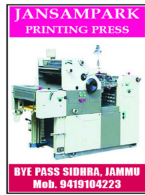




JINDRAH IMAGES



DAILY | JAMMU | VOL NO: 10 | ISSUE NO: 141 | PAGES: 12 | PRICE: Rs 2/- | RNI NO: JKENG/2013/49471 | POSTAL REGD. NO. JK-497/22-24 | dailyjindrahimages.com/Epaper.php | jindrahimages123@gmail.com

80 PERCENT QUALIFY CLASS 10 BOARD EXAMS IN J&K

JNEWS SERVICE
JAMMU, JUN 19

Honoring the timelines of Uniform Academic Calendar 2022-23, J&K Board of School Education has declared the result of class 10th Annual Regular 2023 in which 80% of the students of UT of J&K and the UT of Ladakh have been found qualified. This was for the first time that the students of class X from both the UTs appeared together in one session under Uniform Academic Calendar 2023 which was implemented last year.

In total 1,48,701 students were enrolled for class 10th session Annual Regular 2023 in the UTs of J&K, and Ladakh out



of which 1,18,791 students passed the exams; The exam was conducted at 1615 centres established across the soft and Hard Zone areas identified in both the UTs.

13823 students qualified the exam with AI grade, 1849 students got A2 grade, 2447 secured B1 grade, 28880 got B2 grade,

26248 secured C1 grade, 7133 C2 grade whereas 78 students have been placed in D grade.

Expressing his satisfaction over the entire examination process of Class 10th Annual Regular 2023 examination, Chairperson, JKBOSE, Prof. (Dr.) Parikshat Singh Manhas expressed gratitude to

Shri Manoj Sinha, Hon'ble Lieutenant Governor, the UT of J&K, Sh. R.R. Bhatnagar IPS (ret.), Hon'ble Advisor School Education Department J&K, Shri Alok Kumar, IRS Principal Secretary SED J&K for great guidance and support to actualize the vision of Uniform Academic Calendar. He also congratulated all the stakeholders and expressed gratitude to the entire divisional and district level administrative machinery, India Posts, whole team of the officers and officials of JKBOSE, teachers who have tirelessly contributed for the smooth conduct of examination followed by cooperation of

CONTINUED ON PAGE 4

LG chairs high level meeting to review preparedness for Shri Amarnath Yatra



JNEWS SERVICE
SRINAGAR, JUNE 19

Lieutenant Governor Shri Manoj Sinha chaired a high level meeting today to take stock of the preparedness of departments and concerned agencies for Shri Amarnath Yatra.

The meeting was

attended by Sh Shaleen Kabra, Principal Secretary, Jal Shakti Department; Dr Mandeep Kumar Bhandari, CEO, Shri Amarnathji Shrine Board; Lt General Rajiv Ghai, GOC 15 Corps; Sh Vijay Kumar Bidhuri, Divisional Commissioner Kashmir, senior officials of SASB, BRO and repre-

sentatives of telecommunication service providers.

The Lt Governor took appraisal of the upgradation work of Yatra tracks by BRO; installation of safety railings on all vulnerable stretches; snow clearance; installation of Army Tents and

CONTINUED ON PAGE 4

J&K Police have successfully dealt with challenges of terrorism, law and order, modernisation'

JNEWS SERVICE
SRINAGAR, JUN 19

Jammu and Kashmir's Lieutenant Governor Manoj Sinha Monday said that police have successfully dealt with the challenges of terrorism, law and order and modernisation and the forces through its internal

CONTINUED ON PAGE 4

Low-intensity tremors can release tectonic plate pressure, prevent large-scale disasters: Expert

JNEWS SERVICE
JAMMU, JUN 19

The recent spate of mild earthquakes accompanied by aftershocks in Jammu and Kashmir's Doda-Kishtwar region, particularly in the Bhadarwah Valley, has left residents in a state of panic and fear. However, seismic experts note that these small-scale earthquakes can actually help prevent larger disasters.

Neeraj Sharma, head of the Institute of Mountain Environment at its Bhadarwah campus, said the continuous occurrence of small-scale earthquakes

and aftershocks can release tectonic stress, thus preventing major disasters.

"Large tectonic plates, including the Kishitwar fault and the Reasi fault, spread over millions of square kilometres in Jammu and Kashmir are very active. I believe the repeated earthquakes in the Bhadarwah region could be the result of the Kishitwar fault," Sharma said.

He also expressed concern about the Reasi fault. Unlike the Kishitwar fault, the long-term stress

CONTINUED ON PAGE 4

Northern Army Commander Lt General reviews Amarnath Yatra Preparations

JNEWS SERVICE
JAMMU, JUN 19

Northern Army Commander Lt General Upendra Dwivedi on Monday reviewed the ongoing preparations for the Amarnath Yatra 2023 that will commence on July 1 for a duration of two months, a Defence press release said. Lt Col Devender Anand, Public Relations Officer, Defence Jammu said the Amarnath Yatra takes place annually via two routes i.e. southern route through Baltal in Ganderbal and the northern route through Pahalgam in Anantnag district.



"The Army Commander inspected the arrangements on both the routes where he was briefed on the multi-tiered security arrangements to include night domination through night vision devices, snipers, drone systems, bomb disposal squads, dog squads, counter IED equipment, vehicle repair

and recovery teams to ensure smooth movement of convoys and synergy with the civil agencies being undertaken to make the Yatra incident-free," the PRO statement said.

The PRO statement added that he was also shown the arrangements made by Border Roads Organisation, Indian Air Force and teams from high-altitude warfare school.

According to the army officials, the road stretch to the holy cave shrine is almost clear for the induction of pilgrims.

In coordination CONTINUED ON PAGE 4

"Fine those who throw garbage," J&K Chief Secretary Arun Kumar

JNEWS SERVICE
SRINAGAR, JUN 19

The Jammu and Kashmir administration has started a special cleanliness campaign to keep cities and villages clean.

Chief Secretary Arun Kumar Mehta has issued clear instructions to the officers to sensitize people about the cleanliness of their surroundings and also fine those who throw garbage in their surroundings endangering the environment.

Officials said that Chief Secretary has made it clear to the Rural Development Department and



Panchayati Raj authorities that the legacy waste should also be collected from the villages and the waste should be disposed of at designated places in each panchayat.

Efforts have been intensified to declare all residential areas of Jammu and Kashmir free from open defecation, the official said, adding that it

has been emphasized that waste should be segregated in every Panchayat so that it can be disposed of easily.

The common people welcomed it and said that there is no substitute for cleanliness and everyone has to be serious about it. As per officials, Chief Secy assured that if we all work together, it is not a difficult task to complete the task of cleaning our villages. He admitted that there has been more progress than before in making our village clean.

At the same time, Kumar remarked CONTINUED ON PAGE 4

Murder Case: Five accused arrested in Khablan, 3 still at large, says SSP Rajouri

JNEWS SERVICE
RAJOURI, JUN 19

Jammu and Kashmir Police in Rajouri on Monday claimed to have arrested five persons, related to the murder case of a man in Khablan village of Thanamandi in the district.

Police said that the raids are going on to nab three more accused, who are still at large.

Sharing details about the incident, Senior Superintendent of Police (SSP) Rajouri, Amritpal Singh said that on 18th of June, a case under FIR number 82/2023 under sections 307/323/147 IPC was registered in Thanamandi Police Station after receipt of written complaint of Nagina Akhtar, wife of Shafiq Ahmed of Khablan village.

"The murderous assault on complainant's husband was filed against eight accused persons namely Mohd Taj son of Bir Mohd, Javed Ahmed son of Mohd Taj, Mushtaq Ahmed son of Mohd Taj, Ashfaq Ahmed son of Mohd Taj, Qamar Bhatti son of Javed Iqbal, Mohd Farooq son of Basharat Hussain, Mohd Jameel son of Basharat Hussain and Mohd Zaman son of Basharat Hussain," he said.

According to the news agency, SSP Rajouri fur-

ther said that the victim Shafiq Ahmed was hospitalised in GMC Associated Hospital Rajouri but he succumbed to his injuries over which section 302 IPC was incorporated in the already registered case.

Over the death of victim during treatment, special police teams headed by SDPO Thanamandi Dr. Imtiaz Ahmed and SHO Thanamandi Azhar Hilal swung into action and conducted series of raids at various locations while five accused persons have been taken into custody and three others are at large, and teams

CONTINUED ON PAGE 4

Groundwork being laid to make india a developed country by 2047: Rajnath Singh

JNEWS SERVICE
DEHRAJUN, JUN 19

India is witnessing economic, social, cultural and political empowerment under Prime Minister Narendra Modi's leadership, with groundwork being laid for the country to become a developed nation by 2047, Defence Minister Rajnath Singh said on Monday.

Speaking at an event here on the theme "Swarnim Bhavishya", Singh asserted that the steps taken by the government in the last few years have ensured the country's holistic development, social cohesion and

re-connected people with the nation's rich cultural heritage.

"India is well on course to soon become one of the leading defence exporters from an importer. We are building a strong and self-reliant India which is



the flag-bearer of regional and global peace and, at the same time, has the wherewithal to give a befitting reply to those who try to cast an evil eye," Singh said, according to a statement issued by the Defence Ministry.

Singh also lauded Prime Minister Modi for "transforming India's image at the global stage to an assertor from a mere observer".

CONTINUED ON PAGE 4

IPS officer Ravi Sinha appointed RAW Chief

JNEWS SERVICE
NEW DELHI, JUN 19

Senior IPS officer Ravi Sinha, an expert on neighbourhood countries and operations, was on Monday appointed as the new head of external spy agency R&AW, succeeding Samant Goel who completes his four-year stint on June 30.

According to an order issued by the Ministry of Personnel, the Appointments Committee of the Cabinet has approved the appointment of 59-year-old Sinha, a 1988 batch IPS officer from Chhatisgarh, as the Secretary RAW for a tenure of two years.



Sinha, who has had an over two-decade-long stint in the Research and Analysis Wing (RAW), is at present the second-in-command in the organisation. Before being promoted, he was looking

CONTINUED ON PAGE 4

Modi dispensation has provided more Govt Jobs than Congress-Led UPA: Jitendra Singh

JNEWS SERVICE
NEW DELHI, JUN 19

The Narendra Modi government has provided more jobs than what the erstwhile Congress-led UPA dispensation gave in its first nine years, senior BJP leader and Union minister Jitendra Singh said on Monday.

While a little over six lakh government jobs were provided by the United Progressive Alliance (UPA) dispensation between 2004 and 2013, the number went up to over 8.82 lakh in the



years of the Narendra Modi government, Singh said at a press conference at the BJP headquarters here.

The Union minister for personnel and training said the Staff Selection Commission (SSC), Union Public Service Commis-

sion (UPSC) and the Railway Recruitment Board (RRB) are "broadly" the three central government recruitment agencies.

"If you look at the SSC data, the total number of recruitment during the nine years of UPA government from 2004 stood at 2,07,563, whereas it is 4,00,691, almost double, in the nine years of the Modi government," he told reporters.

The number of recruitments in central government jobs through UPSC stood at 45,431 during the nine years of the

UPA regime, while it was 50,906 under the Narendra Modi government.

The RRB recruited more than 3.47 lakh people during the nine years of the UPA government and more than 4.30 lakh since 2014, when the Modi dispensation assumed office, he said.

"The Congress and some opposition parties have been alleging again and again that vacancies are old and statistics of recruitments being shown is wrong. To set the record straight, we have done

CONTINUED ON PAGE 4

Gandhinagar Hospital Jammu, first in J&K, to receive award of incentive under DHIS

JNEWS SERVICE
SRINAGAR, JUNE 19

Gandhinagar Hospital in Jammu has become the first hospital in Jammu and Kashmir to receive an award of incentive under the Digital Health Incentive Scheme (DHIS), Ayushman Bharat Digital Mission of National Health Authority (NHA).

Secretary, Health and Medical Education, Bhupinder Kumar, said the NHA has announced the



DHIS for the stakeholders of digital health ecosystem with an aim to further boost digital health

transactions in the country under ABDM. "The incentives under this scheme would be

provided to hospitals and diagnostic labs and also to the providers of digital health solutions such as Hospital/Health Management Information System (HMIS) and Laboratory Management Information System (LMIS)," Secretary added.

Mission Director, ABDM, Ayushi Sudan, congratulated the MS GH Gandhinagar and his team for accomplishing this feat.

CONTINUED ON PAGE 4

BJP never forgets the valuable sacrifices of senior karyakartas: Ashok Koul

BJP District Jammu South organizes Senior Karyakarta Interaction Programme



J I NEWS SERVICE

JAMMU JUNE 19: Ashok Koul BJP organization General Secretary J&K lauded the achievements of the Modi government during the interaction with the senior karyakartas (Varisht Karyakarta Sammelan) of Bahu Constituency of District Jammu South at party headquarter, Trikuta Nagar Jammu.

The program was chaired by Ashok Koul and organized under the Presidency of BJP District President Jammu South Rekha Mahajan.

During the sammelan, the traditional lamp was lit in the esteem presence of BJP General Secretary J&K Ashok, BJP State General Secretaries Dr. D K Marwal and Vibodh Gupta, Prabhari District Jammu South Ayodhya Gupta, Seh Prabhari Jammu North Vinay Gupta including District General Secretaries Pushpinder Singh Charak and Akash

Chopra, District Office bears besides Mandal Presidents, Bharat Bhushan,

Neeraj Puri and a large no of Senior Karyakartas of the party attended the mega event.

Meanwhile, the sammelan threadbare discussions were held on approaching party-related and public-friendly policies as well as organizational issues for the extension of party activities in the region. BJP leadership also felicitates Varisht Karyakartas who devoted their entire life to the party.

During the interactive session with senior karyakartas, Ashok Koul exhorted to extend the message of the achievements of the 9 years rule of the Modi government and explain to the cadres the virtues of public welfare schemes.

He asked them to spare some time every day in the service of the Nation. He praised the senior karyakartas

for devoting their whole life unconditionally. Ashok Koul said BJP never forget the valuable sacrifices of senior karyakartas and also boosted their morale of them. Ashok Koul said that the BJP has got a treasure of dedicated Karyakartas and the BJP activist is viewed as the symbol of selfless working for the society.

Manyal said that BJP Karyakarta have dedicated their whole lives to serving the "Bharat Mata" but never thought of gaining any personal benefit. The very core of the BJP lies in serving the motherland with full devoutness and dedication.

While addressing the Sammelan, Vibodh Gupta discussed the various landmark decisions taken by the Narendra Modi-led Central Government for the welfare of the masses and has taken every toughest decision for raising the status of the nation in the world.

In her Presidential address, Rekha Mahajan appreciated the efforts of Karyakartas and she expressed confidence that as evidenced by the love of BJP-devoted karyakartas and common masses for their favorite leader Modi Ji, inhabitants will vote heavily in favor of the BJP, in the approaching elections.

Varisht karyakartas also share their experiences and innovative ideas, and stories to further enhance the BJP party with the BJP leadership during the sammelan.

Aakash BYJU'S Felicitates its Top Performers in NEET UG 2023 from Jammu

J I NEWS SERVICE

JAMMU, JUN 19: Aakash BYJU'S, India's leader in test preparation services, today felicitated its students from Jammu who were among the Top rank holders in the NEET UG 2023 entrance examination. Registering one of the best results, around 1,06,870 students from Aakash Institute, have qualified the prestigious NEET UG Examination 2023 nationally. A total of 708 Aakashians have cleared the NEET examination from Jammu.

Notable achievers who were felicitated today are Aarush Gupta who scored 678 marks and secured AIR 1803, Rifaqat Ghani scored 670 marks with AIR 2884 and Saqib Mehmoood scored 657 marks AIR 5166 amongst others.

This year Aakash Institute students have secured an impressive number of 5 students from across India in the Top 10 of NEET UG 2023; 29 in Top 50; and 56 in Top 100 and a whopping 381 in Top 1000 in General Category. 17 students became State/UT Toppers of Karnataka, Odisha, West Bengal, Rajasthan, Uttar Pradesh, Gujarat, Delhi, Madhya Pradesh, Haryana, Andaman and Nicobar Islands, Jammu and Kashmir,



Uttarakhand, Tripura and Chhattisgarh. 94,762 students qualified from classroom program while 12,108 students qualified from Digital and Distance Learning programs.

On the occasion, Mr Parmesh Jha, Regional Director, Aakash Educational Services Limited (AESL) said "We congratulate the students for their exemplary feat. Their achievement speaks volumes of their hard work and dedication. The credit goes to the efforts put in by the students, proper guidance by the faculty and as well as the quality test preparation imparted at the institute. I would also like to extend our grati-

tude to the parents for being a constant support to their children. I wish them all the best for their future endeavours" NEET is conducted annually by National Testing Agency as a qualifying test for students who wish to pursue undergraduate medical (MBBS), dental (BDS) and AYUSH (BAMS, BUMS, BHMS, etc.) courses in government and private institutions in India and also, for those intending to pursue primary medical qualification abroad. 20.87 lakhs students were registered for NEET(UG) and 20.38 lakhs students were appeared. Out of 11.46 lakhs qualified NEET(UG) examination.

DPAP stages protest rally in Doda for compensation to earthquake victims, against reduction of ration



J I NEWS SERVICE

DODA, JUN 19: Democratic Progressive Azad Party (DPAP) on Monday staged a massive protest rally in Doda demanding immediate compensation to victims of earthquakes in Chenab valley specially Doda and Kishtwar and sought government intervention in conducting survey by seismologists to gauge the reasons behind occurrences of continuous tremors in Chenab Valley.

Holding placards, banners, DPAP's senior leadership, including Vice-President G M Saroori, Naresh Gupta Provincial Vice President, Chief spokesperson Salman Nizami, and other party leaders and workers marched in Doda demanding compensation to earthquake victims and assessment of the damage in twin districts of Doda and Kishtwar. The DPAP leaders and workers also demonstrated against the stopping of free ration distribution to poor, reduction of monthly ration quota to consumers and imposition of property tax were discussed. The demon-

strations are part of the series of protests to be held across Jammu and Kashmir against anti-people measures which are impacting common masses, be it price hike, electricity inflated bills, imposition of property tax and ration issue. Addressing the protesters here, Vice-Chairman DPAP G M Saroori lambasted the government for not providing any compensation to recent earthquake victims in Doda or Kishtwar districts. Reminding the present government about October 8, 2005 earthquake which hit Uri and Karah areas in Kashmir and Rajouri and Poonch in Jammu region, Saroori affirmed that under the able leadership of the then chief minister Ghulam Nabi Azad, his government in 2005-2006 provided relief on timely basis and adopted long term rehabilitation programme for the victims who till this date praise the Chairman DPAP for serving the people of Jammu and Kashmir with honesty and dedication. Demanding urgent government intervention, the chief spokesperson Salman Nizami sought establishment of a committee of seismologists and

scientists to undertake immediate scientific study on recurrences of tremors in Chenab Valley.

The DPAP leadership also demanded rollback of all anti-people measures like ration curtailment, imposition of property tax and relief to consumers of electricity who have been charged with no norms in place for rural or hilly populations where there is no electricity but inflated bills are handed over shockingly.

The DPAP workers observed that the stoppage of free ration to the poor would lead to starvation of people while the reduction in monthly quota of ration to consumers in rice-consuming J&K is unacceptable. They said that on one hand authorities have failed to control the prices of essential commodities while on the other hand the government is hiking the prices of gas refills and electricity. It was also observed that imposition of property tax in J&K is unacceptable given the fact people in the past few years have suffered losses due to COVID-19 lockdown.

Among others who participated in the protests include Adv Naresh Gupta Provincial Vice President & Working Committee Member, Chief Spokesperson Salman Nizami, P.R.Manhas Zonal President, Sham Lal Bhagat Provincial General Secretary, Asif Gattu District President Doda, Pritam Kotwal Provincial Secretary, Ramesh Parihar Secretary, Mushtaq Ahmed DDC, Aemna Begum DDC, Om Raj Bahal Gen Secretary Province, Asghar Khanday Zonal Gen Secretary, Iqbal Malik Zonal Secretary and others.

BJP Govt. failed to fulfill promises made to people: Lochan



J I NEWS SERVICE

JAMMU, JUN 19: A meeting of JKNC District Jammu Rural A (SC Cell) held at Block Phallian Mandal in Marh Constituency under the chairmanship of its Ram Lal Lakhotra District President Jammu Rural A (SC Cell) in which Mr Vijay Lochan Provincial President (SC Cell) Jammu was the

Chief Guest. In the meeting a threadbare discussion was held regarding the present political scenario in Jammu region particularly Border belt of Marh constituency.

