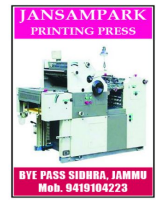




JINDRAH IMAGES



DAILY | JAMMU | VOL NO: 10 | ISSUE NO: 140 | PAGES: 12 | PRICE: Rs 2/- | RNI NO: JKENG/2013/49471 | POSTAL REGD. NO. JK-497/22-24 | dailyjindrahimages.com/Epaper.php | jindrahimages123@gmail.com

'Awaam Ki Awaaz' is transforming creative ideas of people into realities: LG Sinha

JNEWS SERVICE
SRINAGAR, JUNE 18

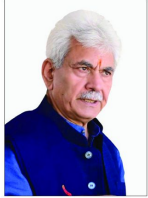
Lieutenant Governor Shri Manoj Sinha, in this month's "Awaam Ki Awaaz" programme, highlighted the efforts of the UT Government to encourage citizen's participation in governance and working with commitment towards nation building.

"Awaam Ki Awaaz is transforming creative ideas of people into realities. If there is a change in our thinking and deep sense of purpose for prosperity of all and preservation of cultural heritage, then nothing can stop the progress of a modern society," said the Lt Governor.

It is important that social upliftment, human welfare, nation building becomes top priority

for every individual. This is the golden period for J&K. The entire society should become one mind, one soul and work together to make their dreams come true in Amrit Kaal, he observed.

We have to move forward unitedly and remove every hurdle on the path leading to the holistic development of Jammu Kashmir, said the Lt Governor.



Governor appreciated the effort of Sopore's daughter Mufara Majeed to build a solar-powered boat and her dedication to combat climate change and to promote green development. These individual small steps will make big changes in the journey of sustainable development, he added.

Sharing the inspirational success stories of women heroes and green warriors, the Lt

grit and capabilities act as a strong foundation for the progress of the nation and the society, observed the Lt Governor.

The women of Kheral village of Reasi have formed Duggar Dhani Self Help Group in collaboration with District Administration, JKRLM and J&K Tourism and their success is a good indicator to J&K's socio-economic growth and women empowerment, he said.

Syed Darakhsha of Budgam is the epitome of strength and courage. As head of 10-member women self-help artisans group, she is scripting a success story by innovative designs, packaging and marketing, the Lt Governor added.

He said the women Self Help Groups in

Jammu Kashmir have the potential to create their own space in the global market. The Lt Governor also directed the Rural Livelihood Mission, District Administration, J&K Trade Promotion Organisation, Industries and Commerce Department and all the stakeholders to make the efforts in an integrated manner.

The Lt Governor also made a special mention of Para-Archer, Sheetal Devi. She is a true champion and an inspiration to others. Her achievement at Para Archery World Ranking Tournament has given new dreams and aspirations to the youth and strength to J&K UT, he said.

The Lt Governor lauded the significant contribution of Panchayats of Jammu Kashmir

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J&K Being Discussed Throughout World For Positive Developments: PM Modi In 'Mann Ki Baat'

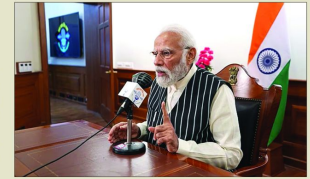
AGENCIES
NEW DELHI, JUNE 18

Describing the Emergency a "dark period" in India's history, Prime Minister Narendra Modi on Sunday said those who supported democracy at that time were tortured and a glance at such crimes endangering the country's freedom would make it easier for the young generation to understand the meaning and significance of democracy.

In his monthly 'Mann Ki Baat' radio broadcast, Modi said India is the mother of democracy and "we consider our democratic ideals as paramount and our Constitution supreme".

"Therefore, we can never forget June 25th. This is the very day when Emergency was imposed on our country. It was a dark period in the history of India," the prime minister said.

"Lakhs of people opposed the emergency with full might. The supporters of democracy were tortured so much during that time, that even today thinking



about it, makes us shudder," he said.

Noting that many books have been written on these atrocities and punishments meted out by the police and administration, Modi said he had also written a book named "Sangharsh Mein Gujarat" at that time.

"A few days ago, I came across another book written on the Emergency - "Torture of Political Prisoners in India". This book, published during the Emergency, describes how, at that time, the government was treating the guardians of democracy most cruelly," he said, adding that there are many case studies in this book.

"I wish that, today, when we are celebrat-

ing the Azadi Ka Amrit Mahotsav, we must also take a glance at such crimes which endanger the freedom of the country. This will make it easier for today's young generation to understand the meaning and significance of democracy," the prime minister said.

Emergency was imposed in 1975 by the then Congress government led by prime minister Indira Gandhi.

Modi also said that he was holding his 'Mann Ki Baat' radio broadcast on June 18 instead of the last Sunday of the month as he will be travelling to the United States next week.

He said during his visit, he will get

CONTINUED ON ► PAGE 4

Speed of our work has increased 10 times in comparison to the period before 2019: LG Sinha



JNEWS SERVICE
SRINAGAR, JUNE 18

Lieutenant Governor Shri Manoj Sinha addressed the 12th Residential Meet of Institute of Chartered Accountants of India (ICAI) members in public service at Srinagar, today.

The Lt Governor appreciated the invaluable contribution of members of ICAI for their contribution to nation's growth.

Institute of Chartered Accountants of India has indeed come a long way since its inception in 1949

and has made immense contribution in policies, governance and business, said the Lt Governor.

"Accountancy is not just a matter of balance sheet but it is also about laying a strong foundation for socio-economic development of the country," he observed.

As a strong partner in nation building, ICAI has continuously supported various government institutions, regulatory bodies in the implementation of important policies related to the inclusive develop-

ment so that India can move faster and economy becomes stronger, said the Lt Governor.

"Under leadership of Hon'ble Prime Minister Shri Narendra Modi Ji, India has emerged as the 5th largest economic power in the world and new thinking has arisen in private and public sectors. This has given new vigour and confidence to people to take the socio-economic sectors on a new path of progress," he said.

CONTINUED ON ► PAGE 4

Large cache of rusted explosive material seized underneath rocks in Poonch

JNEWS SERVICE
JAMMU, JUN 18

Security forces on Sunday dug out a large quantity of rusted explosive material, including 11 RPG rounds and grenades, from underneath rocks in a forested area in Jammu and Kashmir's Poonch district, officials said.

The recovery was made from Seri Chowana forest during a joint search operation by police and security forces, they said.

The officials said the explosive material, which also included a number of grenades, was found hidden underneath the rocks, apparently kept there

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Army's northern command commemorates 52nd raising day

JNEWS SERVICE
JAMMU, JUN 18

A 72-foot high mast national flag was hoisted in the Udhampur district of Jammu and Kashmir on Sunday, marking the 52nd raising day celebrations of the Army's northern command, a defence spokesman said.

Chief of Staff, northern command, Lt Gen Anindya Sengupta inaugurated the national flag at Pachouari Park, dedicated by the flag foundation of India to the people of Udhampur on the occasion of the northern command's raising day, the spokesman said. Addressing the gathering, Lt Gen Sengupta praised the

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Hardeep Puri, Dr. Jitendra Singh address massive public rally at Kathua

JNEWS SERVICE
KATHUA, JUNE 18

Hardeep Singh Puri, Union Minister of Petroleum & Natural Gas and Housing and Urban Affairs and Union Minister of State (Ind. Charge) Science & Technology; MoS PMO, PP/DOPT, Atomic Energy, Space addressed a massive public rally at Kathua.

The rally was organized by J&K BJP in connection with the ongoing programmes under '9 Saal Bemisal' on the successful completion of 9 years by Prime Minister Narendra Modi led Union Government.

J&K BJP Vice-President Yudhvir Sethi, former Minister Rajeev Jasrotia, former MLA Kuldeep, District President Gopal Mahajan, DDC Chairperson Gol (retired) Mann Singh and DDC Vice-Chairman Raghunandan Singh Bahl, former MoS Rashpal Verma, Prem Nath Dogra, Pawan Sharma, Dr. Parneesh



Mahajan, Rekha Kumari, DDC Members and other senior party leaders were also present in the rally.

"Safe environment" is the first condition of investment and employment. After the removal of Article 370, today Jammu and Kashmir is safe and investments are also coming here.

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BOTTOMLINE

CS releases rankings of Blocks under ABDP

JNEWS SERVICE
SRINAGAR, JUNE 18

In a significant exercise, the remote blocks of Keller (Shopian), DK Marg (Kulgam), Manzgam (Kulgam) and Kashtigarh (Doda) had found place among the first ten Aspirational Blocks in the 2nd edition of rankings released by Chief Secretary, Dr Anur Kumar Mehta here under Aspirational Block Development Programme (ABDP) of the UT.

Earlier the Chief Secretary has also released first ever Panchayat rankings along with third edition of District Good Governance Index for the UT thereby providing the whole framework to assess the developmental standards right from Panchayat up to District level.



Dr Mehta complimented all the concerned officers whose contributions had got fructified into better rankings of their areas. He said that these rankings also point out those areas where more focus needs to be laid. He enjoined upon the officers posted in these areas to gear up with renewed energy and come up as achievers next time.

He highlighted that these rankings tell outcomes of our endeav-

ours till now and the way forward from here. He exuded hope that in the years ahead with such planning process at our back, most of our problems would find resolution smoothly.

He called it a tool towards ensuring good governance in the UT. He also advised for making a permanent dashboard to monitor and update these rankings monthly. He also directed the Housing & Urban Development

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Department for carrying out Town rankings in the days ahead on similar lines.

Among the Aspirational Blocks which were assessed 2nd time after previous year, the Harwan and Khonmoh blocks of Srinagar District are at 1st and 2nd spot with Keller (Shopian) at 3rd position, DK Marg (Kulgam) at 4th, Chittrergal (Anantnag) at 5th, Pragwal and Samwal blocks of Jammu securing 6th and 7th spots, Arupal (Pulwama) 8th, Manzgam (Kulgam) 9th and Kashtigarh (Doda) 10th.

In all 44 Aspirational Blocks were selected from 285 Blocks of UT of J&K, based on their backwardness on the basis of 21 indicators covering four major aspects of human development i.e., Poverty

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Amarnath Yatra meeting held to coordinate security measures

JNEWS SERVICE
JAMMU, JUN 18

A joint meeting of various security agencies was held in Jammu and Kashmir's Udhampur district on Sunday to ensure coordination for the annual Amarnath yatra beginning next month.

General Officer Commanding (GOC) of Army's Delta Force Maj Gen Ajay Kumar chaired the meeting which was among others attended by senior police and intelligence officers, officials said.

In a tweet after the meeting, Jammu-based White Knight Corps said, "The security forces and civil administration are working hand-in-hand to ensure a successful yatra".

The 62-day long pilgrimage will commence

on July 1 from the twin tracks - the traditional 48-km Nunwan-Pahalgal route in Anantnag district and 14-km shorter but steep Baltal route in Ganderbal district. The first batch of pilgrims will leave for the yatra from Jammu on June 30.

Divisional Commissioner, Jammu, Ramesh Kumar visited Bhagwati Nagar Yatri Niwas, the main base camp for the pilgrims in Jammu, and took stock of arrangements for the comfortable stay of the pilgrims and their safety.

Kumar reviewed in detail provision of transportation, accommodation for pilgrims, setting up of 'langars' (community kitchens), communication centres, medical facilities, deployment of medical teams,



CONTINUED ON ► PAGE 4

Met forecasts hot, dry weather as temperature rises in J&K

JNEWS SERVICE
JAMMU, JUN 18

Amid forecast for hot and dry weather till June 23, night temperatures saw a rise at most places setting above normal across Jammu and Kashmir on Sunday.

Quoting a meteorological department official, that mainly dry weather was expected even though possibility of "brief spell of shower and thunderstorm mainly towards late afternoon or evening cannot be ruled out". "Hot and dry weather likely to continue with maximum temperature over plains of Jammu likely to range between 38-40°C," he said.

Regarding outlook during June 24-26, he said, "As of now, there

CONTINUED ON ► PAGE 4

Former Minister Rampaul visits Bahu Fort, listens to public grievances



J I NEWS SERVICE

JAMMU, JUN 18: To listen grievances of the public of Bahu Fort, former Minister and Zonal President JKNC, Babu Rampaul alongwith Provincial JI Secretary JKNC Anshuk Abrol, Coordinator Jammu District (Urban) and Zonal Secretary JKNC, Dr. Vikas Sharma and other leaders of National Conference paid a visit to Bahu Fort to take cognizance about day

to day problems of public being faced there. During public meet, it was brought to the notice that sewerage work is being done in the area in a dilly dally way and till now not a single house has been connected with sewerage with streets lying in a dilapidated conditions with none to take care of their problem including the concerned contractor. They raised the issue of the pilgrim place Bahu Fort temple of Kali

Mata where thousands of devotees come for paying obeisance, but no care has been taken to augment facilities at par with Vaishno Devi Shrine. Expressing their tale of woes, the people complained that they are facing a tough time during this summer season with fifteen hours power cuts and consequently drinking water supply gets interrupted for three to four days. Due to the casual approach of the

Govt, the public including pilgrims are suffering badly during this killing hot weather. On this occasion, Babu Rampaul paid a patient hearing to their manifold grievances and assured them that their problems shall be taken up soon with the concerned authorities for speedy redressal. He urged the people to strengthen the hands of Jammu and Kashmir National Conference in the ensuing assembly elections enabling NC to do early solutions of their several problems so far not solved by LG Administration. Rampaul also spoke to NC workers to rise to the occasion for solving the problems of the public in Bahu Fort areas and immediately intimate wherever our help is required. Those who spoke on the occasion include, Anshuk Abrol, Dr Vikas Sharma, BD Dalotra, Baldev Raj, Surjit Kumar, Sagar Chand, Manohar Raj, Romesh kumar, Ram Singh and others.

9years of Seva has transformed lives of millions: Ashok Koul

J I NEWS SERVICE

JAMMU JUNE 18: BJP General Secretary organisation J&K Ashok Koul listened 102nd episode of MannKiBaat in Booth No 13,Narwal Payeen. District President BJP Jammu South Rekha Mahajan, Vice President Narinder Gupta ,Mandal President & Councillor of ward Bharat Bhushan and team of Booth were present.



Kashmir's Baramulla is now turning into symbol of a new white revolution .he said that development initiatives taken by government during 9years of Seva has transformed lives of millions across the country.

Speaking on the occasion Rekha Mahajan said that through this popular Radio programme people feel that the PM is one among them like their family member.

connecting with PM through Mann Ki Baat and they are feeling close to PM through this programme. She also urge all those who heard the programme to share pictures on Namo App and Saral App.

BIG FM in collaboration with MOC hosts cultural evening



J I NEWS SERVICE

JAMMU, JUN 18: Celebrating the significance of water resources, BIG FM, one of the leading radio networks in the country, has joined forces with the Ministry of Culture, Government of India, and has embarked on a monumental journey with its campaign 'Jal Yatra' at Maharaja Hari Singh Park, Jammu. As an integral part of the ongoing celebrations of 'Azadi Ka Amrit Mahotsav', this initiative aims to enlighten listeners about the untold stories of rivers and raise awareness about the importance of water resources. Mayor of Jammu Municipal Corporation Sh. Rajendra Sharma was the Chief Guest to the occasion. Speaking at the outset

Rajendra Sharma said "Tawi River is of vital significance in Jammu City and I am delighted to be a part of the initiative. I appeal to Jammuites to have a sense of pride and responsibility towards our nation's rivers and make efforts to preserve the rivers. The initiative offers a unique opportunity to the listeners to connect with the essence of our rivers and get an insight on their significance. The campaign, which spans across 12 weeks, commenced last month and will culminate on 1st August 2023. In a collective effort to drive consciousness amongst the people, a cultural event was held in the city of Jammu on 17th June with cultural performances by DPS students. They mes-

merised the audience with soulful songs with an aim to raise awareness on water conservation, several attendees gathered to be part of this unforgettable event. The radio network extended an invitation to the listeners, encouraging them to come and be a part of the enchanting musical night. Speaking about the initiative, Sunil Kumaran, COO, BIG FM said, "We are delighted to partner with the Ministry of Culture for the distinctive 'Jal Yatra' campaign. It's an incredible opportunity for us to engage and enlighten our listeners about the vital significance of water resources. It is a meaningful endeavour, aligning perfectly with the spirit of Azadi Ka Amrit Mahotsav, instilling a sense of pride and responsibility towards

our nation's rivers. Rivers hold a sacred space in India and together we are determined to create a transformative ripple effect, preserving these invaluable lifelines for generations to come. With this campaign, we hope to continue to remain at the forefront of more such purpose-led initiatives." This initiative reflects the shared commitment of BIG FM and the Ministry of Culture towards advocating for a sustainable future for our rivers and our nation. Supported by the Ministry of Jal Shakti, the campaign is celebrating the rich culture of the rivers of India across 58 cities. In addition to Jammu, BIG FM will also host grand musical concerts on the river beds of Surat, Varanasi, Guwahati, and Trivandrum. The campaign is being extensively promoted across on-air and digital platforms of the radio network coupled with pervasive on-ground activations. Prominent among those who were the panellists of the discussion on 'Jal Yatra' included Mr Rajinder sharma (Mayor, JMC), Prof. Lalit Mangotra (Academician), Prof. Bhola Nath Sharma (Environmentalist), Dr. Mrinabini (Cultural Heritage Promoter), Chander Mohan, (Advocate) and Anil Sharma (Educationist).

JKPCC OBC cell to attend National Convention in Delhi: Adv. Suresh Dogra

J I NEWS SERVICE

JAMMU, JUN 18: The OBC Deptt.Pradesh Congress Committee J&K conducted a Preparatory meeting to attend National convention of Other Backward Classes Deptt.All India Committee to be held at Talkatora stadium Delhi in the first week of July in which Sh.Rahul Gandhi ji shall be Chief Guest, Capt.Ajay Singh National chairman OBC AICC & Sh.K.Raju National Incharge all Cells & Departments AICC shall preside over the function.The meeting was presided over by Adv.Suresh Kumar Dogra chairman of the said wing & Sh.Pawan Raina & Sh.Sh.Sanjeev Sharma both are secretary JKPCC respectively were the special guests invites in the meeting.



and constitutional rights, they are ignored. He said that the OBC status and the Mandal Commission report which guarantees 27% reservation and extension of National Commission for Backward Classes were totally ignored, which is the provision of UT. After the abrogation of Article 370 and formation of UT, the Centre Govt has implemented all national laws in the newly carved UT of Jammu and Kashmir but it is very unfortunate that the national laws for the OBCs were not implemented.

The said community who was continuously fighting for their legal and constitutional rights for last three decades were expecting their due demands but now after the 9 years ruling of BJP the said class have been totally lost their confidence in the present regime so in the forthcoming National convention in which Rahul Gandhi shall

be the chief guest & all the grievances of the OBCs of J&K would be taken in the notice of our apex Leader with assurance of their better & early redressal.

Sh. Pawan Raina ji while addressing the meeting said BJP's motive always remained to befool the innocent people in the name of religion and community with the tactic of polarisation. At the convention, Mr Rahul Gandhi will address all the grievances of the OBC community and fight for their rights and demands. OBC community must take part in this important convention with great enthusiasm. Congress always nourished a high platform for the members of the community both at the National and State levels. BJP and others have no programme, place or respect for the OBC people, especially in J&K, he added. Also, wish them all

the best for the National Convention of OBC in Delhi. Sh Sanjeev Panda also highlighted the Congress pro policies and programs for the community. He said OBC community have key role to play in the congress at every stage. It's congress who always stand for them at every crisis and will work all their demands. The Prominent who were present Sh.Parshoham Mehra Vice Chairman, Sh.Vijay Kumar (Gen.Secy) Sh.Jagdish kashyap (Jammu District Rural) Sh.Janak Raj ji Sh.Raj kumar Mehra District chairman Jammu urban) Sh.Sh.Sourav Mehra (Youth Leader) Sh.Raj kumar verma (OBC Chairman Distt.Reasi) Jb.Fazal dind (Ramban), Sh.Darshan Verma ji (Senior leader) Sh.Gulshan ji, Sh.Pawan Mehra (Senior leader) Sh.Vikas Mehra (Youth Leader) Sh.Parveen Khoum (Khour).

