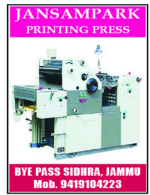




# JINDRAH IMAGES



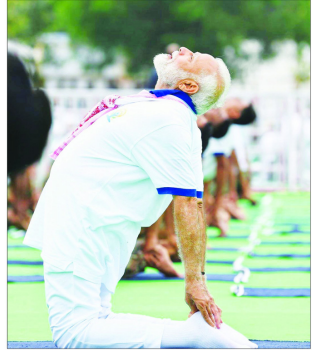
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## PM Modi leads historic Yoga session at UN; describes Yoga as 'Truly Universal' and 'Free from Copyrights'

AGENCIES  
UNITED NATIONS, JUN 21

Prime Minister Narendra Modi Wednesday described Yoga as "truly universal" and free from copyrights and patents as he led a historic event at the UN Headquarters to commemorate the 9th International Day of Yoga, attended by top UN officials, envoys from across and the world and prominent individuals. Modi began the celebration by paying respects to the bust of Mahatma Gandhi in the North Lawn of the UN headquarters. The bust was installed in December last year under India's presidency of the UN Security Council.

The prime minister, wearing an especially cus-



tomised white yoga T-shirt and trousers, began his address with a 'Namaste' and thanked people for

coming here from far away to attend the celebration. "I'm delighted to see you all. And I thank you for all coming. Friends. I'm told that almost every nationality is represented here today," Modi said. "Yoga comes from India and it is a very old tradition. Yoga is free from copyrights, patents and royalty payments. Yoga is adaptable to your age, gender and fitness level. Yoga is portable and is truly universal," Modi told the gathering. Hundreds of yellow yoga mats were placed on the ground where yoga enthusiasts and practitioners, wearing customised white yoga T-shirts, joined the event. LED screens playing videos of Indian culture

and heritage were set up on the lawn. "Yoga means to unite... I remember about nine years ago, right here, I had the honour to propose celebrating the International Day of yoga on 21st June. It was wonderful to see the entire world come together to support the idea," Modi said. The historic yoga session was attended by top UN officials, ambassadors, envoys, delegates from Member States as well as prominent members of the global and diaspora community. "I am excited for everyone who is participating in Yoga Day," said Linda Thomas-Greenfield, the US ambassador to the UN. President of the

## Fully geared up to ensure smooth conduct of Amarnath Yatra: BSF DIG

J1 NEWS SERVICE  
JAMMU, JUN 21

Jammu and Kashmir which is scheduled to start on July 1, a senior officer said here on Wednesday. Hundreds of BSF personnel participated in a yoga session held at the

Oterio Border Outpost here on the occasion of the International Day of Yoga. "We want our soldiers to stay healthy and fulfil their duties efficiently. We have included yoga in our daily routine and it helps our soldiers

CONTINUED ON ► PAGE 4

## LG leads International Yoga Day Celebration with Mass Yoga Demonstration in Srinagar

J1 NEWS SERVICE  
SRINAGAR, JUN 21

Lieutenant Governor Shri Manoj Sinha joined the Yoga enthusiasts at the 9th International Yoga Day Celebrations at Botanical Garden, Srinagar. Addressing the event, Lt Governor said, everyone



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## Jammu-Srinagar NH to remain shut for repair work on June 23: Official



J1 NEWS SERVICE  
JAMMU, JUN 21

No traffic will be allowed on the Jammu-Srinagar national highway on Friday due to repair and maintenance works, an official said on Wednesday. The advisory to observe 'no traffic day' on the NH-44, the only all-weather road linking Kashmir with the rest of the country, was issued by Ramban Deputy Commissioner (DC) Musarat Islam, amid ongoing preparations for the annual Amarnath

yatra in the valley beginning July 1, the officials said. The first batch of pilgrims will leave for Kashmir from Jammu base camp Bhagwati Nagar on June 30, a day ahead of the scheduled commencement of the yatra to the 3,880-metre-high holy cave shrine, housing the naturally formed ice-shiving. "June 23 is a 'no traffic day' on National Highway-44. No traffic will be allowed between Nashri and Banihal tunnels

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## LG interacts with NCC cadets at Special National Integration Camp

J1 NEWS SERVICE  
SRINAGAR, JUN 21

Lieutenant Governor Shri Manoj Sinha interacted with National Cadet Corps Cadets at the Special National Integration Camp, at JAK LI Regimental Centre, Rangreth today. As part of 'Ek Bharat Shreshtha Bharat' Programme, 200 cadets from all over India are participating in the camp organised by NCC Directorate, Jammu Kashmir and Ladakh. Addressing the cadets, the Lt Governor congratulated the National Cadet Corps on its long and glorious journey of nation building and developing leadership quality, character and instilling values in youth for selfless service. "75 years is an incredible legacy of achievement for National Cadet Corps. The dream of a strong youth organization, which the country had seen



during the foundation of this organization in 1948, continues to inspire generations and it is a source of strength for the entire society," the Lt Governor said. The Lt Governor called upon the participating cadets to become the ambassadors of the new and aspirational Jammu Kashmir. "In the last 75 years, through camps and selfless service in different parts of the country, the NCC has shown to the world that diversity is the source of strength of the society, the Lt Governor

said. Today our youth are playing the key role in the transformation of India that is emerging as a global economic power. Our youth are increasingly mindful of their responsibilities towards the nation and strengthening social equity with exemplary courage and commitment, he observed. NCC is scripting the bright future of the society and I strongly believe with the limitless potential of cadets, their dynamism, energy and values, we can overcome

CONTINUED ON ► PAGE 4

## Ten-Day Shri Buddha Amarnath Yatra Start from August 18

J1 NEWS SERVICE  
POONCH, JUN 21

The ten days pilgrimage to Shri Buddha Amarnath Yatra this year to begin from August 18 and conclude on August 28 in Poonch district of Jammu and Kashmir. "The first batch of Shri Buddha Amarnath Yatra is to leave Jammu for Poonch on August 18," an official said here on Wednesday. He stated that formal Bhoomi Pujan for the yatra will be performed on August 17 and the yatra will conclude on August 28. Buddha Amarnath Temple is one of the oldest



shrines of Jammu region. It is located in the village Rajpura in tehsil Mandi of Poonch district, said a local. He said that the River Pulsata flows by the temple and a mythological legend is associated with the river and it has been named after

Rishi Pulsata, grandfather of Ravana. Shiwlinga of this temple is not naturally formed and made up of white stone. Buddha Amarnath shrine is older than the historical cave shrine of Amarnath in Kashmir.

After hottest day of this summer, night temperature also goes up in J&K

J1 NEWS SERVICE  
SRINAGAR, JUN 21

A day after Srinagar and other parts of Kashmir Valley recorded the season's hottest day, the night temperature too showed an upward trend and settled

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## India slams China at UN for blocking move to designate 26/11 accused Sajid Mir as 'Global Terrorist'

AGENCIES  
UNITED NATIONS, JUN 21

India has hit out at China for blocking a move to designate Pakistan-based LeT leader Sajid Mir as a "global terrorist" by the UN, saying it shows a lack of genuine political will to fight the scourge of terrorism. China on Tuesday blocked a proposal moved by the US and co-designated by India to blacklist Mir under the 1267 Al Qaeda Sanctions Committee of the UN Security Council as a global terrorist and subject him to assets freeze, travel ban and arms embargo. Pakistan-based Lashkar-e-Taiba terrorist Mir is wanted for his involve-



ment in the 26/11 Mumbai terror attacks. In a strongly-worded statement, Joint Secretary at India's permanent mission in New York Prakash Gupta said on Tuesday efforts to ban terrorists fail due to "petty geopolitical interests", then "we really do not have the genuine political will to sincerely fight this challenge of terrorism". "The first and most crit-

ical gap we feel addressing is avoiding double standards, and this self-defeating justification of good terrorists versus bad terrorists. Terror act is a terror act, plain and simple. Any justification of any kind being used should not be countenanced by anybody," he said at United Nations' counter-terror meeting. Gupta said in this day and age of accountability and transparency, can evidence-based listing proposals be blocked without giving any reason. He said India has fought against terrorists in practically real-time on a daily basis. "While the 9/11 terror bombings in this iconic city of New York had

changed the landscape of the global counterterrorism architecture, the 26/11 Mumbai terror attacks shook the collective conscience of the world's largest democracy," he said. Gupta also played an audio clip of Mir in which he can be heard instructing terrorists from Pakistan during the Mumbai 26/11 terror attacks. "Ten fully armed assailants from across the border well trained in conducting urban warfare, descended on the shores of Mumbai and wreaked havoc for three days. The carnage resulted in the killing of 166 innocents, including 26 foreigners. "Justice still continues to elude the victims of

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## 'Grievance redressal index' released Average grievance disposal time reduced to 16 days: Dr Jitendra

AGENCIES  
NEW DELHI, JUN 21

Union Minister of State (Independent Charge) Science & Technology, MoS, PMO, Personnel, Public Grievances, Pensions, Atomic Energy and Space, Dr Jitendra Singh today said that for the first time, the average disposal time of public grievances by Central Ministries & Departments has reduced to 16 days, as registered in May 2023. The Minister was speaking after releasing "Grievance Redressal Assessment and Index" (GRAI) 2022 here today. Dr Jitendra Singh also noted with satisfaction that there has been a decline of almost 50% in the average disposal time for Central Ministries/Departments from 32 days



in 2021 to 18 days in 2023 and further to 16 days in May this year. Progress in May, 2023 alone showed 1,16,734 grievances redressed by Central Ministries/Departments, with an average disposal time of 16 days per grievance. The number of disposed Public Grievance cases has consistently increased, crossing 1 lakh cases per month multiple times.

"The adoption of the 10-Step CPGRAMS reforms resulted in a significant decrease in the average time for grievance disposal. These reforms have enhanced the efficiency, accountability, and accessibility of the grievance redressal process, benefiting citizens and improving public service delivery," he said. The Minister said the reforms have

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## Mehbooba asks Party Men to support Amarnath Yatra, calls it a golden chance to show 'Kashmiriyat'



J1 NEWS SERVICE  
SRINAGAR, JUN 21

PDP president Mehbooba Mufti Wednesday urged party workers to support the upcoming annual Amarnath Yatra and serve the yatis, calling the pilgrimage a "golden chance" to remind the country of Kashmiriyat. "We had invited office bearers of the party from Anantnag district in south Kashmir and Ganderal to direct

CONTINUED ON ► PAGE 4

### VC NITI Aayog appreciates brisk digital transformation in J&K; rankings of UT's administrative units

#### Offers handholding in making J&K a top Global tourist destination; hub in organic farming



J I NEWS SERVICE

SRINAGAR, JUNE 21: On his visit to J&K, Vice Chairperson, NITI Aayog, Suman Bery, reviewed the developmental scenario in J&K to explore thrust areas in presence of Chief Secretary, Dr Arun Kumar Mehta and other senior officers to help J&K realize the vision of Viksit J&K @ 2047.

During the interactive session, the VC expressed his appreciation for the best practices that have been implemented in the Union Territory (UT) over the past couple of years, which have enhanced the responsiveness and transparency of the administration. He specifically noted the remarkable digital transformation that has taken place within a span of just two years, enabling the delivery of all services online.

Additionally, he commended initiatives such as the compilation of the District Good Governance Index and rankings of Panchayats and Blocks based on key developmental parameters, emphasizing their significance as noteworthy practices. The VC also observed that NITI Aayog is a platform to share knowledge and good practices among

States/UTs to realize the vision of Viksit Bharat @ 2047. He stressed that the institutional and governance dimensions, supported by financial imperatives, are crucial in shaping the nation's future as envisioned by the Prime Minister.

Mr Bery further noted that all the programmes devised by the UT are designed to enhance the quality of life for citizens and build trust in governance systems, ultimately fostering the development of a modern society aligned with the Aspirational agenda set by our nation for itself. He called for adoption of sustainable models of development, gradually reducing reliance on fossil fuels and adopting alternatives to it.

He assured that NITI Aayog shall be willing to extend support to J&K and mention possible areas of cooperation. He suggested that J&K should retain its natural advantages to achieve its aim of being one of the top 50 Global tourist destinations. He also suggested factoring in risks and uncertainties while formulating developmental plans to be future ready. He highlighted need for promoting organic agriculture and high density plantations as way

forward. He highlighted the need for a diversified economy, besides the undispensible strength in tourism and horticulture, as a risk mitigation measure, as brought out by Covid-19 experience.

On the occasion the Chief Secretary informed the Vice Chairperson, NITI Aayog about the transparency and accountability framework like BEAMS, e-tendering, mandatory Administrative Approvals and Technical Sanctions along with physical verification of projects which have accelerated pace of development in the UT. He highlighted that with nearly same level of capital expenditure, UT has achieved completion of 10 times more works than what was accomplished prior to 2019.

Dr Mehta maintained that J&K is shedding all possible constraints to adopt the path that is progressive and improves quality of lives of people. He outlined that J&K has by now adopted all the laws enacted by the Parliament. He said that the UT has junked all the convoluted thinking to be a competitive entity.

The Chief Secretary also apprised the VC, NITI Aayog about the landmark

developments the UT has embraced in the shape of Back to Village, My Town My Pride and robust grievance redressal mechanism to bring government at the doorsteps of people. He revealed that the UT government is well on the path to achieve excellence in every sector.

He maintained that J&K has not attempted to invent the wheel afresh instead it has tried to customize the technology adopted elsewhere to ascend rapidly the ladder of development. He stated that the J&K Administration has made it a focal point to put the interests of people ahead of everything which is sole guiding principle to help it to attain new heights of progress with each passing month.

He remarked that it is the fruit of the vision and direction given by the Lieutenant Governor that the UT has completed more than 92000 works previous year, made all services online, covered whole population under health insurance scheme (PMJAY Sehat), achieved high ranking in road construction under PMGSY, Amrit Sarovar, Nasha Mukta Bharat, SDGs and dozens of other sectors and schemes rolled out in the country.

He also mentioned that dividends of peace are clearly visible in functioning of schools and colleges, tourist arrivals, sports activities, developmental momentum etc.

Later on, NITI Aayog also dwelt upon the structure and framework of a UT Institute of Transformation, supported by NITI Aayog, as part of a reimagined planning department of the UT, which would be key to shaping its journey towards a Viksit J&K @ 2047.

### 'Modi Govt steered India to pinnacle of progress in 9 years: Kavinder

#### Says Yoga, Ayurveda, spiritualism India's greatest gifts to mankind

J I NEWS SERVICE

BARIPADA, JUN 21: The combo of Yoga, Ayurveda and Spiritualism along with meditation is a guarantee to human well being and this is a matter of pride for every Indian that these are the greatest gifts to mankind by India.

This was said by senior BJP leader and former J&K deputy chief minister Kavinder Gupta while addressing a gathering on the occasion of International Yoga Day at Baripada, Mayurbhanj in Odisha. The BJP stalwart participated in yoga session organized on the International Day of Yoga on June 21. Kavinder while highlighting the bounties and benefits which Yoga and other Indian ancient health sciences focused on leading a life associated closely with nature.

He said that ancient Vedic Indian health sciences (Yoga, Ayurveda and meditation) offer a unique approach to healthcare through collaboration of



body, mind and spirit. Others who joined the Yoga session include Visheshwar Tudu, Union Minister of State for Jal Shakti and Tribal Affairs and local MP, Bishnu Dass Cluster Incharge, Kandra Soren Ex MLA and district president, Parkash M.L.A Baripada, Vijay Kumar Das General Secretary and Balram Kumar, Yuva Morcha District President.

Later, Kavinder held threadbare discussion with social media influencers and asked them to educate masses about their responsibility to elect nationalist

political party at the national as well as states' level to steer India to pinnacle of progress as other parties have caused much damage in the past and slowed down the pace of development. He said that BJP should be the first choice of the people because what this party has accomplished for the country in the last nine years no other party could have thought of doing the same, whether it is teaching a lesson to Pakistan, scrapping Article 370, bolstering defence sector, improving healthcare and education sectors, and

many more. Convinced by his advice, several media influencers gave nod to promote BJP in the coming time as other parties don't have vision to make India a developed nation in so little time.

Afterwards, Kavinder had lunch with the members of tribal community. The BJP stalwart also joined Rath Yatra of Lord Jagannath, Subhadraji and Balaramji. Earlier, Kavinder also felicitated Yoga Gurus who came to Baripada for the special Yoga session on the International Day of Yoga.

### Natrang commemorates International Yoga Day



J I NEWS SERVICE

JAMMU, JUN 21: Natrang under its pioneering initiatives introduced the magnificent art of Yoga amongst children in the Natrang Children Theatre Camp-2023 to commemorate International Yoga Day. The demonstration and lecture classes were conducted by one of the highly qualified and competent Yoga expert Dr. Neelam Khajuria at Natrang Studio Theatre. Earlier Natrang Director Balwant Thakur while underlining the importance of yoga in theatre said that it is one of the subjects taught in all the professional theatre institutions across the country. Actors without the practice of yoga cannot explore their immense artistic abilities. It helps in

the attainment of perfect equilibrium and harmony, promotes self-healing, removes negative blocks from the mind and toxins from the body, enhances personal power, increases self-awareness, helps in attention focus and concentration, especially important for children and reduces stress and tension in the physical body by activating the parasympathetic nervous system. Considering all these factors, Natrang took the initiative and invited Dr. Neelam Khajuria to conduct a devised class for Natrang Children packed with such exercises and movements which suit the physical sensibilities of children.

Dr. Neelam Khajuria has the distinction of having done Msc. in Yoga from Ladnun University, Rajasthan who has

also been conferred this year's Women Achiever Award-2015 in the field of Health Education and Yoga. She has conducted over twenty camps as a mission to popularize the art of Yoga, so people enjoy a healthy life and are protected from growing ailments. The motive behind conducting an exclusive session with Children was to attract them towards this fantastic tradition originated by Indians to see Indians healthy and disease free. The most noteworthy feature of the class was that participating children enjoyed and learnt every bit of it.