Addressing the meeting Mr Vijay Lochan Provincial President (SC Cell) Jammu said that the border areas of Jammu District are ignored from the development as claimed by the LG

administration the civic facilities such as supply of drinking water, electricity and the conditions of roads are in shamble. The unemployed youth are also facing great difficulties to pull their livelihood. The old age pension, widow and handicapped pension are totally stopped and such they in great trouble during these dare days, Mr Lochan said.

Addressing the meeting Mr Baldev Raj Vice President JKNC Jammu Province (SC Cell) said that the down trodden and depressed section society is badly ignored in this regime of BJP.

The District President JKNC (SC Cell) Mr Ram Lal Lakhotra nominated Mr Ramesh Kumar as Block President Phallian Mandal (SC Cell) and Sham Lal Senior Vice President Block Phallian Mandal JKNC (SC Cell) District Jammu Rural A.

Those who were present in the meeting included: Banarsi Dass, Mulk Raj, Devi Ditta, Master Suram Chand, Madan Lal Panch, Suman Lata Panch, Tilak Raj, Rampal, Gori Sankar, Harish and others.

BJP regime has Proved More Dangerous than Corona Virus : Harshdev



J I NEWS SERVICE

UDHAMPUR, JUN 19: Having downgraded the State of J&K and subjected it to its proxy rule for the last five years, the BJP regime has caused the greatest embitterment in the hearts and minds of the people. This was stated by Harsh Dev Singh, Former Minister and President National Panthers Party while addressing public meetings in villages of Batal and Thalora in Udhampur East constituency.

"With the erstwhile historical state of J&K having been dismantled and downgraded to UT level by divesting it of its statehood status and further, depriving it of the much trumpeted development packages, opening the lands and jobs of its locals to outsiders, suppressing all critical voices through the coercive apparatus of the govt, demolishing institutions, besides running the affairs of state since June 2018

through proxy, evicting the poor people from their marginal land holdings, the BJP regime appeared to be testing the patience of the people of the erstwhile princely state. He said that the people were being harassed, intimidated and persecuted on one pretext or the other with the latest move of the govt to retrieve the lands from poor and indigent farmers and impose property tax having created massive resentment amongst the urban as well as rural people. New laws were being enacted for J&K on a regular basis by 'babus' in the centre and implemented in J&K without any Legislative nod through the aegis of Home Ministry by taking recourse to J&K Re-organization Act. The people were subjected to the most unpopular rule of outside bureaucrats who lacked even the basic knowledge of the problems of the common masses and had hardly any connection with the people. And the BJP which had

been voted to power in the centre continued to use J&K as a workshop holding newer experiments each day deliriously unmindful of the abyss to which it had thrown the people of the erstwhile State".

"With no takers for the woes and sufferings of the people, the govt was thriving on fake announcements and fictional accounts of its achievements with nothing tangible to be seen on the ground. People suffered the worst nightmares due to the power and water crisis. The govt failed to act. The people of remote areas continue to suffer ration problems with no takers for their repeated requests and reminders.

Several houses and other residential units of poor indigent masses have collapsed in flash floods and inclement weather but none to respond. The daily rated workers of PHE, PWD, Power, I&FC are without wages for several months with none to pay attention to their pathetic

plight. The unemployed educated youth were on the roads. The MCNREGA liability has exceeded one thousands crore during the last 5-6 years but none in the govt is there to even console the poor labourers. The academic activity in remote village schools has been paralysed due to acute deficiency of teaching staff. The corruption has become all pervasive with none to question those indulging in open loot and plunder of the states' resources. And those who have the temerity to question are dubbed as anti-nationals. But despite all in this the govt was indulging in incessant chest thumping and claiming to have brought about revolutionary changes. And dissent was being muzzled through the coercive apparatus of the state. The fact of the matter was that the general masses were feeling suffocated and suppressed under the dictatorial policies of the BJP govt which had proved more dangerous than corona virus.

He urged upon the people to support NPP so as to replace the highly impudent and authoritarian BJP in the UT of J&K.

Prominent among those who spoke on the occasion included Manju Singh, Raj Kapoor, Dina Nath BDC Chairman Majalta, Dharam Singh, Monika Sarpanch Battal, Sunita Bhagat Sarpanch Dhamma besides others.

JKPCC celebrates 53rd Birth Day of Rahul Gandhi

J I NEWS SERVICE

JAMMU, JUN 19: The 53rd Birthday of Shri Rahul Gandhi, Former President AICC was celebrated at the PCC HQ, here today in a simple function attended by senior leaders and workers of the party. Sweets and Cake were distributed among the party members and they wished him a long life. The PCC leaders said that Mr. Rahul Gandhi is the future of the Nation and the countrymen especially the youth of the country have great expectations from the young and dynamic leader.

Rahul Gandhi during his short stint has impressed the people of this country and the outside world by his spirit of service, simplicity, dedication and devotion for the welfare of poor and downtrodden and his qualities of leadership he demonstrated in nationwide 'Bharat Jodo Yatra'.

He has become a role model for the youth and a source of inspiration,



encouragement and confidence and as a guide especially for those who want to serve the society through politics. The party members prayed for his long life and wished him great success. Senior leaders who conveyed congratulations to Mr. Rahul Gandhi on his birthday were S/Shri Th.Balwan Singh, Ved Mahajan, Vinod Sharma, Pawan Raina, Narinder Sharma, Sanjeev Panda, S. Gurdarshan Singh, Virender Manhas, S. Gurmeet Singh, Thomas Khokhar, Rajveer Singh, Sahil Sharma, Jatn K. Raina, Uttam Singh, B.B. Gupta, Dr. R.K. Khajuria, Vijay Shastri, Ricky Dalotra, Michael Wazir, Camres David (Babaloo), Gurmeet Singh, Rakesh Sharma, Chander Shekhar, Janak Raj Mehra, Dwarka Nath Prashar, and others.

PM Modi ushered in peace & development: MP Khatana



J I NEWS SERVICE

RAJOURI, JUN 19: BJP MP Rajya Sabha Er. Gulam Ali Khatana today chaired a number of programmes in district Rajouri and Poonch as part of month long 9 Saal Bemisal campaign to highlight the achievements of the Narendra Modi led BJP government. Addressing impressive gathering prominent persons at Muradpur here,

perity in the country," said Er. Gulam Ali.

He said that during eight years of Prime Ministership of Sh. Narendra Modi India has new heights and innovative ideas like Make in India, Startups, implementation of have been implemented and borders have been secured. No major act of terrorism has happened and separatists and terrorists are on the run.

MP Khatana asked the officers to take PRIs along while framing the developmental projects so that those working on grassroot too contribute their wisdom.

He said that bureaucracy and public representative are two pillars of the democratic set up and must work together in same direction.

Prominent among them Jugal Dogra, Sarpanch Samreen Khan, Capt. Nizam Din, Shamshad Begum DDC, Shaista Kousar, Azeem Choudhary, Karan, Talib Mir, Amit Sharma, manzor Naik, Parvez Malik, Komesh Chander accompanied.

Kavinder highlights BJP's commitment to infrastructure development, employment opportunities

J I NEWS SERVICE

ODISHA, JUN 19: Kavinder Gupta, a senior BJP leader and former Deputy Chief Minister of Jammu and Kashmir, highlighted the resolute commitment of the Modi Government to propel infrastructure development and create avenues for employment opportunities across the country.

As part of his Vikas Tirath Yatra, Kavinder Gupta visited Baripada District in Mayurbhanj, Odisha, to witness the ongoing development initiatives undertaken by the BJP government.

Accompanied by Bishweshwar Tudu, MP and Union Minister of

State for Tribal Affairs and Jal Shakti, MLA Baripada Parkash Soren, District President Bishnu Das, State Executive Member Prof. Dr. Ramkrishna Sahu, Registrar Dnyadasshani Mallik, and Abhay Mahapatra, Kavinder Gupta embarked on a remarkable journey across Baripada District in Mayurbhanj, Odisha.

The visit commenced with an awe-inspiring tour of the Pandit Raghunath Murmu Medical College and Hospital, Baripada, a project valued at Rs 258 crore, which has been spearheaded by the current government. This state-of-the-art medical college aims to provide advanced healthcare facilities to the local popu-

lation, underscoring the BJP's commitment to ensuring the well-being of citizens. It is worth noting that Pandit Raghunath Murmu, the visionary behind the Santhali Olchiki Alphabet and Script, has left an indelible mark on the cultural and linguistic heritage of the region.

Continuing the journey, Kavinder Gupta joined by the Union Minister and senior party leaders, visited the Eklavya Model Residential School in Baripada, Mayurbhanj.

Recognizing the predominance of tribal communities in the district, Gupta emphasized the significance of the Ministry of Tribal Affairs' efforts in constructing 19 EMRS facilities in the area.

Col Mahan acknowledges rapid development at rural areas under Modi regime

Kick-start construction work of 3 Km long road in Janu village, Bhoond region

J I NEWS SERVICE

KATHUA, JUN 19: Col (Retd) Mahan Singh, DDC Chairman of Kathua today lauded the accelerated pace of development since the

Modi government assumed office at the Centre. He emphasized that rural areas are experiencing substantial progress and witnessing transformative changes under the government's visionary leadership.

Col Mahan Singh made these remarks during the inauguration of a 3 Km long road in Janu village, located in the Bhoond area of Kathua district. The road, estimated to cost Rs 4.10 crore, will be constructed under NABARD, bolstering connectivity and infrastructure in the region.

Highlighting the significance of this project, Col Mahan Singh emphasized that the construction of this road is a long-standing demand of the people, especially in the Janu village. The project includes



the construction of a 90-meter span bridge over

Gaddoli Nallah, which has been separately sanctioned with a budget of Rs 7.51 crore. "The inauguration of the 3 Km long road in Janu village signifies the BJP government's unwavering commitment to the holistic development of rural areas. Through transformative projects and infrastructural advancements, the Modi government continues to uplift communities, foster connectivity, and fulfill the aspirations of the people," he added. Col Mahan Singh further acknowl-

edged that the fulfillment of this promise was made possible through the commitment of Dr. Jitendra Singh, who had assured the people during the 2019 Lok Sabha elections that this crucial span bridge would be constructed. Today, that commitment has been successfully fulfilled, bringing immense relief and development to the area.

Looking ahead, Col Mahan Singh announced that the sanctioning of roads from Gaddoli to Kote and Tuen Singh to Dhana via Patagar is imminent, and work on these roads will commence

shortly. He assured the residents that the construction of all the aforementioned roads will fulfill the long-standing demands of the people, providing them with essential amenities and a better quality of life.

The event witnessed the presence of local dignitaries including Sarpanch Kuldeep Kumar, Sarpanch of Janu Village, Kiran Bala, District President Darshan Singh, BJP Minority Morcha President Yasin Malik, Ansar Ahmed, Ran Singh, Rajeshwar Singh, as well as the XIn PWD and officials of PWD.

GCOE Jammu in collaboration with Art of Living organises 'Har Ghar Dhyan' workshop



J I NEWS SERVICE

JAMMU JUNE 19: Govt. College of Education, Jammu in collaboration with Art of Living organized 'Har Ghar Dhyan' workshop under the patronage of Principal, Prof Aekta Gupta and supervision of NSS Program Officer Dr. Shubhra Jamwal in which scores of faculty, non-teaching staff and Students participated.

The Union Ministry of Culture has collaborated with Art of Living to reach out to the masses and youth to educate them about mental health and empower them with the tool of meditation for better health. The project was launched on 26th October 2022 at the international headquarters of the Art of Living at Bangalore and done more than 10000 meditation sessions as on date across country. The Art of Living Foundation is a volunteer-based, humanitarian and educational non-governmental organization (NGO) having its centres at 180 countries. It was founded in 1981 by Gurudev Sri Sri Ravi Shankar. Under the banner of Azadi Ka Amrit Mahotsav,

This scheme puts into action the Jan-Bhagidari model to empower the youth towards better health and create a more resilient future for the country.

The Har Ghar Dhyan meditation Session started under the patronage of Principal, Prof Aekta Gupta, Resource Persons Mr. Ajay Kapoor, State Coordinator Art of Living-bureau of communications and projects and Mr. Shakti Sagar, senior faculty and DTC both from The Art of Living Jammu Kashmir and Ladakh Chapter with lighting of the lamp by Principal, resource persons, senior Faculty of GCOE present on the occasion. Followed by the welcome address by Prof Aekta Gupta, Principal GCOE in which she explained such sessions and practices are need of the hour for all. She talked about upcoming programmes in GCOE onset of International yoga day, national directive and guidelines to work seriously on stress of students and faculties.

The resource persons for the workshop were Mr. Shakti Sagar, senior faculty and DTC, The Art of Living Jammu Kashmir and Ladakh Chapter & Mr. Ajay Kapoor, State coordinator, Art of Living Bureau of Communications and Projects the Art of Living Jammu Kashmir and Ladakh Chapter. Shakti Sagar very beautifully explained how the change in life style adopting meditation, pranayama and stress relieving kriyas help in boosting immunity and health, relieve stress, anxiety and depression, and has ability to manage our mind, increasing Stamina to work relentlessly for longer durations due to such nature of their job. He conducted pranayama and short but powerful meditation sessions for faculty members and Students. The students and faculty members felt very relaxed and positive after the meditation session and shared it.

The practice of meditation is to maintain mental hygiene, a calm mind, focused attention, good concentration, improved communication skills, unshakable inner strength, healing powers, relaxation, rejuvenation, better sleep quality are the natural effects of meditation practice said Mr. Ajay Kapoor in concluding session. A Q and A session was also conducted for participants. The NSS volunteers and faculty members which included Prof. Sarita Dogra, Prof. Shapia Shameem, Prof. Neeraj Verma, Prof. Seema Kumari, Prof. Vinay lata, Prof. Anuradha, Dr. Amrutha Sethi, Prof. Satish, Prof. Shambunath, Dr. Rajinder Kour, Prof. Radhika Mahajan, Prof. Sunita Saryara and non-teaching staff actively participated in the yoga meditation interactive session.

Dalit, OBC & Minorities organise Round Table Conference for protection of Constitution & Democracy

J I NEWS SERVICE

JAMMU, JUN 19: 12th Round Table Conference was organised today at Ghagwal(Samba) by Dalit, OBC, Minorities, a wing of All India Confederation of SC/ST/OBC Organisations by Kuldeep Raj I/C Coordinator Ghagwal for protection of Constitution, Democracy under the slogan of "Sath Chalو Milkar Lado".

RK Kalsotra, Kalsotra State President, All India Confederation of SC/ST/OBC Organisations & DOM presented the agenda which included Protection of Constitution & Democracy, Naming of New Parliament building as Dr B R Ambedkar & installation of Dr Ambedkar Statue in front of New Parliament, Reservation in Judiciary & higher education, Stoppage of privatisation, restoration of Statehood, 27% Mandal Commission Report, Stoppage of Atrocities on Minorities, Clarence of backlog posts, and in addition memorial to be built for Dalit Social Reformers like Shaheed Bhagat Amar Nath who laid down his life for the start of reservation policy in J&K, alongwith others reformers who were Masha Naar Singh, Bhagat Chajju Ram, Babu Parmanand, Babu Milkhi Ram & Jaggu Ram ji, Shamlat, Custodian allotment to be regularised and where allotment were made possession to be given to SCs, Restoration of Promotions, Restoration of 5 & 3 years Age concession to SC/ST & OBC, at par with UPSC &



Recruitment Boards, Representation in PSC/SSRB, stoppages caste-based atrocities on SC/ST, appointment of SC/OBC/Minority members in PSC. He appraised that at National level, Confederation has called a Bahujan Sansad on 2nd July 2023 at Constitution Club, New Delhi to Chak out future strategy for Save Constitution & Democracy for implementation of all demands.

Kalsotra advised the participants to mobilise the masses and join the event at New Delhi for the cause. Kuldeep Singh Giyani a Sikh Missionary said we all must stand on one platform with one voice & sought support from the Dalit, OBC & Minority to save constitution and democracy

Participants comprising of Panches and Sarpanch's and retiree's fully support the agenda of the DOM-Confederation and assured in future

they will strengthen the movement and even participate on Bahujan Sansad at Delhi. They also suggest to organise such Round Table Conferences at village levels.

At the end important resolutions were adopted for naming new parliament building as Dr B R Ambedkar Parliament House & installing Baba Sahib Statute in front of New Parliament as in old Parliament. Naming of Baglihar Hydro Project as Shaheed Bhagat Amar Nath and holiday on his sacrificed day, memorial on the name of Bhagat Chajju Ram, Babu Parmanand, Masha Nar Singh, Babu Milkhi Ram & Jagu Ram who are all Dalit Social reformers of J&K in one voice. Others who spoke were Ex Sarpanch Ramesh Chander, Naib Sarpanch Karnal Chand, Jeevan Lal, Hans Raj, Pritam Chand, Shakti Kumar, Gurdalay Dogra, Brij Lal, Dr Sardari Lal, & Som Raj.

Tejwant Singh Sawhney Highlights BJP's Commitment to Minority Welfare in India

J I NEWS SERVICE

JAMMU: Tejwant Singh Sawhney, a prominent leader of the Bharatiya Janta Party (BJP) Minority Morcha, reiterated the party's unwavering dedication towards the welfare of minorities in India. As an advocate for minority rights and an active member of the

BJP, Sawhney highlighted the remarkable initiatives undertaken by the party, solidifying its commitment to uplift and empower minority communities across the nation. Under the visionary leadership of Prime Minister Narendra Modi, the BJP has been working tirelessly to ensure inclusive development and equal opportunities for all citizens, regardless of their religious, linguistic, or cultural background. Recognizing the significance of a harmonious and pros-



perous society, the BJP has undertaken a wide range of welfare initiatives specifically tailored to address the needs and aspirations of minority communities. Sawhney emphasized the party's commitment to economic empowerment, educational advancement, and social inclusion for minority groups. Through various schemes and policies, such as scholarships, skill development programs, and entrepreneurship initiatives, the BJP has strived to bridge the gaps and provide equal

opportunities for minority individuals to thrive and contribute to the nation's growth. Additionally, Sawhney highlighted the BJP government's consistent efforts to safeguard the rights and security of minorities, ensuring their fundamental freedoms and protecting their cultural heritage. The BJP firmly believes in a society where all citizens can live harmoniously, celebrating their diversity while fostering unity and national integration.

"The BJP has set an exemplary benchmark when it comes to inclusive governance," stated Sawhney. "Our party firmly believes in the principle of Sabka Saath, Sabka Vikas," meaning 'Together with all, Development for all.' We are committed to addressing the concerns and aspirations of minority communities and ensuring their holistic development."

Sawhney also commended Prime Minister Narendra Modi for his visionary leadership, which has been instrumental in driving the party's agenda of minority welfare. The Prime Minister's dedication towards fostering a progressive and inclusive India has garnered widespread support and appreciation from people across the country.

As the BJP Minority Morcha leader, Sawhney called upon citizens, irrespective of their religious or cultural background, to unite and support the BJP's vision for an inclusive and prosperous India. He encouraged individuals to actively participate in the various welfare schemes and initiatives, fostering a spirit of solidarity and contributing to the nation's progress.

Academic Brilliance: Fareeha Naz Secures Remarkable 96.8% in 10th Class Board Exam

J I NEWS SERVICE

DODA, JUN 19: In a moment of immense pride and joy, Fareeha Naz, daughter of Riaz Ahmed Shaikh and Shazia Naz of Pranoo, has secured an outstanding 96.8% marks, scoring 484 marks out of 500, in the recently declared 10th class Board Exam conducted by the Jammu and Kashmir Board of School Education (JKBOSE).

Fareeha, a diligent and hardworking student, has



consistently demonstrated her commitment to academic excellence. Her remarkable achievement is a testament to her perseverance, dedication, and intellectual capabilities. Her exceptional perform-

ance in the board exams has brought glory not only to herself but also to her family and the entire community of Doda. A student of Green Model Higher Secondary School in Doda, Fareeha has shown exceptional talent and a thirst for knowledge throughout her academic journey. Her passion for learning, coupled with the guidance and support from her teachers and family, has played a vital role in her outstanding academic success.

Fareeha's impressive

results in the board exams have not only earned her accolades but have also motivated other students to strive for excellence. Her outstanding performance serves as a shining example for her peers, encouraging them to set high goals and work diligently towards achieving them. The entire family and community of Doda congratulate Fareeha on her outstanding achievement and wishes her continued success in her academic pursuits & life.

