate Courses in these hospitals.

Ayushi Sudan, Mission Director, NHM J&K, while giving

details about the development, said that implementation of DNB courses at the district level in J&K has been termed as a best practice in the Country.

Under DNB programme in the UT, a total of 270 seats were granted to the accredited departments during session 2022 and start of 2023 consequent to the concerted efforts and hard work of the administrative department H&ME J&K, NHM J&K and the team of health institutions being monitored by Bhupinder Kumar, Secretary, Health and Medical Education Department. All the efforts are being made to scale up the DNB courses in all the District

Hospitals and potential CHCs of J&K.

During upcoming session, J&K is planning to submit more than 30 application in all District Hospitals," she added.

Earlier in the month of March, 20 seats were approved in the UT of J&K in which Government Medical College Srinagar received approval for 2 seats in FNB Paediatric Anesthesia, JLNH Hospital, Srinagar received 3 Post MBBS DNB seats in General Surgery, DH Udhampur received a sanction of 5 seats under Pediatrics, General Medicine and Orthopedics.

DH Poonch received 2 seats in

General Medicine. DH Ganderbal got a sanction of 2 seats each in DNB General Medicine & Diploma Pediatrics.

DH Kulgam received 2 seats in Family Medicine and CHC Kupwara got 2 seats in Diploma Pediatrics.

Pertinent to mention that the DNB (Diplomate of National Board) courses have been introduced in the District Hospitals and new Government Medical Colleges besides old GMCs and SKIMS in order to strengthen the institutions, decongest the Govt. Medical Colleges and to address the shortage of specialists in the UT of J&K.

GDC Kishtwar organises awareness Seminar on "World No Tobacco Day"

J1 NEWS SERVICE

KISHTWAR, MAY 31: An awareness seminar on "No Tobacco Day" was organized today in the Botany Department of Government Degree College Kishtwar on the direction of the College Principal, Dr. Jyoti Parihar. As many as 60 students participated in the seminar to raise awareness about the harmful and deadly effect of tobacco on human health.

The theme of this year's World No Tobacco Day, as declared by WHO, is "We need Food, not Tobacco." The HoD of the Botany Department, Prof. Faisal Mushtaq also spoke about the ill effects and long-term consequences of this deadly poison on health, society, environment and family. Several students from the second semester spoke in great detail on the topic. Sushil Kumar explained various symptoms caused by long-term use of tobacco on the body.

A question/answer session was held at the end, during which the faculty provided detailed explanations to all the queries related to tobacco raised by the students.

It was also pledged that everyone would strive hard to spread the message of the No Tobacco Campaign among the masses in general and other students in particular. The other staff members who participated in the event were: Talat Samreen (Lab Assistant) and Daleep Kumar (Lab Bearers).

Nukkad natak on "save environment, save life under mission life held at GCW Udhampur

J1 NEWS SERVICE

UDHAMPUR, MAY 31: In continuation with the ongoing activities under Mission Life for environment and World Environment Day, 2023 under the presidency of G20 and Azadi Ka Amrit Mahotsav, SAP Club, Eco Club and NSS unit of GCW Udhampur under the able guidance of Prof. Anjali Mahajan, Principal of the college and convensorship of Dr. Kewal Kumar, Prof. Tania Mahajan and Prof. Sumita Rao respectively in collaboration with Mahatma Gandhi National Council of Rural Education (MGNCRE), Ministry of Human Resource Development, Govt. of India, organized a Nukkad Natak in the campus on the theme "Save Environment, Save Life".

The objective of organizing this Nukkad Natak was to spread awareness among the students about the relevance of different environmental issues, like potable water, clean water bodies, no plastic usage, afforestation etc. The Natak also aimed at encouraging the students to contribute their bit in the eradication of the menace of pollution from our environment.

About 120 students witnessed the Nukkad Natak with great enthusiasm. The chief guest appreciated the initiative taken by the organisers and volunteers.

She also stated that such media of spreading message through Nukkad Natak is very impressive and has long lasting impact.

Ashni Devi, HOD Botany, Yash Paul, HOD History, Yash Kumar, Assistant Prof. of Music and Rajinder Singh HOD Purjabi, were among the others who graced the event with their benign presence.

Sixth phase of Kissan Sampark Abhiyan concludes in Reasi

J1 NEWS SERVICE

REASI, MAY 31: the sixth Phase of Kissan Sampark Abhiyan was successfully completed in 9 blocks of the Reasi district under the guidance of Director Agriculture Jammu, K.K Sharma, Chairman HADP ADDC, Jyoti Slathia and under close monitoring of Harbans Singh, Chief Agriculture Officer (DNO HADP). The resources persons of agriculture and allied sectors along with 100s of concerned Panchayats participated in the farmers' orientation programs.

Training was imparted through audio visual aids at all the venues identified in 9 blocks of the District.