The children who participated in this exclusive workshop included Shafaq Fatimah, Tasmia Shafquat, Samrat Sharma, Advait Soham, Raaga Sharma, Aadesha Singh, Ruhan Chandan, Jayaditya Singh, Sharvil Mahajan, Shranaya Mahajan, Javir Singh, Reet Gupta, Aryan Gupta, Adira Gupta, Daivik Gupta, Mehak Chib, Abhiraj Sharma, Sadhya Sharma, Araya Shan, Mrigaya Shan, Daivik Shan, Advik Sharma, Iammy Chopra, Aarav Vashisht, Jeevansh Sharma, Anand Kohli, Aarohi Kohli, Saanchi Dutta, Dwijesh Dutta, Riaan Gupta, Manavi Bhushan, Kavyaansh Gadotra, Sharavya Sharma, Advait Badyal, Kamakhya Bali, Vidhanshi Jamwal, Viyaan Sharma, , Droan Dushyant Kohli, Anmol Sharma, Kushan Malhotra, Pragya Wadhwa, Abhay Sharma, Aarjav Jain and Pulkit Jayee.

### International Yoga Day celebrated at GDCW, Kathua



J I NEWS SERVICE

KATHUA, JUN 21: International Yoga Day celebrated by NSS unit NCC and Sports Department of Government Degree College in Collaboration with District Ayush Department and District Administration on 23rd June, 2023. The Yoga Session was started with the welcome address of Chief Guest Dr Rakesh Minhas, esteemed Deputy Commissioner Kathua. The master Trainers from Ayush Department displayed Asanas as per Protocol issued by Government of India.

The NSS Volunteers participated with full of enthusiasm and dedication. They show great interest in Yoga

and performed each and every asana. The master trainers displayed different Yoga asana's which would be helpful for all the participants and with these tips, the participants may have healthy, congenial and disease free life. The volunteers and NCC cadets may also play a vital role in the society to inculcate the spirit of fitness, prosperity and happiness.

Both of them emphasized upon that these days most of the people are suffering from many diseases and escalate tensions due to over work in the society and hoping that Yoga would definitely deescalate these tensions of all the people and make free, then from all the diseases able to convey that

there is only hope in Yoga which help us to eliminates many diseases and reduce our routine tension related to health of the people and day to day life. Yoga can curb many sever diseases like sugar, blood pressure, hyper tension and many more. They also displayed some of the tips related to Yoga of pranajam and stressed upon that these asana's would make all the people of society healthier and happy in case they follow these tips in their daily life. They added and conveyed among the volunteers that they should carry the message related to health issues to every nook and corner of the society and aware them regarding the importance of International Yoga Day. Dr Savi Behl worthy Principal of the college extended her special thanks to Ayush Department and District Administration for giving opportunity to the students, NSS volunteers, NCC cadets and sports students to perform in this mega event at district level and also congratulated them for successful event.

Dr Arun Dev Singh, NSS Programme Officer, Dr Vaishno Devi ANO NCC and Mr Rohan Lal Sharma, PII were also participated in the event.

### Yoga is necessary for health: Prof S.A. Ahmed

J I NEWS SERVICE

SRINAGAR, JUN 21: Yoga promotes India's ancient philosophy 'Vasudhev Katumbhakam' and is also a unique attempt to bring the whole world on a single platform. Speaking on the occasion of World Yoga Day in Srinagar, these views were expressed by Professor Sheikh Aqeel Ahmed, Director, National Council for Development of Urdu Language. He also conducted Yoga to the teachers and local people of more than 80 computer centers running in Jammu and Kashmir, Ladakh and Punjab earlier organized by the Council. He said that by doing yoga, not only the human body remains healthy and energetic, but also his mind and brain remain strong and work better, that is why our

Prime Minister Narendra Modi says that yoga is important for health and fitness. Shaikh Aqeel said that Yoga is a physical exercise which was started in ancient times by the sages of our country and since then it is popular in India and in different countries of the world. The Prime Minister of the country has played an extraordinary role in increasing and spreading its popularity globally and because of him every year on 21st June World Yoga Day is celebrated all over the world which is a matter of pride for us. He said that Modi ji really wants the people of India to be active and healthy so that they can play their role in the development of the country along with personal development, because when they are active and energetic, then it will be beneficial for them as well. He will also be of use to the

country. A weak and sick person cannot be of use to himself or his country, so we should pay special attention to our physical health and make yoga a part of our daily routine. Prof. Aqeel said that Yoga is still less popular in Jammu and Kashmir, but the way people here have shown interest today, it seems that there will be general interest in Yoga in future and we will try to do the same. He told DGK that World Yoga Day should be celebrated with great pomp here. It may be noted that the National Council for Development of Urdu Language has been organizing yoga for the last three consecutive days in connection with International Yoga Day. That's why on June 19, Director Prof. Shaikh Aqeel Ahmed did yoga and conducted yoga exercises for all the employees at the headquarter.

### 98.3 Mirchi organised a health exuberant Yoga event 'Mirchi Yoga Se Hoga Season 3' on International Yoga day

J I NEWS SERVICE

JAMMU, JUN 21: Celebrating International Yoga Day, Radio Mirchi 98.3 Jammu organised a yet another Mega event 'Mirchi Yoga se Hoga - Season 3' in association with Bhartiya Yog Sansthan and AM Hyundai Jammu at Bhartiya Yog Sansthan Kendra, Gol Gujral Jammu on 21st morning with more than 500 people of different age groups participating in the activity to make it a success. Hosted by the Bulby voices of the happiest frequency of the city Mirchi 98.3, Mirchi Chaitanya, Mirchi Tani and Mirchi Rohit took the crowd on a ride of fun and healthiness all in one which was further made even more interesting by the Yoga sessions lead by Instructors of Bhartiya Yog Sansthan who seamlessly taught the various Yoga Asanas to the huge gathering. Free T-Shirts were also distributed to the participants.

The whole event was a great success as the crowd was completely fed rejuvenated and was enjoying the yoga sessions. Sh. Ashok Kumar Sharma, Director School Education honoured the event as the Chief Guest, Dr Vikas Dhar Bagati, JKAS (Personal officer Directorate of School Education Jammu), Sh Suraj Singh Rathore Chief Education Officer Jammu, Sh Ankur Mahajan AM Group, Sh MM

Mathavan Facility Director SMVD Narayana Super Speciality Hospital Katra, Sh Sat Pal Sharma President Bhartiya Yog Sansthan Jammu were amongst the Guest of Honour.

Speaking on the occasion, the President of Bhartiya Yog Sansthan along with other chair holders mentioned that Yoga is not about exercise but to discover the sense of oneness with yourself, the world and the nature. Team AM Hyundai displayed their new electric car Hyundai IONIC at the venue spreading the message of 'Go Green, Save Nature'. They left the venue with an assurance that they would make YOGA a regular practice for the employees to enhance their health and productivity.

After the conclusion of the event, Shri Mata Vaishno Devi Narayana Super Speciality Hospital Kakrayal, Katra also organised a free medical check up camp at the venue where the gathering enthusiastically participated and gave assurance that they shall regularly keep a check on their health. The event was held in association with Bhartiya Yog Sansthan and was supported by AM Hyundai, Shri Mata Vaishno Devi Superspecialty Hospital Kakrayal Katra, Vardhaman Jewellers 916, and Oh Shoes. Radio Mirchi 98.3 has been on air in our city of temples from the past 6 years, and has been successfully doing various events and concerts in the city, contributing to the social and moral growth of the city as a whole. 'Jammu Di Kudi' as the name perfectly describes her, 'Mirchi Shwetima', the Programming Head of Radio Mirchi Jammu said, 'I believe Radio is still a very vibrant and powerful medium to Connect to masses and communicate important information while keeping them entertained and events like these further provide a platform to connect with your audience in person. Mirchi has always been there to uplift the mood of people with heart warming Music and we shall continue to do so.

In lieu of wrapping up the wonderful yoga session, along with celebrating International Music Day, thrilling environment was created by Team Mirchi with the freshness and fun as they played music for the audience to enjoy after some stretching along side water and refreshment being served.

Mr. Chaitanya Gupta, Head 98.3 Mirchi Jammu also extended thanks to everyone present for always being such enthusiasts for making the event a grand success. He also talked about how the Mirchi team always plans to give the people of Jammu city, experiences to remember and making sure that everyone in the city has something exciting to look up to.

## NC, Cong, PDP exploited tribals, BJP providing justice: Khatana



J I NEWS SERVICE

**MENDHAR, JUN 21:** A massive rally was held at Mendhar to honour MP Gulam Ali Khatana on his maiden visit to Mendhar area in district Poonch.

DDC members and scores of Sarpanches appreciated PM Narendra Modi for his progressive and secular vision in shaping the future outlook of India. They also hailed LG Manoj Sinha for his special thrust on neglected and backward areas in hilly districts. By DDC Poonch Er. Mohd. Ashfaq Choudhary thanked PM Modi for nominating Er. Gulam Ali to Rajya Sabha as first Muslim from Jammu & Kashmir. He also vouched for representa-

tion to Muslims in Union cabinet as no Muslim member was inducted in the Modi Govt. He said under PM Modi minorities have been treated humanely and given equal representation. Speaking on the occasion Er Gulam Ali said that thousands of people gathering in Mendhar, that too during sowing season, shows their faith in the leadership of PM Narendra Modi. He said that previous governments exploited tribals and backward in the name of religion, region and sects but BJP Govt. provided tribals/STs political reservation to empower them. He further said that JKNC, JKPPD, 234 hospitals have been kept the tribal communities backward. Neither the

Cong, NC or PDP ever made an attempt to do justice with the Gujjar-Bakarwal community. The BJP has given political reservation to the tribals in the J&K legislative assembly on 9 seats. Land rights to the tribals under Forest Rights Act. They were only concerned about amassing wealth for themselves and ensuring their rule by sowing the seeds of hatred. MP Khatana said that under the Ayushman Bharat-PM Jan Arogya Mission, the BJP Government has ensured that over 81.77 lakh health cards were provided in the UT until April 2023. Further, 234 hospitals have been empanelled providing treatment to over 8.03 lakh bene-

ficiaries in the UT. In order to achieve the objective of 'Housing for All', the BJP government sanctioned an additional 1.99 Lakh houses under PMAY in Jammu & Kashmir. More than double the number of roads were sanctioned and almost 5.5 times more roads constructed in the UT under the Government led by Shri Narendra Modi ji. He said that the construction of roads and railways has enhanced all-weather connectivity, which is particularly important in a region like J&K, which experiences harsh winters and heavy snowfall. The Jammu - Udhampur - Srinagar-Baramulla & Rail link will reduce the travel time between Jammu and Srinagar by several hours. Prominent among these present were Sarpanches Showkat Ch., Aftab Jat, Naseer Ch, Feroz Din, Akbar, Rafiq, Sikandar, Nazir, Iqbal, Mehboob, Bar Association president Adv. Javed Khan. Earlier MP Gulam Ali led a yoga session on the occasion of International Yoga Day at Poonch and inaugurated Sports Stadium at mendhar along with Dy DDC Mohd. Ashfaq.

## Party's ideology should reach every doorstep: Jugal



J I NEWS SERVICE

**AKHNOOR, JUN 21:** Bharatiya Janata party District akhnoor unit organised Sanyukt Morcha Sammelan at Khour in Chamb constituency in which Jugal Kishore Sharma Member of Parliament Lok Sabha Jammu was the chief guest along with Former MLA and District President Bjp Rajiv Sharma, Former MLA Dr Krishan Bhagat, VC DDC Suraj Singh, DDC Bhusan Bral, BDC Sushma Sharma. Member of Parliament Jugal Kishore

Sharma while addressing the party workers at the said that Bharatiya Janata Party is working on the agenda of "Sabka Saath Sabka Vikas" and rural development is the main motto. He said that under the stewardship of Hon'ble Prime Minister Shri Narendra Modi ji every area is getting equal share of development. He said that in the tenure Congress Government villages along the border always remain disturbed due to frequent cease fire violations but under the NDA government borders are silent and there

are no cease fire violations. Farmers residing along with the border areas are happy as they can do cultivation without any obstacle. He said that Modi ji has done tremendous development and many Mega projects are running in Jammu Province. He said that India is now emerged as a developing country and Modi ji is spreading his fame over the world wide. He urged party workers to reach party's ideology to every door step to strengthen the hands of Modi Ji and Bharatiya Janata Party.

Rajeev Sharma Former MLA & District President BJP said that it's been first time in the history that DDC and BDC elections are held under Bharatiya Janata Party's led government in center. Member of Parliament that by his efforts Many projects in Chamb and Akhnoor constituency are under progress. Member of Parliament also held Sampark Se Smanthan programme in which he visited the houses of Senior Leaders Bjp, Praja Parishad & Prominent Citizens. Prabhari Brijshwar Rana, Seh Prabhari Manmohan, Senior BJP Jagdish Bhagat, Sanyojak GS Chib, Capt Soba Ram, Jagan Nath, Narinder Singh Bhuu, Mandal President Khour Swam Singh, Rattan Singh, Narayan Dass, Yuva Morcha President Vikas Raina, OBC Morcha President Ranaj Raj Verma, Kissan Morcha President Pathan Singh, SC Morcha Sham Lal Sarpanches Sharma Devi, Tarseem Lal, Tara Devi, Geeta Devi & Panches and others also present at the occasion.

## Manjit Singh directs party cadre to highlight public issues at district headquarters

J I NEWS SERVICE

**JAMMU, JUN 21:** Apni Party Provincial President, Jammu, and Former Minister, S. Manjit Singh has directed party cadres in all the district headquarters of Jammu region to highlight public issues.

The directions were issued during a meeting of office bearers, district presidents, and front heads here at Apni Party Office in Gandhi Nagar, Jammu. The meeting was chaired by S. Manjit Singh. In this meeting, he reviewed activities of the party cadre to strengthen its roots in every district and held a threadbare discussion on growing public issues. During the meeting, Manjit Singh directed the party cadre at the district headquarters to highlight demands of the people and press for the demand of holding of assembly elections.

"The general public is in distress in the absence of an elected Govt and the officials are not listening to their issues. The rural and border villages are the worst sufferers in this situation where the administration seems inactive," he said, addressing the meeting of Apni Party office bearers. The district presidents



and front heads who participated in the review meeting of the party's activities informed the Provincial President Jammu about the feeling of alienation among the people due to the inability of the authorities to work out the problems of the people. "The developmental projects, electricity supply system, clean drinking water, unaddressed complaints/concerns of the local population, participation of non-locals in mining/contractors in districts, exploitation of natural resources, unemployment, and non representation of local population in J&K Govt are among the issues that needs to be addressed timely," he said. He said that these issues can be addressed only when there is an elected Govt. "In our series of public meetings, the people are

against the present Govt and they do not trust the bureaucracy because of recent anti-encroachment drives, scams in SSB recruitments and non-advertisement of the vacant posts. The unfair selection process, and protests by the job seekers has spread anguish among the people," he said. He therefore directed the party cadre to highlight issues of public concern at every district headquarter. The issues of farmers, students, unemployed youth, local contractors, workers, tippers-trolley drivers, transporters etc needs to be given voice by the Apni Party leaders at the ground level. "Apni Party is committed to highlight the issues for their early redressal. All these issues are growing with the passage of time because the administration has collapsed and the peo-

ple have lost their faith in them. Therefore, the holding of assembly elections and restoration of statehood is necessary to win the confidence of the people," he said. He further said that the elected Govt is answerable to the people and the elected representatives ensure development in their respective constituencies that creates a better environment for J&K to become peaceful, prosperous and equitable development. The restoration of the political system would help J&K to gain its lost glory, he added. "When elections of PRLs, Urban Local Bodies can be scheduled, we are unable to understand why the assembly elections cannot be held in J&K especially when people from both regions have equally demanded for the same," he stated.

## Worst ever power crisis exposes govt's tall claims: Rajesh Kesri

Says long power cuts cause health issues, water shortages

J I NEWS SERVICE

**JAMMU, JUN 21:** Shiv Sena Hindustan activists led by its J&K President Pt Rajesh Kesri today held strong protest against the government at Shera Chak, Mukam Koha of Arnia Block over unscheduled power cuts in these areas. Addressing the protesters, Kesri expressed serious concern over the worst ever power crisis in J&K. Notwithstanding the power crisis have deepened to an unbearable extent, PDD has failed to look into this main problem which mostly surfaces during summer in Jammu region and during winter in Kashmir valley, he said. Among the worst hit by this remained students who are finding it difficult to study in the absence of light and it becomes more difficult for them during night hours. "Unscheduled power-cuts have become a routine now and it is not only the students but common people of the area too are affected by this, added Kesri.

The administration seems to be in no mood to address the pervasive power crises in border areas with demand touching new heights amid the government's inaction and failure on the ground. "The PDD is doing everything it can to declare the government a failure on the ground. This is the reason that such outages have become an order of the day and mismanagement



is ruling the roost within the PDD," said Kesri. The Union Territory of Jammu and Kashmir is facing worst ever power crisis for the past about two weeks while the border areas have been forced to face the brunt of about 12-14 hours unscheduled power cuts during these scorching hot summer days. Kesri observed that promise of 24x7 electricity supply with the Smart Metering has been dashed to the ground as the areas where these meters have been stalled, are also facing the same crisis in Jammu and Srinagar Cities. The situation has gone from bad to worse as the UT Administration has failed to manage the crisis and provide some relief to the consumers who are made to pay through their nose the hefty power

bills after installation of Smart/Electronic Power Meters on the street poles. Kesri further said that rising public anger against the Government, is forcing them to come out on the lanes and roads and lodge their protest, demanding some relief during these hot summer days as lakhs of people have been made to spend sleepless nights in the open due to this power crisis. Moreover, water supply has been badly hit in entire J&K. Rural areas are the worst hit. The situation is especially bad in rural areas, which receive four to six hours daily supply in intervals that last from a few minutes to a maximum of a couple of hours. The power shortage has also impacted patient care of thousands of home-bound patients.