Erratic weather conditions leave north Kashmir farmers worried

JINNESSERVICE
KUPWARA, JUN 19

The erratic weather conditions have left the farmers in north Kashmir's Kupwara district in a tizzy. The unseasonal inclement weather conditions and the regular downpour have left them in a state of worry fearing for the harvest.

Those associated with agricultural activities are currently facing distress due to seasonal changes, particularly regarding their paddy saplings. They claim that the saplings have suffered significant damage as a result of continuous rains and hailstorms.

Talking to the news agency—Kashmir News Observer (KNO) farmers said that the crops have suffered significant damage due to the unseasonal changes in weather conditions. "Paddy, Vegetable crops, Bee Keeping, and others have suffered damage."

A huge population of the border district of Kup-

wara relies on agricultural activities. People associated with agricultural activities remain intact with the work every year to prepare their fields and keep them safe from any external harm.

Apart from agriculture, they said orchards have also suffered immense damage due to continuous rainfall and gusty winds followed by intense hailstorms. "Erratic weather conditions have caused a major dent in the annual agricultural activities. Given the conditions either farmers have given up the work or deferred by at least 20 to 25 days to see if Weather allows them to undertake any agricultural activity," they said.

They are worried even at this early stage due to the weather patterns, including untimely rains, hailstorms, and extreme temperature fluctuations that would impact the annual production.

The unseasonal rains and snowfall have triggered concerns among the

farmers and orchardists in the district. "Farmers are facing immense challenges given the concerns about paddy saplings. The orchardists are concerned about damage to fruit crops and also fear that there would be premature fruit drop," they said.

The unseasonal rains have forced farmers to delay the judicious transplant. "By the last week of May the paddy saplings were transplanted, but this year even in the third week they are not able to undertake it," farmers said while expressing their concerns.

The unseasonal rains, hailstorms, and snowfall are believed to cause a huge impact on the annual production. "It will leave farmers and orchardists in deep worry, given that a lot of hard work and money is put into it to see a good harvest," they said.

The agricultural land is very wet due to which the activities have been halted.

According to the data, compared to previous years

Jammu and Kashmir have witnessed excess rainfall by 24% in May alone.

Chief Agriculture Officer (CAO) Gurdeep Singh told KNO that the unseasonal rains and erratic weather conditions have affected the agricultural sector in the district. "Paddy saplings have suffered. Vegetables have to be sown in cold conditions to a larger extent are affected. Also, the continuous rains have impacted the Bee Keeping," he said.

He said that there will be an impact on the annual agricultural production for many reasons, courtesy weather conditions. "Temperature fluctuation is a concern for agricultural activities. But now the temperature has shown an improvement. It does affect the nurseries that cater to the agricultural sector," the CAO said.

He also informed that 80 per cent of the population in Kupwara district is associated directly and indirectly with agricultural activities—(KNO)

Notorious drug supplier held, huge consignment of narcotics seized: Police

JINNESSERVICE
BARAMULLA, JUN 19

Police on Monday said they arrested a notorious drug supplier of Srinagar and recovered a huge consignment of narcotics from him in the Sopore area of north Kashmir's Baramulla district.

The arrested person, police said, was transporting drugs from Delhi, Punjab and other states to Kashmir Valley.

Senior Superintendent of Police (SSP) Sopore, Shabir Nawab, as per the news agency—Kashmir News Observer (KNO), told the media persons that police are now focusing to nab those involved in supplying drugs across other states to Kashmir. The hunt is on and police will bust a huge module soon, he said, adding that Sopore is now witnessing a sharp decline in drug activities.

The SSP elaborated, "On 10-05-2023 police during a naka checking at national highway Sangrama intercepted a vehicle wherein one person namely Altaf Ahmed Sofi of Khushal colony Tulibal, a notorious drug peddler was apprehended who during questioning confessed that a Srinagar-based man is supplying banned substances to whole north Kashmir. A case FIR No 44/2023 U/S 8/22 NDPS Act is registered in Police station Tarzoo and further investigation was taken up."

Following the lead, a police party headed by SHO Police Station Bomal, Bilal Khanday under the supervision of SDPO Zaingeer on 15-06-2023 during the naka at Wadoora Payeen apprehended one suspicious person Parvaiz Ahmed Bhat, son of Ali Mohammad Bhat

of Umerabad HMT, Srinagar who was coming from Sopore towards Wadoora. During his personal search, 12 bottles of codeine phosphate and Chlorpheniramine Maleate Syrup Codenex Syrup wrapped in polythene were recovered from his possession," the SSP said.

To investigate it further, a case FIR No 26/2023 U/S 8/22 NDPS Act PS Bomal was registered, the officer said, adding, "During further interrogation, it came to fore that Parvaiz is the same supplier who transports banned substances from Delhi Punjab and other states to Kashmir valley mostly north Kashmir."

Police managed to recover 350 bottles of banned substances from Parvaiz's possession, Nawab said, adding that this is a big consignment that Sopore Police has managed

to recover in the year 2023 so far. He also disclosed the names of a few more suppliers from the valley as well as other states of India, saying police are on the hunt to bust a huge module of drugs in the coming days.

The SSP also said that such actions would not have been taking place at such a pace had people not been reporting and cooperating with police. We are here to empower the citizens which would ultimately result in the discouragement of the miscreants.

The police officer, however, reiterated that parental care is necessary to stop crimes, especially social ones. He appealed to the parents to keep a strong vigil on the activities of their wards and asked them to report if any adverse findings were found—(KNO)

FROM THE FRONT PAGE...

LG Sinha chairs high...

strengthening of Telecommunication connectivity. The Lt Governor directed the telecom service providers to enhance the network connectivity and increase the bandwidth along the yatra route.

The Lt Governor also took stock of the works taken up by the Irrigation and Flood Control Department. The Lt Governor directed for higher resource mobilization and increasing the manpower to ensure the completion of all related works well before the commencement of the yatra.

Dr Raghav Langer, Secretary Planning, Development and Monitoring Department; Syeed Fakhruddin Hamid, Deputy Commissioner, Anantnag; Shyambir, Deputy Commissioner Ganderbal and senior officials of other concerned departments also attended the meeting.

J&K Police have...

security management is ensuring that a common citizen lives in without fear.

Addressing a gathering on the culmination of Jashn-e-Dal event at SKICC on the banks of Dal Lake here, LG Sinha said that people of Kashmir are living in a peaceful atmosphere due to the successful internal security management. "J&K police have successfully dealt with the challenges of terrorism, law and order and modernization," he said, adding that through its civic action programs that include Pedal for Peace and Jashn-e-Dal, people participated in scores of sports related events and choose their future in various sports related fields.

The LG said that more than 700 sportsmen took part in the Jashn-e-Dal program. "Dal lake is not just a lake but pride of people. Those who have taken part in cleaning it should continue their work so that the Lake is cleaned to the core," he said. The Youth Services Sports Department has done a commendable job. "Last year, 60 lakh youth participated in various sports related activities in J&K. There is hardly any district where sports activities or a big tournament is not held every day," he said.

The LG said the administration has upgraded the sports infrastructure across J&K. "Two international stadiums are in Jammu territories of J&K and Ladakh. There are volleyball and football turfs besides multi-purpose sports facilities in every district and panchayat," he said. He said that Srinagar has got a new identity and there is a discussion going on that Delhi should follow Srinagar model as far as development and re-structuring is concerned. (KNO)

80 Percent qualify...

evaluation and all other people who have directly or indirectly contributed towards the success of this vision of the Govt. wherein all the students of the two UTs were brought together in the same academic session and their result has been declared successfully.

Prof. (Dr.) Parikshat Singh Manhas, Chairman JKBOSE said, "It gives me pleasure to know that the result of Class 10th has remained very heartening. Students & their parents deserve great appreciation for their whole-hearted acceptance and cooperation in realizing the visionary goal of unifying the scattered academic sessions in both the territories of J&K and Ladakh. Those students who could not make it this time should not lose heart and try again with renewed zeal," he added.

In order to facilitate the access of students to the result gazette, the JKBOSE has made adequate arrangements through various media. For the first time their result will be available on Digilocker service. For this the students will have to download Digilocker App and register them after filling the required details. The result is available online on the official website of JKBOSE www.jkbose.nic.in and Indiaresults. The candidates can also avail SMS facility by sending the text message to 5676750 by typing jkbose10 followed by a space and Roll No. e.g., "jkbose10 Roll No.". Those who don't have access to Mobile Phones or internet can get their results from their nearest JKBOSE office where the soft copies of result gazettes have been provided.

In case of any query regarding this result, the students have been advised to avoid visiting the JKBOSE offices at Jammu/Srinagar physically. However, they

can email their query at jsecrcyrc_jd@jkbose.co.in (for Jammu Division) and jsecrcyrc_kd@jkbose.co.in (for Kashmir Division) citing all the relevant details which shall be addressed after due processing at the earliest possible. The aggrieved students, if any, can contact their respective schools or the nearest JKBOSE Sub/Branch office. JKBOSE provides an opportunity to the students to get a photocopy and re-evaluation of their answer sheets for which they can apply online after the notification is issued in this regard.

Northern Army Commander...

with civil administration, Non-Government organisations and other agencies, the army is establishing multiple medical detachments with special arrangements of oxygen cylinders and control rooms at various places along both the routes for humanitarian aid that will be operational round the clock, the PRO statement said, adding that various civil aviation agencies have been incorporated for providing air travel facilities to the devotees.

The PRO statement further informed that the army has established helpdais at multiple locations for medical emergencies and to cater for other airlift requirements.

"Army has also established a number of Yatri camps with adequate tentage facilities along with special winter clothing arrangements to provide habitat and comfort during the holy Yatra," the statement said.

"This year civil rescue teams and avalanche rescue teams will also be deployed enroute systematically to mitigate any kind of disaster after the cloud burst during the previous year's Amarnath Yatra," the statement said. "Earthmovers will also be deployed at multiple locations enroute for emergencies. A seamless communication network on both routes has also been operationalised. SFF detachments will also be overlooking the security of the people," the PRO statement added.

"An 'All Inclusive Approach' has been followed to synergize the efforts with all city agencies including joint training, joint operation, joint exercises and mock drills being conducted to ensure the seamless and successful conduct of the Yatra this year," The PRO statement added.

Northern Army commanders appreciated the good work of all agencies and the synergy between them. "He complimented them for their proactive action and exhorted them to meet future challenges," the statement informed. (Agencies)

Low-intensity tremors...

build-up in the Reasi fault is not being released. "If the small strains continue to develop and release energy in the form of small earthquakes up to an intensity of 5 or 5.5, then we can say that we are relatively safe and the possibility of a larger earthquake is reduced," he added.

The Doda district has experienced a series of tremors and aftershocks since Tuesday when the first earthquake of 5.4 magnitude shook the entire Chenab Valley. Ten tremors and aftershocks have been felt since then with the majority centred in or around the Bhaderwah Valley.

Numerous structures, including government buildings, schools, and residential houses, have suffered significant damage due to these tremors. Struggling to cope with the frequency of the tremors, residents are resorting to the use of wooden poles to support roofs and ensure safety.

Murtaza Ali Khan, a resident of Upper Dandi village in Bhaderwah, highlighting the difficulties faced by the affected families, said, "We are trying our best to support the cracked roofs with wooden poles. It is dangerous to reside in such a structure with a family but we have no other option as most houses in our neighbourhood are in a similar state."

Although the tremors have been of mild intensity, they have caused panic and brought back memories of the 2013 earthquakes when Bhaderwah Valley experienced 47 quakes within two months.

During that period, people were forced to seek shelter in the open or in tented accommodations for more than three months. Around 70 per cent of the residential structures had suffered partial damage.

The people of the Chenab Valley remain apprehensive of a major tremor, partly due to a study conducted by US scientists in 2015, they said.

The study predicted the possibility of a major earthquake in Jammu and Kashmir, that can endanger the lives of up to a million people, according to the Oregon State University study. (Agencies)

IPS officer Ravi Sinha...

after the operations wing.

Considered to be a specialist on countries in India's immediate neighbourhood, Sinha's appointment comes at a time when Pakistan is politically and economically unstable. Sikh extremism is being fanned from abroad and attempts are being made in the northeast to promote violence.

Sinha has served in Jammu and Kashmir, the northeast and foreign countries in the past.

His predecessor Goel was appointed R&AW chief for two years in June 2019. He was later given two extensions of one year each in 2021 and June 2022.

Goel, an expert on matters related to Jammu and Kashmir, is believed to have played a key role in planning the February 2019 surgical strike in Pakistan's Balakot.

The surgical strike was carried out to avenge the Pulwama terror attack, in which 40 Central Reserve Police Force (CRPF) personnel were killed by a suicide bomber of Pakistan-based Jaish-e-Mohammed (JeM).

In response to the attack, the Indian Air Force had struck a JeM terrorist training camp in Balakot on February 26, 2019. (Agencies)

"Fine those who throw..."

that since the performance on the ground has been encouraging, the bar of expectations has also been raised.

He lauded the department for the achievements made in making villages clean and asked them not to relent in their efforts till the last of the villages are declared clean and sanitary in all respects, as per officials.

Construction of segregation sheds, provision of compost/soak pits, drainage facilities and waste disposal in the villages are also being addressed, officials said.

It should be noted that out of 7163 villages of Jammu and Kashmir, 6384 villages have been given the status of ODF+ i.e. Open Defecation Free which is 87% coverage of villages.

In the coming month, he urged to make every village a model category village for which it is within the target after creating the given infrastructure in every panchayat, officials added.

A solid waste management (SWM) plan has been prepared for each panchayat. In addition, bye-laws have been made for the purpose of implementation and monitoring of advisory committees. A solid waste collection agency has been identified in all districts with a corresponding financial model for sustainability. District sanitation committees have also been formed. (Agencies)

Gandhinagar Hospital...

Additional Mission Director, Ayushman Bharat Digital Mission, Dr Shafiq Khan, said the Gandhinagar Hospital has been nominated for award of incentive of Rs 3.5 lakh for the month of April-May 2023.

"This will be the first hospital in J&K to get this incentive. The National Health Authority rolled out this scheme to further the digital imprint of Digital India in the healthcare sector which envisages to further streamline healthcare delivery," he said.

Dr Shafiq said under the scheme, the hospitals will get incentives and they can spend the same on the requirements and add to the digital cause.

"This scheme will encourage more healthcare facilities and digital software companies to come forward and join ABDM for providing patient-centric healthcare. Through this financial incentive scheme, we're encouraging the adoption of digital health," he said.

Under the DHIS, the eligible health facilities and digital solutions companies shall be able to earn financial incentives of up to Rs 4 based on the number of digital

health records they create and link to ABHA (Ayushman Bharat Health Account).

Dr Shafiq said that there are very few hospitals in the country that have received the incentive and it will further encourage and help other hospitals to apply for the same award.

This incentive can be availed by the health facilities (hospitals and diagnostic labs) registered with ABDM's Health Facility Registry (HFR) and fulfilling the eligibility criterion specified under the scheme.

Modi dispensation has...

a small exercise to present the facts," the minister said.

"Without giving logic, proof, statistics, their spokespersons level allegations, especially ahead of the Rozgar Mela," he charged. But a comparative analysis of recruitment data shows that the Modi government's performance has been better than that of the erstwhile UPA dispensation, he said.

"The latest Rozgar Mela was sixth in the series. The prime minister has issued not less than 70,000 appointment letters in each Rozgar Mela," he added.

The minister said that the promotions of a large number of employees were pending for several years due to various reasons including court cases, but the Modi government resolved the issues and promoted as many as 9,000 employees last year.

"Our employees were getting de-motivated because of their promotion being pending for years.... So, reforms were brought which has a huge socio-economic impact," he said.

"This year also, we will promote at least 4,000 employees," he said.

"The Modi government is the only government which has followed a pattern of mass recruitment and mass promotion," he added. (Agencies)

Groundwork being...

well," he said.

He voiced the government's vision to bring India at the forefront in terms of GDP while connecting the people with its country's tradition and culture, according to the statement.

Singh mentioned flagship government schemes such as the Pradhan Mantri Jan Dhan Yojana, Pradhan Mantri Awas Yojana and Ayushman Bharat, and the abrogation of Article 370 in Jammu and Kashmir.

He also talked about steps taken towards women empowerment.

He said doors have been opened for girls for admission in Sainik Schools and female officers are being posted at the world's highest battlefield in Siachen Glacier as well as on warships.

"Efforts are being made to make the country completely safe for women and provide them with abundant opportunities," Singh said.

The defence minister also asserted that the government is committed to build an India which is completely self-reliant in the defence sector and possesses state-of-the-art weapons and technologies.

"Our aim is to build an 'aatmanirbhar' defence sector that equips the military with latest weapons and technologies," he said. (AGENCIES)

Murder Case: Five accused...

were deported to arrest them. SSP Rajouri said that prima-facie some land dispute is suspected to be a cause of this murder act while further investigation as well as legal proceedings are going on into the matter.

The SSP further said that there are constitutional provisions available to deal with any kind of dispute and people should follow the constitutional redressal mechanism and taking law into one's own hands has no acceptance both in society as well as under law.

He said that action as per the law of land will be ensured against whosoever is involved in the heinous crime—(KNO)

MP Jugal interacted with Farmers, attends Labharthi Sammellan in Marh Constituency



J I NEWS SERVICE

JAMMU, JUN 19: Jugal Kishore Sharma Member of Parliament Lok Sabha Jammu along with Former Minister Sukhmandan Kumar, DDC Balbir Lal, BDC Surinder Bhagat, Chairman MC Gho Manhasa Jatinder Singh, District President BJP Om Khajuria, Abhinav Sharma Advocate, Rajinder Chib and others today visited Jhiri, Panjore, Gajanso, Galwadachak, Mandla Phallian in Marh Constituency and held Public meetings and Kissan Sammellan under Sampark

So Smarthan. Member of Parliament Jugal Kishore Sharma listened to the problems being faced by the farmers. They informed Member of Parliament due to climatic change and shortage of Water in rivers they are suffering a great problem in crop cultivation. Member of Parliament assured them that soon their problem would be resolved soon. He while addressing the farmers and public in Labharthi Sammellans at number of people are getting benefits whosoever required. In UPA Government cease fire vio-

lations were seen but peace is now maintained which greatly help farmers in cultivation, he added.

Sukhmandan Choudhary Former Minister said that in UPA Government borders remained disturbed in most of the time and farmers have to face many difficulties but in Modi Government peace is maintained & farmers are happy. He said that shortage of water in the river is the major problem of farmers & it should be addressed soon.

Mandal Presidents Vikram Singh, VC MC Gho Manhasan Krishan Lal, Senior Leaders BJP Ajay Sharma, Vikas Choudhary, Mahila Rakha Rani, Vandana Kumari, Sadiq Hussain ST, Yuvraj Singh, Deepak Pandey, Buvnesh Mehta, Amit Singh, Billu Angral, Sarpanch Mulla Raj, Shiv Slaria, Tilak Raj Choudhary, Balbir Singh, Sham Lal, Parshotam, Daljeet, Narinder Singh, Panches and others also present at the occasion.