2 Days Tawi Darshan festival concludes

J I NEWS SERVICE

JAMMU, JUN 18: Tawi darshan which has its religious leanings with Suryaputri , was being celebrated on 15th and 16th June at village shallu, Dudu of district Udhampur in Jammu & Kashmir . River Tawi considered to be pious by Hindu devotees , flows from all the way from Kapilas Kund (Upper reaches) of Dudu area in district Udhampur to onward journey to Jammu and finally merges with confluence of rivers with Chanderbhaga and onwards rivers Jhelum and Sind in POK . A prominent social and cultural organization PEACE which conceived the idea of Tawi Darshan in 2019 organized this annual event in collaboration with Directorate of Tourism Jammu . On first day , the festival was inaugurated by Sub District Magistrate Dudu Sh Kulraj singh (KAS) , BDC Chairman Darshan Lal , President PEACE Narinder Sharma Tehsildar Latti , SH, Parandeep Singh (KAS) , SHO Dudu , Sh . Tanvinder Singh , ZEO Dudu , Naib Tehsildar Latti , Naib Tehsildar

Dudu , Sarpanch Dudu Sh . Dev Raj Bhagat , Naib sarpanch Sh . Kans Raj Sharma , Babu Abdul Rehman , Ursman , Nasar Imran and others . After inaugurating the festival , the pious jyoti of Mata Suryaputri was taken to Chandi Mata mandir across the river Tawi in shape of religious procession . Abhishek and puja of Suryaputri was performed at right bank of river Tawi by guests amidst chanting of Vedic Shlokas by Sanskrit Scholars . Colorful cultural items were also presented by students and local folk groups . Later on oath was also taken by participants to save water and cleanliness of river Suryaputri . While speaking SDM Dudu said that we are delighted to organise Tawi Darshan in village Dudu today . Tawi also known as Suryaputri is a symbol of identity for people of Jammu region . To bring the entire area along with the adjoining tourist destinations like Latti , Sudmahadev , Gaurikund Mantalai along the tourist map is a main concern of the Govt. He also thanked the PEACE organization to organize

such an event to aware the Jammuites about the origin of river Tawi . While welcoming the guests and local public , President PEACE Narinder Sharma said that Tawi Darshan was our dream project and hope that govt will develop this area on priority as it has immense potential to attract tourist from country and even outside also . He also thanked the tourism department for construction work of bathing ghats in village Shallu . He also extended gratitude towards other departments and local people to make this event a success. On second day , 16th June the local dangal committee organised a grand wrestling (dangal) in village Dudu . Prominent Pahawans from district Kathua , Reasi , Ramban, Doda , Jammu and Udhampur participated . For Baddi Malli the contest was between Amam of Jammu and Babloo from Dudu Basantgarh area . The said Malli for Rs.31000 went in favour of pahawan Babloo . 53 events were there in this dangal . A social worker and local Lakdi Sh. Raj Kumar gave final decision.

DPAP hold party workers meet in Mangit, Banihal



J I NEWS SERVICE

BANIHAL, JUNE 18: A meeting of party workers of Democratic Progressive Azad Party was held in Mangit, Banihal on Sunday where hundreds of its workers participated. Speaking on the occasion, the Vice Chairman G.M.Saroori said that it

was due to former Chief Minister Ghulam Nabi Azad that Banihal got many projects approved in the past of public importance. He said we are hopeful of seeing the constituency developed on modern lines, if Mr Azad is back to power with majority. "So we have to ensure DPAP is

emerging as one of the largest political party in Jammu and Kashmir Assembly elections. We have to work for that and ensure more and more people are joining it," he said. General Secretary Ch Haroon Khatana said that ever since Azad went back to Delhi, back home successive regimes exploited the

poor people and overlooked public issues. So we can't trust them anymore and need to work for change under the leadership of Azad. Chief Spokesperson Salman Nizami said. If DPAP comes to power, Mahu Mangit will get tehsil status, also will connect Mangit road with Khari and Banihal. He also promised Stadium, tourism development authority to Mahu Mangit also Degree college. The workers resolved to support the party in upcoming elections and said that they have full faith and trust under the versatile leadership of Ghulam Nabi Azad. Among others who were present on the occasion were Ch Anwar Phambra, Dr Asif Khanand, Munner Bhatt, Aiyub Banihali, Farooq Wani, Bashir Naik, Ayoub Naik, Asghar Rasool, Manzoor Sheikh, Khurshid Zehmat, Shariq Mir, Bilal Ahmed Wani & others.

New India, New Jammu Kashmir is a reality under PM Modi: MP Khatana



JJ NEWS SERVICE

RAJOURI, JUN 18: As part of BJP outreach programme on completion of nine years of PM Narendra Modi led govt, MP Rajya Sabha Er. Gulam Ali Khatana today conducted 'Sampark Se Samarthan', beneficiaries meet campaign and Sanayukt Morcha Sammelan in remote and backward areas of Bakori, Peedi, Budhal and border town of Rajouri.

A large number of people also joined BJP on the occasion and affirmed their faith in the policies and programmes of Modi govt.

Addressing impressive

gatherings here, Er. Gulam Ali said that under PM Modi, new India and New Jammu Kashmir is a reality now. Prime Minister Narendra Modi has enhanced the reputation of India across world while giving special focus for the upliftment of poor down-trodden people and backward areas.

He said that if one visits Jammu and Kashmir or other parts of the country, one won't believe the developmental strides in the last nine years.

The road infrastructure, business opportunities, healthcare, roads, railways and other areas have wit-

nessed a complete transformation. Govt of India has provided free ration to 82 crore souls, introduced new and innovative ideas like Make in India, Startups, borders have been secured and corruption has decreased to a large extent; and if Rs. 100 are released for common man, it reaches to the bottom, he said adding the DBT(Direct benefit transfer) has made it sure that the benefits are reaped by all.

Er. Gulam Ali said that border districts of Rajouri and Poonch have been neglected by the previous regimes and people from

these districts go as far as Saudi Arabia for labour work in the absence of any employment opportunities in the area. Lashing out against National Conference, Cong and PDP, he said that power brokers of these parties took advantage of the innocent people of the area and considered political power as their ancestral property and empowered their own family only. "Look at their properties, family members are all high ranking employees while the fate of common man is as it is," said MP Khatana adding, "they are moving in Audi and Mercedes cars while the common man is travelling on foot."

He urged the people to strengthen the hands of BJP and PM Modi for a progressive and developed India.

Prominent among others who accompanied were Jugal Dogra, Dev Raj Sharma, Romesh Chander, Capt Baldev Singh, Amit Sharma, Nazim Mohd, Bikram Singh, Manzoor Naik, Pervaiz Malik, Jarnail Singh, Sher ud Din, Mohd Younis.

Doda administration intensifies 'Nasha Mukht Bharat Abhiyan'

JJ NEWS SERVICE

DODA, JUNE 18: In a major move to combat drug abuse in the district, Deputy Commissioner Doda, Vishesh Mahajan, along with SSP, Abdul Qayoom, today distributed drug testing kits among stakeholder departments to identify addict individuals.

The initiative forms part of 'Nasha Mukht Bharat Abhiyan' being implemented in the district with the aim to curb substance abuse.

The drug testing kits were dispatched to all Police Stations, Police Posts, Police Naks and Police Drug De-Addiction Centres to ensure strict vigilance over drug consumption by the addicts and trailing out the peddlers.

These drug testing kits will help in identifying and curbing drug abuse in the district.

Additionally, the DC Doda informed that the



drug testing kits have also been distributed among the Education department through the Chief Education Officer Doda. They will be made available to schools and colleges, with the goal of reducing the prevalence of drug addiction among students.

Furthermore, the kits have also been dispatched to the CMO office for distribution among different

health institutions to conduct testing in far off areas. During the meeting, the DC emphasized that strict actions would be taken against those involved in perpetrators of drug abuse.

The Deputy Commissioner expressed his gratitude to the Excise Commissioner for the generous provision of 1000 Drug Testing Kits for the district. These kits will

greatly contribute to the ongoing efforts to combat substance abuse in Doda.

With the distribution of drug testing kits and the concerted efforts of various stakeholders, the district is taking all proactive measures against substance abuse.

This initiative not only aims to identify drug users but also to help the addicts and identify the peddlers.

Pakistan targeting youth in J&K by smuggling drugs: Rajesh Kesri

Shiv Sena Hindustan frames Mukam Kotha unit in Arnia Block

JJ NEWS SERVICE

ARNIA, JUN 18: Shiv Sena Hindustan Jammu and Kashmir President Pandit Rajesh Kesri today framed a new unit of men and women in Mukam Kotha of Arnia Block, in which dozens of people joined Shiv Sena Hindustan. On this occasion, Bharat Bhushan appointed President Balkar Ram, Vice President Rajkumar, Chairman Darshan Lal made secretary, Karan Kumar, cashier Sachin and Ratan were made active members. Similarly Darshana Devi made President, Rekha Devi, Vice-President, Seema Devi, Chairman and Rajni Devi, Secretary.

Addressing office bearers and new entrants into party fold, Kesri said that Shiv Sena is only one aim of going to every village of India, especially in the border areas to help youth get rid of drugs which has become huge nuisance. Whether it is a fact that many narco smugglers are involved across the Indo-Pak border in the illicit drug trafficking through new innovative ways due to which it is becoming impossible to trap the culprits, said Kesri. He said close coordination and liai-



son should be maintained with local police for synergizing the efforts in intercepting and checking the smuggling activities in hinterland.

Kesri further said that our security forces have been successful in countering and checking modus operandi of drugs traffickers in an effective manner. However, the smugglers do continue to innovate in their attempts to further their activities but our security agencies should make conscious efforts to update and upgrade in commensuration to latest modus operandi adopted by smugglers by educating the troops and reviewing the domination strategies at cutting edge level to curb such attempts.

Kesri accused Pakistan of

targeting youth in J&K by smuggling drugs. Calling it a proxy war against J&K, Kesri said, "The drugs are coming from Pakistan and it is becoming a challenge for us to control the drug supply". He added, "It's a matter of 'do or die' for us. Our children and youngsters are becoming increasingly addicted to drugs". The consistent seizure of heroin brings to the fore the fact that drug peddlers in Pakistan are active and are desperately trying to push heroin into India.

Kesri claimed that Pakistan is not only damaging the youth of J&K but also earning millions of rupees that are eventually being used to instigate terrorism in Kashmir as well as other parts of India. He observed that the trend

that has been happening for the last 10-15 years has reached epidemic proportions over the last couple of years.

"This is very dangerous because the linkages between the narcotics and terrorism is an established one and from the Pakistani point of view it's a stone that kills a couple of birds in one shot," said Kesri.

"This kind of narcotic trafficking cannot happen without authorities in Pakistan and with authorities I mean the Pakistani military establishment participating in this entire process," underlined Kesri. Prominent among those present on the occasion include Suresh Kumar, Rajkumar Darshana Devi, Rajni Devi, Anju Bala, Poli Devi besides others.

Natrang stages Urdu comedy play, 'Jhootha Khwaab' in Natrang's 'Sunday Theatre' series

JJ NEWS SERVICE

JAMMU, JUN 18: Natrang presented a hilarious performance of an Urdu comedy play, 'Jhootha Khwaab' here today at Natrang's weekly Theatre series 'Sunday Theatre'. The play has been written by Shoukat Thanvi and directed by Neeraj Kant. A very well conceived and structured play carried candid instances of comedy in its content, which was appreciated by the audience of different age groups.

The play opens with a scene showing 'Jhummam Miya' in his room screaming and trembling with fear after waking up from a bad dream. In his dream, his father and grandfather visited him and predicted that he is to die that very day at four in the morning and join his forefathers in heaven. Jhummam Miya believes his dream to be true and so his death prediction because according to him his father and grandfather would never lie to him. He checks the time and realises that he has only two hours left with him before the clock strikes four.

He calls everyone present at home, his wife and servants and narrates the unfortunate incident. Rather than worrying about dying and leaving his family behind he is more concerned about settling the financial matters. He doesn't want to waste the little time he has on earth and hurriedly updates his wife about all his finan-



cial transactions and how much money he still has to recover from people and gives a stern direction that she shall not let a single penny unrecovered from the people after he leaves this world to which she replies that there would be no fun of collecting the money if he is not with her and prays that this dream to not come true and prove to be a false prophecy.

During all this discussion, the clock strikes four, Jhummam Miya thinks he is dead according to the prophecy and goes off to sleep. His shock and grief-stricken wife starts wailing and crying so loudly that even their neighbours arrive to mourn his untimely death. A while later he

wakes up realising that he isn't dead as he thought he was and that it was indeed a false dream. It is a rib-ticking comedy and through the character of Jhummam Miya, it satirizes the money mindedness and materialistic nature of people. Natrang young artists who presented a wonderful performance included Mihir Gural, Saavni Anand, Aadesh Dhar, Abhimanyu Choudhary, Sheryaar Salaria and Sushane Dulloo. The lights of the play were designed and executed by Neeraj Kant whereas music was scored by Vanshika Pandoh. The show was coordinated by Mohd. Yaseen and the presentations were done by Chirag Anand.

Divya Jain organises program under Jan Sampark Abhiyan

Urges women folk to support PM Modi for equitable development



JJ NEWS SERVICE

JAMMU, JUN 18: Divya Jain, President BJP Mahila Morcha Jammu South, organised a program under the ongoing Jan Sampark Abhiyan here today.

Addressing the gathering, Divya Jain highlighted the schemes and programmes initiated by the Modi government, including Beti Bachao Beti Padhao, Sukanya Samridhi Yojana, Pradhan Mantri Ujjwala Yojana and others. The aforesaid schemes have played an essential role in empowering women and helping them become self-reliant, she added.

The BJP leader encouraged women

from all walks of life to come forward and make use of the opportunities provided by these schemes to improve their lives and contribute to the growth and development of the nation. Divya Jain asserted that there is a sense of positivity among women as the schemes of successive governments had never reached the masses. Even the former late PM Rajiv Gandhi had himself admitted that only 15 paise of a rupee from Delhi reaches villages, and 85 paise disappears, she added.

The participating women shared their personal experiences of how these schemes have helped them and their families and expressed their

willingness to spread awareness and encourage others to make use of them. They expressed gratitude to PM Modi for empowering women and hoped that the BJP would return to power at the Centre by winning the maximum number of seats in the impending Lok Sabha polls in 2024.

In the meeting, Sangeeta Sharma, President Kunjwani Mandal, organised a gathering with the beneficiaries of Self Help Groups. The meeting was attended by Meet Sharma, Poonam Dogra, Shivali Gupta, and Bhushan Sharma. They discussed the benefits of self-help groups and how they have been instrumental in empowering women in various parts of the country.

Divya Jain reaffirmed the BJP's commitment to the welfare of women and highlighted the party's efforts towards their upliftment. She asserted her continued support in empowering women in the union Territory and urged the women present to avail the benefit of most of the schemes launched by the Modi government and contribute towards nation-building. The BJP leader urged the women of Jammu and Kashmir to support and strengthen the hands of PM Modi in the upcoming Lok Sabha polls for the equitable development of the Union Territory.

Councillor Rahul inaugurates Chabeel in Gandhi Nagar



JJ NEWS SERVICE

JAMMU, JUN 18: Councilor Rahul Kumar Ward 20 today inaugurated a Chabeel organized by the Auto

Stand Union, Green Belt, Dimple Corner and Khosla & Sons in Jammu. The event aimed to distribute sweetened water to all passersby, reducing the effects of the

summer heat and spreading joy throughout the community. In his address, Rahul Kumar praised the efforts of the Auto Stand Union, Green Belt, Dimple Corner

and Khosla & Sons in organizing the Chabeel to quench the thirst of passersby, and expressed his hope that such events inspire kindness and generosity among the citizens.

Members of Auto Stand Union and Shopkeepers Association thanked Councillor Rahul Kumar for his support and encouragement and expressed their commitment to organizing such events to bring joy and relief to the community. The event was attended by Racht Khosla, Mandal General Secretary BJP Gandhi Nagar, District Publicity Secretary Sandeep Gupta, and several volunteers, including Anoop Sharma, Vijay, Sanjay, among others.

Raksha Mantri Rajnath Singh says, the world now listens attentively to what India says as its stature has risen in the past nine years

AGENCIES
NEW DELHI, JUNE 18

Raksha Mantri Shri Rajnath Singh has said that the stature of India in the international forum has risen in the past nine years and the world now listens to it attentively. Addressing a gathering of successful candidates of UPSC Civil Services Exam in an event organised in Lucknow on June 18, 2023, Raksha Mantri stressed that the idea of developed India is not more a dream now, but is becoming reality under the dynamic leadership of Prime Minister Narendra Modi.

Rajnath Singh emphasized that now a Superpower like the United States prepares diligently to welcome and host India's Prime Minister, and foreign media talks about the country's success story.

Highlighting the Prime Minister Shri Narendra Modi's vision of Developed India by 2047, Raksha

Mantri said the young civil servants have a vital role in building such a nation.

"A huge responsibility is on your shoulders. You are going to serve at a time when the country has entered the Amrit Kaal. When you will be at the end of your term by 2047, the country will be celebrating its 100th year of independence. I would like you to be prepared for the upcoming challenges. Together we can face them and take India on the path not more a dream now, but is becoming reality," said Raksha Mantri.

Rajnath Singh exhorted civil servants to earn people's trust in government by living up to their expectations and aspirations, and by proactively engaging with them. He stressed that people's trust in democracy will increase manifold if bureaucrats connect with the public more readily.

Rajnath Singh underscored that as the society is moving forward on the path of progress and

prosperity, the feudal system and mentality is diminishing, and in such a situation, living up to the expectations and aspirations of the public is the measure of the capability of bureaucrats and leaders. "There was a time when there used to be a culture of authority in the society, now the culture of justification has overtaken the culture of authority as citizens are becoming educated and more aware with the arrival of new means of communication," he added.

Emphasizing on the role of people's representatives in day-to-day governance and democracy, he stressed that civil servants should listen carefully and act on the suggestions made by the public representatives, as a democracy, the representatives of the people are the representatives of their aspirations. Raksha Mantri denounced the culture of undue political interference in the local

administration, however, he pitched for guidance from the people's representatives, as they represent the common citizens of the country.

"As people's representatives, they will definitely raise before you the issues related to their constituency. That's why you have to work closely with the people's representatives in your area," he stressed.

Admiring the phenomenal performance of women in civil services exam in recent years, Shri Rajnath Singh said, girls occupying the top 3 positions, and 14 girls out of the top 25 present the picture of changing India, a New India. Our daughters have brought laurels whenever they got the opportunity, he added.

Mentioning Gandhi's Talisman and the philosophy of trusteeship, Raksha Mantri acknowledged the role of young civil servants to think of the last person of society when taking any decision for the welfare of the people.

A National Conference on 'Foundational Literacy and Numeracy' held as a pre-cursor event of the G-20 4th Education Working Group Meeting in Pune

AGENCIES
PUNE, JUNE 18

The day-2 of National Conference on Foundational Literacy and Numeracy was held today in Pune. The conference was organized to bring together the representatives of all the States & UTs, and experts in different fields to discuss 'Capacity building and training of teachers in the blended mode'.

The event was also graced, Shri Sanjay Kumar, Secretary, Department of School Education, Prof. Suresh Gosavi, Vice Chancellor, Savitribai Phule Pune University and several senior officials of the Ministry of Education and State Education Departments.

Speaking on the occasion, Additional Secretary, Ministry of Education, Smt. Lanchhongthol Sweety Changan, spoke about NISHTHA - National Initiative for School Heads' and Teachers' Holistic Advancement, launched in 2019, which was



extended to Foundational Literacy and Numeracy and secondary level, in 2021-22, covering 35 lakh Pre-primary, Primary and Secondary level teachers with a focus on improvement in quality of teachers and learning outcomes of students.

She also mentioned the National Curriculum Framework (NCF) for the Foundational Stage, released on 20th October 2022 to strengthen the approach from the pedagogical perspective. The framework aims to provide a systemic common base and enable standardized, grade-wise learning outcomes across the

country. She highlighted the blended form of learning which methodologically combines the traditional approach and online learning to enhance the learning experience, maximize effectiveness and increase the reach of education. For blended learning to become sustainable, she added, it is imperative that teachers are well-equipped with the skills, knowledge, and pedagogical approaches to adapt to the changes and are able to implement blended teaching methods effectively.

