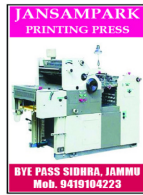




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Sericulturist on 'Mission' is One Rubia from Poonch

JNEWS SERVICE
JAMMU, JUNE 16

Meet Dr Rubia Bukhari, a sericulturist from border town Poonch in Jammu and Kashmir, who is on a mission to preserve the culture and prevent migration of masses to

cities for earning livelihood.

Awarded with Young Scientist Award, Best Thesis Award, Women Researcher Award and Young Emerging Lecturer, and Best Faculty Award and authored four books, Dr Rubia is an

inspiration to young brains, migrating from their roots and adopting urbanisation to live dreams.

Presently, a professional lecturer in the Department of Sericulture, Poonch Campus, University of Jammu,



Dr Rubia completed Ph. D Titled: "Genetic Diversity Analysis of Indigenous Silkworm breeds (Bombyx mori L.) using morphological and molecular markers" under the Guidance of Prof. Dr R. K. Bali in 2019 from Sher-e-Kashmir University of Agricultural Sciences and Technology of Jammu (SKUAST-Jammu).

Dr Rubia says that for economic development and importantly, preventing migration of people to urban areas for employment, motivated her to

pursue a career in the Sericulture field.

"As we are witnessing that rearing of silkworms is a rare sight these days in Jammu and Kashmir but to keep this traditional and one of the oldest professions alive, I chose Sericulture, and over a

period, it has made some of the efficient processes involved with the help of the advancements made in technology," Dr Bukhari said.

"In Jammu and Kashmir, Sericulture supports almost 60 percent of

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This year's biggest infiltration bid foiled in Kupwara sector, 5 heavily armed terrorists killed

JNEWS SERVICE
KUPWARA, JUN 16

Five heavily armed infiltrating terrorists were killed along Line of Control in Kupwara, army said on Friday.

Addressing a presser about the killing of five foreign militants in Kupwara's Jumbang, Major General Girish Kalia General Officer Commanding (GoC) 28 Vajr Division as per the news agency said that five heavily armed and trained militants trying to infiltrate this side of the Line of Control were killed in a joint operation.

He said that there is a ceasefire understanding with the neighboring country. "We have been receiving a large number



of inputs about likely infiltration from across the Line of Control (LoC) in the recent past," he said.

He said that after getting inputs about the likely infiltration of terrorists, they laid multiple ambushes on the likely routes of infiltra-

tion on June 15.

"The entire area close to Anti Infiltration Obstacle System (AIOS) was kept under surveillance. On intervening night of Thursday -Friday (15-16) movement of a group of militants was observed by

the alert troops a firefight ensued," he added.

In the firefight, the GoC said that five heavily armed and trained militants were killed without any collateral damage. According to the army officer, the

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PM Modi to visit US, Egypt from June 20 to 25: MEA

AGENCIES
NEW DELHI, JUN 16



Prime Minister Narendra Modi will undertake separate state visits to the United States and Egypt from June 20 to 25, the Ministry of External Affairs (MEA) announced on Friday.

Modi's visit to the US will commence in New York, where he will lead the celebrations of the International Day of Yoga at the headquarters of the United Nations

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Union Petroleum Minister, J&K LG launch DRDO's bio plastic carry bag



JNEWS SERVICE
JAMMU, JUNE 16

Hardeep Singh Puri, Union Minister for Petroleum and Natural Gas, Housing and Urban Affairs, and

Lieutenant Governor Shri Manoj Sinha launched the bioplastic carry bag developed by Defence Research and Development Organisation (DRDO) under

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'J&K Birthplace of Aroma Mission' | Management strategies crucial to sustain startups: Dr Jitendra

JNEWS SERVICE
JAMMU, JUNE 16

Addressing the Annual Convocation of Indian Institute of Management (IIM) Jammu here today, Union Minister of State (Independent Charge) Science & Technology; MoS PMO, Personnel, Public Grievances, Pensions, Atomic Energy and Space, Dr Jitendra Singh said, management strategies are crucial to sustain StartUps and added that Jammu & Kashmir, being the birthplace of Aroma Mission (Lavender Cultivation), is being hailed as the torch bearer of Agri-tech StartUp movement in India and the value addition to India's economy in the years to come will be done by the unexplored Himalayan resources in the North and unexplored ocean resources in the South.

Dr. Jitendra Singh said, this is the age of innovation, age of ideas. Under Prime Minister Narendra



Modi, the government is providing every kind of technical as well as financial support for ideas and innovations to grow and sustain.

The Minister said, India is leading the Start-up Ecosystem in the world with more than one lakh start-ups & more than 100 unicorns today, what's is desperately required is the change of government job mind-set and parents can play a pivotal role in it.

Dr. Jitendra Singh said, the greatest sustainability of Start-ups lies with the management scholars like the ones graduating today from IIM Jammu who can contribute to the Start-up revolution that is progressing in India.

Describing the National Education Policy is the cornerstone of education in India, Dr. Jitendra Singh said, the students today

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6th Convocation Ceremony of IIM Jammu: Union Ministers, J&K LG address students

JNEWS SERVICE
JAMMU, JUNE 16

Dharmendra Pradhan, Union Minister of Education, Skill Development and Entrepreneurship; Lieutenant Governor Shri Manoj Sinha and Dr Jitendra Singh, Union Minister of State addressed the 6th Convocation Ceremony of Indian Institute of Management, Jammu, today.

Shri Dharmendra Pradhan, Union Minister of Education, Skill Development and Entrepreneurship extended his heartfelt greetings and best wishes to the students who are graduating from the IIM Jammu.

It is a matter of great pride for



all the graduating students that you have completed your education from a young Institution and centre of excellence like IIM Jammu, he added.

This is the beginning of a new chapter of your life. Be ready for

the challenges. Don't remain in your comfort zone. You must not only look forward to becoming job creators but aspire to become wealth creators and contribute to the economic development of

CONTINUED ON ► PAGE 4

Jammu stands out as top performer in DGGI 3.0

JNEWS SERVICE
SRINAGAR, JUN 16

Chief Secretary, Dr Arun Kumar Mehta released the 3rd edition of District Good Governance Index (DGGI 3.0) here along with performance of Districts in achieving a set of 385 Deliverables given to them during 22-23.

At the outset, the Chief Secretary praised the



Department headed by whole team of Planning Administrative Secretary, Development & Monitoring Department headed by Administrative Secretary, Raghav Langar for carry-

ing out this massive exercise and compiling rankings right from Panchayats up to District level.

Dr Mehta called this exercise path breaking for adopting an evidence based planning tool enabling targeted interventions. He said that it would assist the administration in evolving a more focused approach

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Night Temperatures fall amid forecast for isolated light rains in J&K

JNEWS SERVICE
SRINAGAR, JUN 16

Amid forecast for isolated light rains, night temperature recorded a drop at most places in Jammu and Kashmir on Friday, officials said.

Quoting a meteorological department official, that Srinagar recorded a low of 15.6°C against 17.3°C on the previous night and it was above normal by 0.8°C for the summer capital.

Qazigund, he said, recorded a low of 14.0°C against 16.0°C on the previous night and it was above normal by 0.7°C for the gateway town of Kashmir.

Pahalgam, he said, recorded a low of 7.8°C against 10.1°C on the previous night and it was 0.7°C below normal for the famous tourist



resort in south Kashmir's Anantnag district.

In Kupwara town, he said, the mercury settled at 11.4°C against 14.7°C on the previous night and it was 1.8°C below normal for the north Kashmir area.

Kokernag recorded a low of 13.4°C against 14.3°C on the previous

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Two suspicious bags found in Poonch, bomb squad called in

JNEWS SERVICE
JAMMU, JUN 16

Two suspicious bags found in the PWD colony of Mendhar town in Poonch district have created panic even as the army and police have sealed the area.

Quoting officials, that two red color bags were seen lying near the boundary wall of PWD colony Mendhar housing official residences of some PRIs.

"The area has been sealed by army and police," they said, adding that Bomb Disposal Squad has also been called in. They said that the bags

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India's defence industry is fulfilling security needs of friendly countries: Rajnath Singh

AGENCIES
BENGALURU, JUN 16

Defence Minister Rajnath Singh said on Friday that irrespective of the ideology, there has always been consensus from all quarters towards attaining the goal of complete self-reliance, and India's defence industry is also fulfilling the security needs of friendly countries..

The Minister chaired a meeting of the Consultative Committee for the Ministry of Defence (MoD) on 'Self-reliance in Defence Manufacturing' here, an official release said.



During the meeting, the members of the committee from both the Houses of Parliament were apprised about the initiatives taken by the MoD to achieve 'Atmanirbharta' in defence and the progress achieved, so far, due to the decisions.

The Minister highlighted the Gov-

ernment's constant endeavour to enhance the security of the country and make the Armed Forces technologically advanced to deal with "challenges emanating out of the ever-evolving global scenario."

Terming "demand assurance" as one of the most important aspects to ensure self-reliance, he stated that a number of decisions have been taken to achieve the objective.

These include constant increase in defence budget, including capital outlay; earmarking of record 75 per cent of defence capital.

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Modi gov't ensured equitable, sustained development in J&K in 9 years: Jugal



JJ NEWS SERVICE

JAMMU, JUN 16: Narendra Modi government ensured equitable and sustained development in all the regions of Jammu & Kashmir in these 9 years, which has also removed feeling of discrimination among the people, said Jugal.

Jugal Kishore Sharma, MP (Lok Sabha) accompanied by former MLC Ch. Vikram Randhawa and J&K BJP Media Incharge Dr. Pardeep Mahotra, was addressing a press conference at BJP Headquarters, Trikuta Nagar, Jammu.

"In 9 years, Modi government has taken many historic and bold decisions strengthening the nation, increasing the respect of its people and given pace to the economy. Many old neglected issues are resolved today. Similarly, numerous steps have also been taken to ensure the welfare of J&K along with whole nation. We are grateful to the Union government for abrogating 370 which has increased prosperity in Jammu and peace in J&K," said Jugal.

"In these 9 years, I have also sincerely tried and hence successfully dis-

charged my duties towards the masses of Jammu Parliamentary Constituency," said Jugal.

Earlier, Jugal said that Jammu residents felt negligence on the part of previous governments and felt that funds and big projects in J&K were given to Kashmir. Now Modi government ensured equitable and sustained development in all the regions of Jammu & Kashmir in these 9 years, which has also removed feeling of discrimination among local people. Every region is being heard in Parliament, which resulted in the sanction of many landmark projects in Jammu as well.

Enumerating major development works in Jammu Parliament constituency, Jugal said that people's demand for broader highway from Jammu to Poonch was addressed, saving precious lives in road accidents. Flyover from canal head to Muthi is completed and work on 4 lane highway onwards. A grand bridge on Chenab River is initiated, and then National highway up to Poonch will encompass many road works, bridges and tunnels. Ring road work is on

fast track. Tawi river front on pattern of Sabarnati river front to the tune of 280 crore work, which will be hopefully completed by December. Work on Tawi barrage has also taken pace. Many multi storey parking are being constructed. Raya morh-Satwari-4th bridge is being constructed. Express highway work in Samba is in progress. OPD in AIMS will be started very soon.

Rupees 206 crore bridge from Indri-Pattan, Jaurian to Pargwal is already completed. Jammu -Poonch road project is being completed with 5100 crore rupees.

In Nagrota, a grand Jambu zoo has already started, IIT, IIM are on the same road. Tirupati Bala ji temple has started attracting large number of tourists, Grand Amarnath Yatri Niwas is being constructed.

In border areas, there was continuous shelling which resulted in loss of lives, houses and other things resulting in migration of families, but now our borders are in peace and safety and farmers can sow their crops & rear their cattle with ease, children can study well, people can sleep soundly.

Cancer hospital with latest technology worth 104 crore rupees in Jammu OPD has started in it. Bone and joint hospital is also there now.

Under the leadership of Modi ji, people's interests in Jammu are taken care. Aushman Bharadwaj Health Cards have provided relief to the people. Kissan Nidhi to farmers. West Pakistan Refugees (WPRs), Gorkha, Valmiki samaj were not given rights earlier. PoJK families also given respect and place and they got rupees 5.5 lakh financial assistance.

In Samba, now there are least accidents and traffic jams due to the construction of flyover. Flyover near Degree college, flyover/ underpass near Chichi Mata was a demand of countless people.

We have taken every step to address the demands of Jammu people. Suchetgarh border is developed on the pattern of Wagah border with Parade and Nation Highway tender is already taken upto Suchetgarh border.

Railway Station Jammu is being upgraded, Jammu Airport has been developed with extension of 6700 to 8000 feet runway, night flight facility has been added.

Development works have attained unprecedented speed in these 9 years of Modi government giving a feel of proud to every Indian, providing every facility to the residents.

In response to a query, he also told that Metro upto Vijaypur is already being considered. He also told that the development works in Jammu are being taken up with specific intention to increase the tourist flow which will ensure economic benefit to the business in Jammu.

Kavinder highlights importance of sustainable development for creating a better & equitable world

Chairman NLC honours Kavinder Gupta for chairing session on Sustainable Development

MUMBAI, JUN 16: Kavinder Gupta, a senior BJP leader and former Deputy Chief Minister of J&K, stated that sustainable development advocates for a comprehensive and interconnected strategy for economic, social, and environmental growth that addresses present needs while safeguarding the ability of future generations to meet their own.

The senior BJP leader was speaking on the second day of a three days National Legislators' Conference being held in Mumbai.

Kavinder, who was the Chairman of the Session today, was addressing the legislators and others on the topic Instruments & Impact of Sustainable Development.

Kavinder said sustainable development necessitates the cooperation and involvement of multiple interest groups such as government, non-governmental organizations, corporations, and individuals at all echelons to establish a more sustainable tomorrow. The LAD Fund for MLAs is a valuable tool for fostering sustainable development at the local level,



benefiting communities directly affected by the initiatives undertaken. However, it is critical that these projects align with the Sustainable Development Goals (SDGs) to ensure their contribution to the worldwide pursuit of sustainable development, he added.

The former Deputy Chief Minister said it's the responsibility of all policymakers, including Legislators, to work towards achieving the SDGs and creating a better future for all.

Later, Dr Khader Vali, renowned and independent scientist and Prof Lawrence Pratchett Faculty

of Business, Govt & Law, University of Canberra, Austria, also spoke on the occasion.

Dr Khader Vali, who is also known as Millet Man of India, has stressed on using millets as staple food, which traditionally was the main element of main course of Indian society but with the passage of time, and in race to copy west, have gone extinct from the diet chart. He asked one and all to once again bring back organic food and the millets in meals to have a healthy and nutritious food. He asked the stakeholders to make use of science sensibly and ensure that resources remain

available for the coming generations by using them judiciously in line with the earlier generations which saved the same for the progeny. He also highlighted the importance of switching over to millets claiming that the same will help boost the economy.

Rajinder Singh, Waterman of India and Padam Shri Kartik Sarabhai environmentalist also raised many significant points with regard to sustainable development.

Later, Chairman NLC along with dignitaries honoured Kavinder Gupta for chairing the session on Instruments & Impact of Sustainable Development.

BJP holds Sanyukt Morcha Sammelan at Bani

JJ NEWS SERVICE

BANI, JUN 16: Bharatiya Janata Party held a Sanyukt Morcha Sammelan in Bani, which was chaired by J&K BJP Vice-president Aseem Gupta.

The programme was held under the leadership of District President Darshan Singh Thakkar and was attended by ex MLA Jeevan Lal, District Office Bearers, Mandal Presidents, Morcha Presidents and Morcha activists along with other senior leaders of Bani.

While addressing the Sammelan, Aseem Gupta highlighted the contribution of different Morchas of the party, prominently among them SC, ST, OBCs, Minority, Mahila, Yuva, Kissan in strengthening the organization in the entire length and breadth of the union Territory of Jammu & Kashmir.

He said that the BJP has constituted Morchas as the party is of the view that all the sections of the society are important and their role is of paramount impor-



He said that all these Morchas are working dedicatedly to take the programmes and policies of the party in their respective societies, which is indeed a great contribution.

The Morchas are indeed strength of the BJP and the party stands for the welfare of every section while working on the principles "Sabka Saath, Sabka Vikas, Sabka Vishwas".

Jeevan Lal, in his address

spoke on the working of Morchas in Bani and said that each one of them is doing great job as a result the BJP has emerged as a strong force. He expressed hope that the Morchas will continue to work for party's growth.

Darshan Singh Thakkar provided the overall view of the working of various Morchas in the area. He praised the Morcha workers for doing amazing work in the difficult condi-

tions and projecting the issues of the particular communities while undertaking the party's programmes in the respective communities.

Morcha Presidents also provided details about the various activities undertaken by them in Bani through their teams at District and Mandal levels.

They also spoke on various welfare schemes being availed by the poor and needy of this far-flung area.

Thakur Sabha Bani offers support to impoverished family

JJ NEWS SERVICE

BANI, JUN 16: The Thakur Sabha Bani recently stepped up to provide assistance to Bushan Singh, son of Jagdev Singh, residing in Halia of Tehsil Bani District Kathua.

Jagdev Singh suffered a debilitating attack two years ago and has since been paralyzed, leaving him unable to work. As a result, his family of one wife and three children have been struggling to make ends meet. With no source of income, their situation has become dire as they reside in a makeshift dwelling.

Moved by their plight, the Thakur Sabha Bani has taken action to support this family, donating Rs 10,000 and providing essential



groceries such as Atta, rice, oil, and Dal. President of the Thakur Sabha Bani, Darshan Singh, along with members of the Sabha including Ajab Singh, Jaswant Singh and Roshan Manhas, were present dur-

ing the donation and emphasized the Sabha's commitment to helping those in need. Darshan Manhas, President of the Thakur Sabha Bani, also urged the administration and society to join hands

and provide help to the helpless in the community. The Thakur Sabha Bani has demonstrated their unwavering dedication to ensuring that no family is left behind in their times of need.

BJP leaders meet Lieutenant Governor, J&K UT

JJ NEWS SERVICE

JAMMU, JUN 16: Delegation of Senior leaders of Jammu and Kashmir Bharatiya Janata Party met Honble LIEUTENANT GOVERNOR Sh. Manoj Sinha and discussed various issues of public importance.

The delegation included General Secretary Sh. Vivodh Gupta, Former President and ex Minister Sh. Sat Sharma CA, Former ministers Sh. Sham Lal Sharma and Sh. Surjeet Singh Slatthia, Chief Spokesperson Sh. Sunil Sethi, Spokesperson Sh. Abhinav Sharma and President Youth Wing of party Sh. Arun Prabhat. Delegation took up issues

pertaining to conducting CUIET exams outside Jammu Kashmir and concerns of students in getting admissions in colleges in Jammu Kashmir. Delegation also thanked LG for taking corrective measures for this year on request of party.

Issue with regard to payment of pension to widows and old age and disabled also was taken for discussion to cover cases which are presently not eligible because of legal position and expediting cases where eligibility is not under doubt.

Delegation also discussed the issues with regard to difficulties being faced by Beneficiaries of Ration card as also cases

which are pending in pipelines. Delegation also pressed for settling of cases of Beneficiaries of PM Awas Yojna by regularisation of possession of small pocket of lands which are state land and under possession of Beneficiaries of PM Awas Yojna. It was forcefully pleaded by delegation that recruitment process be expedited as lacs of youth are waiting for jobs. Delay in selection process is causing distress and frustration amongst youth. Also issue of daily rated, contractual employees was taken up for early disposal. Delegation also convinced LIEUTENANT GOVERNOR that pending cases of compassionate

appointments be cleared without delay. Majority was taken up that power curtailment during peak summer is causing lot of discomfort and commotion amongst masses. It was agreed by LG that immediate steps will be taken to improve power supply. On other issues also patient hearing was given by LG and he agreed to look into all issues raised and to direct redressal of grievances without delay. The meeting ended with delegation appreciating the good works done by LG Administration and the expectations that issues raised of public concerns and importance will be resolved at earliest.