“Summer Spark 2023” organised by 5.7 Dance Academy concludes

J I NEWS SERVICE

JAMMU, JUN 19: 5.7 Dance Academy celebrates the excitement and enthusiasm of various fun activities of summer through organising the Summer Camp by the name of Summer Spark 2023. Students from 5.7 Dance Academy and different schools took part in various Indoor and outdoor activities during this event, which were ultimately aimed at enriching the young minds through different skills and practices and the major focus was on Dance and Aerobics. Students registered and joined the camp activities at the 5.7 Dance Academy Campus which is situated at Udhewalla, Bohri, Jammu and the camp took place from 9 June to 18 June 2023. 5.7 Dance Academy had organised ten exhilarating activities which included Dancing, Painting, Pottery, Personality Development, Public Speaking, Yoga, Handwriting Improvement, Street Play, Aerobics and Nukkad Natak where students from grades 01 to 09 took part wholeheartedly. Each student was allowed to take part in a maximum of two activities. Students from different schools registered and took part in several camp activities from music, dancing, movies, cooking, splash pool and many more that were integrated into the theme 'Seasons'. The children enjoyed the activities of this summer camp. These activities were educational, social and physical which aided in the holistic development of the students as well as helped them to create or discover



something they were interested in. The student felicitation also took place where the students namely Mahi, Khushi, Vitaseta, Pari, Riya, Myra, Nandani, Sidharshu and Rshul were felicitated for their wonderful performances during the summer camp. The closing ceremony took place on 19th of June 2023 where Dr. Rohit Koul Director and CEO People's Hut Foundation marked his presence as a Chief Guest and regarding this initiative, He said - 'I am very happy to see the gleeful and enthusiastic participation from the students, centring the unique summer camp. Such initiatives can immensely create a positive impact on children's physical and mental growth, and give them a scope to break free of the ordinary, attain clarity of thoughts, make new friends and learn to cherish their creativity. S. Amardeep Singh Chairman Diva Group and Vinayak Institute of Nursing and Paramedical Sciences who was invited as a Guest of Honour conveyed his appreciation to the students and concerned teachers. He also put forward a call for a proactive approach from parents to identify, nurture & appreciate the creativity of their wards Mr Parveen Choudhary Founder RSHMI Foundation was invited as a Special Guest addressed the audience by congratulating everyone present for putting in their sincere efforts, working diligently to make the event a success. The Choreographer of 5.7 Dance Academy Mr. Sunmeet Bhardwaj and Directors of 5.7 Dance Academy Mr. Vinal Koul and Miss Komal Koul expressed their gratitude to the parents for having supported their trust in the academy and allowing their children to participate. The Director felicitated the participants with trophies and certificates in the presence of Mr. Shiban Lal Koul and Mr. Shadi Lal Koul advisors and Management Board Members of 5.7 Dance Academy

Shiv Sena solemnize Havan-Yagya on 57th foundation day

J I NEWS SERVICE

KATRA, JUN 19: Shiv Sena (Uddhav Balasaheb Thackeray) Jammu-Kashmir unit organized a grand Havan-Yagya at Shani temple of Dharama Nagri Katra on the occasion of 57th foundation day of the party. The event was intended to pray for restoration of peace and prosperity, integrity, unity, happiness in the country and for the success of party chief Uddhav to hoist the victory flag across the country.



Addressing the workers, Manish Sahni, president Shiv Sena J&K professed that party founder Hindu Hridya Samrat venerable Balasaheb Thackeray had a vision of hoisting the Shiv Sena flag from Kashmir to Kanyakumari. Which party chief Uddhav Thackeray is trying to make it a reality. He said that party chief had guided the Shiv Sainiks to raise their voice against

inflation, unemployment, increasing violence against women, dictatorship among the public and to hear up for all upcoming elections. Sahni claimed that along with teaching a lesson to those who serve Jumla, Shiv Sainiks will prove to be "Sawa Ser" in front of their opponents on all fronts and Shiv Sena (UBT) will become the

answer the question of who will face the BJP in 2024. After the havan-yagya, the present Shiv Sainiks took a vow to serve the people, society and religion. Swami Rajeshwaranand Nand Ji Maharaj, the founder of Jai Deva Mission from Sant Samaj, was also specially present in the Havan-Yagya and blessed the Shiv Sainiks with many

Bhaderwah Campus organises training program on IOT sensor networks

J I NEWS SERVICE

BHADERWAH, JUN 19: The Department of Computer Science and IT of the Bhaderwah Campus, in collaboration with IHub DivyaSampark IIT Roorkee, conducted a training program on IOT sensor networks for the students of the various educational institutions. The training program was jointly conducted by the Department of Computer Science and IT of the Bhaderwah Campus and IHub DivyaSampark IIT Roorkee on IOT sensor networks in the recently established research laboratory at the Bhaderwah Campus. The training program is a part of the MoU executed between the Department of Computer Science and IT at Bhaderwah Campus and IHub DivyaSampark at IIT Roorkee. The training program was conducted for the schoolchildren, college students, and university students of the

Doda district. Rector Bhaderwah Campus Prof. Rahul Gupta, I/C Head Department of Computer Science and IT of the Bhaderwah Campus Dr. Jatinder Manhas, experts from IIT Roorkee, faculty members of the Computer Science Department Dr. Abid Sarwar, Dr. Neeraj Kumar, Dr. Ajay Lakhotra, Dr. Ashok Sharma, Ms. Bablu Sharma, ERO Bhaderwah Campus Arif Khateeb, Yasir Ali, Parvesh Singh, and teaching and non-teaching staff of various educational institutions and Bhaderwah Campus were present on the occasion. The training was conducted by the trainers from UniConverge Technologies Noida in physical mode. Speaking on the occasion, Rector Bhaderwah Campus, Prof. Rahul Gupta, said that the aim behind this training program is to impart basic IOT sensor networks to the students of the various educational institutions.

He said that such programmes will help to educate Students about the latest technology being used in the field of Computer networks, and their applications in solving real-world problems were also addressed. The students of the various school, College and University thanked the authorities of Bhaderwah Campus especially Rector Bhaderwah Campus for organizing such Training program on IOT sensor networks for the students of the various educational institutions.

Money spent on CUET should be refunded to children: Kapoor

J I NEWS SERVICE

JAMMU, JUN 19: Raising serious questions on the functioning of the Education Department, President of Parents Association Jammu, Amit Kapoor has demanded that the huge amount spent by the children for CUET should be refunded. Along with this, he also demanded that the revaluation of class 12th should be made completely free.



Addressing a press conference in Jammu, President of Parents Association Amit Kapoor made this demand. He said that the results of class 12th were not out yet that the education department removed the CUET forms. During this the children had to spend a lot of money and they also bought their own books. But the children had to go to Jalandhar, Amritsar or other cities in Punjab to take the CUET exam and there also they had to spend a lot of money. Kapoor said that during this time also a big joke was played on the children as

that if a child gets 90 percent marks in all subjects, then he gets repaired in one, which is a joke with the child. Kapoor said that action should be taken against the schools which had not sent the marks of the children as it had caused a lot of trouble to the children who were declared failed earlier. Along with this, he said that after this the education department said that the colleges will be allotted to the children only on the basis of the marks obtained in the 12th. Kapoor said that if this was to be done then why were the children asked to fill the CUET form and then to go to different parts of Punjab to appear for the exam. Due to this the children have to suffer huge economic loss. He said that the money spent by the children on the CUET examinations should be refunded to them. Along with this, he also criticized the JKBOSE for increasing the revaluation fee and demanded from the Lieutenant Governor that the revaluation should be made completely free.

many children did not get time to fill the form and many were informed in such a short time that they could not reach the various centers set up in Punjab. After this, after a lot of uproar, the education department issued an order and refunded the money to the children of Kashmir division, but this was not done in the case of those of Jammu province. He said that the money of the children of Jammu should also be refunded. While questioning the functioning of JKBOSE, Amit Kapoor said that the Board of Education hastily declared the result of class 12, which had many flaws and many children were

Central Zone JKNC felicitates Aradhana Bhagat

J I NEWS SERVICE

JAMMU JUNE 19: Former minister and President Central Zone, Babu RamPaul today visited the residence of Secretary Central Zone and Coordinator district Samba, Bharat Bhushan to congratulate his daughter and family for her outstanding performance in Class 12th results. Those who accompanied Babu RamPaul include Surjit Singh Manhas Provincial Joint Secretary, Dr Vikas Sharma, Sandesh Shan, Chander Udhay Singh (all Secretaries of Central Zone), Rajni Devi Chairperson Block Development Council



(BDC) Bari Brahmana and Board of School Education (JKBOSE) of Class 12th. Former Minister said that girls have shown the world that they are incomparable, if given a chance. "The girls have excelled in various exams like UPSC, NEET, JEE Mains, Result of CBSE and many other competitive exams and have proved their mettle and as a civilized society it is our moral responsibility to ensure that every girl child gets proper education", Ram Paul added. Surjit Singh Manhas while speaking on the occasion urged upon the parents to hone the hidden talent in their children and further support them in fulfilling their dreams especially the daughters. Dr Vikas Sharma said that the good performers like Aradhana Bhagat and that too from rural areas are an example of hard work and motivation for other students. Babu Ram Paul and Surjit Singh Manhas along with the team presented a bouquet of flowers to the shining star and wished her a bright future ahead.

ensure that every girl child gets proper education", Ram Paul added. Surjit Singh Manhas while speaking on the occasion urged upon the parents to hone the hidden talent in their children and further support them in fulfilling their dreams especially the daughters. Dr Vikas Sharma said that the good performers like Aradhana Bhagat and that too from rural areas are an example of hard work and motivation for other students. Babu Ram Paul and Surjit Singh Manhas along with the team presented a bouquet of flowers to the shining star and wished her a bright future ahead.

Chakraborty Samrat will become PM Modi : Chandel

J I NEWS SERVICE

JAMMU JUN 19: Hindustani BJP leader Mr. Riju Chandel while talking to reporters in Jammu today said that in the G20 conference, where many political leaders of the world are seen painted in the saffron color of Prime Minister Narendra Modi, the emperor of the country. In the presence of diplomats from all over the world, in the presence of diplomats from all over the world, in the presence of diplomats from all over the world, taking steps towards realizing the dream of all the forefathers of

India, a Chakravarti looks like an emperor Chandel said that like the map of unbroken India, very soon India will become unbroken India and the emperor of that unbroken India will be Prime Minister Mr. Narendra Modi. Chandel said the map of unbroken India and Ashwamedh Yagya in Navratri Parliament and slogan by the great powerful saints of the country to the Prime Minister Yashasvi Chakraborty to be given powerful weapons. Proves that to make India a united India, all the sages and saints of the country have given blessings to

Prime Minister Mr. Narendra Modi, where to establish India as a united India as soon as possible. Chandel said that when Chakravarti Samrat Prime Minister Mr. Narendra Modi has got the full vote of confidence from all the powerful saints and the Parliament by all the sages and saints. Without delay, complete the work of making India a united India by connecting all the parts separated from the rest of India including Kailash Mansarovar mountain, anyway our India has become a world gury, now it is yet to become a united India.

“ THOUGHT OF THE DAY ”

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

JINDRAH IMAGES

Windstorm exposes PDD contingency plans

High intensity windstorm that caused heavy loss to infrastructure on Sunday exposed the preparedness of the Power Development Department (PDD), commonly known as electricity department, as downpour of light rains and high winds, plunged several areas into darkness during night hours while power supply to several posh localities was yet to be restored. Consequently, the people were having sleepless nights amid hot and humid conditions, notwithstanding the fact that the government has pumped crores of rupees in upgradation of infrastructure. Unfortunately, there are still critical gaps in power infrastructure that leave nearly 15-lakh people in Jammu district without electricity during the sweltering conditions, especially night hours. Despite implementation of centrally sponsored schemes, transformers and feeding stations face deficiencies including isolators, transformer breakers and spare power cables. Due to failure of the power department to act strictly against the illegal connections, there is overloading at various feeders. At many places transformer breakers, an important component to prevent overloading and damages to the transformers have not been installed. If one looks at the official stats, nearly Rs 4,000 crore invested in two centrally sponsored schemes-Accelerated Power Development and Reforms Programme (APDRP) and Restructured-APDRP since 2004 had gone down the drain due to poor execution of works and corrupt practices. Unscheduled power cuts, grid failures and frequent tripping of transmission cables at peak demand in summer and winter months remain a norm contradicting claims of government and PDD, now changed into Corporation to provide uninterrupted 24x7 electricity supply to households. Tripping at 33 KV and 11 KV level is a major reason for the frequent tripping leading to unscheduled power cuts in Jammu. Receiving stations, including those at Gajansoo, Marh, Purkhoo, Kanachak, Purkhoo and Barnai face deficiencies including isolators, transformer breakers, spare power cables and LAS. To make engineers and staff accountable, authorities have directed to submit monthly reports containing details about inspections conducted, revenue generated and fine recovered by officials from the level of Junior Engineer up to the level of AEE. Added to this is decades of neglect in erstwhile J&K state to stop theft of power as unregistered load is destroying critical infrastructure. As per the data, the electricity department operates and maintains an intrastate transmission network having a transformation capacity of 4,050 Mega Volt Amp (MVA) at 220/132 KV level and 4,503 MVA at 132/66-33 KV level. Power is distributed to about 2,077,275 registered household consumers across 20 districts of J&K UT and two districts of Ladakh Union territory. What raises the question mark on the functioning of PDD is where millions of rupees, which were claimed to have spent on improving infrastructure and replacing old wires and poles, have gone. It is high time that the government should order a high level inquiry to look into the serious power crisis, particularly in Jammu region. An audit should be conducted to

TECHNOLOGY SPURRING GROWTH IN INDIA-US TIES

AHEAD OF THE PM'S US TRIP, THE MODI GOVT HAS BEEN ADDRESSING AN ISSUE WHICH RECEIVED ONLY HALTING ATTENTION IN THE PAST — SHARING TECHNOLOGY.

K. P. NAYAR

THE entries in the guest book at India House, the residence of the Indian Ambassador in Washington, in the last one month offer insights like none other into what is on the table this week during Prime Minister Narendra Modi's first state visit to the US. Based on entries in the guest books at the residence and the chancery in the first 10 days of June, it can be safely predicted that Modi's 'Deng Xiaoping juncture' in dealing with the US has arrived. The big question is will India's inert bureaucracy, sceptical strategic community and cautious corporate leaders seize this moment?

Take a random date this month, say June 9, and follow the daybook at the embassy and the residence. On that day, Vimal Kapur, CEO of Honeywell, a multinational corporation which leads in aerospace, building technologies, life sciences, logistics and productivity solutions, called on Ambassador Taranjit Singh Sandhu. Leave aside the inspiring story of Kapur's journey from Patalia to Charlotte, North Carolina, from a beginner's job at a Honeywell joint venture in India in 1989 to the conglomerate's CEO 19 days ago, Honeywell has a presence in India going back eight decades — it employs 13,000 Indians in 20 domestic locations and operates four global centres of excellence for technology development and innovation. Under Kapur's stewardship, Honeywell is prepared to explore 'new opportunities in India in aerospace and defence, clean energy and tech sectors' — this came out after he met the Ambassador.

On the same day, Sandhu met Vinod Khosla, one of America's most successful venture capitalists, who ranked 92 on the Forbes list of the richest people in the US in 2021. He co-founded Sun Microsystems in 1982, but is now investing in experimental new technologies through his company, Khosla Ventures. Khosla's discussions with Sandhu focused on 'possibilities that artificial intelligence offers for meeting development priorities and convergences among strategic, scientific and commercial domains'. Among Sandhu's crowded itinerary that week were meetings with Ravi Kumar, CEO of Cognizant, to discuss skilling and capacity-building in India, and discussions with a team from back home, led by the Secretary of the Department of Biotechnology, for high-performance bio-manufacturing in India. He also had exchanges with leaders of the US Senate and House of Representatives Committees dealing with energy, banking and finance at one session, and another on healthcare, digital, information technology and renewables.

How the agenda for India-US engagement has changed! When Sandhu was first posted to Washington in 1997 as First Secretary, his job was to battle Khalistani lobbyists on Capitol Hill campaigning to cut US aid to India and secessionist elements funded by Pakistan to prod American politicians to hold Congressional hearings on Kashmir. By the time he returned to



Washington in 2013 as Deputy Chief of Mission, the bilateral ties with India had taken off with the nuclear deal and a strategic partnership, but with Lok Sabha elections only a year away, the relationship hit a plateau. Sandhu's entire career has been closely tied to growth in India-US relations. There are only three other diplomats in India's history whose career had a similar trajectory in other bilateral engagements: two with the Soviet Union and one in multilateral processes.

And how much has the US changed! Reflecting such change were the CEOs of Indian origin trooping into India House ahead of Modi's arrival at the White House. The Ambassador was not deliberately courting CEOs of Indian origin or singling them out for his attention. Trust in highly-placed Indian professionals has grown to such an extent in the US that if an Indian of good reputation and financial integrity is on a company's board, its share value climbs up. They are Americans first, but it is hard to take the Indian out of them altogether. During the nuclear deal negotiations, it was proved that key persons of Indian origin in many walks of American life could influence the US policy. Modi will be reassured of that once again during his visit.

Scanning the recent guest list at India House, it is clear that ahead of the Prime Minister's Washington trip, the Modi government has been diligently addressing an issue which received only halting attention in the past — sharing technology. A High Technology Cooperation Group in 2002 or a Statement of Principles for US-India High Technology Commerce' a year later only scratched the surface of the problem. Deng made it a priority when he started modernising China that access

to western technology was critical to his country's rise. In addition to signing deals with governments and the private sector, China sent thousands of their brightest students to US universities — especially institutions of scientific and technical learning. At one point, the largest group of foreign students in the US were from China. Unlike Indian students who stayed on in America after graduation and made careers for themselves in the US, Chinese students mostly went back to contribute to their country's growth.

India has now realised that technology must be the driver of modernisation in the next stage of relations with the US. Hence, the initiative on Critical and Emerging Technology (CET) was announced in May 2022 and its inaugural meeting was convened this January. Excessive focus on the small fish, like a fighter jet engine production in India — smartly abetted by corporate media publicists for the companies involved — means the big fish will escape the bait. One-on-one, in-depth meetings like the ones with Kapur, Kumar and Khosla are to attract the big fish. The last state visit to the White House by an Indian Prime Minister was by Manmohan Singh in November 2009. Only one other Indian leader, then President S Radhakrishnan, was accorded a state visit in June 1963. Manmohan Singh's state visit coincided with a high-level economic and political dialogue between China and the US in Washington.

China got many concessions from the US during that dialogue. As Manmohan Singh was enplaning at Andrews Air Force Base near Washington at the end of his visit, a perceptive Indian diplomat told this writer that 'China got substantive gains from engaging with the US. All we got was a state dinner at the White

Focus on resurgence of Indian architectural identity

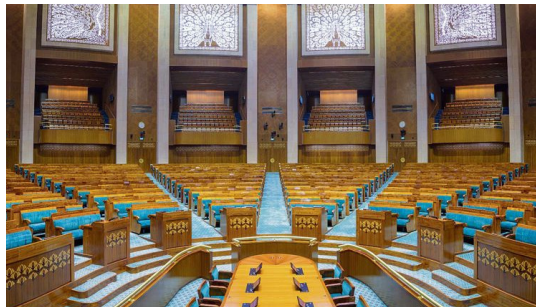
RAINISH WATTAS

INAUGURATED on April 30, the new BR Ambedkar Telangana Secretariat, with its hybrid fusion of domes, cupolas, arches and features from Hindu temples, could easily be taken for a grand palace of an erstwhile princely Indian state or an imposing edifice from an epic film set. According to the project's builders, Chennai-based OCI Architects, "The design inspiration is twofold: one is the cultural and harmonious blend of the heritage architectural style of Telangana and the other is Lord Shiva, with specific reference to the Neelakanteswara Temple located close to Hyderabad and Wanaparthy Palace." The new complex is the brainchild of Chief Minister K Chandrababu Naidu, who signed six files (six being his lucky number) after occupying his new seat of power at the astrologically advised time on the uppermost sixth floor. So much for a capital city (Hyderabad) that prides itself on being the cyber hub of modern India! The new Parliament building in New Delhi, located near the old colonial colossus-like Lutyns-Baker building, was inaugurated on May 28 by

PM Narendra Modi. It boasts of inspiration derived from Indian traditions. Numerous historic architectural elements and artistic features, such as motifs, religious symbols and works of timeless craftsmanship, adorn it, both inside and outside. The crowning glory is the National Emblem of the Lion Capital of the Ashoka Pillar adorning the top of the hexagonal building, like a latter-day finial.

Contrary to speculation over the new Sansad Bhavan's design, mostly kept under wraps during the construction period, it comes across as a harmonious understated adjunct to the existing one. The continuity of the stone work on its facades and the rhythms of the pillars, embedded in a muted manner, resonate well with one another. The 'Indianness' comes through the sculptures, symbols and interior design themes. At all entrances, statues of animals/birds as guardians will be exhibited. They include the elephant, horse, eagle, swan and mythical creatures shardula and makara.