## AYUSH Department organizes outreach programme to mark International Yoga Day

J I NEWS SERVICE

**JAMMU, JUN 21:** Under the guidance of worthy Director Ayush Dr. Mohan Singh and under the supervision of District Ayush officer Dr Vandana Dogra, AYUSH Department today organized an outreach programme to mark International Yoga Day organized by the staff of Kotli Arjun Singh including Dr Samta Gupta and Head Pharmacist Naresh Sharma at Katyal near Gujjar Basti RS Pura where free Ayush medicines were distributed among needy people and were made aware regarding Ayush medicines and its benefits in our day to day life. The locals appreciated the initiative and efforts of AYUSH Dept for organising the event and for sending a message of humanity to the youths and encouraging and motivating them for a noble cause.

Dr Samta Gupta speaking on the occasion said that the idea of the event was to generate awareness among people for yoga and for better, healthier and balanced physical, mental and spiritual health. Dr Samta Gupta said



that the importance of yoga in keeping oneself physically and mentally fit without any constraints of time, space, weather, gender and age. "Yoga is for all. It is time for new generations to come forward and embrace yoga in their daily lifestyle for a happy, healthy and stress-free tomorrow," she said. Highlighting the importance of Yoga in our daily life, Dr Samta Gupta appealed the locals and people from all

stalks of life to come forward and spread awareness about Yoga in one and all to have a healthy Planet. She assured that AYUSH Dept will continue to serve, help, encourage and motivate the locals through its outreach programmes. Yoga is India's gift to the world and gives us health, harmony & peace. The efforts of PM Narendra Modi have made Yoga an important public health movement worldwide.

## Tony leads deputation of Ambika Colony to DC Office; raises concerns over illegal erection of mobile Tower

J I NEWS SERVICE

**JAMMU, JUN 21:** DDC Member Suchetgarh, Taranjit Singh Tony today led a deputation of Ambika Colony, Kunjwani area of Jammu to meet the Additional Deputy Commissioner (ADC) Law & Order, Harvinder Singh at the DC Office Jammu. The meeting was requested to address the issue of illegal installation of mobile tower in the residential area without the consent of the local public.

During the meeting, Tony brought to the ADC's attention the issue of an illegally erected mobile tower in the residential area of Kunjwani, without the consent of local residents. He emphasized that such an installation is against the wishes of the people of the area and could pose health hazards. Tony asserted that when the govern-



ment land is available then what was the need to install a mobile tower in the residential area. He urged the Additional Deputy Commissioner to look into the matter and take appropriate measures to prevent the installation of mobile towers in residential areas. Giving a patient hearing to the deputation, ADC Harvinder Singh assured that he will look into the matter and

issue a notice to the concerned mobile company under the relevant sections of law. He asserted that the DC office is committed to the welfare of the people, and nothing against the wishes of the affected parties will be allowed to happen. Tony appreciated the ADC's cooperation and hoped that the aforesaid issue will be resolved in a peaceful and timely manner.



# PM Modi leading International Yoga Day function at United Nations Headquarters is a matter of pride for our country: Piyush Goyal

AGENCIES  
MUMBAI, JUNE 21

The 9th International Yoga Day was celebrated at the Gateway of India in Mumbai this morning in the presence of Union Minister of Commerce and Industry, Consumer Affairs, Food and Public Distribution and Textiles Shri Piyush Goyal and Chief Minister of Maharashtra Eknath Shinde.

"Prime Minister Narendra Modi leading the

International Yoga Day function at the United Nations Headquarters is a matter of pride for our country" said Shri. Piyush Goyal on the occasion. Extolling virtues of yoga through his personal experience, the Minister added that the Prime Minister through his focused efforts, expansive vision and inspiration has brought Yoga to the world stage with the International Yoga Day being celebrated world

over on 21st June since 2015. Shri. Goyal wished everyone on the occasion of International Yoga Day and encouraged them to practice Yoga for a long and healthy life.

Chief Minister Eknath Shinde also interacted with those present and greeted everyone on Yoga Day. Under the guidance of Yoga Guru Suresh Yadav, of Patanjali Yog Sansthan, various Yogasanas were performed by all participants. The program



was jointly organized by the Mumbai Port Authority, the Union Ministry of Commerce and Industry, the Union Ministry of Consumer Affairs, Food and Public Distribution, the Union Ministry of Textiles and Patanjali Yog Samithi. Vice Chairman, Mumbai Port Authority Mr. Rajeev Jalota, Director General, Home Guard, Mr. PK Upadhyay, Divisional Commissioner, SEEPZ, Mr. Shyam Jagannathan, Commissioner, Textiles, Smt. Rooprashi, Mumbai Port Authority and Chairman of ECGG, Mr. Senthilnathan, Commandant, CISF, Mr. Virendra Pratap Singh, Dr. Amit Gupta of Tata Hospital, office bearers of Pantanjali Yog Sansthan along with senior administrative officers, as well as employees of various departments, representatives of various civil society organizations and youth were present in large numbers for the event.

## FROM THE FRONT PAGE...

### PM Modi leads historic...

7th session of the United Nations General Assembly Csaba Korosi, Hollywood actor Richard Gere, Mayor of New York City Eric Adams and Deputy Secretary General of the United Nations Amina J Mohammed were among prominent personalities who attended the event.

"The feeling here is so open and embracing, I hope this feeling intoxicates the entire building. It's a really nice feeling here today," Gere said ahead of the event.

People from more than 180 countries participated in Prime Minister Modi-led Yoga Day celebrations here, representing different walks of life and comprising diplomats, artists, academicians and entrepreneurs among others, sources said.

"You can see the vibrations and excitement. Hundreds of people are lining up for International Yoga (Day celebrations) with Prime Minister Modi. Such a great feeling," said Dilip Chauhan, Deputy Commissioner for New York City Mayor's Office for International Affairs. Ruchika Lal, Yoga and Meditation Instructor, Art of Living, said people are excited. "They have been waiting outside since 6 am," she said.

People were seen standing in queues outside UN headquarters to take part in the yoga session since early morning.

The first International Day of Yoga was commemorated in 2015 and has since then been marked with several sessions and events highlighting the benefits and universal appeal of Yoga at the UN, Times Square and iconic locations across the world.

The UN underlines that Yoga is an ancient physical, mental and spiritual practice that originated in India. The word 'yoga' is derived from Sanskrit and means to join or to unite, symbolising the union of body and consciousness. Today it is practised in various forms around the world and continues to grow in popularity.

Recognising its universal appeal, in December 2014, the UN proclaimed June 21 as the International Day of Yoga. The draft UNGA resolution establishing the International Day of Yoga was proposed by India and endorsed by a record 175 member states. The proposal was first introduced by Prime Minister Modi in his address during the opening of the 69th session of the UN General Assembly.

Earlier in a video message on the occasion of the International Day of Yoga, Modi said India has always nurtured traditions that unite, adopt and embrace and made a fervent appeal to eliminate contradictions, hurdles and resistances through yoga.

Modi said Indians have welcomed new ideas, conserved them and celebrated the country's diversity. Yoga strengthens such feelings, expands the inner vision, and connects us with that consciousness which makes us feel the unity of the living being giving a basis of love for the living being, the prime minister said.

"We have to eliminate our contradictions, blockages and resistances through Yoga. We have to present the spirit of 'Ek Bharat, Shreshtha Bharat' as an example to the world," Modi said.

Modi also said the International Day of Yoga was special this year as researchers at India's research stations in the Arctic and Antarctica too were participating in the celebrations.

UN Secretary-General Antonio Guterres, in his message for Yoga Day, said yoga unites people. "It unites body and mind, humanity and nature and millions of people across the globe for whom it is a source of strength, harmony and peace," he said.

"In a dangerous and divided world, the benefits of this ancient practice are particularly precious. Yoga offers a haven of calm, it can reduce anxiety and promote mental well-being. It helps us to develop discipline and patience. It connects us to our planet, which so badly needs our protection," Guterres said.

He added that yoga reveals "our common humanity, helping us to understand that despite our differences, we are one. On this International Day of Yoga, let us embrace the spirit of unity and resolve to build a better, more harmonious world for people, the planet and ourselves." (Agencies)

### Fully geared up...

stay stress-free," said BSF Deputy Inspector General Chiter Pal on the sidelines of the event here.

About the upcoming Amarnath pilgrimage, the DIG said, "Our biggest challenge is Amarnath Yatra which is starting from July 1. We have made full preparations for that. Our jawans are fully geared up and alert."

The annual pilgrimage to the 3,800-metre-high cave shrine of Amarnath in south Kashmir will continue till August 21. The journey can be undertaken through two routes - the traditional 48-km route through Pahalgam in south Kashmir's Anantnag and the 14-km shorter but steep Baital route in the Ganderbal district of central Kashmir.

### LG leads International...

should make Yoga a part of their daily routine for stress free and healthy life.

"Yoga for Vasudhaiva Kutumbakam, One World, One

Health. This year's theme underlines the vision of "One Earth, One Family, One Future" of Hon'ble Prime Minister Shri Narendra Modi Ji," the Lt Governor said.

"Yoga is India's greatest gift to the humanity and it has transcended the boundary of religion, sect and geographical barriers to bring happiness in people's lives," he said.

The Lt Governor said the first Sutra of Maharshi Patanjali-Now the Discipline of Yoga and second one on cessation of the mind, is the key to understand Yoga. Body-mind together as one in present moment, here and now helps to reduce stress level, brings mindfulness and improves physical strength, he added.

"The great sage Maharshi Patanjali has observed that disorder within our body-mind is the main reason for stress, anxiety, inflammation in the body and heart diseases. Yoga brings harmony in our body-mind," the Lt Governor observed.

Yoga is not just a physical exercise, but it also symbolizes the spirit of oneness between body-mind and the nature. This rich and ancient tradition, based on prevention for better health, has been accepted by the medical science and researchers as a unique and significant practice of traditional system of medicine which offers tremendous physical and mental health benefits for people of all ages, he said.

For Yoga, one needs both physical and mental discipline, so that body and mind do not function separately but work in an integrated manner, the Lt Governor said.

In today's world, doctors, while prescribing the medicine for disease, always give free and important advice of bringing change in lifestyle for long term health. Yoga is the medium which brings change in the lifestyle and strengthens the bond between people, he further said.

The Lt Governor said Yoga has helped the humanity to remain healthy and today the world is attracted to Yoga and the nation is grateful to Hon'ble Prime Minister, who will be participating in a Yoga event at the UN. He also congratulated the Directorate of AYUSH, J&K for its efforts in promotion of traditional system of medicine and for getting the approval of Homeopathic College in Kathua.

Sh. Junaid Azim Mattu, Mayor Srinagar Municipal Corporation; Sh. Rajeev Rai Bhatnagar, Advisor to Lt Governor; Dr. Arun Kumar Mehta, Chief Secretary; Sh. Dilbag Singh, DGP; Sh. Dhbeeraj Gupta, Principal Secretary, Forest Department; Dr. Mandeep Kumar Bhandari, Principal Secretary to Lt Governor; Sh. Bhupinder Kumar, Secretary, Health and Medical Education Department and senior officers also participated in the International Yoga day celebration.

### Jammu-Srinagar NH...

to ensure urgent repair and maintenance works by the National Highway Authority of India (NHAI)," the office of the deputy commissioner tweeted.

Commuters on the highway have been complaining of enduring snarls in the sweltering heat due to massive traffic jams at different places, especially landslide-prone Dalwas, Cafeteria Morh and Nachlana over the past fortnight.

Officials said overloaded or misfit heavy motor vehicles are also not allowed to ply on the highway as the breakdown of such vehicles causes traffic snarls, bringing inconvenience to others.

Traffic police were directed to initiate action against the violators, they added.

Updating on the ongoing construction work, the deputy commissioner said concreting over the leftover portion of the 1.06 km Ramban flyover is almost done.

The flyover, once operational, will bypass the Ramban market which also witnesses frequent traffic jams, he added. (Agencies)

### LG interacts with NCC...

formidable challenges to create a new history, the Lt Governor said.

The Lt Governor appreciated the NCC Directorate, Jammu Kashmir and Ladakh for organizing the Special National Integration Camp to promote the spirit of unity in diversity, camaraderie and brotherhood.

He also commended the efforts of NCC Directorate in increasing the strength of NCC cadets in J&K.

The captivating performances by the cadets celebrating the spirit of Unity in Diversity received special appreciation from the Lt Governor.

Lt General Rajiv Ghai, GOC 15 Corps; Major General RK Sachdeva, Additional Director General, NCC Directorate Jammu Kashmir and Ladakh, Brig. KS Kalsi, Group Commander NCC Group Srinagar and other senior officers were present.

### After hottest day...

above normal in J&K on Wednesday.

Quoting a meteorological department official, that hot and dry weather was likely to continue till June 23 even though there is possibility of "very light rain/thundershower at one or two places over Jammu and Kashmir."

From June 24-28, he said, generally cloudy weather

with intermittent light to moderate thunderstorms was expected at scattered to fairly widespread places in J&K. Srinagar recorded a low of 19.7°C against 18.2°C on the previous night and it was above normal by 3.9°C for the summer capital.

Qazigund, he said, recorded a low of 17.4°C against 16.2°C on the previous night and it was above normal by 3.3°C for the gateway town of Kashmir.

Pahalgam, he said, recorded a low of 10.6°C against 9.1°C on the previous night and it was 1.5°C above normal for the famous tourist resort in south Kashmir's Anantnag district.

In Kupwara town, he said, the mercury settled at 16.5°C against 14.1°C on the previous night and it was above normal by 2.4°C for the north Kashmir area.

Kokernag recorded a low of 18.0°C against 15.4°C on the previous night and it was 3.9°C above normal for the place, the officials said.

Gulmarg recorded a low of 13.6°C against 10.2°C on the previous night and it was above normal by 3.9°C for the world famous skiing resort in north Kashmir's Baramulla district, he said.

Jammu recorded a low of 30.5°C against 26.1°C on the previous night and it was 4.4°C above normal for J&K's winter capital, he said.

Banihal recorded a low of 19.0°C (3.9°C above normal), Batote 21.2°C (4.0°C above normal), Katra 25.2°C (3.2°C below normal) and Bhandarwah 19.2°C (above normal by 4.3°C). Ladakh's Leh and Kargil recorded a low of 9.0°C and 12.8°C respectively, he said. (AGENCIES)

### India slams China at UN...

The Mumbai terror attack," he said. Mir was listed as a proscribed terrorist under the national laws of India and under the laws of the United States and several other countries globally, he said.

"But when the proposal for listing him did not go through the Security Council sanctions regime, we had strong reasons to believe that something was genuinely wrong in the global sanctions regime, as manifested in the Security Council," Gupta said.

"If we cannot get established terrorists who have been proscribed across global landscapes, listed under the Security Council architecture for petty geopolitical interests, then we really do not have the genuine political will needed to sincerely fight this challenge of terrorism," he added.

Gupta rued that 15 years after the Mumbai terror attacks, its masterminds in Pakistan have not yet been brought to justice.

Mir believed to be in his mid-40s, is one of India's most wanted terrorists and has a bounty of USD 5 million placed on his head by the US for his role in the 26/11 Mumbai terror attacks.

In June last year, Mir was jailed for over 15 years in a terror-financing case by an anti-terrorism court in Pakistan.

Pakistani authorities had in the past claimed Mir had died, but Western countries remained unconvinced and demanded proof of his death. This issue became a major sticking point in FATF's assessment of Pakistan's progress on the action plan late last year.

Mir is a senior member of the Pakistan-based LeT and is wanted for his involvement in the November 2008 terrorist attacks in Mumbai. (Agencies)

### Average grievance...

also positively impacted the disposal of State Public Grievances cases on the CPGRAMS portal, crossing 50,000 cases per month since September 2022.

Dr. Jitendra Singh said the Prime Minister Shri Narendra Modi has flagged again and again that Grievance Redressal is important for accountability of the Government and also for the Citizen-centric Governance. He also called for a more robust human interface mechanism including Counselling post-resolution of the grievance. The Minister called upon the DARPG to devise a program for various offices & states to effectively monitor the qualitative and quantitative disposal of grievances.

The Minister also commended the DARPG for making the CPGRAMS portal available in 22 scheduled languages along with English so that the common man could avail of its benefits. He also underlined the need to integrate state portals and other government portals with CPGRAMS and name it more uniformly for seamless accessibility.

During the programme, Dr. Jitendra Singh launched the Grievance Redressal Assessment and Index (GRAI) 2022 in the presence of Shri V. Srinivas, Secretary, DARPG and senior officers of the Department, along with nodal officers of Public Grievance of various Ministries/Departments/PSBs/PSEs and State officers.

GRAI 2022 was conceptualised and designed by the Department of Administrative Reforms and Public Grievances (DARPG), Govt. of India based on the recommendation of Parliamentary Standing Committee of Ministry of Personnel, Public Grievances and Pensions with an objective to present organisation-wise comparative picture and provide valuable insights about strengths and areas of improvement regarding grievance

ance redressal mechanism.

Eighty-nine Central Ministries and Departments were assessed and ranked based on a comprehensive index in the dimensions of (1) Efficiency, (2) Feedback, (3) Domain and (4) Organisational Commitment and corresponding 12 indicators. To compute the index, data between January and December 2022, was used from the Centralised Public Grievance Redressal and Management System (CPGRAMS).

As part of GRAI, Ministries and Departments are grouped in three groups based on the number of grievances registered in calendar year 2022 at CPGRAMS.

Department of Posts, Department of Financial Services (Pension Reforms) and Department of Land Resources have topped the rankings in Group A, B and C respectively. A detailed list with top three Ministries and Departments in composite and dimension-wise ranking was also released.

Out of the total 12.87 lakh grievances received during 2022 at CPGRAMS, about 75% have been resolved within the prescribed timeline of 30 days by the Ministries and Departments with Ministry of Parliamentary Affairs performing the best in this indicator.