Farmers were also made aware about Daksh Kissan (online learning portal) and KISSAN SATHI (IT Dashboard) for digitization of various schemes and services. Informative booklets in three languages regarding Schemes under HADP were also distributed among farmers. ADDC Reasi, Director SBI RSETI, Visiting Officer, Sanchi Sharma, SMS SDI, Kewal Krishan attended the training programme in Panchayat Kotli Manotriyan-A where marigold and other seasonal vegetable seedlings were also distributed. Chief Agriculture Officer along with Sub Division Agriculture Officer attended the programme in Panchayat Kothian in Pount block. District Agriculture Officer Extension, Dharmari, ASCO Dharmari and SMS SDI attended the programme in Panchayat Thuroo-B. Baseline survey of 1156 farmers was also completed by skill gap study persons appointed for the purpose.

MVD conducts massive checking drive in Udhampur

J1 NEWS SERVICE

UDHAMPUR, MAY 31: On the directions of Deputy Commissioner Udhampur, Sachin Kumar Vaishya, the Motor Vehicle Department in collaboration with District Police today laid a special naka in Udhampur town.

A team headed by Motor Vehicle Inspector, Kamal Kumar seized five modified vehicles under section 39/192 & 190 (ii) and 198 (a) of MV Act 1988.

While sharing the details, ARTO Udhampur, Ramesh Kumar said that a massive checking drive has been launched against the vehicles violating traffic norms. As many as 5 vehicles were seized on the spot by the teams two of which are placed at DC Office Complex and rest three are placed at ARTO Office Udhampur so far.

The ARTO Udhampur cautioned the vehicle operators to strictly adhere to the provisions of the Act failing which they shall be booked under the relevant provisions of the Motor Vehicles Act.

JK Horticulture Planning & Marketing organizes day long meet on CA Storage Logistics

'HOLISTIC MEASURES TO BE TAKEN TO ESTABLISH CA STORAGE CAPACITY COMMENSURATE WITH PRODUCTION'

J1 NEWS SERVICE

SRINAGAR, MAY 31: Jammu and Kashmir Horticulture Planning and Marketing department today organized a one day meet on CA Storage Logistics here at SKICC. The meet was attended by all stakeholders from government departments, banks and financial institutions, industry representative bodies, fruit associations and potential investors in this sector from within and outside J&K.

The aim of the day long event was to strengthen coordination among all stakeholders and efficiently move forward in bridging gap in the infrastructural requirements for CA storage in J&K.

Secretary in Agriculture Production Department, Shabnam Kamili, who was also chief guest on the occasion, said that the government is keen to promote private investments in setting up logistics



facilities by providing incentives and simplifying the regulatory environment. She said that it will enable the development of high-class logistics infrastructure in J&K and create new business opportunities and in the long run enable the farmer to reap maximum benefits out of his produce. She informed that the Meet was organized to bring all stakeholders at one platform and to devise a roadmap which shall result in expeditious, hassle-free and conducive environment for establishing the CA storage logistics at suitable locations in the entire J&K. Vikas Sharma,

Director Horticulture Planning and Marketing, J&K, informed that J&K is the leading producer of apples in the country with large varietal spectrum and harvest ranging from July till November, besides having a unique position in the global market. "To ensure availability of quality apples throughout the year and provide best returns to producers, we endeavour to augment our CA storage capacity in a big way", he maintained. He further shared that, currently, we have around two lakh MT of installed CA storage capacity in J&K and to meet the requirements

of CA Storage, we shall be hand-holding and facilitating potential investors from within and outside the UT. Director Industries and Commerce, Kashmir brought out a detailed account of Industrial policy, Procedures and Schemes of the government. Director Horticulture, Kashmir, delineated on key features of the Scheme under MIDH to assist the CA store investors. Besides, CA Storage Schemes implemented by the National Horticulture Board were explained by the Deputy Director, NHM, Sansar Ahmed. Besides, procedure for allotment of industrial land and concessions which can be availed for land in estates of SIDCO and SICOP were highlighted by the General Managers, NABARD, J&K and SBI who also shared their policies for assistance for CA stores. The Meet successfully brought together all stakeholders, fostering constructive discussions aimed at

formulating a comprehensive roadmap for the prompt and hassle-free establishment of CA storage logistics in suitable locations throughout J&K. The meet attracted potential investors from both within and outside the UT. Their active participation and engagement greatly enriched the event, contributing substantial value and enhancing understanding of the opportunities within this industry. The stakeholders appreciated the efforts of the Department of Horticulture Planning and Marketing for organizing such events and were of the opinion that such efforts are in the right direction to augment the need for increasing the CA storage capacity in the UT which shall go a long way in regulating the flow of fruit supply to the markets and reduce the wastages which in return shall help in fetching remunerative prices for the produce industry.

Forest Department organizes one-day Training workshop on 'Continuous Forest Inventory'

SRINAGAR, MAY 31: A one day Training cum Capacity workshop was today organized by J&K Forest Department on Continuous Forest Inventory for Forest Officers at Dak Bungalow, Anantnag.

