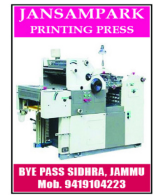




JINDRAH IMAGES



DAILY | JAMMU | VOL NO:10 | ISSUE NO:142 | PAGES: 12 | PRICE: Rs 2/- | RNI NO:JKENG/2013/49471 | POSTAL REGD. NO. JK-497/22-24 | dailyjindrahimages.com/Epaper.php | jindrahimages123@gmail.com

Yoga belongs to whole world and indeed to all of mankind: LG Sinha

J1 NEWS SERVICE
ANANTNAG, JUNE 20

Lieutenant Governor Shri Manoj Sinha paid obeisance to Swami Ashokanandaji, the founder of Shri Ramkrishna Mahasammelan Ashram, Nagaland, Achabal, Anantnag, today. Swami Ashokananda



MoU between KCCI and ESC is a momentous occasion for J&K UT: Lt Governor Sinha

J1 NEWS SERVICE
SRINAGAR, JUNE 20

Kashmir Chamber of Commerce and Industry (KCCI) today inked a Memorandum of Understanding (MoU) with



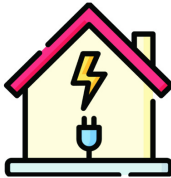
No power cut in Jammu city from 20th June: JKPD

J1 NEWS SERVICE
JAMMU, JUNE 20

In its endeavors towards providing respite to consumers from scorching hot weather prevailing in Jammu region, the Jammu and Kashmir Power Development Department (JKPDD) has announced that there will be no power curtailment in Jammu City from 20th June onwards.

According to an official communique received here today in this regard, the power cut shall be restricted below 6 hours rural/unmetered areas.

This improvement in power supply situation has been attributed to certain recent developments in power sector of Jammu and Kashmir like J&K's own power generating plant i.e. 900 MW Baglihar HEP, which was generating at a reduced capacity due to low discharge of water in river



Chenab, has now picked up at its full rated capacity.

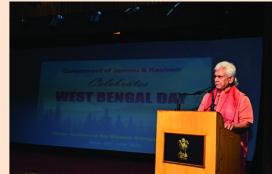
Similarly, the power allocation from Government of India has increased by 200 MW from Hydro generating stations located outside J&K from where J&K imports power, due to improved generation in central Sector hydro generators such as Naphtha Jhakri, Koldam and Tehri. Additionally, there has been an improvement in thermal generation also by around 60 MW, leading to higher allocation of power to J&K.

JKPDD spokesperson

elaborated that in the present era of digitalization, stringent payment security mechanisms have been introduced by the power generating companies (gencos), whereby, JKPD has to make advance payments to the gencos for procurement of power. It is worthwhile to mention that the power procurement price from market is also soaring high with average per unit price ranging from Rs. 5 to Rs. 7, against which J&K is charging heavily subsidized average tariff of Rs. 3 only per unit from the residential consumers.

In light of above, the JKPD spokesperson has appealed the general public to use power judiciously and pay their electricity bills in time enabling JKPD make timely payments to gencos and ensure smooth power supply to consumers during these peak summer days.

J&K Raj Bhawan celebrates West Bengal Statehood Day



J1 NEWS SERVICE
SRINAGAR, JUNE 20

Jammu Kashmir Raj Bhawan today celebrated the West Bengal Statehood Day. Students, Security personnel and the people of West Bengal currently living in J&K UT were the special invitees for the cultural programme organized

CONTINUED ON ► PAGE 4

SIA raids several locations in Kashmir

J1 NEWS SERVICE
SRINAGAR, JUN 20

SIA Kashmir conduct on Tuesday conducted searches at many locations in a case related to misuse or social media platforms for unlawful activities.

In a statement, issued to the news agency a spokesperson said that the raids were conducted in Srinagar, Anantnag, Pulwama and Kupwara.

The statement reads that the searches were carried out as part of an ongoing investigation in case FIR No 05/2023 of Police Station SIA/ CIK pertaining to misuse of social media platforms for unlawful and secessionist activities.

"The case was registered by SIA Kashmir, regarding India-based social media entities collaborating with their foreign associates to spread hatred against India and promoting terror activities," it reads.

It added that raids were aimed to uncover the individuals and groups involved in propagating secessionist, anti-India sentiments through various social media platforms.

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19 injured as bus falls into canal in Samba

J1 NEWS SERVICE
SAMBHA, JUN 20

At least 19 persons, mostly outside labourers, were injured after a bus they were travelling in fell into a canal in Gagwal area of Samba district.

An official told the news agency that the accident took place late last night after a bus ferrying passengers from Smtora Chni to Gagwal fell into a canal.

He said that in the incident 19 persons were injured and they have taken to a nearby hospital.

The official said that most of the injured persons are labourers from outside Jammu and Kashmir. KNO

Allow No overweight vehicle to ply on National Highway: CS



J1 NEWS SERVICE
SRINAGAR, JUNE 20

Chief Secretary, Dr Arun Kumar Mehta today directed the concerned to intensify their checking at Toll Plazas and not allow any misfit or overloaded vehicles to ply over the main national highway as they break-down on the way causing massive inconvenience to others.

The meeting was attended by Principal Secretary, PWD; Divisional Commissioner, Jammu; Deputy Commissioner Jammu/ Udhampur/ Ramban; Chief Engineer, R&B, Kashmir/Jammu besides other concerned officers.

Dr Mehta took note of the reports of traffic jams on the highway for last few days and enquired about its status

CONTINUED ON ► PAGE 4

Explore more Gandola projects under PPP mode: CS

J1 NEWS SERVICE
SRINAGAR, JUNE 20

Chief Secretary, Dr Arun Kumar Mehta today chaired the 33rd meeting of Board of Directors (BoD) of the J&K Cable Car Corporation (JKCC) here in which important decisions regarding expansion of activities of the corporation were taken by the members of the Board.

The meeting was attended by Principal Secretary, Finance; Secretary, Tourism; Director Tourism, Kashmir; DG, Budget; DG, Expenditure Division-I; MD, JKCC besides other concerned officers.

During the BoD meeting, Dr Mehta impressed upon the officers to take up the work of maintenance and upgradation of Gulmarg Gandola an earliest as it is a major asset of the corporation and caters to thousands of tourists each month. He asked for carrying out thorough inspections of all its installations by a technical team so as to ensure safety and comfort of the tourists.

The Chief Secretary enjoined upon the officers of the Corporation to explore the possibility of establishing many such cable car

CONTINUED ON ► PAGE 4

Amarnath Yatra: DGP chairs high level security review meeting

J1 NEWS SERVICE
SRINAGAR, JUN 20

Ahead of Amarnath Yatra, the Director General of Police (DGP) Dilbag Singh Tuesday chaired a high level security review meeting here at Police Headquarters. The DGP during the meeting took a comprehensive review of the security arrangements being placed for the Yatra.

The meeting was attended by Spl. DG CID, J&K, R. R. Swain, ADSP S. J. M. Gillani, M.K Sinha, Vijay Kumar, IGP Hqs/Traffic B S Tuti, DsIG Sujit Kumar, Vivek Gupta, Imtiaz Ismail



Parray, Rayees Mohammad Bhat, Shahid Mehraj, DIG HG/CID Kashmir, Divisional Commandant HG Srinagar, SSP Security Kashmir, District SSP of Srinagar, Bandipora, Ganderbal, Pulwama, Budgam, Kulgam & Anantnaga, SSP Traffic Srinagar, ASIG of PHQ attend the meeting at PHQ. While

ADGP Jammu Mukesh Singh, DiSG Sunil Gupta, M Suleman Choudhary & Shakil Pathak, District SSP of Jammu, Kathua, Samba, Udhampur, Ramban, Shopian, Kupwara & Handwara, SSP Traffic Rural/City and SSP Security Jammu attended the meeting through

CONTINUED ON ► PAGE 4

BOTTOMLINE

Jammu to see high-profile visits in mid- June

J1 NEWS SERVICE
JAMMU, JUN 20

Vice President Jagdeep Dhankhar will be on his maiden visit to Jammu and Kashmir on June 22, followed by two more high-profile visits, including that of Union Home Minister Amit Shah on June 23 and Defence Minister Rajnath Singh on June 26.

Officials told news agency, that the visit of the Vice President holds immense significance for the region as it marks his inaugural visit to the Union Territory after assuming the top office. As per officials, the Vice President scheduled to attend the Special Convocation of the University of Jammu.

Confirming the details of the visit, the Vice President's Secretariat said the Vice President's



visit, scheduled for June 22, 2023, will primarily revolve around attending the Special Convocation of the University of Jammu, and the arrangements for the same have already been put in place. During the course of the event, apart from addressing the gathering, the Vice President will also hand over gold medals to the top 10 students.

As part of his itinerary, after the Special Convocation, the Vice President will proceed to the town of Katra. From there, he

will undertake a visit to the revered holy shrine of Mata Vaishno Devi to seek blessings. Additionally, during the day-long visit, the Vice President will also visit the Jammu and Kashmir Raj Bhawan, the official residence of the Lieutenant Governor.

Moreover, Union Home Minister Shah is scheduled to address a public rally in Jammu to mark the "martyrdom day" of BJP ideologue Syama Prasad Mookerjee.

He will also hold a review of security arrange-

ments for the annual Amarnath Yatra, which will commence on July 1. Security forces, especially the J&K Police, are focusing on securing all routes for Amarnath pilgrims. Rajnath will address a "Security Convolve" at Jammu on June 26.

Meanwhile, Bharatiya Janata Party (BJP), Jammu & Kashmir, led by party General Secretary (Organisation) Ashok Koul and J&K BJP Seh-Prabhaari, Ashish Sood discussed the preparations for the upcoming public rally of Union Home Minister Amit Shah and Defence Minister Rajnath's visits.

Ashok Koul, while addressing the meeting, stressed upon the party leaders to go for minute planning to manage every aspect of the rally.

CONTINUED ON ► PAGE 4

Five missing persons reunited with families in Reasi: Police

J1 NEWS SERVICE
REASI, JUN 20

Jammu and Kashmir Police on Tuesday claimed to have reunited five missing persons with their families in Reasi district.

A police spokesman in a statement issued to the news agency reads that one Mohd Hanief, son of Akbar Ali of Channa Tehsil Chassana Reasi reported at Police Station Chassana that his daughter is missing from home.

"The missing report has been entered vide DDR No.15, Dated -17/06/2023 and the girl has been reunited with the family. In another incident, a Police team of Reasi traced another missing girl namely Nazma Bibi, wife of Shoket Ali, daughter of Khan Mohd, whose missing report was entered vide DDR number 08 dated 31/05/2023.

CONTINUED ON ► PAGE 4

Following & consistent hectic efforts, police said that the said girl has been traced out from Bhatindi, Jammu and after completing all legal formalities, the missing report has been closed vide DDR no.15, Dated -17/06/2023 and the girl has been reunited with the family.

In another incident, a Police team of Reasi traced another missing girl namely Nazma Bibi, wife of Shoket Ali, daughter of Khan Mohd, whose missing report was entered vide DDR number 08 dated 31/05/2023. "After the hectic efforts team of Police remained successful in tracing the missing girl. After completing all legal procedures, the girl was handed over to the family," police said.

In another incident,

one Kulwant Singh, son of Ram Das of Bhagtha Tehsil Katra came to P/S Katra and produced an application for lodging the missing of their two children namely Sumeet Kumar, son of Vijay Kumar, Raghbir Singh, son of Kulwant Singh- both aged 12 yrs and both neighbours and friends.

"On 14-06-2023 at about 1:30 hrs afternoon we found missing from home and gone somewhere out of Bhagtha or somebody has kidnapped our children and taken away. On this, a case under FIR number 193/23 under section 363 IPC registered and investigation entrusted to PSI Raghav Chhalotra," police said.

CONTINUED ON ► PAGE 4

Human rights abusers not eligible for key appointments in J&K child rights panel: Govt

J1 NEWS SERVICE

Srinagar, Jun 20 (KNO): Those involved in violation of human rights or child rights are not eligible for appointment as chairperson or member of Jammu & Kashmir Child Rights Commission, says Jammu & Kashmir Government.

A notice issued by the Government a copy of which is in possession of news agency states that those with past record of violation of human rights or child rights are ineligible for key statutory positions in the rights body.

According to the notice, those sentenced and convicted for an offence which in

CONTINUED ON ► PAGE 4

Festival director Dr. M. A. Mummigatti announces first momentous K L Saigal Award for IFFJK

Kannada actor Jai Prabhu to produce film jointly collaborating north-south



J I NEWS SERVICE

JAMMU, JUN 20: Universal Film Makers Council (UFMC) and Harman Cultural & Educational Society (HC&ES) that is jointly organizing a mega International Film Festival of Jammu and Kashmir in Shri Mata Vaishno Devi Spiritual Growth Centre, Katra, Jammu in month of August 05th & 06th, today announced first momentous K L Saigal Award for International Film Festival of Jammu and Kashmir and called upon the people of UT to join the extravaganza for bigger participation.

Addressing a press conference here today UFMC President Dr. M. A. Mummigatti, a world

renowned iconic figure in cinema promotion said that his vision is to bring all regional and India cinema under one ambit for collective prosperity. "Jammu and Kashmir is land of diverse beauty and intellect and conducting a festival here would send a message globally about peace and tranquility existing here.

Dr. M. A. Mummigatti was flanked on dais with a renowned Kannada Actor Jai Prabhu who has come to Jammu to announce big film project here.

Gurvinder Kour, General Secretary HC&ES also shared the date on the occasion. He said that for organizing festivals and screening of films in Jammu, the entries for the same can be watched on

the official website www.ufmc.org in where the filmmakers may submit their films at the earliest.

Elaborating over the varied number of awards and prizes of the show, Dr. M. A. Mummigatti said that IFFJK would pioneer in raising the first ever K L Saigal Award from Jammu which would be a global insignia for all festivals and the honour would be bestowed upon big celebrities of Bollywood and cinema world.

"It is for the first time in the history of Indian Cinema that K L Saigal Award has been constituted and I feel privileged to have it started from Jammu," said Dr. M. A. Mummigatti adding UFMC's associates include

top directors like Ramesh Sippy, Subhash Ghai and South Celebrity Star Suman Talwar who completed 700+ Films in Multi Language and other directors of their ilk who are connected with his endeavors and are always at a hands support to raise the cinema at higher zeniths.

Big stars from Bollywood as well as from South will be reaching Jammu during August International Film Festival of Jammu and Kashmir.

Jai Prabhu, the rising super star of Kannada movies while speaking on the occasion said that he along with Dr. M. A. Mummigatti has planned worldwide expression of cinema throughout and is looking forward to Jammu and Kashmir for new ventures.

"Already my two feature movies are due for release this month and I have come here to explore possibilities for film making in diverse locales of Jammu," said Jai Prabhu.

He said soon after the culmination of IFFJK, he would be announcing a feature film to be shot in Jammu and South in collaboration with artists, technicians and others.

Purnima exhorts traders, women folk to join HM Shah's rally on June 23

J I NEWS SERVICE

JAMMU, JUN 20: Purnima Sharma, Spokesperson BJP J&K and former Deputy Mayor Jammu on Tuesday exhorted the trader fraternity and womenfolk to join in large numbers the Maha Rally of Home Minister Amit Shah at Bhagwati Nagar on June 23 in connection with Maha Jan Sampark Abhiyan.

The BJP Spokesperson earlier met traders of Warehouse and other market associations and exhorted them to become a part of Maha Rally of HM Shah. She said that the Modi Government has accomplished herculean task in bringing back J&K on track and this is the time to express gratitude to the leadership of BJP for the good work done for the people of the region.

Later, she addressed the meeting of Mahila Mandli and women folk, and asked them to ensure maximum participation in the afore-said rally. She said that people of J&K should make the rally of Home Minister a great success as this government unlike the success-



ful ones has accomplished herculean task in bailing out the people from the decades long morass and steered them towards a new era of peace and progress. She said that such occasions are the opportunities to thank the leadership for doing so much for the people.

The former Deputy Mayor also highlighted various schemes crafted by the Modi government exclusively for women to empower them literally and allow them to play a pivotal role in the society. The women oriented

schemes which the BJP Spokesperson highlighted on the occasion include Beti Bachao Beti Padhao Scheme, UJJAWALA Scheme, SWADHAR Greh Scheme, Sukanya Samridhi Account Scheme, Women Helpline Scheme and many more.

She said that it is for the first time in the history of the country that so many women oriented schemes have been launched by a government in its two terms as earlier the dispensations preferred to give lip service only. She asked women folk to come for-

ward and strengthen the hands of Prime Minister Narendra Modi by participating in the upcoming rally of the Union Home Minister in Jammu.

Purnima said that success of this rally by HM Shah will also give a message to the anti-nationalists that their time is over as all the nationalists are on same pedestal and shall not allow anybody to indulge in subversive activities as from top level of government to common masses, are all united to fight the scourge of terrorism in J&K.

Demand for installation of Baba Sahib Ambedkar's statue outside the New Parliament House raised

J I NEWS SERVICE

JAMMU, JUN 20: R K Kalsotra, State President, All India Confederation of SC/ST/OBC Organisations and DOM along with Sardar Kuldeep Singh Giani, a Sikh Missionary, Vijay Angral & Roshan Choudhary coordinators Confederation has returned back JAMMU after attending Round Table Conference of Sujapur, Punjab which was organised by Dr B R Ambedkar Mission Punjab. Sujapur.

Kalsotra after reaching appraised that in Round Table Conference many issues arose including a big objection raised on the privatisation of Govt sector and all aspects of reservation in Govt sector has been closed-down. Speaker said all benefits which Dalits, OBC & minority of India got through the historic Round Table Conferences and given through Poona pact by the efforts of Baba Sahib Dr B R Ambedkar are getting diluted by govt, like reservation poli-

cy, recruitment, promotions, caste Atrocity is at peak, freedom of speech right is also under threat.

While speaking at the Round Table Conference Kalsotra presented the National agenda including protection of Constitution and democracy and installation of Baba Sahib Ambedkar same type of Statute in front of New Parliament House as installed in old Parliament, naming of new Parliament House on the name of Dr B R Ambedkar, reservation in Judiciary and higher education, clearance of pending backlog in employment, 27% Mandal Commission Report, and all minorities fundamental rights enshrined in the constitution and to save Constitution and democracy Bahujan Sansad is call for on 2 July at Constitution Club, New Delhi, he invited all to aware others and join it. Allegedly there have been cases wherein Punjab govt has issued false caste SC certificates for general members of society.

Confederation supports the agitation led by aggrieved SC community.

S Kuldeep Singh said we all minorities under DOM must stand united on one platform with one voice to save Constitution and democracy.

Shiv Kumar President BR Ambedkar Mission, Prem Majotra coordinator appealed to everyone in the conference and assured Kalsotra ji that many friends from Punjab will see the Delhi Bahujan Sansad.

Chaman Bains, Darshan Kumar, Indra Das, Bachan Singh, Manohar Lal, Prem Sagar, Manohar Lal Bhagat also spoke in the conference.

Shiv Kumar and Prem Majotra assured to strengthen the Social justice movement and promised to participate in 2nd July 2023 Round Table Conference to be held in Institutional Club, New Delhi.

Other speakers who spoke were Chaman Bains, Darshan Kumar, Indra Das, Manohar Bhagat, Prem Sagar and many others

CAPF Warriors Welfare Association urges Govt to redress demands on priority



J I NEWS SERVICE

JAMMU JUNE 20: Retired Central Armed Police Forces Warriors Welfare Association Jammu and Kashmir urged the central government to stop discrimination against them and redress their issues on priority.

Addressing a press conference at Press Club here on Tuesday, J&K President of the Association, Ram Lal Dogra AC (Retd) in presence of Chief Patron, R.K Sharma IG (retd) said that association is moving on right path for redressing of their demands and

Central Government already redressed many demands.

Ram Lal Dogra for the redressing of pending demands, the association will work with more force and sought the support of all the people to pressurize the government to fulfill their pending demands on priority.

He threatened the Central Government if it fails to implement the Old Pension Scheme in their favour, the association members will Charao Parliament in New Delhi.

He asked the government to redress all their demands at the earliest and added that they extended

their full support to the retired paramilitary force personnel sitting at Jantar Mantar for redressing of demands.