Department of Food and Public Distribution, Ministry of Food Processing Industries, Ministry of Parliamentary Affairs, Department of Financial Services (Pension Reforms) and Department of Expenditure have reported average grievance resolution time of seven (7) days or less.

Out of the total 89 Ministries and Departments, 22 Ministries and Departments have resolved 100% grievances related to "Corruption". And, for another 55 Ministries and Departments, the redressal of "Corruption" related grievances ranged between 90 to 99.99%.

About 19% of the resolved grievances have received feedback as "Excellent" and "Very Good" out of the total calls made by a dedicated call centre established by the DARPG, Govt. of India.

Out of the total 89 Ministries and Departments, 26 Ministries and Departments have resolved 100% grievances categorised as "Urgent". And, for another 29 Ministries and Departments, the redressal for "Urgent" grievances ranged between 90 to 99.99%.

GRAI assessment concludes with the advisory to Ministries and Departments to fully use CPGRAMS with various features deployed as part of CPGRAMS Version 7.0. Also, Ministries and Departments are advised to identify and deploy an adequate number of Grievance Redressal Officers at different levels who are well conversant and trained in resolving the grievances registered. This ensures all the Ministries and Departments in resolving higher number of grievances within the stipulated time while reducing average resolution time.

In the GRAI 2022 report released by DARPG, detailed Root-Cause Analysis has been included with specific inputs on areas of further improvement. This report presents a two-dimensional (vertical and horizontal) analysis of the root causes of performance of each Ministries and Departments in an easily discernible colour coded analysis. The report also presents a brief description of other technical partners DARPG has engaged to facilitate the Ministries and Departments to optimally utilize CPGRAMS as a means of effective grievance redressal media. Optimizing emerging technologies such as Artificial Intelligence (AI) and Machine Learning (ML) tools/techniques are identified as a way forward including identifying grievance prone areas & analysis.

Full report of Grievance Redressal Assessment and Index (GRAI) 2022 is available at DARPG website: darpg.gov.in/documents/reports.

### Mehbooba asks Party...

our workers and activists to support the upcoming Amarnath Yatra.

"The yatris are our guests, there should not be any lack in taking care of them as it is our tradition," Mufli told reporters here after a party meeting.

She said when attempts are being made across the country to "communalise" the Hindu-Muslim ties, the valley has remained the place that has constantly sent a message of brotherhood to the country.

"Today, this yatra is a golden chance for us to remind the whole country once again of the Kashmiriyat. I appeal to all my party workers to make this yatra successful, welcome the yatris and help them in every way," she said. In her interaction, the politician stressed the importance of her decision, coming at a time, when "shops of Muslims are being demolished and they are being evicted from their homes like in Uttarakhnad, and lynched in the name of religion."

The former chief minister also appealed to the government not to cause any inconvenience to the local population as they help the yatris.

"While facilitating the yatra, or while providing them facilities during their movement, there should not be any inconvenience to the locals who are the real hosts of this yatra."

"Last year, we saw that many patients could not reach hospitals, some pregnant women delivered babies on roads. So I appeal to the government that there should not be any inconvenience to the locals," she said. (Agencies)

## BJP observes International Yoga Day, party leaders perform Yoga across J&K UT



J I NEWS SERVICE

**JAMMU, JUN 21:** On the occasion of the International Yoga Day, Bharatiya Janata Party (BJP) senior leaders led party activists to practice yoga in assembly segments of the Union Territory across Jammu & Kashmir.

Ravinder Raina, president, Jammu and Kashmir BJP, along with General Secretary (organisation) Ashok Koul, Vice-President Yuvvir Sethi, BJP NEM & Headquarter Incharge Priya Sethi, District President Parmod Kapahi, party Spokesperson Adv. Purnima Sharma, BJP OBC Morcha President Sunil Prajapati and others performed Yoga at Shree Maharaja Hari Singh ji Park, Near Tawi Bridge, Jammu. Hundreds of People drawn from different sections of the society, including religious and social organisations were also among the participants.

Ravinder Raina said that the International Day of Yoga was proposed by the Prime Minister of India, Narendra Modi, during his address to the United Nations General Assembly on September 27, 2014. He suggested that June 21st be designated as the International Day of Yoga as it is the longest day of summer, which holds special significance in many parts of

holistic benefits of Yoga for physical and mental health and emphasized its importance in promoting a balanced lifestyle.

Former Minister Sat Sharma along with Vice-President Chander Mohan Gupta, party Treasurer Parbhat Singh Jamwal, Councillor Mankotia and other party workers performed Yoga at Gurha, Bakshi Nagar, Jammu.

MP Rajya Sabha, Ghulam Ali Khatana along with other local leaders performed Yoga at Poonch.

Former MP (Rajya Sabha) Shambher Singh Manhas along with Bharat Bhushan Sharma and others performed Yoga at Ploudka Park at Ploura.

J&K BJP General Secretary Sunil Sharma along with other senior leaders performed Yoga at Kishtwar.

J&K BJP General Secretary Adv. Vibodh Gupta along with senior leader Narain Singh and others performed Yoga at Veerbhoomi Park, Samba.

BJP Spokesperson Alaf Thakur along with Arif Raja, District President Ashok Bhat, Sheikh Bashir, Manzoor Bhat, Salinder Singh and others performed Yoga at Jawahar Nagar Park, Srinagar. BJP district organizing secretary Veerji Saraf, Adv. Wajahat and others performed Yoga at Verinag in Anantnag District.

BJP Secretary Dr. Farida Khan along with Javed Qureshi, District President Rashid and others performed Yoga at Children Park Kupwara.

BJP Secretary Dr. Farida Khan along with Prabhakar MM War, Councillor Ashiq Mir and others performed Yoga in a Park at Baramulla. Parliamentary constituency Incharge Yoga Divas Rakesh Koul performed Yoga in South Kashmir. BJP District President Zubair Ahmed and others performed Yoga at Kulgam. Similarly, senior leaders of BJP performed Yoga in every Assembly segment of Jammu & Kashmir.

## Manhor Lal Shastri organizes 21 Kundli Maha Rudra Yagya in Bani



J I NEWS SERVICE

**BANI, JUN 21:** Shri Manhor Lal Shastri Ji Maharaj, a revered spiritual leader, organized 21 Kundli Maha Rudra Yagya in Bani.

The event witnessed participation of thousands of devoted individuals who not only took part in the auspicious Yagya but also immersed themselves in the enlightening Katha. This remarkable event marks the first of its kind in the town of Bani and has left Hindu devotees feeling overjoyed and blessed.

The 21 Kundli Maha Rudra Yagya, meticulously organized by Manhor Lal Shastri Maharaj, aimed to create an atmosphere of peace and harmony on a global scale. The event emphasized the significance of following the path of Dharma (righteousness) and highlighted how yagya, a sacred ritual, has the potential to purify not only the human body but also the surrounding environment.

The event witnessed fervent participation from devotees who eagerly engaged in the various rituals and prayers conducted during the Yagya. The Katha captivated the attendees, as it delved into the spiritual teachings and enlightened them on the essence of leading a virtuous life.

Expressing their grati-

ude, the devotees wholeheartedly thanked Shastri Manhor Lal Maharaj for organizing such a grand Sammelan. They requested that the yagya be held annually, allowing them to continue to receive the divine blessings and spiritual upliftment it offers.

In response to the overwhelming support and enthusiasm, Manhor Lal Shastri Maharaj expressed his heartfelt appreciation and stated that his primary objective is to foster peace and harmony worldwide.

He emphasized the transformative power of Yagya in purifying the mind, body, and soul of individuals, thus contributing to a more serene and balanced environment.

The successful culmination of the 21 Kundli Maha Rudra Yagya serves as a testament to the commitment and devotion of the organizers and participants alike. Manhor Lal Shastri Maharaj extends his gratitude to everyone who contributed to the success of this significant event.

## Yoga is part of our culture and civilization: Rekha Mahajan



J I NEWS SERVICE

**JAMMU, JUN 21:** Yoga serves as a platform to raise awareness about the numerous benefits of yoga and promote its holistic approach to physical, mental, and spiritual well-being said Rekha Mahajan District President BJP Jammu South during "International Yoga Day Programme" organized at Zorawar Singh Park in Trikuta Nagar Mandal of District Jammu South.

Former MLC Charanjit Singh Khalsa, District Prabhari Ayodhya Gupta, Vice President BJP J&K

Anuradha Charak, Library and Documentation Incharge Kulbushan Mahotra, District Secretary Puspinder Charak, Ajay Pargal, Nitish Mahajan, Kulbir Charak, Mandal President Neeraj Puri, Councillor Ajay Gupta, Sharda Devi, Divya Jain and large no of karyakartas also performed Yoga. Team Divya Jyoti Sanshan also accompanied them and helped people Performing Yoga. Rekha while addressing the gathering said that Yoga is part of our culture and civilization and

appreciated the concept of International Yoga Day was introduced by Prime Minister Narendra Modi during his 2014 address to the United Nations General Assembly. Since then, Yoga has gained huge popularity worldwide due to its ability to enhance flexibility, strength, balance, and overall fitness. Rekha stated that this year the theme of Yoga Day is 'Yoga For Vasudhaiva Kutumbakam' i.e. Yoga for the welfare of all in the form of 'One World-One family. Rekha underlined that International Yoga Day is being celebrated with enthu-

siasm not only in India but all over the world. It is a matter of pride for all of us as yoga is being celebrated globally and the world is acknowledging India's rich culture and adopting it," She added.

Communicating to the general populace ahead of PM Modi's mega yoga at the united nations today Rekha said, Today PM Narendra Modi will celebrate Yoga Day at the headquarters of the United Nations in New York. She said he will send a message to the whole world from there, this is a proud and blessed moment for us. She also appealed to people to make yoga an integral part of their lives by devoting at least half an hour every day to it. "We can inspire others to do yoga only when we do it ourselves," said BJP District President Jammu South Rekha Mahajan while addressing a gathering in Trikuta Nagar of Bahu Constituency on the occasion of the International Day of Yoga.

## Shrine Board organises Yog Divas at Sports Complex



J I NEWS SERVICE

**KATRA, JUNE 21:** Shri Mata Vaishno Devi Shrine Board Sports Complex, Katra today joined the practitioners nation-wide and across the world to mark the celebrations of the 9th International Yoga Day with great fervor and enthusiasm. The celebrations began with the lighting of a ceremonial lamp. The Chief Executive Officer, SMVDSB Anshul Garg in his message

stressed upon all the participants to include Yoga in their daily life to remain physically and mentally fit, besides relieving themselves from stressful life. He said that making Yoga a way of life would go a long way for staff and other stakeholders in enhancing the efficiency and efficacy in management of hassle-free pilgrimage to Shri Mata Vaishno Devi Ji Shrine round the clock.

The Yog Divas, with the theme 'Yoga

for Vasudhaiva Kutumbakam,' effectively encapsulating collective aspiration for 'One Earth, One Family, and One Future' was attended by Officers and staff of the Board including Addl. Chief Executive Officer, Jt. Chief Executive Officers, Dy. Chief Executive Officer and Asst. Chief Executive Officer besides sportspersons of the Sports Complex, students, prominent citizens and hundreds of local residents from all walks of life.

Starting from 6:30 AM, the event concluded at 8:00 AM. The participants performed a series of Yogasanas in unison towards better health and wellness for all under the supervision of yoga experts following Common Yoga Protocol (CYP).

Notably, since 2015, the International Day of Yoga has been organized on a regular basis in the Shrine Board's Sports Complex after inauguration of the facility by Hon'ble Prime Minister in the year 2014.

## Nehru Yuva Kendra Sangathan celebrates International Day of Yoga 2023



J I NEWS SERVICE

**JAMMU, JUN 21:** NSS Jammu Govt. College for Women, Parade Ground, Jammu in collaboration with Nehru Yuva Kendra Sangathan, NCC Unit and Department of Sanskrit organized a 3-day workshop on the occasion of

International Day of Yoga 2023 under the theme 'Yoga for Vasudhaiva Kutumbakam' under the guidance of NSS programme officers of the college Dr Gurpreet Kour, Dr Mohd. Majeed and Dr Parvaiz Ahmad. As a part of this programme, on the first day students performed

yoga with the family, and on the second day, NSS volunteers, NYK volunteers and the NCC cadets visited Gulshan Ground in the programme organised by AYUSH Ministry in the morning yoga session. The afternoon session of Yoga was performed in the college premises, the event started with a formal welcome address by Principal of the college, Dr. S. P. Saraswat. Who appreciated the efforts of Hon'ble Prime Minister in making yoga day an international event.

After that, Mr. Nisar Ahmad Butt, State Director, Nehru Yuva Kendra Jammu highlighted the relevance of this day and motivated the participants to make yoga a

way of life. The resource persons for the day Dr. Sangeta Mahajan, Medical Officer, AYUSHI and Ms. Jyoti Bali, the Yoga instructor instructed the faculty members and the students regarding the yoga asana and meditation exercises. The faculty members, NCC cadets, NSS volunteers (more than 100), students of Sanskrit department actively participated in the activity.

The session ended with a formal vote of thanks by Prof. Mamta Sharma, HoD, and Department of Sanskrit. On the 3rd day a lecture by Sanskrit department will be organised on the importance of Yoga in daily life on 22nd, June.

## Shabir demands implementation of FRA in favour of tribals, forest dwellers

J I NEWS SERVICE

**JAMMU, JUN 21:** Apni Party ST Wing Provincial President Jammu Choudhary Shabir Kohli has demanded implementation of Forest Right Act (FRA) on the ground as the benefits of the scheme are not being given to the tribal community and other forest dwellers.

A meeting with the people in Nagrota and Sanasar Ladda Dhaar was organised in which Kohli was informed about the problems faced by the tribal community.

The issues of FRA implementation was the main issue confronted by the people which is yet to be implemented on the ground. Speaking at the meeting, Shabir Kohli said that it was unfortunate that the FRA was implemented by the J&K Govt and the committees were constituted at the village level.

"The people submitted their claims with documents hoping that their land would be considered and land rights would be approved under FRA, but that was not done," he said.



He said that 500 to 900 forms were deposited to the committees in different areas yet the forms were not considered for the approval of FRA rights in favour of the tribals. He demanded the process of granting rights to the people including tribals, and forest dwellers should be speed-up. He also demanded personal intervention of the I.G Manoj Sinha so that the irring officers responsible for delaying the exercise of granting FRA rights in favour of the respective people can be held accountable. He, however, assured the

people that their demands would be projected to the Govt for its early resolution. The issues of development and services also came to fore that include lanes, drains, clean drinking water and unscheduled power cuts.

The meeting was attended by Sarpanch Nazeer Ahmed Ladda, Alif Din, Mohammed Faisal Ladda, Miya Sahab, Haji Baba Hussain, Suleman, Kala Khan, Mohammed Mirza, Mohammed Mansho, Mohammed Rafique, Mohammed Mirza and others.

## Remote controlled governance by New Delhi not in J&K's interests: Harsh Dev

J I NEWS SERVICE

**CHENANI, JUN 21:** Referring to the directives issued by ECI to five states namely Rajasthan, Madhya Pradesh, Mizoram, Telangana and Chhattisgarh for holding preparations for conduct of Assembly polls during the current year, Mr Harsh Dev Singh former minister and NPP President said that J&K had once again been omitted from the itinerary of Elections thereby ruling out the possibility of such elections in the near future. He expressed his dismay that while the process for local bodies elections had also been set in motion, the govt and the ECI continued with their delay and deny approach so far as elections to J&K Assembly were concerned which continued to be postponed for the last sev-

eral years on one pretext or the other. He said that having failed to deliver and to redeem its promises, the BJP was hell bent to continue its proxy rule in the UT and to run the affairs of govt through remote control from New Delhi. Having antagonized its own electorate as well, the BJP was trying hard to buy time and thereby resorting to delay and deny tactics over the issue of conduct of Assembly elections in J&K. Scared to face the people in the wake of its multiple betrayals with peoples' cause, it preferred repeated postponement of polls and continuation of its proxy rule in the UT, said Mr. Singh. He was addressing the public meetings in Hardwar and Barkanda villages of Chenani constituency today. Reiterating the need for the early elections to J&K Legislative

Assembly in J&K, Mr. Singh said that any delay in this regard would not only amount to subversion of democracy but also violate the orders of the Supreme Court. "The people could not be deprived of their democratic rights in the state only for the political expediencies of the ruling party at the centre by taking to frivolous excuses", said Mr. Singh. He said that a full time elected govt was a must to deal with the armed insurgency in the erstwhile state besides coping with the multiple issues confronting the UT. The militancy which had erupted in early 90s in J&K had gradually subsided after the formation of an elected govt in the state. It had almost died down during popular govts but unfortunately got revived during the centre's proxy rule.