The new Lok Sabha chamber has a peacock theme, with designs drawn from the National Bird's feathers carved on the walls and ceiling, and complemented by matching



carpets. The Rajya Sabha chamber has been decorated with the lotus as its theme, with red carpets," says a press handout. The golden sceptre, called Sengol (supposedly given to Jawaharlal Nehru on the eve of Independence to mark the transfer of power from the British), has been installed in the Lok Sabha chamber, near the Speaker's podium. Among the buildings raised earlier, the Vidhana Soudha of Bengaluru, built concurrent to Le Corbusier's Capitol Complex in Chandigarh in the

early 1950s, is in complete stylistic contrast to the modernist, raw concrete style of the latter. Described as Neo-Dravidian, the Vidhana Soudha incorporates various elements of styles from the medieval Chalukya, Hoysala and Vijayanagara empires of Karnataka. Kengal Hanumanthiah, Chief Minister of Mysore after the 1952 elections, called the existing plan a "plain and simple type of American architecture". He ordered, instead, extensive revisions to produce "a work of art in keeping with the tradition of

Mysore State". Nehru, as the patron-in-chief of the Chandigarh project, resisted political pressure to choose an existing Indian town as Punjab's new capital. He encouraged the state government to build a new one and opt for modernist architecture. "Let this be a new town... unfettered by the traditions of the past," he had said. Corbusier's raw concrete modernist forms, though considered masterpieces the world over, and endowed with a UNESCO heritage tag, are primarily abstrac-

tions and distinctly different from the traditional sense of Indian monumentality, taking a while to resonate with the laity. The tight barbed wire security fencing of the Capitol Complex further alienates it from the citizens. The result is that his globally feted genius for its mastery of form, plasticity of materials and poetry of light and shadow remains relatively unseen and unused.

Another modernist leap of faith was made by the then CM of Andhra Pradesh, N Chandrababu Naidu, for building a new capital city, designed by a Singapore-based consortium. Called Amaravati, he envisioned it to be the people-centric pioneer 'smart city', built around the principles of sustainability and livability and designed to be the 'happiest' city in the world. However, the fate of Amaravati is in limbo as the incumbent government doesn't quite favour it.

Another example of fusion architecture among the post-Independence legislative Assembly buildings is the Rajasthan Assembly building, built in 2001. Its exterior has the famous traditional features of Rajasthan, such as jharokhas, chhatris, kamani, baradaris, arches and a dome with a diam-

eter of 104 ft. However, one example that has the best of both worlds is the Vidhan Bhavan in Bhopal, which the government of Madhya Pradesh built in 1996. Designed by eminent architect Charles Correa, the Assembly complex is an amalgam of elements from history intricately woven together in a functional modern expression.

It derives its form from the famous Stupa of the Buddha at Sanchi, and the mandala — the cosmic organisation of functions, sequences and spaces within the ancient Hindu conception of the universe. Correa's work combines a modern sensibility with themes derived from traditional architecture in a uniquely harmonious way. Lost in the glibby glass skylines of our new-age Gurugrams, Bengalurus and other cities is the timeless soul of India. No wonder public monuments patronised by politicians seek pseudo copies of traditional historic forms, however fake their aesthetics may appear in the present times. Yet, they invoke awe and glory of the pristine times in their vote banks much more directly than the subtle aesthetics of modernism calling for true genius.

Rakul Preet Singh reveals 'biggest deal-breaker in a relationship': Lying and emotional cheating are strict no-no

Rakul Preet Singh has said that the only deal-breaker for her in a relationship is lying, adding that there is nothing that cannot be spotted about in a relationship. Rakul is currently dating actor-producer Jacky Bhagnani. Rakul and Jacky Bhagnani had announced last year that they are in a relationship via a social media post. They are often spotted together on outings in Mumbai and in their holiday photos shared on Instagram. Rakul Preet's deal-breaker is lying. Asked about the one thing that irks her in relationships, Rakul told News18 in an interview, "The biggest deal-breaker in a relationship, for me, is lying. I think there isn't anything in a relationship that can't be spoken about. I believe in that sort of a relationship, where you're friends at a basic level. If my partner makes a mistake, he should be able to come and

tell me because we're all humans and humans make mistakes. But lying, trying to cover up lies, acting dodgy and emotional cheating are strict no-no for me." She also said that love is unconditional for her, and cannot be defined. Love is about finding comfort in silence and respecting each other. She added, "I think love as a word, today, is so misused. Sometimes we tend to think that when you love someone, you want them to do what you want to do as opposed to letting them flourish. But I think love allows you to flourish and be the best version of yourself." Rakul and Jacky's relationship earlier, Rakul had opened up on her equation with Jacky and told Hindustan Times in a 2022 interview, "We are so busy in our ways that we don't discuss work. When it comes to certain things I want to discuss, I do otherwise we give each other that



Pregnant Kourtney Kardashian's children are 'excited' about new sibling's arrival: Report

Kourtney Kardashian's three children are reportedly "excited" to learn that a new sibling is soon going to join them. Kourtney, 44, is expecting her first child with her husband Travis Barker. She revealed her pregnancy on Friday, June 16, holding up a handwritten sign during her husband's Los Angeles concert with band Blink-182. "Kourtney is just beyond excited," a source told the news outlet PEOPLE. "She had happy tears when she told her family. They have all known for a while." The insider added, "Everyone is so happy for her. Kourtney can't wait to be a mom again. Her older kids are excited about the baby too." Kourtney shares sons Reign Aston, 8, and Mason Dash, 13, as well as daughter Penelope Scotland, 10, with her ex Scott Disick. Barker is the father of three children he shares with ex Shanna Moakler - including son Landon, 19, daughter Alabama, 17 and stepdaughter Atiana, 24. "Kourtney has been praying for this. She has wanted a baby with Travis since they first started dating. They have been trying to get pregnant for almost two years. It's been grueling," the source said. The news of Kourtney's pregnancy comes soon after she and her husband revealed they had stopped IVF treatment but were still looking forward to having a baby together. "We are officially done with IVF [in vitro fertilization]," Kourtney said in a confessional on 'The Kardashians' in May.



FINDING IT DIFFICULT TO BREAK INTO BOLLYWOOD 'SAALA KHADOOS' ACTOR RITIKA SINGH

Actor Ritika Singh, best known for her role in "Saala Khadoos", says she feels blessed to have a career in the south film industry, but she is finding it difficult to get a breakthrough in Bollywood. The actor shot to fame with her lead role in her 2016 Hindi movie debut "Saala Khadoos", co-starring R Madhavan as her boxing coach. Singh won a Special Mention at the 63rd National Film Awards for her performance in the Tamil version of the movie, titled "Irudhi Suttru". She later appeared in a few Tamil language movies such as "Aandavan Kattalai", "Oh My Kadavule" - both starring Vijay Sethupathi, and in Telugu titles alongside Taapsee Pannu in



"Neevevaru" and "Guru", the remake

version of "Saala Khadoos", along with Venkatesh. Singh, who is returning to Hindi films after seven years with "InCar", said it is not easy to make a mark in the industry. "Although, I am a Hindi girl from Mumbai, it is a bit difficult to find the right connection, people, and manager. It is a big game," the 28-year-old actor told PTI in an interview here. "I am not saying they make it difficult but as an outsider it is difficult to approach people. You think, 'What will he think of me, if I say I want to work with you?' or 'How do I say, 'Hi?' she said. The actor is happy about making inroads in the South that she said welcomed her with open arms after her debut film was released.

"My film, 'Saala Khadoos' released in two languages, in Tamil and in Hindi at the same time and I was so surprised to see the reception that I got in Tamil cinema. They accept me to this day, for what I am. "I am a tomboy, raw, real person and they love me for that. I will forever be grateful to them because I act in a language that I do not speak so that helps me to become a better actor." Language is no barrier for her, said Singh, adding what matters to her is the script and the team. "I am willing to act in all languages as long as I get a good script and a good team. I am waiting for that to happen in Hindi and I will take it more seriously now, I hope everything works out.

Nitesh Tiwari's 'Bawaal' to premiere on Prime Video in July



Prime Video on Monday announced that "Bawaal", a love story starring Varun Dhawan and Jahnvi Kapoor, will release on the platform in July. The film is directed by "Dangal" helmer Nitesh Tiwari. It is backed by Sajid Nadiadwala's production banner Nadiadwala Grandson Entertainment in collaboration with Ashwiny Iyer Tiwari and Nitesh's Earthsky Pictures. "Shot across three Indian locations and five European countries, 'Bawaal' has a captivating storyline, dramatic visuals and absolutely amazing chemistry between the lead talent Varun and Jahnvi. "I believe that the worldwide premiere on Prime Video will help us take 'Bawaal' to audiences in India and across borders. We have worked with immense passion and commitment to bring this film to our audiences and now we can't wait to hear their reactions," the director said in a statement. The film will premiere exclusively on Prime Video in India and across 200 countries and territories worldwide, the streaming platform said. Nadiadwala said "Bawaal" is one of his most ambitious projects and it has been an absolute joy to produce the film. "I am very proud of 'Bawaal', and I am thrilled to announce its worldwide premiere on Prime Video this July. I am excited by the prospect of this film breaking down the barriers of geographies and reaching audiences in more than 200 countries and territories simultaneously," the producer added. Manish Mehngani, director of content licensing at Prime Video, India, said they are delighted with the opportunity to release the movie worldwide. "Bawaal" is an extraordinary story with universal appeal, powered by brilliant performances by Varun and Jahnvi. Set in the heartland of India, the gripping narrative takes viewers on a never-seen-before journey through Europe. "We believe that a film that is rooted in India but has a global appeal deserves to reach customers not just in India, but all across the world.

Pooja Bhatt opens up about recovering from alcoholism at the age of 44, says people used to call her 'alcoholic'

Pooja Bhatt is opening up about her journey of overcoming alcoholism at the age of 44. In a conversation with Cyrus Broacha and some other contestants, Pooja OTT 2, revealed during a conversation how women in a society are not given the same 'license' as men to openly speak about addiction and alcoholism. Pooja opens up about her drinking problem. During the second day of the reality show, the contestants started to form connections inside the house. It was during this time when many contestants also shared details and anecdotes about their personal life with fellow contestants. Here, Pooja Bhatt opened up about her journey of overcoming alcoholism at the age of 44. In a conversation with Cyrus Broacha and some other contestants, Pooja said, "I had a drinking problem, and that's why I acknowledged my addiction and made the decision to quit." Society gives license to men Pooja also added how women don't get to talk about addiction as openly as men in the society. She said, "Society gives a license to men and thus they can openly speak about being addicted and recovering from alcoholism. However, women don't openly drink and so they don't openly recover. I used to drink openly so when I thought of recovering from alcoholism I realised that why should I recover in the closet? People used to call me an alcoholic but then I said I'm a recovering alcoholic."

Jennifer Lopez drops shirtless pic of Ben Affleck for 'daddy appreciation post' on Father's Day

Jennifer Lopez took to Instagram for a special 'Daddy Appreciation Post' to celebrate her husband, Ben Affleck. The Mother actor posted a bunch of intimate pictures, including a shirtless selfie of Ben, on the occasion of Father's Day. Reactions to her post were mixed, with many questioning why there were no pictures of her kids when the post was on Father's Day. Jennifer's Instagram post Jennifer Lopez took to Instagram and posted a bunch of pictures of Ben and herself with the caption: "Daddy Appreciation Post (stars emotion) Happy Father's Day Papa. And Happy Father's Day to all the amazing Papas out there!! We love you and appreciate you more than you will ever know (white heart emotion)." One of the pictures featured a shirtless Ben Affleck showing off his fit body in a mirror selfie. There was a video as well, where Jennifer addressed how incredible a father Ben is, and called him "the best dad I have ever seen." Two more pictures from the post showed Jennifer and Ben smiling at the camera in a cozy pose. Although the Ain't Your Mama singer's post was all about appreciating Ben as a father, many users noticed that there were no pictures of their children. The duo have five children together; Jennifer having 15-year-old twins Max and Emme with ex, Marc Anthony, and Ben having three kids: Violet, 17, Seraphina, 14, and Samuel, 11, with his ex-wife, Jennifer Garner. A comment read, "And yet not one picture with his children" Another said, "Jlo it's Father's Day not Valentines." Many users also defended the post and wrote back in favour of the couple. "Everyone needs to shut up on this thread. She's posting about her husband and how



he's a great father. She doesn't need to show the kids. Ya'll posting your kids WAY too much." read a comment. One fan said, "This comment section did NOT pass the vibe check! Let's not be miserable on the internet for a change? Happy for you JLo. Grateful for good fathers."



GET READY FOR MITSURI KANROJI'S EPIC BATTLE IN DEMON SLAYER SEASON 3 FINALE

DEMON SLAYER SEASON 3 NEARS THRILLING FINALE. FOCUSING ON MITSURI KANROJI. NEW PROMO AND POSTER EXCITE FANS FOR THE SWORDSMITH VILLAGE ARC CONCLUSION.

As Demon Slayer Season 3 approaches its thrilling finale, fans are eagerly awaiting the culmination of the Swordsmith Village Arc. The latest promotional material for the anime series showcases the beloved character Mitsuri Kanroji, the Love Hashira, in a stunning new poster and promo. While the majority of Season 3 has focused on the Mist Hashira Muichiro Tokito, with

his intense battles against the Upper Five Gyokko, the time has finally come to shine the spotlight on Mitsuri. In the previous episode, we caught glimpses of her fighting prowess, but it is in Episode 10 that we truly delve into her character and explore what drives her. To commemorate the shift in focus towards Mitsuri as the Swordsmith Village Arc reaches its conclusion, a captivating new promo and poster have been released

by Demon Slayer Season 3. These visuals highlight Mitsuri's unique abilities and captivating presence, leaving fans eagerly anticipating her role in the upcoming episodes. Fans can mark their calendars for the extended 70-minute-long finale, Demon Slayer Season 3 Episode 11, airing on Sunday, June 18th. With Muichiro emerging victorious from his battle, all eyes are now on Mitsuri as she joins the fight against the for-

midable Hantengu and his Emotion Demons. As Tanjuro, Genya, and Nezuko strive to defeat Hantengu, fans are curious to see how the Love Hashira will navigate the intense battle. For those who wish to catch up on the latest episodes of the Swordsmith Village Arc before the finale, Crunchyroll provides exclusive streaming access to the series. Teasing the storyline of Demon Slayer Season 3, Crunchyroll

describes the journey of protagonist Tanjuro as he reunites with two Hashira, the highest-ranking swordsmen of the Demon Slayer Corps, namely Mist Hashira Muichiro Tokito and Love Hashira Mitsuri Kanroji. As demons lurk in the shadows, a new and thrilling battle awaits Tanjuro and his comrades. The anticipation for the conclusion of Demon Slayer Season 3 is palpable among fans, who eagerly await the epic showdown between the Demon Slayer Corps and the formidable Hantengu.

A cardiologist said coconut oil in plant-based foods can spike cholesterol levels, even if you think you're eating healthy

Seemingly-healthy plant-based foods can actually raise your cholesterol levels, thanks to a surprising source of saturated fat, according to a cardiologist.

Dr. Harmony Reynolds, a cardiologist at NYU Langone, said she noticed a pattern with her patients who ingested more coconut oil, a common ingredient in vegan processed food.

"I learned to ask patients about this because I was seeing multiple patients whose LDL cholesterol was going up because they introduced coconut oil-containing foods," she told Insider.

Reynolds said coconut oil is among foods she almost never eats as a cardiologist, since it's high in a type of fat called saturated fat that can increase your levels of LDL cholesterol. Sometimes called "bad" cholesterol, too much LDL cholesterol is linked to increased risk of heart disease and stroke.

Checking labels can help you be aware of how much coconut oil you might be consuming. You should balance your saturated fat intake, keeping it to less than 6% of your total calories, according



to American Heart Association guidelines.

Coconut oil can show up in unexpected places, like vegan baked goods, dairy substitutes, and frozen meals.

Coconut oil is often used as a butter substitute in vegan baking and cooking, and is popular because it provides a fat source that's solid at room temperature to help give foods the right texture.

It shows up in a huge range of

vegan products from cookies and pastries, to dairy-free versions of cheese, ice cream, or coffee creamer, and even in pre-made meals like frozen burrito bowls or stir-fry kits.

But it's a misconception that coconut oil is a healthier alternative to butter or seed oils like canola, since it contains more saturated fat than butter. It's also high in calories, which can be a disadvantage if you're trying to watch your weight — one table-

- Eating more plant-based food can lead to a healthier diet, but too much processed food can backfire.
- A cardiologist said plant-based processed foods often contains coconut oil that can raise cholesterol levels.
- Coconut oil is higher in saturated fat than butter, which can make it a less healthy choice for your heart.

spoon adds about 120 calories.

One reason coconut oil is sometimes considered healthy is that it's high in a type of fatty acids called medium-chain triglycerides, which some evidence suggests can be absorbed more quickly than other fat sources, potentially boosting weight loss, energy, and brain health, although more research is needed.

Overall, it should be used sparingly in your diet, if at all, according to the Cleveland Clinic. Research suggests olive oil is a healthier choice, with some evidence it can help reduce the risk of heart disease.

Many of the vegan foods containing coconut oil are also ultra-processed, which means they

contain additives like salt, sugar, and fat, and often have fewer nutrients and fiber. Research suggests eating too much processed food can increase the risk of illnesses like heart disease and cancer.

While no single food can make or break your health, dietitians recommend limiting processed foods, even if they're plant-based.

"There's a lot more great choices out there right now, but you can be a vegan on a soda and potato chips diet," registered dietitian nutritionist Wendy Bazilian previously told Insider.

"That's vegan, and it could even have a beautiful splashy label that says it, but you will be at risk for some nutritional deficits by that."

WHAT HAPPENS TO YOUR BODY WHEN YOU EAT NUTS EVERY DAY

Nuts have gotten much attention recently for their potential health benefits and role in disease prevention. Walking along the grocery aisles, you may notice that a wide array of nuts and nut-based products are available, from drinks to snacks and spreads.

Generally, nuts are rich in heart-healthy fats, vitamins, minerals and antioxidants. Still, not all nuts are equal in nutritional value. Some have more of a specific type of nutrient than others—a 2022 article in Food Reviews International revealed the highest nutrient concentration among nut varieties:

While certain types have more nutrients than others, you may wonder what actually happens to your body when you eat nuts daily. And are there certain nuts that you should eat more or less frequently? Here is what the research has to say might happen to your body if you eat nuts every day.

A 2022 review in Food Reviews International noted that healthy individuals and those with elevated lipids levels who consumed 50 to 100 grams of nuts—such as almonds, peanuts, pecans and walnuts—five times a week significantly reduced their LDL ("bad") cholesterol levels. They also found that eating hazelnuts,



peanuts and walnuts may help raise "good" HDL cholesterol levels. Research suggests that phytochemicals, a group of lipids present in nuts, may be responsible for decreasing LDL levels. The same review noted that pistachios, pine nuts and almonds have the highest content of phytochemicals.

Moreover, almonds, walnuts, pecans and peanuts were also found to reduce total cholesterol levels. One 2020 study in Nutrition and Metabolic Insights suggests that regularly consuming nuts could lead to a 3.75mg/dL reduction in total cholesterol level and lower heart disease risk.

Nuts, such as almonds, are

known to contain flavonoids, a group of compounds naturally present in plant-based foods. They are not only rich in antioxidants, but they may also have the ability to protect you from free radicals that could lead to the hardening of blood vessels (aka atherosclerosis) and increase the risk of heart disease.

Depending on the type of nuts you eat, you may ingest more antioxidants. Specifically, almonds and cashews are noted to have the most significant amount of tocopherol, a form of vitamin E that is also an antioxidant associated with lower inflammation and cancer risk.

You might lose weight. Some studies suggest that eat-

ing nuts, such as tree nuts and peanuts, do not lead to obesity. A 2019 study from Nutrition Research discovered that consuming more than one to two servings of nuts per week may be linked to less weight gain and a decreased risk of overweight and obesity. Another study found that those who include at least 28 grams of nuts per day (around one ounce) had less weight gain and a lowered risk of being overweight and obese than those who did not include nuts as part of their diet. This phenomenon could be explained by the presence of protein and fiber, which increase feelings of fullness and reduce hunger.

That said, relying on nuts alone to manage weight may not be a great idea as there are several factors that come into play for weight management, including the types and portions of food you eat, genetics, your activity level and more. Other studies also noted that eating nuts may not necessarily lead to weight loss, especially for those who are overweight or obese, due to altered appetite sensitivity and regulation.

You might reduce your risk of colon cancer. Nuts have antioxidant and anti-inflammatory properties that may help prevent tumor formation. A 2021 review

from the International Journal of Food Sciences and Nutrition found that higher nut consumption was associated with lower risk of colon cancer. However, the findings are conflicting. More recent research from the European Journal of Epidemiology and Medicine points out that the relationship between eating nuts and legumes and the risk of colon cancer is weak and needs more research to be substantiated. Nevertheless, it does not hurt to include nuts as part of a balanced eating pattern for other potential health benefits (so long as you're not allergic).

You might increase your sodium intake.

While nuts are nutritious, how they are prepared also matters. Roasted, salted or flavored nuts can be high in sodium. Eating too much sodium could lead to high blood pressure and put you at higher risk of heart disease, stroke and heart failure, according to the American Heart Association. Try to choose unsalted nuts if you are watching your sodium intake or if you have high blood pressure or diabetes.