He said it is shameful for the government that the paramilitary force personnel, who served their life for the sovereignty of the country, are sitting on Jantar Mantar for redressal of their demands.

Others present on the occasion include DC (Retd) Arjun Singh, AC (Retd) Baldev Raj, AC (Retd) Tulsidas, AC (Retd) Bashi Ram, AC (Retd) Yashpal, Inspector (Retd) Thoru Ram, Inspector (Retd) Chaggar Singh, Inspector (Retd) Som Nath Sharma, Inspector (Retd) Ram Prakash, SI (Retd) Mohd Majeed, SI (Retd) Faqir Singh, Ajit Singh Langeh, Rattan Lal Bodhray, Swarandev Singh and others.

They demanded that great difference in the wages/salaries of the Military and Para Military Forces be removed, separate Paramilitary from Central Civil Service Rule, give special pay to the Para-military force men like Army, stop new pension scheme and implement the old one, implement one rank one pension scheme and give them all Centen benefits like defence personnel.

They demanded that great difference in the wages/salaries of the Military and Para Military Forces be removed, separate Paramilitary from Central Civil Service Rule, give special pay to the Para-military force men like Army, stop new pension scheme and implement the old one, implement one rank one pension scheme and give them all Centen benefits like defence personnel.

AJKPC urges Govt to appoint election commission member, hold delimitation of Panchayat Halqas



J I NEWS SERVICE

JAMMU, JUN 20: All Jammu and Kashmir Panchayat Conference (AJKPC), a registered organization working for strengthening the Panchayat Raj Institutions in J & K has urged the Union Home Minister Amit Shah and Lieutenant Governor Manoj Sinha to immediately fill the vacancy of Jammu and Kashmir State Election Commission which is lying vacant after the completion of the term of Kewal Kumar Sharma, the first election commission

of J & K. Today while holding a press conference here at AJKPC Headquarters in Jammu, Anil Sharma, President of the organization along with other office bearers informed the media persons that the post of election commission of J & K is lying vacant for the last 5 months as KK Sharma, the first Election Commissioner of J & K vacated his office on 1st Feb 2023 after completion of his term but the government took no initiative to fill this important constitutional post. AJKPC President said, as per article 243(K) of the con-

stitution of India, the superintendence, direction, control of the preparation of electoral rolls, the conduct of all elections to the Panchayats shall be vested in a State Election Commissioner consisting of a State Election Commissioner to be appointed by the Governor. Giving further details, he informed that all process of holding Panchayat Elections are to be done by State Election Commission.

The AJKPC President also put forth the demand of his organization for holding delimitation of Panchayat Halqas so that no discrimination is being done with any Panchayat and its population. While demanding increase and rationalization of Panchayats, Sharma observed that there are several panchayats in J & K wherein the size of population and voters is above 4000 while other panchayats are under 2000 voter and population thus to maintain a balance and to do justice with all, the delimitation of Panchayat Halqas be done in a fair and transparent manner and the Panchayat elections be held only after the completion of this delimitation exercise.

S.O.S International observes 'Int'l Refugee Day' by protesting against Pakistan



J I NEWS SERVICE

JAMMU, JUN 20: S. O. S. International - an organization for PoJK Displaced Persons, today observed 'International Refugee Day' by holding a strong protest demonstration against Pakistan at its headquarters in Bakshi Nagar Jammu and highlighted the plights of the displaced community.

Led by SOS International Chairman Rajiv Chuni, accompanied with Prof. N. N. Sharma, V. K. Datta, Ved Raj Bali, Bhai Ram Singh, Jagjit Singh, Daleep Chib, Dharamvir Gupta, Satinder Dev Gupta, Kapoor Chand, Jagdish Bhatti, Gouri Shankar & others the protesting Displaced Persons also torched flag of Pakistan, holding the neighbouring country mainly responsible for their displacement and consequent miseries.

Speaking on the occasion, Rajiv Chuni said that it was Pakistan that attacked J&K State on October 22, 1947 and massacred thousands of Hindu-Sikhs forcing the others to either convert to Islam or flee from the area leaving behind everything

including their kith & kin dead or injured, movable and immovable properties. "Whatever happened initially in Muzaffarabad, the same strategy was adopted by the Pakistan in Mirpur, Poonch, Gilgit-Baltistan districts and we suffered a lot by losing everything that makes one's life worth living," he recalled and lamented that since their migration, the displaced community was treated in most shabby way by all the successive Governments including the present one.

"No one can find in the history where any displaced community except ours kept ware housed in filthy camps for the last more than seven decades that too without any help or aid from the Government," he said. Rajiv Chuni alleged that despite their migration happened 75 years back, the community was still labeled as 'displaced persons' a status which doesn't have any legal entity. In the absence of Refugee status, we're suffering badly because as a displaced person we can't sought any help or aid from United Nations, he added. While elaborating, Rajiv Chuni said

that the Government of India does not recognize them as refugees as they were displaced from PoJK, which is legally a part of India and hence not eligible for any aid from the world bodies like United Nations while on the other hand, the community is also deprived of any benefits such as being extended to the migrant Kashmir Pandits.

"We being the human beings are entitled to all the fundamental rights available to others, but unfortunately neither the UN came to our rescue nor our own Government cared for us and rather threw our community as aliens without caring for our human rights," he lamented and reiterated the demands for implementation of their Rehabilitation Package passed by J&K Cabinet in 2014, quota for the kin of PoJK Displaced Persons in Professional colleges and Government jobs.

The SOS International chief said that non-representation of the PoJK DPs in Parliament as well as J&K Assembly was one of the main reasons behind callous attitude of the successive Governments towards the plights of the displaced community, which remained deprived of its political representation in the elected bodies. "In a democratic setup, one needs Parliamentary or Assembly Constituency to contest or elect any person of his or her own choice. But in our case, PoJK territorial Constituencies are laying vacant due to area under illegal occupation of Pakistan," he explained and demanded de-freezing of minimum 8 PoJK Assembly seats so that the displaced community could get an opportunity to send their representatives in Assembly or Parliament.

1.99 Lakh addl PMAY houses are a gift for poor by PM Modi: MP Khatana



J I NEWS SERVICE

POONCH, JUN 20: BJP MP Raja Sabha has said that the Prime Minister Narendra Modi has transformed the political and developmental landscape of Jammu and Kashmir by infusing a major thrust on schemes for poor and backward classes. "Where ever I went during last 9 months as MP Raja Sabha in Rajouri, Poonch, Reasi, kupwara, Anantnag, Budgam or baramulla in Jammu and Kashmir, people complained of bias

and discrimination in allotment of houses under PMAY scheme, said MP Khatana adding, "Now PM has sanctioned additional additional 199000 houses under the PMAY-G to saturate the 'AwaasPlus' permanent waiting list of the UT during 2023-24. The newly targeted houses will be sanctioned by the Rural Development Department by June 30, informed MP Khatana while addressing Vyapari Sammelan and Sampark Se Samarthan programmes at Surankote and Poonch. He said that the massive

allocation for J-K by the Union Ministry of Rural Development, under the flagship scheme, is the highest across all UTs in India. He expressed gratitude to Prime Minister Narendra Modi for giving top priority to the Union Territory and fulfilling the dreams of lakhs of families.

MP Khatana said that PM Narendra Modi has given the slogan of Sabka Saath, Sabka Vikas and Sabka Vishwas and he has implemented it on ground.

He said that PM Modi has ensured all round development and connectivity, digitization, corruption free administration, no scam in 9 years, DBTL are hall marks of the Modi regime. Balanced development of Jammu and Kashmir, restoration of peace and faith of the common man in good governance are BJP Govt's focus.

MP Khatana said that Startup India Scheme, Mudra Yojana Scheme, Stand-Up India Scheme, Atal Innovation Mission are some of the initiatives to help the business community. He urged the people to continue supporting BJP for a new India.

Dr Karan Singh adds sheen to crowns of Mata Kheer Bhawani by gold plating

J I NEWS SERVICE

SRINAGAR, JUN 20: Dr Karan Singh, Chairman Trustee of J&K Dharmarth Trust today adorned the existing silver crowns (Mukut) of Mata Kheer Bhawani with gold plating at Tullamulla Ganderbal, at his own expense.

The ceremony was attended by M.K Ajatsatru Singh, Trustee J&K Dharmarth Trust, Brig. (Retd) R.S Langeh, President of the Trust and devotees in the temple premises. Group of Ukrainian and Russian tourists were also present on the occasion. Dr Karan Singh adorned the gold-plated crowns in a solemn ceremony, offering prayers to Mata Kheer Bhawani for blessings of peace and prosperity in the Union Territory. He



extended greetings to all Pujaris, devotees and prayed for divine blessings. He expressed delight that this contribution would help preserve the temple's heritage and maintain its esteemed supremacy in the hearts and minds of its devotees.

Notably, the Kheer Bhawani Temple, dedicated to Mata Ragnya Devi, is a significant place of worship in Ganderbal district of Srinagar. It attracts thousands of pilgrims from across the country, especially during the annual Kheer Bhawani Mela.

Apni Party holds protest against Social Welfare Dept in Jammu

J I NEWS SERVICE

JAMMU, JUN 20: Apni Party leaders, and workers today staged a protest demonstration against the harassment of the old age pensioners because of re-verification formalities.

The Apni Party leaders also demanded enhancement of the old age pension from Rs 1000 up to Rs 5000 keeping in view the price of the essential commodities, and medicines.

To highlight the issues faced by the old age pensioner, a peaceful protest demonstration was organized outside the Director Social Welfare, Jammu by the Apni Party. The protesters were led by Apni Party Women Wing, Provincial President, Jammu, Pavneet Kour.

The protest was also joined by District President Women Wing, Ritu Pandita, Spokesperson, and Vice President Youth Wing, Raqeeq Ahmed Khan, Provincial President, Jammu Youth Wing, Vipul Bali, Shivani Koul, Sheekha Bhardwaj, Renu Rajput, Harbir Kour, Anshu, Shenaz, Tirath Singh, Yash Choudhary, Rajinder Singh, Devinder Gill and others.

As soon as the protesters gathered outside the Director Social Welfare, Jammu, the police contingent stopped the protesters from proceeding inside the office complex and for over an hour, the protesters and police were face to face during the peaceful protest demonstration.

Successing to pressure of continuous protest by the Apni Party leaders, the protesters led by Pavneet Kour and other leaders were allowed to meet the Director Social Welfare at



her office. During their interaction with the Director Social Welfare, Jammu, the Apni Party leaders submitted a memorandum of demands.

Pavneet Kour said that the Director was informed about the difficulties being faced by old age pensioners because of the touch verification process and documents being demanded from them.

"These formalities should be simplified and special camps should be organized for the old age pensioners at their respective villages, and blocks to ensure that they may not face harassment. At this age, many of such pensioners are not in good health, and they cannot move from one place to another without the help of others. Therefore, it is the responsibility of the authorities to provide them all possible help at the doorstep," she said while interacting with the director.

She further said that the old age pensioners are getting Rs 1000 which needs to be enhanced up to Rs 5000

keeping in view the price rise of the essential commodities, and medicines.

"The Govt should consider the demands on humanitarian basis and help these elderly pensioners facing multiple health issues and other things. Hence, the enhancement of their old age pension is a must," she added.

She further stated that the health camps should also be organized by the Social Welfare Department at the village and block level. She also demanded proper verification in the distribution of scooty and wheel chairs for the disabled people in J&K. "These things should be given to the disabled persons on merits because several cases of selective approach from the authorities have come to the notice," she said.

On hearing the Apni Party leaders, the Director Social Welfare Jammu assured that she will look into their demands and appropriate action will be taken.

BJP's anti people policies responsible for bringing to women: Luthra

J I NEWS SERVICE

JAMMU, JUN 20: Mrs Bimla Luthra State Vice President Women Wing and former MLA J&K National Conference addressed workers meeting at Udhampur. The meeting was organized by Samitri Devi District President Udhampur Women Wing.

While addressing the gathering Mrs Bimla Luthra said that every section of the society has been suffering due to the aforesaid policies and women and youth being the worst hit. She said that the progress made during the



NC rule in J&K has gone down the drain as the works started by the party including those for women empowerment have been brought to a halt due to the politics of deceit played by the BJP with the people.

making the women's kitchen problems more complex. She said that moreover there are no takers in the UT Administration in absence of a duly elected representative Govt in J&K. She asked women of Jammu and Kashmir to support National Conference in the upcoming elections for equitable development of the state.

Those who were present in the meeting included: Pinki Khalsa District President Jammu Urban Women Wing, Sumita Mehra, Pooja Devi, Lajja Devi, Kalisho Devi and others.

Dr. Nidhi empowering Mind & Body through Yoga in remote areas of J&K



J I NEWS SERVICE

BHADERWAH, JUN 20: In the serene town of Bhaderwah, nestled in the picturesque region of Jammu and Kashmir, resides a remarkable individual who has dedicated her life to the practice and study of yoga. Dr. Nidhi Padha, a young and passionate woman, has made significant contributions in the field of yoga, particularly in stress and anxiety management through integrated yoga techniques. With her expertise, she has not only impacted the lives of thousands of individuals but also fostered healing and rehabilitation for those affected by the turmoil of terrorism in the region. Dr. Nidhi Padha's journey into the world of yoga began as a personal pursuit of physical and mental well-being. Over time, she realized the immense potential of yoga as a holistic practice for transforming lives. Nidhi embarked on a path of learning, culminating in her attainment of a Ph.D. in Yoga. Her research focused on the effects of integrated yoga in stress and anxiety management, and it showcased her commitment to unraveling the profound benefits of this ancient discipline.

One of Dr. Nidhi Padha's remarkable achievements is her world record in Padma Sarvangasana, a challenging yoga asana that requires strength, balance, and flexibility. Her dedication and mastery of this posture serve as an inspiration to aspiring yogis worldwide. In addition to her practical accomplishments, Nidhi has also

authored a book titled "Yoga: The Inner Engineering." Through her writings, she shares her knowledge and insights, making yoga accessible to a wider audience.

For the past three years, Dr. Nidhi Padha has been working in the Ayush Department of District Doda, Jammu and Kashmir. She has tirelessly strived to bring the benefits of yoga to the people residing in remote areas of the district. With enthusiasm and compassion, she has conducted numerous training programs and yoga sessions, positively impacting the lives of over 10,000 individuals, including armed forces personnel.

Dr. Nidhi Padha firmly believes that yoga can play a crucial role in overcoming the trauma and offering a healthy rehabilitation process to the depressed people.

With her expertise, she has successfully introduced yoga practices that promote mental and emotional well-being. By teaching techniques to manage stress, anxiety, and post-traumatic stress disorder, Nidhi has become an instrumental figure in the healing process of the community.

Dr. Nidhi Padha commends the proactive stance taken by the Government of India towards the health and well-being of the citizens of Jammu and Kashmir. Initiatives such as the Ayushman Bharat Scheme and the AYUSH program have provided a platform for the integration of yoga into mainstream healthcare. Nidhi envisions a future where yoga becomes an integral part of the community, offering them a path to recovery and renewed hope. Dr. Nidhi Padha's remarkable journey exemplifies the power of yoga to transform lives and heal communities. Her expertise in stress and anxiety management, coupled with her passion for teaching and outreach, has touched the lives of thousands in Jammu and Kashmir. Through her endeavors, she offers a beacon of hope and a path to wellness. With her vision of using yoga as a means of overcoming the trauma caused by terrorism, Dr. Nidhi Padha paves the way for a brighter, healthier future in her beautiful town of Bhaderwah and beyond.

Prof. Pragati Kumar assumes charge as Vice-Chancellor of SMVDU

J I NEWS SERVICE

SRINAGAR, JUNE 20: Dr. Pragati Kumar today assumed the charge of Vice Chancellor, Shri Mata Vaishno Devi University (SMVDU).

Prof. Pragati Kumar has wide professional and research experience of over 32 years and has been a member of the academic bodies of various prestigious institutions of the country. He has to his credit more than 55 publications in various International/National Journals, books and conferences of repute.

Prof. Kumar has also served as Professor in the Department of Electrical Engineering at Delhi Technological University. His vast experience in teaching and research is expected to help SMVDU in achieving success in all fields. After assuming charge, Prof. Kumar was accorded warm welcome by all Deans, Registrar, Finance Officer and other senior functionaries of the University.

NC will expose five-year incompetence, misrule of LG-led Admin in J&K: Rattan Lal

J I NEWS SERVICE

LAKHANPUR, JUNE 20: The Jammu and Kashmir National Conference today kick-started its campaign for the upcoming Urban Local Body (ULB) polls in the state by holding a day-long convention at Lakhapur, the gateway of Jammu and Kashmir.

Addressing a gathering at Lakhapur, the senior NC leader and Provincial President Jammu Mr Rattan Lal Gupta raised concerns about the democratic deprivation of the people of Jammu and Kashmir, who have been living under Central rule for the past five years, which is the second-longest presidential rule in the country since independence. He mentioned that the UT has not had Assembly elections for over five years now which is a major setback for the democratic process. With no local government in place, the people of Jammu and Kashmir are being deprived of the right to choose their own representatives, creating a sense of disillusionment and instability among the public. Raising serious concern over the statement given by the Union Minister for Housing on setting up industry, receiving huge amount as investment and providing jobs to youths in J&K, Rattan Lal asked the Government at the centre to come forward and share figures on the number of industries set-up in the UT, investment received and jobs provided to the unemployed as circumstantial statements have no relevance and are of no use.



"Unemployment has touched new heights under PM Modi but strangely his ministers say things contrary to reality thinking as if people of the country are deaf and dumb", he said adding that BJP Government should do home work to make sure their ministers don't share twisted information on different occasions, leading to embarrassment of BJP's high command.

Rattan Lal asked H S Puri, who is holding the Housing Ministry, to stop wasting money of people in the name of Smart City in Jammu as one hour of rain has inundated several areas of the city marked as Smart by the concerned authorities. He also raised the issue of monologue by LG Sinha in the name of Awaam Ki Awaz claiming that no one pays any attention to this duplicity of the helmsman as people are busy confronting problems created by the government like inflation, joblessness, Shortage of drinking water, cut unsheduled electricity, the issue of regularization of daily wagers etc.

The senior NC leader has assured

the people that the Party will roll back property tax imposed un-democratically without consulting elected representatives of ULBs, if the party voted to power in the upcoming ULB elections in Jammu and Kashmir. He asked people to support the party in the upcoming polls for the welfare of common masses.

Earlier, District President Kathua Ajeet Kumar and District Secretary K.K Bakshi apprised the senior functionary of the Party about the problems being faced by the people of the district Kathua. He said that people are confronting non-availability of basic amenities like power and drinking water and lack of healthcare facilities. Other issues which came up for discussion include dilapidated condition of roads in District and death of Govt rations, etc. The function was organized by Devender Mehta Block President Lakhapur.

Sheikh Bashir Ahmed, Provincial Secretary JKNC, Jammu, asked people to support and strengthen the hands of Dr. Farooq Abdullah and Omar Abdullah.

Heat wave grips Kashmir; All stations record hottest days of season; MeT predicts mainly dry, hot weather till June 23

J NEWS SERVICE
SRINAGAR, JUN 20

Amid the forecast of hot and humid temperature for next few days, all the stations across the Kashmir Valley on Tuesday recorded the hottest day of season while the weatherman has predicted dry weather till June 23.

According to the news agency, Srinagar, the summer capital, has again recorded the hottest days of the season as the mercury settled at 33.3 degree Celsius today.

The data available with KNO reads that Kupwara, Qazigund, Kokernag, Anantnag, Budgam, Baramulla, Gulmarg, Pahalgam, Sonamarg and

others recorded the hottest day of the season too.

As per the data, the mercury in Fupwara settled at 32.1 degree Celsius while in Baramulla, it settled at 31.3 degree Celsius. It added that Kokernag recorded a maximum temperature of 31.4 degree Celsius.

The data reads that Gulmarg recorded a maximum temperature 23.4 degree Celsius while in Pahalgam it settled at 27.8 degree Celsius.