The program was organized in collaboration with Forest Demarcation Division, Kashmir Region and Photo Interpretation Division in which about 40 Officers and officials participated. During the inaugural session, Conservator of Forests, South Forest Circle, Irfan Ali Shah informed that Forests covers about 48 percent of total land area in the J&K, so inventory based assessment of the forest resources is of utmost importance in the present scenario.

He stressed that data and information are required to manage a renewable natural resource such as forest sustainability and this information is largely obtained through forest inventories which provides the data for planning, monitoring, evaluation, research, growth and yield, biodiversity, and timber sale. Shah informed that traditionally, the Forest Officers along

with Revenue Officers demarcated the forests using traditional equipment's but with the advent of modern technology, our Foresters need to adopt themselves with the advanced technologies like GPS, GIS, PDA, formation of KMZ and KML files and even drone technology. He informed that these training programs are a step in this direction.

The CoF directed all forest officers to ensure Inventoryization of Forest vegetation at specified grid points strictly in accordance with Forest Records and scientific data.

He informed that under the deliverable theme "Kabza Mukht Jangla" or encroachment free forests, this year till now 208 Kanals of forest land has been evicted out in South Kashmir. Further 201 numbers of Forests have been surveyed under deliverable, "Digitize, Fence, Secure" last year. The Demarcation Division itself is going to install hundreds of BPs including Main Line and Check Line BPs.

He informed that different survey teams of forest officials constituted to ascertain the existence of already

installed BPs across South Kashmir have completed this exercise last week and a report has been submitted in this regard already with the headquarters. He said with this pace, we will be able to achieve the complete consolidation and settlement of forest boundaries in South Kashmir in the next 2-3 years. He also envisioned use of differential Global Positioning System technology for ascertaining location of grid or survey points more accurately with greater precision.

The Technical session was taken by Shabir Ahmad Dar I/ ICT Lab PI Division and briefed about Technology advancement in vegetation surveys.

In the afternoon, the trainees were given exposure to various field exercises and skills viz Forest vegetal analysis in Mattan Forests of Lidder Forest Division. The programme was also attended by Divisional Forest officers of South Forest Circle including Dr. Mehraj Ahmad Sheikh, DFO Lidder Forest Division and Mohammad Ramzan Mir, DFO Anantnag who spoke on different aspects of Forest management planning.

DIO Kupwara, Mohammad Yousuf Mir accorded warm send-off on Superannuation

DC KUPWARA APPRECIATES SERVICES OF OUTGOING OFFICER

KUPWARA, MAY 31: Mohammad Yousuf Mir, District Information Officer (DIO), Kupwara, who attained retirement today after serving the department for more than 40 years was today accorded a warm farewell at District Information & Public Relations Office, Kupwara in an impressive and well attended function.

The function was presided over by Deputy Commissioner (DC) Kupwara, Dr. Doifode Sagar Dattary; besides Assistant Director Information, Kashmir, Mohammad Aslam Khan; Senior functionaries of the department, Officials of District Information Centre Kupwara and Tehsil Information Centres of Kamah and Handwara participated in farewell function.

The DC commended the role of the outgoing DIO and said that the officer showed exemplary performance and worked professionally in the district. Wishing him a prosperous post retirement life, DC said "I have found outgoing officer cool, calm, soft spoken but very professional and dedicated".

DC said that outgoing DIO has dedicated the prime period of his life for the Government and department in service delivery". The Assistant Director Information, Mohammad Aslam Khan in his speech said that other staff of information department should replicate the professionalism and dedication of outgoing District Information officer.

Khan shared his valuable experience with retiring DIO at the directorate.

He said that the retiring Officer has worked on different positions including Field Publicity Officer Kashmir, DIO Bandipora, DIO Ganderbal, Store & Maintenance Officer, DIPR, J&K and earned laurels for himself and the department.

The Assistant Director Information further said that Mohammad Yousuf Mir was a senior most Officer of the department who worked tirelessly for the betterment of the department. His services will be remembered for long.

Mohammad Yousuf Mir outgoing DIO, thanked all the participants, including Deputy Commissioner Kupwara, Assistant Director Information and

other officers and officials for their support in delivering the better service on ground.

Thanking all his colleagues and friends for their support and love throughout his career, Mohammad Yousuf Mir said "I feel honoured and happy to have been part of District administration Kupwara. I am grateful to everyone I have worked with and am proud to have made so many wonderful friends for the rest of my life. The memories of shared times would always remain with me as the best token of association with this great institution".

Services of the Muhammad Yousuf Mir which he rendered to the Department were highly appreciated on the occasion and he was given an emotional send-off.

Successful conduct of e-Auction of seven Minor Mineral Blocks in District Jammu generated revenue of Rs 55 crore

JJ NEWS SERVICE

JAMMU, MAY 31: The District e-Auction committee, under the Chairpersonship of Deputy Commissioner Avny Lavasa, successfully conducted the auction of three minor mineral blocks located in Tawi river.

The e-Auction notice for these three blocks was notified on 04-05-2023 by District Mineral Officer, Jammu and the e-Auction for the same was conducted today under the supervision of ADC L&O Harvinder Singh.