THOUGHT OF THE DAY

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

JINDRAH IMAGES

# Making Amarnath Yatra incident-free

The holy pilgrimage to Amarnath cave shrine is beginning on July 1 this year. All efforts are being made to ensure hassle free pilgrimage. For this, the Centre has already initiated its exercise to construct 10.8-km-long tunnel on Amarnath Yatra route to ensure that Yatra period is extended from the two or less than two months. In order to make holy Amarnath pilgrimage hassle-free and pilgrim-friendly, the National Highway and Infrastructural Development Corporation Limited (NHIDCL) has begun the exercise to construct a 10.8-km-long tunnel from Sheshanag to Panchtarni under Ganesh top hill by inviting proposals for pre-construction consultancy services. The Union Ministry of Road Transport and National Highway has entrusted NHIDCL the task of feasibility study, preparation of Detailed Project Report (DPR) and providing pre-construction services for "Construction of twin tube unidirectional tunnel with a total length of 10.8 km under Ganesh top hill, including approaches having a total length of 22.3-km from Chandanwari to near Sangam Top on Khanabal-Baltal section of NH-501 in the UT of Jammu & Kashmir on EPC Mode. The NHIDCL has now invited online bids inviting proposals from consultants fixing June 23 as the deadline for making their offers. The consultant are supposed to commence the feasibility study of the project in accordance with the accepted Inception Report and the report shall contain the executive summary, overview of NHIDCL organization and activities, and project financing and cost recovery mechanisms, project description including possible alternative, alignments/bypasses and technical/engineering alternatives, methodology adopted for the feasibility study, Socioeconomic profile of the project areas, indicative design standards, methodologies and specifications, traffic surveys and analysis, environmental screening and preliminary environmental assessment, initial social assessment and preliminary land acquisition/resettlement plan, economic and financial analysis. The union minister for road transport and national highways Nitin Gadkari, during his visit to Jammu and Kashmir in April this year, had announced a Rs 5,300 crore project for the widening of 110-km long national highway into four-lane road from Khanabal to Chandanwari and further construction of uphill tracks and tunnel to the cave shrine nestled amidst the Himalayas. He had further said the project also would cover a 34-km long two-lane track from Chandwari to Panchtarni to Baltal, to be constructed at a cost of Rs 3,500 crore, and a 10.8-km long tunnel from Sheshanag to Panchtarni. "For the 5-km distance from Panchtarni to the holy cave shrine, a 5.5-m broad concrete pedestrian track with barricades on either side will also be constructed," he had said. Further, the construction of a 9-km long ropeway over the shorter route from Baltal to the cave shrine at a cost of Rs 750 crore has already been announced. In February this, the Lieutenant Governor had also said, "The NHIDCL has completed preliminary report on construction of Pahalgam road to Panjtarni, Sangam Top and Baltal connecting holy cave shrine of Shri Amarnath ji, (located at the height of 13,000 feet from sea level). I'm confident that the project will be approved this year and construction will be completed in the next 4-5 years. Over the years, efforts have been made to make yatra smooth and incident free. The construction of new tunnel and roads will ensure that maximum number of pilgrims drawing from different parts will see a major increase in next few years.

# TAX REFORMS ARE WELDING GOOD RESULTS

THE INCOME TAX DEPARTMENT HAS SUCCESSFULLY USED TECHNOLOGY TO REACH OUT TO THE ASSESSES IN NON-INTRUSIVE WAYS

UTIAM GUPTA



A major factor that has helped the Modi government keep up the tempo of investment in building infrastructure and other development activities and continues with welfare schemes in desired measure without causing any slippage in fiscal deficit target has to do with a steep rise in tax collection.

The gross tax revenue (GTR) - including total direct tax collection, proceeds from Goods and Services Tax or GST, customs and excise duty - net of refunds - surged from around Rs 21,11,000 crore during the financial year (FY) 2019-20 to Rs 30,50,000 crore during 2022-23 - an increase of about 50 per cent. Even as GTR during 2020-21 languished at around Rs 22,17,000 crore (courtesy of Corona pandemic), a major boost came during 2021-22 and 2022-23. Unlike in the past when invariably, the revised estimate (RE) or the actual number for the relevant year would fall short of the budget estimate (BE), in these two years, the position reversed with the RE/actual exceeding the BE - that too by a substantial margin.

During 2021-22, the RE of GTR at Rs 25,20,000 crore (RE includes actual for the 10 months up to January 31, 2022 and estimate for the remaining two months of the FY i.e. February and March) is mentioned in the budget for the following year i.e. 2022-23 presented by the Union Government on February 1, 2022) was Rs 30,00,000 crore higher than the BE of Rs 22,20,000 crore. The 'actual' albeit for all 12 months of the FY at Rs 27,10,000 crore turned out to be even higher than the RE of Rs 1,90,000 crore.

Thus, the actual GTR during 2021-22 was a whopping Rs 490,000 crore higher than the BE. For 2022-23, the finance minister, Nirmala Sitharaman had set a target (read: BE) for GTR at Rs 27,60,000 crore. Against this, the RE (as given in the budget for 2023-24 presented on February 1, 2023) at Rs 30,40,000 crore was Rs 280,000 crore higher. The 'actual' at Rs 30,50,000 crore was even higher than the RE by Rs 10,000 crore. When compared to the BE, the actual was higher by a huge Rs 290,000 crore.

In May 2022, the government announced a cut in central excise duty (CED) on petrol and diesel to give relief to consumers from the high prices of these fuels resulting in a revenue loss of about Rs 90,000 crore. But, for this, actual GTR during 2022-23 would have been even higher at Rs 31,40,000 crore exceeding the BE by Rs 380,000 crore.

The reason for this spectacular performance is primarily two-fold. First, during 2021-22, nominal GDP (taxes being levied as a percentage of the value of income-generating activities in different sectors that make up the GDP, and their collection increases in tandem with it) grew by 18.4 per cent which was 4 per cent higher than 14.4 per cent growth assumed at the time of arriving at the BE. Likewise, during 2022-23, nominal GDP grew by 15.9 per cent which was 5.6 per cent higher than the 10.3 per cent growth assumed in the budget. The other factor has to do with the tax-GDP ratio. For any given level of nominal GDP, if this ratio is higher, that would

lead to higher tax collection.

For 2022-23, Sitharaman had arrived at BE for GTR assuming a tax-GDP ratio of 10.7 percent. If one were to apply this ratio to the actual nominal GDP value for 2022-23 (around Rs 27,20,000 crore), GTR would come to Rs 2,910,000 crore. Against this, the actual GTR was Rs 30,50,000 crore. Divide this by actual nominal GDP, we get the tax-GDP ratio of 11.2 per cent which is higher than what was assumed in the budget. Likewise, the actual tax-GDP ratio during 2021-22 was 11.5 per cent against 9.9 per cent assumed in the budget. In short, the unprecedented surge in tax collection isn't just due to an increase in economic activity as manifested in higher growth of GDP but also due to a larger number of entities paying taxes and each entity paying more which is reflected in the higher tax-GDP ratio. On both counts, Modi - government deserves credit for doing all that is necessary to give a boost to GDP as well as the tax-GDP ratio.

After successfully steering through the turbulent times caused by Corona pandemic during 2020-21 (there wasn't any let up in investment in infrastructure despite heavy financial commitments to protect health and livelihoods), the government kept up the momentum of investment in the following two years to lead growth from the front.

Besides, it created a conducive environment for the private sector to invest on one hand and boost aggregate demand on the other. The reform measures included inter alia expediting decisions and making the process policy-driven, ease of doing business, simplification of rules, speeding up clearances, cutting bureaucratic red tape, use of technology in delivering services, sector-specific policy reforms, boost to start-ups and MSMEs (micro small and medium enterprises), measures

to attract foreign investment and so on. On the taxation front, major reforms measures include a steep reduction in corporate income tax (CIT) rate to 15 per cent for new manufacturing enterprises and to 22 per cent for existing firms; a reduction in the personal income tax (PIT) with emphasis on doing away with exemptions and deductions; abolition of dividend distribution

tax (DDT). As for indirect taxes, the Goods and Services Tax (GST) regime has been rationalized and restructured from time to time with a focus on reducing the tax burden and ease of doing business. While these have combined to give a push to GDP, relentless efforts have been made by the tax authorities - in both direct and indirect taxation - to ensure compliance and prevent evasion.

In the indirect taxes area, the government has focused on strengthening of GST infrastructure with emphasis on driving all businesses to be a part of the GST network, and truthfully report all transactions (generation of e-way bills, and e-invoices are mechanisms to make it happen) and prevent fraudulent input tax credit or ITC (an acronym for a refund of tax paid by a supplier on purchase of inputs) claim.

These measures ensure that businesses at all levels in the supply chain are under the department's gaze on a real-time basis enabling timely action. During 2022-23, the Directorate General of GST Intelligence (DGGI) detected GST evasion of over Rs 100,000 crore. The efforts continue at a vigorous pace as may be seen from a recent nationwide crackdown by the GST authorities which has resulted in the detection of tax evasion of Rs 30,000 crore. As a result, the indirect tax to GDP ratio has gone up from 4.7 per cent during 2019-20 to 5.2 per cent during 2022-23.

On the direct tax front, the Income Tax department has successfully used technology to reach out to the assesses in non-intrusive ways; for instance, by sending e-mail reminding them to file a return if not already or generating an 'auto-populated' form - a form in which income of the assesses from various sources is pre-filled. In particular, intensive and extensive use of 'data analytics' and 'artificial intelligence' has prompted assesses to report their income accurately thereby avoiding short payment. As a result, the direct tax to GDP ratio increased from 5.3 per cent during 2019-20 to 6 per cent during 2022-23.

This being higher than the indirect tax to GDP ratio of 5.2 per cent shows that the government is moving towards a more progressive taxation structure.

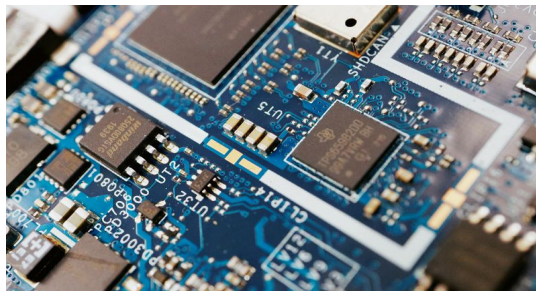
# India, US aiming for cooperation on economic issues

PARSA VENKATESHWAR RAO JR

THE economic ties between India and the US have come a long way. The situation has transformed from the era of US Public Law 480 in the 1950s when surplus foodgrains were sent to feed the population of the newly independent republic, to the present day when India is being feted as an emerging global economic power. Millennials will not remember that there was a full-fledged India Supply Mission in Washington DC to coordinate the flow of foodgrains against rupee payment. In contrast, my memories are vivid as my father, a government supply department representative, was posted in the Mission to help in the purchase of goods under PL480. This situation did not recur as the Green Revolution in the 1960s heralded by agricultural scientist Norman Borlaug heralded the entry of high-yielding varieties of wheat and rice. These permanently solved the problem of feeding the nation though they may have thrown up other long-term farm problems, which are being dealt with even now. The problem of foodgrain availability became a distant memory while inventories of wheat and rice mounted relentlessly over the years.

In the 21st century, the entire gamut of India-US economic relations has undergone a transformation. The US is not only this country's biggest trade partner, it is also the one with whom India has a surplus. Much unlike the situation with China where there is a gaping deficit. The fact that the US has displaced China in the quantum of bilateral trade - now estimated at about \$128 billion in goods alone - is a sign of things to come as the two countries are trying harder than ever before to improve market access to each other.

At the same time, trade ties cannot be described as smooth, given the fact that tariffs were raised by the Trump administration on a wide range of steel and aluminium goods. It also removed India from the list of countries entitled to concessional tariffs under the long-standing Generalised System of Preferences (GSP), meant to aid developing countries. The Biden administration is clearly not interested in reversing these higher tariffs. The irritants could have been ironed out by entering into a free trade pact, but there is no interest even about this issue. Positive noises had been made in this direction by the previous Trump regime, yet nothing was formalised. It is no consolation that the US has sim-



ilarly disappointed the post-Brexit UK government, which was equally eager to conclude a bilateral trade agreement.

As far as investment flows are concerned, things are on a different footing. The high-profile entry of Apple into the retail segment in this country, and sizeable investments being made by its Taiwanese collaborators - Foxconn and Pegatron - in Karnataka and Tamil Nadu, have brightened the prospects of more American companies shifting here from China. This has come as a welcome development since the wide swathe of corporates adopting the 'China

plus one' policy did not put India at the top of the list as an investment destination. Vietnam and Indonesia, even now, are seen as countries with easier business climates. But the well-publicised Apple move has definitely tilted the scales to some extent for those looking to spread their risks rather than concentrating only on China.

While Apple's projects have already pushed up mobile exports from this country to record levels, another critical dimension has been added to US investments by the collaborations proposed on the semiconductor front. These emerged

from the Quad summit talks in 2021 when four countries - India, the US, Japan and Australia - decided to cooperate in setting up a new semiconductor supply chain using expertise from each country. The outcome of those discussions has been an MOU between India and the US to set up a collaborative mechanism for the semiconductor chain. Obviously, the aim is to reduce the reliance on China, which is a chip manufacturing hub. The US has already barred export of advanced chips to that country. The tie-ups for production in India form part of the same effort.

The Gujarat-based Vedanta-Foxconn venture may be the most well-known semiconductor project, but several US companies are also in talks to set up fabs in this country. SII Microelectronics and IBM are also reported to be negotiating for a chip-making facility.

So, clearly the two countries are actively seeking economic engagement of a level not seen till now. One of the major reasons for the relative harmony despite several irritants is the perception on both sides that the reliance on China as a key link in global supply chains needs to be reduced as soon as possible. India saw the danger of putting its faith in imports from that country during the pandemic.

The growing role of China's Internet giants in funding this country's unicorns has also been a matter of concern here. Along with increasing border incursions, this has made for a rising sense of uneasiness over the broadening of economic relations.

As for the US, the severe shortage of chips during the pandemic certainly sent up alarm signals and accelerated plans to set up alternative supply chains for this irreplaceable electronic component. The American industry is also wary of relying on China for all its

needs after the zero-Covid policy led to repeated stringent lockdowns, impacting industrial output.

The US has even been unusually understanding about India's need to import Russian oil, given its heavy import dependence for hydrocarbons. Apart from some initial sniping over this issue, it no longer appears to have reservations over the continuing purchases of the oil at discounted rates.

Prime Minister Narendra Modi's visit to the US, thus, comes at a time when the two countries are trying to overcome their past differences on bilateral trade and investment issues. India has muted concerns over non-tariff barriers affecting exports as well as critical reviews of its intellectual property regime.

Similarly, the US has toned down previous criticism over India's protectionist attitudes and the increasing oil imports from Russia. The fact is, these are large technology-driven economies and easier market access is beneficial for both sides.

The icing on the cake is that a cooperative strategy could help the two countries achieve their long-term goal of reducing dependence on the global leviathan, China.

# A Psychologist Shares Two Tips To Help You Make Friends As An Adult

Many people come to therapy confused about how to form new friendships in adulthood. They say things like: "I was really good at making friends when I was young. Does everybody lose this ability with age?" "I feel like everyone around me already has a solid group of friends. How do I find a group to fit in with? Or is it too late?" "I'm either working at my office or taking care of my family. How do I find time for making new friends?"



Making friends as an adult can be more complicated than when you were young. The logistical and emotional challenges involved in creating new bonds as an adult sometimes push us to isolate ourselves. Or, they may lead us to believe the false notion that our time to make new friends has passed.

If you struggle to make new friends as an adult, research says you're not alone. The challenges you're facing are real, but they can be managed. Here are two practices you can incorporate into your life that can help you create lasting friendships at any life stage.

A major difference between making friends as a kid versus an adult is spontaneity. As a

child, one has more opportunities to meet new people and form new connections. The expectation is that everywhere you go, you'll make a new friend. However, as our responsibilities increase with age, the odds seem to turn against us.

Simply relying on chance when trying to make friends as an adult might lead to disappointment. In fact, research published in the *Journal of Personal and Social Relationships* found that people who believe friendship primarily depends on luck tend to be lonelier. Alternatively, people who believe that making friends takes effort report fewer feelings of loneliness (and have more friends).

Here are a few things you can do to be proactive about friendship as an adult:

**Initiate.** Waiting for friendship to come to you can be a long and lonely process. Instead, using your pent-up energy and channeling it into small initiatives like introducing yourself to the neighbors, showing up at your local church or community center, or even organizing a movie night can be far more fruitful and fulfilling. Find your community. Finding a person you connect with deeply is rare but not impossible. This journey, for a lot of people, begins with finding like-minded company who share the same interests as you do. Be it a book club, a workout

buddy, a baking partner, or a dog-walking companion — bonding on a shared activity could be a gateway to deep, long-term friendships.

**Commit.** Adulthood comes with unavoidable, time-sensitive commitments. For most people, friendship cannot be as laid back as it once was. It is far more practical to schedule meeting your friends and holding yourself accountable than to expect life to make that time for you.

As we get older, the instinct to get up close and personal with someone you've just met dampens. We're not as free as we once were, and our authentic self is reserved for a close few. While this is understandable, it is

important to remind yourself that you cannot form deep relationships by keeping people at arm's length.

Growing up can sometimes lead you to believe that you have to hold back or tweak your original self in order to be liked. Research published in the *Psychological Bulletin*, however, suggests the opposite. It turns out that talking about your secrets, desires, and flaws is what really builds lasting connections.

If you identify as an introvert or a generally guarded individual, you can start small. You don't have to share things that make you uncomfortable. Challenges you might be facing at work or with family, a childhood memory you haven't shared before, or even your favorite art or music are all great personal tidbits that can give your new friend a window into your life without making you feel exposed. Making friends as an adult isn't that much different from when you were a kid. The only thing that needs to be added is intention. Once you have clarity and direction, making friends will become the interesting and fulfilling process it used to be. It may even bring back a bit of childhood thrill into your life.

## Is walking actually good exercise? Experts weigh in on the benefits.



America is on a fitness kick. Gyms are overcrowded, 5K races and marathons are selling out in record time and the fitness app market is expected to reach 30 billion by the end of the decade. Despite such elevated levels of health consciousness, the one aerobic exercise that rarely gets due credit is walking.

The reality is that walking provides many of the same mental and physical health benefits as other aerobic exercises — but with less effort and strain on one's body. Walking is considered an important form of exercise for many reasons, but its primary benefit is that it's good for the heart. Its cardiovascular advantages include better circulation, which lowers blood pressure and one's heart rate, and improved cardiac output — the heart's ability to pump blood throughout the body.

Is walking good for you? Two recent studies published by the *Journal of the American Medical Association (JAMA)*, also show that walking between 2,000 to 10,000 steps each day reduces the risk of heart disease and cancer, and decreases the likelihood of a premature death by about 10%. The added beauty of such benefits is that they aren't hard to come by. "Walking is a low-impact exercise that is easy on the joints, making it a great option for people with knee, ankle, or hip problems," says Austin "Ozzie" Gontang, PhD, a licensed psychotherapist and the director of the San Diego Marathon Clinic. Gontang adds that because walking requires no special equipment, gym membership or training, it's "accessible to all and easy to incorporate into your daily routine."