The weatherman has, however, predicted mainly dry weather till June 23, saying that the weather would remain mainly dry but a brief spell of shower, thunderstorm at a few places



towards later afternoon or out. Deputy Director Meteorological department 24-28, the weather would (MeT) said that from June remain generally cloudy

while there is a possibility of intermittent light to moderate thunderstorms at scattered to fairly wide spread places.

Deputy Director MeT further added that there is a possibility of hot and dry weather conditions till June 23.

Independent Weather Forecaster, Faizan Arif Keng told KNO that over all the maximum temperature over many parts of Kashmir division would likely range between 34-35 degree Celsius.

He said that the weather forecasts have undergone a lot of changes in the past week. "The prevailing dry weather conditions are anticipated to persist until the upcoming weekend," he added. KNO

due to which Jammu and Kashmir is likely to experience a significant rise in temperature. In Kashmir valley plains, temperatures may cross 34 degree Celsius, while in Jammu plains, daytime temperatures could potentially reach up to 43 degree Celsius.

He added that the southwest monsoon is anticipated to arrive around Sunday. "From Sunday evening to Wednesday, there is a high likelihood of rain showers in most areas of Jammu and Kashmir. Jammu region is expected to receive the maximum amount of precipitation during this time," he added. KNO

FROM THE FRONT PAGE...

Yoga belongs to...

As life analogies continue to guide our society and inspire us to work for the spiritual and social upliftment, the Lt Governor said.

At Shri Ramkrishna Mahasammelan Ashram, the Lt Governor addressed the participants of Yoga Shiksha Shivir who are visiting the Ashram from various states and UTs. He called upon the people to embrace Yoga for a healthy life.

"Yoga reduces the stress level and teaches us to live in the present moment, it inspires us to nurture the values espoused by sacred scriptures, to walk the righteous path and it opens the door of peace, mindfulness, physical and mental strength," the Lt Governor said.

He said, due to Hon'ble Prime Minister Shri Narendra Modi ji, Yoga has become a mass movement for healthy society.

"Yoga belongs to the whole world and indeed to all of mankind. Yoga as a science creates unity between body and mind, between people, regions and the countries so that we remain healthy, happy and contribute to growth and welfare of the entire humanity," the Lt Governor observed.

The Lt Governor congratulated everyone associated with Shri Ramkrishna Mahasammelan Ashram and commended their efforts in the service of society and our great nation.

"Selfless service strengthens the spirit of unity in diversity. Our endeavour must be to meet the twin goals of spiritual and socio-economic upliftment. We are at the threshold of a future in which learning and meditation centres can train, guide and leverage our strong human resources to build Aatm-Nirbhar Bharat," the Lt Governor said.

Sh. A. Balakrishnan, President, Vivekananda Rock Memorial and Vivekananda Kendra, Kanyakumari; Sh. B.L. Bhat, Chairman, Shri Ramkrishna Mahasammelan Ashram, Anantnag; Sh. Syeed Fakhrudin Hamid, Deputy Commissioner, Anantnag, senior officials of police and civil administration and people from all walks of life were present.

J&K Raj Bhawan...

to commemorate the occasion.

Lieutenant Governor Shri Manoj Sinha conveyed his hearty greetings and best wishes to the people of West Bengal on the auspicious occasion of Statehood Day.

"West Bengal exemplifies the depth, richness, diverse and vibrant Indian cultural traditions. This land of freedom fighters, towering men and women in the field of art, literature and public life has always illumined the country with their contribution and intellectual brilliance," the Lt Governor said.

One of the greatest luminaries, Gurudev Rabindranath Tagore inspired the entire humanity and rekindled the progressive spirit in the society and Netaji Subhas Chandra Bose's powerful struggle for independence continue to inspire generations, he added.

He said the supreme sacrifice of Dr Syama Prasad Mookerjee had awakened the consciousness of the society and strengthened the spirit of unity in diversity.

Our diversity is source of strength and country's greatness. It is our collective responsibility to ensure that Vitasta is deeply connected to Teesta, the Lt Governor added.

Traditional Folk Dance and musical performances by the artists were organized to celebrate the glorious cultural heritage of West Bengal.

MoU between KCCI...

Electronics and Computer Software Export Promotion Council of India (ESC) in Electronic and IT Sector in the august presence of Lieutenant Governor Shri Manoj Sinha.

The MoU was signed by Sh Sandeep Narula, Chairman ESC and Sh Javid Ahmad Tenga, President, KCCI.

The Lt Governor Shri Manoj Sinha congratulated the Kashmir Chamber of Commerce and Industry and Electronics and Computer Software Export Promotion Council of India for entering into a partnership to mentor and promote Kashmir based electronics and software units, organize buyers-seller meet, share experiences, best practices and knowledge in the sector.

"This MoU is a momentous occasion for J&K UT and will hugely benefit the Electronic and IT Sector in Jammu Kashmir. Participation in trade fairs, access to global market and advisory services will create value addition to grassroots innovation and help the entrepreneurs to commercialize their technologies," he said.

The Lt Governor said, under the guidance of Hon'ble Prime Minister Shri Narendra Modi ji, the reforms introduced over the past few years has brought transfor-

mational changes in electronics, communication and technology sectors in Jammu Kashmir.

"In a short period of time, J&K UT has achieved several milestones in digitalisation to keep pace with the competition, to create infrastructure base for budding IT entrepreneurs, to help the rapidly growing economy and to bring efficiency and transparency in public service delivery," the Lt Governor said.

"The rapid change in the IT sector provides an exciting opportunity to transform J&K UT and make it an IT hub of North India. Comprehensive cooperation, creativity and enterprise of all the stakeholders, rich pool of human resources can energise our resolve and move us closer to this goal," he added.

At the MoU signing ceremony, the Lt Governor also talked about how new age technologies can revolutionize the agriculture and allied sector in Jammu Kashmir.

"Agritech is another area, which offers huge opportunities for start-ups and IT entrepreneurs of J&K. Internet of Things and Automation for sensor-based smart agriculture, research and development ecosystem, technology enabled agri-informatics will create more jobs and facilitate the creation of new enterprises," the Lt Governor said.

The growth of the technology revolution and the recent interest shown by foreign companies to tap into our skilled manpower base will enable youth to take Jammu Kashmir towards a new era of growth and technological innovation, he added.

With the help of ESC India and their vast global network, we can not only build on the gains of ongoing industrialization but also unleash the creativity and enterprise latent in our young entrepreneurs and start-up founders, the Lt Governor further said.

The Lt Governor instructed the Industries and Commerce Department, Information Technology Department and other stakeholders for utilizing the full potential of Software Technology Park at Rangreth. He must also extend handholding to young entrepreneurs, startups, small companies and promote public-private partnership in the IT sector, he said.

Dr Arun Kumar Mehta, Chief Secretary, Sh Sandeep Narula, Chairman ESC; Sh Javid Ahmad Tenga, President KCCI, Sh. Vikramjit Singh, Commissioner/Secretary Industries and Commerce Department; Sh Veer Sagar, Vice Chairman ESC; Sh Gurmeet Singh, Executive Director ESC, office bearers of ESC and KCCI, senior officers from civil administration and police and members of business community were present.

Allow No overweight...

From the concerned Deputy Commissioners. He enjoined upon them to ensure that the carriage-way of the Highway is not allowed to be used for parking or truck holding area anywhere.

He asked for allowing only those vehicles which are carrying stipulated loads on the highway so that there are fewer disruptions on highway due to vehicular breakdown or very slow speeds. He also called for reports against each such breakdown incident for having clarity about the actual reasons behind them. He also asked for devising SOPs for handling these breakdown events on the highway.

The Chief Secretary asked for measures to improve width of road surface near Nachlana and Dalwas areas. He also stressed on carrying out the protection works like installation of crash barriers and parapets on the critical stretches of the highway. He directed the highway authorities to periodically clear the debris getting accumulated on the sides of the road to increase its carriage-way.

Dr Mehta maintained that there should be surety with a traveler that the delays if any would not exceed more than an hour under any circumstances. He made out that few kilometers of bad stretch should not be made excuse for poor management of the traffic. He directed for increasing manpower to manage traffic on critical stretches especially in Ramban District in consultation with the District Administration.

The Chief Secretary stated that measures to improve traffic scenario should include use of Mughal Road to lighten the volume of traffic on NH-44. It was also given out that at least 4 truck holding areas on the national highway are being designated besides hastening the completion of bridges, tunnels and viaducts for making travel on this road comfortable and pleasant in the months ahead.

Explore more Gandola...

projects across the tourist places of the UT. He advised them to look at the tourist destinations not covered under other schemes such as Bharat Mala.

Dr Mehta observed that many of the tourist locations like Sarthal, Mantalai, Sansar, Doodhpathri, Baderwah and Baisaran (Pahalgam) have tremendous potential of attracting tourists by establishment of cable car projects at these locations. He said that a mechanism under Public-Private partnership should be contemplated over for executing these projects in a time-bound manner.

Regarding the Peerkhoo-Mubarak Mandi vertical lift the Chief Secretary enjoined upon the officers to take up the project forthwith. He said that the project is long awaited and should be developed as an added attraction at Mubarak Mandi Heritage Complex. The package includes connecting it with the tourist places of Bahu Fort and Mahamaya Temple complex.

The Chief Secretary also told the Corporation to have a relook on the alignment of Makhdoom Sahib Ropeway project so that its lower boarding station is readily accessible to the devotees going up to the Sufi Shrine. He told them to extend the ropeway right up to the Hari Parbat Fort for attracting more visitors towards this facility.

During the meeting the Board deliberated upon various agenda items that includes establishment of around six drag lifts at locations of Sonamarg, Doodhpathri, Gulmarg, Kangdoori, Padri (Baderwah) and Sansar for promoting skiing at these locations. Further the corporation is going to construct ski shops at all the aforesaid destinations for the sport to take off at these locations.

The Board was apprised that the corporation is installing vertical lift between the Peerkhoo Station of Jammu Ropeway Project and Mubarak Mandi Heritage Complex at an estimated cost of about Rs 27 Cr. The Project had been bifurcated into two stages with one being vertical rise of 38 meters and 30 meters, and two horizontal foot bridges of 34 meters and 30 meters span. It was also added that the Project will have three stations, 02 viewing decks, with parking facility. The vertical lift will have carrying capacity of 13 passengers at a time.

Regarding the performance of the Corporation, the Board was informed that the corporation earned the net profit of Rs 20.21 Cr from the year 2019-20 to 2021-22 despite Covid-19 restrictions during the period. It was also informed that the corporation's financial health has improved a lot over the last few years and has generated the record revenue of Rs 100 Cr during the year 2022-23 receiving praise from none other than Union Finance Minister herself during her Budget speech.

19 injured as bus...

"The identified entities are suspected of conniving with foreign associates to further their nefarious agenda, which includes instigating and supporting acts of terrorism. Additionally, these entities have been targeting government servants, hindering their ability to perform their lawful duties."

It further reads that searches resulted in seizure of substantial digital and physical evidence like mobile phones, sim cards etc.

"The evidence will be meticulously analyzed to build a strong case against the accused individuals and organizations, ensuring a comprehensive investigation and subsequent legal proceedings," it added. KNO

Amarnath Yatra- DGP...

virtual mode.

Addressing the meeting, the DGP as per a statement issued to the news agency said that after the successful conduct of very important events Jammu and Kashmir Police is ready with the next big assignment of Shri Amarnath Ji Yatra, an annual and very significant event.

He directed for optimum utilization of available resources in accommodating the requirements of District Police units which are directly concerned with the Yatra. Emphasizing for putting in extra efforts in ensuring the incident free Yatra, the DGP directed for mobilization of manpower from different wings & districts.

He also directed for dovetailing the BDS teams at important locations with deployments. He further directed the officers to ensure that all the SOPs are followed in letter and spirit and stressed for fixing the responsibility of each team head deputized for the yatra. He directed the officers to submit the requirements, if any which he said would be provided on priority.

The DGP directed for deploying assistance teams with all required tools at base camps and other important places for assistance and help to the pilgrims. He directed for placing all possible security arrangements of Base Camps and strengthening the communication network.

He stressed for effective and planned regulation of traffic management on national highway and other roads, parking of vehicles and deployment of forces

on both the yatra routes of Pahalgam and Baltal etc. He directed that the conduct of deployed personnel should be exemplary, adding that they are also doing facilitation duty besides ensuring safe and secure event.

The DGP emphasized upon the officers to make adequate use of modern security gadgets/technology including CCTV's, drones to further augment the security at important Yatra locations and en-route. He stressed for keeping special focus on sensitive locations and base camps including dhabas, langars, eateries & parking places. He directed for deployment of quick response teams to provide immediate assistance to the pilgrims.

Directing for establishing of special help lines for the pilgrims, the DGP stressed that helpline numbers of PCR's, District Police officers including SDPO's, & SHO's should be made public and be circulated through every possible medium so that yatri's could take note and ask for any assistance effortlessly.

He directed for conducting the mock drills of different contingency plans and also to conduct dry run of convoy under the supervision of senior officers well before the start of the Yatra.

The ADGP Jammu and ADGP Kashmir apprised the DGP regarding the arrangements with regard to security and deployment of manpower in their respective Zones to ensure peaceful Yatra.

ADGP Kashmir in his Powerpoint presentation highlighted security arrangements on both routes leading to the Holy Cave. The Range D&IG and District SSSP who are directly connected with the Yatra also briefed the chair about the security arrangement being taken for the yatra. KNO

Jammu to see...

He said that the public rally would be a massive one owing to the eagerness of the general public and party workers to listen to their tall leader. He said that in view of anticipation of heavy rush of participants in the rally, every care has to be taken to make sure that no harassment is done to the general public or to the police during the rally. He specifically focused on the proper parking of the vehicles to ease the commuting and also provision of drinking water in view of the harsh summer days. KNO

Five missing persons...

intelligence networks, the said children were traced out after strenuous efforts by the team including PSI Raghav Chalotra and HC Kuldeep Singh which carried out searches in the UT and neighbouring states and lastly the children were traced out near Haryana UP border district namely Yamunanagar, police said.

The recovered children were handed over to the legal heirs after completing legal formalities, police said.

In another incident, one Imtiaz Ahmed, son of Abdul Rashid of Jij Kadeen Tehsil Thakrakote District Reasi lodged an application regarding missing of his wife named Rukhsana Kousar.

On his complaint, a missing report entered at P/S Amas yade DDR No.10 dated 14/06/2023 and after hectic efforts same has been traced out from Kashmir, missing report closed vide DDR No 19 dated 19/06/23 and after completing all legal formalities handed over to her legal heirs, police said.

Meanwhile, people of Reasi in general and family members in particular appreciated the prompt response of Reasi Police in tracing the missing well in time. KNO

Human rights abusers...

the opinion of government involves moral turpitude are also not eligible for these positions.

The notice also states that those removed or dismissed by the central government or state government are also not eligible for these positions.

The notice has been issued by the J&K government for filling the post of chairperson and six members in the child rights panel. Among six members, two shall be women.

As already reported by KNO, the J & K government has set the ball rolling for appointment of chairperson and members of the child rights panel.

The Social Welfare Department has constituted a five-member committee to shortlist candidates for these positions.

This is for the first time in history that Jammu & Kashmir will have an exclusive body to look into child rights violations.

BJP Kissan Morcha organizes Kissan Chopal in Village Kalar

PM Modi's welfare schemes fostering economic progress of farmers: Johal



JI NEWS SERVICE

JAMMU, JUN 20: The BJP Kissan Morcha J&K today organized a Kissan Chopal in Village Kalar, Jammu, aiming to bring attention to the welfare schemes launched by the Modi Government to support farmers in doubling their income.

The programme was organized by Baba Chanchal Singh, Vice President of BJP Kissan Morcha JK UT in which Sarbjit Singh Johal, President of BJP Kissan Morcha JKUT was the Chief Guest. The Kissan

Chopal served as a platform to shed light on the central sponsored agriculture schemes launched by the Modi Government, aimed at promoting the welfare of farmers. Sarbjit Singh Johal, in his address, emphasized the significance of these schemes in uplifting the agricultural sector and enhancing the lives of farmers.

He said under the leadership of Prime Minister Narendra Modi, several groundbreaking schemes have been implemented to address the challenges faced by farmers and facilitate their economic

progress. "These schemes aim to empower farmers by providing them with financial assistance, access to technology, and market linkages, among other benefits.

The objective is to enhance agricultural productivity, ensure fair prices for their produce, and enable farmers to achieve higher income levels," he added.

Johal said that the BJP Kissan Morcha is committed to amplifying the voices of farmers and ensuring their welfare remains a top priority.

The Kissan Chopal pro-

vided a platform for farmers to share their concerns, experiences, and aspirations. It allowed them to directly interact with the representatives of the BJP Kissan Morcha, who pledged their support and assistance in addressing their needs, he added.

Baba Chanchal Singh expressed gratitude to all the attendees for their active participation and support in making the Kissan Chopal a resounding success. He emphasized the commitment of the BJP Kissan Morcha towards working tirelessly for the betterment of farmers and ensuring their voices are heard at every level of governance.

Among those who were present include Hatam Singh Parvuri JKUT, Rakesh Pant, General Secretary, Rohit Verma, Vice President of BJP Kissan Morcha JKUT, Satish Bharti, Gurbachan Singh, and Mandep Singh, who holds the position of in-charge of social media. Rajinder Singh Chib, Manik Sharma, and Kuldeep Kour.

BJP reviews preparations for Shah's rally



JI NEWS SERVICE

JAMMU, JUN 20: Bharatiya Janata Party (BJP), Jammu & Kashmir, led by party General Secretary Ashok Koul and J&K BJP Sec-Prabhar, Ashish Sood, addressed a meeting to discuss the preparations for the upcoming public rally of Union Home Minister Amit Shah.

Former BJP President & former Minister Sat Sharma,

Vice-President Yudhvir Sethi and General Secretary & former Minister Dr. Devinder Kumar Manyal also addressed the meeting held at party headquarter, Trikuta Nagar, Jammu.

BJP Vice-President & former Minister Sham Lal Sharma, former Minister Sukhmandan Choudhary, District Presidents Rajeev Sharma (former MLA), Parmod Kapahi, Suresh Shastri, Rekha Mahajan,

Mahila Morcha President Sanjita Dogra, BYJM President Arun Dev Jamwal, OBC Morcha President Sunil Prapajati and other party leaders participated in the meeting.

Ashok Koul, while addressing the meeting, stressed upon the party leaders to go for minute planning to manage every aspect of the rally.

He said that the public rally would be a massive

one owing to the eagerness of the general public and party workers to listen to their tall leader.

He said that in view of anticipation of heavy rush of participants in the rally, every care has to be taken to make sure that no harassment is done to the general public or to the locals during the rally.

He specifically focused on the proper parking of the vehicles to ease the commuting and also provision of drinking water in view of the harsh summer days.

Ashish Sood, in his address, asked the senior party leaders to mobilize the public to attend the rally by going to the areas in and around Jammu district so that the masses could reach the venue in large numbers and make it a historic event. He said that the people of J&K are thankful to the Union Home Minister for abrogating the Articles 370 and 35(a) and as such, they would be looking forward to listening to Amit Shah.

People grateful to Modi Govt for fulfilling their dreams: Divya

Interacts with PM AWAS Yojana beneficiaries under Jan Sampark Abhiyan



JI NEWS SERVICE

JAMMU, JUN 20: Divya Jain, President of BJP Mahila Morcha Jammu South today met with beneficiaries of the Central Government schemes at RS Pura as part of the party's Jan Sampark Abhiyan campaign. The campaign was launched to mark nine years of the Modi rule at

the Centre. During her visit, Jain interacted with beneficiaries of the PM AWAS Yojana. Speaking on the occasion, Jain reiterated the BJP's commitment to serving the people through intelligently tailored schemes. He said that the interaction was very positive, and the beneficiaries were grateful to the Modi government for fulfilling their dream of having concrete hous-

es. Jain observed that the BJP's ideology is rooted in the devoted service of the people, and party leaders and workers of all ranks are known for going from door to door to take stock of people's problems and issues. She asserted that the party's success and that of its government are rooted in this 24x7 service to the people. She added that Modi has been instrumental in rolling out schemes for all sections of society, especially women and the underprivileged.