You might ingest too much of certain micronutrients.

Over time, overeating certain types of nuts—specifically Brazil nuts—could also lead to selenium.

Stay Strong During Fasting: 5 Foods To Stay Away From



If you're observing fasts for Ramadan or Navaratri, it's important to keep yourself energized throughout the day without compromising your health. According to Consultant Nutritionist Rupali Datta, incorporating nutritious meals into your diet is crucial. However, some foods can lead to bloating and digestive discomfort on an empty stomach. Although we often associate fasting with fried, sweet, and carb-heavy meals, these are not the best foods to consume during fasts. To help plan your meals, we've listed down some foods you should avoid while fasting. Here are 5 Foods You Should Avoid While Fasting: Carbohydrates. After fasting, your body may struggle to digest carbohydrates, so it's best to avoid foods like fried pooris, french fries, potato chips, refined flour, rice, and other carb-rich foods. If you must eat these foods, be sure to consume them in moderation. Canned Foods. Canned foods may seem like a quick and easy meal option, but they're often packed with preservatives and sugar to extend their shelf life. These foods are also low in nutrition and offer few health benefits, so it's best to avoid them during your fast.

Carbonated Drinks. Soda and other fizzy drinks can cause bloating and stomach discomfort, especially when consumed on an empty stomach. These drinks also contain high levels of gas that can increase pressure in your stomach, so it's best to avoid them during your fast. Sugary Foods. Sweets like gulab jamuns, laddoos, kheer, and other desserts may be tempting, but consuming too much sugar after fasting can cause a sudden spike in your blood sugar levels, which can be harmful to your health. It's best to limit your sugar intake and choose healthier alternatives instead. Highly Salty Foods. While some salt in your diet is necessary, consuming excessive amounts of salt can increase your risk of high blood pressure. It's best to avoid highly salty foods during your fast and to keep your sodium intake in moderation.

Millet cultivation in India: History and trends

India is the largest producer of millet as of 2021, with a total share of 41%, followed by Niger (~12%) and China (~8%). India also ranks 12th among those countries that produce high yields of millets. Millets have been an integral part of our diet for centuries. They offer a plethora of health benefits and are also good for the environment with low water & input requirements for production. With the aim to create awareness and increase production & consumption of millets, the United Nations, at the behest of the Government of India, declared 2023 as the "International Year of the Millet". This month on IDI's data dialogues, we're exploring India's trends in major millets, their area, production & yield, along with comparisons to rice and wheat.

Nutrient composition of Millets
Millets are cereals, similar to rice and wheat, but are more nutritious in terms of proteins, minerals and vitamins. India's major millets include Sorghum, Pearl millet, and Finger millet, which are more commonly known as Jowar, Bajra, and Ragi, respectively.

They are a natural source of iron, zinc, calcium and other nutrients. And have higher content of folic acid, calcium, iron, potassium, magnesium, and zinc than rice and wheat. Finger millet being the richest source of calcium (300-370 mg/100 g).

Trends of Millet Farming in India (since 1966)
The estimated millet yield in India has more than doubled since 1966. India's average yield in Millet farming (2021-22) is 1208 kgs per hectare.

Heart Health Benefits of Walnuts Likely Come From

The heart-healthy benefits of eating walnuts could come from changes to the gut microbes.

That's according to research presented today at DiscoverBMB—the annual meeting of the American Society for Biochemistry and Molecular Biology.

The study, which was funded by the California Walnut Commission, hasn't been published yet in a peer-reviewed journal.

Researchers at Texas Tech University used metatranscriptomics, the study of gene expressions of gut microbes, to monitor changes that might occur when someone alters their diet.

Specifically, the scientists looked at how cardiovascular health could be affected.

Their findings indicated that eating walnuts could alter the gut microbiome by increasing the body's production of the amino acid L-homarginine. In turn, this might lower the risk of developing heart disease.

How the walnut study was conducted
The researchers used samples from

a previously performed controlled-feeding study.

There were 35 participants with a high risk of cardiovascular disease.

Participants were put on a two-week standard Western diet and then were randomly assigned to one of three study diets:

A diet that incorporated whole walnuts.

A diet that included the same amount of omega-3 fatty acids and polyunsaturated fatty acids as the walnut diet but without walnuts.

A diet that partially substituted the fatty acid, oleic acid, for the same amount that would be derived from walnuts, but the diet did not include walnuts.

Participants followed each diet for six weeks, with a break in between.

How walnuts help heart health
The diets were designed to explain how walnuts affect cardiovascular

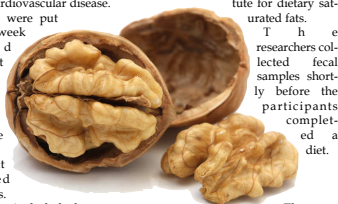
health due to bioactive compounds, alpha-linolenic acid, or ALA, content, or whether walnut ALA could substitute for dietary saturated fats.

The researchers collected fecal samples shortly before the participants completed a diet.

Those on a diet of whole walnuts had higher levels of

Gordoniobacter bacteria in their gut—metabolites that exert anti-inflammatory activity.

Gene expressions for the increase of the body's production of the amino acid L-homarginine
The researchers concluded that changes to the gut microbiome induced beneficial pathways that could reduce cardiovascular risk factors. They noted that further research



is needed to confirm their observations.

"This study suggests that walnuts might promote positive changes in the gut microbiome (friendly bacte-

ria) that can help your body absorb and use certain antioxidants linked to reduced heart disease risk," said Anne Danahy, a Scottsdale, Arizona-based registered dietitian and integrative nutritionist specializing in the Mediterranean diet and healthy aging. "It's a small study, and the participants were at risk for heart disease, so it's impossible to say whether larger groups of healthy people would have the same benefit."

"It's always important to consider bias with industry-funded research, but there's also a substantial body of evidence that supports various health benefits of walnuts," Danahy told Healthline. "And many of the studies

have not been industry-funded. Hopefully, small industry-funded studies like this will open the door for much larger, high-quality, independent studies in the future."

Previous research has indicated that daily consumption of walnuts can boost heart health. Now, researchers are saying those benefits are likely the result of changes in the gut microbe that walnuts produce. They note that walnuts contain omega-3 fats, antioxidants, and protein.

What you need to know about walnuts
Past research has indicated that walnuts are a healthy addition to diets. They contain omega-3 fats and antioxidants and are high in fiber.

A one-ounce serving of walnuts has about seven whole walnuts (the study used a diet with about 28 walnuts per day).

A one-ounce serving of walnuts contains about 185 calories as well as the following nutrients:

4.3 grams of protein
3.9 grams of carbohydrates
0.74 grams of sugar
1.9 grams of fiber
18.5 grams of fat
Despite walnuts being high in fat

and calories, researchers in one study Trusted Source reported they did not significantly increase weight or obesity risk. "Walnuts are particularly high in fiber and omega-3 fatty acids — two nutrients that we know already have a positive influence on cardiovascular disease risk," said Caroline Thomason, RD, CDCES, a Virginia-based dietitian who helps women stop dieting and find confidence with food. "Fiber is associated with decreasing cholesterol, and omega-3s are associated with many disease processes that reduce inflammation." The serving size tested in the study is 2 to 3 ounces of walnuts per day over six weeks," Thomason told Healthline. "This is a large serving of walnuts — about 28 halves — but you could incorporate one serving for your morning snack and one in the afternoon."

ED moves SC against HC order allowing TN min Senthil Balaji to be shifted to private hospital

AGENCY

NEW DELHI, JUN 19: The Enforcement Directorate on Monday moved the Supreme Court against an order of the Madras High Court allowing arrested Tamil Nadu minister V Senthil Balaji, who was undergoing medical treatment at a government hospital in Chennai, to a private facility.

The Tamil Nadu Electricity, and Prohibition and Excise minister was arrested by the ED on June 14 under the Prevention of Money Laundering Act (PMLA) in an alleged cash for jobs scam that took place when he was transport minister in an AIADMK government led by the late J Jayalalithaa. The high court passed an interim order after Balaji's wife filed a habeas corpus petition alleging illegal arrest.

Balaji has reportedly been advised a coronary bypass surgery.

Solicitor General Tushar Mehta, appearing for the ED, mentioned the case before a vacancy bench of Justice Surya Kant and Justice M M Sundresh seeking an urgent hearing.

Mehta told the bench that Balaji is an influential minister and the high court has allowed his transfer to a



private hospital which could hamper investigation. Expressing disingenuous about entertaining the petition, the top court said the high court should be allowed to pass a final order first on the petition filed by Balaji's wife.

The Solicitor General said the high court passed the order on the basis of the remand order issued by the trial court which said the ED can interrogate Balaji without disturbing his health with the doctor's advice. The order renders the interrogation meaningless, he contended.

The apex court then posted the matter for hearing on June 21.

In its plea before the top court, the ED said the high court erred in entertaining the habeas corpus petition, claiming it was not maintainable after a judicial order was passed remanding the accused in the cus-

ody of the anti-money laundering agency.

"The high court has erred in allowing the arrestee (Balaji) to be shifted to a private hospital without there being any basis to do so and without first considering the request of the ED to constitute an independent medical board for evaluation.

"Having allowed shifting of the arrestee to a private hospital, the high court has erred in not entertaining the plea of the investigating agency of excluding the period of treatment to be undergone in the private hospital from the period of custody as interrogation and investigation would be rendered meaningless while the arrestee is in hospital," the ED's plea said.

The probe agency said the high court erred in entertaining the habeas corpus petition when Balaji had already been remand-

Ensure basic reading math skills for all children entering class 3 by 2033 Manjul Bhargava at G20 meet

AGENCY

PUNE, JUNE 19: G20 countries should commit to ensuring Foundational Literacy and Numeracy (FLN) for all children entering class 3 by 2033, renowned Indian-American mathematician Manjul Bhargava said on Monday.

Bhargava, who is member of the Education Ministry's panel developing the National Curriculum Framework (NCF), also emphasized on dedicated financing, resources, legislation and international commitments to ensure the goal is achieved.

During a session at the fourth and final Education Working Group (EWG) meeting of the G20 here, Bhargava noted that several surveys indicate "a severe learning crisis concerning these most basic skills".

"G20 countries should commit to Foundational Literacy and Numeracy for all children entering grade 3 by 2033. I am hopeful that the member countries can make this commitment during the upcoming G20 Education Ministers' meeting. There needs to be a continued collaboration amongst the member countries and the world by sharing experiences, best practices, and lessons learnt to promote foundational learning."

"There should be committed financing, resources, legislation, and G20 and other international commitments to ensure that universal FLN is achieved," he said.

He also said that there is need for a developmentally appropriate curriculum that is responsive and relevant to learners' developmental needs and the interests at different



Stages of their development.

FLN is the ability to read and write simple text and perform basic operations with numbers.

According to UNESCO, the percentage of children and adolescents not achieving Minimum Proficiency Levels in Mathematics and reading as per 2030 target of Sustainable Development Goals (SDGs) is 14 per cent in development countries and up to 50 per cent in developing countries.

"Foundational learning provides the building blocks for all other learning, knowledge, and higher order skills that children and youth need to acquire through education. Literacy and numeracy helps children to learn, experiment, reason, create, be active and informed citizens, and contribute socially, culturally, and economically. "FLN skills are not only critical for all future learning but

are also strongly correlated with greater quality of life and well-being for the individual, and greater stability and prosperity for the nation. FLN skills bolster and enable progress on all other Sustainable Development Goals," added Bhargava.

According to UNESCO, achieving universal primary and secondary education would help lift more than 420 million people out of poverty, reducing the number of poor in the world by more than half.

Bhargava noted that since 2000, school enrolment has increased and the number of out-of-school children and youth was nearly cut in half. "Globally, 87 per cent of children now complete primary school. Dramatic progress has been made toward gender parity, especially in access to primary education. Through the Sustainable Development Goals (SDG 4), the world has committed to achieving universal completion of secondary school for all youth — with meaningful learning — by 2030.

"However, despite these improvements in access and equity, significant gaps persist, and hundreds of millions of children and youth worldwide are reaching adulthood without even the most basic life skills," he said. Expanding and ensuring universal access to quality ECCE (early childhood care and education) programs, curricular focus on FLN, improving teacher capacity, focus on nutrition and health, parent and community participation and committed spending to ensure equitable access and learning are among the recommendations made by Bhargava for achieving universal FLN.

Even god is not spared by BJP when it comes to corruption in MP: Kamal Nath

AGENCY

UJJAIN, JUN 19: The "huge scam" in the construction of the Mahakal Lok corridor in Madhya Pradesh shows the ruling BJP has not even spared God when it comes to corruption, state Congress chief Kamal Nath alleged on Monday. He claimed this scam is so big that it has not only sullied the image of Ujjain but that of Madhya Pradesh in the entire country.

Addressing a public meeting in Mahidpur town, Nath claimed the Bharatiya Janata Party has been using religion as means of corruption and turned Madhya Pradesh into a "corruption state".

"The recent scam in the Mahakal Lok corridor is so big that it has not only sullied the image of Ujjain but also of the state in the country."

"The BJP has not even spared God when it comes to corruption," Nath said.

The Congress has been alleging a scam after some idols of the 'Saptarishis' installed at the



Mahakal Lok corridor, developed on the Mahakaleswar temple premises in Ujjain, collapsed and suffered damage last month.

The first phase of the corridor was inaugurated by Prime Narendra Modi in October last year.

Nath listed waiving loans of 27 lakh farmers, providing cheap electricity, and constructing the cow shed as some of the achievements of his government which remained in power from December 2018 to March 2020 before it collapsed due to rebellion by several MLAs who joined BJP.

"I got only eleven-and-a-half months to perform during which my government waived loans of 27 lakh farmers in the first phase and provided 100 units of power for Rs 100 and constructed 1,000 gushalhas (cow sheds)," he said.

But the BJP disrespected the people's mandate by indulging in the "sale and purchase" (of MLAs) through money power to form a government by deceit, he alleged.

Taking a dig at Madhya Pradesh Chief Minister Shivraj Singh Chouhan, Nath said as many as 22,000 announcements made by Chouhan in the last 18 years remain unfulfilled.

He alleged rampant corruption in the country "in which people from top to bottom are involved".

"The only achievement under the BJP rule is that it tops in corruption, atrocities against women and SCs and STs, and unemployment because of which people are prepared to remove Chouhan from the chair," the former chief minister added.

Adopting CBSE syllabus in all Puducherry schools would bring about a 'revolution in education': L-G Tamilisai

AGENCY

PUDUCHERRY, JUN 19: Puducherry Lieutenant Governor Tamilisai Sunderarajan on Monday said the introduction of Central Board of Secondary Education (CBSE) system of education will bring about a "revolution in education" in the Union Territory.

Speaking to reporters after inspecting a Government Higher Secondary school here to ascertain the infrastructure and other requirements for students, she said the pupils had appraised her of the facilities they needed to

pursue their education.

She said the government had drawn up plans to bring all schools in Puducherry under CBSE pattern of education as "this system would bring about a revolution in education". Stating that the decline in pass percentage in the recently published public exam results had caused concern and steps should be taken to rectify this, Sundaararajan mentioned that vacant teachers posts would be filled soon and the facilities including laboratories in schools would be established without room for complaints.

SEBI Calls For Urgent Action Against Zee's Subhash Chandra, Son

AGENCY

MUMBAI: Market regulator Sebi in its reply to the Securities and Appellate Tribunal (SAT) on the Zee Entertainment Enterprises Ltd's plea has called for urgent action against the promoters in the alleged fund diversion case to safeguard the management, investors and other stakeholders.

In its affidavit, the Securities and Exchange Board of India (Sebi) pointed out that the applications made by Chairman Emeritus Subhash Chandra and Managing Director and CEO Punit Goenka on July 6, 2022, that "there was no urgency and that the same issue is the subject matter of the show cause notice dated July 6, 2022, is completely false and misleading."

Sebi further stated that "not only have there been violations but also the issuance of multiple false disclosures and submission of statements to cover up such wrongdoings." "In the instant case, we have a situation before us where the Chairman Emeritus and the Managing Director and CEO of the largest listed company are involved in a myriad of different schemes and transactions through which vast amounts of public money belonging to listed companies are diverted to private entities owned and controlled by these persons."

Sebi said affidavit to SAT. On June 15, SAT had directed them to respond to Sebi's submission on or before June 19, when the tribunal would take up the matter for final disposition.

In the interim order on June 12, Sebi barred Essel Group chairman Subhash Chandra and Zee Entertainment Enterprises Ltd (ZEEL) MD and CEO Punit Goenka from holding the position of a director or key managerial personnel in any listed company for siphoning off funds of the media firm. Both Chandra and Goenka moved SAT seeking a stay on the Sebi order, citing injustice.

Sebi also submitted that the appellants had not produced any material to indicate they had suffered any prejudice by not getting a personal hearing before the interim order was passed.

The regulator said it was willing to give an immediate hearing for the appellants "as early as required". In the affidavit, Sebi

alleged that promoters created a fake through sham entries to misrepresent investments and the regulator about the repayment of 200 crore to ZEEL by seven related parties. Sebi submitted that the present investigation was triggered after the rejection of the settlement application filed by ZEEL in Essel Group-company Shirpur Gold Refinery (Shirpur) case, on which the regulator had issued an interim order in April.

"In Shirpur, we have also seen that the promoter group timed its offloading of shares in the open market to avoid bearing the brunt of the fall in the market value of Shirpur's shares. It is ultimately the small retail investors who endured the downfall in share price," the market regulator stated.

HC asks BMC to come up with simple temporary mechanism to deal with open manholes

AGENCY

MUMBAI, JUN 19: The Bombay High Court on Monday directed the Brihanmumbai Municipal Corporation (BMC) to come up with a "simple and temporary" mechanism to avert any untoward incidents due to open manholes this monsoon season. The high court had last week asked the civic body why protective grills could not be installed in each and every manhole in the city to ensure that no person or animal falls into an open manhole. The BMC had initially said protective grills would be installed only in manholes located in flood-prone areas. The corporation on Monday informed a division bench of Acting Chief Justice Nitin Jamdar and Justice Arif Doctor that a prototype design of protective grills for all manholes has been made, and by June 2024.

NORTHERN RAILWAY

Tender Notice No. 02/2023-24 Date: 19.06.2023

Invitation of Tenders through E-Procurement system

St. Divisional Material Manager, NRY, Store Branch DRM Office, Firuzpur for and on behalf of President of India, invited tenders through e-procurement system for the supply of the following items:-

S. N.	Tender No.	Description	Qty.	Due date
1.	942351678	Supply, Erection, Installation and Commissioning of Automatic Axle Box Temperature Monitoring/Recording System at (i) BWZ, GILL & SNL (ii) BDM, TMR & SNR (iii) JK, MCE & LDW as per Specification Attached.	3x3-3x9 Nos.	16.07.2023

Note:- Above tenders with detailed description are uploaded on IREPS site i.e. www.ireps.gov.in. The firm, who desires to participate against e-tenders, is advised to electronically register themselves on the above website for which they would require to have a class III digital certificate form certifying Agencies authorized under IT Act 2000 by Govt. of India. Manual offers against e-tenders will not be accepted.

SERVING CUSTOMERS with a Smile

NORTHERN RAILWAY

ETENDER NOTICE

Tender Notice No:- 770-W/169WA-1FZR/74-2023-24-ADEN-II-FZR, 75-2023-24-ADEN-II-FZR & 76-2023-24-ADEN-LDH acting for and on behalf of The President of India invites open tenders (E-Tenders) against below listed tenders and available on www.ireps.gov.in with closing date 05-07-2023 up to 15:00 hrs. Bidders will be able to submit their original/revised bids up to closing date and time only. Manual offers are not allowed against these tenders, and any such manual offer received shall be ignored. Contractors are allowed to make payments against this tender towards tender document cost and earnest money only through only payment modes available on IREPS portal i.e. net banking, debit card, credit card etc. Manual payments through Demand draft, Banker cheque, Deposit receipts, FDR etc. are not allowed.