Prof. Suresh Gosavi, shed light on the FLN exhibition currently being organized, in which G20 countries, Indian states, corporates, international agencies, autonomous bodies, and civil society organisations are displaying their work. He stressed that the exhibition is showcasing some of the best practices where all the stakeholders are deploying to achieve the FLN targets in a time-bound manner. He also added that such forums provide an opportunity for our collective growth with no problem ever being solved in isolation.

The States of Maharashtra, Uttar Pradesh, Madhya Pradesh and Chhattisgarh presented an impressive showcase of Foundational Literacy and Numeracy practices of respective states. Archana Sharma Awasthi, Joint Secretary, School Education proposed the vote of thanks, expressing gratitude to all the members involved in the functioning of the day's events.

FROM THE FRONT PAGE...

'Awaam Ki Awaaz' is...

an earnest effort for rejuvenation and protection of water bodies in the UT.

"Mission Amrit Sarovar has witnessed enthusiastic response in all the Panchayats of Jammu Kashmir and it is also a vindication of our steadfast commitment to revive the water bodies. It is a symbol of resurgent J&K and strength of Jan-Bhagidari," said the Lt Governor.

He impressed upon all the Panchayats to engage in a healthy competition to build the most beautiful Amrit Sarovar. Three outstanding Panchayats should be selected and honored on Independence Day through online voting on MyGov J&K, he added.

The Lt Governor commended the people of Jammu Kashmir for successful conduct of G20 meeting last month. We have received overwhelming response, especially, from youth regarding promotion of tourism, he added.

He made a special mention of Bugdam's Arifa Ara, Javed Ahmed from Anantnag and Kishitwar's Abhishek Sharma for their valuable suggestions regarding raising public awareness about environment-friendly products and promotion of plastic substitutes like jute bags, corn starch bags in market; strengthening of facilities for persons with disabilities at prominent tourist locations and promotion of adventure tourism and water sports.

He also shared the inputs received from Anantnag's Shahid Hussain Rather, Mushtaq Ahmad Wani from Bugdam, and Abar Mir from Doda pertaining to reforms in Fisheries Sector and its impact on tourism, promotion of eco-tourism and generic medicines.

Speaking on the preparations made for Shri Amarnath ji Yatra starting from 1st July, the Lt Governor called for active participation of every citizen.

"This pilgrimage is also a symbol of the welfare of humanity, upliftment of all sections of the society and exchange of new ideas. Local economy and employment opportunities are also linked to this Yatra," he observed.

Since ages, the entire society, followers of all sects, come together to welcome the devotees from different parts of the country. Active participation of all the citizens will definitely make this year's Yatra and festivity of culture and spirituality successful, added the Lt Governor.

He also called upon the educational institutions, organizations, prominent personalities and all the stakeholders for making every section of society aware about the benefits of Yoga and encourage them to adopt Yoga as an internal part of their lives.

"On this Yoga day, let us celebrate the sense of oneness with the society and the world. Yoga helps to keep mind and body healthy, stress-free and inspires us to live a balanced and happy life," said the Lt Governor.

J&K Being Discussed...

an opportunity to participate in the International Yoga Day programme at the United Nations headquarters in New York.

"I appeal to all of you to adopt Yoga in your life and make it part of your daily routine," he said.

In his broadcast, the prime minister also remembered Chhatrapati Shivaji Maharaj and said along with his bravery, there is a lot to learn from his governance and management skills.

"In particular, the work done by Chhatrapati Shivaji Maharaj regarding water management and navy, they raise the glory of Indian history even today. The sea forts built by him stand proudly in the middle of the sea even after so many centuries. The beginning of this month itself marks the completion of 350 years of the coronation of Chhatrapati Shivaji Maharaj," he said.

Noting that this occasion is being celebrated as a big festival, Modi said grand programmes related to it were organised in Raigad Fort in Maharashtra.

"I remember, many years ago in 2014, I had the good fortune to go to Raigad and pay obeisance to that holy land. It is the duty of all of us to know about the management skills of Chhatrapati Shivaji Maharaj on this occasion, learn from him. This will instill in us a sense of pride in our heritage, and will also inspire us to perform our duties in the future," he said.

Giving the analogy of how a tiny squirrel from the

Ramayana came forward to help build the Ram Setu, Modi said when the intention is to do it, there is honesty in the effort, no goal remains insurmountable.

"Today, India too, with a noble intention, is facing a huge challenge. The challenge is TB or tuberculosis. India has resolved to create a TB-free India by 2025. The goal is certainly a lofty one. There was a time when after coming to know about TB, family members used to turn away, but today TB patients are being helped by making them family members," he said.

He pointed out that in order to eliminate tuberculosis from the root, 'Ni-kshay Mitras' have taken the lead.

It is due to this participation that today more than 10 lakh TB patients in the country have been adopted, he said, adding that this is a noble deed on the part of close to 85,000 Ni-kshay Mitras.

Modi also went on to name some Ni-kshay Mitras, and lauded their efforts.

He also said that it is in the nature of Indians to be always ready to welcome new ideas.

"We love our things and also imbibe new things. An example of this is Japan's technique Miyawaki; if the soil at some place has not been fertile, then the Miyawaki technique is a very good way to make that area green again," Modi said.

Miyawaki forests spread rapidly and become biodiversity spots in two to three decades, he said.

Modi pointed out that this is now spreading very fast in different parts of India too. He cited examples of many people adopting this technique successfully. In his remarks, Modi also noted that nowadays there is a lot of discussion about Jammu and Kashmir, sometimes due to rising tourism and at times due to the "spectacular events of G-20".

"Some time ago, I had told you in Mann Ki Baat how 'Nadru' of Kashmir are being relished outside the country as well. Now the people of Baramulla district of Jammu and Kashmir have done a wonderful job," he said.

Farming has been going on in Baramulla for a long time, but here there was a shortage of milk and the people of Baramulla took this challenge as an opportunity, he said.

A large number of people started dairy farming there, he said.

Citing other examples, Modi said the entire Baramulla is turning into the symbol of a new white revolution. During the last two-and-a-half to three years, more than 500 dairy units have come up here, he pointed out. Concluding the broadcast, Modi urged the people to take care if their health during this rainy season.

Have a balanced diet and stay healthy, he told the people adding that they should certainly do Yoga.

"Now summer vacations are about to end in many schools. I would also tell the children not to keep their homework pending for the last day. Finish your work and be at ease," the Prime Minister added. (Agencies)

Speed of our work has...

Due to sound economic policies, world's biggest organizations and companies have expressed confidence in India's potential. I am happy that ICAI is actively participating in this journey and setting best global standards, the Lt Governor added.

Our resolve to build Atma-Nirbhar Bharat is gaining a new momentum. The reforms to bring the rural economy at par with the cities have realized the power and potential of the villages, he added.

The Lt Governor also highlighted the important role of Chartered Accountants in social transforming and for the welfare of the last person on the ladder of development.

"Today, the role of Chartered Accountants is not limited to maintaining credibility of financial market, discipline, confidence of investors and shareholders but they are also ensuring expenditure on development programmes, every penny of the government exchequer should reach the needy people," said the Lt Governor.

At the meet, the Lt Governor shared the reforms introduced by the UT Government in establishing an inclusive, transparent, effective and accountable governance system.

"In J&K, through BEAMS Empowerment, we have brought a huge change in the life of the common man. We have ensured every single penny spent on projects is accounted for, details are put in public domain for the public to see and projects execution meet the deadline," said the Lt Governor.

He said the accelerated development in the UT, under the guidance of Hon'ble Prime Minister, has changed the perspective of the world towards Jammu Kashmir.

"Earlier J&K was called the hotspot of terrorism but today it is a hotspot of tourism and progress. Last year, a record 1.88 crore tourists visited Jammu Kashmir and I am confident it will cross 2.25 crore this year," the Lt Governor said.

The speed of our work has increased 10 times in comparison to the period before 2019. New aspirations have been born in the society, new resolutions have arisen among youth and in Amrit Kaal, J&K is at par with developed states on many parameters of development, he added.

Reiterating the commitment to meet the needs of the Institute of Chartered Accountants of India, the Lt Governor said the land for centre of excellence has been identified and will be allotted soon.

CA, Preeti Sunil Talati, President ICAI expressed gratitude to the Lt Governor led UT Administration for addressing their demand of the allotment of land for ICAI's centre of excellence in Jammu Kashmir.

CA. Ranjeet Kumar Agarwal, Vice President, ICAI; CA. (Dr) Raj Kumar Adukia, Chairman, CMEPS; CA. Purushottam Khandelwal, Vice Chairman, CMEPS; CA. (Dr) Jai Kumar, Secretary, ICAI; CA. (Dr) Debashis Mitra, Immediate Past President, ICAI; members of ICAI in public service from across the country were present.

Large cache of rusted...

by terrorists over two decades ago. All the explosive material, numbering nearly 50, was later destroyed in a controlled explosion by the experts of the bomb disposal squad, they said.

Army's northern command...

efforts of all involved in the planning and execution of the project.

"The High Mast Flag installed at Pachouri Park symbolises national pride, unity, hope, progress and will continue to remind people of Udhampur of the strength and resilience," he said.

The locals also appreciated the Indian Army for the unique initiative which will remain etched in the history of the Udhampur and reflect the sense of patriotism of the local populace, the spokesman said.

The Udhampur-based northern command has been at the forefront of the nation's effort on the western and northern borders as well as to counter security challenges posed by terrorism and externally sponsored proxy war in Jammu and Kashmir.

The command has been in 'Operational mode' since its very inception, having seen a large number of high and low-intensity operations, an army official said.

"Today, northern command is at the forefront of the nation's efforts to counter the most serious challenge to her security, the scourge of terrorism and the vicious proxy war in J&K. Thus, whether officially at peace or in operations, the troops of the command have always been in combat," he added. (Agencies)

Hardeep Puri, Dr. Jitendra...

Today Jammu and Kashmir is changing completely. Writing a new chapter of development," said Hardeep Puri.

Hardeep Puri further said, "Lots have changed after the abrogation of Article 370, stone-pelting was assuming shape as one of biggest industry. Now, local law and order has improved in J&K, issues of national security are addressed properly".

Dr. Jitendra Singh recounted the major development works done in the Parliamentary constituency and said that probably there is no region left where development work is not visible within a span of some distance.

On the occasion, a booklet was also released which

is based on the account of some of the major works of the incredible development undertaken in Udhampur-Kathua-Doda Lok Sabha Constituency in 9 years.

CS releases rankings...

(3 indicators), Health & Nutrition (6 indicators), Education (7 indicators) & Basic Infrastructure (5 indicators). Each of these blocks were provided Rs One Crore financial assistance for making achievement in the given parameters.

Like Aspirational Panchayat Development Programme, the ABDP is a unique initiative of JK government taken last year on the analogy of Aspirational District Development Programme. For monitoring purpose the ABDP Dashboard was developed for monitoring the progress of these 44 Aspirational Blocks on 61 Data Points based on 49 key performance indicators.

The bottom 10 blocks in the list includes Moungr (Udhampur) at the bottom of the list. Others above it in order comprises Chasana (Reas), Manikote (Poonch), Dudubasantgarh (Udhampur), JJJRagi (Reas), Warwan (Kishtwar), Duggan (Kathua), Gundi Dharam (Ramban), Mahore (Reas), Tullai (Bandipora) and Marwah (Kishtwar) at 34th place among these 44 backward blocks of the UT.

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.

Amarnath Yatra meeting...

sanitation, installation of temporary toilets and mobile toilet vans, uninterrupted supply of electricity, adequate water supply and traffic arrangements, an official said.

The Divisional Commissioner has sought deployment of a sufficient number of personnel and installation of additional CCTV cameras.

He also instructed the Jammu Municipal Corporation (JMC) to start beautification of the city while the tourism department was asked to install hoardings and banners on prominent locations, right from Lakhampur, the gateway to Jammu and Kashmir bordering Punjab, to showcase the tourist destinations of Jammu region to attract tourists to these places. (Agencies)

Met forecasts hot...

is likelihood of light to moderate rain with thunder/lightning at scattered to fairly widespread places."

However, he said, overall 'no' forecast of any major rainfall this week.

Regarding temperature, he said, Srinagar recorded a low of 17.0°C against 16.0°C on the previous night and it was above normal by 2.2°C for the summer capital.

Zaigund, he said, recorded a low of 13.6°C against 13.4°C on the previous night and it was above normal by 0.3°C for the gateway town of Kashmir.

For the Leh region, he said, recorded a low of 8.6°C against 9.4°C on the previous night and it was 0.1°C above normal for the famous tourist resort in south Kashmir's Anantnag district.

In Kupwara town, he said, the mercury settled at 13.6°C against 12.2°C on the previous night and it was 0.4°C above normal for the north Kashmir area.

Kokernag recorded a low of 14.2°C against 13.1°C on the previous night and it was 1.1°C above normal for the place, the officials said.

Gulmarg recorded a low of 10.8°C against 8.8°C on previous night and it was above normal by 1.5°C for the world famous skiing resort in north Kashmir's Baramulla district, he said.

Jammu recorded a low of 27.7°C against 25.9°C on the previous night and it was 2.2°C above normal for J&K's winter capital, he said.

Banihal recorded a low of 14.5°C (0.3°C above normal), Batote 16.7°C (0.7°C above normal), Katra 24.8°C (2.7°C above normal) and Baderwah 14.6°C (above normal by 0.9°C). Ladakh's Leh and Kargil recorded a low of 6.9°C and 12.5°C respectively, he said. (Agencies)

Kavinder asks Maharashtra industrialists to invest in J&K, explains bounties



J I NEWS SERVICE

MUMBAI, JUN 18: Senior BJP leader and former Deputy Chief Minister, Kavinder Gupta on Sunday held interaction with big industrialists from Maharashtra and urged them to invest in J&K and get number of bounties being offered by the government especially after the implementation of New Industrial Policy.

While holding threadbare discussion with the industrialists including Naishadh Desai, Managing Director, Brical Solutions Ltd., Jagat Killawala, Managing Director of Sri Krishnaashray Pvt Ltd; Mahendra Arya from Buransh Capital Management Services, Bharghav Patel, Bharat Bhai (Reliance) and Vinod Bhai, Kavinder urged them to invest in J&K claiming that after the scrapping of Article 370, the scenario in J&K has been changed with big opportunities waiting for the investors as government in the Union Territory is promoting ease of business in a big way and there are number of offers on the cards. He said that unlike the terms of successive governments, today J&K is on the path of development with lot many opportunities

waiting for investors in the region.

The former Deputy Chief Minister said that Government in J&K is expecting that investors from across the country and abroad will pitch for projects as several out of the box initiatives have been proposed by the government to attract investors. He said that the government is looking for investments in key sectors like agriculture, the food industry, education, etc.

Kavinder said J&K's strategy is to maintain sustainable development and the interest of the investors therefore it is a golden opportunity to set-up projects in this part of the country popularly known as crown of India.

After listening to lucrative offers, the big industrialists from Maharashtra showcased interest in the options available in J&K and vowed to consider things sooner than later.

ABGRF honours Police Officers for combating bovine smuggling



J I NEWS SERVICE

JAMMU, JUN 18: Akhil Bharatiya Gaushala Research Foundation (ABGRF), Jammu and Kashmir, today honoured police officers who contributed significantly towards combating cattle smuggling in district Udhampur.

The programme was conducted under the leadership of Jatinder Vermani, Vice President ABGRF J&K and Rahul Magotra District President Udhampur, under the supervision of P S Chandel, Advocate, Convener ABGRF J&K.

The event was graced by the presence of numerous top-ranking police officials including SSP Udhampur, Dr. Vinod Kumar, SP Anwar Ul Haq, DySP Udhampur Shahid Naheen, SHO Udhampur

Raghuvver Singh, PSI Sattar Choudhary, PSI Raman Kumar, PSI Rahul Janwal, PSI Sahil Singh Chib, PSI Kullwinder Singh, PSI Manveer Singh and PSI Kulbushan Singh. In addition to these officers, Navin Kumar, Jatinder Kumar, Pradesh Sachiv Yuva and District President ABGRF Mahesh Banathia were also felicitated for their contributions in the fight against cattle smuggling.

The program was conducted under the guidance of Sunil Magotra General Secretary ABGRF and was attended by several dignitaries including Pradesh President Dr. Vikas Bhardwaj, Youth Wing President Vikram Mahajan and Mahants Vishal Giri, Ramesh Jangam and Basant Giri. District Vice President Jatinder Vermani, District

President Rahul Magotra, VHP District President Sushant Sharma and Chhotu Magotra President of Ram Sewa Samiti were also present and praised the efforts of the police officers.

The Foundation aimed to combat the increasing problem of cattle smuggling in the area, and recognizes the invaluable contribution of police officers in this effort.

The event was a great success, with all attendees pledging to continue working towards a better and safe environment for all.

Advocate Chandel, in his address, has urged the government to provide around 200 kanals of land to establish cattle ponds at the district level in Jammu and Kashmir. He said these ponds would be used to manage the rescued bovines and help ease the

burden on existing Gaushalas which are already overstretched. By doing so, the Police Department can also work without the added worry of managing the rescued bovines, he added.

Expressing his deep worry, he drew attention of Police Department to the escalating issue of bovine smuggling. He emphasized that to tackle the alarming rise of repeat offenders involved in this criminal activity, once the Director General of Police (DGP) has adopted an uncompromising approach, instructing SSPs of J&K to charge such culprits under the stringent Public Safety Act. He asserted that the appropriate course of action would be to utilize the Public Safety Act to prosecute bovine smugglers, so as to instill fear and discourage others from perpetuating this menace. He also raised his serious concern over an issue of cattle roaming on city roads due to neglect by their proprietors. He called for legal action to be taken against such individuals under the provisions of Section 325 of the Municipal Act (III), as a measure to halt this harmful behavior.

JKCA holds first general body meet, conducts membership drive

FUTURISTIC EFFORTS TO BE UNANIMOUS FOR BETTERMENT, GROWTH, OVERALL PROGRESS OF ARTISTIC FRATERNITY: PRESIDENT

J I NEWS SERVICE

JAMMU, JUN 18: Jammu and Kashmir Cine Association, the prime organization advocating a general cause of bringing the whole artistic fraternity under the one umbrella for holistic development of art, culture and cinema in the JKUT today conducted its first ever general body meeting.

Nearly 100 people drawn from variegated field of art, culture and cinema attended the assembly of the artists gathered at K L Saigal Hall, Abhinav Theatre to voice their respective issues and join hands of JKCA in supplementing to the yeoman cause of promoting a general cause and furthering the flourishing cinema, theater and art in the UT.

While the meet was first of its kind that was based on exchanging pleasantries among one another, and list themselves in the membership drive held on the occasion, it also focused on various issues and aspects needed to be introduced and implemented for future course of action to make Jammu and whole UT vibrant on the cultural front.

Though the assemblage, first since the inception of JKCA, was mainly confined to membership drive, the President of the association Dharminder Kohli on his welcome note shed light on the futuristic efforts to be taken up by the association unanimously for betterment and growth of the institution for overall



J I NEWS SERVICE

progress of artistic fraternity. "It takes a united effort and approach for a community to rise to the standards of equality among its contemporaries, and for the purpose this association has been formed as a general mass organization where every individual is welcomed, irrespective of his/her personnel commitment, whatsoever. JKCA stands for everybody and an approach in welcoming JKCA in reciprocation is what we all need," said Dharminder Kohli.

Atul Vinod Duggal, General Secretary, gave a brief description of the motto envisaged to form the association and was heartily responded with.

"We all need to see beyond our personnel bearings to give it a befitting start and a smooth sail," he said. On the occasion, certificates and

welcome letters were given to the members with names, production houses and other credits at individual levels inscribed which formed the unique concept that was highly appreciated.

Presenting the vote of thanks, Rajesh Khajuria expressed gratitude to the body and the new members who joined the association and said that this effort would go a long way in unity and brotherhood.

"Concluding, we take this opportunity to start our voyage to make this endeavor a great success and express our wish that the govt under the able administration of Lt Governor Manoj Sinha should open JK Film Policy instituted by the union territory for the benefit of one and all," said Rajesh Khajuria.