According to Jain, various schemes like Ayushman, Ujjwala for women, foreign policy with 'India First' at its core, besides the government establishing a fine regional balance are hallmark achievements of the BJP government. She expressed confidence that these achievements, coupled with the good governance by the government, would help secure a third consecutive term for the party.

to be given to them and also voice is raised through out world against Pakistan-sponsored terrorism in Kashmir and its dreaded consequences.

Also declare victims displaced Kashmiri Pandits as 'refugees' under international law, till they are sent separately at one place in Kashmir valley at the land of Kashyap, within the ambit of Indian constitution, their all rights restored and justice given at the earliest. KPC again demands commission of enquiry to be constituted to find out facts about grave human rights violation and massacre of Kashmiri Pandits to be brought before the world and responsible countries, governments, parties and persons to punished and penalized for the same. "The momentum of protest has been sent to the office of UNHRC and others today on June 20, 2023 for being KPC as refugees from the last 33 years in their own country as well as highlighted the facts about Kashmir and atrocities committed with victim KPC community."

KPs resents for being refugees in their own country from the last 33 years: KPC

JI NEWS SERVICE

JAMMU, JUN 20: Today (June 20, 2023) on international world refugee day, Kashmiri Pandit Conference (KPC) strongly resented for being KPs as refugees in their own country from the last 33 years, and also condemned UN Human rights commission (UNHRC) and National human rights commission (NHRC) and other over ignoring the grave human right violations committed over victim KPC community by terrorists, separatists, fundamentalists of Kashmir valley as well as by the successive Govts of erstwhile JK state and center from the last thirty three years.

Kundan Kashmiri, President KPC expressed strong resentment as well as dismay for being KPs as refugees in their own country from the last 33 years as well as for not giving any heed by UN, national and international organisations and others about the ethnic cleansing and innocent killings of Kashmiri Pandits which include five measure massacres of the community as well as killing of our Indian forces perpetuated and supported by Pakistan and its supporters in valley... Kundan Kashmiri, President KPC further said that not only UNHRC and others show its biased and partisan approach, but also tried its best to undermine the sovereignty of the Indian nation and basely wanted to probe the alleged human rights violations in Kashmir, who were in practical engaged in anti-national activities, and at the other hand deliberately ignored what happened with Kashmir Pandits and other nationalists

from the last about three decades, not a single word was mentioned about the rape cases of Kashmiri Pandit women, and other issues during the turmoil in Kashmir...

Also victim Kashmiri Pandit Community despite qualifying for refugee status have unfortunately been declared as 'migrants' instead internally displaced refugees under international law, scattered in different parts of India as well as in some other countries, ignored and unheard. Their basic fundamental rights, constitutional and other rights are not properly and fully protected when Indian constitution as well as the Supreme court of India says that such victims displaced people (refugees) to live with dignity and honour, under article 21 of Indian Constitution.

Therefore, the victim Kashmiri Pandit Community under the banner of Kashmiri Pandit Conference (KPC), a representative organisation of victim KPs, appeals to Honorable UNHRC and others for appropriate action, this hapless community to be heard, justice

Power shutdown

JI NEWS SERVICE

JAMMU, JUNE 20: Chief Engineer (Distribution) JPDC, Jammu has informed that power supply to Salehar, Khour, Bhaspur, Makhampur, Rathana, Jinder Mellu and adjoining areas shall remain affected on June 23 from 7 am to 12 noon. Similarly, the power supply to Baggan, Malad, Marhoon, Dhar Dugnoo and adjoining areas shall remain affected on June 23 from 6 am to 10 am. Likewise, the power supply to Ramsoo, Nachlana, Ukhal, Pogal, Paristan and adjoining areas shall remain affected on June 21 from 10 am to 4 pm. Similarly, the power supply to Mandir, Kuntwara and adjoining areas shall remain affected on June 24 from 6 am to 10 am.

'Youth have to play vital role to bring change': Babu Rampaul

NC holds workers meeting at Bari Brahmana



JI NEWS SERVICE

JAMMU, JUN 20: A workers meeting was today organized by the Central Zone, JKNC at village Meen Sarkar of Samba district which was attended by hundreds of party workers, particularly the youth.

Former Minister and Zonal President JKNC, Babu Ram Paul was the chief guest and Surjeet Singh Manhas Provincial Joint Secretary JKNC, presided over the workers meeting. The workers meeting was organized by Bharat Bhushan, Zonal Secretary JKNC and Co-ordinator Samba district. Whereas Zonal Secretary JKNC Dr Vikas Sharma, Chander Udhay Singh, Sandesh Shan and Chairperson BDC Rajni Devi were the guests of honour.

While speaking on the occasion Babu Ram Paul urged upon the workers to

gear up their activities for the forthcoming municipal elections. He directed the party cadre to reach out every household falling within the jurisdiction of their respective municipal committees and deliver the message of the party to the public. He said that the erstwhile state of Jammu and Kashmir was rich in cultural heritage and communal harmony which has been snatched away from the people through various means.

Criticizing the Govt, RamPaul said that the state administration earlier imposing Property Tax on people of J&K and did a sustained campaign claiming it to be a marginal one urging people to happily pay the same. He said that the people are apprehending a periodical increase in the rate of Property tax year after year just like the government is doing with Toll Tax, he added. He said that the National Conference is the

only party which can deliver justice to the people of Jammu and Kashmir.

Babu Rampaul also said that before 5th August 2019 Jammu used to be called as City of temples when people were getting all basic facilities like drinking water, power and clean roads. But, sadly, after August 5th 2019 Jammu city was painted as Smart City with people now facing tremendous problems with regard to drinking water supply, electricity as even roads connecting streets are in broken conditions. They are trying hard to change the identity, democratic rights, and electoral demography of the people of Jammu & Kashmir, but it is not acceptable to the people of Jammu & Kashmir under any circumstances, he said.

He asserted that the National Conference will never tolerate such type of hypocrisy in the state. Therefore, the youth is

appealed to apply the sagacity of mind before using their vote in the coming elections.

Surjit Singh Manhas while speaking on the occasion said that National Conference believes in communal harmony and equality among all religions besides equal development of all regions of Jammu and Kashmir. He reiterated the party's stand with respect to restoration of statehood with full powers to address the aspirations of people. He mentioned that people have suffered a lot during the last four years especially after the abrogation of Article 370, bifurcation of Jammu and Kashmir and downgraded of State to a Union Territory.

Dr Vikas said NC had always worked to provide more and more employment opportunities to the youth of Jammu and Kashmir. Various employment schemes like Rehbar-e-Talim, Rehbar-e-Khel, Rehbar-e-Zrat etc were launched by the NC government.

Those who were present on the occasion include Harshvardhan Singh, Janak Raj Ex-Councillor Bari Brahmana Municipal Commission, Tarsem Paul, Sham Lal, Subash Chander, Farid Choudhary, Shabir Choudhary, Devi Dass Vice President, Block Bari Brahmana, Babu Ram, Shokat Ali, Prasino Devi, Sharda Devi and many others.

Rahul meets Dy CEO Smart City, raises concerns over ongoing work

JI NEWS SERVICE

JAMMU JUNE 20: Rahul Kumar, Councillor Ward No 20 today called on Dy CEO Smart City Limited, Rakesh Gupta and raised serious concern over the ongoing works under the Smart City Project. Ruchi Khosla, General Secretary Gandhi Nagar Mandal BJP was also accompanied the Councillor.

During the meeting, the Councillor raised concerns regarding the incomplete work of footpaths and lanes, as well as improper coverage of drains in the area.

He expressed the urgent need for proper coverage of all drains and complete work of footpaths and lanes to ensure the safety and convenience of residents.

The Councillor also emphasized the importance of ensuring quality work is done under the Smart City



Project. He stated that the city's residents deserve to have infrastructure that is built to last and that meets the highest standards of construction and design.

Dy CEO Rakesh Gupta listened patiently to the councillor's grievances and assured the Councillor of prompt and effective action to resolve

the issues.

He further stated that the Smart City Project would prioritize addressing these concerns and work towards completing the project at the earliest. Chief Architect Smart City Kapoor, JE Ravi, JE Rahul Sharma, and other officials were also present at the meeting.

THOUGHT OF THE DAY

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

JINDRAH IMAGES

Restoring old pristine glory

The renovation of the royal residence of erstwhile Dogra rulers -- Mubarak Mandi complex -- has again come under a heated debate after the Mubarak Mandi Jammu Heritage Society (MMJHS) -- which has been assigned the task of renovating mammoth structure -- recently invited Express of Interest (Eoi) for development of Heritage Hotel in one portion of the complex. The renovation project is already moving at the snail's pace while the old structures are falling down at every regular interval. The proposal of a heritage hotel, though, is not new but it triggered a debate with stakeholders casting aspersions on the working of the Society. The same proposal was mooted way back in 2008-09 when the renovation work was undertaken but at that time too it had invited sharp criticism from local MLAs who had accused the then government of selling the project to private players. Consequently, the project was pushed to cold storage and no progress was made over it during the last over a decade. Now, the government of Union Territory of Jammu and Kashmir has set into motion an exercise to convert a portion of historic Mubarak Mandi complex into Heritage Hotel under Public Private Partnership (PPP) model on Design Develop-Finance-Build-Maintain and Operate basis. Besides, other buildings, which are being conserved by utilizing the funds provided by the Jammu and Kashmir Infrastructure Development Corporation Limited, will be converted into State of the Art Museum. In the year 2009-10, J&K Assembly had witnessed protests with BJP MLAs opposing the idea of developing a Heritage Hotel on the complex. Recently, UT administration held detailed discussion on this subject and the Society was given the nod to start an exercise in this direction. Accordingly, the Society has invited Expression of Interest (Eoi) for development of the Heritage Hotel in one portion of the mammoth complex. Authorities believe that it is the only way to make the adaptive reuse of the complex as mentioned in the Master Plan and generate sufficient revenue for the proper maintenance of the whole complex in future. The proposal is aimed at creating world class category/business class Heritage Hotel with allied facilities which would attract national/international users. However, it will be an uphill task for the MMJHS to ensure that during the conversion of the portion into Heritage Hotel the original architecture of the buildings is not fiddled with and protected properly. By converting a portion of the historic complex into a Heritage Hotel the Government wants to promote Mubarak Mandi as a wedding and tourism destination and generate sufficient funds for proper maintenance and upkeep of the entire grandeur in future. Till last year, the unplanned and crawling pace of renovation work at Mubarak Mandi complex, the royal residence of erstwhile the Dogra rulers in J&K, had made stakeholders unhappy and dejected who were alleging that work was "in the hands of jokers having no idea of culture and heritage". Only five percent of the estimated cost of Rs 298.86 crore has been spent on the project during the past 11 years. The project commenced in 2008 without any specific deadline fixed for completion. The historic complex spreads over 14 acres of prime land and is steeped in a history of 187 years. Work on the project has been expedited after the Lieutenant Governor's administration showed keen interest in it and provided liberal funding for its renovation. The stakeholders should keep aside their personal interests and allow the government to execute its plan for better reuse and renovation of the royal complex as this is the only way to give it a new lease of life.

Both India, Pak will gain from recast of Indus Waters Treaty

CLIMATE CHANGE AND GLOBAL WARMING ARE THE NEW FACTORS THAT ARE ALL SET TO ADVERSELY IMPACT THE IWT.

LT GEN HARWANT SINGH (RET)

THE Indus Waters Treaty (IWT) is reviewed from time to time, with hardly any worthwhile progress, except for Pakistan raising uncalculated objections. This treaty recently came up for review, where the Indian team was headed by Deputy National Security Adviser Vikram Misri.

The treaty has a clause under which it can be reviewed, but reviews so far have merely been objections by Pakistan against projects being undertaken by India, which by and large have been within the ambit of the treaty. For instance, the treaty allocates waters of three western rivers to irrigate 1.3 million acres of Indian land (in J&K), but Pakistan has objected to its implementation. Hence, vast tracts of virgin land in the Ladakh region can't be irrigated.

In 1960, the treaty outlined how India and Pakistan would divide water from the Indus river system's six rivers. The three western rivers -- the Indus, Chenab and Jhelum -- were given to Pakistan for unrestricted use, whereas the three eastern rivers -- the Ravi, Beas and Sutlej -- were given to India. This means that Pakistan received 80 per cent of the water, whereas India received 20 per cent of the water.

Even if we overlook India's rights as the upper riparian country, based on the Indus river basin areas of the two countries, the division should have allocated 65 per cent water to Pakistan and 35 per cent to India.

What appears to have been decided was that Pakistan would take the water of the three western rivers, while India would take those of the three eastern rivers. Simple Nehruvian logic!

That being not enough, some of the canals which originated from headworks in India and watered fields in Pakistan were allowed to flow to Pakistan for the next 10 years, and by that time Pakistan was expected to create a new canal system. Besides, India provided nullahs to Pakistan for these new canals. In addition, Pakistan got waters from four Indian nullahs (Jammu area) that join Ravi in that country.

Apparently, all this was a win-win situation for Pakistan. To take undue advantage, Pakistan inserted some clauses in the details of the treaty, which it thought would work in its favour and against Indian interest.

One clause in the treaty -- which stipulated that dams on the three western rivers could only be of the run-of-the-river configuration -- that Pakistan thought would be in its favour, didn't actually help it. This restriction on the type of dams was, perhaps, due to the fear of India flooding Pakistan at some point in the event of a conflict. Further, even in the construction of various run-of-the-river dams, such as Salal, Uri, Dulhasti and Baglihar, Pakistan along with the World Bank has been creating impediments. In the case of Salal dam on the Chenab, which was originally built as a storage dam, it had to be converted into run-of-the-river configuration, due to Pakistan's and World Bank insistence. Thus,



many of the turbines installed there could not be put to use during dry season.

Advertisement These run-of-the-river dams have worked to the great disadvantage of both countries, more so in the case of Pakistan. For India, hydel power projects based on such dams cannot fully exploit the flow of water, because during rainy season, the flow of water is more but much less in dry season, resulting in less number of turbines operating during the dry period. So, in economic terms, such dams are not cost-effective. Moreover, there is the problem of silting due to collection of sediments at these dams.

For Pakistan, the disadvantages accruing from these dams are far greater as it cannot store excess waters of these rivers during the rainy season and consequently it just flows into the Arabian Sea. Thus, the water availability during dry season is inadequate. Besides, fertile contents and nutrients which waters from storage dams carry downstream are arrested in these run-of-the-river dams and, thus, fertility of agricultural land in Pakistan is affected.

On its part, India has failed to fully utilise the waters of the three eastern rivers due to the decision to reduce storage capacity of existing canal headworks by 10 per cent and poor condition of sluice gates, which results in water leaking through these and flowing downstream into Pakistan.

Further, delay in constructing the Shalpur Kandi barrage on the Ravi has compounded the problem.

Climate change and global warming are the new factors that are all set to adversely impact the IWT. These will lead to droughts in some parts and floods in others. This is due to excessive rain

in many regions and melting of glaciers; essentially, the latter impacts the western rivers. Floods will inundate large stretches of land and populated areas in Pakistan.

Last year, one-third of Pakistan was under water and over 1,100 people died and millions had to be evacuated. Unfortunately, there is no immediate solution at hand to deal with this ever-increasing problem.

It is, therefore, in Pakistan's interest to substantially review the IWT, wherein India be allowed to build storage dams for its hydropower projects on the three western rivers, use waters of the western rivers to irrigate 1.3 million acres in Ladakh region as well as allow some of the surplus waters of the Chenab to be diverted to the Beas in Himachal Pradesh. Besides, let India use waters of four nullahs in the Jammu region.

Even if these amendments to the IWT are incorporated, it will take a few years for India to bring about these changes. Only Salal dam, which can be converted into a storage dam in a much shorter timeframe, can offer some relief to Pakistan against floods due to climate change.

Hydroelectric projects based on storage dams on the three western rivers will lead to production of abundant electricity, which Pakistan can get at concessional rates.

At the same time, every effort must be made to combat climate change. India's efforts at combating climate change are somewhat tardy.

The IWT has witnessed three India-Pakistan wars (1965, 1971 and Kargil conflict) and, thus, Pakistan need not harbour misgivings about India violating the terms of this treaty in the event of any future conflict. In any case, amendments to the IWT will lead to a better understanding between the two countries.

The Meitei-Kuki flashpoint in Manipur

K. P. NAYAR

The Manipur crisis, complex as it is, has a cause, a trigger, and a history. In theory, it can be explained in the light of events in the immediate. Put simplistically, the cause is the long-standing divide between the Meitei (a little over 50% of the population, concentrated in Imphal and the valley districts occupying some 10% of land area) and the Kuki people (some 25%, many of them practising Christianity, spread across the majority hilly regions of Manipur).

The trigger, in part, is the judgment of the single judge of the High Court of Manipur at Imphal, Justice M.V. Murlidharan. The judge ordered the government to take a decision within four weeks on granting the scheduled tribe status to the Meiteis, who have been demanding this in the face of opposition by Kuki tribes. The High Court order has since been called "factually wrong" by the Supreme Court and is under appeal. The trigger is also in part the action by the Meitei-dominated government against those illegally occupying forestland, acting against illegal migrants from neighbouring Myanmar

and a drive against poppy cultivation in the hilly regions, feeding into new anxieties among the Kukis who occupy the hilly terrains.

Yet, the immediate causes and triggers and history may not tell the full story, which lies more in an overall approach and an attitude that can breed anxiety, stoke hatred and lead to a breakdown of the kind being witnessed in Manipur right now. Bitterness in the heart, building bit by bit, cannot be easily understood or measured. Its outpouring into violence against the state and against fellow citizens carries the potential of a nasty surprise that we see today -- Manipur is burning and the government knows not what to do next. This is a sensitive state in a sensitive region with not very friendly neighbours. The collapse of state machinery here should be a cause for alarm.

The extent of the trouble can be seen from the fact that a series of meetings and actions by Union Home Minister Amit Shah, who was in the state for four days from May 29 to June 1, and the visit by the Chief of Army Staff General Manoj Pandey around the same time, have not brought calm. There will be much discussion in the



coming days on how the BJP, which is ruling the state for the first time, has brought the situation to this sorry pass, and the series of actions or wrong actions that have led to an atmosphere in which the Meitei-Kuki conflict has gone out of hand.

Yet, such is the burden of geographical distance and being cut off from the mainstream that it has taken time for the burning of Manipur and the disaster that this portends for the nation to sink into the collective con-

science of the rest of India.

Now, civil society groups have spoken up with a strong statement that calls out the Centre and the state governments, the BJP's so-called "double engine" in the state and at the Centre. "In the present scenario," the civil society groups put it, "the worst of the violence against the Kukis has been perpetuated by armed Meitei majoritarian groups ... accompanied by genocidal hate-speech and supremacist displays of impunity." Two Congress

MPs visiting the state say they had to go incognito to study the violence "in a land where identity and ideology have overshadowed humanity and triggered hatred, violence, bloodshed and death..." As many as 10 Opposition parties have come together to question the silence of the Prime Minister on Manipur. Even the RSS has spoken up against the unfolding misery and mayhem. The RSS general secretary Dattatreya Hosabale noted over the weekend that the

"continuous violence that is going on in Manipur for the last 45 days is extremely worrisome".

The situation is truly worrisome. It comes in a state that has been marked out for coming out the weakest in terms of good governance, according to the Good Governance Index (GGI) report for 2020-2021 by the Union government's department of administrative reforms and public grievances. To quote the report: "On the other hand, Manipur with the highest decline of -11.2% tops the list of North Eastern States that have registered negative growth over 2019." The direction has clearly been lost. All efforts must be made at this critical time to bring calm, to check the spiral of violence and offer all the support and inputs that may be required to bring peace to the state. With more than 100 lives lost, the focus has to be on lowering the temperature. While this will take time, Manipur must alert us to the unpredictable consequences of policy slants that antagonise sections of the people in the belief that state power will prevail to order change in accordance with a predetermined agenda. The mistaken belief that instruments of the state can be

used to deliver on ideas and policy that go against the grain of a nation built on foundations of democratic debate, of give-and-take, or accommodating and making space rather than seizing it for a preferred and narrower agenda, is a recipe for disaster.

It is easy to stoke hatred. Not all actions or statements will draw an immediate response. Some responses will come in the form of protests that will be easy to put down. Bigger protests can be crushed with force. But while this drama is playing out, and a government with an overwhelming majority thinks it is driving in its chosen direction, there is a slow rising of a counter current that can begin to take root.