What are the other benefits of walking? Beyond getting one's heart rate up and the cardiovascular benefits that come from walking, the practice has also been shown to boost one's metabolism, improve cholesterol levels, reduce the risk of stroke, strengthen bones and increase one's energy levels. "Because walking helps strengthen muscles in your lower body, it can also improve knee and hip arthritis pain," says Michael Fredericson, MD, director of the Physical Medicine and Rehabilitation Division of Stanford University. The *JAMA* research also shows that walking about 10,000 steps a day reduces the risk of dementia by a staggering 50%. "Walking can also reduce the risk of other chronic diseases such as diabetes," adds Gontang. On top of such physical benefits, "walking has also been shown to improve cognition, sleep and mental health including mood and self-esteem," says Shelby Johnson, MD, a physical medicine and rehabilitation specialist at Mayo Clinic, Rochester.

Is walking enough exercise? "While walking isn't going to give you as much aerobic exercise as running does, it has been proven to elevate your heart rate considerably enough to count as meaningful exercise," says Fredericson. The Centers for Disease Control and Prevention (CDC) recommends participating in a "moderate-to-intensity aerobic activity such as brisk walking for 150 minutes every week" — the equivalent of 30 minutes each weekday.

And if a more demanding workout is desired, "walking can always be made more challenging by adding in intervals of higher intensity walking or including hills or inclines," suggests Johnson.

Can walking help you lose weight? There's also good news for walkers hoping to shed a few pounds. "As walking increases your heart rate and helps you work multiple muscle groups at the same time, you absolutely burn calories and will lose weight if you do so often," says Fredericson. "And remember, even if you don't work up a sweat, you're still burning calories," he adds.

# SWEETS AND DESSERTS AREN'T AS BAD AS YOU THINK FOR YOUR HEALTH

CERTAIN SWEETS CAN ACTUALLY BE BENEFICIAL FOR YOUR PHYSICAL AND MENTAL HEALTH.

One of my all-time favorite desserts is warm, sugary bananas Foster, complete with a bowl of rich vanilla ice cream. While indulging in too much of a good thing has negative consequences, treating yourself to your favorite dessert doesn't have to come with a side of guilt. Balance is key here.

When done in moderation, certain sweets and desserts like dark chocolate can actually benefit your physical and mental health. Don't just take it from me; the proof is in the pudding. Here's what research says about consuming desserts and why you don't have to deprive yourself of them, even if you're trying to live a healthy lifestyle.

For more tips on nutrition, learn why you should be eating more carbs, not less and easy ways to add more fruits and veggies to your diet.

Regardless of what your keto friends and family insist, carbohydrates are necessary nutrients that fuel your body and give it

the energy it needs to function throughout the day. While there are healthier forms of carbs, it can provide proper fuel when eaten in moderation.

Chocolate lovers will be happy to learn that desserts high in cocoa content, like a bar of dark chocolate, are chock-full of nutrients, like:

Many desserts also incorporate fruit, like chocolate-covered strawberries or blueberry pie. Fruits play an important role in keeping us healthy and lowering risk of heart disease, diabetes and more. Indulge in a fruit-forward treat for another opportunity to incorporate essential vitamins and minerals into your diet.

While there needs to be more research done, existing studies show dark chocolate positively affects heart health.

Dark chocolate contains significant amounts of flavanols, plant chemicals that help produce nitric oxide. Nitric oxide has a relaxing effect on the arteries, which promotes better blood



circulation and lowers blood pressure. One study reviewed 42 acute or short-term controlled trials with 1,297 participants involving chocolate, cocoa or flavan-3-ols. After analyzing the data, researchers saw reduced diastolic and arterial blood pressure. Here's another one for the chocolate people: In the same review mentioned above, researchers found that eating dark chocolate three times a week reduced the risk of heart disease by 9% — and it was even greater for those who ate more dark chocolate in a week.

A separate review also concluded similar findings. They found that eating 45 grams of chocolate per week lowered the risk of cardiovascular disease by 11%. It doesn't take a rocket scientist to tell you we feel happier after treating ourselves to a tasty treat, but what's actually happening inside our brain when this occurs? Foods high in carbohydrates stimulate the release of serotonin, which acts as a hormone and helps promote feelings of happiness.

When done in moderation, desserts can give you a positive

boost that fruits, veggies and other foods can't always measure up to. And while it might seem a little counterproductive at first, enjoying a dessert once a week or so can help keep you on the right healthy eating track.

Restricting yourself from sugary foods could turkey during a health kick makes you more likely to over consume when your sweet tooth returns.

It's traditional to peruse the dessert menu after dinner, but picking your dessert before you eat proves advantageous in your overall food choices.

A group of researchers studied the eating habits of faculty members, staff and graduate students at a school's cafeteria.

Dessert options were placed at different points in the food line across four days, and people could choose between fruit or cheesecake.

The results showed 70% of the people who took the cheesecake first went on to eat a healthier main dish and consumed 250 fewer calories overall.

# Simple ways you could lose weight without dieting or

controlling one's body weight is a proven way to living a healthy life. But in today's world most people struggle to control their weight because they find it difficult to stick to a healthy diet and exercise plan. Many simple lifestyle habits can help you lose weight. Some have nothing to do with conventional diet or exercise plans.

Health experts have come up with several proven methods through which one could lose weight without having to sweat it out or starving oneself.

When you chew your food thoroughly you automatically eat slowly which is associated with reduced food intake, increased fullness and smaller portions of food. It is also said that if you eat faster then you are more likely to gain weight than those who eat slowly. Research says that those who eat faster are also much more likely to become obese. Therefore, eating slowly is a simple way to lose weight.

Eat smaller portions of unhealthy foods

In today's time it is impossible to stay away from unhealthy food com-

pletely especially since they are so addictive and appealing. Therefore, the other thing one could do was to eat smaller portions of unhealthy food as and when you can. It will certainly help you control your weight. Smaller portions of unhealthy food can trick your brain into thinking you're eating more than you actually are. Therefore, it's smart to consume unhealthy foods in smaller portions.

Consume plenty of protein Protein is said to have had a powerful effect on our appetite. It can increase feelings of fullness, reduce hunger and help you eat fewer calories. This is because protein affects several hormones that play a role in hunger and fullness, including ghrelin and GLP-1. One study found that increasing protein intake from 15% to 30% of calories helped people eat 441 fewer calories per day and lose 11 pounds over 12 weeks on average, without intentionally restricting any foods. Some examples of protein-rich foods include chicken breasts, fish, Greek yogurt, lentils, quinoa and almonds. Adding protein to your diet has been linked to weight loss, even without exercise or conscious calorie



restriction. Store unhealthy foods out of sight Eating is as much a physical activity as it is a psychological one. Storing unhealthy foods away where you can't see them may increase hunger and cravings for them causing you to eat them more. One recent study found that wherever high-calorie foods are more visible in the house, residents are more likely to gain weight more than people who keep only say a bowl of fruit visible. If you keep unhealthy foods on your counter, you are more likely to have an

unplanned snack. This is linked to increased weight and obesity. Eat fiber-rich foods Eating fiber-rich foods increases satiety, which in turn helps you feel fuller for a longer period of time. Studies show that one kind of fiber, viscous fiber, is particularly helpful for weight loss, as it increases fullness and reduces food intake. Viscous fiber forms a gel when it comes in contact with water. This gel increases nutrient absorption time and slows down the emptying of your stomach. Viscous fiber is only found in plant

foods, like beans, oat cereals, Brussels sprouts, asparagus, oranges and flax seeds. A weight loss supplement called glucomannan is also very high in viscous fiber. Therefore, viscous fiber in particular helps in reducing appetite and food intake. This fiber forms gel that slows down the digestion process.

Drink water regularly Drinking water can help you eat less and lose weight, especially if you drink it before a meal. One study in adults found that drinking half a liter (17 ounces) of water about 30 minutes before meals reduced hunger and lessened calorie intake.

Eat smaller portions of food When people tend to consume large portions of food it increases the size of their stomach which makes them want to eat more food, which naturally increases one's weight. Larger portions ent, especially in these hard times, have been linked to an increase in weight gain and obesity. Therefore, one should try and eat smaller portions of food.

Eat without electronic distractions People who eat while they're watching TV or working on their

computers may lose track of how much they have eaten. This, in turn, can lead to overeating and over time an increase in one's weight. Studies found that people who were distracted while eating ate about 10% more at one time. Additionally, absent-mindedness during a meal has an even greater influence on your intake later in the day. People who were distracted at a meal ate 25% more calories at later meals than those who were present.

Take enough sleep and avoid stress In today's stressful times people often ignore taking enough sleep which only adds to their stress. Both, in fact, have powerful effects on your appetite and weight.

Lack of sleep may disrupt the appetite-regulating hormones leptin and ghrelin. Another hormone, cortisol, becomes elevated when you're stressed. Fluctuations in these hormones can increase your hunger and cravings for food particularly unhealthy food leading to higher calorie intake. What's more, chronic sleep deprivation and stress may increase your risk of several diseases, including type 2 diabetes and obesity.

# Mega functions held across Kashmir to celebrate 'International Day of Yoga -2023'

JJ NEWS SERVICE

SRINAGAR, JUNE 21: Mega functions were held across all the districts of Kashmir on the eve of ninth edition of 'International Day of Yoga'-2023 (IDY), to commemorate the day and raise awareness of the many benefits of practicing yoga.

On the occasion, the Deputy Commissioners, other officers and officials besides youth, students and public were seen performing yoga during symbolic yoga sessions in all the districts of Kashmir.

The theme of this year's IDY is for 'Vasudhaiva Kutumbakam' which emphasizes the idea that all living beings on Earth are one big family.

Yoga has been beneficial in keeping the body and mind in sound health. A holistic approach, Yoga targets all the different systems of the body and mind. It is said that the asanas make the body strong and flexible, as health improves, the mind too is renewed with confidence.

At Baramulla, the District Administration Baramulla in collaboration with District Youth Services and Sports Department, Education Department and Nehru Yuva Kendra Sangathan organised a main function at Government High School Deewanbagh in which a large number of school children participated.

The function was attended by Deputy Commissioner (DC) Baramulla, Dr. Syed Scheikh Asgar as the chief guest while the other dignitaries of concerned departments were also present.

On the occasion, a variety of Yoga activities were performed by the students which gained quite applause from the audience.

Speaking on the occasion, the chief guest highlighted the importance of celebrating Yoga day and said that Yoga helps on all aspects of a person, including physical, mental, psychic, and spiritual levels.

Further highlighting the importance of Yoga in the lives of people, Dr. Scheikh said that through physical and mental discipline, Yoga helps to achieve a peaceful body and mind and facilitates managing stress and anxiety. She urged people in general and students in particular to imbibe Yoga in their daily routine so as to maintain their mental and physical well-being.



Meanwhile, a similar function was also organised at Indoor Sports Stadium Baramulla wherein students in large numbers besides officers of all departments showed their enthusiastic participation.

A series of Yoga activities were also showcased by the students during the function organized across all the educational institutions of the district.

At Anantnag, on the occasion of International Yoga Day, the Deputy Commissioner (DC) Anantnag, SF Hamid along with students, participated in a grand event organized at Ramakrishna Mahasammelan Ashram - Vivekananda Kendra (SRMA-VK) in Nagdandi, Anantnag. The event was organized by the District Administration in collaboration with the Department of Youth Services & Sports, School Education Department and the Department of Tourism.

The event saw enthusiastic participation from students who eagerly engaged in various yoga postures, breathing exercises, and meditation techniques under the guidance of experienced yoga instructors.

The serene surroundings of SRMAVK provided an ideal backdrop for this celebration of wellness. Surrounded by the lush greenery and breathtaking beauty of Anantnag, participants immersed themselves in the practice of yoga, harnessing its numerous benefits for the body and mind.

Speaking on the occasion, DC highlighted the importance of incorporating yoga into our daily lives and emphasized its positive impact on overall health and well-being. He encouraged everyone to make yoga a regular part of their lives and reap its holistic benefits.

The event served as a platform to raise awareness about the benefits of yoga, encouraging individuals to adopt it as an integral part of their routines. Participants learned about the importance of physical fitness, mental clarity, and the ability to

effectively cope with stress through regular practice. The event concluded with a sense of accomplishment and renewed determination to continue the practice of yoga for personal and collective well-being.

At Ganderbal, the District Administration Ganderbal today celebrated International Yoga Day, 2023 in collaboration with the Department of Youth Services and Sports and Govt. College of Physical Education (GCPE) Gadoora Ganderbal within the GCPE campus.

In this mega event, the participants included from various Departments including ISM&H (AYUSH), District Legal Services Authority, and Students of GCPE Gadoora Ganderbal along with staff and the students from various schools of Ganderbal. The event witnessed a very sound number of participants.

Deputy Commissioner (DC) Ganderbal, Shyamir who was the chief guest at the event highlighted the essence of Yoga in our day to day life and praised the efforts that were being made, by the Department of Youth Services & Sports, Ganderbal.

Additional District Development Commissioner Ganderbal, Mushtaq Ahmad Simnani, and Principal Govt. Physical College of Physical Education, Harjeet Singh also participated in the event.

Instructors made Participants aware about the benefits of Yoga and said that Yoga is an invaluable gift of ancient Indian tradition. Yoga helps in physical development and mental relaxation as well as development of strength, flexibility and immunity. Yoga is not about exercise but to discover the sense of oneness with ourselves, the world and nature.

Moreover, International Yoga Day was also celebrated in other blocks of the district including at all the schools of District Ganderbal.

Meanwhile, the tourism department celebrated today's

Yoga event at Naranag Ganderbal.

At Pulwama, the District Administration Pulwama in collaboration with Department of AYUSH and Youth Services and Sports Department Pulwama today organized a Yoga session on eve of 'International Yoga Day' at Pulwama.

Deputy Commissioner (DC) Pulwama, Dr. Basharat Qayoom, District officers, Students, employees and public performed Yoga Asanas at New Hockey Turf Stadium, Chattrapa, Pulwama.

Speaking on the occasion, DC said that Yoga is an internationally acclaimed practice and its primary goal is to keep our body and mind healthy and fit. People who are mentally and physically healthy are very strong psychologically and they have a strong will power which leads to



spread of Positivity and overall well being of the Society.

He added that the different Asanas are effective in coordinating the sense organs and results better in our comes. Earlier, the Department of AYUSH imparted the awareness of the yoga day to the general public and urged them to connect with the programme for performing Yoga Asanas.

Yoga day was also observed at Sub District Tral and Awantipora and across the Tehsil and block of the District in which yoga enthusiasts participated with zeal and fervor.

At Kulgam: International Yoga Day was celebrated with zeal and enthusiasm at several places across the district with a mega function held at Mini Secretariat Kulgam.

On the occasion, the Deputy Commissioner (DC) Kulgam Dr. Bilal Mohi-Ud-Din Bhat, officers, officials and students in large numbers participated in this grand event which was organized by line departments of District Administration.

During the Yoga sessions, the Yoga instructors from the Department of Ayush Kulgam

demonstrated various Yoga Asanas which were followed by the participants.

Participants were also apprised about various Yoga Asanas which they can do on a daily basis to stay fit and healthy.

Speaking on the occasion, the DC said that Yoga helps on all aspects of a person, including physical, mental, psychological levels and is beneficial to stay fit and healthy.

Yoga is a way to bring body and mind together for mental and physical fitness, he added.

ADDC, Shokat Ahmad Rather, ACD, Viagar Ahmed Gifi, various district officers, officials, students, and citizens also participated in the event in large numbers.

At Shopian, the International Yoga Day-2023 was celebrated today with great enthusiasm



and fervour at various places across the district.

The main function was held within the premises of Mini-Secretariat Shopian and led by Deputy Commissioner (DC) Shopian, Faz Lul Haseeb.

SSP, Shopian Tanushree, various district officers, officials, scores of students and general public participated in the Yoga activities at the main function.

Speaking on the occasion, the DC said that Yoga is not merely a physical exercise but a holistic work on all aspects of a person's development and emphasised upon the importance and need of practicing Yoga to stay fit and healthy.

The gathering was informed about the benefits of yoga asanas on the occasion by trainers, and participants performed Yoga asanas under the guidance of a Yoga Instructor.

The yogic drill included yogic jogging, several forms of pranayama, tadasana, vrikasana, padahasthasana, ardhachakrasana etc.

Yoga events were also held at many other institutions including at District Court Complex, Shopian.

At Bandipora, International Yoga Day was celebrated with full enthusiasm across Bandipora district on Wednesday, with special yoga sessions organized in government offices, playgrounds, and educational institutions.

The main function was organised at Mini-Secretariat Bandipora, where a special yoga session was held with Additional District Development Commissioner (ADDC) Bandipora, Ali Afsar Khan ensuring his presence.

The session was also attended by Nodal Officer Ayush, DySP Mohammad Shafiq, Deputy CEO Mohammad Rafiq, and a proficient yoga trainer who led various asanas of yoga.

Speaking on the occasion, ADC explained this year's Yoga Day theme, 'Yoga for Vasudhaiva Kutumbakam,' emphasizing the importance of yoga in alleviating people's sufferings.

He highlighted how yoga contributes to maintaining both physical and mental health. He said this year's theme beautifully captures our shared aspiration for 'One Earth, One Family, and One Future.'

ADDC said the International Yoga Day celebrations in Bandipora district showcased the people's interest and acknowledgment of the benefits of yoga. 'By incorporating yoga into their lives, individuals are fostering overall well-being and contributing to a healthier and more peaceful society,' he added.

The participants enthusiastically pledged to incorporate yoga into their daily lives.

Similar yoga sessions were conducted throughout the district in various educational institutions and government offices. Notably, Willar Vantage Park and Dawar Stadium in Gurez Valley witnessed large gatherings of students, government officials, and local residents who actively participated in the sessions.

At Kupwara, International Yoga Day was celebrated at various places in Kupwara district with great enthusiasm witnessed active participation of hundreds of persons including civilians, Officers of district administration, Officials, NCC Cadets and students in yoga sessions.