High tea was served at the conclusion of the event.

Manjit Singh demands 27% reservation to OBCs in J&K

J I NEWS SERVICE

JAMMU, JUN 18: Apni Party Provincial President, Jammu, and Former Minister, S. Manjit Singh today demanded reservation to OBC community in J&K up to 27 percent in Jammu and Kashmir for the social, economic and political upliftment.

Addressing a meeting to discuss OBC's issues and demands, the former minister raised his concern over the backwardness of the community which has a huge population and still they live in a miserable condition.

"Decades after hollow slogans and assurance given to them by the traditional political, these OBCs have been deprived of their constitutional rights in J&K," he said and appreciated the leaders of OBC especially Bhagat Ram who was appointed as State Coordinator of OBC Wing.

On this occasion, S. Manjit Singh felicitated Bhagat Ram who was appointed as State Coordinator OBC Wing of Apni Party. He hoped that he would work among the marginalized sector for their upliftment.

The former minister said that the Apni Party is committed to protect the rights of the people and community to ensure equality in the society which has been divided by the political parties for their political gains in elections.

"The democratic system in India was aimed to protect and strengthen the rights of the marginalized sections of society but the political parties played a blame game in the last seven decades and did nothing for the upliftment of the OBC community. In J&K, they are deprived of their right to have 27% reservation like other parts of the country," he added.



He said that unlike traditional political parties, the Apni Party has a clear stand with regard to the OBC community that they deserve 27% reservation in J&K and it must be granted to them as per the constitution.

"There should not be any discrimination with the OBCs of J&K. When other states have given rights to the OBCs, similar rights should be extended to the erstwhile state," he said, further expressing commitment for the social, economic, and political upliftment of the OBC community in J&K.

He said that the residential areas of OBC are underdeveloped. They mostly go outside J&K to work as labourers because of poor chances of employment in their home districts, or region.

He therefore demanded that the Govt of India should seriously look into the issues of the OBC and formulate a policy for improvement promotion of education among the youth and employment to them by providing them opportunity to get skilled courses.

Meanwhile, Bhagat Ram expressed

his gratitude towards the Apni Party President Syed Mohamed Alfat Bukhari sahib for putting faith in him and appointing him as State Coordinator of OBC Wing J&K.

He assured that he would work for the OBC and educate the community about their rights in reference to the policies of development and empowerment of the Apni Party.

Besides President, Vishvakarma Samba, Shashi Verma also spoke on the occasion and highlighted various issues.

Provincial Vice President, Shafi Sheikh, State Coordinator SC Wing, Bodh Raj Bhagat, Provincial President Jammu, Youth Wing, Vipul Bali, Provincial President Women Wing, Jammu, Pavneet Kour, District President, Udhampur, Ramban, Hans Raj Dogra, District Vice President Jammu Urban, Vaibhav Mattoo, Provincial Secretary Youth Wing, Vishal Jotshin, Provincial General Secretary Legal Cell, Kuldeep Sudan, District President Legal Cell, Gorab Sharma, District President SC Wing, Puran Chand Rishi, District Secretary Youth Wing, Abhinav Gupta, and others were present on the occasion.

Vidyamandir Classes Jammu Continues its Legacy of Success

Produces State Topper in JEE Mains for the Past 9 Years

J I NEWS SERVICE

JAMMU JUNE 18: Vidyamandir Classes Jammu, a leading coaching institute for competitive exams, proudly announces its remarkable track record of producing the state topper in JEE Mains for the past nine consecutive years.

The institute's commitment to excellence and unwavering dedication to students' success have once again been validated in the recently declared JEE Advanced 2023 results. Among the notable achievers from Vidyamandir Classes Jammu in the JEE Advanced 2023 examination are Ishan Arya, 2 year classroom program student of Vme Jammu has secured an exceptional All India Rank (AIR) 4071 and Tanish Kamal 3 year classroom program student secured an impressive AIR 853". Their remarkable performances highlight their perseverance, determination, and the exceptional coaching provided by

Vidyamandir Classes Jammu. Tejas singh 3 year classroom program student (Also JEE mains 2023 state topper) achieved an excellent AIR 1223, while Argh Raina 2 year classroom program student secured an admirable AIR 3225. Satvik bhad 2 year classroom program student commendable performance earned him an AIR 4949, and Suvansh sharma 4 year classroom program student achieved a respectable AIR 6768. Drish Mahajan 4 year classroom program student showcased remarkable talent with an AIR 8695, and Hiya Jandial 4 year classroom program student emerged as a top-performing girl with an outstanding AIR 9592. These achievements add to the legacy of Vidyamandir Classes Jammu, where the state topper in JEE Mains has been consistently produced for the past nine years. VMC JAMMU also gave stellar performance in NEET 2023 as one of the student NAMAN GUPTA secured

700/720. This remarkable feat stands as a testament to the institute's unwavering commitment to providing quality education, nurturing talent, and guiding students towards success.

Vidyamandir Classes Jammu takes immense pride in its students' accomplishments and extends heartfelt congratulations to each one of them. The institute's comprehensive study material, experienced faculty, and supportive learning environment have been instrumental in shaping the careers of these successful students.

District Udhampur heading towards ODF plus under SBM 2.0

J I NEWS SERVICE

UDHDAMPUR, JUNE 18: District Udhampur achieved another milestone under Swachh Bharat Mission Grameen 2.0 by declaring all 411 villages ODF Plus under aspiring category. ACP Udhampur, Dr. Ranvir Singh Kotwal, congratulated the general public, PRI members and the team of field functionaries of all 17 Blocks for this achievement. He requested them to work as a team to achieve the desired target of making the villages ODF+ model by 15th August 2023 as per the directions of the Chief Secretary JK UT. In this connection, the team of block development officers is working on solid waste management and liquid waste management in their respective blocks/villages by constructing soak pits for grey water management and compost pits and segregation sheds for solid waste management.

Beopar mandal manwal, social organisations too join stir against 8-hour power curtailment schedule

J I NEWS SERVICE

UDHDAMPUR, JUNE 18: A vociferous meeting of Beopar Mandal, Manwal, Helping Hands, Akhand Jyoti Committee, Devi Bani, Manwal, and a dozen odd social organisations was held here today.

Speaker after speaker was critical of PDD's 8-hour power curtailment schedule for rural areas of Udhampur.

Mr. Ranvir Singh Pathania, BJP Spokesperson called for immediate recall of the move. It needs to be dropped like a hot potato. Earlier it goes, better it is. Better for the people and the establishment too. Not only it

breeds rancor and ill will against JPCL. It spreads resentment and frustration amongst the people. This has troubled the agriculturists, students, traders, entrepreneurs, construction industry and a wide range of people.

Jammu region needs full supply of electricity during summers. This order needs to be reviewed in the interest of convenience and equity of the people of Jammu and especially those of Udhampur district.

Raj Kumar Gupta, President Beopar Mandal, Manwal, Hem Raj, Dr BD Gupta, Deputy Director (Retd), Durga Das, HM (Retd), Yudhbir, Ashok Gupta, Kulbushan,

Ravinder Kumar, and a number of prominent people addressed the meeting.

Pathania appealed to the Lieutenant Governor J&K to intervene into the matter so that the people of Udhampur District may not suffer more.

Dr BD Gupta dared the bureaucrats to carry on without electricity for even an hour.

It is surprising that when JPCL has almost established terms everywhere, what is the logic and justification of curtailment. Speakers warned of a tough stir and taking to streets if the curtailment schedule is not withdrawn immediately.

THOUGHT OF THE DAY

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

JINDRAH IMAGES

Demand for curtailed working in govt offices

After attaining the status of UT, Ladakh has seen several administrative reforms. There have been high hopes among the people of this region for a better system. Recently, the Leh unit of Congress party demanded for adoption of five-day work week policy in all government offices of Ladakh, which triggered a major debate in the arid region, forcing the UT administration of Ladakh to make it clear that "no decision has been taken in this regard yet". "We are getting queries from people regarding adoption of 5 days work week after a request was put up to the Hon'ble Lieutenant Governor from some quarters, It may be noted that no decision has been taken in this regard yet," the Ladakh UT administration said. Recently, Lieutenant Governor Secretariat Ladakh, disclosed that the Councillor Saspol, Smanla Norboo was called on Brig (Dr) BD Mishra and requested to consider adopting the "5-day workweek" in all offices of Ladakh. Responding to the demand, the LG has directed Advisor Ladakh and Secretary to the LG to examine the proposal for its effect on various institutions and desired work output. Earlier, the District Congress Committee Leh had recently demanded for declaring Saturday as a public holiday in all government offices of Ladakh, including both the Union Territory Secretariat and District-level offices. Nurbu claimed that they have taken up the issue with the Lieutenant Governor of Ladakh, who has expressed willingness to take necessary action. He argued that while other parts of India were already observing Saturday as a holiday, the erstwhile state of Jammu and Kashmir had been excluded from this practice. "Ladakh has now become a separate Union Territory and it is advisable to align with the rest of the country and designate Saturday as a holiday," he had said. It ensued the debate with stakeholders saying they were skeptical to the scheme to be implementable in Ladakh especially in government offices and schools as already due to winter students get three months holiday and offices hardly function in full capacity. In case if implemented then to compensate for the reduction in duration of weekly working days one hour should be increased under daily working hour schedule. Ladakh with its extreme climate and difficult terrain has a limited working season of six to eight months. Given these circumstances, there has been complaints of under-utilization of funds for carrying out developmental projects in the region. It will be interesting to see as how the UT will respond to the demand.

MUTUAL ACCOMMODATION KEY TO PEACE IN MANIPUR

AROUND 120 LIVES HAVE BEEN LOST AND AN ESTIMATED 45,000 PEOPLE ARE LIVING IN COMMUNITY-RUN RELIEF CAMPS.

PRADIP PHANJOUBAM

THESE are among Manipur's darkest times. A month and a half after a bloody feud between two of its major communities - the Meiteis and the Kukis - broke out, there is still no sign of normalcy in sight. Although no longer widespread, sporadic violence and mayhem in the foothills where villages of the two communities rub shoulders - once in friendship and now in bitter enmity - are still being reported.

Around 120 lives have been lost and an estimated 45,000 people are now living in community-run relief camps. Due to the impression that the state is incapable of restoring normalcy, the initial respite from fear of violence among many in these camps has given way to despair. Now, this despair is beginning to turn into anger capable of fuelling further escalation of the conflict. Or else, it can also end up being directed at the establishment. The emerging popular impression is that while the state government is clueless, the Centre lacks commitment.

In a disturbing development, the two warring sides now perceive government forces as partisan. The Kukis think state police constabularies, including the armed Manipur Rifles, favour the Meiteis, while the latter are convinced that Central paramilitary forces, in particular the Assam Rifles (AR), support the Kukis. A completely avoidable ugly confrontation on June 2 between Manipur police commandos and a unit of the AR which almost resulted in a gunfight has made things worse.

In this incident, a detachment of the AR arrived and provocatively blocked off the office of the Sub-Divisional Police Officer (SDPO), Sugnu, parking two armoured personnel carriers at its gate. When things were poised to get out of hand, the AR team retreated. In all likelihood, this was just a localised friction created by an overzealous post commander; nonetheless, it left in its wake very damaging optics, particularly because this happened just two days after Union Home Minister Amit Shah's visit to the state.

In a welcome step, as promised by Shah, a three-member inquiry committee headed by former Gauhati High Court Chief Justice Ajai Lamba has been formed to establish the causes of the crisis and



fix responsibility. However, another initiative of setting up a 51-member peace committee headed by the Governor, Anusuya Uikey, is running into early but expected hiccups, and many on the list are withdrawing. The allegations are that there are too many people of known political affiliations in it.

Kuki members named in the committee have also objected to the inclusion of Chief Minister N Biren Singh, who they claim is anti-Kuki and a mastermind of the present crisis. The inclusion of the CM in this committee, however, indicates that the Centre is not inclined to replace him or impose the President's rule in the state, quite contrary to anticipation by many, probably because this is a BJP-ruled state.

The present crisis is also revealing the complex network of ethnic relationships in the state, particularly between its three major communities - Nagas, Kukis and Meiteis. It is clear now that the fault lines go beyond ethnic boundaries.

Hence, there is also a hill-valley divide which corresponds roughly with the tribal-non-tribal divide, in which Nagas and Kukis are on one side and the Meiteis on the other. The hills form 90 per cent of the state's landmass and are deemed exclusive for those recognised as Scheduled Tribes (ST). The valley (10 per cent of the landmass) is where the non-tribal Meiteis are confined; it is open to settlement by any Indian, including hill tribes. A

growing section of the Meiteis is now demanding 51 status for their community as well, claiming that this would level out perceived discrepancies.

Both Nagas and Kukis are opposed to this demand, but this has not given the two any closer fraternal ties. In the May 3 rally to oppose the Meitei demand, Nagas did not cross the red line in their relationship with Meiteis, unlike Kukis in Churachandpur district going on an arson rampage on Meitei settlements after a rumour spread that a Kuki war memorial site had been burnt down by Meiteis.

The state is now amid a raging inferno from the fire that spread from that afternoon. Despite 'feelers' from Kukis for an alliance to make this a hill-versus-valley conflict, it is apparent that Nagas have decided to remain neutral.

But this neutrality is nuanced. On June 9, Manipur's 10 Naga legislators met the Union Home Minister for consultations.

They assured him of their help in bringing back normalcy to the state, but added that if concessions were to be made to the Kuki demand for a separate administration, no land that Nagas considered as theirs must be touched.

Since Kuki villages are spread across the state's hill districts, and because Nagas consider all hill districts except Churachandpur as their ancestral domain, this asser-

tion obviously will be a wet blanket to dampen the Kuki demand, even in the very unlikely circumstance of Meiteis agreeing to the proposal. Indeed, in the 1990s, a decision of the United Naga Council to evict residents of Kuki villages - whom the Nagas consider to be tenants on their land - resulted in a bloody conflict costing more than 800 lives.

This neutrality is reminiscent of what Herbert B Swowe wrote in his Pulitzer Prize-winning articles from Germany in 1916 for the New York World, reproduced in the first volume of Outstanding International Press Reporting (edited by Heinz-Dietrich Fischer). Swowe said Germans at the time were bitter about America's proclaimed neutrality, a year before America joined World War I, because they felt American neutrality towards Germans came from the head, while with the Allies, it was determined by the heart.

Nagas have indicated they are not ready to side with Kukis in this conflict, but this does not mean they have no differences with the Meiteis.

The challenge before Manipur and its people, therefore, is to work for a consensus on structural administrative adjustments as when the current fratricidal frenzy ends. In a state home to 34-plus recognised linguistic communities, peace will be premised on mutual accommodation within what is their shared destiny.

Polity controlled by monopolistic business houses

AJININDYO CHAKRAVARTY

IMAGINE that you are seriously rich. You could buy anything you want. Would you not want to buy power? I do not mean electricity here. I am talking about hard political power, which emanates from various apparatuses of the state and the political system. We have a name for this process of purchasing state power: It is called corruption. Till the mid-1980s, it was clear that power in India flowed from the barrel of the babu's pen. The political-bureaucratic class - and the intelligentsia surrounding it - acted as hegemony within the ruling elites, which included the industrial, mercantile and landed classes. It was in the interest of the power elite to keep the economic elite in check, through a system of licences, quotas, and price and trade control. This meant that even the biggest corruption scandals were about puny amounts compared to what happens now. Before, for instance, was alleged to be about Rs 64 crore, which is less than a thousand crore rupees today.

From the mid-1980s, India's policy regimes shifted to promote private enterprises.

Planning gave way to profit motive. This automatically made the neta-babu class less powerful. Paradoxically, this increased corruption instead of curbing it. Throughout the dirigiste period of 'Nehruvian socialism', the state had little to offer to private players, other than a few licences and protection from prosecution. Even in the case of citizens, corruption amounted to a few currency notes changing hands to get an out-of-turn telephone connection or an extra gas cylinder. Liberalisation and privatisation opened up the entire domain of public resources to private players. Mineral deposits, mines, land, airports, roads, bridges, telecom lines, spectrum, and a whole host of other hitherto publicly-held assets could now be owned by the private sector. Since these amounted to massive transfer of wealth, each individual corrupt transaction ballooned in size. It also gave rise to a new class of power brokers, who arranged deals between people with power and those with money. One visible result of this was the sudden explosion of real-estate prices from the late 1980s. The proceeds of corruption, which was usually in cash, was



being parked in real estate, and that was driving a self-fulfilling boom in that sector. As prices went up, everyone wanted to invest in a house or a plot, which, in turn, made real estate an even more store of black money, which again pushed prices up. Later, the financial sector played a similar role as black money got 'whitewashed' through various illegal methods and found its way into the stock market. This long-drawn-out process peaked in the mid-2000s. Public

savings and credit found its way into the pockets of sections of India Inc, in the form of financing for mega infrastructure projects. This was the basis for a record investment cycle, which as we now know, was nothing but a credit-fuelled bubble that ultimately resulted in the mother of all bad loan crises. It was in the interest of the 'Nehruvian' elite to not let productive assets get concentrated in the hands of the mercantile industrial class. Liberalisation

reversed this, allowing for, indeed fostering, ever-widening economic inequalities. Now, we have reached a stage where those who occupy positions in state apparatuses embody the ideology of India Inc. Even if politicians at the top can make or unmake individual business houses, they are beholden to the mercantile industrial elite as a whole to remain in power. This has been true for at least past 20 years. Politics today is ruled by the mercantile-industrial-media

complex, in close coordination with international finance capital. As society has got increasingly 'mediatised', the corporate-controlled media - both mainstream and on the Internet - is playing a major role in manufacturing consent and channelling the politics of the governed. The concentration of monetary and political power has reached unprecedented levels, such that the entire polity is now controlled by a few monopolistic business houses. It is in the interest of this ruling class - monopoly capital, finance capital, pro-monopoly politicians and bureaucrats, corporate-controlled media, pro-corporate 'experts' - to undermine the independence of other arms of the state, and bring all of them within the hegemonic domain of capital. From this complete capture of power in all its forms - state and civil society - be challenged? One way it could happen is if the internal unity of the ruling classes breaks down due to an external crisis. For instance, if a large number of members of the ruling elite feel that its interests are not being served by the current regime, they could seek alternative alliances. The UPA lost power precisely

because of its inability to provide steady returns to the ruling elite. India Inc found its profits shrinking and there was a growing worry that the UPA was moving to the left, with its plans for installing a legally guaranteed rights-based system of redistributing both income and political power. There was opposition within the Congress to the party's perceived anti-big business line, with many senior leaders thinking that this was suicidal. The current government has not taken such missteps. It has ensured that the ruling elite has no reason to complain. Profit rates have shot up, even though the overall economy has faltered. In nominal terms, India's GDP grew at an annual rate of 9.8 per cent between 2017-18 and 2022-23, while profits of NSE 500 companies - the 500 biggest listed companies in India - grew at 17.6 per cent. The difference is even bigger in the 2020-23 period: our GDP grew at an annual rate of 10.7 per cent, while corporate profits grew at a whopping 34.3 per cent. At the same time, the government has ensured that the poorest people have access to subsistence-level support in the form of free foodgrains.

AHEAD OF 'GADAR 2' RELEASE, AMEESHA PATEL SURRENDERS IN CHEQUE BOUNCE CASE

Bollywood actress Ameesha Patel on Saturday surrendered before the Ranchi Civil Court in connection with a cheque bounce case. Senior division judge DN Shukla granted her bail and asked her to appear before the court personally again on June 21. The case dates back to 2018 when Jharkhand-based film producer Ajay Kumar Singh had registered a case of fraud and cheque bounce against the actress. Earlier, the court had issued her summons many times in the case but she did not appear. Later, the court issued a warrant against her, said the complainant's advocate Vijaya Lakshmi Srivastava. According to the complaint, Singh had transferred Rs 2.5 crore to the actor's bank account for the production of a movie titled 'Desi Magic'. Patel, however, did

not proceed with the film later. She sent a cheque of Rs 2.50 crore but it had bounced. The Supreme Court in August 2022 stayed criminal proceedings for the offence of cheating and criminal breach of trust against Patel in connection with summons issued by the trial court in Jharkhand. The top court had, however, said proceedings for offences punishable under Section 138 (cheque bounce) of the Negotiable Instruments Act can continue in accordance with the law. The Supreme Court's order came on an appeal filed by Patel against the May 5, 2022 order of the Jharkhand High Court which dismissed the plea seeking quashing and setting aside of the order by the trial court in Ranchi, in connection with a complaint against her.