This wave of discontent is often unseen, unheard, building up silently to strike with the force and suddenness of a killer tsunami. It can bring wild disruptions that this nation can ill-afford. We think we are on a road to a better future but we may be driving up the wrong alley, leaving the nation more divided and unmanageable. In the book 'The Black Swan', Nassim Nicholas Taleb writes: "What is surprising is not the magnitude of our forecast errors, but our absence of awareness of it."

'Presenting film like cartoon can't be digested': Lord Ram actor Arun Govil on 'Adipurush'

Arun Govil is still remembered for essaying the role of Lord Ram in the television series Ramayan. In an exclusive interview with THE WEEK he talks about why certain boundaries must never be crossed in the name of creative liberty.

Have you watched Adipurush? If not, from where have you received feedback about it? I have not watched the movie as yet. My feedback is from friends and the news. When the Ramayan serial was telecast, such was its popularity that streets would empty out during its broadcast. It enjoys great popularity even today. What do you think is the reason for that? This is a nation dominated by feelings. Our traditions and culture makes us better humans. Sri Ram is at its core, and so deep is the connect that everyone in

the society is eager to have his darshan (sighting). People of all ages go to the temple. When the serial Ramayan was telecast, every home would turn into a temple. Very recently during COVID-19 crores of people watched the serial again. Its popularity is not a matter of chance. It is the essence of this nation. Do you subscribe to the explanation (given by the film's makers) that such language has been used which can be easily understood by people?

As far as the film's dialogues go, I do not like such language and I always use respectful language. I do not support the kind of language used in the film. In addition, drawing inspiration from Hollywood and presenting the film like a cartoon cannot be digested. As far as research for the film is concerned, the makers have taken creative



Tabu shares selfie with Kapil Sharma after wrapping 'The Crew' schedule



Actor Tabu has wrapped filming for the first schedule of her upcoming comedy film "The Crew", which also features popular comedian Kapil Sharma in a special appearance.

Also starring Kareena Kapoor Khan, Kriti Sanon and Dijo Dosa, the movie is set in the world of commercial aviation and promises to take viewers on a thrilling journey. Tabu shared a selfie with Sharma on Instagram on Monday night following the wrap party of "The Crew". It is directed by Rajesh Krishnan of "Lootcase" fame and produced by Rhea Kapoor and Ekta R Kapoor.

"Aap aaye bahaar aay! From the bottom of my heart thank you for being part of #TheCrew. From being on your show to having you as my co-star it has always been a delight and a joy!! @kapisharma," Tabu wrote.

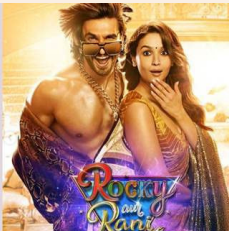
Sharma said it is "an honor" for him to share the screen with Tabu. "...@tabutifulji. Have been your fan since your first film. Thank you for all the love," the comedian wrote on his Instagram Stories. He also thanked actor Anil Kapoor for offering the project to him. "Love you @anilkapoor sir thank you for making me part of this beautiful movie #thecrew @rheakapoor," he said in a separate post, which was set to Anil's popular song "My Name Is Lakhan" from the 1989 film "Ram Lakhan".

SHAH RUKH KHAN CONGRATULATES KARAN JOHAR ON 25 YRS AS DIRECTOR WITH 'ROCKY AUR RANI...' TEASER RELEASE

Superstar Shah Rukh Khan on Monday said he is proud of long-time friend and collaborator Karan Johar, who is celebrating his silver jubilee as a filmmaker this year with the release of his upcoming film "Rocky Aur Rani Kii Prem Kahani". Unveiling the teaser of "Rocky Aur Rani..." on Twitter, Shah Rukh said Karan's father and late filmmaker Yash Johar would be "feeling extremely happy" about his son's achievements. "Wow Karan 25 years as a filmmaker. You've come a long way baby!! Your father and my friend Tom uncle must be seeing this from 4 heavens and feeling extremely happy and proud," the superstar wrote in a brief note that he posted alongside the teaser link. Shah Rukh starred in Karan's directorial debut "Kuch Kuch Hota Hai" in



1998, and the duo went on to work together on films such as "Kabhi Khushi Kabhie Gham..." (2001), "Kabhi Alvida Naa



Kehta" (2006), and "My Name Is Khan" (2010). "Have always told you to make more and more films because we need the

ethereal magic of love being brought to life... like only you can do. #RockyAurRaniKiiPrem Kahaani teaser is looking beautiful. Love you and best wishes to the cast and crew..." the actor added.

Fronted by Ranveer Singh and Alia Bhatt, "Rocky Aur Rani..." marks Karan's return to direction after 2016's "Ae Dil Hai Mushkil", which also featured Shah Rukh in a cameo. The 1.16 minute teaser of the family drama, which promises a "wholesome big-screen entertainer", is set to the tune of its song "Tum Kya Mile", said the makers.

Produced by Dharma Productions, "Rocky Aur Rani Kii Prem Kahani" also stars veteran actors Dharmendra, Jaya Bachchan and Shabana Azmi in key roles. The film is set to hit the screens on July 28.

Adulting becomes real when you hit 30s: Tamannaah Bhatia



One becomes more aware of the reality of life when they turn 30, says actor Tamannaah Bhatia, who believes in making new mistakes and learning from them.

In her latest show "Jee Karida", the actor plays the role of Lavanya, a woman who is unable to come to terms with the idea of marriage with her fiancé Rishabh (Suhail Nayyar) and the subsequent challenges.

Asked how was turning 30 for her, Bhatia said she is not as confused as her character in the Prime Video series.

"I don't know what the shift is but you do feel a shift of sorts (when you turn 30). But definitely, the idea is as you grow older, adulting becomes real and you want to hopefully not repeat the things you do in your 20s. You want to make new mistakes, but definitely not the old ones.

"Lavanya, as a person, is someone I relate to. We have old similarities, but are not the same person. I'm not as confused as her. Thank God for that! But her confusion is rather important otherwise we wouldn't have a story," the 33-year-old actor told PTI in an interview.

Bhatia, who was born in Mumbai, also recalled celebrating her 30th birthday away from home in a stranger's house.

"I think I've got way too much, so I'm extremely grateful. What really hit me when I turned 30... I was in another city. I cut a cake in someone else's house. I had that happened to me after having everything sorted career wise. But I did feel the '30-things' becoming real," she added.

Written and directed by Arunima Sharma, romance drama "Jee Karida" follows seven childhood friends who discover that life at 30 is definitely not what they had imagined.

'Adipurush' collects Rs 340 crore in three days: makers



"Adipurush", a retelling of the Ramayana directed by Om Raut, has minted Rs 340 crore at the global box office in three days, the makers claimed Monday.

Production banner T-Series said the movie, fronted by Prabhas, minted Rs 100 crore globally on the third day of its release.

"Adipurush" continues to captivate audiences across generations, crossing an astounding Rs 340 crores on the opening weekend at the box office! Jai Shri Ram," T-Series said in a statement posted on its official Twitter page.

The film stars Prabhas as Raghav (Ram), Kriti Sanon as Janaki (Sita) and Saif Ali Khan as Lankesh (Raavan). It is produced by Bhushan Kumar of T-Series.

The multilingual 3D spectacle, which hit the theatres on Friday, was heavily criticised over its pedestrian language. Its Hindi dialogue writer Manoj Mustansir Shukla on Sunday said the makers have decided to "revise some of the dialogues" and the amended lines will be added to the film by this week.

"Adipurush" is also produced by Krishan Kumar,

LADY GAGA reveals film of 'The Chromatica Ball Tour' is in the works

Pop star Lady Gaga has revealed that she is working on the concert film for The Chromatica Ball Tour.

In a post on Instagram, the 37-year-old musician gave an update about her various endeavours, including her role in Joker sequel Folie a Deux.

Gaga said her fans will soon be able to experience the film on the big screen. "I've been experiencing my creativity ever since last summer in a really special and private way," the actor-singer said.

"I wrote and produced music for a special project, I prepared for months developing my character for 'Joker' (a very introspective time), I have been running my start-up Haus Labs, doing philanthropic work, and additionally have been working on The Chromatica Ball film edit," she added.

Gaga had embarked on the 15-stop tour in 2020 to promote her sixth studio album, "Chromatica".

According to entertainment news outlet Variety, her performance at Los Angeles' Dodger Stadium is likely when the concert was filmed, considering the crowd of over



52,000 attendees was notified that the show was being recorded.

The singer also shared a photo of her working on The Chromatica Ball edit, with a still frame from the film behind her.

"I can't WAIT for you to experience it," Gaga said.

"Thank you for being willing to grow with me so that I can change and transform with the community I love so much. I hope you love all the things I've been creating for you and I hope this is a small reminder to you of my deep passion and commitment to art," she added.

Gaga will next be seen in Joker: Folie a Deux opposite Joaquin Phoenix. In the Todd Phillips-directed movie, the actor-singer will be essaying the role of Harley Quinn.



I TRY TO BLOCK OUT NOISE: STEVEN CAPLE JR ON TACKLING EXPECTATIONS WITH 'TRANSFORMERS' FILM

Director Steven Caple Jr wanted to find a natural path into developing his own Transformers movie and the filmmaker says part of the process involved blocking out all the external noise. Caple Jr, who made his feature debut with 2016's The Land and later directed Michael B Jordan-starrer Creed II, said he tried to infuse freshness into the franchise with Rise of the Beasts, starring Anthony Ramos and Dominique Fishback.

"I try to block out the noise as much as possible when developing something like this. It starts

early in the script, development stages, where it's like you listen to the fans a little bit. I do (listen) a lot as I am one. But then I also wanna be like, 'okay, what are we missing?' You can't get everything, but at a certain point you kind of block out the pressure," Caple Jr said.

Rise of the Beasts, currently playing in Indian theatres, is the seventh chapter in the sci-fi action franchise that started with 2007's Transformers, which was followed by four sequels and one spin-off movie.

Caple Jr said directing a Transformers movie was more

like a responsibility for him.

"But I try to avoid the pressure of trying to compare it to any other films or the scale of the project. At the end of the day, even though the project is this big, I always go down to the characters. The characters are the heart of the movie and they always make any project feel big. So if I just focused on that, like the heart of the film, the character's arc, what they're going through, then all the other noise kind of cancels itself out and you find a natural way to tell a story without folding under pressure." Set in the 1990s, Rise of the Beasts

features Ramos as Noah Diaz, who embarks on a globe-trotting adventure with the Autobots as they battle the deadly Terrorcons. In their fight, they are joined by the Maximals, a whole new faction of Transformers. Fishback essays the role of Elena Wallace in the movie, which is influenced by the Beast Wars storyline. Caple Jr, 35, said he had initially turned down the directing offer for the project as the producers approached him for a sequel to their 2018 blockbuster "Bumblebee". The filmmaker said coming off from Creed II, he

did not want to get involved with another sequel.

"I was like, I don't want to do another sequel. I had no interest in just tracking another Bumblebee movie. So I kind of loosely said no. But they said we're still developing and we'll come back to you in like a year or two years.

"And they came back to me saying, we want to do a movie on Maximals and the Beast Wars, but we want to keep the Autobots as well... To have that kind of blend and bring back some of my favourite characters was really exciting," he added.

Bipolar disorder: lifestyle changes to manage mania and depression symptoms



Living with bipolar disorder can be challenging as a person suffering from it goes through extreme shifts in mood. One can find themselves in either of the two phases - being too happy or too withdrawn. A person during manic episodes may be over-excited about life, bursting with energy, joyful, doing new things - at times irrational, talking too much and behaving impulsively. The same person during the depression phase, may withdraw from joyful activities, isolate self, be indecisive, suffer from low energy and lose sleep. In between these two extremes, there are phases when their mood could be absolutely normal. (Also read | Bipolar disorder: Warning symptoms you should know; types, causes, treatment)

Bipolar disorder is a mental health ailment characterised by significant alterations in mood that involves extreme highs (mania or hypomania) and lows (depression). (Freepik)

Bipolar disorder is a mental health ailment characterised by

significant alterations in mood that involves extreme highs (mania or hypomania) and lows (depression). (Freepik)

It is important to make appropriate lifestyle changes when suffering from bipolar disorder to help manage moods. Mania can lead to poor judgment, risk taking behaviour and disinhibition which may make a person prone to accidents or financial loss. On the other hand, depression can make one suicidal and lonely.

Patients living with bipolar disorder will respond to lifestyle changes otherwise. What works for one person may not be effective for another. It is vital for an individual to find what works best for them. It is also important to take medicine precisely as mentioned in the prescription. A person should not stop taking medicine if they start feeling healthier. This is just a sign that the treatment is working well for them, says Dr Dhruv Zutshi, Senior Consultant, Neurology, Fortis Hospital, Vasant Kunj.

Bipolar disorder is a mental

health ailment characterised by significant alterations in mood that involves extreme highs (mania or hypomania) and lows (depression).

The depressive episodes are characterised by persistent, pervasive sadness of mood along with a lack of interest or pleasure in usual activities. On the other hand, manic or hypomanic episodes are characterised by excessive cheerfulness or uncharacteristic irritability and increased energy.

These mood changes may impact an individual's sleeping habits, energy levels, daily activities, judgment, behaviour, and cognitive abilities, says Dr Sonali Bali, Consultant - Psychiatrist, Paras Health, Gurugram.

What to do during mania and depression

"Before applying lifestyle changes for managing bipolar disorder, it's important to understand an individual's personality, severity, and exact type of the disorder and their psychosocial environment. In general, proper activity scheduling (record of

daily activity as per specific time slot) is required to maintain emotional regulation. If a person is having depressive disorder, then there should be activities to

sistent sleep schedule, aiming for seven to eight hours of sleep per night," says Dr Iyoti Kapoor, Founder-Director and Senior Psychiatrist, Manasthali.

MANIA AND DEPRESSION SYMPTOMS IN BIPOLAR DISORDER CAN BE MANAGED BY INTRODUCING APPROPRIATE LIFESTYLE CHANGES.

activate their physical energy and brain chemicals like walking, cycling, team play activities, etc. It's advisable to avoid any alcohol activity during this phase. If a person is having a manic phase, then grounding should be the main goal in lifestyle changes for which meditation, taking care of plants, gratitude journaling, etc can be useful," Dr Shweta Sharma, Clinical Psychologist & Founder, Mansa Global Foundation for Mental Health.

"Taking proper sleep is required (7-8 hours) in both states. Maintaining regular Psychotherapy sessions is a must. Learning social skills is also important in their lifestyle. Regularly journaling about your small achievements before sleeping on day-to-day basis. Keep a check on your triggers and reach out for help when doing all this. There is one important point that needs to be in mind, meditation or yoga is not the best advice for depressive episodes but helpful for the manic phase, adds Dr Sharma.

Lifestyle changes for bipolar disorder

1. Maintain a regular sleep schedule

"Good and enough sleep is crucial for individuals with bipolar disorder. Lack of sleep or irregular sleep patterns can trigger manic or depressive episodes. Try to maintain a con-

2. Regular exercise
"Exercise is known to have many mental health benefits, including reducing symptoms of anxiety and depression. Regular physical activity can also help manage mood swings and improve overall well-being," says Dr Kapoor.

3. Balanced diet
"A balanced diet can help stabilize mood and improve overall health. Focus on eating nutrient-dense foods like fruits, vegetables, whole grains, lean proteins, and healthy fats. Limit or avoid processed and sugary foods," says Dr Bali.

4. Manage stress
"Practicing relaxation techniques, such as yoga or meditation, can help reduce stress and anxiety," says Dr Malasa Gujjar, Consulting Physiologist, Jindal Naturecure Institute, Bangalore.

5. Avoid drugs and alcohol
"Substance use can interfere with bipolar disorder treatment and increase the risk of relapse. Avoiding drugs and alcohol can help stabilize mood and reduce the risk of manic or depressive episodes," says Dr Kapoor.

6. Keep a mood journal

"Keeping a journal can help you track your mood swings, identify triggers, and monitor the effectiveness of your treatment plan. Share your mood journal with your mental health provider," says Dr Bali.

DOES EXERCISE CAUSE YOU HEARTBURN OR ACIDITY? TRY THIS OUT TO AVOID IT!

EXERCISE SOMETIMES CAN CAUSE HEARTBURN OR ACIDITY. HERE'S HOW YOU CAN AVOID IT!

Exercise is good for overall health, losing weight, and feeling energetic all through the day. However, what if you get acidity or heartburn post-workout? When you exercise intensively, the acid is pushed towards the esophagus during the movements and leads to irritation or burning.

It is quite common to feel heartburn after a vigorous workout session. It is more common in people who do a lot of bending and twisting exercises or

who had a very heavy meal a couple of hours before exercising. Avoid foods that cause acidity. Even though intense movements do push the acid from the stomach into the esophagus, the formation of acid is triggered only when you eat oily and spicy foods. So you must avoid eating such foods or limit your portion. Drinks such as coffee, carbonated beverages, and alcohol also cause heartburn and should be avoided.

Do not lie down immediately

after exercise
It is natural to feel exhausted after a heavy workout routine. However, even then you must not lie down immediately after the exercise. Let the body's blood circulation and overall functioning settle or it may cause heartburn. You should wait for at least half an hour before lying down after the exercise.

Stay away from certain exercises
At times certain exercises can cause heartburn and acidity. For that, you need to watch

which exercises trigger acid reflux. More often downward dog pose or performing inversions can cause acidity as these are the exercises against the natural gravity of the digestion. If intensive workouts or core exercises cause acidity then you should shift to normal exercises like cycling and swimming.

Baking soda can help
You can try natural remedies like baking soda. Add 1 tsp baking soda to a glass of water and drink. Baking soda is known for

neutralizing stomach acids as it amps up the intake of salt in the body.

Keep yourself hydrated
Drinking less amount of water can also cause acidity. Make sure that you drink adequate water and stay hydrated, especially during summer when you perspire more. Disclaimer: This piece of article is for basic information purposes only. It's always advisable to consult a doctor for any type of health issue.

11 Simple Tips To Lose Weight That You Probably Haven't Thought Of

According to Times of India, the winter is the most common season to pack on the pounds and the summer is the most likely one to shed them. This could be due to the fact that the colder temperatures inhibit produce growth, which ultimately impacts our diets, or because the shorter days cause us to be less active. Regardless, if your clothes feel a bit tighter right now than normal, you're not alone. If you're aiming to lose a few pounds, then read the not-so-groundbreaking (but also not-so-obvious) tips below.

1. Toss the Junk Food
Don't make your goals harder than they need to be. Instead, be your own ally and get rid of tempting sugary snacks or junk food around the house. Out of sight, out of mind!

2. Cut out Creamer or Sugar From Your Daily Coffee
If you're an avid coffee drinker, altering your go-to morning brew could help you shed a few pounds. Consider swapping out sugar and flavored creamers for milk or other unsweetened dairy-free alternatives. Or drink it black!



3. Eat Breakfast Within 30 Minutes of Waking Up
The "breakfast is the most important meal of the day" mantra is more than just a saying, it's a fact. According to WebMD, eating breakfast within 30 minutes of waking up will help kickstart your metabolism, which will help you burn calories throughout the day. It's important to choose high-protein breakfast options like Greek yogurt, overnight oats, or steak and eggs to provide your body with the energy and nutrients that it needs.

4. Say "No" to the Breakroom Treat
While delicious, wine is not the best alcoholic drink option if you're trying to lose weight. This is because it's high in sugar and calories. According to the Cleveland Clinic, a 5-ounce glass of wine is 125 calories. Try a tequila and tonic instead, and you may just see a lower number on your scale.

5. Swap out a Bun for a Lettuce Wrap
Everything is okay in moderation, but bread and buns are high-carb foods that offer very little nutritional value. Reducing your intake of these types of foods will help you lose weight. Replace your bun with a lettuce wrap the next time you're mak-

ing a sandwich, taco, or burger, or try a whole grain option instead.

6. Plan and Prep Your Meals
Flanning what to eat for each meal will help you combat cravings and

set some aside for later so you're not tempted to overindulge.