The Department of Geology & Mining had identified 32 minor mineral blocks in Tawi river and its

tributaries in District Jammu, out of which clearances for 07 Number of Minor Mineral Blocks were issued by Single Window Committee of District Jammu.

These blocks were put to e-Auction and four blocks had already been successfully auctioned and LOIs have been issued HI Bidders, for which revenue of Rupees 15 Crores was generated. The remaining three blocks following in the Tawi river which were e-Auctioned on 30-05-2023 generated additional revenue of Rupees 40 Crores which is the highest ever recorded revenue for any minor mineral block in J&K.

During the e-Auction, the highest

bid amount for Block Number 12/J and 13/J was submitted by M/s Choudhary Power Projects Pvt. Ltd. and for Block 19/J highest bid amount was submitted by Sandeep Singh.

The e-Auction was conducted in presence of Dr. Gulshan Kumar, District Mineral Officer, Jammu (Member Secretary), H.L. Langeh, Joint Director, Geology & Mining, Jammu, Ashok Khajuria, Treasury Officer, Jammu, Kumar Jatinder Sharma, Executive Engineer, (flood Control) and Fungo Ram Bhagat, Executive Engineer, (Irrigation). These Blocks shall be operationalised after fulfilling the statutory requirements by the highest bid-

ders.

The successful e-Auction of over-all seven Minor Mineral blocks in District Jammu had generated over 55 Crores of revenue to the state exchequer. In addition to this, four more minor mineral blocks have been cleared by Single Window Committee of District Jammu which shall be put to e-Auction in near future.

The successful e-Auctioning of these blocks will help in providing important minor minerals to general public at reasonable rates and further pace up the execution of various governmental projects under going construction in Jammu & adjoining Districts.

JKEDI to act as bridge between Industry & students: Director JKEDI

JJ NEWS SERVICE

SRINAGAR, MAY 31: The Director, Jammu and Kashmir Entrepreneurship Development Institute (JKEDI) today presided over an interaction program organized by Government Polytechnic for Women, Srinagar.

The event aimed to foster a strong connection between the industry and students, with JKEDI playing a pivotal role as the bridge.

The interaction program witnessed an active participation of students and faculty members. It provided a platform for students to engage directly with experts, enabling them to gain valuable insights into the professional world and its requirements. The event also served as an opportunity for JKEDI to understand the aspirations and potential of the talented youth in J&K.

Speaking at the program, Ajaz Ahmad Bhat, Director, JKEDI emphasized the Institute's commitment to nurturing entrepreneurship and fostering employability skills among the youth of the region.

"JKEDI is playing a crucial role in bridging the gap between the industry and students. We will guide you and inform you about various Government Initiatives of Startup policy, incubation facilities and various entrepreneurship related initiatives", he said.

"Our Institute has been actively working towards fostering an entrepreneurial ecosystem in J&K. By connecting students with industry professionals, the Institute seeks to inspire and support budding entrepreneurs, encouraging them to explore innovative business ideas and venture into new domains," he added.

District Administration conducts Block Diwas at Gagren, Shopian

JJ NEWS SERVICE

SHOPIAN, MAY 31: In order to listen to developmental and welfare issues, and redress the grievances of people at their doorsteps, the District Administration Shopian today held a weekly Block Diwas programme at Gagren, Shopian.

The Additional Deputy Commissioner (ADC) Shopian, Yar Ali Khan presided over the outreach programme. The event witnessed enthusiastic participation of people from various spheres of life belonging to areas including Devpora, Saidpora, Reshina, etc.

During the programme, various issues of developmental and welfare nature were put forth by PRI members, public representatives and people for redressal.

Issues of public importance including renovation of water bodies, macadamisation/ construction of roads, better provision of electricity and water supply and various other issues were put across by people for resolution.

ADC gave a patient hearing to demands raised by people and directed the concerned officers to ensure prompt and speedy redressal of issues and demands of people.

GOVERNMENT OF JAMMU AND KASHMIR
OFFICE OF THE CHILD DEVELOPMENT PROJECT OFFICER DANSAL

Email: cdpdansal@gmail.com Phone: 2669163

Corrigendum to the Advertisement Notice No. 01 of 2023 Dated: 12-05-2023 published in Daily Excelsior dated: 16-05-2023.

Substitute Ward no. "4" for "6" in post of Anganwadi Worker (Sangini) advertised in Panchayat Sagoon, Anganwadi Centre, Nain Mohalla, Dansal.