3 Decades Of 'Aaina': Jackie Shroff Shares Throwback Picture



Bollywood actor Jackie Shroff, who is known for films like 'Parinda', 'Ram Lakhan', 'Trideen' and many others, took to Instagram on Sunday to celebrate the 30th anniversary of his film 'Aaina' in which he starred along with Amrita Singh and Juhi Chawla. In a nostalgic post, the actor shared a throwback picture from the film featuring himself alongside co-stars Amrita Singh and Juhi Chawla, with the caption, "30 years of Aaina". "Aaina" tells the story of a complex love triangle and explores themes of friendship, sacrifice, and redemption. Jackie's portrayal of his character resonated deeply with audiences as he brought an undeniable charm and emotional depth to the character. The film was remade in Telugu as "Aayanaki Iddaru", in Tamil as "Kalyana Vaibhogam", and in Kannada as "Yare Nee Abhimani". Jackie, who commands a massive fan following owing to his craft and the love for nature, recently, delivered an impressive performance alongside Sunil Shetty in the film 'Hunter' and has 'Jailer' in the pipeline in which he will be seen alongside Rajinikanth. A few months back Jackie's clip went viral on the internet in which he shared the recipe for "Anda kaddhipatta".

Gal Gadot, Alia Bhatt, Perform High-Octane Action In 'Heart of Stone' Trailer

It's all about power-packed performances and high-octane action in the upcoming film 'Heart Of Stone' starring Gal Gadot, Alia Bhatt and Jamie Dornan. Gal Gadot is going from superhero to super spy in the action-packed first trailer for the international espionage thriller 'Heart of Stone', reports Variety. Gadot was joined by co-stars Jamie Dornan and Alia Bhatt at Netflix's Tudum fan festival in Sao Paulo, Brazil, where the trio debuted the film's first trailer. The footage features heart-stopping stunts, like Gadot's Rachel



Stone, an intelligence operative for a shadowy global peacekeeping agency, skydiving from a death-defying height. Stone's steely demeanour and adrenaline-junkie habits are explained as her boss (Sophie Okonedo) warns: "You know what you signed up for. No friends, no relationships. What

we do is too important. When governments fail, the only thing left is the Charter." Stone and Dornan's Parker are among the organisation's highly-trained agents, who have no political leanings or national allegiances and are described as "working together to keep peace in a turbulent world." But when hacker Keya Dhawan (Bhatt, as the Bollywood A-list star in her first major Hollywood movie) steals the agency's most valuable - and dangerous - weapon (a technological core that "gives the Charter its power," it's "heart," if you will), Stone sets off on an epic, globe-trotting adventure to save the day and clear her name. "Heart or no heart, I'm coming for you," Gadot speaks into a cell phone as her own warning to Bhatt. Directed by Tom Harper from a script by Greg Rucka and Allison Schroeder, the intense footage also features major action set pieces including a motorcycle chase through the Alps and cars speeding through the streets of Lisbon. Gadot is also seen flying through the air twice - first, paragliding off a snowy embankment and later, doing some extreme skydiving.

I hope some Dogs also start liking my films: Shahrukh Khan

Trust Bollywood actor Shah Rukh Khan to come up with a witty reply. We all know he's a powerhouse of talent. Besides his acting prowess, SRK is also known for his sense of humour. Fans look forward to hear him speak because he knows how to get people's attention with his one-liners. If you have ever attended any of SRK's #ASKSRK session on Twitter, you know what I mean. If you haven't, then here's some fun banter between SRK and fans from one of his latest sessions on twitter. Of all the questions SRK was asked, one question or rather SRK's reply has become talk of social media. One of his fans casually mentioned to the actor that his cat liked his movies to which, SRK replied: "Give my love to the cat...now just need some dogs to also start liking my films and I will be set!!" Now, we are not even going to make an effort to decode what he said because we all know that whatever SRK said was all in good humour. Shah Rukh's latest release Pathaan was blockbuster hit which broke all records at the box office. The movie also broke the jinx of Bollywood movies at the box office which had seen a slew of flops while movies in South Indian languages like Pushpa, Vikram and RRR set the cash registers ringing. The actor will be next seen in 'Atlee's Jawaan', which is one of the hugely awaited movies this year. Shah Rukh Khan enjoys a massive fanbase across the globe. The superstar earlier this year gave the biggest blockbuster ever and scored history with Pathaan. Shah Rukh Khan is also known to stay connected with fans and audiences through social media and evidence of the same is his monthly #AskSRK session where he himself engages and answers the questions of his fans.

'Jugaadu boys are back': Fukrey 3 to release in December 2023

Fukrey 3, the next installment in the popular Fukrey franchise, directed by Mridheep Singh Lamba and produced by Farhan Akhtar and Ritesh Sidhwani's Excel Entertainment, is set to release in theatres on December 1. The team made the announcement on Wednesday, which also happens to be the 10th anniversary of the first film's theatrical release.



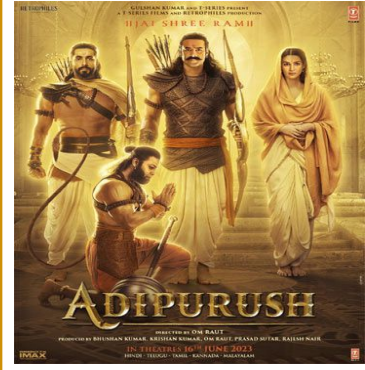
Fans can look forward to the return of their favourite characters, played by actors Richa Chadha, Pulkit Samrat, Varun Sharma, Manoj Singh, and Pankaj Tripathi, who will reprise their iconic roles in Fukrey 3. The announcement was accompanied by an energetic video from Excel Entertainment, recapping the hilarious adventures of the Fukrey gang in the previous films. Fukrey 3

aims to capture the charm and wit of the beloved 'Jugaadu boys'. The film's poster features the familiar gang of friends, engaged in an intense conversation on a building's terrace. While the original cast reunites for Fukrey 3, it was revealed that Ali Fazal will not be part of the film due to scheduling conflicts with his commitments to the popular series Mirzapur. In a statement, Fazal expressed his regret, citing the overlap of characters Zafar and Guddu bhैया, whom he plays in Fukrey and Mirzapur respectively. However, he assured fans that he remains connected to the Fukrey spirit and hopes to entertain them again in the future. As fans eagerly await the release of Fukrey 3, the anticipation for another round of hilarious encounters and misadventures with the beloved gang continues to grow. The first Fukrey film fol-

Influencer Nayera Shares Her Childhood Trauma In 'MTV Roadies - Karm Ya Kaand'



The upcoming episode of MTV Roadies - Karm ya Kaand will see influencer Nayera sharing her fear of being touched by women and her childhood trauma. The trauma led to people wrongly stereotyping her as someone who is "masculine". Despite this treatment from people that has caused her massive distress, she still achieved success against all odds, through hard work and determination, proving that her fears do not limit her success. Hearing about Nayera, Gang Leader Rhea will be seen supporting and advising her with empathy: "Main kehna chahungi ki iske liye apko therapy ki zaroorat hai tuki samjhe ki har ladki apke saath aise nahi karegi. Aapka joh nazariya hai is cheez ko dekhne ka, woh aap ko badalna zaroori hai (I would suggest that you seek therapy and you need to understand that not every girl will do the same with you. You have to change your perspective)". Another contestant Ashika will be seen impressing the Gang Leader. She has represented India at an international level in Germany for rope Mallakhamb art and won many gold medals nationally. She also specialises in aerial fitness, gymnastics and is a prolific biker. Impressed Prince will be seen pitching to Ashika: "See, I will tell you, you are good at everything, aur apki jo ye energy hai na, isko connect kaise karna hai ye mujhe pata hai. Agar agar mere gang me aate ho toh I promise you that I will take you to the Finale". "MTV Roadies - Karm ya Kaand" airs every Saturday and Sunday on MTV and Jio Cinema.



ADIPURUSH ROW: KATHMANDU TO HALT SCREENING OF ALL HINDI FILMS FROM TODAY

The screening of all Hindi movies will be banned in Nepal's capital Kathmandu from Monday over the "objectionable" words and depiction of Sita in the mythological epic film Adipurush, a top city official announced on Sunday. Kathmandu Mayor Balendra Shah defended the ban on all Hindi films in the Kathmandu Metropolitan area, saying the screening of the movie Adipurush without having one of its dialogues removed would cause "irreparable damage". "Screening of all the Hindi

films will be barred within Kathmandu Metropolitan City from Monday, June 19, as the objectionable words in the dialogue of the film Adipurush has not yet been removed," Shah said in his Facebook post. "We have already issued notice three days ago to remove the objectionable portion of the dialogue that 'Sita is India's daughter' from the movie within three days," he said. Shah said if they allow the screening of the movie, it would help "establish a distorted fact". He said it would cause "irreparable damage to our

nationality, cultural unity" and deal a "blow to our national heroes." Shah seems committed to halting the screening of all Hindi films currently being shown in all 17 cinema halls within the capital city. "All the cinema halls in Kathmandu will stop showing Indian films from Monday as per the instruction issued by the KMC," said Nabin Manandhar, spokesperson of the KMC. "We have already talked to the cinema hall owners in Kathmandu for cooperation and they have agreed to voluntarily halt screening Hindi movies from Monday," he said. "The cinema halls may show Nepali films instead of screening Hindi movies from Monday," he added. Adipurush, which was released across India on Friday stars Prabhas as Raghav (Ram), Kriti Sanon as Janaki (Sita) and Saif Ali Khan as Lankesh (Raavan). The dialogue on Sita is not the only problem Adipurush is facing with audience. In India, the movie has been criticised for its poor VFX, offensive dialogues, and below-average performanc-

How to do the Copenhagen plank and strengthen your core and thighs

When it comes to planks, not all variations are created equal, and one that targets your inner thigh muscles and your core is known as the "Copenhagen plank". If you're looking to get more bang for your buck with your next plank finisher, this is the exercise to add to your routine. Read on to find out how to do a Copenhagen plank, the benefits, and the common mistakes to look for when attempting the exercise for the first time.

As a reminder, if you're new to an exercise, or you're returning to training following an injury, it's worth chatting to a personal trainer to ensure you're moving with the correct form. Looking for more ab inspiration? Check out 14 of the best plank variations to build core strength and muscle.

What is the Copenhagen plank? The Copenhagen plank is one of the most challenging plank variations out there, and for good reason — this one will make your entire body shake. It's an under-appreciated exercise that you probably haven't come across, but unlike commando planks, you'll be working your lower body just as hard here.

The exercise got its name from research conducted in Denmark, which found it helped to prevent groin pulls in athletes. Our hip



adductors, or inner thigh muscles, are thin and can be prone to tears during exercise. The research found this exercise strengthened the adductors, and while nothing can completely prevent groin strains or pulls, Copenhagen planks seemed to help.

How to do a Copenhagen plank Let's start by taking a look at how to do a Copenhagen plank with perfect form. For this exercise, you'll need a bench, box, chair or step — make sure the surface is stable, and strong enough to support your weight.

Like a side plank, you'll lie on your side for this exercise, so you might want to use one of the best yoga mats.

Lie on your left side, with your left elbow underneath your left shoulder. Your legs should be

extended out and away from your body, and your right arm should be raised towards the ceiling.

Place your right shin on the bench, and leave your left toes resting on the floor.

Engage your core, thinking about sucking your belly button in towards your spine, and lift your hips and knees off the floor. Your body weight will be resting on your left foot.

Lift the left foot off the ground, so it hovers a few inches below the right foot, still resting on the bench. Hold here for as long as you can, keeping your abs engaged, and your eye gaze forward.

The closer you are to the bench, the easier this exercise will be — if you're a complete beginner start with your top knee bent on the

UPGRADE YOUR AB WORKOUT WITH THIS CHALLENGING MOVE

bench, so your calf is fully rested on the floor. As you get stronger, move further down your leg, until just your foot is resting on it.

Once you've mastered the Copenhagen plank, you can make things more difficult by adding movement — bend your bottom leg and drive your knee up towards your body. Alternatively, hold a weight in your top hand, or increase the duration of the plank, or suspend your top foot in a TRX trainer, rather than a bench.

What are the benefits of a Copenhagen plank?

As mentioned above, this exercise is fantastic for strengthening your hip flexor muscles, which are often tight if you spend a lot of time sitting down behind a desk (here are 7 of the best exercises to do if you sit down all day), or do sports like running. These muscles are important for day-to-day tasks, like stepping to the side as someone moves towards you, as well as helping stabilize your pelvis as you move.

Of course, like all of the best plank variations, your core is also working super hard here to stabil-

ize your body, particularly your oblique muscles, which run along the side of the body. Far from being just an aesthetic goal, a strong core is important for helping you walk with better posture, run faster, lift heavier weights, and prevent injuries in your lower back. If you are looking to build visible abs, you'll need to focus on your body fat percentage — here's how to calculate your body fat percentage, and why it matters.

Similar to side planks, the Copenhagen plank works one side of the body at a time — referred to as a unilateral exercise. This can be helpful when it comes to correcting any muscle imbalances in the body, as whether you're a cyclist or a runner, you'll often have one stronger side of the body. Muscle imbalances can lead to injuries, so if you notice Copenhagen planks are a lot harder on one side, you know to focus on building strength on that side of the body.

You're also working on your shoulder stability in this exercise. To make things even harder, place your hand flat on the ground, rather than your elbow.

Heartbeat: A Mindfulness Exercise To Calm Your Emotions



A natural rhythm within us all lies — a steady, silent dance that interweaves life's vitality with our consciousness. This rhythm manifests in the heart's constant pulsation, each beat speaking volumes about our emotions and mental state. When anxiety and stress surge, so too does our heart rate. When calmness envelops us, our heart finds its slower, serene pace. Heartbeats and emotions, thus, exist in a dance of their own, each reflecting the other's movements. This article delves into the intriguing connection between our heartbeat and emotions and how mindfulness can be used to regulate this dynamic interaction.

The Science Behind Emotion Regulation And Mindfulness

Emotion regulation is a complex psychological process that allows individuals to influence the experience and expression of their emotions. Evidence from scientific research indicates that mindfulness can aid in emotion regulation. By directing attention to the present moment and accepting it without judgment, mindfulness can help reduce adverse emotional reactions and enhance emotional well-being.

Why Focus On The Heartbeat In Mindfulness Exercises?

Focusing on the heartbeat during mindfulness exercises directly links our physiological responses. This focus enables us to recognize our emotional state based on our body's responses, thus creating a feedback loop that aids emotion regulation.

Find a quiet, comfortable space: To begin, select an environment conducive to relaxation and concentration. This could be a designated meditation room, a quiet corner of your home, or even an outdoor space with minimal disturbances. Ensure that this space provides you with a certain degree of physical comfort so you can focus entirely on your practice without physical discomforts distracting you.

Adopt a relaxed posture and close your eyes: Position yourself in a comfortable sitting position. You could choose a chair, a cushion on the floor, or a yoga mat. Maintain a posture that is erect yet not rigid. The goal is to remain alert while also being relaxed. Close your eyes to eliminate visual distractions and help you focus inward.

Shift your attention to your heartbeat: Once settled, shift your attention inward, specifically towards your heartbeat. You're not actively searching or forcing yourself to feel the heartbeat but gently guiding your awareness towards its rhythm. This can sometimes be subtle, so be patient with yourself.

Observe the rhythm: Pay close attention to the rhythm of your heart. Is it fast or slow? Regular or irregular? Strong or faint? Your role is that of an observer: There is no need to change or influence your heartbeat's rhythm in any way. The observation, as such, should be judgment-free.

Acknowledge thoughts and emotions: Various thoughts and feelings may arise as you engage in this exercise. This is a natural part of the process. Instead of resisting them or getting carried away by them, acknowledge their presence and let them pass like clouds drifting across the sky. When your mind wanders, gently bring your focus back to your heartbeat.

Continuation and progression of the practice: Start by dedicating a few minutes daily to this exercise. As you become more comfortable with the method, you can gradually increase the duration. With time, you may find it easier to tune into your heartbeat and sustain your focus.

Ending the practice: When you decide to finish the practice, do so gradually. Take a few moments to bring your awareness back to your surrounding environment. Open your eyes slowly, take a few deep breaths, and rise gently.

The Role Of Breathing In Heartbeat Mindfulness Breathing deeply and slowly can help slow the heart rate, introducing a calm and relaxed state.

Should You Walk 10,000 Steps Every Day – Is it Even a Good Idea?

The simplicity of the message and the easy-to-remember number resonated with people and became a widely accepted target for daily physical activity.

Beginner's guide to losing fat Over time, the 10,000 steps goal gained recognition internationally and was adopted by various health organizations and fitness trackers as a general guideline for promoting physical activity. While the specific number may not be rooted in scientific research, accumulating evidence suggests that regular physical activity, including walking, is beneficial for overall health and can reduce the risk of chronic diseases.

It's worth noting that the 10,000 steps guideline is a general recommendation and may not be suitable for everyone. The appropriate level of physical activity can vary depending on factors such as age, fitness level, and underlying health conditions. Consulting with a healthcare professional or a certified fitness expert can provide personalized advice on the appropriate amount of physical activity for an individual.

What are the Negative Health Impacts of Walking 10,000 steps every day and why are they Minimal?

Walking 10,000 steps every day is generally considered a healthy goal and is often recommended for improving physical fit-

ness and overall health.

However, it's important to note that individual experiences and health conditions can vary, and what may be appropriate for one person may not be suitable for another. While there are some potential negative health impacts associated with walking 10,000 steps every day, they are generally minimal and outweighed by the overall benefits.

Squats vs lunges

One possible negative impact is the risk of overuse injuries, such as stress fractures or tendonitis, especially if a person rapidly increases their step count without proper conditioning. However, these risks can be minimized by gradually increasing activity levels, wearing appropriate footwear, and incorporating rest days to allow for recovery.

Another potential concern is excessive fatigue or burnout, particularly if someone is already engaged in other high-intensity physical activities. Pushing oneself too hard without adequate rest can lead to physical and mental exhaustion. It's important to listen to the body and adjust the activity level as needed, taking breaks when necessary.

Say goodbye to sit ups – better core exercises you must try

Additionally, individuals with certain

health conditions or physical limitations may need to modify their walking routine. For example, individuals with joint issues or chronic pain may need to consult with a healthcare professional to determine the appropriate intensity and duration of walking that suits their individual needs.

Benefits of Walking 10,000 Steps Every Day

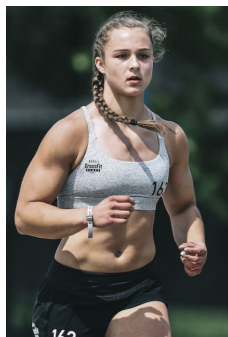
Despite these potential risks, the negative health impacts of walking 10,000 steps every day are generally minimal for most individuals. Walking is a low-impact activity that is generally safe for people of all ages and fitness levels.

It offers numerous physical and mental health benefits, including improved cardiovascular health, weight management, enhanced mood, and better joint flexibility.

By listening to one's body, practicing proper technique, and gradually increasing activity levels, the risk of negative health impacts can be minimized, allowing individuals to enjoy the overall benefits of walking.

Improved Cardiovascular Health

Walking is a simple yet effective form of exercise that can significantly improve cardiovascular health. As a form of aerobic exercise, walking increases the heart rate, improves circulation, and strengthens the cardiovascular system.



The idea of walking 10,000 steps every day as a health recommendation originated in Japan in the mid-1960s. The concept was popularized by a Japanese pedometer company called Yamasa Tokai Keiki Co. The company named one of its devices "Manpo-kei," which translates to "10,000 steps metre" in English. The device was marketed with the slogan, "Let's walk 10,000 steps a day for good health," and it quickly gained popularity in Japan.

The number 10,000 was not based on any scientific research or medical evidence but was more of a marketing strategy. The company believed that 10,000 steps were a desirable, yet achievable, goal that would encourage individuals to be more active.