AYUSH Deptt organizes Yoga programme at Kullian

JJ NEWS SERVICE



JAMMU JUNE 16: Under the guidance of Dr. Mohan Singh, Director AYUSH J&K, an outreach camp organized under Har Ghar Angan Yog to promote Yoga & its benefits in community and in county by the staff of Kottl Arjun Singh (Dr Samta and Head Pharmacist Naresh Sharma at J&K Bank Kullian in presence of Har Dutt (Branch Manager). All staff members along with locals

took part in large scale. People were made aware regarding Ayush medicines and their benefits in daily life. Staff of J&K Bank actively participated in yoga session demonstrated by Dr Samta.

Speaking on the occasion, Dr Samta said that Union Ministry of AYUSH has come up with promotional theme of 'Har Ghar Angan Yog' to promote Yoga and its benefits in community. In these programmes, Yoga

Workshops, Common Yoga Protocol Practice and Community Level Yoga Sessions are being organized across India. She elaborated the need of practicing principles and practices of Yoga for health and happiness in the present health scenario. Due to the modern lifestyle and stressful competition, people are leading an unhealthy routine. Yoga has a very special role in addressing, all lifestyle related disorders like high blood pressure,

stress, mental diseases and other non-communicable diseases and improves immunity to tackle infectious diseases. She added.

Head Pharmacist Naresh Sharma speaking on the occasion said that 9th edition of International Day of Yoga, to be celebrated on June 21, endeavours to connect with the larger global community as India's G20 presidency theme "One World, One Health" resonates with the principle of "Vasudhaiva Kutumbakam". While the Ayush Ministry remains the nodal ministry for International Yoga Day events, the Panchayati Raj Ministry will play a key role this time as the government focuses on taking yoga to "each and every village". At the same time, the focus is on taking yoga to each and every village in India through active participation of panchayati raj institutions and gram sabhas, he said.

Manjit Singh hopes Amit Shah's visit may pave way for Assembly Elections in J&K



JI NEWS SERVICE

SAMBA, JUN 16: Apni Party Provincial President, Jammu, and Former Minister, S. Manjit Singh today expressed hope that the scheduled visit to Union Home Minister Amit Shah may pave the way for the holding of early Assembly Elections in Jammu and Kashmir.

Addressing a workers meeting which was organized by District President, Legal Cell, Samba, Adv Sahil Bharti here at Ramgarh, the former minister said that the Union Home Minister Amit Shah, who is visiting Jammu on a day long tour on June 23, is expected to get a review of the ground situation of J&K. "I hope a decision in the interest of the people of Jammu and Kashmir will be taken by Amit Shah for holding early Assembly Elections and the restoration of Statehood to J&K," he said.

He recalled how the delay in holding Assembly Elections has widened

the gap between the administration and people for the last several years. The gap between the people and administration has widened because of anti-people policies, he said. The anti-encroachment drive, allotment of tenders to the outsiders, involvement of non-local contractors in mining, issue of acquiring of land by NHAI in Samba, and Kathua, lack of trust in the administration, unsheduled curtailment of electricity, irregular clean drinking water supply, scam in recruitments, growing unemployment among the educated youth of J&K are among the reasons that the people feel that the LG administration has failed.

The detachment of people with the administration has grown stronger because the demands of general masses are not being given heed, he said while citing the example of Shaheed Chowk, Kathua where a building was demolished because it had no building permission, he

recalled. "The administration could have sealed the building, but they took extreme steps that sparked a series of protests in Kathua town for two days."

He further said that the farmers and people in villages are facing the worst kind of difficulties as these areas lack development, pending developmental projects are still to be completed and basic amenities are also not provided to the residents.

As far as promotion of tourism is concerned, the new places are yet to be explored in many areas of Kathua, Samba, Jammu and Udhampur," he said.

He said that Jasrota Fort, Parnandal, and other historic sites in Jammu plains have not been promoted, renovated, and explored by the authorities. All these issues have added to the growing worries of the people, and hence, the holding of assembly elections is imperative to win the confidence of the people.

He said that without the elected Govt, the bureaucracy cannot do justice with the people as they are not answerable to them.

"An elected Govt is always accountable and answerable to the people," he said, and demanded that the J&K's Statehood status must be restored and assembly elections must be held.

Prominent among those who were present on the occasion include Adv Rajinder Kumar Bhagat, Bhagat Sai Das, Som Dutt, Bachan Choudhary, Manjit Singh Billa, Gurjit Singh, Gurneet Singh, Mangat Ram, and others.

DFSS hold protest against unsheduled power cuts



JI NEWS SERVICE

JAMMU, JUN 16: As per the schedule Jammu shall witness 2 hour long power cuts in urban areas and even longer power cuts in rural areas. He said that unsheduled power cuts are much more than the scheduled power cuts.

The workers of DOGRA FRONT & SHIV SENA

under the leadership of president Mr ASHOK GUPTA took out a massive rally in jammu city against the curtailment of electricity. The party workers carried table fans and empty buckets resembling the plight of the common man as without electricity they are of no use and for the mere purpose of show. GUPTA said that sum-

mer is at its peak and the people are suffering due to scheduled as well as unsheduled power cuts.

Party president stated that jammu pays a revenue of Rs 2050 crores and Kashmir pays an annual revenue of 1400 crores and still gets more power than jammu. When jammu is paying a higher share of revenue than why jammu is getting less power. He further stated that if the power supply is less than water is supply is affected adversely. Hands of the chief engineer are tied as even by paying a higher share of the revenue he is getting less power.

"The situation is very bad due to unsheduled power cuts and non-availability of water, Mr GUPTA requested personal intervention of the Lt Governor to provide relief to the public. The government should start investing in the solar power projects as jammu receives ample amount of sunlight which is carbon free and at a very low cost electricity can be generated by the government. The party people who were present at the time of protest were Abhishek, Sunil, Rajkumar, Sanju, Rahul, Dinesh, Ajay, Vikas, Bantu, Prem, Rampal, Kalu and various others were present.

Atri pays obeisance at peer dargah, spoke to ACD due to lack of facilities

JI NEWS SERVICE

SAMBA, JUN 16: Senior National Conference leader and former DIG Ashok Atri arrived as a special guest in the annual dangal of peer baba at village Saradhi Kalan, situated in Block Rajpura. Ashok Atri paid obeisance at Pir Baba's dargah and wished for the happiness and prosperity of the state. After which Ashok Atri also met the local people.

People told Ashok Atri about their problems and also informed about the neglect of the administration. People told the NC leader that there is no ambulance facility in the area, so whenever someone is sick or a pregnant woman has to go to the hospital, people do not get any ambulance facility.

That's why people have to arrange private vehicles. We demand that an ambulance facility should be provided to our area. People



also said that there is no degree college in their area. Children have to go to the degree college in the district several kilometers away for higher education.

Due to which their children are facing a lot of trouble. The government has always been giving step-motherly treatment to us. People said that the government had said that after the scrapping of Article 370, people would get facilities, but in the name of facilities, we got only inflation and unemployment. Only 4 years old

Agniweer is left in the name of government job. It seems that even the army has been left on contract.

People also raised an issue of the pond near Pir Baba's dargah. He said that an amount of about 6 lakhs was released by the government for the restoration of the pond and the contractors doing the work of this lake installed the inauguration plate of the lake without spending even ₹ 1 and withdrew the money. But in the name of sarovar, we have got a dirty pond.

After listening to the problems of the people, NC leader Ashok atri spoke to Acd samba on the phone on the spot and told him about the rigging done in the name of the pond. Looking at the seriousness of the matter, ACD Samba assured Ashoka Atri that a thorough investigation would be conducted into the matter and if any lapse is found, strict action would be taken against those who have done it.

Ashok Atri said that people are fed up with the false and hollow claims of the BJP.

"GOVT JOBS ON SALE IN J&K" Harsh Dev Disputes BJP Govt's Claims of Transparency in Selections

JI NEWS SERVICE

JAMMU, JUN 16: Describing the claims of the BJP government of having brought transparency in recruitments for government jobs as cruel joke to the unemployed educated youth, the NPP president and former minister Harsh Dev Singh said that the recent statement of central ministers made during the "Rozgar melas" in this regard have only evoked cynicism amongst the masses. He said that even PM Modi seems to be ill informed especially with regard to the highly controversial selections made in J&K during the last few years which had earned the helmsmen the most dubious notoriety. He said that the recent past has been witness to the culture of fake, backdoor and other paid appointments growing by leaps and bounds. And whereas the post-reorganization era witnessed large scale retrenchments, of even the regularly engaged govt employees, the new UT saw the resultant vacancies being put on sale by the various recruitment bodies through black-listed agencies, rued Mr. Singh. He was addressing a press conference in Jammu today. Pointing towards the much publicised scam in the selection of PSIs, FAAs and JEs in the UT, Mr. Singh said that it was the public outrage and fear



JI NEWS SERVICE

of adverse consequences that had forced the govt to rescind the said list where in crores had been swindled by a corrupt mafia. He regretted that even the youth to disengage the APTECH co. hired for making recruitments in the UT. The irregular selections of Firemen and drivers made in Fire services Deptt through dubious means was also highlighted umpteen times in the media but the helmsmen have chosen to push the matter under the carpet for reasons best known, said Harsh. In another Job scam of gargantuan proportions, the J&K Bank made appointments of around 3000 Banking Associates and Clerks through backdoor which too has failed to invite due attention of authorities concerned despite the issue having been highlighted by the erstwhile State Governor Sh. SP Malik. Alleging the commission of biggest recruitment scandal in BJP-

of prescribed norms and regularities. Even the Lt Governor Manoj Sinha had, in a statement in March this year, said that 25 lakhs employees had been recruited in J&K through the back door. And the chief secretary AK Mehta had also pointed out in a media statement that 1 lakh daily rated workers had been illegally engaged. Pertinent to mention that the number of daily wagers swelled to 1,10,000 in 2018 from 62,000 in 2014 as per a reply provided on the floor of Legislative Assembly thereby providing the most glaring example of misuse of authority and patronized corruption during the BJP-PDP rule.

Unfortunately the vigilante organizations too preferred to remain mute spectators in a bid to keep their political masters in good humour.

Pointing towards his short stint of three years as Education Minister, Mr. Harsh Dev said that he had made selections of 35000 youth as RETI with not a single finger having been raised on the floor of the Assembly or outside. He said that even the National media had reported at the time that a history has been created wherein the transparent functioning of a Minister received all round appreciation across the board from ruling as well as all opposition members without any exception.

Mr. Singh disclosed that hundreds of backdoor appointments were made in KVIB during the BJP-PDP govt, with a few of them reportedly rescinded, as an eyewash and a window dressing for the gullible. He said that several hundreds of backdoor appointments were made in Industries Deptt and its allied corporations during 2015-18 with none to take cognizance despite public outcry. He said that the erstwhile coalition rule witnessed scams wherein hundreds of backdoor appointments in H&ME deptt were made by Chairmen of Rogi Kalyan Samities out of Hospital Development Fund in brazen circumven-

Dogra Law College organizes an Interactive Session with Dr. Adish C. Aggarwala



JI NEWS SERVICE

JAMMU, JUN 15: Dogra Law College was delighted to host Senior Supreme Court Advocate Dr. Adish C Aggarwala, President Supreme Court Bar Association (SCBA) and President International Council of Jurists for an interactive session. He was accompanied by a delegation of advocates and members of All India Bar Association. Th. Gulchain Singh Charak, Former Minister and Chairman Dogra Educational Trust, Dr. Samar Dev Singh Charak, Secretary Dogra Educational Trust and Prof.

Darshana Sharma, Director, Dogra Group of Colleges were also present on this special occasion. The session commenced with the formal welcome of the eminent guests and continued with the introduction of the event by Danish Tak, student of 5 year BA LL.B 2nd Semester. Then dignitaries paid tribute to Goddess Saraswati by lighting of ceremonial lamp. Professor V.P. Magotra, Principal, Dogra Law College cordially welcomed the esteemed guests and other dignitaries. This was followed by the mesmerizing Interactive Session on

career choice and professional ethics of an advocate. He further emphasized that an advocate is obliged to comply with law and follow the standards of professional ethics and permanently sustaining reputation and value of the legal profession as a participant of administration of justice. He urged the students to maintain their personal dignity and honour. The students participated with enthusiastic zeal and outpoured their love and adoration for the worthy guest. Th. Gulchain Singh Charak, Former Minister and Chairman, Dogra Educational Trust presided

over the programme and in his address urged the students to hone and sharpen their talents and potential to carve a niche for the nation. He highlighted the much famous quoted dictum of Swami Vivekananda "Death is better than a vegetating ignorant life; it is better to die on the battle-field than to live a life of defeat". Advocate Nar Hari Singh, Former Additional Advocate General of J&K also spoke about the role of lawyer's profession. According to him three components, i.e. integrity, innovation & invention are always being followed while establishing career. Advocate Bharat Singh Jwalal, Supreme Court of India, in his speech highlighted the value of endurance in order to succeed in life. Dr. Adish C. Aggarwala conferred distinguished membership of International Council of Jurists to the management, faculty and all the members of student council.

The vote of thanks was rendered by Mrs. Sumiksha Razdan, Sr. Lecturer Dogra Law College and the programme ended with the National Anthem.

2 Jammu Artists participate in International Art Show

JI NEWS SERVICE

JAMMU, JUN 16: Two artists of Jammu viz. young artist Shivali Jwalal and senior artist Jang S. Verman participated in an International Art Exhibition of Paintings & Prints organized by ArtFort, India, Chandigarh, in collaboration with Verman Cultural Celebrations, Jammu, India; ISWARA, Kuala Lumpur, Malaysia; International Island Country Artists, Isparta, Turkey; with the support of Museum of Kangra Art, Dharamshala (HP), and Baloria Art Gallery, Dharamshala, (HP) from 13th to 15th June, 2023 at the Art Galleries of Museum of Kangra Art, Dharamshala (HP).

The exhibition was inaugurated by

Dr. Kshama Matre, National Director CORD, Sidhbarhi, in the presence of Dr. Ritu Malkotia, Director Museum of Kangra Art, Dharamshala, columnist on art & culture Jang S. Verman, Prabhinder Lall from ArtFort India, Chandigarh, B S Boloria from Baloria Art Gallery, Dharamshala. Ashwani Kaul, Dharamshala, Harsh Loomba, Delhi, Sangita Sharma, Mumbai, Shivali Jwalal, Jammu and other artists, as well as art lovers were present on this occasion.

Speaking on this occasion Dr. Mare appreciated the efforts of Prabhinder Lall, ArtFort India and the team of organizers, and the Director Museum of Kangra Art, Dharamshala to pay attention to project the art of women hailing from all parts of the world.

She said that there is great talent among the women folk but it could not get its projection in a right perspective. She added that the show is a positive step in this regard.

Prabhinder Lall, Jang S. Verma and B S Boloria also expressed their happiness on accomplishing the pending project of holding an International Art Exhibition at Dharamshala.

Prabhinder informed that the exhibition was scheduled to be held on 8th March, 2023, but due to some unavoidable circumstances the show had to be postponed. Later a segment of specially invited art works of the organizers of the show was added to the contents of the show. He thanked the support and participation of the artists-cum-organizers from various countries viz.



FROM THE FRONT PAGE...

Sericulturist on...

its rural population and it would not be wrong to term it as backbone in generating economy in the industrial sector," said the Sericulturist adding that Silk in fact has a great deal of evidence in ancient literature that the silk thousands of years ago originated in Kashmir.

Before pursuing Ph.D, I completed my B.Ed. in 2015, and Masters in Sericulture in 2014 from University of Jammu and Ph.D from SKUAST-Jammu, Dr Bukhari said.

She has specialization in Gene manipulation, Silkworm Biotechnology Gene Expression, Gene Characterization, Molecular Biology, Biotechnology techniques, Silkworm Breeding, Genotyping / DNA fingerprinting, ISSR and RAPD genotyping and data analysis, Marker assisted selection, Molecular diagnostics using PCR, QPCR, RT-PCR, cDNA library preparation, Southern Hybridization, Western blotting, Gel Electrophoresis (Agarose as well as SDS PAGE), Isolation of DNA/RNA from plants and insects, Silkworm Breeding, Experimental designing, Use of statistical tools like SPSS,

MS tools, PAST, Minitab, R Software for biological data analysis, ANOVA, Multivariate data analysis, Regression analysis, Linear modelling.

"I have 30 original research publications to my credit published in national and international journals," said Dr Bukhari, who is now having a teaching experience of around four years.

Sharing some of the recent advancements in the Sericulture sector, she said the government has included the Sericulture as agriculture allied activity under RKVY that enables the sericulturists to avail the benefits of the scheme for the entire Sericulture activities up to reeling.

"Sericulture has undergone a major transformation through technologies such as gene therapy, gene editing, nano-biotechnology, transgenic technology etc while the Bio-nanotechnology advancement leads to the production of silk structures that can be used in water filtration devices and the drug delivery," she revealed.

Notably, Lieutenant Governor Manoj Sinha headed Jammu and Kashmir Government under Holistic Agriculture Development Program has prioritised 29 projects in 2022, out of which worth for Sericulture is Rs 93 crores.

"Doubling of silkworm seeds and cocoon Production and regaining of J&K's glory as a producer of high quality bivoltine silk is the key focus besides planting 10 lakh Mulberry trees and creation of State-of-the-art Automatic reeling facility," said the Sericulturist.

Inspiring the young entrepreneurs with self-motivation to achieve their goals, Dr Rubia appeals to those into this profession or trade, to utilise recent Sericulture technologies to assist everyone flourish in the industry.

Jammu and Kashmir Additional Chief Secretary (Agriculture Production Department), Atal Dulloo, who has recently been elevated as Secretary in the Government of India told UNI, "Sericulture is practiced as a subsidiary source of income in approximately 2880 villages spread across all 20 districts of the Union Territory involving around 34000 families."

"Around 1100 MT of the cocoon, yielding 146 MT raw silk is produced annually in the UT with income generation of about Rs 25.00 crore under pre-cocoon sector and an estimated Rs30 crore under post-cocoon/yarn production excluding value additions in silken fabric/products sales," said Dulloo.

He said that Udhampur, Rajouri, Kathua, Anantnag, Bandipora, Baramulla and Kupwara are the major Cocoon producing districts in the UT.

"J&K has a tremendous scope for increasing silk production and can emerge as a leading supplier of raw silk for national and international markets. The Government of Jammu and Kashmir has taken possible efforts towards achieving the desired target of production of quality Bivoltine cocoons for silk production," the ACS revealed. (Agencies)

This year's biggest...

anti-militancy operation lasted for the entire night. "Early morning, searches were conducted in the entire area and they recovered 5-AK rifles, 15 magazines, ammunition, night vision devices, and other warlike stores."

GoC Kalia said that the operation is the reflection of synergy between the Army and Police. "We are working together. We will ensure that Jammu and Kashmir remain heading towards the path of peace and prosperity." The GoC was flanked by the Deputy Inspector General (DIG) of Police North Kashmir Vivek Gupta, SSP Kupwara Yougal Manhas, Brigadier Tapas Mishra and the Concerned Co B S Shishodia.

A Srinagar based Chinar Corps Spokesperson in a statement to KNO said that identity of the terrorists and their outfit is being ascertained.

"The operation clearly establishes the evil design of terrorist groups which are determined to disrupt peace in Kashmir. It also exposes the facade of false commitment to the cease fire understanding by Pakistan which has repeatedly been exploited to perpetrate terror in Jammu and Kashmir," the statement said.

It also said that the security forces stand steadfast to defeat the nefarious designs of inimical elements to disrupt peace and harmony in Kashmir.