No: CDPO/D/457-70 /2023
Dated: 30-05-2023

DIP/J-2360/23

SD/- CHILD DEVELOPMENT PROJECT OFFICER DANSAL

OFFICE OF THE EXECUTIVE ENGINEER, MECHANICAL HOSPITAL & CENTRAL HEATING DIVISION, GOVERNMENT MEDICAL COLLEGE & HOSPITAL, JAMMU

NOTICE INVITING TENDER (SHORT TERM)

MHDS/e-NIT 56 of 2023-24 Dated: 30.05.2023
Date: 06.06.2023

On behalf of the President of India, e-tenders in two cover system on turnkey basis are invited from registered/reputed firms having sufficient relevant experience for the work:

S. No	Description of work	Project Authority	Estt. Authority	AAA/TS	Earnest Money Deposit	Cost of tender document	Time of completion	Eligibility Criterion of Bidder
1	REPAIRING AND CANC OF 02 NOZ KOONE MAKE LIFTS ASSOCIATED WITH CAPACITY OF 20 PASSENGERS EACH, INSTALLED AT GOVT. SINGH HOSPITAL JAMMU.	Principal GNC & RAC	9,31 LACS	ACCORDER	Rs. 19000.00	Rs 500.00	15 days	GEN/Authorized /Registered /Bidders having sufficient experience as per Annexure 'C' nature of work

THE NIT CONSISTING OF Qualifying INFORMATION, ELIGIBILITY CRITERIA, BILL OF QUANTITIES (BOQ) SETS OF TERMS & CONDITIONS OF CONTRACT & OTHER DETAILS CAN BE VIEWED / DOWNLOADED FROM THE WEBSITE www.jktenders.gov.in.

SD/- EXECUTIVE ENGINEER MECHANICAL HOSPITAL & CENTRAL HEATING DIVISION G.M.C.H. JAMMU

DIP/J-2362/23

UNION TERRITORY OF JAMMU & KASHMIR OFFICE OF THE EXECUTIVE ENGINEER JAL SHAKTI MECH. DIVISION NORTH JAMMU

e-mail: xennorth@gmail.com

NOTICE INVITING TENDER e-NIT No. 79 of 2023-24

For and on behalf of Commissioner, Municipal Corporation, Jammu, Executive Engineer, Jal Shakti Mech. Division North Jammu, invites tenders by e-tendering mode from the reputed/registered firms/Sole Prop. for the below mentioned work:-

S. No.	Name of work	Cost of tender/ document fee (In Rs.)	Earnest money	Validity of Bids	Bid validity
1.	Providing, installation, testing and commissioning of star delta dry starter panel for 62 KW KRTE pumpset and allied works at Collection Channel Stieue under District Capex.	200/-	02% of the Quoted amount	180 days	180 days

Position of AAA: Accorded

Position of TS: Accorded

Date of Publishing : 29-05-2023 06.00 pm.

1. Bid documents can be seen at and downloaded from the website <http://jktenders.gov.in> from 29-05-2023 (06.00 pm).

2. The Bids shall be deposited in electronic format on the website <http://jktenders.gov.in> from 03-06-2023 (02.00 pm) to 08-06-2023 (02.00 pm).

3. The complete bidding process will be online <http://jktenders.gov.in>. A pre-bid meeting shall be held in the office of Executive Engineer, Jal Shakti Mech. Division North Jammu on 31-05-2023 (1:00 pm) for any clarification and other information required by the bidders who intend to participate in the tender.

4. The Technical bids received shall be opened online on 09-06-2023 (02.00 pm) or any other subsequent date in the office of Executive Engineer Jal Shakti PHE Mech. Division North Jammu.

5. The Financial bid of the bidders shall be opened online after scrutinizing the technical bid in the office of the Executive Engineer Jal Shakti Mech. Division North Jammu in presence of the bidders who wish to attend. If the office happens to be closed on the date of opening of the bids as specified, the bids will be opened on the next working day at the same time and venue.

6. Cost of bidding document in shape of e-challan/single window challan of JMC pledged to Executive Engineer, Jal Shakti Mech. Division North Jammu/tender fee receipt through online payment through the JMC link <http://www.jmcjammu.org/online-payment.html>

7. The original instruments in respect of cost of document, EMD in the shape of CDR/FDR and other relevant document of L₁ bidder will be required to be submitted to the Executive Engineer Jal Shakti Mech. Division North Jammu after opening of financial bids on line. No separate intimation about opening of financial bids will be sent by this office / by the tender opening authority. In case the original documents are not submitted by the L₁ bidder opening of financial bid, the tender will be cancelled and the bidder will not be allowed to participate in any further / future tendering process in the division for a period of one year.

8. The date and time of opening of financial bids will be notified on website <http://jktenders.gov.in> and conveyed to the bidders automatically through an e-mail message on their e-mail address.

9. The original documents when submitted by L₁ bidder for the cost of tender documents, specified in the tender document should be same as uploaded on line (Scanned copies) otherwise allotment will not be issued, the tenders will be cancelled and the bidder will not be allowed to participate in any further / future tendering process in the division for a period of one year.

10. Bid security of successful tenderer will have to be in form of CDR/FDR of any scheduled bank and shall have to be valid for 180 days after last date of receipt of bid.

11. Only such firms should submit tender, who have requisite infrastructure and workshop facility for carrying out similar type of job which may be inspected by the competent authority before awarding the job contract so as to access the working capacity of the tenderer. The workmanship and material used should be of high quality and as per the specifications of the job order / tender.

12. The bid for the execution of work shall remain open for acceptance for a period of 180 days from the date of opening of bids. If any bidder/tenderer withdraws his bid/tender before the said period or makes any modifications in the terms and conditions of the bid, the earnest money of the firm shall stand forfeited.