7. Find a Social Activity That Doesn't Revolve Around Eating
This could be a challenging one,

FAD DIETS AND JUICE CLEANSSES AREN'T GOING TO HELP YOU DROP POUNDS LIKE THESE TIPS WILL. FOLLOW THESE SIMPLE BEHAVIOR CHANGES TO HELP YOU LOSE WEIGHT - AND KEEP IT OFF!

Refrain from having that midnight snack and instead save your appetite for the morning!

6. Trade in Wine for Tequila/Tonic
While delicious, wine is not the best alcoholic drink option if you're trying to lose weight. This is because it's high in sugar and calories. According to the Cleveland Clinic, a 5-ounce glass of wine is 125 calories. Try a tequila and tonic instead, and you may just see a lower number on your scale.

7. Swap out a Bun for a Lettuce Wrap
Everything is okay in moderation, but bread and buns are high-carb foods that offer very little nutritional value. Reducing your intake of these types of foods will help you lose weight. Replace your bun with a lettuce wrap the next time you're mak-

snacking throughout the day because you'll have an idea of when and what you'll eat next. Better yet, if you meal prep, you're much less likely to impulsively order takeout or stray from your plan because your food is already there, ready to eat. Meal prepping also requires you to box up specified quantities and could help you avoid overeating.

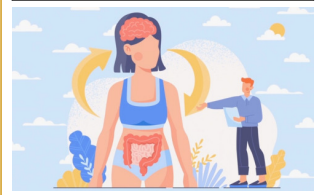
9. Reduce Your Serving Size
It may not be what you're eating, but how much you're eating. Consider cutting your portions down, especially when you go out to restaurants.

If you find yourself asking for a to-go box more often than not, that's a sign that you're eating the proper amount.

You could even ask for the to-go box when you first get your food and

Your Gut Health and Mental Health Are Closely Linked; Here's How to Boost Them Both

RESEARCH HAS ONLY JUST SCRATCHED THE SURFACE OF THE MIND-TO-MICROBIOME CONNECTION



Have you ever felt butterflies in your stomach? Felt an instant pit when something bad was about to happen? Or felt your stomach twist into knots when you were about to get in trouble? Those feelings are the result of your gut and your nervous system (which includes your brain) working in tandem, and research has shown that gut health and mental health are closely intertwined.

What is the gut-brain axis?
Your intestines—the primary home of your gut microbiome—are lined with nerve cells that communicate constantly with your central nervous system, and vice versa, creating a two-way link between these major body systems known as the gut-brain axis.

"Think of the gut-brain axis like a communication highway that connects the two together," says Nathan Price, PhD, chief scientific officer at Thorne HealthTech and author of *The Age of Scientific Wellness*. "The gut and brain are connected in multiple ways. A clear example is serotonin, an important neurotransmitter primarily made in the gut. There have also been recent studies that show microbes in the gut will actually make compounds that travel to the brain and trigger things like hunger cravings for nutrients the gut microbes are looking for."

Although the scientific and medical communities are still in the early stages of fully understanding the exact why and how behind this link, a large and growing body of research has provided more fascinating insight in recent years. Price says that a healthy gut has a big impact on a healthy brain, and it's become clear that they're highly interrelated and communicate with each other often.

"For example, we now know that microbes in the gut make and modulate a variety of key brain neurotransmitters, such as dopamine, glutamate, GABA, and serotonin," he explains. "The gut microbiome also affects immune signaling and the central nervous system, so the gut can affect both brain function and immune function in the brain." In other words, the emotional and cognitive centers of the brain can link with various parts of your gut and send good or bad signals (via chemicals called neurotransmitters), depending on your gut's health. Inflammation can heavily impact this relationship. Inflammation is often caused by an imbalance in gut bacteria known as dysbiosis, which can cause bad bacteria to enter the bloodstream. A 2020 review, published in the journal *Frontiers in Immunology*, suggests that dysbiosis also alters the blood-brain barrier, which can lead to inflammation of the brain matter, and these inflammatory pathways have been linked to neuroinflammatory conditions like multiple sclerosis, Alzheimer's disease, and Parkinson's diseases.

Megan Hilbert, MS, RDN, a registered dietitian specializing in gut health nutrition at Top Nutrition Coaching says this inflammation can come from ultra-processed foods that tend to contribute to a less diverse microbiome. "There are also food additives that are found in these ultra-processed foods that have been associated with poor gut health outcomes, like artificial sweeteners and emulsifiers like guar gum, soy lecithin and carrageenan," she says. Research has found several associations between gut microbiome health and brain health, neurological function, behaviors, and emotions—including connections to Alzheimer's and Parkinson's diseases.

Rath Yatra Chariots roll on in Ahmedabad amid grand procession tight security

AHMEDABAD, JUN 20: The 146th Rath Yatra of Lord Jagannath is being held on Tuesday in Ahmedabad amid a vigil by nearly 26,000 security personnel as lakhs of devotees flocked along the 18-km route of a grand procession to catch a glimpse of the deity. The Gujarat police have for the first time in the Rath Yatra used 3D mapping technology to monitor the entire route and also deployed anti-drone technology to ensure no unauthorised drones are used during the event, as per a senior police official.

Chief Minister Bhupendra Patel performed 'Pahind Vidhi', a symbolic ritual of cleaning the way for the chariots using a golden broom, in the morning. Thereafter, Lord Jagannath, his brother Balabhadra and their sister Subhadra embarked on the yatra on their chariots from the 400-year-old Jagannath Temple in Jamalpur area.

Union Home Minister Amit Shah also participated in the "mangala aarti" (auspicious ritual to pay obeisance to the deity) at the temple in the wee hours. In a tweet, he called the Yatra a "confluence of faith and devotion" and described the experience of the Lord's "darshan" as "divine and unforgettable".

The procession, taken out amid tight security, consisted of dozens of elephants, as well as carts pulled by camels and trucks with tableaux on devotional themes. The procession was greeted enthusiastically as it passed through roads densely packed by people on both sides.

Acrobats representing various "akharas" stole the show, with children and adults loudly cheering the young performers who were part of the procession. People on trucks throw toffees prompting those gathered scrambling to collect them.

People in various pool areas of the



walled city of Ahmedabad sprinkled water and showered flower petals on the procession from their balconies and rooftops to help the devotees beat the sweltering heat.

Devotees singing bhajans walked ahead of the chariots. The entire atmosphere reverberated with the chants of 'Jai Jagannath'. The procession moved slowly but people waited patiently for hours for the arrival of the chariots without letting their excitement wane. Police took special precautions in the communally sensitive areas and personnel from the Central Industrial Security Force (CISF) lined the route.

It was for the first time in many decades that Lord Jagannath, Balabhadra and Subhadra rode on new chariots. Also marking the first was the hi-tech 3D mapping technology used for the supervision and security of the Rath Yatra.

Apart from dozens of CCTV cameras, drones were used for surveillance as the procession passed peacefully through some of the communally sensitive parts of the walled city of

Ahmedabad.

Police also employed an anti-drone system to rule out the use of unauthorised drones. Using special guns, such drones seen in the area will be shot down, rendering them ineffective, officials said. CM Patel monitored the procession from a dashboard at his residence in Gandhinagar. The entire Rath Yatra route was monitored in real-time by the chief minister in the presence of senior officers. Minister of State for Home Harsh Sanghavi monitored the Yatra from a police control room in Ahmedabad.

Security personnel collectively wearing 2,322 body cameras, and 25 vehicles with CCTVs and a GPS system were used to keep a close watch on the entire procession along the 18-km-long route, officials said. A total of 26,091 security personnel, including officers and policemen, as well as paramilitary forces, were deployed for the Rath Yatra of Ahmedabad, they said. As many as 94 CCTV cameras set up across 45 sensitive locations provided live feed, they added.

PM supplied vaccine to 160 countries, Uddhav Thackeray stayed at home during pandemic: Anurag Thakur

MUMBAI, JUN 20: Union minister Anurag Thakur on Tuesday said even the world believes that 160 countries could get anti-coronavirus vaccines because of India, while Shiv Sena (UBT) chief Uddhav Thackeray was "scared" and stayed at home throughout the pandemic.

Thakur's comment came in response to Thackeray's barb over BJP leader Devendra Fadnavis purportedly giving credit for the vaccine development to Prime Minister Narendra Modi. "Uddhav ji was scared of the COVID-19 pandemic and remained at home. Modi ji offered leadership to society and encouragement to the scientists and vaccine-makers," Thakur said, replying to reporters' questions here. "Not just the country, but the world believes that 160 countries received the vaccine against COVID-19 through the vaccine-Maitri programme of our country," the Union Minister for Information and Broadcasting added.

A person who did not leave his home for two and a half years due to the fear of COVID-19 was ousted from power by his own party workers and people, Thakur further said, referring to Thackeray whose government in Maharashtra collapsed last June following Eknath Shinde's rebellion.

Earlier, Maharashtra deputy Chief Minister and BJP leader Devendra



Fadnavis had said that Modi made the vaccine and provided it to the world. Thackeray, in a speech at a party event on Monday, seized on the first line of Fadnavis's statement and asked, "If Modi ji made the vaccine, what were the scientists doing? Were they (merely) plucking grass?" Thakur, meanwhile, also said that Thackeray was bound to lose power after he joined hands with the ideology of the Congress and NCP that late Bal Thackeray had always opposed, and there was no point in nursing regret.

"At least he should face the reality now," Thakur added. Prime minister Modi provided 220 crore vials of anti-coronavirus vaccines to the country's people, he said, adding "because of his efforts, funds were raised and every state received

vaccine stock." "Uddhav ji, on the other hand, was scared and confined himself to his residence. He had forgotten the people of Mumbai and Maharashtra during the period," Thakur said.

Modi saved people from starvation as well as from the pandemic while ensuring that the Indian economy rose to the top five in the world, the minister further said.

Respect for India has grown across the world and the country has become "more secure from external attacks," he said.

Without naming the Congress-led UPA regime, Thakur said, "Uddhav ji joined hands with the parties which were mere spectators during such attacks. They were in silent mode. The Modi government carries out surgical strike. But Uddhav ji joins hands with those who doubt the bravery of our armed forces. Uddhav ji joined hands with those who could not give bullet-proof jackets (to soldiers) despite being in power for ten years."

About Thackeray criticising the Modi government over the ongoing violence in Manipur, Thakur said, "I was in Palghar district (of Maharashtra) two days ago. During Uddhav ji's regime two years back, religious leaders were attacked and killed in Palghar. He should be ashamed of such incidents."

Central team to be deployed in UP, Bihar to aid them in public health response measures for heat-related illnesses

NEW DELHI, JUN 20: A team of experts from the Union health ministry, ICMR, IMD and NDMA will visit Bihar and Uttar Pradesh to support the two states in public health response measures to address heat-related illnesses.

This was directed by Union Health Minister Mansukh Mandaviya on Tuesday as he chaired a high-level meeting related to public health preparedness for heatwave management across the country.

Union Minister of State for Health Bharati Pravin Pawar and Dr VK Paul, Member (Health), NITI Aayog, were also present at the meeting. Several states have been experiencing severe heatwave conditions for the last few days.

Underlining the importance of sturdy and timely preparedness through awareness and early actions, Mandaviya also directed the Indian Council of Medical Research (ICMR) to conduct research on how to minimise the effects of heatwave on health, with specific short, medium and long-term action plans.

The health minister said the Centre has taken timely measures ahead of the summer season to address heatwave-related illnesses. Prime Minister Narendra Modi chaired a meeting to

review preparedness ahead of the summer season in March, while the health ministry issued a heatwave advisory in February, advising the states to review health facility preparedness in terms of essential medicines, intravenous fluids, packs, ORS, drinking water as well as dissemination of necessary IEC materials.

The National Action Plan on Heat Related Illnesses was also shared with all the states.

At the meeting, Mandaviya was briefed on the status of heatwaves in various states and the preparedness of central agencies in terms of availability of required supplies and hospital infrastructure to provide timely and effective healthcare services.

It was also apprised that daily surveillance on heat-related illnesses under the National Programme on Climate Change and Human Health (NPCCHH) has been ensured in all states and districts through the Integrated Health Information Platform (IHIP) and all the health facilities have been asked to participate using the P-form level log-in.

The National Action Plan on Heat Related Illnesses, prepared by the Union Ministry of Health and Family Welfare (MoHF), was released in July 2021. It outlines the standard

operating procedures (SOP) for surveillance of heatstroke cases and deaths with a preparedness plan before and during the summer season.

It also provides a special emphasis on Heat Related Illnesses (HRI) in elderly, infants and children, pregnant women, outdoor and manual workers, and other vulnerable sections.

Under this action plan, states are advised to increase resiliency to extreme heat at the level of health facilities by ensuring uninterrupted electric supply, installation of solar panels and measures to reduce indoor heat through a cool or green roof, window shading, outside shades etc. "Sensitisation of masses is important, but sensitisation and capacity building of medical officers, health staff and grass-root level workers on heat-related illnesses, their early recognition and management is also important," Mandaviya said.

He urged the states and central agencies to enhance awareness among people regarding the preventive measures through multi-media IEC campaigns.

Mandaviya asked the India Meteorological Department (IMD) to issue daily weather forecasts in a manner that can be easily interpreted and disseminated.

ST status for Meiteis: HC notice to Centre, Manipur govt on review petition

IMPHAL: The Manipur High Court has admitted a review petition seeking to modify its March 27 order that directed the state government to recommend inclusion of the Meitei community in the Scheduled Tribes (ST) list.

Based on the petition, the court on Monday issued notices to the Centre and the state government, seeking their response. The review petition by the Meitei Tribes Union (MTU) was admitted for hearing by a bench of Acting Chief Justice MV Muralidharan, who had also authored the March 27 order.

In the order, Justice Muralidharan had directed the Manipur government to

reply to the Union Tribal Affairs Ministry on a file related to the request for inclusion of the Meiteis on the ST list.

The high court noted that the Meiteis had submitted several requests for ST status to the Centre from 2013 onwards - a request that was forwarded to the state government for a formal recommendation.

But the state government never acted on it, the high court said before directing it to respond to the Union government. In addition to this direction, the HC had also said, the first respondent shall consider the case of the petitioners for inclusion of the Meitei/Meitei community in the

Scheduled Tribe list, expeditiously, preferably within a period four weeks from the date of receipt of a copy of this order.

It is this part of the order that we have sought a modification of. There is a Supreme Court judgment that says inclusion or exclusion of any community is the prerogative of the Parliament and the President. So this direction does not comply with that, MTU advocate Ajay Pebam said. We have simply asked them to revise the Single Bench order, he said, adding, We want the Manipur government to respond to the letter since it is not authorised to grant ST status. The high court has

now listed this review petition for the next hearing on July 5. More than 100 people have lost their lives in the violence between Meitei and Kuki communities in Manipur that broke out over a month ago.

Clashes first broke out in Manipur on May 3 after a 'Tribal Solidarity March' was organised in the hill districts to protest against the Meitei community's demand for Scheduled Tribe (ST) status.

Meiteis account for about 53 per cent of Manipur's population and live mostly in the Imphal Valley. Tribals - Nagas and Kukis - constitute another 40 per cent of the population and reside in the hill districts.

Panchayat polls: SC dismisses pleas against HC order on deployment of central forces in WB

NEW DELHI, JUN 20: The Supreme Court on Tuesday refused to interfere with an order of the Calcutta High Court directing the State Election Commission to requisition and deploy central forces across West Bengal for the July 8 panchayat polls, and observed that holding election cannot be a "license for violence".

The apex court, which dismissed the pleas filed by the West Bengal government and the State Election Commission (SEC) challenging the high court order, said the tenor of the high court order was ultimately to ensure free and fair election in the state.

"Holding election cannot be a license for violence," a vacation bench of Justices BV Nagarathna and Justice Manoj Misra observed during the hearing.

"The fact remains that the tenor of the order of the high court is ultimately to ensure that there is free and fair election conducted in the entire state of West Bengal since the state is conducting the said elections for the local bodies on a single date and having regard to the number of seats which are going to the

polls," the bench said.

It said the order of the high court would not call for any interference and the top court is not inclined to interfere with any other directions issued by the high court in this regard.

The bench noted that advocates representing the state and the SEC have contended that the high court's direction for requisition and deployment of central forces for all the districts in West Bengal ought to be interfered with by the apex court.

The SEC's counsel said it was not within the jurisdiction of the commission to requisition deployment of central forces for the conduct of elections.

During the hearing, the bench observed that elections cannot be accompanied by violence.

It said if people are not able to go and file their nominations or those who have filed their nominations are ultimately fined for the election-related clashes, then where is free and fair elections.

The counsel appearing for the state said sometimes, facts and figures are different from the impres-

sions.

The high court on June 15 directed the SEC to requisition and deploy central forces across West Bengal for the panchayat elections within 48 hours.

The court had noted that no appreciable steps have been taken ever since an order was passed by it on June 13 to deploy central forces in sensitive areas for the poll process.

The high court had directed the SEC to requisition the deployment of central forces for all the districts in the state which were rocked by violence over filing of nominations for the July 8 panchayat elections.

Noting that till date, no effective steps have been taken to identify sensitive areas from the law and order point of view and in light of the SEC's submission that it may take a couple of days more to do so, the court had said, "Waiting any longer will cause more damage to the election and will not aid in protecting the purity of the election process."

The high court had directed the Centre to deploy the required num-

ber of central forces and that the cost of it will be borne by the Union government and no part of it will be charged to the state.

The court had on June 13 directed requisition and deployment of central forces for all the districts and districts declared sensitive by the SEC.

The SEC was directed to thereafter review the assessment plan submitted by the state and wherever there is inadequacy of the state police force, paramilitary force will be deployed.

Opposition leaders, including the BJP's Suwendu Adhikari and Congress MP Adhir Ranjan Chowdhury, had petitioned the court for deployment of central forces for ensuring peaceful elections, stating the state had witnessed large-scale violence during the municipal elections in 2022 and the Kolkata Municipal Corporation elections in 2021.

They had also prayed for an extension of the last date of nomination claiming that the time given was not adequate. The court had left it to the SEC to consider the prayer.

Ukraine downs Russian drones but some get through due to gaps in air protection

KYIV, JUN 20: Ukrainian air defences downed 32 of 35 Shahed exploding drones launched by Russia early Tuesday, most of them in the Kyiv region, officials said, in a bombardment that exposed gaps in the country's air protection after almost 16 months of war.

Russian forces mostly targeted the region around the Ukrainian capital in a nighttime drone attack lasting around three hours, officials said, but Ukrainian air defences in the area shot down about two dozen of them.

The attack was part of a wider bombardment of Ukrainian regions that extended as far as the Lviv region in the west of the country, near Poland.

The Shahed drones made it all the way to Lviv because of the inability of air defence assets to cover to such a broad area, Ukrainian air force spokesman Yuriy Ilnat said.

Air defence systems are mostly dedicated to protecting major cities, key infrastructure facilities, including nuclear power plants, and the front line, he said.

There is a general lack of air defence assets to cover a country like Ukraine with a dome like Israel has," he said, in a reference to Israel's Iron Dome aerial defence system.

In the Lviv region, the Russian strike hit a critical infrastructure facility, starting a fire, according to Lviv Gov. Maksym Kozlytskiy.

Russia also struck the southern Zaporizhzhia region of Ukraine with ballistic missiles.

Ukraine's air defences have been reinforced with sophisticated weapons from its Western allies, allowing it a higher success rate recently against incoming drones and



missiles. Previously, a winter bombardment by Russia damaged Ukraine's power supply, though speedy repairs blunted that Kremlin effort.

The latest aerial assaults behind Ukraine's front line coincided with the early stages of a Ukrainian counteroffensive, as it aims to dislodge the Kremlin's forces from territory occupied since Russia's full-scale invasion in February 2022. The counteroffensive has come up against heavily mined terrain and reinforced defensive fortifications, according to Valerii Zaluzhnyi, the commander-in-chief of Ukraine's armed forces.

Russia has also mustered a large number of reserves, he said in a post accompanying a video of him visiting front-line positions with other senior officers. Heavy battles are taking place in eastern Ukraine, around Bakhmut, Lyman, Avdiivka and Marinka, the Ukrainian armed forces said. Russia shelled 15 cities and villages in the

eastern Donetsk region, wounding five civilians, including three near Chasiv Yar near Bakhmut, according to Ukraine's presidential office.