Police Version: A police spokesman in a statement issued to KNO said that in a successful anti-terrorist operation launched after a specific input generated by the police, an infiltration bid by foreign terrorists has been foiled in Jamugud Keran sector near Line of Control (LoC) in Kupwara district by the joint team of Army and J&K Police. "The operation resulted in the neutralization of five heavily armed foreign terrorists. Acting on the credible intelligence input about infiltration by terrorists, joint party of Army & J&K Police launched a swift and well-coordinated operation in Jamugud area near LoC of Kupwara," the police statement said, adding that "The terrorists were intercepted

and engaged in a fierce gun battle, in which the joint party of Army & J&K Police displayed exceptional courage and professionalism."

The police statement said that the encounter lasted for several hours, during which terrorists unleashed heavy gunfire, but the joint forces maintained utmost vigilance and perseverance which resulted in neutralisation of all five foreign terrorists. "The identification of the killed terrorists is being ascertained," it read.

Meanwhile, ADGP Kashmir (Vijay Kumar) as per the statement said that this group was affiliated to JKGF (JK Ghaznavi Force) which has Raqib Nair and Shamsher Nair alias Zafar Iqbal, both R/O Poonch presently settled in PoJK as handlers and Murtaza Pathan alias Ghazni, R/O Faisalabad, Pakistan, an Afghan veteran affiliated with Deoband school of thought as operational commander supervising tactical aspect from PoJK.

Police said that arms and ammunition including 5 AK series rifles, 15 magazines, 10 hand grenades, 3 binoculars, 1 night vision device and 600 rounds of AK 47 have been recovered from the site of encounter. "All the recovered materials have been taken in case record for further investigation. Police have registered a case under relevant sections of law and investigation initiated," it said, adding that ADGP Kashmir also appreciated the role of joint forces for neutralizing the terrorists without any collateral damage.

"He also appreciated the joint teams for displaying highest degree of synergy and coordination which led to the elimination of 05 foreign terrorists & averted a big threat for forthcoming yatra," he said. (KNO)

6th Convocation...

the country, said the Union Minister.

"The responsibility of our great nation, this entire human civilization rests on the shoulders of the youth. Under the leadership of Hon'ble Prime Minister, Shri Narendra Modi ji, the progressive education system and the future-oriented IT reforms are paving the strong foundation for the better future of the younger generation, he said.

The Lt Governor Shri Manoj Sinha congratulated the graduating students, their parents and the faculty members of IIM Jammu for their guidance and mentoring.

"India is emerging as a new knowledge economy on the world horizon and it is growing at an exponential pace. Transformational work in every sector driving the nation on the path to become a power-house," the Lt Governor said.

"The graduating students are making a new beginning of their life at a juncture when this glorious phase of our country's development and growth have opened up new opportunities, new possibilities for all, he added.

"Building a dream in someone's heart is bigger than building any physical structure in this world. It is the best time for young minds to turn their ideas into reality and create a better future deeply rooted in our glorious past," he observed.

"The Government advises the students to be creative, focus on self-learning and remain rooted in the ancient values. Artificial Intelligence and other digital tools will help new ideas, curiosity and creativity to provide new momentum to nation building, he added.

"Today's youth represents the Indian generation that has Vedas in one hand and Artificial Intelligence in the other. The perfect balance of both is what sets them apart. Excellent collaboration of modern technology tools and human leadership will contribute to the nation building," the Lt Governor said.

"Curiosity, knowledge and action are the three elements that create our destiny. The evolution of India's knowledge society is based on the foundation of these three elements which have been guiding inclusive development and empowering the society," he observed.

"These three elements will also lead your way in adding value to existing opportunities, develop new to us and make transformational, economic and social impact in the society, the Lt Governor told the students.

Today, future-oriented inventions and AI's potential are making India's tech ecosystem stronger and broader. Business leaders with new business models and latest available digital tools will redefine socio-economic development in the future, he added.

At the convocation ceremony, the Lt Governor highlighted the reforms National Education Policy and modern IT tools have brought in the education sector.

"Hon'ble Prime Minister Shri Narendra Modi Ji has ensured that young generation is empowered through NEP2020 and a powerful ecosystem of Digital India so that with unique combination of Human Capabilities and Artificial Intelligence, our youth fulfill their aspirations and make the country proud," said the Lt Governor

"Human values powered by technological capabilities will transform businesses in future. Technology will not make the change but modern technology combined with human leadership will be the most powerful tool for prosperity and progress in human history," said the Lt Governor.

The Lt Governor also lauded the efforts of IIM Jammu as a mentoring institution and making immense contribution to the socio-economic development of the nation.

India was known as the golden bird not only because we were hundreds of years ahead of other countries in civilization, culture and prosperity but also because we had the best academic institutions and the entire society was touching the pinnacle of consciousness, he said.

Dr Jitendra Singh, Union Minister of State, said the passing out students today are privileged to be the graduates and post graduates in the era, under the leadership of Hon'ble Prime Minister, Shri Narendra Modi ji, which is the best time for the youth.

You are among the earliest beneficiaries of NEP 2020 and will be the celebrators of century India

in 2047, which comes with both challenges and responsibilities. Now, it depends on you how to tackle the challenges and discharge your responsibilities, said the Union MoS.

A Memorandum of Understanding (MoU) between IIM Jammu and Small Industries Development Bank of India (SIDBI) was also signed on the occasion.

Dr. Milind Pralhad Kamble, Chairman, Board of Governors, IIM Jammu; Prof BS Sahay, Director IIM Jammu; Vice Chancellor of various universities, faculty members, and students were present.

Jammu stands out...

towards each sector. He observed that these rankings have helped pinpoint the lacunae in each area of development thereby making the impact of interventions measurable which would lead to better outcomes.

The Chief Secretary termed it a tool towards ensuring good governance in the UT. He urged all the Deputy Commissioners to thoroughly go through these rankings and formulate plans accordingly to fill the topnotch voids pointed out in this ranking system.

The DGGI parameters to measure the performances of Districts consists of 58 indicators under 10 sectors. These include Agriculture & Allied sector having 11 indicators, Commerce & Industry (5), Human Resource Development (9), Public Health Sectors (9), Public Infrastructure & Utilities (6), Social Welfare & Development (6), Financial Inclusion (3), Legal & Public Safety (4), Environment (2), Citizen-Centric Governance (3).

This year the table is topped by Jammu District with an overall score of 6.371 out of 10 followed by Samba at 2nd place with a score of 6.1799, Srinagar (6.0045) at 3rd, Rajouri (5.8696) at 4th, Bandipora (5.7651) at 5th, Anantnag (5.7110) at 6th, Budgam (5.4924) 7th, Pulwama (5.2814) 8th, Doda (5.2622) 9th, Ganderbal (5.2588) 10th, Baramulla (5.0285) 11th followed by Shopian (4.9446), Udhampur (4.9322), Kupwara (4.8881), Kathua (4.8179), Kishtwar (4.7800), Kulgam (4.6391), Ramban (4.6354), Poonch (4.4623), and Reasi (4.4608) at the bottom among the 20 Districts of J&K.

Similarly it gives insights about previous rankings and scores earned by each District during DGGI 2.0 as well. Anantnag District has made a quantum leap increasing its rank from previous 17th to 6th this year while as Kulgam has slipped 11 spots to reach 17th this year, Shopian has lost 8 spots to manage 12th rank this year from 4th last time. Pulwama which was at first rank previously has attained 8th rank this time. Rajouri and Bandipora are the other Districts that have done better by increasing their ranks this year from 10th to 4th and 13th to 5th respectively.

The data also shows sector wise performance of each district ranking them on each parameter belonging to a specific sector. Among different sectors Pulwama has made it to top in Agriculture and Financial Inclusion sectors, Srinagar in Industries & Allied sector, Samba in Human Resource Development & Social Welfare sectors, Rajouri in Public Health and Citizen-Centric Governance sectors, Jammu in Public Infrastructure & Utilities, Anantnag in Judiciary & Public Safety and Bandipora had ranked first in safeguarding the Environment.

These rankings were released by the Chief Secretary in presence of all the Administrative Secretaries, District Development Commissioners, HoDs of Planning, Finance and other concerned departments.

Minister to mention here that J&K was the first to successfully set up this governance model here two years back and is now being considered for replication by other States/UTs in the country.

PM Modi to visit...

on June 21. In December 2014, the UN General Assembly had adopted a resolution proclaiming June 21 as the International Day of Yoga. (Agencies)

Union Petroleum Minister...

Polythene-free Jammu initiative, today. Shri Hardeep Singh Puri, Union Minister for Petroleum and Natural Gas, Housing and Urban Affairs congratulated the people of Jammu, Mayor JMC and ULB members on getting the alternative of polythene. He called upon the people to shun polythene bags and switch to sustainable bags developed by DRDO.

Hon'ble Prime Minister Shri Narendra Modi ji has converted the challenges of urbanization into opportunities. The Swachhtha Andolan, under the guidance of Hon'ble Prime Minister, is leading the country, especially the urban centers on the path of sustainable growth and development, said the Union Minister.

Today, Swachhtha has become the priority of the government. It has become the very principle for effective implementation of all other government schemes, he added.

The Lt Governor Shri Manoj Sinha lauded the DRDO for developing the bioplastic carry bag as an alternative to the polythene bags. It is a significant step towards transforming urban landscape, faster sustainable development and ease of living of citizens, he added.

"This edible and water soluble bag is the best alternative to curb growing menace of plastic pollution. Strategy to Re-orient besides 6R-Reduce, Reuse, Recycle, Remove, Refuse and Report will provide sustainable solution to people and promote alternatives for packaging and designing," the Lt Governor said.

The Lt Governor called upon the people from every section of the society, all the stakeholders to discharge their duties towards nature and dedicate themselves to realize the goals of sustainable growth.

"Nature unites us and Jan-Bhagidari is the key to build a harmonious and prosperous society while effectively managing the challenges of climate

change. People should actively contribute in such endeavours to build clean, smart and green city and a better future for coming generations," the Lt Governor said.

"Youth will play a crucial role in combating climate change and building a sustainable future. Youth will also lead the communities to reduce the plastic pollution and to strengthen economic, commercial and social activities in our cities," the Lt Governor added.

Today the earth and the ocean both are facing threat from single use plastic. Efforts of the people and the implementation of the 7R campaign will have to be intensified. We need both technology innovations and calibrated action to reduce plastic pollution, enable sustainable alternatives to ensure success of our sustainable development programmes, he said.

The Lt Governor also appreciated the Jammu Municipal Corporation, individuals, school children and various organizations for their efforts, like Polythene-free Jammu campaign, Walkathons, documentaries, to spread awareness against plastic pollution.

Under the guidance of Hon'ble Prime Minister Shri Narendra Modi Ji, constant efforts are being made for rejuvenation of cities. Along with the creation of facilities, strict measures have been taken to conserve and protect the environment while citizens are also being made aware of their responsibilities, the Lt Governor said.

"Sale of polythene and single use plastic has been completely banned in J&K. But plastic pollution cannot be overcome only by government orders. Our resolve to make Jammu a polythene-free requires the active participation of every citizen of Jammu city," he said.

Educational institutes, students, organizations and media persons were also felicitated for their significant contribution during the Polythene-Free Jammu campaign.

Sh Rajinder Sharma, Mayor, JMC; Sh Bharat Bhushan, Chairman District Development Council, Jammu; Sh Gulam Ali Khatana, Member of Parliament; Sh Baldev Singh Billawara, Deputy Mayor JMC; ULB representatives; senior officials and prominent citizens were present on the occasion.

Night Temperatures...

night and it was 0.3°C above normal for the place, the officials said.

Gulmarg recorded a low of 7.6°C against 9.5°C on previous night and it was below normal by 0.7°C for the world famous skiing resort in north Kashmir's Baramulla district, he said.

Jammu recorded a low of 24.5°C against 21.7°C on the previous night and it was 1.0°C below normal for J&K's winter capital, he said.

Banihal recorded a low of 16.2°C (2.1°C above normal), Batote 16.1°C (0.1°C above normal), Katra 21.6°C (0.5°C below normal) and Baderwah 15.0°C (above normal by 1.3°C).

The MeT department forecast isolated light rains in Jammu and Kashmir till June 17. (Agencies)

J&K Birthplace of Aroma...

are the beneficiaries of National Education Policy 2020 which ensures universal access at all levels of schooling and should have been done long before.

Dr. Jitendra Singh further said, the old education policy made educated unemployed youth in the country but NEP 2020 under Prime Minister Narendra Modi will make up for several anomalies of the past.

Dr. Jitendra Singh said, the era of working in silos is over and there is a need for greater integration among the institutions. The youth of 2023 will define India @2047 who are blessed both with the challenges and opportunities and who can contribute in making India @2047 leaving behind the best economies in the world.

Two suspicious bags...

are having some material inside and its nature is being ascertained. (KNO)

India's defence industry...

procurement budget for domestic industry in financial year 2023-24 and issuance of positive indigenisation lists.

Singh asserted that the Government's decisions have started to bear fruit and today the country is indigenously manufacturing submarines, fighter jets, helicopters and weapons.

He added that the growing defence industry is not only catering to the domestic requirements, but also fulfilling the security needs of friendly countries.

"In the last financial year, our defence production crossed Rs one lakh crore and exports touched Rs 16,000 crore. This is proof that the defence sector and the nation at large are on the right path," Singh was quoted as saying in the release.

The Minister appreciated the fact that irrespective of the ideology, there has always been consensus from all quarters towards attaining the goal of complete self-reliance.

"If we wish to make India a defence exporter instead of an importer, we must stand together in every situation with the idea of 'Nation First'. Only then will we be able to achieve the goal of 'Atmanirbhar Bharat'," he said.

During the course of the discussion, the members of the committee gave valuable suggestions, which were appreciated by the Minister, who stated that efforts will be made to incorporate them, the release said.

Minister of State for Defence, Ajay Bhatt; Chief of Defence Staff General Anil Chauhan; Defence Secretary Giridhar Aramane; Secretary (Ex-Services Welfare) Vijay Kumar Singh and Secretary, Department of Defence R&D and Chairman, DRDO, Samir V Kamat were also present in the meeting, it said. (Agencies)

BJP Minority Morcha meets Union Minister Hardeep Singh Puri

JI NEWS SERVICE

JAMMU, JUN 16: Hardeep Singh Puri, Union Minister of Petroleum & Natural Gas and Housing and Urban Affairs, along with BJP National Secretary Dr. Narinder Singh Raina had a meeting with the senior functionaries of BJP Minority Morcha, Jammu & Kashmir led by its President Ranjodh Singh Nalwa.

Ranjodh Singh Nalwa discussed various minority community related issues with the minister adding that the people of J&K UT are thankful to the leadership of Prime Minister Narendra Modi, that has provided a sense of social and economic security among them by launching number of welfare schemes exclusively for them.

These schemes had benefitted a large population of the Minority community, unfortunately the earlier governments in the UT only provided



lip service for vote bank politics.

Hardeep Singh Puri gave a patient hearing to what was discussed by the minority morcha leaders and assured that although a lot has been done for the community but still an issue, if pending, will be looked into sympathetically and resolved to the aspira-

tions of the community.

IDC member Darhal Mohd Iqbal Malik, Morcha General Secretary Santokh Singh, Vice President Balwinder Singh, Vice President Rajinder Singh, Mubashir Azad, Vice President Jasmeet Kour and others were also present on the occasion.

Shaheedi Purab of Sri Guru Arjun Dev Ji observed by DGPC

JI NEWS SERVICE

JAMMU, JUN 16: Shaheedi Purab of Sri Guru Arjun Dev Ji was celebrated by DGPC Jammu at Gurudwara Sahib Tahli Sahib, Gurudwara Sahib Ashok Nagar and main function was organised at Gurudwara Sri Guru Singh Sabha Guru Nanak Nagar Jammu as Mool Nanak Shahi Calender with the coordination of Local Committee of Gurudwara Sri Guru Singh Sabha Nanak Nagar.

Large number of devotees from all over the Area attended the function. Besides local Ragis and Parchars renowned Ragji Jatha of Bhai Jabartod Singh, Haziri Ragji of Sri Darbar Sahib recalled shabad kirtan and threw light on the life and teaching of Sri Guru Arjun Dev Ji and his supreme sacrifice. Parcharaka Bhai Sukhjit Singh ji of Kapurthala threw light on the life and history of Sri Guru Arjun Dev Ji who sacrificed his life against the tyranny and oppression of the then ruler who used to put pressure on Guru Ji's to change his religion. S Ranjeet Singh Ji Tohra President DGPC and S Balwinder Singh Vice President & S Surjit Singh



Gen Secretary said that Guru Ji's most important contribution to the community is the step in the consolidation of Guru Greanth Sahib as the sole and authentic scripture of the Sikhs. Besides the hymns of Sikh Gurus it contains the hymns of Hindu and Muslim saints. It also contains the hymns of 15 Bhaagats and 11 Bhattas. Prominent Local Ragji Jatha's who recited Shabad Kirtan on the occasion were Bhai Satvir Chak Waley, Bhai Harbans Singh ji & Bhai Tarvinder ji's both Haziri Ragji DGPC Jammu. Many Book stalls health camps were installed by Sikh Missionary College and Health

Depart respectively. Besides Chabel of sweat water langar was also served to the devotees at all the Gurudwaras. Other prominent persons who were present in the function were J Jagpal Singh Cashier DGPC, S Harjit Singh Incharge Dharam Parchar & Member DGPC Jammu, S Tejinder Singh, S Avtar Singh member DGPC Jammu. S Jagjit Singh Secretary Local Committee Nanak Nagar coordinated the Stage, S Son Nath Singh President and S Parvinder Singh Member Local Committee Gurudwara Sri Guru Singh Sabha Jammu were also present in the function.

Extension Lectures organized by IQAC Cell of Dogra College of Education



JI NEWS SERVICE

JAMMU, JUN 16: IQAC Cell of Dogra College of Education in collaboration with District Institute of Education and Training, Samba (DIET) organized a series of "Extension Lectures" on topics: "Early Childhood Care and Education (ECCE) as per NEP 2020", and "Foundational Literacy and Numeracy: An urgent and necessary prerequisite to learning" on 15th of June, 2023 in the Conference Hall of Dogra Educational Trust. Wherein, 80 students of B.Ed. course, semester - 2nd and 4th were present

in the said extension lectures. The programme started with the lighting of traditional lamp by the dignitaries followed by the welcome address given by Mrs. Vintee Kumari, Lecturer, Dogra College of Education. Mrs. Sarita Sharma, Lecturer and Mrs. Vandana Gupta, Sr. Lecturer, District Resource Group, DIET, Samba were the resource persons on the occasion. In Session - 1, the resource person Mrs. Vandana Gupta, Sr. Lecturer, DIET, Samba delivered her lecture "Early Childhood Care and Education (ECCE) as per NEP 2020", and elaborated the National Education

Policy, 2020 with a 5+3+3+4 education pattern. She also spoke about the five main pillars of NEP 2020 i.e. Enhancement of capacity, Accessibility, Quality, Fairness and Accountability. In session - 2, the resource person Mrs. Sarita Sharma, Lecturer, DIET, Samba, delivered a lecture on "Foundational Literacy and Numeracy: An urgent and necessary prerequisite to learning" as per NEP 2020 and discussed about the ability to read and write, and perform basic operations with numbers, is a necessary foundation and an indispensable prerequisite for all future

schooling and lifelong learning. She further elaborated the domains of development of the child i.e. social, emotional, intellectual and cognitive skills, physical and motor skills, and speech and language skills.

In the concluding remarks, Dr. Shefali Sharma, IQAC Coordinator, Dogra College of Education appreciated the view points shared by the resource persons and stated that such kind of extension lectures provide us a very useful platform to exchange information, ideas, and experiences in an effective manner. Prominent among others present on this occasion were Sh. Suresh Khajuria, HOD DIET, Samba, Prof. Darshana Sharma, Director, Dogra Group of Colleges and CD, Dr. Vikesh Kumar Sharma, Principal, Dogra College of Education and all the faculty members. A vote of thanks was proposed by Mrs. Shivali Mehta, lecturer, Dogra College of Education, who thanked the esteemed resource persons for conducting an effective extension lectures. The programme concluded with the playing of the National Anthem.