Tender Type	Tendering Section	Bidding System
Open	Works	Single Bid System

Date of Uploading Tenders	Bid Starting Date	Bid Closing Date/Time
14.06.2023	22.06.2023	06.07.2023

Sl. No.	Tender Number	Details of Tender
1	74-2023-24-ADEN-II-FZR	Dewatering of LHS in the section of SSEW/LNK under ADEN-II FZR Advertised Value (Rs.) 299773.80 Validity of Offer 60 Days Period of Completion 06 Months
2	75-2023-24-ADEN-II-FZR	Dewatering of LHS in the section of SSEW/LBD under ADEN-II FZR Advertised Value (Rs.) 299759.36 Validity of Offer 60 Days Period of Completion 06 Months
3	76-2023-24-ADEN-II-LDH	Dewatering of LHS in the section of SSEW/LDH under ADEN-LDH Advertised Value (Rs.) 1999807.24 Validity of Offer 60 Days Period of Completion 06 Months

SERVING CUSTOMERS WITH A SMILE

1858/23

ADDC Budgam reviews ongoing Kisan Sampark Abhiyan held under HADP in the District

JJ NEWS SERVICE

BUDGAM, JUNE 19: To review ongoing farmer's orientation programme (Kisan Sampark Abhiyan) under Holistic Agriculture Development Programme (HADP), a meeting of officers was today convened under the chairmanship of the Additional Deputy Commissioner (ADDC) Budgam, Dr. Akramullah Tak.

During the meeting, Chief Animal Husbandry Officer Budgam (District Nodal Officer HADP) apprised the chair regarding the different activities going on under HADP, which



was held from 24th April and will culminate on 31st of August 2023. The chair was apprised that there are a total number of 268 venues that have been targeted to cover under Kisan Sampark Abhiyan, out of which 116 stand covered under HADP.

He said, so far 145 panchayats have been covered under HADP, 20639 farmers have attended the orientation programme.

696 Resource persons have been engaged for imparting training to the farmers so far in the district, he added.

The ADC said that Mega programmes should be organised at panchayat level across the district for distribution of 'Kisan Smart cards' and its awareness during this ongoing Kisan Sampark Abhiyan.

He directed the concerned to notify the already issued smart cards and issue the new ones to deserving ones within no time.

The ADC stressed upon the Sectoral Officers of Agriculture and allied departments to give the programme wide publicity so that mass participation of the farming community can be assured. It is important to mention that the Govt. of UT of J&K has recently sanctioned 29 projects for Agriculture and Allied Sectors with an aim to increase the farmer's income and boost the economy. The meeting was attended by the Chief Agriculture Officer, Chief Animal Husbandry Officer, District Fisheries Officer, DIO and resource persons from Agriculture and Allied departments.

DC Poonch reviews arrangements for Eid ul Azha



JJ NEWS SERVICE

POONCH, JUNE 19: Deputy Commissioner, Yasin M Choudhary chaired a meeting today to review the arrangements for the upcoming festival of Eid ul Azha.

Religious heads and prominent citizens raised various concerns regarding the smooth conduct of the festival, including notification of rates for sheep, goat and chicken, quality of sweets, cleanliness during Eid, supply of ration and LPG, uninterrupted supply of water and electricity, medical facilities and traffic management plans. The Deputy Commissioner directed all concerned officers to ensure necessary arrangements are put in place in advance so that people

do not face any difficulties during the celebration of Eid ul Azha.

President of DGPC Poonch, Narinder Singh, assured that DGPC will provide full support if any kind of need arises during Eid.

The Deputy Commissioner directed various departments, including AD Food, Legal Metrology, Animal Husbandry, Sheep Husbandry and Municipality to start market checking and ensure strict implementation of approved market rates of chicken, mutton, bakery, quality of sweets and other items during Eid. He also instructed them to take strict action against black marketers, hoarders and erring shopkeepers as per the law. The Deputy Commissioner directed ARTO Poonch, Basharat

Mehmood to take strict action against overloader as per law and prepare route management plan to avoid traffic jam plan or any incidents during the Eid festival

During the meeting, the DC directed the Engineers of PDD and PHE to ensure adequate supply of electricity and water to the citizens of the district during the Eid celebrations.

The Municipal authorities were directed to launch a cleanliness drive at Eidgah and other congregation places before Eid.

AD Food was directed to provide ration in every place, including far-flung areas, before Eid, so that people do not face any difficulties.

The Deputy Commissioner emphasised the importance of ensuring that the roads are safe and free from any obstructions or hazards, especially during the festival when people are expected to travel and commute more frequently.

In addition to this, he also directed the Chief Medical Officer to ensure that medical facilities are available.

Prominent citizens and dignitaries from various sectors were present at the meeting, including President DGPC Poonch, Narinder Singh; Imam Jama Masjid Poonch, Mufti Farooq Ahmed Misbahi; President DASHNAMI Akhara Poonch, Harbans Lal; Chairman Pir Panchal and Human Rights Organisation Poonch, Adv. Mohammad Zaman; and Taj Mir, among others.

DECC organises Job Fair at ITI Kishtwar

JJ NEWS SERVICE

KISHTWAR, JUNE 19: DECC Kishtwar organised Job Fair (Rozgari Mela) in collaboration with J&K Skill Development Department at ITI Ground Kishtwar wherein more than 500 students from different areas of the district participated.

Joint Director Employment Jammu, Dr. Khalid Hussain Malik formally inaugurated the Mela.

The Mela started with the inspection of stalls of line departments running self-employment schemes besides 12 companies from varied sectors also participated in the Rozgari Mela.

Representative of DIC, EDI, Agriculture, Horticulture, Handicrafts & Handloom, KVIB guided the youth for opting for the self-employment schemes as a career option. DECC team assisted the students in registration at JAKAEMP/NCS portal so that the participants could opt for various job opportunities available as per their skill set within the J&K and outside. Deputy Director DECC Doda /Kishtwar, Idress Lone, Principal, ITI, HDO SDAO, District Incharge EDI, representative of ITI, faculty and students of ITI also participated in the mela.

District officers allocated the participants about various self-employment generation schemes and mission youth schemes being implemented by DECC like TEJASWANL, MUMKIN and Spurring Entrepreneurship. The mela witnessed an interactive session of participants with Dr. Khalid Malik, Joint Director Employment Jammu who informed the participants about importance of registration, counselling sessions, job fairs and the JAKEMP portal.

The DECC provided an online link to the participants for registration and assured the participants that in future all will be invited to participate in job fairs to opt their career of their choices.

Janta Dal United's J&K President calls on Lt Governor



JJ NEWS SERVICE

SRINAGAR, JUNE 19: Sh GM Shaheen, President J&K Janta Dal United (JDU), called on Lieutenant Governor Shri Manoj Sinha at Raj Bhawan, today.

Sh Shaheen discussed with the Lt Governor various public important issues pertaining to fixation of rates of Houseboats and Hotels, completion of pending development works and avenues to boost the economy of Srinagar during Shri Amarnathji Yatra. He also extended support and cooperation of his party in the smooth conduct of Shri Amarnathji Yatra.

The Lt Governor assured Sh Shaheen that the issues projected by him will be looked into earnestly for early redressal.

DDC member, delegations of INDEF, Water-sports athletes call on Lt Governor



JJ NEWS SERVICE

SRINAGAR, JUNE 19: Ms Choudhary Shaista, DDC Member from Faqir Gujri Srinagar called on Lieutenant Governor Shri Manoj Sinha at Raj Bhawan, today.

The DDC Member apprised the Lt Governor on various development issues and implementation of Pradhan Mantri Awas Yojana in her constituency.

A delegation of Indian Engineers' Federation (INDEF) headed by its Chairman Sh S. Ananth, submitted a memorandum of demands to the Lt Governor pertaining to various welfare issues of the engineering community.

Later, a delegation of Water-sports athletes from J&K also called on the Lt Governor.

DC Udhampur chairs meeting of Education department

JJ NEWS SERVICE

UDHAMPUR, JUNE 19: In order to review the working of education sector in the district, the Deputy Commissioner, Sachin Kumar Vaishya chaired a meeting of officers of education department today.

Earlier, Chief Education Officer, Geetu Bangotra apprised the DC about the education profile of the district.

The DC took zone-wise extensive review of the functioning of the educational zones of the district from concerned Zonal Education Officers. The DC emphasised upon the officers to ensure quality of teaching learning process and stressed upon the importance of regular and effective monitoring of functioning of the schools for better outcome and instructed the ZEOs to conduct frequent visits to schools in their respective areas.

He directed them to conduct regular field visits in their respective areas and prepare the record note on daily basis. DC emphasised upon regular inspection of schools by the ZEOs to check the attendance of the teaching staff and academic activities. ZEOs were directed to take all necessary measures to ensure that all teachers attend school regularly and perform their duties utmost dedication. He directed the ZEOs to work out school wise remedial classes and prepare the plan immediately besides Principal DIET was directed to organise training programme in the district.

DC reviews issues on Udhampur-Chenani NH-44, Sudhmahadev NH-244



JJ NEWS SERVICE

UDHAMPUR, JUNE 19: Deputy Commissioner Sachin Kumar Vaishya convened a meeting to review issues related to National Highway Authority of India (NHAI), National Highway Infrastructure Development Corporation (NHIDCL), NH-44 and NH-244. The meeting was attended by Additional Deputy Commissioner Joginder Singh Jasrotia, other officers and representatives from executing agencies. During the meeting, detailed discussions were held on various issues, including house compensation, restoration of damaged houses, traffic congestion, road clearance for the Shri Amar Nath Ji Yatra and expediting physical progress to meet timelines. The officers were instructed to promptly resolve any pending land issues in their respective areas and ensure the disbursement of house compensation within a week. The executing agencies were directed to accelerate the pace of work on ongoing projects to ensure their timely completion. The Deputy Commissioner emphasised the need for coordination with other departments and urged the executing agencies to mobilise manpower and machinery accordingly.

Vitasta Cultural Festival: Colourful pre-events bring thrills to venues in Srinagar, Badgam

AUDIENCES FLOCK TO EXPERIENCE MESMERISING LIVE FOLK PERFORMANCES

JJ NEWS SERVICE

SRINAGAR, JUNE 19: As part of ongoing series of pre-events leading up to the grand 'Vitasta Cultural Festival,' scheduled to take place from June 23rd to 25th at the Sher-i-Kashmir International Convention Centre here, a diverse range of cultural programmes unfolded on Monday in the districts of Srinagar and Budgam.

These programmes are aimed at setting the stage and creating

an atmosphere of anticipation for the upcoming festival by showcasing the rich cultural heritage and artistic talents of Jammu and Kashmir.

The grand festival, an initiative of the Union Ministry of Culture and organised through the North Zone Cultural Centre, Patiala, aims to bring to life Prime Minister Narendra Modi's vision of 'Ek Bharat Shreshtha Bharat' (One India, Great India) under the Azadi Ka Amrit Mahotsav initiative. Also, the primary pur-

pose of holding this prestigious festival in the Valley is to celebrate and showcase the rich cultural and traditional heritage forms, including music, singing, dances, handicrafts, and cuisine, unique to the region of Jammu and Kashmir.

On Monday, the colourful artistic events were organised at the venues in Srinagar's Sonwar, Amira Kadal and as well as at the Girls Higher Secondary School in Magam village of central Kashmir's Budgam. These ven-

ues became hubs of artistic expression, stirring up the spirit of cultural celebration and leaving a lasting impression on attendees.

The performances by predominantly native artists left audiences mesmerised. These performances ranged from traditions of folk songs and dances to folk forms of art such as Dhambali, Kuf dance, Jagran, Bach Nagma, Rauf, Chakri, Geetu, Dogri, and so on. Meanwhile, the organisers said

that a series of pre-event programmes would be organised at the venues of the Auditorium of Sher-e-Kashmir University, Kotli Bagh Girls School, Government College of Education and picturesque riverfront.

In addition, a calligraphy camp will commence at Bemina Government College in Srinagar on June 21 with its culmination on June 25. The camp has been designed with the intention of nurturing the art of calligraphy and celebrating the rich heritage of diverse writing styles.

Amar Singh College hosts Cultural event

JJ NEWS SERVICE

SRINAGAR, JUNE 19: In continuation to the series of events being organized under the aegis of Vitasta Festival, a colorful cultural event was held at Amar Singh College, Srinagar on Saturday as part of the on-going Azadi Ka Amrit Mahotsav.

The festival was aimed at bringing forth the rich cultural heritage of Jammu and Kashmir in general and the revival of communal harmony and unity in diversity, which has been an inseparable part of this region, since times immemorial.

The festival witnessed a galaxy of artists and talented performers from across the union territory of Jammu and Kashmir showcasing the traditional folk performances of various regions.

The event consisted of traditional folk performances like Bhand Pather, Bach Nagma, Kudjagarna, Dhambali, Dogri



Dance, Geetu, Kashniri Rouff etc. The cultural festival began with a warm welcome address by Prof Heena Amin, Convener, Cultural Committee, Amar Singh College. Prof. Heena emphasized upon the importance of understanding our culture through traditional folk performing arts and the need to preserve our identity.

ARTISTS ENTHRALL AUDIENCE

The event began with a Qawali by Basit and his team, from the department of Music, Amar Singh College, followed by Bach Nagma by Ishfaq Ahmad and his team. A folk dance of Jammu region was performed by Kalu Devi and her group while Mushtaq Ahmad and his group performed a traditional Rouf, followed by Jagarna, a traditional folk dance of Jammu region by Rakesh Khona and party.

Another beautiful performance called Sukshami was performed by a group from Sukshami Academy, Jammu. The artists enthralled the huge audience by their talent and earned applause from the audience. Principals of the host college, Prof. Sheikh Ajaz Bashir appreciated and congratulated all the performing teams and the cultural committee and department of music of the college for

the successful event. He said that every nation and region has its own cultural identity, which is depicted through its tongue, literature, folklore and unique dance styles etc.

Programme Officer, North Zone Cultural Centre Patiala, Ministry of Culture, GoI, Ravinder Sharma, who was present on the occasion extended his gratitude to the host college and appreciated the thrilling performances by the artists.

A large number of guests, faculty and students attended the event and applauded all for such an entertaining programme.

Syed Mansha and Arif Rasheed conducted the proceedings of the programme. The programme concluded with a vote of thanks by renowned Radio & TV artist Gulshan Badrani, while as Prof. Ovais Ahmad & Prof. Suzain Rasheed acted as Rapporteurs.

Director Agriculture inaugurates distribution of summer Flower Seedlings

Says, Department working to develop organised commercial floriculture units for entrepreneurship development under HADP

JJ NEWS SERVICE

SRINAGAR, JUNE 19: The Director Agriculture Kashmir, Chowdhary Mohammad Iqbal today inaugurated the sale of summer flower seedlings (Hybrid, Open pollinated) at Floriculture nursery Lalmandi Srinagar.

Director inspected different sections/ Hi Tech Poly houses of the floriculture nursery and interacted with the concerned technical experts.

Sharing his views, Director



Agriculture said that the department has introduced many initiatives to extend the activities under the floriculture development scheme.

Director Agriculture said that the department has introduced many initiatives to extend the activities under the floriculture development scheme.

He said home gardening is a new emerging trend in Kashmir and landscape gardening is now an integral part of home gardening. "We are endeavouring to develop organised commercial floriculture units which in turn will help in entrepreneurship development and livelihood security aiming youth, small land holding farmers", he added.

Owing to the geo climatic conditions of our region and being

one of the top tourist destinations in the country cut flowers, ornamental and aromatic floriculture has huge potential of employment generation, he said.

Director Agriculture asked the concerned officials to create awareness/ training programs for farmers, educated youth, so that they could get employment opportunities in the concerned trade.

Director was accompanied by Florist Kashmir, Dr. Anjum Rashid and other officers of the Nursery.

DC Budgam initiates shifting of PHC Kanir from rented to permanent building at Kanir, Chadoora

Says Distt. Admin. committed towards providing better healthcare facilities for well-being of people

JJ NEWS SERVICE



BUDGAM, JUNE 19: Continuing the endeavours to provide better healthcare facilities to people of the district, the Deputy Commissioner (DC) Budgam, Akshay Labroo today initiated shifting of Primary Health Center (PHC) Kanir from rented to a permanent building.

The DC also initiated work on establishing a Health & Wellness Centre (H&WC) at PHC Kanir in block Chadoora of District Budgam.

Vice chairman District Development Council (DDC) Budgam, Nazir Ahmad Jara; SDC Chadoora, Prince Noor-ul-Hamid; CMO Budgam, Mohd Ayoub; Block Medical Officer Chadoora and other

concerned accompanied the DC during the visit.

After inaugurating the facilities, the DC said that District Administration Budgam has given focused attention towards ensuring that health care services are housed in functional buildings with necessary infrastructure.

He said all possible measures are being taken to further upgrade and strengthen the healthcare sector across the district. On the occasion, the DC urged people to avail benefits of the facilities at these centres which include preventive, promotive and curative services and integrated Allopathic, AYUSH and Naturopathic systems for holistic approach towards health

and wellbeing of a person and community.

He requested Vice-Chairman DDC Budgam, PKIs and people of the area to collaborate with District Administration in maintaining this health and wellness centre dedicated by the Government to continue availing maximum health benefits.

The DC enjoined upon the Health functionaries to work in a mission mode for effective and efficient functioning of the Centres to serve its purpose in the larger interest of the people. He also emphasised them on giving focused attention towards vulnerable groups of the society.

The DC urged youth for pro-active participation in eradication of drug menace so that Budgam will become "Nasha Mukti" district.

Speaking on the occasion, CMO Budgam, Dr. Ayoub said, people of the area are going to get the best treatment and other medical assistance at this PHC.

Power shutdown

JJ NEWS SERVICE

JAMMU, JUNE 19: Superintending Engineer (Distribution), JPDCCL O&M Circle Kathua has informed that the power supply to Channi Ashram, Moga Langer, Channi, Moga Ashram and adjoining areas shall remain affected on June 22, 23 and 24 from 6 am to 9 am.

Employment Department launches training prog on mutual funds at Samba

JJ NEWS SERVICE

SAMBA, JUNE 19: Department of Employment J&K in collaboration with Bombay Stock Exchange (BSE) Institute Limited launched a skill-based training program on mutual funds for registered candidates through the District Employment and Counselling Centre in Samba.

The primary objective of this training program was to enhance the skills of the youth in non-conventional economic sectors such as banking and financial services, which have a high potential for employability.

Assistant Director Employment Samba, Sulakshana Thakur addressed the gathering of 30 trainees and stressed the need for such skill development programs to meet the demands of the industry. She highlighted the significance of having a trained workforce in areas like banking and mutual funds. Irfan Khanji from the BSE Institute Limited provided an overview of the training program and outlined its key features and benefits. The program is designed as a 50-hour training course to help individuals build a career in banking and mutual funds.

Upon successful completion of the training, participants will receive a certificate. The training program also prepares participants for the online examination conducted by the National Institute of Security Market. This certification will further enhance the trainees' credentials and increase their chances of securing job placements in related private sector companies. The program witnessed the participation of Career Counselling Officer of DE&CC, Samba along with faculty members from BSE Institute Ltd. Their involvement in the program ensures comprehensive guidance and support for the trainees, including career advice and job placement assistance. Overall, this collaborative effort between the Department of Employment J&K and BSE Institute Limited aims to equip the youth with the necessary skills and knowledge required to succeed in the dynamic field of banking and financial services, thereby enhancing their employment prospects in the private sector.

DM, SSP Doda act against traffic violators

Handover keys of 24 two-wheelers to transport & subordinate police officers for action against violators

JJ NEWS SERVICE

DODA, JUNE 19: In a special drive against violations of Traffic rules by two wheelers, District Magistrate Doda Vishesh Mahajan along with SSP Doda Abdul Qayoom handed over keys of 24 bikes and scooters to the transport and subordinate police officers for action against violators moving in Doda Town without helmets and violating the Motor Vehicle Act.

Pertinently, the District Magistrate time and again passed directions for acting against two-wheelers found moving without helmet and violating traffic rules in the district under relevant sections of the MV Act. Also, section 144 is in vogue in the district wherein petrol pumps have been restrained from issuing fuel to the bikers without helmet.

DM informed that the drive aimed at safeguarding the life and property of residents. He further informed that the drive shall continue and the enforcement agencies have been directed to deal with the violators with iron hand. The drive aims to save the precious lives and sensitize the drivers about their own safety and the safety of the others.

DM has urged the parents not to allow their wards to ride vehicle without helmet/ safety protocols, valid license and other documents as specified in the Motor Vehicle Act.

9th round of "Kisan Sampark Abhiyan" under HADP held in Ramban

JJ NEWS SERVICE

RAMBAN, JUNE 19: The first day of 9th round of ongoing Kisan Sampark Abhiyan (Farmers Orientation programme) under the aegis of Azadi Ka Amrit Mahotsav with the theme 'Atmanirbhar Bharat' was held today of 4 blocks of this district Ramban.