13. The tenderers are advised to visit the site of work / inspect the parts to be fabricated before uploading their tenders so as to acquaint themselves with exact measurement and site conditions.

14. Special conditions as per Finance Department order No. OM A/24 (2017)-651 dated 07-06-2018.

i. Furnishing of hard copies of bids immediately after submission of e-tenders is dispensed with. The same should be obtained only from the bidder who is declared as L₁ after opening of financial bids.
ii. The cost of tenders should be collected by introducing e-challan or simply uploading a copy of necessary challan / receipt.
iii. Similarly, instead of insisting on actual call deposit receipt, a copy of same duly pledged to the concerned department should be uploaded by the tenderers. However, before allotting the work or issuing the supply order, the original CDR/FDR should be obtained and kept on record.

15. Other details, instructions and terms and conditions can be seen / downloaded from the bidding document.

JSMONJ/1128-30
Dated: 29-05-2023

DIP/J-2422/23

SD/- EXECUTIVE ENGINEER JAL SHAKTI MECH. DIVISION NORTH JAMMU

WEEKLY BLOCK DIWAS:

DC Jammu visits far flung Panchayat Dhanu of Tehsil Mathwar

J I NEWS SERVICE

JAMMU, MAY 31: To get first-hand account of the public grievances, Deputy Commissioner Jammu, Avny Lavasa today conducted an extensive tour of Panchayat Dhanu in Tehsil Mathwar and convened a public outreach camp under the weekly Block Diwas program.

During the outreach camp, DDC members, delegations besides scores of individuals apprised her about the problems being faced by them in day to day life. DDC member, Joginder Singh; BDC Member, Sharifa Begum; ACD, Preeti Sharma;

LISTENS TO PUBLIC GRIEVANCES, ASSURES EARLY REDRESSAL



Tehsildar, Ashok Chakraborty; BDO, Abhinav Singh, PRI members including Saim Khan (Sarpanch Dhanu), Ashwini Kumar (Sarpanch Gorda) along with other officers of the line

department and a large number of people were present on the occasion.

The PRI members highlighted the issues regarding their respective Panchayats which were mainly related to irregular supply of water and power, revenue, compensation, ration card, IAY, Road connectivity, drinking water availability, health centres etc.

They also apprised the Deputy Commissioner about shortage of teachers and doctors and demanded adequate staff for the convenience of the people.

Appraising about the pressing issues, the locals demanded for road connectivity, besides SRTC bus service or matador service. Bank branch along with ATM service, repairing of damaged school buildings in the far flung area. The Deputy Commissioner gave a patient hearing to the PRI members, delegations and individuals and passed on the spot directions to the concerned officers for early redressal of their genuine grievances.

Regarding road connectivity the Deputy Commissioner asked the concerned officials to tender the works and complete the same in stipulated time frame.

Weekly Block Diwas: DC Rajouri Listens to People's Issues at Fatehpur Gurrian



J I NEWS SERVICE

RAJOURI, MAY 31: Deputy Commissioner, Vikas Kunal, conducted a productive public grievance redressal camp at Fatehpur Gurrian of Rajouri block under the Weekly Block Diwas, today. The DC was accompanied by a team of officials from various departments to address the issues faced by the local residents.

During the camp, the proactive involvement of the locals was evident as they raised several pertinent issues and demands, including the pressing need for macadamization of roads, urgent up-gradation of schools, resolution of staff shortage in government institutions, and augmentation of the healthcare infrastructure, among others. The Deputy Commissioner displayed exceptional patience and attentiveness as he listened to the grievances put forth by the public and their representatives. He assured them that their concerns would be expeditiously taken

up with the concerned departments, ensuring their prompt resolution. Addressing the event, Deputy Commissioner Rajouri, Vikas Kunal, emphasized that the primary objective of such public outreach camps is to establish a strong connection with the public and ensure that their concerns are heard and resolved in a timely manner. He further reiterated the administration's commitment to hold similar public grievance redressal camps in different areas of the district.

Notably, the Deputy Commissioner, in his address, highlighted various government schemes and programs, urging stakeholder departments to synergize their efforts for achieving 100 percent saturation of these initiatives. He emphasized the importance of effective delivery of government services, ensuring they reach the doorsteps of the general public. Responding to the issue of water scarcity, the DC promptly directed the concerned officer from the Jal Shakti Department to

implement effective measures to alleviate the sufferings of the public. Furthermore, he emphasized the need for maintaining a proper water supply schedule to avoid any inconvenience faced by the residents. In response to the other issues and demands raised during the public outreach camp, the DC reiterated that the timely and quality disposal of public concerns remains the top priority of the district administration. He urged the officers to work with renewed vigor and dedication to alleviate the sufferings of the general public. The Deputy Commissioner reaffirmed the administration's unwavering commitment to providing all basic amenities to the public at their doorsteps. He emphasized the dedicated efforts being made to ensure the necessary infrastructure and services are provided promptly. Additionally, the Deputy Commissioner called upon all stakeholders to collaborate in achieving the desired objectives under different government initiatives, thereby enhancing the quality of life for the citizens of the district. He assured the public that the administration would continue its relentless pursuit of development, sparing no effort in providing necessary infrastructure and services. Moreover, the DC issued on-the-spot directives to the concerned departments, emphasizing the priority and time-bound resolution of the issues highlighted by the public.