Anti Crime team meets SDM Jammu South

JI NEWS SERVICE

JAMMU, JUN 16: Anti Crime Team today Met SDM Jammu South Sh Atul Dutta Sharma which was headed by Chairman Sham Lal Gupta, of Anti Crime Team.

Gupta Welcomed Atul Sharma with Bouquet of flowers and Congratulated him on assuming office. Gupta informed him about the work, law and order of Bishnah town. Gupta told that Bishnah Town always Cooperates with the administration and Many Big festivals' Completes with good thinking and good work.

Gupta told that his organization believes in helping the poor and needy people and from time to time works are done by the organization for the benefit



of the society like providing ration to the people, school bags, notebooks, books to the school children, shoes are given so that the government school can be promoted. SDM Atul Sharma appreciated the chairman

of the organization Sham Lal Gupta and his works, he said that there should be such people in the society who can provide all possible help to the needy people. SDM Atul Sharma assured that he will be involved in the work of the

organization and will cooperate with the children studying in Government schools. Chairman Gupta was accompanied by MC Bishnah Councillor Sahil Gupta and Rakesh Kumar, Rohit Kumar, Tushar, Akshay Sharma.

SHOW CAUSE NOTICE TO BANK AUTHORITIES

CIC takes serious note of Denial of information under RTI by J&K Bank

JI NEWS SERVICE

JAMMU, JUN 16: Central Information Commission issued show cause notice to CPIOs of J&K Bank for denying information under RTI Act on an application moved by Harsh Dev Singh former minister.

Taking a serious view of the refusal of the J&K Bank to provide the information sought for by the applicant, the Central information Commissioner Suresh Chandra in his six pages order said that the Respondent Bank was wrongfully and erroneously claiming exemptions under sec 8(D)(e) and (f) of the RTI Act which was not sustainable in the eyes

of law. The CIC ordered that in view of the respondent bank floundering to give the reply, it had made itself liable for proceedings under sec 20(1) of the Act and therefore needed to explain as to why maximum penalty prescribed under law be not imposed upon the erring bank officers.

Seeking written explanations from two officers of J&K Bank within four weeks, the Central Information Commission directed the J&K Bank to provide point wise reply to the appellant within three weeks from the date of the order.

Pertinent to mention that

Harsh Dev Singh had moved an RTI application before the J&K Bank on 11-11-2021 seeking details of appointments made by the respondent bank. A second reference to appointments made without issuing public notification; the details of notifications issued for J&K bank jobs, the residential particulars of candidates selected, the marks obtained by each candidate, the details of bad debts of the bank, the details of NPAs declared by the bank, the details of loans waived off by J&K Bank, the names of big defaulters, the details of contractuals regularized, the details of works executed under CSR etc. The said

information having been denied by the bank, former minister Harsh Dev Singh filed first appeal which too was dismissed by the respondent bank. A second appeal was therefore filed before the Central Information Commission which heard the matter at length and directed the J&K bank to provide point wise information to the appellant which could not be evaded by claiming exemptions.

The objective of RTI is to bring accountability and transparency in the functioning of public authorities, said the CIC order issuing show cause notice to the respondent bank for its lapses.

Luthra urge NC Cadre to further intensify mass outreach

JI NEWS SERVICE

JAMMU, JUN 16: Bimla Luthra State Vice President Women Wing and former MLA J&K National Conference and Satwant Kour Dogra Provincial President Women Wing Jammu addressed workers meeting at Akhnoor. The meeting was organized by Kuldeep Kour District President Jammu Rural A Women Wing.

While addressing the meeting Mrs Bimla Luthra said that National Conference is the only party which ensured equitable development and welfare of masses J&K have been suffering badly due to misgovernance and there is nobody who listen the grievances of public. She said that rising prices is the major concern of the people and BJP led government has miserably failed to contain price rise and provide jobs to the unemployed educated youth in the J&K.



Luthra said that BJP has miserably failed to address the genuine issues of the people. She said the time has come to unite and get aware about the policies and programmes of the BJP who are dividing the people on religion and region.

Exhorting the people to strengthen National Conference at the gross root level, Mrs Luthra urged the workers to fan out in their areas and help the masses in getting their grievances redressed.

Speaking on the occasion, Provincial President Women Wing Mrs Satwant Kour Dogra recalled the opportunities provided by the National Conference since it's inception by offering a vibrant platform to women to excel in politics, administration and other spheres of activity. She referred to the pioneering role of Mad-e-Mehrban Begum Sheikh Mohammad Abdullah, especially in female literacy.

She said Jammu and Kashmir women will always remain indebted to Mad-e-Mehrban, who brought a huge turnaround in female literacy and as a result of sustained efforts the girls are now outstanding in academics, excelling in administration and other fields besides playing their role in democratic institutions.

The meeting was also addressed by Kuldeep Kour District President Jammu Rural A Women Wing, Daljeet Sharma District President Jammu Rural B Women wing, Pnki Khalsa District President Jammu Urban Women Wing and Puspa Dogra Vice President Jammu Province Women Wing.

Those who were present in the meeting included: Madan Lal Block President Akhnoor, Balwinder Kour Neelam Rani, Jyoti Devi, Sajana, Babi, Amandeep Kaur, Priya, Satya Devi, Jyoti Sharma and others.

DYS&S B'la organises pre-event activities across district to commemorate International Yoga Day

JI NEWS SERVICE

BARAMULLA, June 16: In connection with International Yoga Day being celebrated annually on 21st June, the Department of Youth Services and Sports (DYS&S) Baramulla today organised pre-event activities at various educational zones of the district for preparations of the

grand event. The objective of these preparations was to create awareness about the benefits of yoga and to organize events and activities to encourage students to incorporate yoga into their daily lives. The preparations for international yoga day at the zonal level witnessed enthusiastic participation and engagement from various zones. Through yoga camps,

students were educated about the physical, mental and spiritual benefits of yoga. These initiatives aimed to foster a healthier and more balanced society by promoting the regular practice of yoga. Meanwhile, a series of deliberations were held wherein the participants were taught the importance of Yoga in promoting physical and mental well being.

NCC Cadets Joined Indian Air Force as Officer

JI NEWS SERVICE

JAMMU, JUN 16: Two Cadets of NCC Directorate Jammu, Kashmir and Ladakh namely Ex Cadet Aakriti Sharma of 1 J&K Girls Bn and Ex Cadet Pulkit Ratra of 2 J&K Boys Bn NCC made the entire fraternity of NCC proud, having been selected in Indian Air Force as cadets.

Both will be joining Air Force Academy in the month of Jul this year. Cadet Aakriti completed her NCC training in year 2020. She represented NCC Directorate, Jammu, Kashmir and Ladakh in Republic Day Camp -2019 and Youth Exchange Programme with Cadets of Singapore. She had also attended

Para Basic Course training at Para troopers Training School, Agra. Cadet Pulkit Ratra completed his NCC training in year 2022. He attended DGNCC SSB Coaching at Delhi, Indian Military Academy attachment at Dehradun and E-Cultural Exchange Programme with Cadets of Singapore. Both the Cadets besides

the support of family, friends and mentors give credit to NCC training that assisted them in developing discipline and character, further motivating them to choose Armed Forces as a career.

Additional Director General, JK&L NCC Maj Gen RK Sachdeva congratulate both the cadets for their achievement.

THOUGHT OF THE DAY

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

JINDRAH IMAGES

Pinning high hopes on dialogue

In cold desert of the country, efforts are being made to break the ice with the protesting groups in Ladakh showing flexibility for talks with the Ministry of Home Affairs. Various groups of Ladakh under the banner of Leh Apex Body and Kargil Democratic Alliance are spearheading struggle for fulfilment of their four major demands to safeguard the interests of the arid region and they have now pinned high hopes on the "outcome" of the first official meeting with the Union Ministry of Home Affairs being held in New Delhi on June 19. This is the first official meeting with the MHA after the constitution of the High Powered Committee (HPC) constituted by the Government of India. These groups have made it clear that they are going with open mind for talks and are hopeful that the MHA would take the demands of Ladakhi people, who have always fought for the nation and its borders, seriously. The meeting will also help them to understand what the Government of India has in store for the people of Ladakh. On May 23, the protesting Ladakh groups under the banner of Leh Apex Body (LAB) and KDA had decided to be flexible in its approach while seeking constitutional safeguards for Ladakh and announced that they were ready for talks with the Centre. Thereafter, the MHA invited LAB and KDA for talks in New Delhi on June 19. The twin bodies have accepted the invitation and decided to send a total of six representatives-three each from LAB and KDA-for talks. The leaders from Ladakh proceeding to attend June 19 meeting in New Delhi are two-time Lok Sabha member from Ladakh Thupstan Chhewang, former cabinet minister in erstwhile state of Jammu Nawang Rigzin Jora and Tsering Dorjay Lakruk, Vice President of Ladakh Buddhist Association, all from LAB and Qamar Ali Akhoun, also a former Cabinet Minister, Haji Asgar Ali Karbalaie, ex MLA and Sajjad Kargili, all from KDA. Four-point agenda listed by the LAB and KDA include Statehood, Sixth Schedule, two Parliamentary seats and employment opportunities for Ladakh. Earlier, the Union Minister of State for Home (MoS) Nityanand Rai had held the talks with the leaders of LAB and KDA in Leh town in August 2021. The dialogue process got stalled after these groups maintained tough posture in support of their demands. The HPC was constituted by the MHA to ensure the protection of land and employment for the people of Ladakh. The order, however, was silent on the key demands of the LAB and the KDA, which include statehood for the Union territory of Ladakh, constitutional safeguard under the Sixth Schedule of the Constitution of India, formation of Public Service Commission and reservation of jobs for youth of Ladakh, and creation of two separate parliamentary constituencies for Leh and Kargil. The LAB and KDA had decided to stay away from the HPC as the government, what they alleged, ignored their four-point agenda and also paid no heed to their suggestion about the composition of the panel, despite having separate meetings with the Union Home Minister. The proposed talks are expected to remain progressive and yield the desired results.

JOURNEY OF THE AUTOMATIC TRAIN PROTECTION SYSTEM?

EMPLOYMENT OF QUANTUM TECHNOLOGY WILL POTENTIALLY CREATE NEW MILITARY CAPABILITIES THAT COULD DISRUPT CURRENT SYSTEMS.

DINESH C SHARMA

The Balasore train disaster shocked the nation. It has raised uncomfortable questions about passenger safety as well as the priorities of the Indian Railways. In the past few years, the government, through a sustained blitzkrieg about bullet trains, Vande Bharat trains and 'aircraft-like' coaches, made people believe that the Railways was witnessing a 'technological leap.'

An indigenous technology developed to prevent collisions and accidents was branded Kavach in this image-building exercise. A government press note claimed the Kavach to be "one of the cheapest Safety Integrity Level-4 certified technologies with the probability of error of 1 in 10,000 years." It was projected as a potential revenue generator through exports. Such hyped-up marketing of Kavach made it appear as if train accidents in India were now a thing of the past. The horrendous accident has shattered all such notions about passenger safety and Kavach.

In reality, a foolproof accident- and collision-prevention system is a technological mirage at the Indian Railways has been chasing for 25 years. In 1998, Europe adopted a uniform and inter-operable automatic train protection system, the European Train Control System (ETCS), to replace the existing systems. Using the GSM wireless technology, it was designed to facilitate voice and data communication between the track and the train.

The Railways initiated a pilot project to test the ETCS on a small route under the Central Railway in 1999 for Rs 30 crore. But soon, it realised that the cost was too high and kept the project on hold. Meanwhile, Konkan Railway Corporation Limited (KRCL) developed a microprocessor-based Anti-Collision Device (ACD). The Indian Railways decided to try it out on the Jalandhar-Amritsar section.

Since 1999, the ACD - later named Raksha Kavach - has figured in Railway Budget speeches. In the Interim Railway Budget for 2004-05, Nitish Kumar announced a Technology Mission on Railway Safety, with the ACD as a key component. By this time, the ACD was installed on 1,736 km of the network on the Northeast Frontier Railway and surveys were underway on 10,000 km all over the country. Kumar projected that the ACD would be provided on all broad gauge tracks progressively over the next five years. As per the KRCL estimates, the cost was to be Rs 1,600 crore.

While the Railways was slowly adopting the ACD, serious technical and operational issues surfaced in the Northeast Frontier Railway where it was made operational by 2006. Unwarranted braking was reported and it hit the running of trains. It also needed several mid-section communication repeaters which were prone to theft and vandalism. The KRCL developed and deployed an improved version 1.1.2 of the ACD, but the problem of false alarms leading to braking persisted. For sections



with multiple lines and electrified routes, the KRCL then came up with ACD 2.0 version. It was tested in some routes in the Chennai Division of Southern Railway during 2010 and 2011. More technical issues emerged, which the KRCL could not resolve, forcing the Railways to put on hold the expansion of the ACD.

In 2010, the then Railway Minister Mamata Banerjee announced that the Research Design and Standards Organisation (RDSO) was developing another device called the Train Protection Warning System (TPWS). It combined automatic train-protection and anti-collision features and was based on the ETCS standards. The DSO worked with three private companies - Medha Servo Drives, Hyderabad Batteries Limited and Kernex Microsystems - for the development and manufacture of components.

Since then, several pilot projects have been undertaken in different railway zones and the system - now called Kavach - is being installed. In the Budget 2022-23, it was announced that it would be rolled out on 2,000 km during the year. In 2023, it was announced that Kavach would be operational on the Delhi-Mumbai and Delhi-Howrah routes, totalling 3,000 km, by March 2024.

Developing a new technology indigenously and implementing it in a complex and operational legacy system like the Railways is a big challenge, as the journey of the automatic train protection system has demonstrated.

In the 1980s, the Railways grappled with the computerisation of the passenger reservation system. The Railway Board initially opposed the idea and when the Computer Maintenance Corporation (CMC) offered to develop it, the Railways insisted that passenger reservation was a core function of the Railways and it could

not be entrusted to an outside agency, though the CMC was a PSU. A new agency, the Centre for Railway Information Systems, was floated to work with the CMC. Freight computerisation took 20 years, from planning to implementation.

In the present case, the first ACD came from an external entity, the KRCL, and the Indian Railways had rejected it 10 years later. For the next 10 years, the Railways worked with the technology developed by one of its agencies. Regarding standards, the Railways first rejected the European standards and then accepted them. The engineering expertise outside the Railways could have been utilised while taking such decisions. The rollout of the accident-prevention system across the network needs industrial partners for supplying hardware and sub-systems for stations, locomotives and trackage. In the first 10 years, this aspect was overlooked. There was only one vendor. In 2011, the Railways started working with three companies and now plans to have more private partners. Technology adoption and assimilation in a large system also require training and retooling of manpower at different levels.

Finally, the introduction of a new technology-based solution for passenger safety needs a clear long-term vision, a blueprint for implementation and sustained funding. In 2012, a committee to review rail safety recommended several organisational changes, such as the creation of a railway safety authority. In 2014, a technology mission for the Railways was launched. But funding was suboptimal and erratic.

Given its encompassing nature, the accident protection system can't be implemented in isolation. It should be a part of the overall plan to put the Railways on the track of a technological change.

Punjab needs an initiative for reconciliation

DHARAMVIRA GANDHI

THE acrimony that Punjab has witnessed in recent months amid an attempt to revive the militant movement is reminiscent of the strife that the state experienced four decades ago. Its fallout is too familiar: it has reinforced fear and distrust among communities. I was a young witness to the unforgettable year of 1984. Cataclysmic events happened that year - Operation Blue Star, the assassination of the then Prime Minister Indira Gandhi and the anti-Sikh riots. I have closely watched the developments in Punjab thereafter. Charbha (rising) Punjab is slipping away from our hands. I will not dwell here on when or who sowed the seeds of distrust. But distrust has eroded Punjab's prosperity, spurred migration and stolen Punjab's cheerfulness. This begs the question: Should we continue to live with this corrosive phenomenon? The answer, of course, is a big no. Reconciliation is the way out. Only reconciliation has the ability to erase communal divisions, make communities and individuals compatible and prosperous. Reconciliation

involves repentance, forgiveness and forgetting; hence, large-heartedness and broad-mindedness. And this will not be the first time to embrace these virtues. Human society has over the millennia evolved through noble actions of statesmen and other well-meaning individuals. There is an urgent need for reparation to heal Punjab's fractured society. In June 2016, during my term as a Lok Sabha MP, I had mooted a proposal for setting up the 'Truth, Justice and Reconciliation Commission' in the state. It was broadly on the lines of the post-apartheid Truth and Reconciliation Commission (TRC) in South Africa, but with the addition of 'justice' and some provisions necessary for Punjab. The TRC was established by the South African government through a legislation in 1995 to bring about a reconciliation among the country's people by uncovering the truth about human rights violations that had occurred between 1960 and 1994. Its aim was to gather evidence regarding brutalities and invoke collective national shame, besides identifying victims with a view to paying reparation.



The commission, chaired by Archbishop Desmond Tutu, took the testimony of around 21,000 victims; 2,000 of them appeared at public hearings. The commission avoided the course of 'justice' and instead followed the path of 'amnesty' for those who 'fully disclosed' their involvement in politically motivated human rights violations. The TRC made a recommendation for a reparation programme, including financial, symbolic and community reparation. It also recom-

mended that South Africa's society and political system should be reformed to include communities, businesses, the judiciary, prisons, the armed forces, the health sector, the media and educational institutions in a reconciliation process. Despite the obvious antipathy of the top echelons of the South African army and the government, besides members of the liberation movement, the commission made a substantial contribution. Desmond Tutu had rightly

observed: "We have been privileged to help heal wounded people...When we look around us at some of the conflict areas of the world, it becomes increasingly clear that there is not much of a future for them without forgiveness, without reconciliation." As the 2016 proposal for the 'Truth, Justice and Reconciliation Commission', to be born out of political and legislative action by Parliament, has not found

many takers, I have realised in hindsight that the idea mooted then was mainly a legal recourse to reconciliation. The point is that there can be no reconciliation without a political initiative. The initiative of the 'Truth, Justice and Reconciliation Commission' now needs to be taken up by the real stakeholders - the fraternities of Punjab itself. I believe that only this can be the demons of the past be exorcised to let peace prevail. There is a need for a political initiative to be taken by the wise members of all Punjabi fraternities. Consultations must immediately start to form an open, representative and transparent forum, bringing all aspects of 'truth' and 'justice' to the table and forging reconciliation in the best interests of Punjab. Dialogue should be the norm and communication lines must be opened. In the case of Punjab, 'justice' is, of course, a highly disputed matter. However, it must be included in the commission's ambit. Over the past four decades, barring a few exceptions, justice has been denied or aborted - not only by the wall of secrecy built around the whole saga of terror and

bloodshed but also by the complete failure of law-enforcement agencies. Hindu commuters on buses or trains never knew for what fault they were being killed. Families across communities were eliminated, with women suffering the most - raped or killed or both. The need to move on individually or collectively makes it imperative to give a proper closure to the dark chapter, just as we perform rites for the peace of the departed soul. After an inordinate delay, we may be able to ensure justice for some of those who were killed, maimed or victimised. Only this can their souls rest in peace. I reiterate that communication and discourse are great instruments for bringing down the walls of hatred and promoting fraternity and brotherhood. In the same measure, these instruments are the bedrock of democracy. Guru Nanak said it so well: "Jab lag duniya rahiyeh, Nanak kuch suniyeh kuch kahiyeh." Let us shun distrust and fear; let democracy thrive; let fraternity and brotherhood prevail in Punjab; the famed land of saints, soldiers and farmers; let the spirit of humanity reign supreme.