Main Yoga function was held at Govt. Degree College Kupwara where Additional Deputy Commissioner (ADC) Kupwara, Gh. Nabi Bhat was the chief guest.

Yoga Day was also celebrated at Government Degree College Handwara, Women's Degree College Kupwara, Government Higher secondary school Tretwal and several other educational institutions and government establishments of the district.

Yoga day in the district was organised by the District Youth Service & Sports Department in collaboration with Ayush Department Kupwara. On the occasion students were educated about the physical, mental and spiritual benefits of yoga to foster a healthier and more balanced society by promoting the regular practice of yoga. At Budgam, International Yoga day was today celebrated with full spirit and zeal in Budgam district.

The main function was organized at Sports Stadium Budgam in which Officers of District Administration, students of various institutions of Budgam, and people from different walks of life participated. The function was organized by District Administration in collaboration with the Department of Ayush Budgam, District Youth Services and Sports, School Education Department Budgam and Nehru Yuva Kendra Budgam.

The function was attended by Chief Medical Officer Budgam Mohd. Ayub as the chief guest and other dignitaries of concerned departments. On the occasion, a variety of Yoga activities were performed by the students which gained quiet applause from the audience.

Speaking on the occasion, the chief guest highlighted the importance of celebrating Yoga day and said that Yoga helps on all aspects of a person, including physical, mental, psychic, and spiritual levels. He said, Yoga means addition - addition to one's beauty of body, mind and soul.

Further highlighting the importance of Yoga in the lives of people, CMO said that through physical and mental discipline, Yoga helps to achieve a peaceful body and mind and facilitates managing stress and anxiety. The program concluded with the vote of thanks by District Ayush Officer Budgam who briefed the role of Ayush Health and Wellness Centers in promoting Yoga and other means of Wellness and urged people to avail such facilities on these centers.

# On 9th Int'l Yoga day, special Yoga sessions organised across Jammu Division

JJ NEWS SERVICE

JAMMU, JUNE 21: Depicting the true spirit of 'Yoga for Vasudhaiva Kutumbakam' the special Yoga sessions and camps organised today across Jammu Division to mark the celebration of 9th International Yoga Day witnessed zealous participation of people from across the social spectrum.

Senior citizens, youth, women and children participated enthusiastically in the special camps and learnt the iconic Yoga Asanas to stay physically as well as mentally healthy.

At Kathua: The District Administration Kathua organized a Mega function including a Yoga Session attended by hundreds of people along with Deputy Commissioner, Rakesh Minhas; Vice Chairman DDC Kathua Raghunandan Singh; Additional Secretary Health and Medical Education, Chand Kishore Sharma; ADC, Deepika Rana; ASP, ADMO (ISM) & officers and staff of AYUSH Kathua.

The event started with the lighting of traditional lamp by the Deputy Commissioner followed by a common Yoga Protocol like Pranayam, Sukshama Asana demonstrated by District Yoga Master Trainer, Dr. Bodhpaul and Medical officer Dr. Gouri Tarlovia, Yoga Instructors Romi Kumar, Aditi Sharma of AYUSH Kathua.

At Samba: District Administration Samba celebrated 9th international Yoga day by organizing a mega Yoga Session in Ranji Sush Singh sports stadium which witnessed enthusiastic participation of students of various schools, scouts and guides, public representatives civil society members and government officials.

The event was attended by District Development Council Chairman, Keshav Datta Sharma, Deputy Commissioner, Abhishek Sharma; SSP Benam Tosh, ADC, Rajinder Singh, ADC, Rakesh Dubey, ACD, Sidharth Dimaan, BDC Chairperson, Kamlesh Kumari and all other District officers of Samba.

Dr. Roopis Gupta and Dr. Pooja Sharma Medical Officers from Ayush Department anchored the program. The common yoga protocol was demonstrated by yoga instructors

Dinesh Kumar, Deepika Sharma and Pooja Sharma from Ayush department.

At Reasi: 9th International Yoga Day was celebrated with great enthusiasm across Reasi district with a grand celebration organized at the Sports stadium.

Hundreds of people participated in the yoga session along with DDC chairperson Saraf Singh Nag, and other officers of district administration.

The event started with common Yoga Protocols like Pranayam, Sukshama Asana. Different Yoga Asanas postures like Dhayan, Kapal Bhati, Setuand Asanas, Tadasana, Vrikhsana, Bhujang, Asanas, Vajra Asana, etc. which were demonstrated by Bansil Lal Sharma and Dr. Sonal of ISM AYUSH Reasi.

DDC Vice Chairperson Sajara Qadar, Suresh Puri, Chairman Municipal Committee Reasi, Councillors of Municipal Committee, District Officers along with staff, Students of various colleges & Schools, Prominent Citizens, Police personnel participated in the celebration.

Similarly, a Yoga session was held at the world's highest Railway Bridge at Bakhal/Kouri, besides at subdivision level, Tehsil level, Block level, Panchayat level by the department of youth services and sports, and at Udhampur: The serene hill station of Patnitop flexed its wellness potential and rising place in the tourism sector through a remarkable event on the International Yoga Day that promoted mindfulness and wellness in the nurturing embrace of nature.

Inaugurated early morning by Sachin Kumar Vaishya, Deputy Commissioner Udhampur, the event was a collaborative efforts of District Administration, Udhampur and Ramban, Patnitop Development Authority, Directorate of Tourism, Jammu, Department of AYUSH, Department of Youth Services and Sports, School Education Department, District Police, District Information Centre, PWD, Panchayati Raj Institutions, Government & Private Educational Institutions, and tourism stakeholders.

Held under the 'Visit Patnitop' series, the

event was aligned with this year's theme for international Yoga Day, that is, 'Yoga for Vasudhaiva Kutumbakam' or 'Yoga for the Welfare of all as One World-One Family'. It united nearly two thousand individuals from all walks of life and age groups, including the visiting tourists from J&K and outside J&K, in the Main Meadow of Patnitop, which provided an ideal setting for practicing yoga and connecting with nature. Additionally, a significant number of participants joined the celebrations virtually.

A series of yoga sessions, wellness activities, and interactive sessions were conducted to engage and educate participants on health and environmental consciousness. Moreover, the participants also benefited from the free health check-up camp organised by AYUSH and Acharya Shri Chander College of Medical Sciences and Hospital, Sidhra, at the venue.

At Ramban: The 9th International Yoga Day was celebrated in Ramban district with great enthusiasm to promote the theme: 'Vasudhaiva Kutumbakam' and 'Har Ghar Aangan Yoga'. Deputy Commissioner, Mussarat Islam participated in yoga sessions held in the premises of the District Administrative Complex, Maitra organized by the District Administration in collaboration with the Department of AYUSH, Youth Services and Sports, Education and Panchayati Raj Institutions.

President, Municipal Council, Ramban, Sunita Sumbria, DDC Councilor, Renuka Katoch, ACR, CPO, ACD and various senior officers also participated in the Yoga sessions.

The 9th Int'l Yoga Day was also celebrated at Panchyat, Block, Tehsil and Sub-division level in Gool, Banihal and Ramsoor. The Indian Army, CRPF, 84 BN, Govt. Government Degree College, Banihal, Ramban, Ukhal, and Gool, Government Polytechnic College Ramban, Schools, Police Department besides other departments also celebrated the day.

At Kishtwar: The Ninth International Day for Yoga 2023 was celebrated with great enthusiasm and zeal across the district Kishtwar to promote the theme 'Yoga for Vasudhaiva Kutumbakam'. Over 2,000 enthusiastic participants from diverse backgrounds, including elders, children, women, government functionaries, Police, Army and Paramilitary Forces personnel and students from different schools participated and contributed to the grand success of the event.

The mega program was organized by the Ayush Department Kishtwar in collaboration with the District Administration Kishtwar, Department of Youth Services and Sports, Kishtwar Development Authority, Indian Army, and paramilitary forces here in the historical Chowgan Grounds.

The event was led by renowned yoga instructor Manik Dev Slathia from Yogastara Yogshala Jammu who provided insights into the benefits of yoga exercises for the prevention of lifestyle diseases and stress management.

At Doda: District Administration Doda celebrated International Yoga Day by organizing a special session in the serene environment of the picturesque Jae Valley in Baderwah. The event was held in collaboration with District Ayush, Rural Development Department, School Education and private stakeholders in tourism on the theme 'Yoga for Vasudhaiva Kutumbakam' to promote brotherhood, harmony and ensure healthy living and environment.

The event witnessed the participation of more than four thousand (4000) locals and tourists who gathered at the valley in the morning to perform yoga and meditation under the guidance of Yogi Anil and a young Yoga participant Divya.

The serene and scenic surroundings of the valley provided the perfect setting for the participants to connect with nature and rejuvenate their minds and bodies.

A colourful cultural programme, organised by JKAACL Sub Office Doda, mesmerised the audience. Tourists also enjoyed local games at the forest covered Jae Valley to promote the local traditional games.

Renowned artist KK Gandhi showcased his talent by capturing and putting on canvas the beauty of Jae in his painting. People from all

walks of life, including District Development Councilors, BDC Chairpersons, PRIs, busmen, Bollywood celebrities, Officers, Army Personnel, Players, local and non local tourists, and students enjoyed the day at Jae Baderwah today.

The cultural and sports activities were organised under the banner of Nasha Mukht Bharat Abhiyaan, fit India Campaign, Swachh Bharat Abhiyaan and Azadi Ka Amrit Mahotsav.

At Poonch: The 9th International Yoga Day was celebrated with great enthusiasm and zeal in the sports stadium Poonch witnessing the participation of a large number of people including students, sportspersons, NSS Volunteers in presence of Member of Parliament, Er. Gulam Ali Khanara; Chairperson District Development Council, (Zain Akhter), Deputy Commissioner, Yasin M. Choudhary; Senior Superintendent of Police, Vinay Sharma and district officers.

The MP and other dignitaries encouraged youth to practice yoga every day for better physical and mental health.

The instructors from the Department of Ayush Poonch, Sorabjeet Sharma, Imtiaz Ahmed Ganai and Jeevanjot Singh and Sanjaya Sharma the Yoga session held under the supervision of District Ayush Officer, Dr. Sanjay Raina.

At Rajouri: The earth is our home, and practicing yoga is a way to honor and respect our home.

This sentiment was at the heart of the 9th International Yoga Day celebrations in Rajouri, where people from all walks of life gathered at the Sports Stadium Kheora to celebrate the ancient practice of yoga.

Led by the Deputy Commissioner of Rajouri, Vikas Kunal, the event was a resounding success, as people of all ages and abilities came together to participate in a series of yoga asanas and meditation sessions in consonance to this year's celebration, 'Yoga for Vaudhav kutumbakam.'

emphasized the importance of recognizing the interconnectedness of all living beings and the need for unity and peace in the world.



# International Day of Yoga -2023: Functions held across all District Court Complexes of Kashmir

JJ NEWS SERVICE

SRINAGAR, JUNE 21: To commemorate International Day of Yoga-2023 (IDY), celebrations were held across all the District Court Complexes of Kashmir.

At Srinagar, the District Legal Services Authority (DLSA) Srinagar embraced the spirit of International Yoga Day with great fervor and harmony by organizing the yoga session within the District Court Complex. Chairman of DLSA Srinagar, Jawad Ahmed spearheaded the event.



The yoga sessions were conducted by experienced trainer Tahir Hussain from the Department of Youth Services and Sports.

The celebration aimed to promote the holistic well-being of individuals, fostering physical fitness and mental serenity within the legal community and beyond.

Chairman DLSA highlighted the profound benefits of yoga in cultivating a harmonious and balanced lifestyle. He emphasized the importance of yoga in maintaining physical health, enhancing mental clarity, and fostering inner peace amidst the demands of the legal profession.

The event witnessed an enthusiastic participation from Judicial Officers, Secretary of DLSA Srinagar, staff members, para-legal volunteers, penal lawyers, and the dedicated team of DLSA Srinagar. Together, they engaged in invigorating yoga sessions,

embracing the transformative power of this ancient practice.

Under the instructions of an experienced and accomplished trainer, participants were led through various yoga asanas, pranayama (breathing exercises), and meditation techniques. The sessions were tailored to suit practitioners of all levels, catering to their unique needs and abilities.

The atmosphere was brimming with positivity, unity, and a shared sense of purpose as individuals embraced the timeless wisdom of yoga. The event served

as a platform for participants to rekindle their commitment to personal well-being and mental rejuvenation.

Jawad Ahmed expressed his deep appreciation for the active involvement of all the participants in making the International Yoga Day celebration a resounding success. He reiterated the importance of incorporating yoga into daily routines, fostering a harmonious and balanced life, particularly in the demanding field of law. The event inspired individuals to embrace yoga as a transformative practice, empowering them to navigate the challenges of modern life with poise and equanimity.

At Budgam, the District Legal Services Authority (DLSA) Budgam, in collaboration with the Department of Ayush, District Budgam, successfully organized a grand event to commemorate International Yoga Day.



The event was held at the Court Complex in Budgam and witnessed the enthusiastic participation of Chairman of DLSA Budgam, Khalil Ahmad Choudhary, along with esteemed Judicial Officers, Court Staff, penal lawyers, para-legal volunteers, and dedicated staff members of DLSA Budgam. This year's event in Budgam showcased the commitment of DLSA Budgam and the Department of Ayush towards fostering holistic well-being and spreading awareness about the transformative power of yoga.

The event kicked off with a serene ambiance as participants under the expert guidance of certified yoga instructors were led through a series of invigorating yoga asanas, breathing exercises, and meditation techniques.

Chairman DLSA, Khalil Ahmad Choudhary actively participated in the yoga session, emphasizing the importance of incorporating yoga into our daily lives to achieve physical, mental, and emotional balance. He highlighted how practicing yoga can enhance mindfulness, reduce stress, and promote overall well-being.

The presence of esteemed Judicial Officers, penal lawyers, para-legal volunteers, and dedicated staff members of DLSA Budgam exemplified their commitment to personal wellness and the development of a healthy community.

Chairman DLSA, expressing

his gratitude towards the Department of Ayush and the organizers, said, "The celebration of International Yoga Day provides a wonderful opportunity for individuals from all walks of life to come together and experience the transformative power of yoga. I extend my heartfelt appreciation to everyone involved in making this event a success, as their efforts will undoubtedly contribute to the overall well-being of our community."

At Ganderbal, the District Legal Services Authority (DLSA) Ganderbal today celebrated International Yoga Day, 2023 at Conference Hall, District Court, Ganderbal and Govt. College of Physical Education, Gadoora Ganderbal.

At District Court Ganderbal, the DLSA Ganderbal in collaboration with District Judiciary Ganderbal celebrated International Yoga Day, 2023 at Conference Hall District Court, Ganderbal under the aegis of High Court of Jammu & Kashmir and Ladakh, and J&K Legal Services Authority.

Chairman District Legal Services Authority (Pr. District & Sessions Judge) Ganderbal Ritesh Kumar Dubey, Secretary DLSA Ganderbal, Nurat Ali Hakak, Staff Members of DLSA Ganderbal, District Judiciary Ganderbal and PLVs of District Ganderbal participated in the event. At Kupwara, the District Legal Services Authority (DLSA)

Kupwara in collaboration with the Department of Youth Services and Sports Kupwara today celebrated International Yoga Day at ADR Center in District Court Complex Kupwara. Principal District & Sessions Judge Kupwara, Shazia Tabasum; Sub-Judge Kupwara/Secretary DLSA Kupwara, Manzoor Ahmad Khan; Deputy Chief Legal Aid Defense Counsel, Assistant Legal Aid Defense Counsel, President Bar Association Kupwara and all employees and PLVs of District Court Kupwara participated in the event.

On the occasion, the instructor of Youth Services and Sports Department, Mohammad Maqbool Sheikh conducted a yoga session at the conference hall of ADR Center Kupwara.

International Yoga Day was also celebrated at Teetwal under the supervision of the Tehsil Legal Services Committee Tangdar in which students of Higher Secondary School Teetwal and PLVs of TLSC Tangdar participated.

At Anantnag, the District Legal Services Authority (DLSA) Anantnag under the guidance of Jaffar Hussain Beigh, chairman DLSA Anantnag in collaboration with District Youth Services and Sports Department Anantnag today celebrated International Yoga Day at Wazeebgarh, here.

The programme was attended by Jaffar Hussain Beigh (PDD) Anantnag, Tabassum Qadir, Secretary DLSA Anantnag, Spl. Mobile Magistrate Anantnag and Munisif JMJC Anantnag, DLSA Staff members, LADC's lawyers and PLVs.

The programme was also attended by Chairman DDC, Chief Education Officer Anantnag, Youth Services and Sports Officers and teachers, in addition and about 200 students from different schools of district Anantnag.

# J&K Pollution Control Committee conducts Public Hearing at Vijaypur

JJ NEWS SERVICE

SAMBA, JUNE 21: Jammu and Kashmir Pollution Control Committee on Wednesday conducted public hearing for the Environmental Clearance of Minor Mineral (River Bed Material) Block 1/4 and Block 1/6 Upstream NH-1A railway bridge Devak River, Samba at Khatri Palace, Vijaypur.

People of Village Gurha Slatbia, Thalori Brahmma etc and adjoining area, their public Representative, BDC Chairman, besides Sarpanches/Panches and prominent persons of the area participated in the proceeding.

During proceeding of public hearing, H.S. Galoch (AIE), representing Regional Director, JKPCCE Jammu, briefed the public about the importance of conducting public hearing & Role of JKPCCE.

Project consultant from M/s P&M Solution, Noida (UP) gave the details about salient features and Environmental Impact Assessment (EIA) & Environment management plan of the project.

All the issues related to mining were discussed and many queries were raised by various speakers during proceeding. Additional Deputy Commissioner, Samba Rakesh Dubey; Divisional Officer JKPCCE, Samba (South) Deepak Abrol and Mineral Supervisor, Randep Singh representing District Mineral Officer, also attended the public hearing and addressed the gathering.