Anti Tobacco Day: DLSA Samba holds awareness program for students of GHS Badhori



J I NEWS SERVICE

SAMBA, MAY 31: Under able aegis of JKLSA and as per the Action plan for the month of May, 2023 issued by Jammu & Kashmir Legal Services Authority (JKLSA) and also under the radiant guidance of Yesh Paul Kotwal, Chairman District Legal Services Authority, Samba (Pr. Distt. & Sessions Judge Samba), District Legal Services Authority, Samba today organised an awareness program in the Government High School, Badhori, Raya, to mark the observance of "Anti Tobacco Day" (2023) under the theme "We need Food not Tobacco."

Dr. Geetanjali Rajput, MLHP, Block Purmundal was the resource person. She highlighted the hazards of smoking and other tobacco products and said quitting this habit is best for the health of an individual addicted to it.

She also educated the student participants about the health risks associated with tobacco use, including smoking and smokeless tobacco products.

Rekha Kapoor Nischal, Secretary, DLSA Samba also spoke as to how a balanced diet is essential for students in order to maintain their physical and mental well being and how education plays an important role in eradicating the evils like drug abuse and use of Tobacco.

District Admin Doda moves 439 teachers to rationalize staff in Govt Schools

J I NEWS SERVICE

DODA, MAY 31: Setting in motion the process of rationalization of teaching staff, District Administration Doda has identified 439 teachers across the district, whose services can have more usage at some teacher scarce government Schools.

The teachers will be transferred to schools where they are fewer in number based on the public feedback received during Block Diwas and other public outreach programmes of the administration.

The teacher-pupil ratio and availability of subject specific teachers was worked out by the department before the rationalisation of the teaching staff to provide quality education in the government schools across the district.

A special Committee headed by Additional District Development Commissioner Doda Pran Singh has put in extraordinary efforts to rationalise the staff as per the educational needs of the students in every Government School of the district.

It is pertinent to mention here that the administration has already made subject experts and best study material available on the ADHBT Doda portal (Online Classes and Study material) for the convenience of the students. The administration is striving to make the educational standard of the students of this District at par with other parts of the country and make them able to compete and succeed in every field, said the DDC while briefing on the rationalisation process.

Kishtwar: 3200 Metric Ton illegally extracted Sand seized in Atholi

J I NEWS SERVICE

KISHTWAR, MAY 31: A joint team of Officers of different enforcement departments today carried out a successful operation against the illegal mining here under the supervision of Deputy Commissioner, Dr Devansh Yadav.

The team comprising District Mineral Officer, Dr. Brijesh Manhas, Tehsildar Satish Rana and S1 Amrinder Singh seized a whopping 3200 metric ton illegally extracted sand found dumped on the roadside in Tehsil Atholi of the Paddar Sub division of District Kishtwar.

To curb the rampant illegal extraction of minor minerals and safeguard the environment, the enforcement authorities have launched a major crackdown in the District. Upon inspection, it was established that the perpetrators had violated the law, prompting the Enforcement team to take decisive action.

As a consequence, the offenders have been directed to present themselves at the District Mineral Office on Monday, 5th June 2023, for the compounding of the offence.

The DMO Kishtwar has issued a stern warning to all potential wrongdoers, making it abundantly clear that any future involvement in illegal extraction activities will not be tolerated. Meanwhile, the district administration has stepped up surveillance in the areas prone to illegal mining and transportation of construction material.

The mule track leading from the Main road to the riverbanks of Chenab at Navatnoo area in Tehsil Nagseni has been identified as a potential site for illegal activities. The District Administration is actively monitoring the situation and has taken necessary measures to ensure strict adherence to the law. The enforcement actions carried out by the district administration exemplify its commitment towards maintaining ecological balance in the district.

World No Tobacco Day observed in Indira Gandhi Govt Dental College

J I NEWS SERVICE

JAMMU, MAY 31: No tobacco day was observed today in Indira Gandhi Government Dental College Jammu as per the directives of Dental Council of India and UT (J&K) administration.

Speaking on the occasion, the Principal and Dean of IGGDC Jammu,

Dr. Rakesh Krishna Gupta said that this day was observed to raise awareness about the harmful effects of tobacco use and to reduce tobacco consumption among the people of UT (J&K).

Oral cancer is one of the most common cancers in India and the cause is tobacco consumption. "The predominant factor causing

oral cancer is consumption of tobacco in the form of Gutka, Zarda, Khaini Cigarettes, Bidi Hookah etc." said Dr Gupta.