Demi Lovato has re-added pronouns 'she/her' because it was tiring to constantly "educate people"

Demi Lovato has re-added the pronouns she/her along with they/them because she 'got tired' of having to explain the latter set of pronouns. She was "exhausted" from explaining her gender identity. Lovato opened up about her experience as an out-and-proud non-binary artist with *GO! Hyde Park* in an interview published on Tuesday. The singer stated, "I constantly had to educate people and explain why I identified with those pronouns. It was absolutely exhausting," as translated from Spanish to English, "I just got tired. But for that very reason I know that it is important to continue spreading the word." The *Queen Bees* summer singer also expressed her wish for more gender-neutral spaces with regards to basic amenities like sex-assigned washrooms and paper-work. "I face this every day. For exam-

ple, in public toilets. Having to access the women's bathroom, even though I don't completely identify with it." "Or it also happens when filling out forms, such as government documents or any other where you have to specify your gender. You only have two options, male and female, and I feel like more of that makes sense to me. I see myself conditioned to choose a woman because there are no more," she added. "I think this has to change. Hopefully with time there will be more options." Lovato came out as non-binary in May 2021 and officially changed her pronouns to they/them. She made the announcement during an episode of her podcast, *4D* with Demi Lovato. "Over the past year-and-a-half, I've been doing some healing and self-reflective work. And through this work, I've had the revelation that I



Tiger Shroff has his eyes set on being perfect



With the release of his new action movie *pro-mos*, actor Tiger Shroff has been receiving rave reviews for his rugged, raw looks. Known for his high-flying stunts in movies, Tiger is currently busy shooting for his next releases *Ganapath 1* and *Bade Miyan Chote Miyan*.

Directed by Vikas Bahl, in *Ganapath 1* Tiger will share screen space with actor Amitabh Bachchan and Kriti Sanon. Whereas, for *Ali Abbas Zaidi* directorial *Bade Miyan Chote Miyan* he is being packing an action punch with actor Akshay Kumar. In an exclusive interview with *Deccan Chronicle*, the actor shares that what keeps him busy these days is "mostly singing and practicing martial arts." The self-proclaimed "media-shy" actor opens up about his interests and design collaborations in the pipeline. Spotted in sleek red sunglasses and a sleeveless black shirt with *Prowl* scribbled in huge letters, Tiger was recently seen in the capital to launch a collaborative eyewear range. He spoke to us about his fashion choices and preferences. Talking about his style he says, "I can be called a fashion enthusiast who loves experimenting with his clothes and style statement, and I prefer wearing Western outfits. I have made clothing choices that have broken gender norms and the definition of traditional clothing."

Breaking free from the past: Muichiro's cathartic family reunion in *Demon Slayer* Season 3 captivates fans

Demon Slayer Season 3 has taken fans on an emotional roller-coaster as it delves into the Swordsmith Village Arc from the original *Demon Slayer*: Kimetsu no Yaiba manga series. In the latest episode, viewers were treated to a heart-wrenching family reunion for the Mist Hashira, Muichiro Tokito. As the anime approaches its final episodes, Muichiro's character development has been at the forefront, and his tragic past has finally been unveiled. Muichiro's memory loss was miraculously cured amidst a grueling clash with the formidable Upper-Rank Gyokko, unveiling a haunting flashback that unfolded the harrowing trials he endured. Tragically, within a span of mere hours, Muichiro was not only robbed of his lov-



ing parents but also his cherished twin sibling, Yuichiro, brutally snatched away by a merciless demon assailant. As the latest episode of *Demon Slayer* reaches

its climactic finale in the battle against Gyokko, Muichiro encounters a deeply moving resolution, reuniting with his kin on the precipice of the abyss. Although triumph was eventually achieved for the valiant Hashira, the immense toll extracted pushed him perilously close to the precipice of existence. In his fragile state, Muichiro experienced a heartrending reunion with his family, including his beloved twin brother Yuichiro. Their presence provided solace and reassurance, reminding him that despite the hardships, everything would be alright. Overwhelmed by emotion, the typically stoic Muichiro finally broke down, his tears a testament to the depth of his pain and the healing power of this bittersweet reunion.

"Thank you for making me a mommy": Kim Kardashian pays sweet tribute to daughter North West on 10th birthday



Kim Kardashian shared a sweet birthday post for her oldest daughter North West, who turned 10 years old on June 15. The 42-year-old mother posted a tribute to the little girl, whom she shares with her ex-husband Kanye West. "My sweet special baby girl. I can't believe you're 10 years old North. My soul changed the day I met you and I love having you as my best friend. Thank you for making me a mommy. I love you so so so much and I will always be by your side forever," Kim wrote on Instagram, sharing two selfies with her daughter. Kim opened up about her parenting style last month in an episode of the 'On Purpose with Jay Shetty' podcast. On being asked if being the best mother was a hard job, Kim said, "Absolutely." "And I'm very confident, so every year I write each one of my kids about a four or five-page letter on their birthday, about what the year was like, who their friends are, silly words they're saying, their favorite foods, all the silly things they do and a little journey of what the year is like," she added.

"And it's so fun to see from the first year now, one of 'em is almost 10 years old. And I know that they'll appreciate this," Kim said. "I know that they'll appreciate everything, even if they might have thought I was being a little harsh on them. I know that they'll get it because I got it with my mom. I know they'll get it with me."

Besides North, Kim shares three other children with Kanye - her daughter Chicago, 5, and sons Psalm, 4, and Saint, 7.

Film Ink, a Unique Grant for Books on Indian Cinema

Film Companion and A Suitable Agency announce—Film Ink, a unique writing grant to support and encourage original, well-researched books focusing on inspiring lives and prominent moments in Indian cinematic history.

Film Ink grant is aimed to foster a community of writers who will chronicle aesthetic quality and the diversity of Indian cinema. Two talented writers with compelling book ideas, will receive a grant of 2.5 Lakh each along with publishing support.

Film Ink is envisioned to create a library of work that will document the journeys of luminaries of Indian cinema and uncover various cultural moments - some well-known, some hidden from the public eye.

In India, cinema isn't just an art form. It is part of the very ethos of Indian lifestyle—shaping our experience of emotion, and creating a mode of communication across a diverse country of varying languages and cultures. Film Ink is a unique initiative to document some of the great stories surrounding films and artists who shape Indian culture through cinema.

Our eminent jury comprises award-winning writer Balaji Vittal, author and journalist Deepanjana Pal, film critic and journalist Uday Bhatia.

According to Anupama Chopra, Founder, Film-Companion, "Writing my first book *Sholay: The Making of a Classic*, was a pivotal moment in my career. And now, I'm delighted to present Film Ink, which will enable more writers and more books that will delve into Indian cinema and hopefully inspire a new generation of artists, critics and commentators. I'm grateful to A Suitable Agency for helping to make this happen."

Priyanka Chopra reveals she 'leaned on' Nick Jonas while filming *Citadel*: He came through

Actor Priyanka Chopra, who welcomed her daughter Malti Marie Chopra Jonas last year, has spoken about balancing her family and career. In a new interview, Priyanka revealed that she 'leaned on' her husband-singer Nick Jonas and he 'came through' when she was filming her spy series *Citadel*. She also added that having a sense of balance with one's partner and family is very important.

Priyanka and Nick Chopra got married in a Christian and a Hindu ceremony in Jodhpur's Umaid Bhawan Palace on December 1 and 2 in 2018. Later, the couple also hosted two receptions in Delhi and Mumbai. In January 2022, the two announced that they welcomed daughter Malti Marie Chopra Jonas, via surrogacy.

Priyanka on family, career In an interview with *Ocean Drive*, Priyanka said, "Having a sense of balance with your partner and your family is very important to be able to pull that off. I leaned on my husband, and he came through when I was filming the series (*Citadel*), but work-life balance is really important. This is my career, and this is what I do for a living. But being able to find the time to prioritise what's important is crucial."

Priyanka also said, "I feel like I still have a long way to go in my English language work or in Hollywood. I would love to be able to delve deep into my acting work in this part of the world."

Priyanka and Nick have been enjoying some family time in Liverpool. Recently, the actor shared pictures on Instagram from her recent trip with Nick, daughter Malti, mother Madhu Chopra, and her mother-in-



law Denise Jonas. Priyanka captioned the post, "Magic... family." Priyanka's projects Priyanka was recently seen in *Citadel*, created by The Russo Brothers. The action-packed show revolves around two elite agents Mason Kane (Richard Madden) and Nadia Singh (Priyanka) of the global spy agency Citadel. Priyanka will be seen with Alia Bhatt and Katrina Kaif in *Jee Le Zara*.



Zara Hatke Zara Bachke box office: Vicky Kaushal film earns 63 crore in 2 weeks, to face competition from Adipurush now

ZARA HATKE ZARA BACHKE HAS MAINTAINED A STRONGHOLD ON THE BOX OFFICE FOR TWO WEEKS, BUT THAT MIGHT CHANGE NOW WITH THE RELEASE OF ADIPURUSH.

Laxman Utekar's small-town romantic comedy *Zara Hatke Zara Bachke* has garnered a total of 63 crore at the box office in its two-week run, so far. The film starring Vicky Kaushal and Sara Ali Khan has maintained a constant stronghold on numbers across a fortnight.

About *Zara Hatke Zara Bachke*

Directed by Laxman Utekar, *Zara Hatke Zara Bachke* fea-

tures Vicky Kaushal and Sara Ali Khan in the lead. The film released in theatres on June 2. Co-produced by Maddock Films and Jio Studios, *Zara Hatke Zara Bachke* also stars Inamulhaq, Sushmita Mukherjee, Neeraj Sood, Rakesh Bedi and Sharib Hashmi.

Latest figures

Taking to Twitter, trade analyst Taran Adarsh wrote, "*Zara Hatke Zara Bachke* puts up a

healthy score in week 2... Shows no signs of fatigue or slowdown on weekdays... HTL... [Week 2] Friday 3.42 crore, Saturday 5.76 crore, Sunday 7.02 crore, Monday 2.70 crore, Tuesday 2.52 crore, Wednesday 2.25 crore, Thursday 1.98 crore. Total: 63 crore. India biz (business) box office."

Zara Hatke Zara Bachke made 37.35 in its opening week and the second week has

fared fairly well too, with a total of 25.65 crore. Competition from *Adipurush* *Zara Hatke Zara Bachke* is sure to face stiff competition from Om Raut's epic saga *Adipurush*, an interpretation of Ramayana, starring Prabhas as Rama, Kriti Sanon as Sita and Saif Ali Khan as Ravana.

Taran Adarsh added that while the number of screens for *Zara Hatke Zara Bachke* has reduced considerably thanks to

Adipurush, it's likely to show increased earnings over the weekend, given the film's solid word of mouth and its consistent run during the weekdays.

Vicky on *Zara Hatke Zara Bachke*

As quoted by news agency PTI, Vicky had said, "The film was narrated to us right after the second wave of Covid-19 when the situation was a lot more tense. It was like, 'What will happen to Bollywood?'"

DON'T FEEL LIKE EXERCISING? IT COULD BE YOUR MICROBIOME

Your gut may help motivate you to exercise. Or it might nudge you to skip your workout.

Which direction you take appears to be influenced by your diet and the health of your microbiome, the name given to the communities of bacteria, viruses and fungi that live in the intestines.

Intriguing new mouse studies show that the makeup of an animal's microbiome influenced how much it wanted to exercise, in part by sending signals to the animal's brains. Change a mouse's microbiome, and you changed whether it felt like moving. Although the new studies involved animals, they amplify and extend recent human research showing that active people's microbiomes can be quite different from those of people who rarely exercise. The findings raise the possibility that, depending on how we alter our internal microbes, we might wind up enjoying — or avoiding — exercise more.

Gut health affects overall health. The importance of the microbiome for our health is almost indisputable at this point. The state of our guts has been shown to affect our hearts, waistlines, sleep, moods, and risks for a variety of diseases, including diabetes and some types of cancer. Microbiomes are also quite malleable. Our gut bugs' numbers and types surge and dip, depending on how we live, including whether and how



we exercise. A study last year found that elite, cross-country skiers' guts contained fewer types of bacteria after a grueling season than the microbiomes of healthy non-athletes, but more of the remaining strains found in the athletes were associated with metabolic health.

While we know that exercise can influence the health of the microbiome, it's much less clear whether the effects work the other way, and your microbiome can influence your exercise. Anecdotally, people and lab mice taking antibiotics don't exercise much, but the reason might be that they probably felt ill before starting the drugs, discouraging physical activity.

If you give a mouse an antibiotic... So, scientists at the University of California at Riverside decided to wipe out the microbiomes of mice that love to run and see how they'd respond. The UC-Riverside mice were part of an ongoing experi-

ment in which female mice, that ran more than their lab mates, were bred to male mice of the same persuasion. Over multiple generations, the scientists developed a strain of super-runner mice. These animals voluntarily ran on wheels about three times as much as other mice. They also developed different microbiomes.

Now, for a study published last year in Behavioural Processes, the scientists gave some of these marathon mice broad-spectrum antibiotics, to kill off most of their gut bacteria. The animals continued to eat and otherwise live in unchanged ways, indicating the antibiotics hadn't sickened them.

But when the researchers gave the animals free access to running wheels, the marathoner mice's running mileage fell steeply. They averaged about 21 percent less distance every day, numbers that barely rebounded during the subsequent 12 days of

the study. The new experiment underscored "just how much" the microbiome seemed to be influencing the athletic animals' will-

ing to run, said Theodore Garland, an evolutionary biologist at UC-Riverside, whose lab developed the marathon mice and who oversaw the new study. But Garland's study didn't look at how microbes affect exercise motivation. For that, we need the results of another ambitious study, published in December in Nature, which looked deep inside the guts and brains of mice.

THE MICROBIOMES OF PHYSICALLY ACTIVE PEOPLE CAN BE QUITE DIFFERENT FROM THOSE OF PEOPLE WHO RARELY EXERCISE

In the study, scientists at the Perelman School of Medicine at the University of Pennsylvania and other institutions gathered eight types of mice, which naturally ran different daily distances, and began genotyping them and checking thousands of molecules released in their guts, blood, and brains before and during exercise. They also gave some of the mice antibiotics, bred others to have no microbiomes from birth, let them run or sit, gathered more tissues, transplanted fecal samples from happily running mice with robust

microbiomes into mice without gut bugs — and vice versa — and kept gathering reams of genetic and tissue samples. By the end they had more than 2.1 million data points about their mice. What they uncovered in that data was a direct communication link from the gut to the brain, activated by exercise. This communication began, they found, with the release of certain molecules in the gut during exercise, that then stimulated specialized nerves connecting the gut and midbrain. Once turned on, these nerves sent signals prompting the release in the brain of extra dopamine, the neurochemical most associated with rewards and motivation. The scientists also found that the higher the amounts of several, specific strains of bacteria in the animals' guts, the more dopamine their brains produced, and the more the mice ran.

Can our microbiomes affect motivation? In effect, the animals created a runner's high, originating in their microbiome, that encouraged them to exercise, said Christoph Thaiss, an assistant professor of microbiology at Penn Medicine and senior author of the study.

CYCLING AND EXERCISE ADDICTION: HOW MUCH IS TOO MUCH?

What does it mean to get hooked on riding your bike? CW investigates exercise addiction and comes face-to-face with its devastating consequences



Mark Bentley thought he was like any committed cyclist. Riding his bike wasn't only a hobby, it also gave him a sense of purpose. A good training session made him feel alive and satisfied. But there was a problem: it could become all-consuming. Squeezing in training around his social life and work as a business journalist based in Frankfurt, Germany, sometimes caused friction. When we spoke by phone in early September, Bentley confided that he was thankful to have a "very understanding" girlfriend, but admitted that he frequently prioritised training over social events and household chores.

"A few weeks ago there was a party, my girlfriend Su wanted to go to but we didn't go because I had an early morning club ride the following day," the 54-year-old told me. "Su sometimes complains that I neglect things in the house because of my cycling. I was put on part-time hours during Covid, which halved my salary, and my girlfriend felt I should look for another job, whereas I thought, 'Bugger that, it means more time to train'."

There is no strict definition of this form of addictive behaviour, but it describes the loss of control over exercise habits involving a dependence on exercise and, crucially, resulting in negative health, social and professional consequences. Multiple studies have found that cyclists (along with runners) are more at risk of exercise addiction than any other type of sportsperson. Indeed, one study of Spanish club cyclists found that 17% matched the criteria, compared to 0.3-0.5% of the general population.

It is vitally important that we, as cyclists, are aware of the dangers of exercise addiction and able to recognise the signs. I asked psychotherapist Katherine Cullen (née Schreiber), co-author of the book *The Truth About Exercise Addiction*, why cyclists are at particularly high risk. "Not everyone who cycles should be considered an exercise addict," she said, "but it tends to be more prevalent among people who cycle versus those who do team sports." As I began researching this piece, I didn't realise just how catastrophic the outcomes of exercise addiction can be — but I was about to find out in the worst possible way.

First, let's get this straight: riding your bike a lot and wanting to become fitter, stronger and faster does not mean you are addicted. Cycling, as we know, has innumerable benefits — it is a very healthy pastime. The problem comes when a rider grows dependent on cycling and feels they need to ride to the extent that cycling ranks above all other commitments, resulting in physical, psychological or interpersonal harm.

According to psychologist Iain Brown's much-cited 1997 research, there are six stages to becoming an exercise addict. One is salience, when the activity becomes the most important thing in the person's life; two is conflict between the addicted person and others; three is emotions, when the athlete uses exercise to regulate their mood; four is tolerance, where the person requires ever increasing amounts of exercise to feel the 'buzz'; five is the presence of withdrawal symptoms in the absence of exercise; and six is a loss of control, e.g. an inability to limit exercising time and being secretive around it.

Just as alcoholism manifests in different forms from one individual to the next, so too exercise addiction. The case of Mark Bentley contrasts sharply with that of Rob Whittle, a dog-trainer from Cheshire, who rides around 5,000 miles a year.

Weight loss after 60: Tips seniors should keep in mind

AIMING FOR WEIGHT LOSS IS ALWAYS CHALLENGING. ADD YOUR AGE TO IT, AND YOU'LL REALISE THAT BEING 60 MEANS WEIGHT LOSS JOURNEY WON'T BE SIMPLE. HERE ARE SOME WEIGHT LOSS TIPS THAT WOMEN OVER 60 CAN FOLLOW.

Whether you are 16 or 60, a weight-loss journey is not a cakewalk. Yes, when you are younger, your metabolism works in your favour. That is exactly why even if you eat a lot and do less movement, unwanted fat doesn't surprise you. But as you grow older, gaining weight becomes easier than losing it. That doesn't mean you should let your weight dominate you. Being overweight will make your health even worse. Let's find out what seniors should keep in mind while thinking of weight loss after 60.



you should keep in mind, but also your diet and other aspects of your life for weight loss after 60.

1. Resistance training incorporates using weights or resistance bands to develop muscle mass. Don't worry, it's safe for women over 60. Singh says that it bolsters metabolism and facilitates weight loss. The training also

helps in strengthening bones and containing osteoporosis, which is a common problem among older women.

2. Physical activities Any kind of physical activity is vital for weight loss. Regular exercise for women over 60 can help to retain muscle mass, increase metabolism and aid in weight loss. You can go for low-impact activities like walking

and swimming. Yoga can help as well.

3. Proper intake of diet A balanced diet is crucial for weight loss, and women over 60 should focus on consuming foods that are rich in protein and other nutrients. They should avoid foods that are high in sugar and fat. Protein is extremely important, as it can prevent muscle loss and promote weight loss. So, start eating protein-rich foods.

4. Positive attitude Whether you are a senior or not, a positive attitude is paramount to weight loss success. Women over 60 should focus on their objectives and celebrate their progress, rather than becoming disheartened by setbacks, says the expert.