"Despite the fierce resistance of the occupiers, our soldiers are doing everything possible to liberate Ukrainian territory. The operation continues as planned," Zaluzhnyi's post said. In other developments, Russia's Foreign Intelligence Service, known by its acronym SVR, invited Ukrainian diplomats stationed abroad to come to Russia with their families to avoid returning to Ukraine. It claimed many Ukrainian diplomats are unwilling to return home after their tours and want refugee status in the European Union and Asian countries where they worked.

Also, Russian Defense Minister Sergei Shoigu alleged that Ukraine plans to use US-made HIMARS and UK-provided Storm Shadow missiles to attack Russian territory, including the illegally annexed Crimean Peninsula.

DC Baramulla review progress under Aspirational District Programme

Initiatives need to be taken for 100% Saturation in all Indicators/ Sectors: Dr Sehrish

JJ NEWS SERVICE

BARAMULLA, JUNE 20: The Deputy Commissioner (DC) Baramulla, Dr Syed Sehrish Asgar today convened a meeting of all concerned officers at DC Office Complex here to review the progress achieved under different indicators of Aspirational District Programme.

The meeting held three-hour discussion and reviewed the progress achieved under Health, Education, Agriculture, Financial inclusion,



Household Electrification, Digitization and Skill also thoroughly discussed during which DC stressed upon the concerned officers to redouble their efforts so that targets fixed could be achieved within the stipulated time frame. After taking a comprehensive review of all the sectors, Dr Sehrish projected that initiatives need to be taken by all departments to reach 100% saturation across the district. Meanwhile, the DC directed to devise the appropriate and effective strategies for overcoming the issues confronting various indicators adding that there is a need to work with added zeal and enthusiasm for transforming the district from Aspirational to inspirational. Furthermore, the concerned officers highlighted several issues and bottlenecks hampering the proper and smooth functioning wherein the DC assured that all the issues shall be redressed in a time bound manner. Joint Director Planning M Yousuf Rather, Principal GMC Baramulla (Prof) Dr Ruby Reshi, SEs of R&B, PMGSY and JKPCDC, Chief Education Officer, Chief Agriculture officer, Chief Horticulture Officer, Chief Medical Officer and other District Officers attended the meeting.

Handholding session regarding Field Test Kit held at Budgam

DC emphasises significance of JIM in providing sufficient, clean tap water to every household

JJ NEWS SERVICE

BUDGAM, JUNE 20: The District Administration Budgam in collaboration with Mission Directorate of Jal Jeevan Mission, J&K organised an extensive handholding and awareness programme under the chairmanship of Deputy Commissioner (DC) Budgam, Akshay Labroo at Sheikh ul Alam Hall, here. The programme was organised as part of the Jal Jeevan Mission Stakeholder's Field Test Kit (FTK) Training programme.

Several stakeholders including PRIs, Pani Samiti members, Jal Shakti Department field staff, Poshan Abhiyaan, Health ASHAs and AWWs, District Project Management Unit JIM Staff, Implementation Support Agencies, water testing lab staff, and FTK Trained Women from different panchayat halqa's took part in the sessions. Executive Engineers

of functional tap household connections will be achieved. During the presentation, Consultant Nizam Mansoori, Rakesh Singh from PMC elaborated on the responsibilities and obligations of different stakeholders, such as Pani samitis, and shared their exemplary water management and rainwater harvesting methods with the attendees.

He encouraged them to commit to the Jal Jeevan Mission's vision with passion and dedication.

PMC's team provided visual assistance, highlighting the essential aspects of Jal Jeevan Mission, water harvesting, and conservation and explaining them wonderfully. In addition, they provided technical guidance on how FTK Users can upload data to the IMS portal, leading them step-by-step on how to create a user account and upload water test reports using the mobile app.

In second part of the session, Live demonstration of Water Testing on Field Testing Kits was presented by Water Testing Staff before the stakeholders in order to train them.

Project coordinator DPMU, JIM Budgam while speaking on the occasion dealt with the issue of pollution of water bodies and said that careless dumping of waste into water bodies/sources has aggravated the water scarcity problem and the need is to arrest this trend by community mobilization and action.

PHE Division Budgam, Er Sakeel ul Ahmad and Chadoora Er. Nazia Nazir, alongside their Assistant Executive Engineers, Coordinator DPMU Er. Mudasar, and various other officers from different departments were present in the event. During the session, DC discussed about various facets of Jal Jeevan Mission, water management, and conservation efforts. He emphasised the significance of Jal Jeevan Mission in providing sufficient, clean tap water to every household.

The DC said, these training sessions not only increase knowledge of person but make him/her more dedicated towards fulfilling the aspirations of the public. On the occasion, the DC appreciated the role of Jal Jeevan Mission team Budgam for working tirelessly and hoped that the whole project will be completed well before timeline and 100% saturation

Director Agriculture inaugurates Lavender Festival at Sirhama Anantnag

DEPARTMENT COMMITTED TO THE DEVELOPMENT OF LAVENDER CROP: CHOWDHURY IQBAL

JJ NEWS SERVICE

SRINAGAR, JUNE 20: The Director Agriculture Kashmir, Chowdhury Mohammad Iqbal today inaugurated Lavender Festival at Floriculture Farm Sirhama, Anantnag.

Speaking on the occasion, Director Agriculture highlighted the economic importance of Lavender crop and said that there is a huge potential to grab in this sector.

The Director said that the



department is introducing new interventions for strengthening this crop. He further said the cultivation of Lavender on commercial lines and participation of educated youth in this allied wing of agriculture could help achieve socio-economic transformation of the farming community. Iqbal reiterated the Department's commitment to introduce and promote Lavender in newer areas so that more and more people from the farming community could adopt this under integrated farming concept. Director said that Lavender is a multi-dimensional crop and the agro-climatic conditions of our region are one of the best in the country, therefore the Department is working on a long term plan for the cultivation and marketing of this flower.

He said that under HADP special attention has been paid to the promotion of lavender in the region and different projects have been approved for the development of this crop.

He also said that Kashmir being one of the best tourist destinations in the country has immense opportunities for the marketing of ornamental plants like Lavender therefore the Department is endeavoring to attract more and more farmers towards the cultivation of ornamental and medicinal plants.

DC Kupwara inaugurates Rashtriya Bal Vaigyanik Pradarshani at DIET complex

JJ NEWS SERVICE

KUPWARA, JUNE 20: The Deputy Commissioner (DC) Kupwara, Dr. Doifode Sagar Dattaraj today inaugurated the Rashtriya Bal Vaigyanik Pradarshani (National Science Exhibition) at DIET complex Kupwara on Tuesday.

More than 300 students of 156 educational institutions across the district participated in the science exhibition and 200 models developed by students were displayed in the exhibition.

While inaugurating the science exhibition, the DC said that Science exhibition indeed provides a wonderful opportunity to generate curiosity among children, unleash their creativity and imagination.

He also said that science exhibitions play an important role in enhancing the scientific temperament of the children.

"It provides students a platform where they can showcase their creativity and talent.



Children's curiosity towards scientific research increases through science exhibitions. Also, the children get inspiration to visualize the future of the nation and become sensitive and responsible citizens", the DC said. On the occasion, Dr. Sagar urged the teachers to motivate their students for new innovations and research-based thinking. I am sure that through this

science exhibition, more creativity and awareness will increase among our students which subsequently help them to showcase their scientific temperament, he added.

While highlighting the achievements made under Project "Zimmedari" in Kupwara district, the DC said that in a small time of just 6 months, government schools of the district changed and education system and its management was transformed and reformed under project Zimmedari which completely focused on academics, basic infrastructure, human resource development, co-curricular and extra-curricular activities, social and emotional learning.

Dr Sagar said that credit of the success of the Zimmedari project goes to teachers who put their blood and sweat together.

Because of the "Zimmedari project" the education department has become one of the top delivered departments in the district under the Aspirational district plan.

Model of "Goggle for blinds" made by the students of Army Goodwill School Hajinard (Karnah) was adjudged as the first prize winner. Second position went to Government Boys High school Muqam Shahwali for making beautiful Multipurpose bridge and third position went to KPS Kupwara for making model of Rotating bridge.

Students of different educational institutions were felicitated by the DC for making creative models with trophies and mementos at the conclusion of the science exhibition.

Chaman Lal Sharma, Chairman DIET Kupwara; Mir Abdul Rasheed, District Nodal officer Science & Technology DIET Kupwara; Zonal education officers, Zonal Cultural coordinators, DIET faculty and a host of other academic dignitaries were present in the science exhibition.

Legal traineeship program of ROC concludes at Srinagar

JJ NEWS SERVICE

SRINAGAR, JUNE 20: The Srinagar office of Registrar of Companies (ROC), UTs of J&K and Ladakh, has successfully concluded its legal traineeship program for successive third and fourth batch.

The program was aimed to provide practical training to law graduates and equip them with the necessary skills to excel in their careers. This slot saw the participation of 10 Law Students from the School of Law, University of Kashmir.

Speaking on the occasion, officer incharge at the ROC Kashmir office, Haamid Bukhari said, "We are pleased to announce that the programme for legal trainees has been successfully culminated. He added that the young lawyers had a great chance to develop their talents and obtain real-world experience."

During the program, certificates were also distributed among the participants for successfully completing the training module. The trainees expressed their gratitude towards the ROC office for providing them with such a valuable experience and also shared their experiences and learnings from the program.

DC Rajouri holds phone-in program to address public grievances

Next session tentatively scheduled for Friday next week

JJ NEWS SERVICE

RAJOURI, JUNE 20: Deputy Commissioner, Vikas Kundal, conducted a highly successful phone-in program to address public grievances and provide timely solutions.

During the program, numerous grievances were received and promptly addressed, receiving positive feedback from the public. The District Administrator's efforts to bridge the gap between the government and citizens were appreciated.

The program, usually spans an hour and is aimed to address citizen concerns and ensure efficient resolution of their issues, was held for the fourth time since inception.

It was also revealed that the next phone-in program is tentatively scheduled for Friday next week. The exact timings of the session will be publicised through the social media accounts of the District Information Centre, Rajouri.

The presence of all district officers alongside the DC during the phone-in program facilitated immediate redressal of grievances and enabled them to respond to inquiries.

This program is part of the ongoing efforts by the district administration to improve public service delivery and strengthen the government-citizen relationship.

Govt. SPMR College of Commerce organises symposium on Drug Abuse and Illicit Trafficking

JJ NEWS SERVICE

JAMMU, JUNE 20: The NSS wing and Cultural & Literary Committee of Government SPMR College of Commerce, Jammu organised a symposium on the theme "Drug Abuse and Illicit Trafficking" under the aegis of Azadi Ka Amrit Mahotsav. The symposium aimed to raise awareness among youth about the ill effects of drugs.

Principal, Dr Surinder Kumar, briefed students on the adverse effects of drugs and outlined the present scenario of substance abuse at international, national and state levels. He also elaborated on multiple career opportunities available to graduating students and their significance in deterring them from falling into the grip of drugs.

NSS PO, Prof. Deepshikha Sharma said that students should utilise their energies and resources in positive and social development. Prof. Apfana Ali, NSS PO, emphasised that students must be counselled properly at various levels to remain aware of the drug menace.

Students who presented their views on drug abuse in the symposium included Rasneet Kour, Pranav Verma, Mohd. Sajad, Rupal Sathia and Priya. Later, students also held a rally in connection with International Yoga Day to raise awareness about the benefits of yoga. Students raised slogans such as "Say No to Drug and Yes to Life" and "Nasha Choro Desh Bachao".

DC chairs meeting regarding beautification of towns in Udhampur

JJ NEWS SERVICE

UDHAMPUR, JUNE 20: Deputy Commissioner, Sachin Kumar Vaishya, chaired a meeting of officers of line departments regarding beautification of towns.

Discussions were held on various aspects including revision of rent, Lorry Adda entry fee, building permission, implementation collection of trade tax, user charges, rent of offices and parking charges. The DC directed the concerned officers to work in coordination and generate their own revenue resources for developmental purposes in the Urban Local bodies.

Additional Deputy Commissioner Joginder Singh Jasrotia; SDM Rannagar Shishir Gupta; Assistant Commissioner Revenue Rafiq Ahmed Jara; SDM Chenani Parvaiz Naik and other officers attended the meeting.

Later, another meeting was held under the chairmanship of Deputy Commissioner in which he took a detailed appraisal of the implementation of PMAY-Urban scheme in all the Municipal Committees of the district. Concerned officers were directed to ensure that no genuine beneficiary was left out of the coverage of the scheme. He directed the concerned officers to replace reluctant registered beneficiaries who did not initiate work despite consuming reasonable time. EOs were directed to motivate beneficiaries in their respective jurisdictions for early completion of PMAY-U houses. He stressed upon the officers to work with dedication and sincerity.

Dr BN Tripathi assumes charge of Vice Chancellor SKUAST Jammu

J I NEWS SERVICE

JAMMU, JUNE 20: Dr BN Tripathi assumed office as Vice-Chancellor of Sher-e-Kashmir University of Agricultural Sciences and Technology of Jammu today.

Soon after resuming charge as Vice-Chancellor, SKUAST-Jammu, Dr BN Tripathi had an interaction meeting with the statutory officers of the university to assess various activities in the field of Teaching, Research and Extension. He laid emphasis on skill development of students and shared his vision for the development of the university.

Dr BN Tripathi graduated from Veterinary College, Mathura in 1984 and completed



his M.V.Sc and Ph.D. from Indian Veterinary Research Institute, Izatnagar in 1987 and 1990, respectively. Prior to joining as Vice Chancellor SKUAST Jammu, Dr BN Tripathi was

working as Deputy Director General (Animal Science) ICAR, New Delhi.

Dr BN Tripathi did his Post doctorate from Institute of Animal Health, Compton (UK) in

1998-99 and remained visiting Scientist of Moredun Research Institute, Edinburgh in 2003-04. He is a recipient of International Wellcome Trust Travel fellowship in 2003-04 and International Travel Grants from Indian National Science Academy (INSA) in 2005.

Dr Tripathi worked in various Institutes of National and International repute in various capacities including Director, ICAR-National Research Centre on Equines; Director, CCS-National Institute of Animal Health and Head of Animal Health Division, Central Sheep & Wool Research Institute.

Dr BN Tripathi is an Elected Fellow of nine Science Academies/Societies including

The Royal College of Pathologists (FRCPath), London UK; National Academy of Agricultural Sciences (FNAAS); National Academy of Veterinary Sciences (FNAVS) and National Academy of Dairy Sciences (NADS).

He has published 200 original research papers, 5 books, 4 manuals, 5 technical bulletins, 3 policy papers and has 10 patents to his credit.

Dr Tripathi is currently President of Indian Assoc. of Vet Pathologists and has been Chief Editor, Indian Journal of Veterinary Pathology and IAVP Newsletter. He is also an active Member of International delegation of ICAR for various meetings.



Jugal attend Kissan Sammelan at SUKAST chatha organized by Sahara Jagriti Manch in which Joint Director Agriculture AS Reen, AGM EDI Bank Kuldeep Koul, Dr. Nandita Pathak National Brand Ambassador SBM, Vikrant Dogra, Dr Puneet Choudhary, Sarpanches Panches & Ladies were present.

Work on Mirgund-Old Bus Adda road commences in presence of DC Budgam

DC directs executing agency to complete work in the shortest possible time with due care for quality of works



J I NEWS SERVICE

BUDGAM, JUNE 20: The Deputy Commissioner (DC) Budgam, Akshay Labroo today visited Mirgund-old Bus Adda road to kick start work on Mirgund-old Bus Adda road.

During visit, the DC took on spot assessment of ongoing work including macadamisation of Mirgund road under NABARD.

The DC directed the executing agency to complete the work in the shortest possible time while maintaining the due quality of the work under execution.

The DC was accompanied by AEE R&B division Budgam and other concerned officers and officials.

DC Srinagar visits Yatra Transit Camp at Pantha Chowk to oversee arrangement for Shri Amarnath Ji Yatra (SANJY)-2023

J I NEWS SERVICE

SRINAGAR, JUNE 20: In order to assess the on-ground arrangements being made for the forthcoming Shri Amarnath Ji Yatra (SANJY)-2023, the Deputy Commissioner (DC) Srinagar, Mohammad Ajiz Asad on Tuesday visited Yatra Transit Camp (YTC) at Panthachowk to ensure that all arrangements are put in place well in advance for the Yatries expected to perform darshan of Holy Cave during SANJY-2023. During the visit, the Deputy Commissioner was accompanied by Superintendent of Police Headquarter, SP West, Chief Planning Officer, Sub-Divisional Magistrate Joint Commissioner, SMC, Chief Medical Officer, Executive Engineers of R&B, PHE and PDD and other Senior Officers of Police and Civil Administration.

On the occasion, the DC inspected the recently created additional



accommodation facility to upgraded facilities made for convenience of the yatries during their temporary halt at the transit camp. The DC was informed that all requisite measures have been taken to ensure that every necessary arrangement including facilities like drinking water, electricity supply, sanitation etc have been made available at the Yatra Transit Camp before the commencement of the annual SANJY-2023. While taking the Department wise review of the arrangements, the DC asked the R&B authorities to immediately take up the work for black topping of the Transit Camp premises and expedite other repair works. The Officers of R&B Department were also asked to install hoardings at the designated sites, besides way finding signages for the convenience of the visiting yatries. Similarly, the PDD Engineers were asked to ensure proper power supply and back at the camp during

the Yatra period besides a DG set for adequate capacity at the venue. In addition, they were also directed to install a sufficient number of high mass lights in and round the compound of the yatra transit camp. The authorities of Srinagar Municipal Corporation (SMC) were directed to ensure proper sanitation and cleanliness in the transit camp on a regular basis, besides deployment of sufficient staff at the camp for periodical cleanliness in and around the transit camp every day. The DC also directed for installing dust bins at different locations in the premises of the hall camp. The DC was informed that more than 250 mobile toilets and over 70 mobile wash rooms, 70 urinals have been kept available at the Transit camp for the convenience of the yatries, in addition to newly constructed public convenience facilities.

During the visit, the DC also inspected halt stations/prehab huts, public convenience facilities, proposed space for establishment of Langars, Water Management, installation of stalls by local SHGs, etc. for the forthcoming annual Shri Amarnath Ji Yatra-2023.

The DC also inspected the identified parking space for the buses ferrying yatries during their temporary halt at the facility and asked the concerned to ensure that an adequate space is kept available for the purpose.

Arrangements for Eid-ul-Adha reviewed at Kupwara

J I NEWS SERVICE

KUPWARA, JUNE 20: On the directions of Deputy Commissioner Kupwara, Dr. Doifode Sagar Dattatray, the Additional Deputy Commissioner (ADC) Kupwara, Ghulam Nabi Bhat today convened a meeting of concerned officers to review the arrangements for upcoming festival of Eid-ul-Adha.

On the occasion, the ADC took a detailed review of all necessary arrangements to be put in place by different departments for smooth celebration of holy festival of Eid-ul-Adha in the district.

Regarding market checking, the ADC directed Tehsildars/AD Food, EOs of MCs and a Legal Metrology to hold joint market inspections to check profiteering, black marketing of essential commodities by traders including Mutton, Chicken and vegetable and fruit vendors.

The Executive Engineer PDD Kupwara/Handwara was directed to ensure uninterrupted power supply especially at all shrines/mosques where huge congregations are expected.

The AD Food was directed to ensure availability of essential commodities including Rice, Atta, Sugar, Kerosene oil and LPG.

The Executive Engineer PHE Division Kupwara/Handwara was directed to ensure availability of potable drinking water.

The EOs of MC Kupwara/Handwara/Langate were directed for launching a cleanliness drive at the places where main congregations will be held.

The ADC also took review of various other arrangements including deployment of Magistrates, Traffic Management and Medicare facilities and concerned officers were directed to ensure the arrangements are in place ahead of the holy festival.

Meanwhile, ADC Kupwara, ADC Handwara and SDM Karnah have been asked to supervise entire arrangements in their respective jurisdictions.