How to make your shoulders injury-free

One of the most common issues that people face, irrespective of whether they follow a fitness routine or not, is shoulder stiffness. This might be caused by weakness in the rotator cuff, bad posture or incorrect form (in the case of those who exercise), a shoulder issue is something all of us have faced, or will face at some point in life.

A lot of this is down to the fact that shoulders are the most mobile joint in the human body; and the range of motion of the shoulder joint is triggered by a series of closely knit tendons and rotators and bones and soft tissue. All of them work together so you can be mobile enough to scratch that itch on your back, or remove a t-shirt with a complex cross-arm movement, and even reach up to get something off the shelf. So, when you face a sharp pain while doing these activities, you might have what is known as a shoulder impingement. It could be the first stage of a frozen shoulder but with regular exercise, this can be avoided.

"In my experience, around 70 percent of people I speak with about injuries have suffered from impingements," says Ahmedabad-based physiotherapist Falgun Bhatt, who is also



associated with the city's ARA Football Club. His expertise is in sports and musculoskeletal rehab, and he recently became the first Indian to do a football performance therapy course from Dubai. Bhatt says that before one comes to the conclusion that they have an impingement, it is important to be sure. Otherwise, people may fall into what he calls a "false exercise" pattern. "It is important for the physio to realise

what is happening. Shoulder impingements are a tough thing to diagnose. It is also about how well the patient can communicate but that entirely depends on the correct questions asked by the physiotherapist," adds the 29-year-old.

He says that the main cause of an impingement are tight pectoral muscles and weak rotators. "We need to understand why the locking is happen-

ing. Weak rotators or tight pecs and weak lower traps will pull the humeral head into a certain position. The condition (impingement) itself is a locking mechanism. The muscles are getting impinged between two bones. You need more space to avoid this," says Bhatt.

Shy girl workout trend is helping women gain confidence in the gym And it is this space creation that fit-

SHOULDER IMPINGEMENT IS A COMMON AND PAINFUL CONDITION THAT CAN AFFECT YOU WHETHER YOU LEAD AN ACTIVE OR A SEDENTARY LIFE. THIS IS HOW YOU CAN AVOID IT

ness content creators call "unlocking" the shoulders. Bhatt says that while these unlocking exercises are necessary for space creation in the shoulder to operate freely, it is also important to focus on mobility and stability because this is not "an impact or accidental injury".

In his Built With Science blog, Jeremy Ethier mentions a quick self-diagnosis which can help you explain the pain to your physiotherapist as well. "(Raise) your arms up with your thumbs up. Repeat this but with your thumbs down. If you experience pain or the pain worsens in the thumbs down position, this is an indication that you may have this specific type of impingement. Another indication is if your shoulders feel better when you

press with a neutral or underhand grip instead of overhand," he writes in an article called *How To Fix Shoulder Impingement For Good*.

Both Ethier and Bhatt prescribe the usual variations of external rotation exercises: Side lying external rotations with light weights or water bottles, prone or medicine ball Y-raises and I-raises. A quick search on the internet will provide a range of such raises which, according to Bhatt, will work for injury prevention.

But Athlean-X guru Jeff Cavaliere says rotator cuff strengthening might not be enough. "The joint itself becomes even more crowded and unable to safely house the tendon as additional inflammation and swelling mount up. Just doing things to strengthen the rotator cuff in this case to try and open up more room in the joint by positioning the humerus in a more biomechanically safe position isn't enough," he says in his YouTube video titled *How To Fix Shoulder Pain & Impingement*. Bhatt believes that there are fixes to impingements but the aim should always be to prevent getting to that point, focussing rather on prehabilitating the shoulder and making it injury proof.

Long Jumper Murali Sreeshankar makes the cut for World Athletics Championships

BHUBANESWAR: Murali Sreeshankar qualified for the upcoming World Athletics Championships in the long jump event with a massive 8.41m leap at the National Inter-State Senior Athletics Championships at the Kalinga Stadium here on Sunday.

The 24-year-old Murali Sreeshankar achieved his personal best on his first attempt during the heats. He fell short of Jeswin's Aldrin's national record by 0.11m but easily breached the world championships qualifying mark of 8.25 m.

Murali had also crossed the 8.25m mark in an athletics meet in California, the USA last month with an 8.29m effort but since his jump was wind-assisted, it did not help him make the cut for the world champi-



On Sunday, Murali Sreeshankar registered an impressive 8.09m long jump to claim the third spot at the Paris Diamond League 2023. Before that, Murali Sreeshankar won a World Athletics Continental Tour bronze label event in Kallithea, Greece with

onships with his gold medal-winning 8.26m leap at the National Games last year.

Overall, 12 of the 20 listed competitors in the men's long jump qualified for the long jump final, which will be held on Monday.

The women's long jump saw the 2022 national champion Ancy Sojan top the heats with an effort of 6.49m. Asian championships bronze medalist Nayana James came second with 6.31m followed by promising 19-year-old Siba Singh, who hit the 6.27m mark.

The long jump finals along with other remaining summit clashes in the National Inter-State Senior Athletics Championships 2023 will be held on Monday.

Eleven Services' pugilists in finals of Youth National Boxing Championships

NEW DELHI: Eleven Services' pugilists on Sunday made it to the finals of the sixth Youth National Boxing Championships in Gangtok, Sikkim.

Services' Arman (80 kg) produced a top show in the ring as he defeated Prasant Khatana of Madhya Pradesh by a unanimous decision to reach the final of the tournament. Arman dominated the bout from the get-go and landed some heavy punches on his opponent to gain an early advantage in the first round.

The next two rounds also saw the Services' boxer dominating his opponent with swift movement and



accurate punches. He will now face Ishan Kataria of Haryana in the final. SSCB's Rishi also played brilliantly in the semi-final and defeated Haryana's Vishesh by 3-0 to reach the final of the Championships.

Apart from Arman and Rishi, nine other boxers-Aryan (51kg), Ashish

prize. Asian Junior Champion Bharat Joon (92kg) was at his imperious best during his semi-final bout as he defeated Avchal Shai of Madhya Pradesh by RSC. Bharat Joon began the bout with aggressive intent and gained an advantage over his opponent in the first round. The referee soon stopped the contest to declare Joon the winner. He will now play against Harsh of SSCB in the final. Apart from Joon, Akshat (57kg), Yashwardhan Singh (63.5kg), Rupesh (67kg), Ishan Kataria (80kg) and Lakshay Rath (92kg) will also represent Haryana in the finals.

Babita Phogat attacks Sakshi Malik, calls her "Congress puppet"

NEW DELHI: Olympian wrestler and BJP leader Babita Phogat issued a statement on her Twitter handle on Wrestler Sakshi Malik's video, posted on Saturday, calling her a "Congress puppet".

In the video posted yesterday, Sakshi Malik and her husband wrestler Satyawart Kadian thanked Babita Phogat for supporting the wrestlers' protest and working as a mediator between protesting wrestlers and the central government. In a tweet, Babita Phogat refuted the claims made by Sakshi Malik and her husband.

"Yesterday I felt very sad and disappointed to see I was watching the video of my little sister (Sakshi Malik) and her husband, first of all I want to make it clear that the permission paper which was shown by her, I have nothing to do with it and neither it has my signature," Babita Phogat wrote in her tweet. "I have been saying from day one that we have faith in the Prime Minister and the judicial system of the country, the truth will definitely come out. As a female player, I was always with all the players of the country and will be, but I was against the protest from the beginning. I had told all the wrestlers that you should meet Prime Minister or the Union Home Minister, and the solution



will come from there only," Babita said. She also alleged that Congress leaders are using the emotions of protesting wrestlers for political benefits. Babita also attacked Sakshi and called her a "Congress puppet". "But you found your solution in @Deepender5 Hooda @INCIndia and @priyankagandhi, and others who themselves are guilty of rape and other cases, but the people of the country have now recognized the faces of the opposition. The opposition should now answer to all those soldiers, farmers and women wrestlers with whose emotions they have played for their political benefit. "With all the prejudices, the thoughts of the women players who were sitting together on the dharna were given such a direction where only political benefits are visible. Today, when this video of yours is in front of everyone, the people of the country will now understand that on the auspicious day of the inaugu-

ration of the new Parliament House, your protest and attempt to immerse the medal in the Ganges was like embarrassing the country," she said. "The people of the country have understood that you have become a puppet in the hands of Congress. Now the time has come that you should tell your real intentions because now the public is asking you questions," Babita added.

A few minutes later, Sakshi Malik also tweeted on her Twitter handle, attacking BJP leader Babita Phogat, she said that Babita was using wrestlers' protest for selfish reasons.

"In the video, we taunted Tirath Rana and Babita Phogat that how they were trying to use wrestlers for their selfishness and how when the wrestlers were in trouble, they went and sat on the lap of the government. We are definitely in trouble, but our sense of humour should not become so weak that we cannot

even laugh at the jokes of the protest! Brij Bhushan Malik tweeted on Sunday.

Earlier on Saturday, Satyawart said in the video, "We have been protesting against the Wrestling Federation of India (WFI) Chief Brij Bhushan Singh because he sexually abused women wrestlers. He has also been involved in many scams while running the wrestling federation. A narrative is being peddled against us, rumours are being spread and a section of the media is putting out misleading reports. The purpose of this video is to share our truth."

Satyawart said their fight is against Brij Bhushan, who was accused of sexual harassment by multiple women wrestlers. "We have said many times that our fight is not against the government but the WFI chief, who committed the crimes as was alleged while at the helm of the federation," Satyawart added. He claimed about 90 per cent of people associated with wrestling were aware of the "things being done to women wrestlers for the last 10 to 12 years."

"I can say for certain that 90 per cent of people associated with wrestling, including the wrestlers themselves and their coaches, were aware of what was happening to our women wrestlers for the last 10 to 12 years.

Badminton: Satwik-Chirag stuns World Champions Aaron Chia-Soh Wooi Yik

THEY BECOME THE FIRST INDIAN PAIR TO WIN SUPER 1000 TITLE

NEW DELHI: Commonwealth Games Gold Medalist Chirag Shetty and Satwiksaij Rai Rankireddy scripted a history as they stunned the reigning world champions Aaron Chia and Soh Wooi Yik in straight games to win India's maiden BWF Super 1000 title at the Indonesia Open badminton tournament in Jakarta on Sunday.

In an intense final which lasted 43 minutes, the Indian pair, sixth in doubles rankings, chalked out a 1-17, 21-18 win over their world No. 3 Malaysian opponents to become first Indian pair to win Super 1000 title.

The Indians took time to get off the blocks in the first game but unleashed a flurry of attacking shots to win six consecutive points to take a 9-7 lead. They managed to hold on to that slender lead and closed the game with two straight points.

Both pairs started aggressively as the second game started and were level at 6-6. However, Chirag and Satwiksaij displayed more agility on the court and demonstrated quicker reflexes to shock their higher-ranked opponents and went into the break with a four-point lead.

Just like in the first game,



the Indians did not give Aaron Chia and Soh Wooi Yik any quarter to mount a comeback and registered first-ever win over the Malaysians in eight meetings.

Chirag-Satwiksaij and Aaron Chia-Soh Wooi Yik had also met in the semi-finals of the 2022 world championships in Tokyo which the Indian pair lost in three games.

The win at Indonesia Open was the sixth title for Chirag Shetty and Satwiksaij Rankireddy on the BWF World Tour. Their last BWF title came at the Swiss Open Super 300 tournament in March.

Interestingly, the Indian pair entered the Indonesia Open after suffering a first-round exit at the Singapore Open earlier this month.

"In the earlier eight

happy with the way we played. It felt like a new day, playing new opponents.

We were down 8-0 in head-to-head, but I wasn't thinking much about it. I thought to myself this was a final and both teams were under pressure and if we play well we will win. We were under control when we got a strike in the first game. I said to myself it's our day, don't panic and just play like any other final," Rankireddy said.

Earlier in the women's singles final, China's Chen Yufei won the battle of Olympic badminton champions. The Tokyo 2020 gold medalist defeated Rio 2016 champion Carolina Marin 21-18, 21-19 in an hour and four minutes to clinch the title.

In women's doubles, fifth seeded Korean pair of Baek Ha Na and Lee So Hee defeated Japan's Fukushima Yuki and Hirota Sayaka in straight games 22-20, 21-10.

Olympic silver medalists Zheng Siwei and Huang Yaqiong (China) won the mixed doubles beating Japan's number two seeds Watanabe Yuta and Higashino Arisa 21-14, 21-11 in just 35 minutes.

Special Olympics World Games starts with grand opening ceremony

NEW DELHI: Cheered on by a loud and enthusiastic crowd at the iconic Olympiastadion Berlin - a stage that has hosted the 2006 FIFA World Cup final and currently serves as the home of Hertha Berlin SC - a 25-member strong India contingent walked on for the Special Olympics World Games on Saturday.

German President Frank-Walter Steinmeier, Chancellor Olaf Scholz and Chairman Special Olympics Timothy Shriver were among the key attendees for an opening ceremony that featured local and international musical talent and a brilliant choreography display.

Special Olympics Bharat has always prided itself on its diversity, reach and success at the quadrennial World Games and the ones kicking off in Berlin are no different. It will be a 25-member batch of athletes to make their performances their own and use the stage to make friends and everlasting memories.

India's delegation was led by roller skater Aryan Nagalli, one of the most promising athletes part of the contingent for the World Games 2023.

As a child, Nagalli was denied a chance to participate in a roller-skating competition due to his being a special needs athlete. It was a rejection that spurred his parents to establish a roller-skating academy that caters to over 70 skaters, many of them with intellectual disabilities or physically impaired.

As for young Aryan, he is among the most decorated athletes at the state level right now.

Alongwith Nagalli, three more athletes from three different parts of the country led the line for the



Indian contingent - handball player Ankush Kumar, from Delhi, athlete Geetanjali Nagvelar from Goa and cyclist Kalpana Jena from Odisha.

Speaking at the launch ceremony, Shriver invoked the contributions of his mother, Eunice Kennedy-Shriver, the founder of the Special Olympics movement and said that Berlin would serve as the 'perfect stage to break down barriers. "Over the past few years, through the pandemic, we have experienced how inhuman it is to separate people from one another," he said. "These Games give us the chance to become Unbeatable Together."

Special Olympics Bharat organized a Send-off ceremony for the athletes and coaches departing on 12th June for the Special Olympics World Summer Games to be held in Berlin Germany from 17-25 June 2023. 198 Athletes and Unified partners and 57 Coaches will participate in 16 Sports. The Special Olympics World Games are the world's largest inclusive sporting event which will be a colourful celebration promoting recognition and inclusion of people with intellectual disabilities. Berlin will welcome 7000 Athletes and Unified partners across 190 delegations to participate in 26 sports.

Special Olympics World Games: Eramma, a tennis prodigy from Karnataka, vying for top honours in Berlin

NEW DELHI: As the Indian Contingent gets into their campaign in the Special Olympics World Summer Games 2023 in Berlin, all eyes will be on tennis player Eramma, who is hoping to give her best in tennis.

India will be represented in the Games, which started on June 17 and will continue till June 25, by a contingent comprising 198 athletes and unified partners and 57 coaches in 16 sports.

Eramma, who hails from Karnataka,

will be one of the athletes to watch out for in Tennis at the Special Olympics World Summer Games 2023 in Berlin.

Growing up in the small village of Taranganur, in Bellary district, North Karnataka, Eramma, 22, had very little exposure to sports.

Her parents were farmers, responsible for supporting her and her two siblings.

Eramma was born hearing impaired and also acquired a speech deficiency when growing up. Leading to deficient

cognitive abilities. Communication was never a problem though, and she would, along with her two male siblings, spend a lot of her time outdoors, running in the sun and playing whatever games their imagination could think up. When Eramma was around 14 years old, she was enrolled in the Tamanna School in Toranganur, established for children from families with lower socio-economic abilities, by her uncle. Her uncle also decided to foster her.

Abhishek Verma wins gold at Archery World Cup 2023

NEW DELHI: Ace compound archer Abhishek Verma made India proud as he shocked 2019 world champion James Lutz of the USA to win the gold medal at the Archery World Cup 2023 stage 3 in Medellin, Colombia on Saturday.

The 33-year-old Abhishek Verma, competing in his first World Cup of the year, defeated the James Lutz 148-146 in a thrilling but nerve

wrecking final. "I'm very happy, I was remembering the good old days," said Abhishek, a silver medalist at the 2014 Asian Games archery. "It doesn't matter who your opponent is, I just wanted to focus on my shooting and give my best."

It was his third individual gold medal in the Archery World Cup and



first since winning the top prize in Paris two years ago. Earlier, Abhishek, seeded eighth, got the better of world No. 1 and top-seed Mike Schloesser of the Netherlands in a shoot-off after scores were tied 148-148 in the quarter-finals. He then beat Lucas Abreu of Brazil 148-143 in the semis to set up the final against No. 2 seed James Lutz.

2023 stage 3 in Medellin.

The men's compound team of Abhishek Verma, Ojas Pravin Deotale, Prathamesh Jawkar and the women's compound team comprising Aditi Swami, Jyothi Surekha Vennam, Parnet Kaur won bronze medals on Wednesday.

The men's recurve team of Dhiraj Bommadavara, Mrinal Chauhan and Tushar Shelke clinched a bronze medal on Thursday. Mixed recurve team of Bhaikar Kaur and Tushar Shelke is also in contention for bronze against Chinese Taipei.

The Archery World Cup 2023 stage 3 in Medellin, Colombia will conclude on Monday with individual recurve archery men's and women's finals. No Indian recurve archer made it past the quarter-final stage.

'Take measures to protect Meiteis in Mizoram': Manipur CM tells Zoramthanga

Mizoram Chief Minister Zoramthanga on Sunday said his Manipur counterpart N Biren Singh has spoken to him over the phone and sought his help to restore peace in the neighbouring state. During the telephonic conversation, Singh also requested him to take measures for the safety of Meitei people living in Mizoram, the chief minister said. Taking to Twitter, Zoramthanga said, "Chief Minister of Manipur, Shri N Biren Singh spoke to me over the phone at 10:30 PM regarding the Manipur ongoing violence asking for my aid in resolving the issue with a hope that henceforth there would be a peaceful co-existence. Furthermore, the request is to take means and measures for the Mizoram Meitei to settle peacefully."

He also told Singh that



the people of Mizoram are empathetic towards the Meitei and that the government and civil society organisations have taken measures for peace and security. "I assured the Chief Minister of Manipur stating that Govt. Of Mizoram bemoans the ongoing violence and that it has taken certain steps and measures to abate it. I further stated that we are supportive of the steps taken by the Govt. Of

Mizoram, they have nothing to fear as long as they are in Mizoram. We shall go on to promote safety and security for them."

Clashes first broke out on May 3 after a Tribal Solidarity March was organised in the hill districts of Manipur to protest against the Meitei community's demand for Scheduled Tribe (ST) status. Meiteis account for about 53 per cent of Manipur's population and live mostly in the Imphal Valley. Tribals - Nagas and Kukis - constitute another 40 per cent of the population and reside in the hill districts. Meanwhile, at least 196 people from strife-torn Manipur fled to Mizoram in the past two days, raising the total number of displaced people staying at shelters in the state to 11,699.

Gandhi Peace Prize to be conferred on Gita Press

NEW DELHI: The Gandhi Peace Prize 2021 will be conferred on Gorakhpur-based Gita Press in recognition of its 'outstanding contribution towards social, economic and political transformation through non-violent and other Gandhian methods', the government said on Sunday.

The award, which carries an amount of Rs 1 crore, a citation, a plaque and an exquisite traditional handicraft/handloom item, was decided by a jury headed by Prime Minister Narendra Modi.

"The jury headed by the Prime Minister Shri Narendra Modi, after

due deliberations on 18th June, 2023 unanimously decided to select Gita Press, Gorakhpur as the recipient of the Gandhi Peace Prize for the year 2021, in recognition of its outstanding contribution towards social, economic and political transformation through non-violent and other Gandhian methods," said an official release issued by the Ministry of Culture.