5. Sufficient sleep Getting adequate sleep is essential for weight loss, as it

enables regulating hormones that influence appetite and metabolism. Women over 60 should ensure at least 7 to 8 hours of sleep per night.

1. Do not aim for rapid weight loss

Rapid weight loss seems to be a great idea, but it can lead to muscle loss and other adverse health effects. Women over 60 should strive for a slow and steady weight loss of one to 2 pounds per week, advises Singh.

2. Consult a doctor Women over 60 should consult a doctor before commencing a weight loss programme. They may have underlying health conditions that need to be assessed before initiating any new diet or exercise regimen. It is also important to seek the assistance of a fitness coach to achieve your desired results safely.

Eating a high protein diet damage your kidneys: Myth or fact?

We consume protein in various forms — be it dairy products, meats or eggs. Many lentils and vegetables also contain protein in lower quantities. It is one of the macros of nutrition that everyone consumes in their diet in one form or another. Some people also choose to supplement their diet with additional protein in the form of Whey Protein. But, does it have a negative impact on our kidneys? Let's find out.

High protein diet does not damage your kidneys

Dietary Protein consumption has no proven effect on the health of your kidneys. Even if you consume a moderate amount of protein, there will be some health guru around who will tell you that you will damage your kidneys, don't believe it. A lack of basic understanding of the functioning of your body will have no positive impact on your lifestyle or health. Know if eating a diet rich in protein damages your kidneys. Image courtesy: Shutterstock

Protein is an essential part of the human body. It is the building block of your anatomy and is required in making hormones, enzymes, tissues,



the growth of nails, growth of hair, the health of bones etc — essentially everything that you're made up of. The demand for protein in your body is so much that it becomes extremely difficult to overdo it. Here are some products that you can try: S. Bouldardii Probiotic - S. Bouldardii Saccharomyces Bouldardii Gastrointestinal, Mens & Womens

Probiotics - 440 Mg, Shelf Stable Immune Support, Ultimate Flora Probiotic FIXUPHEALTH 500 mg, Calcium and Vitamin D3 Tablets, for Bones and Muscle Care Unique Calcium - Vit D Bone Complex for Better Absorption Effervescent Tablets Orange Flavor - (20 Tablets) Too much protein will cause diges-

tive issues before the kidney comes into the picture, so stop worrying about too much protein. Consuming enough protein to cause digestive issues is an extremely high quantity and reaching that number for an individual is extremely improbable. Protein is beneficial for your health. The normal diet of an Indian person is not just deficient in protein but

protein is almost non-existent. We as people do function. Not protein, but these things can

PROTEIN BENEFITS, SIDE EFFECTS OF EATING A PROTEIN DIET, CAUSES OF KIDNEY DISEASES, PROTEIN MYTHS, DOES EATING PROTEIN AFFECT YOUR KIDNEYS, PROTEIN INTAKE, IS PROTEIN BAD FOR YOU, DANGERS OF EATING TOO MUCH PROTEIN, PROTEIN AND KIDNEY HEALTH, HIGH PROTEIN DIET, HEALTH SHOTS,

not need to cut protein out of your diet but rather add more sources to assure better bodily function. There is no evidence to prove that protein damages your body. But unsurprisingly there are multiple studies that tell us the opposite, i.e. the positive impact of protein.

There is a study which was published in the International Journal of Sports Nutrition and Exercise Metabolism in March 2000 which had participants who were body-builders and other well-trained athletes with high protein intake. They went into a 7-day nutrition record analysis as well as gave blood and urine for analysis. The study found that protein intake does not impact kidney

damage your kidneys. Now if it's not protein that is damaging the kidneys which we thought it was, what is causing it? Well, there is nothing that does more damage than oxidative stress caused by elevated levels of insulin and blood glucose in the kidneys as well as the damage to the capillaries because of high blood glucose levels. What triggers insulin and blood glucose levels is the sugar and refined carbohydrates in the diet. So if you're so worried about kidney damage, you might want to consider reducing sugars and refined carbohydrates that have no function in your body rather than targeting protein which is the building block of the human body.

JKTPO organizes e-Commerce on boarding drive with Walmart Vriddhi in Jammu

J I NEWS SERVICE

JAMMU, JUNE 16: Jammu and Kashmir Trade Promotion Organisation (JKTPO) organized an On Boarding drive /Supplier Development program intended at developing awareness and lending personalized advisory to MSMEs at Udyog Bhawan here, in association with Walmart Vriddhi, which was conducted under the guidance of Commissioner Secretary, Industries and Commerce and supervision of Managing Director JKTPO.

The on boarding drive was conducted to provide a platform to small sellers, artisans, retailers, small merchants, and traders of Jammu division to become certified and to take their business digital on Flipkart.

Walmart Vriddhi team conducted one-to-one networking



sessions with participants and registered them on the Walmart Vriddhi platform. All the sellers were facilitated by Walmart team on spot registration/ on

boarding and also clarified the queries of sellers related to Logistics and listing of products etc. More than 45 sellers/ artisans/ entrepreneurs and representatives from FICCI FLO

attended the drive wherein 32 were registered and on boarded on the spot from varied sectors including Handloom and

Handicrafts, Agro and Food, Beauty and Wellness, Electrical and Electronics, Apparel, Footwear, Jewellery, Ayurvedic /Herbal products etc

The on boarding drive is a significant milestone in the continuing efforts of JKTPO to foster economic growth and promote digital commerce in Jammu and Kashmir. These drives have helped to create awareness about the benefits of leveraging the power of e-commerce and expand their reach beyond traditional boundaries. Presently, JKTPO is continuously organising such promotion activities including on boarding on E-Commerce platforms to enable local entrepreneurs to sell their products online across the world. Imran Mehmod, Financial Advisor, JKTPO along with other officials attended the drive.

Director Agriculture inspects various Pesticide Godowns in South Kashmir

Government ready to curb any Pest Infestation in the Valley: Chowdhury Iqbal



J I NEWS SERVICE

SRINAGAR, JUNE 16: In response to various inputs related to leaf miner infestation in Kashmir, the Director Agriculture Kashmir, Chowdhury Mohammad Iqbal today visited various Pest Infested areas in South Kashmir and interacted with the stakeholders of the area.

The Director also visited the godowns of the pesticide companies operating in the areas to ensure insecticides sufficiency in the valley.

Iqbal said that the department is working in collaboration with the Directorate of Horticulture to curb any eventuality well in time. He gave assurance to the concerned stakeholders that the Government of Jammu and Kashmir UT is very much concerned about the crop health and shall provide every possible support to the farming community.

Director Agriculture impressed upon the field functionaries to remain in close liaison with the farming community and ensure availability of the insecticides at the sale outlets so that the required sprays of insecticides are available to the farming community.

Dy. Mayor Srinagar visits Astan Sharief Hazrat Mir Syed Ali Hamdani (RA) at Khanqah e Moulla

Qadri greeted people on Urs eve; prayed for peace & prosperity of J&K

J I NEWS SERVICE

SRINAGAR, JUNE 16: The Deputy Mayor Srinagar, Parvaiz Ahmad Qadri today visited Astan Sharief Hazrat Mir Syed Ali Hamdani (RA) at Khanqah e Moulla Srinagar on Urs-e-Shah-e-Hamdan (RA).

Qadri greeted people on the occasion and prayed for peace and prosperity of J&K.

He also interacted with the management members of the shrine and asked them about the facilities being provided by the civil administration.

Earlier on the directions of the Deputy Mayor, an intensive cleanliness drive was held at Astan Sharief Hazrat Mir Syed Ali Hamdani (RA) at Khanqah e Moulla Srinagar for Urs-e-Shah-e-Hamdan.

The Dy. Mayor was accompanied by senior officers of the Corporation.

DC Ganderbal takes stock of arrangements at transit camp Manigam for SANY-2023

J I NEWS SERVICE

GANDERBAL, JUNE 16: The Deputy Commissioner (DC) Ganderbal, Shyambir today took stock of the arrangements being put in place at transit camp Manigam by various line departments for smooth conduct of Shri Amarnath Ji Yatra (SANY) 2023.

On the occasion, the DC reviewed the arrangements for pitching of tents, health facilities, installation of ROs, lights, cleanliness, signage, public convenience, installation of PAS and other facilities.

The DC inspected the tentage area and directed the concerned that good quality tents shall be pitched as per discussed plan with proper bedding and other required facilities. While discussing the waste management plan, the EO Municipal Council Ganderbal said that a viable solid liquid waste management plan will be put in place during the Yatra period. He also gave necessary directions for cleanliness of toilets, proper signage besides stressed on efficient utilization of space and proper waste management to ensure smooth conduct of SANY 2023. The DC was accompanied by Additional District Development Commissioner, Mushtaq Ahmad Simnani; EO Municipal Council Ganderbal, Tehsilidar Lar and representatives from other line departments.

DC reviews implementation of self employment generation schemes in Rajouri district

J I NEWS SERVICE

RAJOURI, JUNE 16: Deputy Commissioner Rajouri, Vikas Kundal today reviewed the implementation of self-employment generation schemes in the district.

The schemes reviewed included those of Women Development Corporation, Khadi and Village Industries Board (KVIB), Cooperatives, Scheduled Tribes and Scheduled Castes Corporation, and others.

During the meeting, DC took stock of the progress made under these schemes and directed the concerned officials to ensure effective implementation. He also stressed on the need to identify and support the beneficiaries to enable them to become self-reliant and contribute towards the development of the district.

The DC further emphasized the need for effective monitoring and evaluation of these schemes to ensure their success and to address any issues that may arise. He also urged the officials to work in close coordination with other departments and stakeholders to achieve the desired outcomes of these programs.

The Deputy Commissioner, Vikas Kundal reiterated the administration's commitment to promote self-employment opportunities and economic empowerment of the people, and urged the beneficiaries to take full advantage of these schemes to improve their livelihoods and contribute towards the overall development of the district.

Officers who attended the meeting were CPO, Mohammad Khurshid; DDE, Qadeer Ul Rehman; concerned officers from Women Development Corporation, cooperative society and other officers.

Nasha Mukt Jammu & Kashmir Abhiyan Anti-drug campaign gains momentum in Ramban district

Series of awareness events, mass pledge ceremonies organized



J I NEWS SERVICE

RAMBAN, JUNE 16: The stakeholder departments are organizing a series of awareness programmes under Nasha Mukt Jammu & Kashmir Abhiyan in District Ramban to sensitize the people at all levels about the challenges posed by the Drug menace.

District Social Welfare Department, in collaboration with District Information Centre, and Sports department on Friday organized an awareness camp here in the District Police Lines.

The aim of the programme was to spread awareness about the dis-

astrous consequences of drug abuse amongst the people in general and youth in particular.

A pledge to make the district free of drugs was also administered to all the participants by the District Social Welfare Officer, Rahul Gupta.

Speaking on the occasion, the DSWO said it is responsibility of all individuals to educate the youth about the harmful effects of substance abuse and provide them with access to the necessary resources to combat this issue.

He further said the Nasha Mukt Bharat Abhiyan is an important campaign that aims to address the

issue of substance abuse and create a drug-free India.

"Government has taken a slew of measures to fight this menace but the cooperation of society is a must to curb the menace," he added. The DSWO highlighted the importance and positive effects of awareness campaigns on youths. He appealed to the school authorities to regularly conduct such campaigns, and ensure that a lecture on substance use would be a regular feature of morning assembly.

He informed that the District Administration Ramban has organized a series of awareness rallies and pledge ceremonies to promote the Anti-Drug Campaign under the aegis of Deputy Commissioner, Ramban Musarrat Islam.

To spread awareness among the masses, the District Information Centre Ramban has launched a special drive on social media by circulating the awareness messages through infographics and audio video means.

DM Ramban chairs NCORD meeting

Calls for effective enforcement of drug control measures

J I NEWS SERVICE

RAMBAN, JUNE 16: District Magistrate Ramban, Musarrat Islam, today chaired a meeting of the District-level NARCO Coordination Committee (NCORD) to review the measures taken by the enforcement agencies to curb the drug abuse and narcotic trafficking in the district.

Additional SP, Gourav Mahajan; CMO Dr. Kamal Zadu; DSWO, Rahul Gupta; DCO, Imtiaz Ahmed; Dy. CEO, BDO and other concerned officers attended the

meeting. Tehsilidars and DFOs also attended through virtual mode.

A three-hour discussion was also held on incidence of drug addiction, areas of concern and hotspots of drug use and action taken by the concerned departments with regard to curb the menace of drugs.

He further underscored that the Ramban Administration has adopted a zero tolerance policy against drug suppliers and traffickers. He asked all concerned to make a micro level strategy to deal with

the menace. The District level NARCO coordination committee appreciated the enforcement departments for launching effective measures to curb the drug abuse and narcotic trafficking in the district. The Committee asked for working with the same spirit. The DM directed the concerned to compile a database of drug addicts to facilitate their medical treatment and rehabilitation. He also directed ACD, CMOs, Police, Tehsilidars and BDOs to submit a fact report regarding the status of drug addiction and cultivation of

restricted crops used for narcotic drugs.

The DM also directed the CMO and enforcement departments to intensify inspections of chemist shops, health centres and courier service centers to restrict illegal transport, sale and distribution of psychotropic drugs and other banned substances in the district.

Recognizing the significance of awareness activities, the District Magistrate instructed the concerned departments to initiate mass awareness campaigns in schools, colleges, and public spaces.

Horticulture Department Kashmir & SKUAST-K leaving no stone unturned to contain Apple leaf blotch miner

All types of measures being taken to curb the infestation; no shortage of pesticides required for the management of pest Orchardists have been requested not to panic & follow the ad hoc advisory framed by SKUAST-K

J I NEWS SERVICE

SRINAGAR, JUNE 16: With the diversification of crops as well as the climate driven changes in pest dynamics, some areas of Kashmir valley especially the districts of south Kashmir, have witnessed the emergence of a new insect pest namely Apple Leaf Blotch Miner. The pest was reported during the year 2021 from Zainapora and other adjoining areas of district Shopian and can be identified by circular necrotic blotches on apple leaf like Alternaria Leaf spot. During high pest incidence the leaf shows many spots especially in heavily infested pockets, and trees show a burnt appearance from a distance. The surveys conducted by SKUAST-K and Department of Horticulture revealed that the pest infestation is prevalent in the orchards of some villages of district Shopian, Kulgam, Anantnag

and Pulwama. The economic threshold level of blotch leaf miner is 0.5 to 1 blotch/leaf. Dispersal of blotch leafminer to new areas takes place through infested fruits, Bud/graft wood and plant material.

In order to ensure the containment of any further resurgence and to reduce the intensity of the pest, Financial Commissioner/ Additional Chief Secretary, Atal Duloo has already instructed SKUAST-K and Department of Horticulture, Kashmir for working out the strategy of its management and to delineate the areas into various infestation zones, such as red, yellow and green depending upon the severity of the infestation, so that the pest can be efficiently managed. Following the instructions, the Department of Horticulture, Kashmir and SKUAST-K proactively initiated a programme and strategy of damage assessment

and management of the pest. This strategy involves not only identification of pest hot spots, but also its possible spread channels, its containment and eradication measures and to prevent an imminent outbreak.

In this respect all the viable means and methods both physical and IT enabled will be put in place. SKUAST-K has already developed google form for receiving the responses from various stakeholders, particularly orchardists regarding the presence and severity of the pest. So far 10,764 responses were received through the google form. The department of Horticulture and SKUAST-K are pre-emptively following the situation and are leaving no stone unturned to eradicate the pest.

The teams of officers from Department of Horticulture, Kashmir and SKUAST-K scientists are regularly visiting the

infested areas. This time also teams of experts are in the orchards of district Kulgam, Shopian and Budgam to provide on the spot advisory and awareness regarding management of the pest to the orchardists. One of the teams visiting District Shopian and Kulgam is being led by Joint Director Horticulture, Kashmir Zabor Ahmad Bhat.

All types of measures are being taken to curb the infestation. There is no shortage of pesticides that are required for the management of pests as confirmed from Director Agriculture, Kashmir Controller Pesticides. The department of Horticulture, Kashmir, SKUAST-K and Director Agriculture, Controller pesticides are working in cohesion and coordination to control the pest.

This is not the first time that the Orchardists of the valley are confronting the infestation. Some

decades back scab had also attained the alarming situation, but through cooperation and coordination of all the stakeholders viz, the department of Horticulture, Kashmir, SKUAST-K and the orchardists, we were able to manage the situation.

This pest will also be brought under control through the integrated and cooperative approach. The results of management strategies are encouraging, as the infestation of Leaf Blotch Miner in the ACDH, Zainapora Shopian has been brought down from 90% during the year 2021 to 10% during current year. The orchardists are requested not to panic and to follow the ad hoc advisory framed by SKUAST-K and also published by the Department of Horticulture, Kashmir in letter and spirit. By adopting cooperative, integrated and sustained approach we will be able to eradicate the pest.



"Rally of Valley"-TSD Rally flagged off from the Golf Course in Jammu

JJ NEWS SERVICE

JAMMU, JUNE 16: After commencing in Chamba District of Himachal Pradesh, the 'Rally of Valley' made significant progress as it continued its journey, being flagged off from the Golf Course in Jammu today. It has been organized by Autoz 365 Motorsports, Azlan Racing and Chamba Motorsports, the rally is swiftly advancing through the picturesque regions of Jammu and Kashmir.

The rally was flagged off from the Golf Course in Jammu today by GM JKIDC Sham Abrol in presence of Secretary Golf Course Manav Gupta and other Sponsors of this event. 70 participants and 35 Vehicles were part of this rally from various regions across India. J&K is set to witness an exhilarating Time Speed Distance (TSD) Rally which started from Chamba on June 14. The rally has already covered a considerable distance and is set to traverse the challenging routes of Jammu, Baderwah, Kishtwar and Kupwara districts. Spanning more than 1050 kilometers, this rally is an extraordinary test of endurance for the participants including navigation through high altitude passes like Sinthan Pass and Pharkiyuan Top.



The organizers express their satisfaction with the smooth progress of the event so far and thanked the valuable support of various sponsors and authorities. The sponsors of this thrilling event include JKIDC, Karcher India, Tesla Power India, Hotel Sky View, Radio 93.5, Red FM, Vamcy Mallar, Own LED Lights, and Jammu Links. The organizers extend their gratitude to these sponsors especially JKIDC for making their stay memorable and comfortable and have also acknowledged the contributions of agencies such as JK Police, Himachal Police, and the District Administrations of Chamba, Jammu, Doda, Kishtwar, Srinagar and Kupwara, as well as the Indian Army in Kupwara and Keran Sector and Valleys Roaring Squad.

As the rally proceeds, participants eagerly look forward to reaching their destination spots and completing this extraordinary journey. The 'Rally of Valley' serves as a celebration of motorsports and adventure tourism in the J&K region, offering a platform for drivers to showcase their skills and inspire the youth to explore this exciting field. The rally is expected to conclude in the beautiful city of Srinagar, providing a fitting end to this memorable event and leaving a lasting impression of the remarkable landscapes and spirit of Jammu and Kashmir.

DDC Chairperson Ganderbal visits Lar; reviews arrangements for annual Urs of Shah Sadiq Qalander (RA)

JJ NEWS SERVICE

GANDERBAL, JUNE 16: The Chairperson, District Development Council (DDC) Ganderbal, Nuzhat Ishfaq on Friday visited Lar and Wular Ganderbal to take stock of arrangements for the ensuing annual Urs of Sufi saint Hazrat Shah Sadiq Qalander (RA).

The DDC Chairperson paid obeisance at the shrine of Hazrat Shah Sadiq Qalander (RA) at Lar in Ganderbal district on the eve of Annual Urs festivity being observed from Monday.