People turned up in large numbers and were keen to learn about the schemes of HADP and other Centrally Sponsored Schemes as well. The participating farmers were sensitized about various schemes aimed at holistic development and promotion of Agriculture and allied sectors so that the farmers can get maximum profit and create employment opportunities through the Agriculture sector.

The use of audio-visual aids to explain the schemes engaged and engrossed the farmers. Informative booklets in 03 (three) languages regarding the scheme of HADP were distributed among the participants.

A Baseline survey/Skill gap study of the farmers was also being carried out simultaneously during the Kisan Sampark Abhiyan. Farmers were also aware about Daksh Kisan and Kisan Sathi Portal. Farmers were also informed about the mode of application under these schemes using the KISAN SATHI- the IT Dashboard of the schemes developed by APD. A simple scan of the QR codes on the pamphlets takes the farmer to the KISAN SATHI Portal where he can register easily and there is no need for visiting any office for applying under any of the schemes.

The farmers were also apprised of DAKSH KISAN- a Learning Management System (LMS) for skill development of the farmers. A first of its kind in the country, DAKSH KISAN, has been developed by Agriculture Production Department, where 118 skilling courses as per the agro-climatic zones of the J&K UT are available for free to the farmers. In addition to this, thread bare discussions and Question Answer sessions were held at every panchayat following each video screening session to address farmers' concerns. Around 195 farmers were registered during the first day of the 9th round of Kisan Sampark Abhiyan.

DC reviews land acquisition cases in Poonch

JJ NEWS SERVICE

POONCH, JUNE 19: Deputy Commissioner Poonch, Yasin M Choudhary today held a meeting with the concerned officers to review the status of land acquisition cases in the district.

During the meeting it was highlighted that a total of 17 villages are involved in fresh acquisition of NH 144-A Akhnour-Poonch Highway out of which awards had been issued for 9 villages. These included 4 villages in tehsil Mendhar, 4 villages in tehsil Surankote and 1 village in tehsil Haveli. It was also noted that all land acquisition proceedings in tehsil Mendhar had been completed.

The DC directed the Tehsildars to attest the mutation of PMGSY, PWD and GREIF whose awards had been issued and submit the compliance report to Assistant Commissioner Revenue. The SDM of Mendhar and Surankote were instructed to prioritise the land acquisition proceedings.

The Deputy Commissioner told the Officer Commanding (OC) of GREF to take up the widening of the Poonch to Rawalkote road. Furthermore, the concerned authorities were asked to clear the pendency with regard to the payment of the awards within the shortest possible time.

DC Kulgam reviews District Good Governance Index

JJ NEWS SERVICE

KULGAM, JUNE 19: The Deputy Commissioner (DC) Kulgam, Dr. Bilal Mohi-Ud-Din Bhat today chaired a meeting of concerned officers of line departments to review the performance of indicators under District Good Governance Index at Mini Secretariat, Kulgam.

The Good Governance Index, developed by the UT Government with the Department of Administrative Reforms and Public Grievances (DARPG), is based on performance under 10 Government sectors, having 58 indicators which assesses the impact of various government interventions at district level and provides futuristic roadmap for improving district level governance and service delivery.

Ramban: Neeltop Summer Carnival concludes successfully

JJ NEWS SERVICE

RAMBAN, JUNE 19: The two-day Summer Carnival at Neeltop Ramban concluded today, leaving adventure enthusiasts hopeful for new opportunities. Organised by the Directorate of Tourism, Jammu and District Administration Ramban, the event showcased various adventure activities, including trekking, camping and musical performances.

The second day of the carnival commenced with a cleanliness drive at the base camp



Wasmarg, followed by a day-long trek through picturesque meadows. DDC Member Ramsou, Bashir Ahmed Naik,

flagged off a group of sixty adventure enthusiasts as they embarked on their trek to Eithangarh, Ramban from the base camp.

DDC Member Ramban, Bashir Ahmed, praised the organisers, particularly the Tourism Department, for arranging this fulfilled activity, which provided enriching experiences for the participants.

Deputy Commissioner Ramban, Mussarat Islam, stated that the objective of the trekking expedition was to promote national integration, foster a spirit of adventure in youth, build self-

confidence, raise environmental awareness and develop character.

Director Tourism Jammu, Vivekanand Rai, mentioned that this inaugural carnival at Neeltop, Ramban, was the first of its kind and expressed the department's plans to explore more uncharted and breathtaking landscapes in the region of Jammu. Joint Director Tourism Jammu, Sunaina Sharma Mehta, urged the participants to share their unique experiences on social media and other platforms to promote the unexplored destinations of the region.

Empowering Women Entrepreneurs: JKEDI and Startup India Collaborate for an Innovative Workshop

JJ NEWS SERVICE

SRINAGAR, JUNE 19: Jammu and Kashmir Entrepreneurship Development Institute (JKEDI) and Startup India (DPIIT), Government of India, jointly organized a workshop aimed at empowering women entrepreneurs of the UT of J&K.

The workshop was organized under the overall guidance of Commissioner Secretary, Industries and Commerce.

Dr. Hina Shafi Bhat, Vice Chairperson of KVIB graced the event as the chief guest.

"Empowering women entrepreneurs is not just about driving economic growth; it is about creating a more inclusive and equitable society. I am honored to be part of this collaborative effort by JKEDI and Startup India to provide women with the necessary tools and opportunities to thrive in the startup

ecosystem. Together, we can pave the way for a brighter future, where women's entrepreneurial potential knows no bounds," said Dr. Hina.

She also assured the Director JKEDI that all efforts would be made to financially link these aspiring entrepreneurs under various schemes of KVIB.

The workshop featured insightful sessions, including "Journey of the Startup Ecosystem in Jammu and Kashmir and Support by Startup JK," led by Kritika Narula and Neha Nagpal, experts from Startup India, which also highlighted the Startup India Initiative, its schemes, and the benefits it offers.

Ajaz Ahmad Bhat, Director JKEDI, felicitated the guests and delivered an impactful inaugural address, setting the tone for an engaging and productive workshop. The event was successfully

kicked off with an enthusiastic audience eager to enhance their entrepreneurial journeys.

"This workshop signifies the Government's commitment to empower women entrepreneurs. By fostering an environment of innovation and providing them with the necessary support and resources, we are creating a platform for their dreams to flourish. I believe this workshop will ignite a new wave of entrepreneurial success in our region," said Ajaz Ahmad Bhat.

The workshop serves as a significant platform for women entrepreneurs in J&K, empowering them with the necessary knowledge, resources, and networking opportunities. Under the leadership of LI Governor, Manoj Sinha and the guidance of Chief Secretary, J&K, the Government has introduced several initiatives to promote entrepreneurship and self-employ-

ment. The "My Town, My Pride" and "Back to Village" programs have emerged as highly effective platforms in this regard.

By facilitating their integration into the dynamic startup ecosystem of the country, JKEDI and Startup India aim to foster a thriving culture of innovation, entrepreneurship, and gender equality. The aim is to bridge the gap between aspiring entrepreneurs and established industry experts. Building on the momentum of day one, the workshop's second day will focus on an essential aspect of entrepreneurial success: "Pitching to Investors and Incubators." This highly anticipated session will be facilitated by Rahul Narvekar, CEO, and Founder of the India Network.

Narvekar, a seasoned entrepreneur and investor, will share his expertise and insights, guiding attendees through the intri-

cacies of crafting compelling pitches, securing crucial investments, and effectively leveraging the support of incubators to fuel business growth.

The first day of the workshop garnered widespread recognition for its comprehensive approach, addressing the diverse needs of women entrepreneurs. Around 150 aspiring entrepreneurs and startups participated and expressed their heartfelt appreciation for the collaborative efforts of JKEDI and Startup India in organizing such an empowering event.

Many local entrepreneurs like Nadish Rafiq (Kashmir Craft), Mehr Shaw (Maiden Kashmir), Mahoor Miftah (Imroz), Insha Mir (Eco Kash), Ruhab Lateef, Shaheena Akhter (Wearin Boutique), Nuzhat Akhter, Danish Rafiq, Gousia Nisar, Sheeba Shah among others participated.

Advisor Bhatnagar chairs 42nd BoDs meet of JKSCSTBCDC

J I NEWS SERVICE

SRINAGAR, JUNE 19: Advisor to Lieutenant Governor, Rajeev Rai Bhatnagar, today chaired the 42nd Board of Directors (BoDs) meeting of Jammu and Kashmir Scheduled Castes, Scheduled Tribes, and Backward Classes Development Corporation (JKSCSTBCDC) at Civil Secretariat here.

The meeting was attended by Commissioner Secretary, Social Welfare Department, Sheetal Nanda; Managing Director, National Safai Karamcharis Finance and Development Corporation, Prabhat Kumar; Managing Director, JKSCSTBCDC, Ulfat Jabeen, representatives of finance department, National Scheduled Castes Finance and Development Corporation, National Handicapped Finance and



Development Corporation and other members of the board, both in person and through video conferencing.

During the meeting, several key agenda items were addressed including financial performance, monitoring and evaluation mechanisms and identification of potential areas for further growth and development of the corporation. The Board also held in-depth deliberation on Action Taken Report of decisions taken in previous Board of Directors

meeting. Addressing the officers during the meeting, Advisor Bhatnagar remarked that JKSCSTBCDC has been established with a vision to uplift the marginalized communities and promote inclusive growth. It plays a crucial role in implementing government schemes and welfare programs for the betterment of these communities, he added. He emphasized the government's unwavering commitment towards welfare and development of Scheduled Castes,

Scheduled Tribes and Backward Classes. Advisor impressed upon the management of the corporation to identify more beneficiaries during this financial year so that maximum people can take benefit of schemes implemented by the Corporation. He also delved upon them to make a concrete plan for making recoveries of loans from defaulters.

During the meeting, the BoDs took some significant decisions for improving the overall functioning of the corporation.

The Board approved the draft accounts for the Financial Years 2021 and 2022 and also authorised the Managing Director of JKSCSTBCDC to file e-forms with Registrar of Companies. The Board also decided to charge interest as per the apex corporation, from beneficiaries.

The BoDs also asked corporation to establish a software in collaboration with J&K Bank for loan management of the beneficiaries.

During the meeting, Financial Advisor, JKSCSTBCDC, gave a detailed presentation on achievements of the corporation. It was given out that under Bank tie-up scheme, 30333 beneficiaries from SC, ST and BC communities were facilitated by the corporation upto March 2023. Similarly, it was informed that 41383 beneficiaries were facilitated under Direct Financing scheme.

DC Rajouri reviews availability of basic facilities in schools, AWCs

J I NEWS SERVICE

RAJOURI, JUNE 19: The Deputy Commissioner Rajouri, Vikas Kunal, chaired a meeting with officers from the Integrated Child Development Services (ICDS) and Education Department to discuss the availability of functional drinking water and toilet facilities in schools and anganwadi centers across the district.

The DC stressed the need for proactive measures to be taken to ensure that functional drinking water and toilet facilities are available in all schools and anganwadi centers. He directed the officials to conduct regular inspections of these facilities and take necessary steps to address any issues or deficiencies.

The officers from the ICDS and Education Department assured the DC that they would take immediate action to address any issues related to drinking water and toilet facilities in schools and anganwadi centers.

The DC said that providing functional drinking water and toilet facilities in schools and anganwadi centers are the basic necessities of the students and staff. He urged the officials to work together to ensure that these facilities are available in all schools and anganwadi centers across the district.

The meeting ended with a commitment from all officials to prioritize the availability of functional drinking water and toilet facilities in schools and anganwadi centers, and to take all necessary steps to ensure that these facilities are maintained and improved in the future.

The meeting was attended by District Programme Officer Rajouri, Shoket Mahmood Malik; Chief Planning Officer, Mohammad Khurshid; District Social Welfare Officer, Wakeel Ahmad Bhatt; Child Development Project Officers and Zonal Education Officers.

DC Rajouri reviews water, power supply after recent wind storm & rain

J I NEWS SERVICE

RAJOURI, JUNE 19: The Deputy Commissioner Rajouri, Vikas Kunal, chaired a meeting with officials from the Power Development Department (PDD) and Jal Shakti Department to review the status of restoration of public utilities (water, power supply) in the wake of recent windstorm and rain in the district.

During the meeting, the DC directed the officials to ensure the earliest possible restoration of power supply and water supply to affected areas. DC directed for immediate restoration of water and power supply so that the public do not face any inconvenience. He emphasized the importance of taking immediate action to address any issues or deficiencies in the infrastructure and to minimize the inconvenience caused to the public.

The DC also instructed the officials to conduct regular inspections of the power and water supply infrastructure and take necessary steps to prevent future damage. He emphasized the need for proactive measures to be taken to ensure that the infrastructure is maintained and improved in the future.

The officials from the PDD and Jal Shakti Department assured the DC that they are working round the clock to restore power and water supply to affected areas.

The DC also asked them to continue working towards the earliest possible restoration of public utilities.

He emphasized that providing uninterrupted power and water supply is a basic necessity of the public and the administration is committed to ensuring that these services are available to all.

The meeting was attended by the Chief Planning Officer, Mohammad Khurshid; Superintending Engineer of Hydraulics, Bhrum Jyoti Sharma; Executive Engineer of Jal Shakti Rajouri, Ashwini Sharma; and Executive Engineer of PDD Rajouri, Tasaddiq Hussain and other concerned officers.

Div Com Kashmir reviews arrangements for Eid ul Azha & Muharram ul Haraam

DIRECTS DCS, OFFICERS TO ENSURE AVAILABILITY OF ESSENTIALS IN MARKET; CONDUCT WIDE SPREAD MARKET CHECKING

J I NEWS SERVICE

SRINAGAR, JUNE 19: The Divisional Commissioner (Div Com) Kashmir, Vijay Kumar Bidhuri today chaired a meeting to review the arrangements for the celebration of Eid ul Azha and observation of Muharram ul Haraam in the province.

The meeting was attended by Deputy Commissioners and officers of Sheep Husbandry, FCS&CA, SMC, Legal Metrology, HoDs of line departments besides representatives of mutton dealers and various associations of Shia community.

While reviewing the arrangements for Eid ul Azha, Div Com passed a



slew of directions to DCS and officers for ensuring all necessary facilities to the public including availability of sacrificial animals at designated locations and availability of essentials in the market.

Afhe further directed DCS to constitute market checking teams to keep prices under control and prevent overcharging by

traders. Besides, he also directed for smooth supply of electricity on the eve of Eid-ul-Azha across Kashmir Division especially at Aasar-i-Sharief Hazratbal, Kalashpora, Jenab Sahab Saura, Ziyarat Sharief Kabaamarg, Anantnag, Ziyarat Sharief Khirram, Anantnag, Ziyarat Sharief Makhama and Ziyarat Aham-i-Sharief,

Bandipora.

The Div Com directed for capturing of stray dogs by SMC across all major Shrines/ Masjids so that no un-toward incident of dog bite takes place.

Besides, he instructed for making availability of an adequate number of buses during Eid-ul-Azha and identification of specified parking areas. He impressed on placement of Sanitary Workers for cleanliness and sanitation in and around the periphery of Aasar-i-Sharief, Hazratbal, Eid-Gah, Srinagar and other major locations in districts. Regarding the observation of Muharram ul Haraam, Div Com directed for necessary repairs and development of routes through which muharram processions are taken by the mourners.

GDC Ramgarh organises "Door-to-Door Campaign on Yoga"

J I NEWS SERVICE

SAMBA, JUNE 19: The National Service Scheme (NSS) Unit-Prabha of Government Degree College Ramgarh celebrated 'International Yoga Day 2023' under the aegis of

Azadi Ka Amrut Mahotsav by organizing week long activities on Yoga. The third activity in the series was "Door-to-Door Campaign on Yoga" which was held today under the supervision and leadership of Prof. (Dr.) Geetanjali Andotra, Principal of

the College. The NSS Unit Programme Officer Dr. Shamsher Lal and NSS volunteers conducted a Door-to-Door campaign in the adopted village, Kalah to educate the people about the benefits of Yoga.

Sanjay Pahalwan of Pargwal Akhnoor lifts Kharah Kesri Dangal Championship

J I NEWS SERVICE

JAMMU, JUNE 19: Sanjay Pahalwan of Pargwal today lifted Kharah Kesri Dangal title by defeating his rival Vikas Pahalwan of Haryana in the famous Kharah Kesri Dangal Championship which held here at Kharah today.

As many as 60 wrestling bouts were held and the highest was played between and Sanjay Pahalwan of Pargwal and Vikas Pahalwan of Haryana.

Joint Director Youth Services



and Sports Jammu, Suram Chand Sharma presided over the

function and distributed prizes to the winners and the runners

up on the occasion.

While speaking on the occasion, Mr Sharma thanked the participants and exhorted upon the youth to take part in sports which is the best way to channelise youth energy.

The Government is taking all out efforts to provide basic minimum sports facilities to the youth at their door steps to promote sports culture among Youth, he added.

Among others, Joint Director Industries Jammu, Surinder Paul Sharma, District Youth

Services and Sports Officer Jammu, Sukhdev Sharma, Tehsiladar Kharah- Balli, Ramesh Chander, Janak Raj, Ashok Sharma, Master Des Raj, Milkhi Ram, Shota Ram, Chuni Lal, Tej Ram, Suresh Kumar, Dr Surinder, Prithi Ram, Janak Raj, Ramesh Sharma, Sat Paul Sharma, Capt. Ramesh Chander, Parshotam Lal Numberdar, Suram Thakyal, Ramesh Kumar, Tilak Raj and large number of locals and other prominent persons were present on the occasion.

VITASTA CULTURAL FESTIVAL

NZCC, JKAACL collaborate to host week long painting camp in Srinagar; native, guest artists participate

J I NEWS SERVICE

SRINAGAR, JUNE 19: A prestigious painting camp themed "The Beauty of Kashmir" commenced here on Monday at Shri Pratap Singh (SPS) Museum at Lal Mandi here.

This remarkable event is part of a series of programmes being organised to commemorate the "Vitasta Cultural Festival", set to take place from June 23 at SKICC Srinagar.

A total of 16 artists consisting of celebrated veterans and emerging talents hailing from Jammu and Kashmir, as well as Punjab, Haryana and Rajasthan

excitedly joined this artistic endeavor. The painting camp, a collaborative effort of North Zone Cultural Centre (NZCC), Patiala and the Jammu and Kashmir Academy of Art, Culture, and Languages (JKAACL), is scheduled to span until June 25, allowing ample time for creativity to flourish.

The artistic creations produced during this camp will be showcased at the prestigious "Vitasta Cultural Festival," at SKICC on June 23.

Secretary JKAACL, Bharat Singh, inaugurated the camp. Extending warm greetings to the participants, he said, "Organising

such a unique painting camp serves as a medium to inspire artists, particularly budding talents by providing them with a platform to showcase their skills. Artists possess the inherent ability to transform any object or natural scenery into a more captivating form through their boundless imagination, he opined"

NZCC Programme Officer, Ravindra Sharma, also extended a heartfelt welcome to all the participants attending the camp.

During the event, renowned Kashmiri artist, Masood Hussain, appreciated the organisers for hosting the painting camp in Srinagar. He emphasised that

such initiatives play a crucial role in promoting and nurturing the world of art.

He said, "When an artist receives encouragement, the impact of their art extends beyond their own selves." It benefits not only the artist but also the country and the world at large. When an artist takes up a brush and begins shaping the realms of their imagination onto the canvas, they transcend worldly concerns and immerse themselves in the realm of their art. In such moments, it becomes crucial to support and uplift the artist."

He further said, "In these

camp, when local artists have the opportunity to interact with artists from different states, both parties reap the benefits in their respective artistic domains. Moreover, these encounters offer a unique chance for cultural exchange and understanding."

Among the participants, junior artists such as Snober Jeelani Shah and Irfan Jara expressed their delight at getting the opportunity to join this prestigious painting camp.

They conveyed their excitement about the invaluable experience and knowledge they hoped to gain from this prestigious event.

DLC dispose off 07 cases under change of land use in Udhampur

J I NEWS SERVICE

UDHAMPUR, JUNE 19: A meeting of the District Level Committee on change of land use was held today under the chairmanship of Deputy Commissioner Udhampur, Sachin Kumar Vaishya.

ACR, Rafiq Ahmed Jara gave a brief about the change of land use across the District. He apprised the DC that today 24 applications were placed so far.

During the meeting, the DLC committee disposes off seven numbers of applications received online from the applicants from across the district.

The DC enquired about the status of NOCs being issued in favour of applicants and application received and follows up status by the concerned departments.