Principal and Dean Dr. Rakesh K. Gupta said that Indira Gandhi Govt. Dental College and Hospital has adopted zero tolerance against tobacco consumption within the premises of the institution IGGDC

Jammu by making the institution a tobacco free zone.

There is also a tobacco cessation centre in the department of Public Health Dentistry of IGGDC Jammu as per directives of Dental Council of India. All the patients visiting to Dental Hospital OPD having history of tobacco consumption or other allied

products are referred to tobacco cessation centre of the institute, where counseling of these patients are being done and they are appraised about harmful effects of tobacco use.

Facilitation of six patients who quitted smoking and also use of tobacco products by taking counseling at tobacco cessation centre of public health

Dentistry department of IGGDC Jammu was done by the Principal and Dean

In the month-long activities by the Department of Public Health Dentistry, Anti tobacco awareness programs were conducted for CRPF personnel at Bantalab camp and for the general public at Bus stand, Railway Station and Malls of Jammu.

CBC's programmes act as communication channel between Government and Masses: President MC Rajouri

J I NEWS SERVICE

RAJOURI, MAY 31: President Municipal Council Rajouri, Mohammad Arif Jatt today highlighted the importance of a two way communication channel between the Public and Government for effective governance and optimum development. Mohammad Arif Jatt was speaking as the Chief Guest on the Day-2 of Multi-Media Exhibition on Azadi Ka Amrit Mahotsav, 20 Mission LIFE, Yuva Utsav and other allied themes organized by Central Bureau of Communication, Rajouri (J&K), Ministry of Information and Broadcasting, Govt. of India here in Baba Gulshan Shah Badshah University.

Dr. Ali Asghar Shah Dean Academic Affairs, BGSBU was Guest of Honour and Gulshan Abbas Chaudhary, Joint Director



CBC and PIB J&K presided over the function along with faculty BGSBU, Staff of CBC J&K and representatives of Health, JalShakti, Agriculture, Social Welfare and WildLife Protection departments Rajouri.

The MC President appreciated the Central Bureau of Communication, J&K for organizing the event in Rajouri. He said that CBC's programmes serve as a bridge of communication between

Government and Common Masses -. He said the valuable information disseminated through displays and Expert Lectures will encourage the locals to avail the benefits of various Centrally sponsored schemes and become entrepreneurs. He highlighted the role of teachers in students' life, Unity in diversity and role of responsible and aware citizens.

Gulshan Abbas, JD, CBC & PIB,

J&K, in his address, said that CBC has the mandate of disseminating information and awareness among common masses in rural as well as urban areas. CBC uses Exhibition, Cultural programmes, Seminars, Expert Lectures, Competitions etc. to aware/engage the masses about various schemes. He advised the students to avail benefits of Govt. schemes and earn besides studying to become Atamirbah (self reliant). He urged the audience to spread the message about the benefits of various CSS among the common masses.

Prominent among others who spoke on the occasion were Dr. Mubashir Malik, Principal Polytechnic, BGSBU, Mohd Asgar from Agriculture Department, Mohd Mubarak from Department of Wild Life Protection, Tavir Hussain khan from Health Department, Rahul Puri from

Social Welfare Department & Rajat Sharma from Jal Shakti Department.

All the resource persons gave a detailed overview of various Centrally Sponsored Schemes related to their respective departments whereas Dr. Ali Asghar Shah, Dean Academic Affairs, BGSBU, addressed the audience regarding importance of being informed and aware.

The Exhibition showcased India's struggle for freedom through display panels. Major events of freedom struggle include, Revolt of 1857, Non-Cooperation Movement, Establishment of Home rule, Champaran Satyagraha, Kheda Satyagraha, Jallianwala Bagh Massacre, Khilafat Movement, Chauri-Chaura Incident, Dandi March or Namak Satyagraha, Azad Hind fauj, Quit India Movement, partition of India.

Parent-Teacher meet held at SPMR College



J I NEWS SERVICE

JAMMU, MAY 31: Government SPMR College of Commerce on Wednesday organised Parent-Teacher Meet 2023 which was attended by Parents/ Guardians of B.Com, BBA, BCA, B.Com (Hons) and M.Com students.

The main purpose of the meeting was to create a common platform, where teachers and parents come together to discuss the performance of their wards and seek feedback in order to bring improvement in their overall development. Prof. Savita Janwal introduced the parents with the principal and faculty members.

Lauding the efforts of committee members, Dr. Surinder Kumar, Principal, Govt. SPMR College of Commerce, sensitized the parents about the existing facilities available in the college as well as forthcoming facilities which shall be available to the students. He also motivated the students to log into their Id in the college website to check if their marks are being uploaded or not.

IQAC Coordinator, Dr. Monika Malhotra said that the college will hold more PTMs at regular intervals so that a strong bond can be created between parents and teachers for the benefit of students.

Parents of the students attended PTM with all vigour and enthusiasm. The overall progress of the student which included the overall satisfaction of students regarding teaching, library facilities, handling of students grievances, basic amenities available to students in the college was discussed with the meeting culminated with a vote of thanks by Prof. Reeta Menia to all parents for gracing the occasion with their kind presence.