While interacting with the officers, she reiterated these spiritual shrines are our treasures and the path of love, humanity and spiritual excellence shown by our great sufi's can lead us to the light of peace, contentment and social harmony which in turn will make our lives filled with all good. "We need to propagate the teachings of our sufi saints to our new generation", she added.

She further said that she has released Rs. 6 lakh during the current year for the renovation of the shrine. The DDC Chairperson stressed upon the concerned officers to ensure the availability of all the necessary arrangements so that the devotees do not face any inconvenience. She also met the public delegations and later held a meeting with the concerned officers and Waqf staff. She directed the heads of all departments and Waqf officers to ensure that people don't face any difficulties during the Urs congregations.

The DDC chairperson directed the officers to ensure uninterrupted power supply, safe drinking water supply, proper sanitation measures, illumination and decoration of the shrine besides healthcare facilities and security arrangements at the Shrine.

ADDC Ganderbal, Mushtaq Ahmad Simmani; Tehsildar Lar, SHO Lar, AEE R&B, AEE Jal Shakti, AEE PDD and other officers from, FCSCA, Health, Municipality accompanied the DDC Chairperson during the visit.

Horticulture Department Budgam creates awareness on Apple Leaf Blotch Miner, Pests & Diseases

JJ NEWS SERVICE

BUDGAM, JUNE 16: A team of Horticulture department Budgam today visited Nasrullahpora area in the district to create awareness and management of Apple Leaf Blotch Miner and other Pests and Diseases in Orchards.

The team headed by Chief Horticulture Officer Budgam comprised of Senior Scientist of Sheri Kashmir University of Agriculture Sciences and Technology (SKUAST-K) and other Officers of the Department.

The Chief Horticulture Officer stressed upon participating farmers to follow the Advisory issued by the Department.



Department of Horticulture in letter and spirit so that the infestation of the pest is managed in its initial phase.

He also advised the field functionaries of the Department to remain alert and keep monitoring about the status of the management/SOPs followed by the farmers.

DC Budgam inaugurates Public Facilitation Centre at DC Office, one point centre shall have all major public dealing sections

Says facility to ensure prompt & streamlined public service delivery

JJ NEWS SERVICE

BUDGAM, JUNE 16: The Deputy Commissioner (DC), Budgam, Akshay Labroo today inaugurated Public Facilitation Centre at Deputy Commissioner Office, here.

The centre houses all major public dealing sections at one place including verification, land revenue, relief, Hajj, red cross, judicial, rent, tree section etc.

DC said that the facility would ensure prompt and hassle-free service delivery to the general public of Budgam.

He inspected various sections to take stock of functioning of these offices and instructed concerned Office bearers to ensure smooth and prompt service delivery.

The DC impressed upon the offi-

cial that upgradation on facilities including benches, sign boards, and public washroom facility be also completed at the earliest for convenience of the general public.

Among others, ADDC, Dr Akramullah Tak; JD Planning, ACP, Executive Engineers, R&B, Budgam and officials of various engineering wings were also present on the occasion.

ADC reviews arrangements for Shri Amarnath ji Yatra at Udhampur

JJ NEWS SERVICE

UDHAMPUR, JUNE 16: Additional Deputy Commissioner, Udhampur Joginder Singh Jasrotia today chaired a meeting of officers of stakeholder departments to review the arrangements for the smooth conduct of upcoming Shree Amarnath Ji Yatra 2023.

The ADC took a detailed review of arrangements made enroute from village Tikri to Chenani for the hassle-free Yatra, including security; provision of safe drinking water, power supply; First-aid, sanitation, identified locations of stay, Provision of temporary toilets, Lodging and langars facilities, Traffic and security arrangements etc.

Necessary directions were issued to district heads of various departments to ensure fool-proof arrangements pertaining



to their respective department well before the start of the yatra. The ADC directed the district officers

to work in close coordination for finalizing necessary arrangements. He informed that the District Administration has established

24 Lodgement centres in the district and appointed nodal officers for each of these centres.

During the meeting, PDD was directed to provide uninterrupted power supply while PHE was asked to arrange water tankers round the clock for the yatries.

The Traffic Department was asked to ensure the free flow of traffic during the yatra.

Stressing on better sanitation and cleanliness at the larger sites, the DC asked the CEO, MC to install dustbins and provide vehicles for the proper disposal of the garbage from larger sites as well as lodgement centres.

The CMO was directed to provide round the clock services for any type of medical emergency and keep record of all medicines available & required during the yatra period.

RSC's Two Day Teacher Training workshop concludes at Kishtwar

JJ NEWS SERVICE

KISHIWAR, JUNE 16: The Two Day innovative teacher training workshop organized jointly by The Royal Society of Chemistry (RSC), UK and the CSIR - Indian Institute of Integrated Medicine (IIM) for the capacity building of Science teachers from Kishtwar district concluded here today in Government Model Hr. Sec. School (Boys).

While giving the details about the workshop, Dr. Ashaq Hussain, Associate Professor Chemistry, who is the coordinator of the training series, said that these workshops are being hosted under the banner of Yusuf Hamied Inspirational Science Programme (YHISP), enhance the skills and knowledge of science teachers. The aim is to acquaint teachers with new techniques of



delivering and engaging concepts in Science effectively. This workshop was the third workshop in the series of total 4 workshops as previously two workshops of this kind were conducted at Kathua (9-10 June) and at Katra (12-13 June). The last workshop will be held in Anantnag on 19th and

20th June. In his concluding remarks, Hemaat Layankar, the key resource person of the training programme- said that the workshop was organized with an objective to raise and to train teachers to design lessons, integrating activities in curriculum

and pedagogy to improve understanding of subjects in order to develop higher order thinking skills. During the workshop teachers were introduced to proven active learning techniques that can be applied easily in a science context, helping students to develop their conceptual understanding.

The teachers got the opportunity to learn some practical science experiments that could be adapted and to be used in any setting, including those with no traditional laboratory facilities.

A total of 48 science teachers from various Government and private schools participated in this workshop and thoroughly enjoyed the proceedings.

The valedictory function of the workshop was presided over by Chief Education Officer Kishtwar, Parhallad Bhagat.

In his valedictory speech, the CEO urged teachers to take these innovative techniques into the classroom and make Science Teaching effective and joyful for the students. In his address, Dr. Ashiq Hussain and RSC, CSIR-IIM Jammu and appreciated the above capacity building programme. He said that such workshops should be organized at every level and on regular intervals to develop creative teaching skills among the teachers.

At the end, certificates on behalf of RSC and CSIR - IIM were presented to the participants by the Chief Guest in presence of scientists Dr V P Rahul and Dr Showkat of IIM Jammu.

Arshad Hussain Dev, Lecturer GHSS Kishtwar assisted Dr. Ashaq Hussain and thereby played a key role in coordinating the entire event.

Doda: Health Department organizes Mega Medical Checkup Camp at Malan

JJ NEWS SERVICE

DODA, JUNE 16: The Health Department Doda today organized a mega health checkup camp here at Malan, a remote area of Dessa.

The camp was hosted under the guidance of Chief Medical officer, Dr Abdul Hamid Zargar, to provide quality medical care and free medicines to the local population at their doorsteps to bridge the healthcare gap and ensure that the needy receive timely medical attention.

Led by the senior Doctor, Dr Tariq Hussain, a dedicated medical team examined around 100 patients during the camp. The healthcare professionals provided comprehensive evaluation for various ailments, addressing the immediate health concerns of the local population. The medical consultation focused on non-communicable diseases (NCDs) and tuberculosis (TB) screening, reinforcing the importance of preventive healthcare.

Residents of Malan Dessa and surrounding areas were greatly benefited by this well-organized medical checkup camp.

The availability of quality healthcare services in remote regions like Malan is often limited, leading to increased health disparities. However, through the efforts of the health department, barriers to healthcare access were successfully overcome, ensuring that even the most marginalized individuals received much-needed medical attention.

The mega health camp served as a shining example of the government's commitment to equitable healthcare delivery. By reaching out to the underprivileged communities, the health department showcased its dedication towards improving the overall health and well-being of the population. The successful screening for NCDs and TB will not only help in early detection but also aid in preventing the spread of diseases within the community.

Intensified Diarrhea Control Fortnight

Public awareness programme held in Block Assar

JJ NEWS SERVICE

DODA, JUNE 16: As a part of the Intensified Diarrhoea Control Fortnight (IDCF) 2023, the health department organized an awareness programme in Block Assar, here the other day.

The programme was held under the supervision of Chief Medical officer, Dr Ab Hamid Zargar and guidance of Block Medical Officer Assar Dr Tanveer Ahmed and attended by a large number of locals.

A team of health workers thoroughly explained the cause of diarrhoea among the children and adults and acquainted the participants about the precautionary measures, interventions and preparation of ORS at home and its uses.

Elaborating further, the team said that the ultimate aim of Intensified Diarrhoea Control Fortnight is to achieve zero child deaths due to childhood diarrhoea.

The health department stressed on mass participation in the awareness campaigns to minimize the child mortality due to diarrhoea.

Pertinent to mention here that District Health Society Doda is organizing such activities in all medical blocks as a part of IDCF 2023, wherein different activities were carried out like hand washing demonstration in schools, outreach camps and distribution of ORS and Zinc tablets.

The health team comprising of Ashiq Hussain (CHO/DAC), Sunil Gupta (Phst), Shahida Begum (MPHW), Sabah Shaikat (MLHP), Rubia Anjum (BAC) and local ASHAs rendered their services during the awareness camp.

Deputy Commissioner Rajouri sees off batch of 161 Hajj pilgrims

JJ NEWS SERVICE

RAJOURI, JUNE 16: Deputy Commissioner Rajouri, Vikas Kundal today bid farewell to a group of 161 Hajj pilgrims who embarked on their spiritual journey to the holy city of Mecca. The pilgrims gathered at EidGah Masjid Rajouri where emotions were high as family members, friends, and well-wishers gathered to see off the pilgrims.

The Deputy Commissioner, along with Additional Deputy Commissioner, Rajiv Kumar Khajuria and Assistant Commissioner Revenue, Imran Rashid Kataria and several prominent community and religious leaders conveyed their best wishes and blessings to the pilgrims. A total of 534 individuals of Rajouri district are set to embark on the pilgrimage to Mecca this year. The Deputy Commissioner highlighted the privilege and honor bestowed upon the selected individuals, who were about to embark on a life-changing journey. He spoke about the great spiritual and cultural significance of the Hajj pilgrimage, emphasizing the unity and harmony that it fosters among people of different backgrounds and nationalities.

Special arrangements were made by the local administration to ensure a smooth departure for the pilgrims. Medical teams were also present to attend to any health emergency before the departure of the pilgrims. The Deputy Commissioner, along with the accompanying delegation, interacted with the pilgrim, offering words of encouragement and prayers for a safe and successful journey.

DLC approves 21 cases under PM-FME at Kulgam

JJ NEWS SERVICE

KULGAM, JUNE 16: A meeting of District Level Committee (DLC) was held today under the chairmanship of Additional District Development Commissioner (ADDC) Kulgam, Showkat Ahmad Rafter to discuss and approve the cases/proposals under Pradhan Mantri Formalization of Micro Food Processing Enterprises (PM-FME) scheme.

During the meeting, 32 cases were tabled before the committee and after threadbare discussion regarding the various products, their productivity, processing perspective, market viability, etc. chair approved 21 cases with required financial assistance of Rs.1.83 crore under PM-FME for establishment of Micro Food Processing Units.

Chief Agriculture Officer, Ravender Kumar and District Resource Person were urged to guide all these aspirants for establishment of their units.

PM Modi Joins Grammy-Winning Singer Falu For A Song On Benefits Of Millets

NEW YORK : Prime Minister Narendra Modi has collaborated with Grammy Award-winning Indian-American singer Falu for a special song to promote the benefits of millets and their potential to alleviate world hunger.



The 'Abundance in Millets' song, performed by Falu and her husband and singer Gaurav Shah, is set for release on June 16 across streaming platforms.

The year 2023 has been designated as the 'International Year of Millets' after a proposal for it was brought forward by India and endorsed by Members of the UN's Food and Agriculture Organization (FAO) Governing Bodies, as well as by the 75th Session of the UN General Assembly.

"Prime Minister Modi has written a song with me and my husband Gaurav Shah," Falu told PTI ahead of the song's release.

She said the song, written in English and Hindi, will be made accessible to everybody and highlights the power of millets.

"Falu and Gaurav Shah will release the track 'Abundance in Millets' featuring the Honorable Prime Minister Narendra Modi on June 16, 2023 in celebration of the

International Year of the Millets. 'Abundance in Millets' was created to raise awareness of the super grain as another potential key to minimising world hunger," said a statement on Falu's website.

Falu said the idea to write a song about millets came to her when she met Modi in New Delhi last year after her Grammy win.

She said Prime Minister Modi suggested to her she should write a song with a message of ending hunger during their discussion on the power of music to bring change and uplift humanity. Since music transcends boundaries, Prime Minister Modi suggested writing a song on millets, she said.

Falu said PM Modi told her that India promotes millets because it is a super grain and has immense

hear the speech that he has written and narrated in his own voice," she said.

Falu said she is "honoured" and "humbled" to collaborate with PM Modi on the millets song.

"It is a lifetime opportunity for any artist," she said.

The New York-based artist underlined that the song aims to promote millets and help farmers to grow more and try to end hunger in various parts of the world.

"What better to have a song and music tied along with the message that we can actually solve hunger problems in the world," she said.

"If we can supply the world with millets, which is a very easy way of farming and growing, this grain can really help end the biggest problem in the world which is hunger and also uplift farmers, local and smaller farms," she said.

Millets were among the first crops to be domesticated in India with several evidence of its consumption during the Indus Valley civilization.

Grown in more than 130 countries at present, millets are considered traditional food for more than half a billion people across Asia and Africa.

health and nutritional value.

She said she very "naively" asked the prime minister if he would write the song with her and he agreed.

"We have collaborated on the song, it's a single and it's coming out on June 16," with a worldwide release on every streaming platform, she said.

The song will be released in Hindi and English, Falu said, adding that it will be translated into other regional languages to ensure a widespread reach.

Falu said she was initially nervous about writing the song with the prime minister, but the whole collaboration happened in a very organic way.

"It's one thing to write for him and it's one thing to write with him. In the middle of the song, you will

As Aadhaar-PAN Linking Deadline Nears, A Warning From Income Tax Department

NEW DELHI : Just weeks are left before the deadline for taxpayers to link Aadhaar with their PAN card ends. In March, the Income Tax department had extended the date till June 30. But it also imposed a fine of 1,000 for taxpayers who apply for the linking till the last date. Now, in a tweet, the Income Tax department has again reminded taxpayers to not miss the deadline, warning them "miss it at your own risk".

According to officials, linking one's PAN with Aadhaar is an important step to help curb tax evasion.

"As per Income-tax Act, 1961, it is mandatory for all PAN holders, who do not fall under the exempt category, to link their PAN with Aadhaar on or before 30.06.2023. Please link your PAN & Aadhaar today," the Income Tax department said in a June 13 tweet.

The accompanying notice also details penal action that taxpayers will face if their Aadhaar and PAN are not linked by the said date. This includes: PAN cards of such taxpayers will become inoperative.

Both tax deducted at source (TDS) and tax collected at source (TCS) will be deducted/collected at higher rate in such cases.



Any pending refunds and interest on such refunds will not be issued.

Please click on 'Link Aadhaar' to link your Aadhaar with PAN.

In case the Aadhaar-PAN link is in progress, the taxpayer will see this message: "Your Aadhaar-PAN linking request has been sent to UIDAI for validation. Please check the status later by clicking on 'Link Aadhaar Status' link on Home Page."

Alternatively, taxpayers can also check the status by logging into the Income Tax portal and completing the following steps:

After logging in, the taxpayer needs to visit the 'Dashboard' on the homepage and click the 'Link Aadhaar Status' option.

He/she can also go to 'My Profile' and click on the 'Link Aadhaar Status' option.

If your Aadhaar is linked to the PAN, the Aadhaar number will be displayed. If the two documents are not linked, 'Link Aadhaar Status' will be displayed.

The website will also show a check-the-status later if the request to link your Aadhaar with PAN card is pending with the Unique Identification Authority of India (UIDAI).

Post a comment

Cong doesn't hesitate to insult even its own leaders who served as PM BJP hits back on Nehru Library renaming issue

NEW DELHI, JUN 16 : The BJP on Friday hit back at the Congress over its remarks on the renaming of the Nehru Memorial Museum and Library, saying the party does not hesitate to insult even its own leaders who served as prime minister of the country.

This came after Congress lashed out at the government over renaming of the museum here as the Prime Ministers' Museum and Library Society, calling it a "petty act" and asserting that legacies don't get erased by renaming buildings.

In response, BJP national spokesperson and Rajya Sabha member Sudhanshu Trivedi said the Congress is leveling allegations even though its leaders have not yet visited the museum to see how contributions and achievements of first prime minister Jawaharlal Nehru and those of his successors have been showcased in a much better way with use of technology.

He said the museum showcases the

contributions and achievements of all the former prime ministers including Lal Bahadur Shastri, Indira Gandhi, P V Narasimha Rao, Rajiv Gandhi and Manmohan Singh of the Congress.

"I am deliberately taking the name of their own prime ministers. I can understand if they have some bitterness with Narasimha Rao. But, I want to know what is their problem with the achievements of Indira Gandhi, Rajiv Gandhi, Lal Bahadur Shastri and Manmohan Singh whose terms as prime minister have been showcased in an organised manner," Trivedi said.

"In their opposition to Prime Minister Narendra Modi, they do not hesitate to even insult their own leaders. They are not able to differentiate between their own leaders and others due to 'Modi-bind' of Modi's opposition in their eyes," he charged.

Trivedi reminded the Congress how the Modi government celebrated the 125th birth anniversary of Nehru in 2014 after the NDA came to power at the Centre.

"I am surprised and a bit perturbed also (with the Congress' reaction in the matter)," he said and asked, "How many Congress leaders have gone there to see the Nehru Memorial?"

He said the memorial of India's first prime minister at Teen Murti Bhavan was not in a very good condition.

"It was gathering dust... The portion of Nehru ji's memorial has been reorganised in a much better way and it showcases his contributions and achievements with the use of advanced technology," the BJP leader added.

Earlier in the day, the culture ministry said that in a special meeting of the Nehru Memorial Museum and Library Society (NMML), it was resolved to change the museum's name to Prime Ministers' Museum and Library Society.

The meeting was presided over by Defence Minister Rajnath Singh, who is the vice president of the society, it said.

Union Minister Shripad Naik reviews preparations for G20 meets on tourism

PANAJI, JUN 16 : Union Minister of state for Tourism Shripad Naik on Friday conducted a comprehensive review of the preparations for the fourth G20 Tourism Working Group meeting and Tourism Ministers' meeting in Goa. The meeting is scheduled to be held from June 19-22. The Union minister expressed satisfaction with the arrangements made for the important gatherings, a government spokesperson said. Senior officials Venkatesan Dhattareyan, regional director of the western and central region at India Tourism



Mumbai Office, and Sanjit Rodrigues, the G20 nodal officer for Goa government, were present for the review.

The Tourism Working Group meeting and Tourism Ministers' meeting will provide an excellent opportunity to showcase Goa traditions and

the chance to experience the rich tourism offerings and vibrant Goa culture. As part of the itinerary, a special excursion to the Old Goa church and Mangueshi Temple has been arranged for the G20 delegates, the spokesperson said. In conjunction with these events, the Union Ministry of Tourism has organised celebrations for the International Day of Yoga on June 21 at Durbar Hall, Rajbhavan. All the G20 Ministers and delegates will actively participate in this session, embracing the spirit of unity and well-being, it was stated.