The award recognizes the important and unparalleled contribution of Gita Press, in contributing to collective upliftment of humanity, which personifies Gandhian living in true sense, it

Established in 1923, Gita Press is one of the world's largest publishers, having published 41.7 crore books in 14 languages, including 16.21 crore Shrimad Bhagvad Gita. "Prime Minister Shri Narendra Modi recalled the contribution of Gita Press, in promoting the Gandhian ideals of peace and social harmony. He observed that the conferment of Gandhi Peace Prize on Gita Press, on completion of hundred years of its establishment, is a recognition of the work done by the institution in community service," the statement said.

Kerala Kalamandalam breaks barriers by allowing Muslim girl to learn Kathakali

SAABRI WAS CAPTIVATED BY KATHAKALI FROM THE AGE OF SIX

It was after watching a mediocre Kathakali performance at Kakkad that the great Malayalam poet Vallathol Narayana Menon decided to establish an institution to protect the art form and its purity. With the help of personalities like Valiya Kunjuni Raja and diplomat Sardar K.M. Panikkar, Vallathol first formed a society in 1927. Three years later, on November 9 - his birthday - Vallathol launched Kerala Kalamandalam as a public institution, with six Kathakali students and two teachers - Koppun Nair and Kunju Kurup. Over the past nine decades, Kalamandalam has produced some of the finest Kathakali artists.

Traditionally, women were not allowed to learn Kathakali - the male artistes used to perform the female characters. However, some women fought against all odds to learn the dance form. Mid-20th century onwards, a number of women studied Kathakali, but many could not be part of the mainstream. Nevertheless, Kalamandalam, which was established to preserve orthodox and tradition, remained an exclusively male-dominated bastion of Kathakali. It was only in the 2020-2021 academic year, that this prestigious institution ended its male-only tradition and welcomed four female students.

Kathakali is thought to have originated during the Bhakti movement. While it is not predominantly considered a temple art, its performances draw heavily from Hindu Puranas. Therefore, it was a departure from tradition when the institution admitted Saabri N., a 14-year-old female Muslim student, into its Kathakali (thekkam) course this academic year,



almost like breaking its own established pattern. On the enrolment day of the new batch, the girl wearing a hijab received blessings from renowned Kathakali artist Kalamandalam Gopi. Saabri, the younger of the two children born to Nizam Ammaz and Anisha from Anchal in Kollam, Kerala, developed a deep passion for Kathakali through her experiences accompanying her photographer father. The Mahadeva temple in Agasthyacode, Anchal, near their house, hosts Kathakali performances regularly.

"I used to accompany my father to Kathakali performances to take photographs," Saabri told THE WEEK. Despite the late-night performances, young Saabri

would watch them eagerly. "Since the age of six, she has been captivated by Kathakali," said Nizam.

While attending Edamattakkal Government Jawahar High School as a class 7 student, Saabri started taking Kathakali lessons from Kalamandalam Aaromal in Chadayamangalam. It proved to be a turning point. At Kalamandalam, students who enrol in class 8, have the opportunity to continue their studies for 12 years until they complete their post-graduation.

It's not just her admission to Kalamandalam that makes Saabri unique. Even her name has a story behind it. While photographing a bride, who was an air-hostess, at her wedding, Nizam took a liking to her name and eventually named her daughter after the bride.

"Saabri" is derived from Arabic and means patience. The 14-year-old understands that, just like her name, she will have to have the utmost patience and dedication to learn one of the most challenging dance forms.

Cyclone Biparjoy: BJP likely to highlight successful relief op as a gain of 'Double engine sarkar'

Congress in Gujarat urged Centre to declare the cyclone a national calamity



NEW DELHI: After an aerial survey of cyclone 'Biparjoy' affected areas in Gujarat, Union Home Minister Amit Shah appreciated the coordination between the central agencies and the Gujarat government, even as "officially" not a single life has been lost during the cyclone, that has left a devastating trail in terms of damages to infrastructure and agriculture.

Shah praised the manner in which Union and state ministers were in the field. He also had a word of appreciation for the administrative staff at the local level. The Union minister underlined how Prime Minister Narendra Modi was in touch with the Central agencies and the Gujarat Government.

For the record, over a lakh people were moved to safer places. This includes 1,152 pregnant women out of which over 700 delivered. As many as 73,000 cattle are said to have been shifted to safer places.

Congress in Gujarat said it would work with the government in this time of adversity. Newly appointed Gujarat Congress president Shaktisinh Gohil urged the government to declare the cyclone a national calamity and work in accordance with the laid rules.

The fact that no life has been lost in the cyclone gives yet another opportunity for the BJP to publicize the 'Gujarat Model' of development. In fact, during the press conference, Shah did mention the 'Gujarat Model'.

With the general election just one year away, it gives BJP fodder to promote 'Double Engine Government' in the political rallies, the BJP has time and again given an example of how a "double engine" government (the BJP-led government at the Centre and BJP government in the state) works in close coordination and how the fruits of development reach the masses.

"It was indeed well coordinated. I am not criticizing it," said Ahmedabad-based socio-political analyst Chanshyam Shah. He for one felt that the BJP would surely give this example of good coordination during elections.

Pointing out how Shah addressed the press conference, the analyst said that it was the domain of the CM and the latter was in the background. According to him, it also demoralizes the administration.

"Ever since Modi moved to the Centre, every advertisement of the

government has Modi's photograph. This shows the kind of politics that is being played. It won't be good in the longer run," he said.

Environmental activist Rohit Prajapati appreciated the coordination but said that evacuating people is just a small part of the effort and planning required in the times when such a crisis reoccurs. "There are so many industries in the affected areas and what would have happened had there been a chemical disaster," he wondered.

"It is good that the nuclear power plant did not come up in Mithi Virdi in Saurashtra," he said. Prajapati was among several activists who had opposed the setting up of the proposed power plant.

Prajapati said that the government should learn lessons from Odisha and West Bengal and give nod to industrial development in such a manner that it does not cause damage to the coastal areas and the mangrove plantations.

Gujarat BJP's spokesperson Yamal Vyasa said the works were done on humanitarian grounds and party workers and people from different walks of life also provided services. He said that while it is good that no human life was lost due to early weather forecasts by the IMD and good coordination, the BJP will not make it a political issue. He, however, said that the work done and the coordination aspect will be highlighted at different fora.

It remains to be seen whether the BJP makes it an issue or not, however, Ahmedabad-based social analyst Gaurang Jani has a different take altogether. He said that public support in times of crisis has been the norm since the times of Mahatma Gandhi and Sardar Vallabhbhai Patel.

RSS appeals for peace in Manipur, says no place for violence democratic setup

NEW DELHI: The Rashtriya Swayamsevak Sangh (RSS) on Sunday condemned the ongoing violence in Manipur and appealed to the government, including local administration, police, security forces and central agencies to take every possible step to restore peace immediately. In a statement, RSS general secretary Dattatreya Hosabale also urged them to ensure a seamless supply of relief materials to the displaced due to the violence, along with 'necessary actions to maintain peace and harmony' in the north-eastern state.

Stressing that there is no place for hatred and violence in a democratic setup, the RSS said both sides should overcome the trust deficit, which caused the present crisis, and initiate dialogue to restore peace.

The RSS also appeals to the civil society, political groups and the general public

of Manipur to take every possible initiative to put an end to the present 'chaotic and violent situation' and also ensure safety of human lives and permanent peace, he said. "The continuous violence that is going on in Manipur for the last 45 days is extremely worrisome. The violence and uncertainty that started in Manipur after a protest rally organised in Churachandpur on May 3 at the time of Lai Haraoba festival is condemnable," the RSS general secretary said. He said it is very unfortunate that the spate of unrest and violence that erupted afterwards among those who have been living a peaceful life with mutual harmony and political situation for centuries has not yet stopped."

"The Sangh appeals to the government, including local administration, police, military and the central agencies to take every possible step to immediately stop

this painful violence, ensure the seamless supply of relief materials among the displaced along with necessary actions to maintain peace and harmony. Hosabale said. More than 100 people have lost their lives in the ethnic violence between Meitei and Kuki community people in Manipur that broke out a month ago.

The state government has imposed a curfew on 11 districts and suspended internet services.

Hosabale said the RSS stands with the displaced people and other victims of the Manipur crisis numbering more than 50,000 during this period of terrible grief.

The RSS is of the considered opinion that there is no place for violence and hatred in a democratic setup, and also believes that the solution of any problem is possible only through mutual dialogue and expression of brotherhood in a peaceful atmosphere, he added.

Reacting to the remarks, the Congress said, "The RSS has finally issued a public appeal for peace and harmony in Manipur after 45 days of unending violence."

Its general secretary Jairam Ramesh alleged, "The RSS' well-known duplicity is in full display as its divisive ideology and poisoning activities is changing the very nature of a diverse Northeast." He also asked when will the prime minister 'say something, do something on Manipur."

DMK expels Sivaji Krishnamurthy for 'derogatory' remarks on Khushbu

NEW DELHI: The ruling Dravida Munnetra Kazhagam in Tamil Nadu on Sunday expelled its platform speaker Sivaji Krishnamurthy for his alleged derogatory remarks about the women in power. The action came after Khushbu took exception to his "crass comments" and said the National Commission for Women, of which she is a member, will take up the matter by itself.

"Sivaji Krishnamurthy is being dismissed from all party posts, including the primary membership, for violating party discipline and bringing disrepute to it," the DMK said in a statement.

Khushbu took to Twitter to protest against the DMK leader's remarks and later addressed a press conference where she broke down and was visibly emotional throughout.



"The crass comments of this habitual offender shows the political culture prevalent in DMK," she tweeted in the morning. "There are many like him in that lot."

Abusing women, passing lewd cheap comments about them goes unchecked and is probably rewarded with more opportunities," she said.

Addressing DMK leader

and Chief Minister M.K. Stalin, Khushbu further said in her tweet: "Will you accept such statements about the women in your family? What you don't realise is that he (Krishnamurthy) not only insults me, but you and a great leader like my father (the late M Karunanidhi). The more space you provide him, the more political space you will lose. Your party is becoming a safe haven for uncouth hooligans. It's such a shame."

Later, addressing the media, Khushbu said she was talking for all the women.

"Don't be afraid. I am there, we (NWC, apparently) are there. I will stand up for you," she said.

Krishnamurthy had earlier stoked a row over his controversial statements about Governor R.N. Ravi and was suspended from the party, before it was revoked after he apologized.

Meanwhile, State BJP chief K. Annamalai called Krishnamurthy a "repeat offender" and demanded action against him.

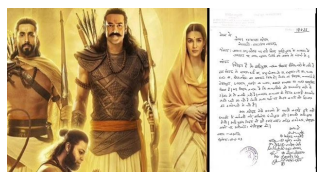
Amar Prasad Reddy, another BJP leader, has registered a complaint against Krishnamurthy with Tamil Nadu Police over his remarks.

Lucknow Hindu Mahasabha wants FIR filed against Adipurush makers

LUCKNOW: The Hindu Mahasabha's Lucknow unit has given a written application for filing a First Information Report against the producer, director, star cast and entire team behind the movie Adipurush.

The application records the Mahasabha's objection to the alleged insult that the film heaps on its central characters, including Ram, Sita and Hanuman. It also objects to the clothes, the get-up, and the depiction of the film and says that these appear to be done to disrespect Sanatan dharm.

"The film industry has been constantly targeting Sanatan because it does not have the guts to make a movie on any other religion," reads the complaint given to the station in charge of the Hazratganj police station in Lucknow Shishir Chaturvedi of the Mahasabha said. "The film industry funded by Dawood Ibrahim is constantly targeting Hinduism, our Gods, our Hindu beliefs and traditions. Adipurush portrays Lord Ram, Sita



Maiyya, Hanuman ji in a highly objectionable manner. We demand that the presentation, dialogues, choice of words and clothes be completely changed. This is a wholly wrong depiction of our Lord's life". The Mahasabha is demanding that the central government and the state government impose a com-

plete ban on the film. Chaturvedi said, "If Nepal can ban the film, what is stopping us from doing so?"

The objection in Nepal though is over the wrong depiction of the birthplace of Sita. "How can it be possible that while a grand Ram Temple is being built such films which shamelessly ridicule our Gods be allowed to play?" said Chaturvedi.

The Mahasabha's chairperson Chakrapani Maharaj has called for the arrest of Manoj Muntashir who has penned the dialogues of the movie. "He deserves to be in jail for hurting the feelings of millions of Sanatanis", said Chakrapani.

Iconic Pre-Yoga Day Session organised at Magnificent Sinthan Maidan

KISHTWAR ADMIN, AYUSH DEPTT, DYSS., KDA & INDIAN ARMY COLLABORATE TO HOST MEGA EVENT

J1 NEWS SERVICE

Kishtwar, June 18: As a part of ongoing Yoga Mahotsav celebration, the District Administration Kishtwar, in collaboration with the District Ayush Department, District Youth Services & Sports Office Kishtwar, Kishtwar Developmental Authority, and the Indian Army today organised a captivating and iconic Pre-Yoga Day session.

The event unfolded against the breathtaking backdrop of Sinthan Maidan, located in the picturesque Chatroo sub-division of Kishtwar district. Situated at an elevation of



approximately 12,000 feet, Sinthan Maidan offers stunning views of snow-capped mountains and tranquil pine trees, creating an idyllic setting for the Yoga session.

Deputy Commissioner, Dr. Devansh Yadav graced the occasion as the chief guest and was received by warm welcome.

The Pre-Yoga Day session also witnessed the presence of esteemed senior officers from the district, civil administration, police, as well as representatives from the Indian Army.

The distinguished dignitaries included ADC Kishtwar/CEO Kishtwar Development Authority, Indrajeet Singh Parihar, ACR Varunjeet Singh Charak, SDM Paddar Dr. Rishi Kumar Sharma, SDM Chatroo Shovkat Hayat Matoo, Tehsildar Chatroo Suman Ji Sharma, District Nodal Officer AYUSH Department, Dr. Vikram Singh Jamwal, SHO Chatroo Parvaiz Ahmed, Nodal officer AH&WC

Dr. Tariq Hussain, EX En R&B Chatroo, Warden SC Hostel.

The session witnessed enthusiastic participation from around 200 individuals representing diverse age groups, including children, youth, and seniors besides various departmental staff, all of whom derived immense benefits from the enriching Yoga experience.

The session commenced with the ceremonial lighting of the lamp by Deputy Commissioner Kishtwar, accompanied by other senior officers, followed by a prayer recitation for the well-being and prosperity of all human beings worldwide.

Arvind Kejriwal Accuses Amit Shah Of Using NCB Office Opening In Punjab For Political Gain



NEW DELHI: Delhi Chief Minister Arvind Kejriwal has leveled serious allegations against Union Home Minister Amit Shah, claiming that the planned opening of a Narcotics Control Bureau (NCB) office in Amritsar, Punjab, is an attempt to further the political agenda of the Bharatiya Janata Party (BJP) rather than address the pressing issue of drug abuse in the state. Kejriwal's remarks come in response to Shah's announcement during a rally in Gurdaspur, where he pledged to establish the NCB office and initiate an awareness campaign against drug addiction in Punjab.

Expressing his concerns, Kejriwal questioned Shah's intentions, suggesting that the NCB office in Amritsar may be exploited to promote the BJP rather than effectively combat the drug menace. In a tweet in Hindi, the Aam Aadmi Party (AAP) leader wrote, "Are you opening an NCB office or the BJP's (office) in Amritsar? How can the NCB work in villages through BJP workers? This means you have nothing to do with the drugs (menace) in Punjab. The BJP has to be promoted using the NCB."

Kejriwal further raised the issue of the drug problem worsening during the tenure of Shah and the Shiromani Akali Dal (SAD) government. He asked, "By the way, the drugs menace had spread during yours and (the) Akali Dal's government, Shah Sahib?" This exchange highlights the political rivalry between the AAP and BJP ahead of the upcoming Punjab elections.

In his rally speech, Shah took a swipe at Chief Minister Bhagwant Mann, accusing him of neglecting law and order in Punjab while being preoccupied with nationwide tours alongside Kejriwal.

India Will Be 'Vishwaguru' To World On Monopolistic Capitalism: Chidambaram On Rising Airfares



NEW DELHI: Senior Congress leader P Chidambaram on Sunday took a swipe at the government over rising airfares, saying that in free markets, when demand increases, supply will increase, but in India's free market, when demand increases, prices will increase.

The Congress has been attacking the government, demanding concrete action over rising airfares.

In a tweet, Chidambaram said, "Delhi-Chennai Business Class air tickets on Vistara and Air India have been set at a 'reasonable' price of Rs 6300 and Rs 5700 respectively. Oops, sorry, they are set at a 'very reasonable' Rs 63,000 and Rs 57,000 respectively." "In free markets, when demand increases, supply will increase. In India's free market, when demand increases, prices will increase," he said.

Airlines will expand their routes, curtail flights on old routes and jack up prices, the former finance minister said.

"India will be the Vishwaguru to the world on monopolistic capitalism," he said. In recent weeks, there has been a surge in airfares on certain routes, mainly due to a capacity crunch and suspension of operations by crisis-hit Go First.

Against this backdrop, concerns have been expressed in various quarters, and the Civil Aviation Ministry on June 6 asked airlines to devise a mechanism to ensure reasonable pricing of air tickets.

Union Minister Gadkari Opposes Govt Funding For Statues, Emphasizes Value Of Personal Contribution

NEW DELHI: Union Minister Nitin Gadkari expressed his opposition to the use of government funds for erecting statues during a ground-breaking ceremony for the statue of Chhatrapati Shivaji Maharaj at the Rashtrasant Tukadoji Maharaj Nagpur University (RTMNU) in Nagpur. Gadkari emphasized the need for people to value and appreciate things they receive, stating that individuals do not value items given to them for free as agencies reported.

The event witnessed the presence of the Chhatrapati Shivaji Maharaj Smarak Samiti, a committee formed in Nagpur in 2015 to oversee the construction of the statue. Gadkari lauded their decision to rely on contributions from the public for financing the project, acknowledging the significance of public ownership and attachment to such historical endeavors. "I welcome the move of the committee, which is constructing the statue from the contribution given by the people. I feel that government funds should not be used for erecting the statue. People do not value things which are given for free," Gadkari, a Member of Parliament representing the Bharatiya Janata Party (BJP), remarked during his speech at the ceremony. To demonstrate his support, Gadkari announced his personal contribution of Rs 5 lakh towards the ongoing works undertaken by the Chhatrapati Shivaji Maharaj Smarak Samiti. He emphasized that even modest donations, such as Rs 11 or Rs 51, should be seen as individuals' strong attachment to the work and teachings of Chhatrapati Shivaji Maharaj, symbolizing their commitment to preserving his legacy.

First ever 2-day Summer Carnival commences at Jammu's Neel Top (Ramban) to promote Tourism

J1 NEWS SERVICE

JAMMU, JUNE 18: Under the supervision of Secretary to the Government, Tourism Department, J&K Dr. Syed Abid Rasheed Shah, the Directorate of Tourism Jammu, in collaboration with District Administration Ramban and J&K Academy of Art, Culture and Languages organized the first ever Two Day Neel Top Summer Carnival 2023.

The Carnival was jointly inaugurated by DDC Chairperson Ramban, Dr. Shamsada Shan and District Development Commissioner Ramban Masrat Ul Islam here at Neel Top meadows.

The 2 Day mega Cultural and Adventure bonanza has been organized with the aim to promote tourism in this natural Marvel of Jammu Division.

Colourful cultural programmes including a bouquet of musical performances like the local Rambani Thaal Dance, Dogri Dance, Kashmiri Dance enthralled the audiences amid loud cheers and festive fanfare. Local artists of District Ramban presented beautiful folk performances and engaged the audience.

The esteemed guests also inaugurated various departmental stalls showcasing local art, craft and also informative stalls regarding the vari-

ous beneficiary oriented schemes.

The two days festival at the scenic meadows of Neel Top are attracting visitors in huge numbers and the first day witnessed a gathering of about 15-18 thousand people. Locals were enthusiastic and appreciative of the step taken by the Tourism Department and District Administration Ramban to boost tourism in the region.

Tourists as well as locals echoed the sentiment that employment shall be generated through such initiatives and promotional activities to bring such natural gems on the national and international tourism map.