Div Com Kashmir conducts evening city tour; inspects developmental progress of SSCL projects

J I NEWS SERVICE

SRINAGAR, JUNE 20: To keep the momentum of developmental works of Srinagar Smart City Limited (SSCL) Projects with accelerated pace, the Divisional Commissioner (Div Com) Kashmir, Vijay Kumar Bidhuri conducted a late night City tour on Monday to inspect physical progress of different beautification and redevelopment projects.

The Div Com was accompanied by Commissioner SMC & CEO Smart City Srinagar, officers

of R&B, I&FC, PHE, KPDCI besides other concerned departments.

He conducted spot visits of Lal Chowk, Batamloo, Qamarwari, Foreshore Road, Boulevard Road, TRC, Lal Chowk and other places.

While taking stock of the progress achieved on the development of Footpaths, Roads, Drainage System at all the locations, Div Com impressed on the concerned to expedite the execution of developmental works to give a new look to the city.

He instructed shifting of utilities of PDD from roads to side-lines at the earliest to streamline the traffic movement.

Besides, he instructed for making all the streetlights functional, replacement of rusted poles, cleaning the visual pollution of wires hanging haphazardly.

He also directed for macadamization of roads where the work has been completed to avoid slow traffic movement.

Div Com also took the first hand appraisal of the developmental needs of Batamloo and

redevelopment of roads.

He asked concerned officers to submit the detailed report of works completed and the pending portion with expected date of completion.

Similarly, Div Com exhorted agencies that Lal Chowk being the center of City and reflects the developmental face of the city, the ongoing projects needs to be completed within the shortest possible time by using the multiple shift mode of construction.

He underlined that due to the huge footfall of tourists at Lal

Chowk, it warrants being fully functional immediately.

Moreover, Div Com also took the stock of construction of cycle tracks. He impressed on concerned to encourage youth to adopt cycling as a routine means of transport which will help to reduce traffic congestion on the roads. Later, he visited Foreshore Road and Boulevard Road where he was briefed about milestones achieved on the developmental front and further ongoing redevelopment of pavements and roads.

'Women for Startups': Day 2 witnesses impressive participation from budding Startups & aspiring entrepreneurs

J I NEWS SERVICE

SRINAGAR, JUNE 20: The Two-day workshop organized by Jammu and Kashmir Entrepreneurship Development Institute (JKEDI) in collaboration with Startup India (DPIIT), Government of India with a theme of 'Women for Startups' to empower women entrepreneurs of J&K concluded today at the JKEDI Pamphre Campus.

Continuing the momentum generated on the first day, today's sessions focused on "Pitching to Investors and Incubators," offering invaluable insights and strategies for entrepreneurial success.

The workshop, held under the guidance of Commissioner Secretary, Industries and Commerce, witnessed the participation of over 150 aspiring entrepreneurs and startups.

Ajaz Ahmad Bhat, Director, JKEDI reiterated the significance of this workshop and spoke at



length with the aspiring entrepreneurs. "Nurturing the entrepreneurial spirit among women is a transformative endeavor, and it requires equipping them with the right tools and knowledge. I thank the expert team from Startup India, especially Aashra Grover, Head Startup India, who connected with us online to share valuable insights. I also thank Angel Investor Rahul Narvekar for his inspiring and informative sessions. His session has inspired the aspiring startups present here who will be the role models and job providers of tomorrow," said Director, JKEDI. "I am sure that

startups present here must have gained insights into crafting a clear and concise business plan, and effectively communicating their vision to potential investors," he added.

The highly anticipated session on "Pitching to Investors and Incubators" was facilitated by Rahul Narvekar, CEO and Founder of the India Network.

Narvekar, a seasoned entrepreneur and investor, brought his expertise and insights to guide the aspiring startups through the intricacies of designing compelling pitches, securing crucial investments, and effectively leveraging the support of

investors and incubators to fuel business growth.

"Pitching to investors and incubators is a crucial aspect of entrepreneurial success, and I am honored to share my experiences and strategies with these talented women entrepreneurs from J&K," said Rahul Narvekar.

Throughout the session, Narvekar discussed various elements that contribute to a compelling pitch, such as clearly articulating the problem being addressed, highlighting the solution and its competitive advantage, showcasing market potential and scalability, outlining the business model, and demonstrating a strong and capable team.

Additionally, he emphasized the importance of effective communication, storytelling, and presenting a confident and compelling narrative.

During the Pitching session, two entrepreneurs namely Insha Mir and Dr. Nuzhat Qazi were

shortlisted by Rahul Narvekar for mentorship, support and funding.

Furthermore, the workshop facilitated networking opportunities, enabling startups to connect with industry experts, mentors, and fellow entrepreneurs. The exchange of ideas, experiences, and best practices provided valuable guidance and support to the women entrepreneurs in their journey. Many local entrepreneurs and aspiring startups shared their experiences during the workshop.

At the valedictory session aspiring entrepreneurs and startups were presented with participation certificates, symbolizing their commitment and dedication to learning and growing in the entrepreneurial journey.

In addition, a special highlight of the session was the presentation of certificates to the entrepreneurs who had set up stalls and sale points during the two-day workshop.

Special checking drive conducts in various medical stores in Banihal

J I NEWS SERVICE

RAMBAN, JUNE 20: The Drug & Food Control Organisation and Police Department jointly carried out an inspection of various medical stores. The inspection checked registration, authorisation and record of availability and sale of medicines, as well as standard parameters of medicines available in chemists' shops.

On the directions of Deputy Commissioner, Musarrat Islam and Senior Superintendent of Police, Mohita Sharma; SDPO Banihal, Nisar Khajri; SJO Banihal Mohd Azal Wani and Drug Control Officer Intiyaz Ahmed conducted a special drive of medical shops at Banihal. The drive aimed to ensure that pharmacies were not engaged in unethical sale of psychotropic drugs and were maintaining proper records of psychotropic drugs and insulin syringes.

During the drive, it was stressed that pharmacies should fulfill their moral responsibilities and maintain proper records, especially of psychotropic drugs. The drive was conducted to control drug abuse with the aim of making Ramban District drug abuse-free. Instructions were issued to desist from malpractices, unethical trade and misuse of psychotropic drugs like Tramadol and Tapentadol by anti-social elements who intend to spread addiction and intoxication among the youth. Chemists were directed to install CCTV cameras in their premises and adopt a computerised billing system for record maintenance.

Director Animal Husbandry visits Kathua & Doda to create awareness on various schemes for farming community

JI NEWS SERVICE

JAMMU, JUNE 20: Director Animal Husbandry Jammu Dr. Shubra Sharma conducted an extensive tour of hilly areas of Kathua and Doda districts, besides holding field inspections including interactive sessions with farmers as well as field functionaries of the department.

Various Schemes and Programs of the department especially entrepreneurship development and other farmer-oriented schemes under the Holistic Agriculture Development Program and other UT sector schemes as well as central UT sector schemes were explained by holding mega awareness camps at villages Lakdi, Sheetal Nagar



and Sarthal in district Kathua during the first leg of the tour. During the later half of the tour similar camps were organised in district Doda at village Beja, Bhaderwah which saw huge participation of farmers including women. Attendees were given complete information about different schemes including how to

apply on the scheme portals through the convenience of their mobile phones. Director interacted with the farmers of two districts during the entire four days long campaign. Her insights proved invaluable in helping the farmers gain a better understanding of the various aspects of animal hus-

bandry and dairy farming. Schemes of Animal Husbandry department are helping in creating rural entrepreneurship and better livelihood opportunities for unemployed youth and livestock farmers in the dairy, poultry, feed and fodder sector paving the way towards the prosperity of lakhs of associated farmers and their families, she emphasised. The impact and success of the schemes were also explained with the help of informative videos.

During the camps farmers present were also enlightened about latest IT initiatives of the department viz. 'Daksh Kisan', an online training programme system designed for farmer's skill development and 'Kisan Sathi', an IT Dashboard of various

farmer-centric schemes of the department, aimed at turning farmers into skillful entrepreneurs.

At village Beja a mega awareness camp was organised exclusively for women with the purpose of increasing their participation in rural cooperatives and Farmer Producer Organizations (FPOs). 'Women producers are socially and economically empowered through their membership in cooperatives and farmers' organizations, allowing them to produce more, earn better incomes, and raise their living standards', Director said during her address to women farmers present. On-spot registration process for forming an all women FPO was also initiated during the event.

"Vitasta Cultural Festival" Dr Raghav Langer visits Baital; Reviews SANJY 2023 preparations

JI NEWS SERVICE

GANDERBAL, JUNE 20: Secretary, Planning Development and Monitoring Department (Nodal Officer for SANJY at Baital), Dr. Raghav Langer, today conducted an extensive tour of Baital to have a firsthand appraisal about the arrangements being put in place for Shri Amarnath Ji Yatra (SANJY) 2023.

During the visit, Secretary was accompanied by Additional District Development Commissioner, Ganderbal, Mushtaq Ahmad Simnani, Chief Engineer PDD, SDM Kangan, CPO, CEO SDA, ACD and other district and sectoral officers.

On the occasion, Dr. Langer inspected the arrangements at Baital including power and water supply, pitching of tents, public utilities and other related arrangements. While inspecting the arrangements, he gave necessary instructions to the concerned departments to ensure that all arrangements are put in place in time for the convenience of pilgrims.

Earlier, Dr. Raghav Langer chaired a meeting and reviewed the action taken on the instructions issued by LG during his visit to Baital. He took a detailed review of the arrangements being made for smooth conduct of Yatra. He gave necessary directions to the concerned departments for ensuring all pending works are completed well before commencement of Yatra. Chief Animal Husbandry Officer Ganderbal was directed to complete the registration of ponies and vaccination besides establishment of Animal Health centers at all identified locations at an earliest with sufficient staff and medicines. Secretary asked the Beacon authorities to complete all pending minor works on track including fencing as per the instruction issued during the meeting held by LG. While reviewing the illumination plan, Chief Engineer informed that out of 1243 street lights about 1000 have already been installed at various locations while rest will be installed very soon. Besides, out of 5 km damaged cable, 4.5 km stands already repaired.

Capturing Kashmir's Beauty on Canvas

Painting camp at Srinagar Museum unveils artistic talent with flourishing creativity

JI NEWS SERVICE

SRINAGAR, JUNE 20: Capturing the magnificence and scenic splendour of 'Kashmir' on canvas, the artists comprising both men and women, seniors and juniors, natives and guests from outside, today exhibited their unique artistic talent during the painting camp themed "The Beauty of Kashmir" held at Shri Pratap Singh (SPS) Museum in Lal Mandi, Srinagar. The camp was organized as part of a series of programmes being held to commemorate the "Vitasta Cultural Festival", set to take place on June 23 at the Sher-i-Kashmir International Conference Centre (SKICC) on June 23. Among the participants at the painting



camp, there was a notable presence of Kamal Nain Bhan, a senior artist and a son of the soil. Bhan, who had migrated with numerous Kashmiri Pandit families in the early 1990s, said that his profound passion for art drew him back to the Valley today after an absence of 33 years. He said, "I was born and brought up in the Valley, and I left my birthplace in

1990 amidst the unrest and resettled in Jammu along with my family.

Today, a deep longing for art drew me back to the Valley after 33 years. My artistic talent is rooted in this land, my birthplace, where it first began to flourish."

He further said, "An artist's connection with his or her art is unbreakable. Regardless of age or physical limitations, the creative spirit within can never be extinguished. Even after traversing through the journey of life, I find myself at the age of 62, and my passion for painting, particularly in the realm of virtual art, has remained unwavering. It has been a lifelong love that has persevered, despite the challenges and hardships that life has presented to me."

Change of Land Use: DLC approves 1 case in Rajouri

JI NEWS SERVICE

RAJOURI, JUNE 20: The District Level Committee (DLC) on change of land use in Rajouri gave its approval for one case of

converting agricultural land to non-agricultural use.

In a meeting chaired by Deputy Commissioner Rajouri, Vikas Kundal, detailed discussion was

held on the applications received online from various areas of the district. After careful deliberation, the committee approved one case of converting agricultural land for non-agri-

cultural purposes.

In addition, the concerned departments were given specific instructions to ensure the prompt issuance of No Objection Certificates (NOCs).

"VITASTA CULTURAL FESTIVAL"

As countdown begins for carnival; colourful pre-events enchant audience at multiple locations in Srinagar

JI NEWS SERVICE

SRINAGAR, JUNE 20: As countdown has begun for the highly anticipated three day "Vitasta Cultural Festival" scheduled to take place from June 23rd to 25th at SKICC in Srinagar, the captivating pre-events featuring mesmerising performances by talented folk artists are continuing to enchant the audience at multiple locations across the Valley.

On Tuesday, several bewitching cultural events unfolded across various prominent loca-

tions in the city including Government Girls Higher Secondary School, Kothi Bagh; Government College of Education (IASF) and picturing that 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. The prestigious event, anticipated to be

graced by dignitaries from Jammu and Kashmir as well as other regions, would serve as a remarkable platform to celebrate and exhibit the diverse cultural and traditional heritage forms, including music, singing, dance, handicrafts, and cuisine, unique to Jammu and Kashmir.

Meanwhile, the organisers have announced that the pre-events will continue tomorrow, Wednesday, at various locations across Srinagar. The anticipated events scheduled for Wednesday will be organised at Girls Higher

Secondary School in Shalimar, Girls Higher Secondary School in Nishat, school auditorium of Girls Higher Secondary School in Raj Bagh and College Group of Women's College in Srinagar.

Additionally, a calligraphy camp began here today at Bemina Government College in Srinagar. The camp, being conducted from June 21 to June 25, has been thoughtfully designed with the intention of nurturing the art of calligraphy and celebrating the rich heritage of diverse writing styles.

Municipal Council Kishtwar appeals public to adopt proper waste dumping protocol for maintaining cleanliness

JI NEWS SERVICE

KISHTWAR, JUNE 20: The Municipal Council Kishtwar is urgently requesting the residents and shopkeepers of all Municipal Wards to adopt a responsible waste dumping protocol.

The unbridled and improper disposal of waste, including bottles, diapers, and plastics, into drains leads to severe choking and water overflow during heavy rainfall, causing significant inconvenience and environmental hazards. Besides, the authorities have noticed a recurring issue where people in the town-

ship and its adjoining areas are disposing of various types of waste in an irresponsible manner. It is a common sight to find household waste, debris from construction sites, old clothes, blankets, and even deceased let animals such as dogs, cats being dumped into drains.

This indiscriminate dumping has led to severe drain choking, causing significant challenges for the authorities to manage.

Moreover, in certain wards, the presence of open latrine outlets continues to work towards compounding the sanitation problems in the area. In light of these

concerns, the authorities are urging residents to be more mindful of their waste disposal practices. Proper waste management and responsible disposal are essential to maintain clean and functioning drains, ensuring the overall cleanliness and hygiene of the township and its surroundings.

The cooperation and active participation of residents, along with the strict enforcement of waste disposal regulations, are crucial in addressing these issues effectively. The authorities will continue to work towards creating awareness, organizing campaigns, and implementing necessary

measures to curb improper waste disposal practices and promote a healthier and cleaner living environment for all residents.

Despite the continuous efforts of waste collecting vehicles that regularly ferry through the wards to collect waste, the problem persists due to irresponsible waste disposal habits of the residents. This situation is further exacerbated by irresponsible behaviour of visitors, citizens & shopkeepers who contribute to the concern by disposing of waste in open spaces.

To address this critical issue, the Municipal Council urges all

residents and shopkeepers to take immediate action. By adopting a responsible waste dumping protocol, such as segregating waste at the source, utilizing designated waste bins, and avoiding the disposal of non-biodegradable materials into drains, we can collectively prevent drain choking and water overflow incidents.

The CEO Municipal Council Kishtwar Ninad Sen emphasizes the importance of civic responsibility and urges residents to actively participate in maintaining cleanliness and hygiene in their respective wards.

DHEW Jammu organises awareness campaign on Govt women centric schemes at border Village Garkhal

JI NEWS SERVICE

JAMMU, JUNE 20: Mission Shakti, District Hub for Empowerment of Women Jammu, under the guidance of Shagun Manchanda, District Mission Coordinator, DHEW, Jammu, organized an awareness programme regarding various women-centric schemes at border village Garkhal of Panchayat Akhnour in the presence of the Sarpanch, Kashmir Singh.

Resource person, Arushi Jamwal, Gender Specialist of DHEW Jammu under Mission Shakti, discussed the need of holding such seminars on gender awareness. She informed the attendees of the numerous welfare programmes of the Indian Government, notably for women, and emphasized the importance of gender awareness in order to advance gender equality.

Further Khushboo Kapthe, Gender Specialist, DHEW Jammu provided extensive information on a variety of women-centric Schemes & Services, such as scholarship schemes, SMAAS (State Marriage Assistance Scheme), Pension schemes for old age, women in Distress and physically disabled persons.

Eligibility criteria of different pension scheme, procedure to avail the benefits of different Government services & documents required for the enrollment were also informed. She also explained Schemes like Ladli Beti and Sukanya samridhi Yojana for providing financial security to the girls. Emergency helpline numbers for women (181), child (1098), Elder line (14567) Drug De-addiction (14446) were also shared. Ms. Raj Kumari from Women Development Corporation & K&K was also present and shared loan related schemes of her department.

Hand holding cum awareness programme for JJM stakeholders held at Kathua

JI NEWS SERVICE

KATHUA, JUNE 20: The Project Management Consultancy, Mission Directorate, Jammu Mission, J&K, in collaboration with District Jammu Mission, Kathua today conducted a day-long mega handholding cum awareness programme here in the Auditorium of Government Degree College for women. The sessions witnessed participation of different stakeholders including PRIs, Pani Samiti members, and field staff of Jal Shakti Department, Poshan Abhiyan, Health viz. ASHAs, AWWs, District Project Management Unit JJM Staff, Implementation Support Agency, water testing lab staff and other concerned.

The programme was presided over by SE Hydraulic Ashwani Kumar who kick-started the proceedings of the programme. He highlighted the series of steps undertaken in the district for successful implementation of Jal Jeevan Mission and also emphasized on encouraging local communities to take over the rural water supply system for operation and maintenance, and help the administration so that the "Har Ghar Nal se Jal" mission is successful.

District level Inter-Zonal tournament concludes with enthusiastic participation of Girl Athletes

JI NEWS SERVICE

DODA, JUNE 20: The district-level inter-zonal tournament concluded today with immense zeal and enthusiastic participation of girl athletes under the age groups of 14 and 17.

The sports mega event took place at the Sports Stadium Doda, where athletes from different zones of the district showcased their skills. The main highlight of the concluding day of the tournament was the dynamic participation of the girls in the under 14 and under 17 age categories.

The Deputy Commissioner of Doda, Vishesh Mahajan, graced the event as chief guest during the concluding ceremony. He received a warm welcome from the girl athletes representing various zones of the district. Colourful and vibrant songs performed by the girl athletes captivated the attention of the audience. The District Youth and Sports Officer Doda, Jaffar Haider Sheikh, while delivering the welcome address, expressed gratitude for the deputy commissioner's efforts in promoting sports and games among the youth of the district.

In his speech, Deputy Commissioner Doda praised the District Youth and Sports team of Doda for their remarkable endeavor to engage boys and girls in sports activities, instilling a spirit of sportsmanship and diverting them from negative influences in society. He emphasized the significance of girls as the future of the district and encouraged the organization of similar sports events across the region to nurture budding talent in different areas.

The participants took an oath to uphold the values of sportsmanship and dedication to the sports during the opening ceremony. The day's main events included the 100m, 200m, and 400m races, table tennis, badminton, fencing, martial arts, taekwondo, and Javelin Throw.

DE & CC Kathua organises Job Fair; companies select 24 candidates on spot

JI NEWS SERVICE

KATHUA, JUNE 20: A job fair was organised by Directorate of Employment J&K through District Employment and counselling centre Kathua in which more than 150 candidates participated and registered themselves as jobseekers for jobs in the private sector.

Four companies from private sector offering 27 jobs participated in the Job Fair wherein a total of 24 candidates were selected on spot and another 11 candidates were short-listed for suitable job profile.

Pertinently, during the job fair, Companies like Aegios Ltd, Airtel, Mehra polymers Ltd and LIC India offered jobs like Sales Executive, Fitter, Financial Advisor, Graduate Trainee Engineers IT engineer.