Pre-arrest bail extraordinary remedy to be granted in extraordinary cases says Delhi court

NEW DELHI, JUN 16: A Delhi court has denied pre-arrest bail to a man accused of involvement in organised cyber crime, saying anticipatory bail was an extraordinary remedy and is to be given only in extraordinary cases. Vacation Judge Aparna Swami dismissed the application filed by Shivam Kumar and directed him to join the investigation. "Anticipatory bail is an extraordinary remedy and is to be given only in extraordinary cases. The present

(case) does not warrant the same and thus, in light of the above discussion, I do not find this to be a fit case for grant of anticipatory bail," the judge said in an order passed on June 12. The court noted the case involved around 600 victims who were cheated of Rs 4.47 crore. The court also noted cyber police of seven states had issued notices for freezing the bank account of the company of the accused, "This being an economic offence, it must

be dealt with sternly in the matter of bail... For the case to be taken to its logical end, it requires detailed investigation, which in turn is dependent on sustained interrogation of the applicant/accused," the judge said.

The accused had sought anticipatory bail, claiming he was only a director in the company and had no role in the offence.

He alleged he was falsely implicated in the case.

Cyclone Biparjy aftermath 1 000 villages in Gujarat without power trees uprooted houses damaged

AHMEDABAD, JUN 16: Cyclone Biparjy, which lashed Kutch-Saurashtra region of Gujarat, has left a trail of destruction as it damaged 5,120 electricity poles and rendered 4,600 villages without power even as the authorities said that no loss of human life has been reported.

Power supply has been restored in 3,580 villages, while more than 1,000 others are still without electricity, officials said on Friday.

Nearly 600 trees got uprooted and traffic movement on three state highways came to a standstill due to damages and felling of trees, they said, adding that at least 23 people were injured as a result of the cyclone, which also left many houses damaged.

Biparjy (meaning disaster or calamity in Bengali) unleashed destructive wind speeds of up to 140 kmph and incessant rains as trees and electricity poles were uprooted, while seawater entered villages located in low-lying areas, officials said.

Heavy rains lashed the entire Kutch district since the cyclone started making landfall near Jakham Port from 6.30 pm on Thursday and the process continued till 2.30 am, they said. "No human death has been reported so far due to cyclone Biparjy. It is the biggest achievement for the state. This was possible because of our collective efforts," state Relief Commissioner Alok Kumar Pandey told reporters in Gandhinagar. More than one lakh people had been shifted to safer places before the cyclone's landfall, he said.

Ased about a cattle-rearer duo of father and son dying on Thursday while trying to save their goats stuck in a flooded ravine in Bhavnagar district, Pandey said that since the district was not cyclone-affected,

their deaths were not counted as cyclone-related.

"The cyclone caused extensive financial loss to the state power utility - Paschim Gujarat Viji Company Limited - with 5,120 electricity poles getting damaged. They are being restored. As many as 4,600 villages were rendered without power, but electricity supply has been restored in 3,580 villages," he said.

Work to restore power supply in the remaining villages is underway, but inclement weather is posing hurdles in the task, Pandey said.

"Three state highways were closed as they suffered damages and saw felling of trees. A total of 581 trees were uprooted as per reports. As many as nine pucca and 20 kutcha houses were razed, and two pucca and 474 kutcha houses suffered partial damages," he said.

Sixty-five thatched houses were destroyed, and the government was preparing an order for immediate compensation to those who have suffered losses due to the cyclone, the official added.

Media, social service organisations, administration of eight affected districts and central and state ministers in-charge for different districts campaigned in their respective districts to ensure that rescue and relief operation was carried out with better coordination, he said.

"Inter-departmental coordination was also very good, with all of us receiving the guidance of the chief minister. He visited the State Emergency Operation Centre, interacted with the media and provided us guidance," he told reporters in Gandhinagar. It was this collective effort that led to the state achieving one of the highest numbers of over one lakh people relocated to safer places from villages close to the Arabian Sea. With improvement in

the situation, the local district administration will begin shifting back those relocated to safer places, he said.

Talking to reporters in Delhi, NDRF Director General Atul Karwal also said that not a single human life was lost after the cyclone landfall, but 23 people were injured and electricity supply was disrupted in about 1,000 villages. There was no loss of human life because of the efforts of the Gujarat administration and other agencies that worked to ensure the least loss of life and property, he added.

"Of the 1,000 villages facing electricity disruption in the state, 100 per cent disruptions were in Kutch district alone as it bore the maximum brunt of the cyclone," Karwal said, adding that except Rajkot, no place in Gujarat is experiencing heavy rains.

A total of 18 NDRF teams, equipped with pole and tree cutters and inflatable boats, are deployed in Gujarat to undertake rescue and relief operations.

Five teams in Mumbai and four in Karnataka are actively deployed to respond to any situation that develops due to the cyclone on Friday, the DG said.

The cyclone is now headed towards south Rajasthan and the NDRF has already positioned a team in Jalore (in that state) after consultation with the state government as heavy rains may lead to a situation of flooding and people getting trapped, he added.

The cyclone intensity has reduced from 'very severe' to 'severe' category hours after making landfall. The cyclone has moved north-eastwards and has weakened into a cyclonic storm and will become a depression by the evening over south Rajasthan, officials said.

Nearly 3 lakh people to be affected after removal of pontoon bridge over river Ramganga in UP

SHAHJAHANPUR (UP), JUN 16: Around 3 lakh people from three districts of Uttar Pradesh will be affected after a pontoon bridge over the river Ramganga will be dismantled as part of an annual exercise here.

Providing a vital link to 3 lakh people from the districts of Shahjahanpur, Budaun and Farrukhabad, the 115-metre-long pontoon bridge also known as the floating bridge has been an integral part of their lives.

According to officials, the dismantling of the bridge is a precautionary measure keeping in view the coming monsoon season.

Additional District Magistrate (Finance and Revenue) Tribhuvan said the 115-metre-long pontoon bridge is a temporary arrangement, and the pontoon bridges are put over rivers after the rains and floods are over. The pontoon bridge at

Kolaghat was also a temporary arrangement.

Once the bridge is removed, people in Kalan tehsil of the district will have to cover 100 kilometre instead of the earlier 52 kilometre to reach the district headquarters here. "Around 3 lakh people will be affected by the removal of the bridge, as people from Budaun, Farrukhabad and Shahjahanpur have been using this bridge," Kalan Sub-Divisional Magistrate (SDM) Dashrath Kumar told PTI.

Residents of Kalan tehsil will have to travel 20 kilometres of Amritsar tehsil in Farrukhabad to reach Shahjahanpur district headquarters, a senior officer beater of Kalan nagar panchayat said.

Kalan Nagar Panchayat chairman Harinarayan Gupta said with the removal of the bridge, the villagers will have to change four buses and cover a distance of 100 kilometres to

reach the district headquarters. The people coming to the district court from Kalan tehsil in Farrukhabad will have to spend four to five hours extra. Earlier, the same distance used to be covered in half the time, he added. According to officials, in 2009, a concrete bridge named Kolaghat was built over river Ramganga - a tributary of Ganga and Bahubul - a tributary of Ramganga covering a length of 1,880 metres.

After it got damaged in 2021, people started crossing the rivers by boat. At the request of the locals, a pontoon bridge was installed, which was removed after June 15 last year.

Public Works Department (PWD) Executive Engineer Ratna Sinha said the concrete bridge was made in 2009 by the UP Bridge Corporation Limited. After one of its pillars got damaged in 2021, the department made a temporary bridge, which is removed during the rainy season.

CS for making all villages ODF+till month end

J I NEWS SERVICE

SRINAGAR, JUNE 16: Chief Secretary, Dr Arun Kumar Mehta emphasised upon the concerned to intensify their efforts to declare all the habitations of J&K as ODF+ within this month only. He observed that the requisite funds demanded has already been put at disposal of the department so there should be no delay in meeting the deadline.

Dr Mehta made these remarks while speaking in a meeting to review the performance of this Swachhta Mission here in the UT. The meeting was attended by the Commissioner Secretary, RDD, Director, Rural Sanitation besides other concerned officers of the Department.

Jammu based officers participated in the meeting through video conferencing. Dr Mehta enquired from the



officers about the status of door to door collection of waste in each village of the UT. He impressed upon the officers to make sure that the legacy waste is also lifted from the villages and dumped at the sites identified for this purpose in each panchayat.

He also maintained that the segregation of waste should be

done in each panchayat as per the requirements so that the disposal of same becomes smooth. He told them to sensitize the people about the cleanliness of their surroundings and also penalize those found littering around undesirably at the peril of the environment.

The Chief Secretary maintained

that there is no substitute to cleanliness and all have to be serious about it. He observed that the job is for everybody to perform beginning from the self to his/her surroundings. He made out that the task of cleanliness of our villages is not a difficult task to accomplish if we all do our bit.

He acknowledged that much headway has been made in making our villages clean than earlier. He simultaneously remarked that since the performance on ground has been encouraging the bar of expectations has also raised high. He complimented the Department for its achievements made in making our villages clean and asked them not to lessen their efforts till the last of our villages is declared clean and hygienic in every respect.

He took appraisal from the officers about the status of construction of segregation sheds, provi-

sion of Composit/Soak pits, drainage facilities, and disposal of waste in the villages. He also enquired from them about the implementation of Plastic Waste Management plans for he remarked that such a waste category village in coming months in our surroundings.

The Commissioner Secretary, RDD told the meeting that out of 7163 villages 6384 villages have achieved the ODF+ status in the UT of J&K with a coverage of 87% villages here. She stressed on making every village a model category village in coming months for the same is within target after the given infrastructure is created in each Panchayat.

On the occasion the Director, Rural Sanitation gave presentation on the current status of all the initiatives taken under Swachh Bharat Mission Grameen in the UT.

Jammu District bags first rank under District Good Governance Index 3.0

DC hails officers, officials for landmark achievement

J I NEWS SERVICE

JAMMU, JUNE 16: Committed towards the welfare of the common people and continuing its endeavours on the developmental front and implementation of the various Government initiatives, Jammu District has scored the First Rank under District Good Governance Index (DGGI) 3.0 among the 20 Districts of the UT of Jammu & Kashmir.

The district achieved a composite score of 6.43 points highest among the districts.

Speaking about the achievements, Deputy Commissioner Jammu, Avny Lavasa said that this is a moment of great pride for Jammu District as the district has scaled up in governance and achieved new heights. The DC also applauded the efforts of the DSEO, Rupinder Kaur and her team for meticulously collecting and compiling the data for all the 58 indicators.

She also congratulated the district officers who have worked relentlessly and urged them to work with added zeal, fervor and dedication to retain the top position.

The Chief Secretary Arun Kumar Mehta also congratulated the Deputy Commissioner, Avny Lavasa and her team for the continued and concerted efforts put in for achieving the number one position.

Pertinent to mention that Chief Secretary, Dr Arun Kumar Mehta on 15th June 2023 released the rankings of District Good Governance Index 3.0, a J&K government initiative to bring about a holistic development and to provide a robust framework for evidence based assessment of the performance of all the districts of the UT of J&K in the implementation of various Govt. schemes, programmes announced for the well being of its citizens.

DC Rajouri finalises arrangements for International Yoga Day



J I NEWS SERVICE

RAJOURI, JUNE 16: Deputy Commissioner Rajouri, Vikas Kundal, chaired a meeting to finalize arrangements for the upcoming International Yoga Day observed on 21st June at the national level.

The meeting was attended by the Program Officer ICDS, Shoket Mehmood Malik; CPO, Mohammad Khurshid; ASP, Vivek Shekhar; ACP, Sheraz Chowhan; CMO, Dr Rajinder Sharma; DSWO, Waked Ahmed Bhatt; DYSSO, Sunil Samyali and other concerned officers.

The meeting decided to hold the main event in the Sports Stadium Rajouri and finalized arrangements for cleanliness at the venue, security arrangement, ambulance arrangements, traffic arrangement, and more. The Education Department was asked to mobilize maximum participation of students from government and private educational institutions. Cleanliness and installation of the public address system, besides publicity of the event were entrusted to Municipality and Information departments, respectively. The police department was asked to make provision of security at the venue.

The concerned stakeholder departments were asked to make all the necessary arrangements well in advance for the smooth and successful conduct of the international yoga day in the district.

The Deputy Commissioner stressed for generating mass awareness about benefits of yoga and mass participation of the people.

Enthralling pre-events unleash spirit of 'Vitasta Cultural Festival' across Valley

Cultural celebrations attract crowds at Verinag, Srinagar, Mansbal, Watalab

J I NEWS SERVICE

SRINAGAR, JUNE 16: The pre-events of 'Vitasta Cultural Festival', commenced here today across multiple locations in the Valley, captivating the visitors filled with high cultural fervor and enthusiasm.

These mesmerizing programmes took place at scenic locations throughout the Valley, especially at South Kashmir's Verinag, the originator place of river Jhelum, historically known as 'Vitasta'. A series of pre-events were held at numerous heritage destinations across the valley, particularly along the route tracing the River Jhelum (Vitasta). The primary objective of these events is to enhance public engagement and foster a deeper connection with the upcoming three-day 'Vitasta' cultural festival.

Apart from general public and folk artists, the event was graced by the presence of dignitaries including officials from the Verinag Development Authority, Additional District Commissioner Verinag, President Municipal Committee and several other prominent citizens.

Also, the vibrant pre-events were unfolded at Wallab Ghat in Baramulla district of north Kashmir and Mansbal, a scenic destination situated in Ganderbal district, and Srinagar's Sher-i-Kashmir park. The exceptional events and artistic performances presented during the event included mesmerizing art forms such as Bhand Pather, Guji, Dhambali, Bach Nagma, Rauf and other captivating expressions of cultural heritage.

It is worth mentioning that the highly anticipated third and final edition of 'Vitasta Cultural Festival' will be held at the Sher-i-Kashmir International Conference Centre (SKICC), on picturesque banks of Dal Lake, from June 23 to 25.

This grand festival is aimed at to carry forward Prime Minister, Narendra Modi's, vision of 'Ek Bharat Shreshtha Bharat' (One India, Great India) under the Azadi ka Amrit Mahotsav initiative. It is being organised by the Union Ministry of Culture, through North Zone Cultural Centre, Patiala. The earlier two parts of the festival were organised in Chennai (Tamil Nadu) and Pune (Maharashtra).

Meanwhile, the organisers have announced a set

of pre-event programmes scheduled to take place tomorrow (on Saturday) at various locations, including Srinagar's Amar Singh College, Women's College Nawakadal, SK Park, and Budgam Girls Higher Secondary School.

The pre-event programmes will continue till June 21 at around two dozen locations in Srinagar and the surrounding districts, with the aim of serving as a platform for artists representing diverse art forms of Kashmiri folk culture.

Power shutdown

J I NEWS SERVICE

JAMMU, JUNE 16: Superintending Engineer (Distribution), JPDC O&M Circle Kathua has informed that the power supply to Nai Mohalla, Nandev and adjoining areas shall remain affected on June 17 and 18 from 6 am to 10 am. Meanwhile, Superintending Engineer, O&M Circle, Jammu JPDC has informed that power supply to Shakti Nagar, Rajpura, Kailash Nagar, PHE, Akhnor Main Road, Abhinav Cinema, PHE Tubewell near Axis Bank Hari Singh Park shall remain affected on June 21 and 23 from 6 am to 10 am.

CEO SASB conducts extensive tour of Baltal Axis for Shri Amarnath Ji Yatra 2023

J I NEWS SERVICE

GANDERBAL (BALTAL), JUNE 16: The Chief Executive Officer (CEO) of Shri Amarnath Shrine Board (SASB), Dr. Mandep Bandari, accompanied by senior officers of the UT Administration and Border Roads Organization (BRO), conducted a comprehensive tour of the Baltal axis, spanning from the Baltal Base Camp to the Holy Cave. The purpose of the tour was to assess the on-ground arrangements being made for the upcoming Shri Amarnath Ji Yatra 2023.

During the tour, CEO personally inspected and evaluated the



preparations being undertaken by the concerned departments to ensure a smooth and successful pilgrimage for the devotees. The CEO emphasized the

importance of timely completion of all necessary arrangements to facilitate a safe and comfortable Yatra experience for the pilgrims. Accompanied by the

Additional CEO, SASB, DC Anantnag, SSP Anantnag, Director Information J&K, Director Tourism Kashmir, SP HQ Anantnag, Director Health Kashmir, BRO representatives and several senior officers from the Jammu and Kashmir administration, Mandep Bandari closely reviewed the infrastructure, status of the track, setting up of tentage facilities, toilet complexes, sanitation activities, restoration of water and electricity connections, telecom facilities, other logistical facilities along the Baltal axis.

The CEO issued directives to all concerned departments and

stakeholders to expedite the finalization of all the necessary arrangements within the set timelines.

Emphasizing the significance of effective coordination and seamless cooperation, CEO urged the officials to work diligently to ensure the highest standards of safety, convenience, and spiritual experience for the pilgrims undertaking the Shri Amarnath Ji Yatra.

The CEO reiterated that the UT administration remains fully committed to extending all required facilities for a smooth pilgrimage experience for all devotees of Shri Amarnath Ji.

AAO HUM SABB CHALAIN JAE

Doda Admin all set to host Mega Yoga, Tourism event at picturesque Jai Valley: DC

J I NEWS SERVICE

BHADERWAH, JUNE 16: District Administration Doda is all set to host another mega event at Jai Valley on the International Day of Yoga to attract the fitness freaks, nature and yoga lovers and to promote the eco-tourism in the region.

Discussions were held and arrangements were finalised in the last meetings here today at Dak Bungalow Bhaderwah.

The administration is expecting more than 5000 visitors from different parts of the country. The event is a joint venture of district administration and stakeholders involved in the tourism Trade and will give the district a distinct identity in the tourism sector.

The information was given by Deputy Commissioner, Vishesh Mahajan. He revealed that the event will be held on the 21st of June, 2023, at picturesque Jai Valley Bhaderwah.

Mahajan said that the arrangements that have been discussed and finalised with the concerned stakeholders in a recent meeting and shall be put in place in advance. It was said that the event shall be managed by Youth Service and Sports and Ayush departments under the supervision of ADC Bhaderwah Chowdhary Dil Mir. Security, traffic management, temporary toilets, setting of food and local product stalls, and other logistics have been discussed in detail and given final shape during the meeting.



The DC has extended open invitation to all and has urged to schedule the date for the event and be part of the first of its kind Yoga/Cultural/ Tourism event and expedition in the heavenly abode at Jai Ghati.

In the today's meeting, fresh directions were given to the officers of GREF with regard to the maintenance of road. The ADC and SDO were directed to identify an area for parking of vehicles that can accommodate about 200 vehicles with ease. The

department of PWD has been assigned the responsibility of setting the stage at the venue. He directed the District officer of J&K&C&L to conduct a cultural activity at the venue after the programme of Yoga. Power backup using Power generators and other means shall be looked upon by ExEn JPDC and Drinking water by the department of Jal Shakti.

Executive Officer MC was directed to ensure cleanliness of the venue and also to put in service a vehicle for the purpose. Medical team shall be deputed by the BMO Bhaderwah at the venue. Various departments viz Agriculture, Horticulture, Floriculture were asked to lay stalls at the venue.

Awareness cum free Health Check-up Camp organised by Mission Shakti Jammu

J I NEWS SERVICE

JAMMU, JUNE 16: Mission Shakti, District Hub for Empowerment of Women, Jammu, in collaboration with Shankus Mercy Cancer Hospital, on Friday organised an Awareness cum Free Health Checkup Camp to mark world elder abuse awareness day. The camp was held in Mission Shakti Office, Jammu under the supervision of Shagun Manchanda, District Mission Coordinator. The programme was inaugurated by an elderly lady. During the Camp, DHEW Jammu created awareness about its overall working. The importance of preventing elder-abuse and supporting the rights and wellbeing of older people was also highlighted. Medcity Cancer Hospital, Senior Staff Nurse Melwish & Anamika and its marketing team official Sumee Sodhi were also present.