Speaking on the occasion, the Chief Guest, Dr. Shamsada Shan said that Neel Top is an untouched virgin scenic tourist destination which is blessed with unexplored natural beauty, housed under the shadow of snow clad peaks namely Hans Raj & Shafadwin of Pir Panjal Ranges. She appreciated the efforts of the Tourism Department and District Administration in organizing such mega promotional events which help in discovering such local natural spectacles, weaved with cultural diversity, scenic beauty and beautiful mountains with green meadows.

Deputy Commissioner Ramban, Musarrat Islam welcomed the initiative of Tourism Department in organizing such a mega event at Neel Top.

He hoped that the Department shall come up with more activities for OffBeat Destinations of Ramban District in the ongoing year. He also hoped that Homestays shall be promoted in Ramban District since rural tourism and livelihood opportunities have ample scope in this region and that there is a need to tap the potential of adventure tourism of District Ramban.

Assistant Director Tourism NHW Batote, Mohammad Arif Lone in his welcome address said that Directorate of Tourism Jammu under active guidance of Director Tourism Jammu Vivekanand Rai is putting in strenuous efforts to tap the unexplored tourism potential of offbeat destinations of Jammu region. He said Joint Director Tourism, Sunaina Sharma Mehta, in the capacity of Sub Nodal Officer, Rural Tourism is in liaison with local stakeholders to promote homestays for rural livelihood and tourism promotion. "Presently two home stays are functional at Neel top and around 12 more are in the process of registration under Home Stay Policy started by J&K Government On 30.06.2022," he informed.

The two day event is an amalgamation of musical extravaganza to trekking, from display of rich art and craft to cuisine, offering something for everyone.

Great Feat for Baramulla Admin

DISTRICT NOW MILK SURPLUS, BECOMING FACE OF WHITE REVOLUTION: HON'BLE PM MODI

J1 NEWS SERVICE

BARAMULLA, JUNE 18: In a significant development, Prime Minister Narendra Modi today applauded the young enthusiastic entrepreneurs from Baramulla district during a broadcast "Mann Ki Baat" for establishing sustainable dairy units and transforming the district from milk deficit to milk surplus.

During the live broadcast, the Prime Minister asserted that the farming was present in Baramulla for a long time, but there was a shortage of sufficient milk.

Extending appreciations to the people of Baramulla, the Prime Minister said that seeing the deficiency of milk in the district, the people took this challenge as an opportunity and started working the Dairy sector in large numbers. He said that the women of Baramulla came forward first in this sector.

During the programme, the Prime Minister gave example of some enthusiastic entrepreneurs of Baramulla who have shown exemplary contribution in the field. He said that Ishrat Nabis, a graduate is among the one who started her own Dairy Farm thereby producing and selling around 150 liters of milk on daily basis. Similarly, Wasim Inayat from Sopore and Abid Hussain have also started their own dairy farms and produce more than 300 liters of milk daily.

Termining it a milestone for Baramulla, the Prime Minister said that due to the efforts of such enthusiastic entrepreneurs, around 5.5 lac liters of milk is being produced daily in Baramulla district.

He further said that the entire district is becoming the face of a white revolution as there has been a setup of 500 dairy units across the district.

The Prime Minister also said that the establishment of new Dairy Industries of Baramulla is a testimony of the fact that every part of our country is full of possibilities.

DC Rajouri inspects progress on 180 bedded additional building at Kheora District Hospital

J1 NEWS SERVICE

RAJOURI, JUNE 18: Deputy Commissioner Rajouri, Vikas Kunal today inspected the pace of progress on under construction additional building at District Hospital Kheora.

The new building, which will add 180 beds to the hospital's capacity, is expected to reduce patient load and improve patient care significantly.

With the completion of this project, the total capacity of the hospital will increase to 500 beds. During the inspection, the DC

urged the concerned officials to expedite the completion of the pending work on the additional building so that it can be handed over to the Health Department at the earliest.

The DC emphasized that the completion of the pending work of the additional building at District Hospital Kheora will greatly benefit the people of Rajouri and surrounding areas. The new building will not only increase the hospital's capacity but also improve patient care as the hospital will be able to accommodate more patients and



provide them with better facilities.

The DC also highlighted the need for the concerned officials

to work together to ensure that the pending work is completed as soon as possible. He urged them to prioritize the project and take all necessary measures to expedite its completion.

With the completion of the additional building at District Hospital Kheora, the people of Rajouri and surrounding areas will have access to better healthcare facilities and services. The administration will continue to take all necessary steps to ensure that the people of Rajouri have access to quality healthcare services.

GDC Kishtwar organises Yoga Workshop; Empowers students to embrace healthy lifestyle

J1 NEWS SERVICE

KISHTWAR, JUNE 18: In the run up to International Yoga Day celebration on 21 June 2023, the NSS and NCC Unit of Government Degree College Kishtwar, under the esteemed patronship of the College Principal Dr. Jyoti Parihar, today organized a Yoga Workshop for students and faculty members, the day before.

The event aimed to enhance awareness among students about the numerous benefits of Yoga and its potential to foster a holistic approach to health and well-being. The renowned Yoga guru, Prof. Lekh Raj Nirala, graced the occasion as the key resource person. Prof. Nirala delivered an enlightening lecture, emphasizing the significance of Yoga and encouraging students to incorporate it into their daily lives for a



healthy body, mind, and soul. He practical demonstrations of various pranayams and yoga asanas, including anulom vilom, bhramri, bhastrika, surya namaskar, tadanasana, shashankasana, bhujangasana, trikonasana, vrkshasana, among others. This exchange of knowledge and ideas further enriched the workshop, providing a platform for individuals to address their queries and gain a deeper under-

standing of Yoga's principles and practices. The Yoga Workshop saw a remarkable turnout, with the presence of the dedicated teaching and non-teaching staff, as well as the enthusiastic participation of students.

This collective engagement demonstrated the college's commitment to promoting a healthy lifestyle and fostering overall well-being among its students and staff.

Dr. Jyoti Parihar, Principal GDC Kishtwar, expressed her gratitude to Prof. Lekh Raj Nirala for his insightful guidance and expertise, which played a pivotal role in making the event a resounding success.

She also commended the efforts of the NSS and NCC Unit for organizing such a beneficial workshop and encouraged the students to incorporate Yoga into their daily routines.

Lt Governor addresses Harmony Cultural Foundation's function at Srinagar

JJ NEWS SERVICE

SRINAGAR, JUNE 18: Lieutenant Governor Shri Manoj Sinha today felicitated the recipients of Harmony India Awards-2023 for their contribution to Art and Culture. The Lt Governor was attending a function organized by Harmony Cultural Foundation at Tagore Hall.

Addressing the gathering of artists and litterateurs, the Lt Governor appreciated the Harmony Cultural Foundation for its contribution to the promotion of folk music, language and literature of the UT of Jammu Kashmir.

"Vibrant art and culture ecosystem are essential ingredients for all round development of a society. We need combined strength of socio-economic growth, infrastructure, new technologies and vibrant cultural tra-



ditions for prosperity, new ideas and perspectives," said the Lt Governor.

The Lt Governor called for combining art and culture with technology for future growth.

For the holistic development of J&K, it is necessary that we create a fine balance between the sectors of advanced technology and the

world of art and culture. To achieve this task, master artists and young generation will have to work together, he said.

The Lt Governor also highlighted the journey of J&K UT under the guidance of Hon'ble Prime Minister Shri Narendra Modi Ji and achievements reflected in infrastructure, cultural

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- We need combined strength of socio-economic growth, infrastructure, new technologies and vibrant cultural traditions for prosperity, new ideas and perspectives: LG

vibrancy and inclusive development.

After several decades, a time has come in the life of J&K when the energy of the society, the soul of the society is at the peak of its potential. New resolutions, new aspirations and new dreams are taking shape, he observed.

"Artists provide humane approach to different professions and real essence that represents the vision of all creeds, communities and different schools of philosophy. Art and culture also

emphasizes spiritual approach to developmental journey and promotes equality, harmony in the society," said the Lt Governor.

The ageless and rich cultural tradition of J&K, blessed by Rishi, Sufi mystics provided intellectual inspiration to the world and served the interests of the society, he said.

The Lt Governor called upon the outstanding personalities to continuously direct, guide, motivate and inspire youth for nation-building.

Director Agriculture visits Potato SMF Kalnag, Anantnag

Says, prime focus is appropriate production & protection technologies, production of good quality seed, post harvest management



JJ NEWS SERVICE

SRINAGAR, JUNE 18: The Director Agriculture Kashmir, Chowdhury Muhammad Iqbal today visited Potato seed multiplication farm (SMF) Kalnag Anantnag. During the visit, the Director Agriculture inspected different blocks of the multiplication farm and interacted with the concerned technical experts regarding various latest interventions adopted by the farm this year.

Speaking on the occasion, Director Agriculture said that the departmental farms must focus on the development and multiplication of high yielding varieties of agriculture crops (including potato), appropriate production and protection technologies, post harvest management and production of good quality seed.

Chowdhury Iqbal said the departmental farm has to play a pivotal role in achieving the ambitious goal of self reliance in the field of seed requirement. He assured the concerned officers of every possible support for strengthening the farm on modern scientific lines. Director agriculture said from the last two years the department is diversifying the departmental farms in terms of crops and other agriculture activities. "We have achieved good results vis-a-vis farmers' satisfaction over the quality of planting material but still there is a great scope for improvement", he added.

'Vitasta Cultural Festival' Pre-events continue to fascinate Valley people; thrilling audiences fill venues

Painting camp on 'The Beauty of Kashmir' to begin at Lal Mandi Museum on June 19

JJ NEWS SERVICE

SRINAGAR, JUNE 18: Exhibiting unique folk art of Kashmir's rich cultural heritage and ethnic legacy, the local artists today mesmerised the audiences with their fascinating performances at the venues across Srinagar and Ganderbal districts during the pre-events of upcoming three day mega 'Vitasta Cultural Festival'.

People of all ages and genders through the captivating events held at various venues including the city's iconic Kong Posh Park, Zero Bridge, Zabarwan Park, Badamwari Garden and the picturesque Alusteng village in central Kashmir's Ganderbal district.

The folk artists, comprising both seasoned veterans and emerging talents, skillfully held audiences mesmerised with their diverse range of colourful performances, which included art forms such as Bhand Pather, Gujri, Dhambali, Bach Nagma, Rauf, and other captivating expressions of cultural heritage besides the performances of beautiful folk songs and dances and captivating folk dramas.

Notably, the upcoming three-day 'Vitasta Cultural Festival' is scheduled to grace the stage from June 23 to 25. This prestigious carnival, which is



the third and final edition of a series, is being organised by the Union Ministry of Culture, through the North Zone Cultural Centre, Patiala. The earlier two parts of the festival were organised in Chennai (Tamil Nadu) and Pune (Maharashtra).

The pre-event programmes of this prestigious festival 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. These programmes would help to showcase and promote the talents of these artists, providing them with an opportunity to exhibit their skills and preserve the rich artistic heritage of Kashmiri folk culture.

The 'Vitasta Cultural Festival' holds a significant objective, aligning with Prime Minister, Narendra Modi's,

visionary concept of 'Ek Bharat Shreshtha Bharat' (One India, Great India) under the Azadi Ka Amrit Mahotsav initiative. The prestigious festival aims to foster cultural exchange, mutual understanding, and harmony among different regions of India.

Meanwhile, the organisers said that in a range of pre-event programmes, folk artists will present their respective art forms at various locations including Sonwar, Amira Kadal, Buchwada, and Dal Gate Srinagar district and Magam village in central Kashmir's Budgam district tomorrow (Monday). In addition to these programmes, a painting and calligraphy camp will also be organised in Srinagar through collaboration between the North Zone Cultural Centre, Patiala and Jammu and Kashmir Academy of Art.

Div Com Kashmir visits Shri Amarnath Ji Holy Cave; takes stock of arrangements

Directs officers to extend essential services to Yatries

JJ NEWS SERVICE

SRINAGAR, JUNE 17: To ensure that all the necessary arrangements for Shri Amarnath Ji Yatra are put in place by departments and agencies to facilitate yatries who shall be visiting the Holy Cave, the Divisional Commissioner (Div Com) Kashmir, Vijay Kumar Bidhuri today visited the holy cave to take first hand appraisal of arrangements.

During the visit, Div Com took stock of various facilities including health, sanitation, toilets, electricity, drinking water, langars and tents installed by concerned departments.

On the occasion, he directed the concerned officers to depute their expert teams to ensure the facilities are properly extended to Yatries during the period of Shri Amarnath Ji Yatra.

He instructed them that to make all services functional well before the commencement of the yatra.

Addressing the officers of concerned departments, the Div Com instructed Director Health Services Kashmir to keep all medical aid handy to tackle any emergency issues of pilgrims. Similarly, he directed concerned for regular supply of electricity which will further ensure delivery of other services. He cautioned officers for any lapse that may cause inconvenience to yatries while performing their religious duties.

He also stressed on proper disposal of solid waste to avoid environmental pollution in the area.

Officers of Shri Amarnath Shrine Board, Flood & Irrigation, KPDCI, Sanitation, Police, Health, were present on the occasion.

District Admin Kupwara accords Warm farewell to outgoing DC

JJ NEWS SERVICE

KUPWARA, JUNE 18: The District Administration Kupwara today organised an impressive and warm farewell party at Dak Bunglow Kupwara in the honour of outgoing Deputy Commissioner (DC) Kupwara Dr. Doifode Sagar Dattatray upon his transfer to UT of DNH & DD.

SSP Kupwara, Yougul Manhas; SP Handwara, Sheema Nabi; ADC Kupwara, Gh. Nabi Bhat; J.D Planning, Abdul Majeed; ACR Kupwara, Irfan Bahadur; CEO Kupwara, A.H. Fani; CO 41 RR, Col. M5 Navalgatti; SDM Lolab, Ajaz Ahmad Bhat; SDM Karnah, Dr. Gulzar Ahmad; Rafter; DIO Kupwara, Madasir Sikander; Tehsildars, BDOs and other senior officers from civil and police administration and concerned were present at the well attended event.

On the occasion, various speakers highlighted the achievements of outgoing DC and extended their best wishes for his future endeavours.

Speakers appreciating the efforts of the outgoing Deputy Commissioner said that he gave space to every officer and every field functionary of district administration and used to get their feed back regarding implementation of different CSSs.

RTA Doda changes minibus Routes; Notifies Auto Rickshaw Stands, Routes, Fares

JJ NEWS SERVICE

DODA, JUNE 18: Chairman Regional Transport Authority (RTA) Doda, Vishesh Mahajan (DC) today convened a meeting of its members to discuss the applications received for change of route and other issues related to the notification of Auto Rickshaw Stands, Routes for Auto Rickshaws etc.

While deliberating on 15 applications received for Change of Routes for Mini Buses, four were found genuine and thus approved, while decision on one applications was kept withheld and a team comprising of SDM Assar, SHO Assar, ARTO and DTI was constituted to submit the fresh survey report of the old route and new route to be authorised.

Some non genuine demands of change of Route were rejected by the authority while some others were withheld for want of further clarification.

The Authority also discussed and decided on the identification of Auto Rickshaw Stands in Doda Town.

Some 20 Routes have been identified for plying Auto Rickshaws in the Town. The drivers of Auto Rickshaw and the public have been asked to adhere to the safety protocols and approved Fares with proper Meter Reading.

The DC issued instructions to the enforcement agencies to take stern action against traffic rule violators.

SKICC hosts workshop on land acquisition process, familiarization of 'Bhoomi Rashi Portal'

UNION GOVT UNDERTAKES HIGHWAY DEVELOPMENT PROJECTS WORTH OVER RS 22000 CR IN J&K

JJ NEWS SERVICE

SRINAGAR, JUNE 18: Ministry of Road Transport and Highways (MORTH) and National Highways Authority of India (NHAI) in conjunction with J&K Public Works (R&B) Department organized a workshop on land acquisition process and familiarization of 'Bhoomi Rashi Portal' here today at SKICC.

The objective of the workshop was to fast track the process of

land acquisition for Highway Development Projects. The initiative will pave the way for faster acquisition of land thereby facilitating timely completion of Highway Development Projects in the UT of J&K. Pertinently, Union Government is committed towards infrastructure development in Jammu and Kashmir and is working tirelessly to complete various projects in a time bound manner. Significantly, the Government of India has under-

taken a number of Highway Development Projects worth more than Rs 22000 crore in J&K. The workshop was among others attended by Union Additional Secretary (LA&H) MORTH, Amit Kumar Ghosh; Principal Secretary PWD (R&B), Shailendra Kumar; Divisional Commissioner Kashmir, Vijay Kumar Bidhuri; Deputy Commissioners of Kashmir division along with ADCs and ACRs in person while the Divisional Commissioner Jammu

and Deputy Commissioners of Jammu division participated online. Besides, Chief Engineer R&B Kashmir along with his team of Superintendent Engineers and Executive Engineers also attended the workshop besides other functionaries.

A team of MORTH officers led by Union Deputy Secretary, Abhay Jain, explained in detail the land acquisition process and functioning of Bhoomi Rashi Portal to all.

The team also informed that the revamped Bhoomi Rashi Portal will not only allow in expediting the direct payment of compensation for the acquired land, but will also allow the landowners to know/track the status of their payment as well as file grievance, if any.

During the workshop, all the issues affecting the land acquisition were discussed in detail and appropriate guidance was given by the concerned.

DC Kupwara sends-off 4-Wheeler motor rally from TRC Kupwara to Keran

JJ NEWS SERVICE

KUPWARA, JUNE 18: The Deputy Commissioner (DC) Kupwara, Dr. Doifode Sagar Dattatray Sunday send-off Motor sports rally from TRC Kupwara. Time-speed-distance (TSD) 4-wheeler rally known as the 'Rally of the Valley' was organised by the District Administration Kupwara in collaboration with JK Police and Army.

Motor Rally aimed to highlight unexplored tourist destinations, adventure Motor sports activities and raise awareness about safe driving practices was kicked off on June 14, 2023 from Chamba and reached Kupwara on 18th June and culminated on Sunday at picturesque Keran valley of Kupwara district near line of control on banks of Kishanganga river after covering a distance of 1050 miles.

Participants of Motor rally belonging to different parts of the country traversed through the treacherous roads of Chamba, Jammu, Bhandarwah, Kishtwar, Kupwara, and finally reached Keran after crossing Farkyan top.

The grand motor rally witnessed the participation of over 65 professional racers across the country and 40 (4-Wheeler) vehicles. Earlier, in the morning, the District Administration Kupwara headed by Deputy Commissioner Kupwara Dr. Doifode Sagar Dattatray in presence of SSP Kupwara Yougul Manhas and ADC Kupwara (CEO LBDDA) Gh. Nabi Bhat received the motor rally and welcomed the participants of the rally on reaching Kupwara.

While sending-off the motor racing rally, DC said that such sports rallies promote the tourism activities in unexplored destinations.

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NEW DIAMOND PLAY-WAY SCHOOL KHANNA CHIRGAL JAMMU

PROPOSED MANAGEMENT COMMITTEE

S. No	NAME/PARANTAGE	ADDRESS	OCCUPATION	QUALIFICATION	DESIGNATION
1	RENU DEVI W/O MOHAN SINGH	Rajpura Jammu	Pvt	B.A, B.Ed	Chairman
2	KEWAL SINGH S/O SH. PREM SINGH	Khanna Chhargal	Pvt	B.SC	Vice-President
3	LOVELY RAJPUT D/O SH. DHYAL SINGH	Khanna Chhargal	Pvt	B.A	Member/Staff Rep
4	VINOD KUMAR S/O SH. DHANI RAM	Khanna Chhargal	Pvt	12th	Member/Staff Rep
5	SHAM LAL S/O LATE S. AMI CHAND	Khanna Chhargal	Ret. G.Q	12th	Member/Staff Rep
6	SURYA DEV SINGH S/O SH. KEWAL KRISHAN	Khanna Chhargal	Pvt	B.A	Secretary/Parents Rep
7	BHRAM RAJ S/O SH. FAQUIR CHANG	Khanna Chhargal	Pvt	12th	Member

THE GENERAL PUBLIC IS INFORMED THAT THERE IS PROPOSED MANAGEMENT COMMITTEE INFAVOUR N.D.P.S KHANNA CHARGAL JAMMU. OBJECTION ON ANY MAY BE INFORMED TO THE CONCERNED AUTHORITY WITHIN A WEEK

SD/-
PRINCIPAL