The ADC assured that all the important issues/PLVs of TLSC Tangdar and concerns will be recorded by videography & will be incorporated in the report to be submitted to Competent Authority.

Divisional Officer JKPCCE, Samba (South) Deepak Abrol also briefed the public about the public hearing/Environment Clearance individually and also replied queries raised by the public during the proceeding.

Subash Chander (DM) JKPCCE, Samba (South) anchored proceeding & presented vote of thanks to the chair as well as all the participants.

# NQAS team conducts external assessment of PHC Assar, HWC: SC Jathi



JJ NEWS SERVICE

DODA, JUNE 20: National Assessor NQAS team today conducted National Quality Assurance Standard (NQAS) assessment of Primary Health Centre Assar and Health Wellness Centre Jathi.

The team, headed by Dr Rajesh Kotwal along with Chief Medical Officer Doda Dr Ab Hamid Zargar, took round of all the sections and checked the different parameters listed under set guidelines for assessment. The team also conducted a comprehensive review of the implementation of the NQAS programme and assessed the progress made in enhancing the quality of healthcare services and promoting cleanliness. The team undertook a thorough evaluation of the implementation of Kayakalp and NQAS. Meanwhile, CMO Doda Dr Zargar chaired a meeting at Block Hqr Assar and took stock of the healthcare provisions and interventions needed in the health-care institutions of the block and issued instructions to BMO concerned for addressing the developmental gaps. BMO Assar, Dr Tanveer Ahmed and concerned staff of the said health facilities were also present on the occasion to facilitate the visiting team. The NQAS have been developed keeping in view the specific requirements for public health facilities as well as global best practices. The NQAS are currently available for District Hospitals, CHCs, PHCs and Urban PHCs. Standards are primarily meant for providers to assess their own quality for improvement through pre-defined standards and to bring up their facilities for certification.

The National Quality Assurance Standards are broadly arranged under 8 "Areas of Concern" - Service Provision, Patient Rights, Inputs, Support Services, Clinical Care, Infection Control, Quality Management and Outcome.

# 2.10KW Solar Plant installed at Shree Rudh Mata Shrine to facilitate Pilgrims

JJ NEWS SERVICE

KISHITWAR, JUNE 21: In a remarkable initiative towards sustainable energy solutions and providing necessary arrangements to pilgrims by district administration, a state-of-the-art 2.10KW solar plant has been successfully installed at the Bhawan of Shree Rudh Mata Shrine Dachhan.

The solar plant, consisting of 6 number of Solar PV modules with a capacity of 335 Watt each, aims to provide efficient and uninterrupted illumination to the shrine, enhancing the facilities to the pilgrims visiting the holy place during the ongoing Yatra.

The funds for the solar plant have been provided under District Mineral Foundation Trust (DMFT) by the district administration.

The Power Development Department (PDD) Kishtwar has also played a significant role in ensuring the smooth execution of this project, completing it well ahead of scheduled Yatra.

The collaboration ensured the seamless implementation of the project, delivering results well before the anticipated timeline.

The enhanced lighting system will improve the facilities and offer a tranquil and serene experience to the visitors.

Previously, the shrine faced significant challenges due to its remote location, which made it inaccessible to the main electricity grid. Consequently, the temple management committee had to rely on generators and fuels to provide lighting arrangements. However, with the introduction of this solar plant, both the management committee and the pilgrims will now enjoy a seamless and sustainable energy solution.

# NDMA convenes Coordination meeting ahead of Amarnathji Yatra at Ganderbal

DC calls for coordination among stakeholders to tackle any untoward situation

JJ NEWS SERVICE

GANDERBAL, JUNE 21: The National Disaster Management Authority (NDMA) today held a coordination meeting with all stakeholders involved in the management of the upcoming Shri Amarnath Ji Yatra-2023 (SANYI) at the Conference Hall of Mini Secretariat, here.

The meeting was chaired by the Deputy Commissioner (DC) Ganderbal, Shyambar along with Brig. B.S Thakur from NDMA. At the outset, brief discussion was held on key aspects of disaster management such as the formation of Incident Response



Teams, coordination among various participating agencies, evacuation, communication plan, medical preparedness and trauma counselling.

The DC impressed upon all the line departments to work in coordination and be prepared for any disaster/calamity and accordingly prepare your plans to tackle any untoward situation.

While interacting with the participants, the DC exhorted upon all the departments to prepare SOPs to be followed besides availability of machinery, list of officials, area of responsibility and their contact details shall be provided to District Yatra Cell and same

should be updated with camp directors. The meeting also deliberated upon the arrangements being finalized with regard to tackling any disaster or calamity during the Yatra via Baltal route. Information department was directed to make continuous announcements regarding Yatra SOPs and dedicated staff shall be deployed at all stations.

Additional Deputy Commissioner Ganderbal, Mehraj-ud-Din Shah, DySP HQ, CMO Ganderbal, DFO Sindh Forest Division, ALC, Officials from NDMA and other district officers were present in the meeting.

# District Advisory Committee approves Village Sanitation Saturation Plan for Jammu

JJ NEWS SERVICE

JAMMU, JUNE 21: Deputy Commissioner, Avny Lavasa today chaired a meeting of the District Advisory Committee on Solid Waste Management to finalise the Village Sanitation Saturation Plan 2023-24 under the Swachh Bharat Mission (SBM-C).

The Deputy Commissioner also serves as Chairperson of the District Advisory Committee.

Threadbare discussions were held on declaring Jammu district as an ODF+ model under SBM-C (G), including authorisation of the Village Sanitation Saturation Plan 2023-24 for all 20 blocks of Jammu District. The Assistant Commissioner Panchayat briefed the meeting about the various components of the Village Sanitation Plan, including a proper mechanism for door-to-door waste collection facilities and construction of community compost pits/soak pits and a sufficient number of segregation sheds. Additionally, plastic Waste

Management units will be constructed in a cluster-based approach to collect and dispose of 100 percent of waste generated in rural areas of Jammu District.

The proposed seven PWUMs will be constructed in an inter-block cluster-based approach at Khour, Damsal, Bishnah, Mandal Phallain, BS Para, Marth and Akhnour for multiple blocks each.

Chief Planning Officer, Yoginder S Katoch; Assistant Commissioner Revenue, Piyush Dhotra; Assistant Commissioner Panchayat, Preeti Sharma; Block Development Officers; Chief Education Officer; District Programme Officer; ICDS; representatives of the State Pollution Control Board and other officers were present at the meeting.

After thorough discussion, the Committee approved the Village Sanitation Saturation Plan 2023-24. The Chairperson called upon the concerned officers to take all necessary steps to complete the plan within the stipulated time frame.

# Director Rural Sanitation visits District Budgam

JJ NEWS SERVICE

Oversees ODF plus work progress on the ground

BUDGAM, JUNE 21: The Director Rural Sanitation, Charandeep Singh today conducted an extensive tour of District Budgam to oversee the ODF plus work progress on the ground.

The Assistant Commissioner Panchayat Budgam, Zahida Meer; Executive Engineer REW Budgam, District Panchayat Officer Budgam were also present on the spot.

During the tour, the Director Rural Sanitation J&K covered Block Budgam, Charisharief, Nagam and B.K pora. He interacted with the Rural Development Department func-

tionaries and PRI members at Panchayat Choon, Block Budgam and emphasised to keep their Panchayats clean and manage their grey water as well as solid waste completely.

The BDO Charisharief and B.K Pora were directed to expedite the tendering and execution of works so that works could be completed in ODF plus plan of the Panchayat by 15th August, 2023.

Upon reviewing the progress achieved in the ongoing works under SBM-G for Community sanitary complex at Panchayat Qazipora com-

pleted BDO and AE were directed to expedite the completion and expenditure of the works.

Similarly, segregation sheds at Panchayat Choon and CG Dhar were checked and concerned PRIs were directed to make their optimal use.

He also deliberated on SBM-G and urged upon the public in general and officials in particular to leave no stone unturned in creating SBM assets followed by the behavioral change of the masses so that District Budgam can become ODF+ model by 15th Aug 2023.

# DC Reasi visits Suketra Ghyiala Panchayat

INSPECTS ONGOING DEVELOPMENTAL WORKS

JJ NEWS SERVICE

REASI, JUNE 21: District Development Department Commissioner Reasi Babila Rakwal today conducted an extensive tour of Panchayat Suketra Ghyiala to inspect the pace and progress of various ongoing and completed developmental projects.

The DDC inspected progress on roads being constructed by R&B department viz. Anji Suketra & Anji Ghyiala road constructed under

City Town plan, road from Kambl Dang to Chair Mari School under pothole free programme. She directed the executing agency to complete the work of Anji Suketra road at the earliest.

She also inspected various works of the Rural Development Department viz. construction of balance work of Khul in Panchayat Suketra, bathing ghāt constructed at Trithna bowli, fencing of graveyard at upper Ghyiala and construction works of lane &

drains.

The DC asked the stakeholder departments to work with a vision of welfare of the people and make sure that all the projects are completed within the already set deadlines with strict adherence to the quality standards.

Earlier, she visited Amrit Sarovar in Panchayat Suketra Ghyiala and appreciated the work done. She directed Assistant Commissioner Reasi to immediately take neces-



## Women contributing immensely towards nation development: Advisor Bhatnagar

### Addresses valedictory session of IIM Rohtak for J&K students

J1 NEWS SERVICE

SRINAGAR, JUNE 21: Advisor to Lieutenant Governor, Rajeev Rai Bhatnagar, today addressed the valedictory session of month long internship programme conducted by IIM Rohtak for the girl polytechnic students of Jammu and Kashmir.

The internship programme was jointly organised by Skill Development Department of Jammu and Kashmir and IIM Rohtak in which 94 girl students of Government Polytechnic Colleges of Srinagar and Jammu participated from 21st May to 21st June, 2023.

Addressing the participants and organisers virtually, Advisor Bhatnagar said this important training programme was aimed to inculcate the idea of innovation, incuba-



tion and entrepreneurship among the girl students who form the basis of any developing society. He said, "Jammu and Kashmir is witnessing a new dawn, a dawn of peace, development and growth and women folk need to play a leading role in

this dawn".

The Advisor further highlighted that the present LG led administration in Jammu and Kashmir is empowering women and several initiatives like 'Tejswati', Haasla, UMEED, and others have been started by the government to uplift the women of J&K.

Speaking on different aspects of internship programme, Advisor Bhatnagar stated that it is delightful to witness remarkable progress, motivation and confidence exhibited by these talented young women while giving their feedback about the course. He added that skills and business acumen of these girls learnt during this training programme will help them develop their entrepreneurial journey.

During the valedictory session, several participants also spoke and shared their experiences on this internship programme.

Pertinently, during the month long internship training module, the participants were given training in different aspects of entrepreneurship like introduction to entrepreneurship and business management, opportunity assessment, identifying markets, needs, and planning, pitching the idea, testing and prototyping, Business registration and understanding Indian business laws.

The participants of the programme were also given an opportunity to interact with IIM faculty, guest speakers from various business sectors besides visiting business sites and get hands on knowledge on functioning of various businesses. Moreover, each participant will also be given an opportunity to submit a start-up project and the best project to be selected by IIM faculty will be fully funded by the institute.

## Block Diwas: DDC Rajouri listens to people's issues at Darhal

J1 NEWS SERVICE

RAJOURI, JUNE 21: District Development Commissioner Rajouri, Vikas Kundal today conducted a public outreach camp at Darhal under the weekly Block Diwas program to address the local issues and concerns.

During the event, the public and their representatives highlighted a number of issues ranging from power and water supply to healthcare facilities, roads, and education. Specific issues were open air gym facility, tourism to be promoted, construction of revenue complex, munsif court, dilapidated condition of roads etc.

The DDC, Vikas Kundal patiently listened to the issues raised by the public and assured them that their genuine demands would be addressed in a time-bound manner. He emphasized the District Administration's commitment to development and its efforts to provide government services at the doorstep of the gen-

### Lays foundation of new building in Govt Higher Secondary School Malkan



eral public.

He also urged the PRIs to play a crucial role in the development of their areas and ensure that all developmental works are completed within the set time frame while adhering to quality parameters. DDC also referred to the various schemes and programs launched by the government for the welfare of the youth and urged them to come forward and avail of the benefits to earn a

livelihood with dignity and honor.

He also exhorted the officers to take immediate measures to mitigate the problems of the people highlighted during the public outreach program. Regarding the scarcity of drinking water facilities, the DDC Kundal assured the public that all households in the block would be provided with functional tapped water connections with the completion of JMC

projects on the ground. Similarly, for the shortage of electricity poles, he assured the public that an adequate number of poles would be provided under the RDS scheme of the Power sector.

He also gave on-the-spot directions to the concerned departments to take necessary steps to meet the genuine demands of the local people and work with zeal, devotion, and dedication to provide facilities at their doorstep.

Overall, the public outreach camp at Darhal was a success, and DC's patristic and commitment to redress the issues raised by the public were highly appreciated. The event was a testament to the District Administration's resolve to ensure transparency and accountability in its functioning and make government services more transparent and easily accessible to the public. Meanwhile, the DC also visited the site where the building

for GDC Darhal is to be constructed.

Among the others who were present during the event were DDC Member Darhal, Iqbal Malik CPO, Mohammad Khurshid; ACP, Sheraz Chowhan; CEO Education, Sultana Kouser; Tehsildar and other districts and sectoral officers.

Later, the District Development Commissioner Vikas Kundal and DDC Member Darhal, Iqbal Malik laid the foundation stone for the construction of a new building block with a capacity of 14 classrooms in the Government Boys Higher Secondary School Malkan.

The new school block is being constructed by the Public Works Department (Roads and Buildings) at a project cost of Rs 4.92 crore.

The new classrooms will provide a much-needed facility to the school's infrastructure and will cater to the growing demand for quality education in the region.

The district administration's mega public outreach program proved to be a significant step towards engaging with the public, understanding their concerns, and providing timely solutions. The active participation of officials and the resolution of various issues on the spot underscored the success of the program, leaving a positive impact on the community.

## Doda Administration holds mega Public Outreach Program at 3 different locations

J1 NEWS SERVICE

DODA, JUNE 21: The District Administration Doda today organized a series of public outreach programs as part of the weekly Block Diwas initiative. The Block Diwas program was held at the Sub-Divisional Headquarters Gandoh; Panchayat Gear Kuthwara in Sub-Division Assar, and the Tehsil Headquarters Bhella, in Sub-Division Thalhari. During the event, representatives of the public had the opportunity to voice their concerns, while concerned officers attentively listened and took note of the issues raised. A

wide range of issues, demands, and grievances were projected seeking augmentation/improvement in electricity, water supply, school infrastructure, power distribution, education, road connectivity, and healthcare. Notably, the public emphasized the need for a holistic agricultural development program to enhance farming practices in the region. The event witnessed a significant turnout of locals, who were eager to witness and participate in the public outreach program. At the Assar sub-division, the Block Diwas program was presided over by the SDM Lekh Raj, who was accompanied by officers and

officials from the rural development department. Several public issues and grievances were resolved on the spot. Similarly, the Block Diwas program at the Bhella headquarters and Gandoh sub-division were attended by a large gathering of locals.

The district administration's mega public outreach program proved to be a significant step towards engaging with the public, understanding their concerns, and providing timely solutions. The active participation of officials and the resolution of various issues on the spot underscored the success of the program, leaving a positive impact on the community.

## 9th round of "Kisan Sampark Abhiyan" held in Ramban

J1 NEWS SERVICE

RAMBAN, JUNE 21: The 9th round of ongoing Kisan Sampark Abhiyan (Farmers Orientation programme-HADP) under the aegis of Azadi Ka Amrit Mahotsav with the theme 'Aatmanirbhar Bharat' was held successfully across 4 blocks of district Ramban.

The campaign ended today on a positive note as an overwhelming response was received from the farming community in all blocks. Audio-visuals (AVs) aids were used to disseminate the information about different government sponsored schemes meant for the welfare of the farmers associated with Agriculture, Animal Husbandry, Sheep Husbandry, Horticulture, Apiculture, Pisciculture, Sericulture. The resource persons from different departments raised awareness regarding various schemes among the participating farmers. Informative booklets in 03 languages regarding the scheme of HADP were distributed among the participants. Moreover, farmers were also made aware about Dalsh Kisan

(online learning portal for skill development) and Kisan Sathi (IT Dashboard) portals regarding the digitalisation of various services/schemes. The resource persons urged farmers to ensure maximum participation in Kisan Sampark Abhiyan; to avail orientation and skilling courses for all interventions, latest techniques, explore new possibilities, and make farming more accessible and profitable. During the program, farmers also raised various queries, which resolved the concerned resource persons amicably.

enhance the visibility and reputation of J&K products in national and international markets. To facilitate international trade opportunities, the Board approved participation of J&K based exporters in six international events for FY 2023-24. It was also decided to shortlist/ nominate the exporters on the basis of objective evaluation criteria. In this regard, a committee of experts will ensure transparent selection process for J&K sellers participating in these events. The decisions made during the 12th Board meeting of JKTIPO reflect the commitment of the government of Jammu & Kashmir to promote economic growth, encourage investments, and enhance trade activities in the region.

## Director Agriculture addresses Kissan Sampark Abhiyan at Wachi Shopian

### Distributes PGS organic certificates among the farmers

J1 NEWS SERVICE

SRINAGAR, JUNE 21: The Director Agriculture Kashmir, Chowdhury Mohammad Iqbal today visited Wachi Shopian and addressed Kisan Sampark Abhiyan (Farmers Orientation Programme) under Holistic Agriculture Development Programme (HADP) being held from 24th of April - 31st of August 2023.

Addressing the programme, Director Agriculture highlighted the importance of Kissan Sampark Abhiyan and asked farmers to actively participate in such programmes in order to get maximum benefits from the approved projects under HADP for agriculture and allied sectors.

He impressed upon the concerned officers to increase the awareness among the farmers about modern tools and techniques that have been incorporated in HADP to overcome the prevailing constraints and use different extension methods to motivate the farming community in adoption of proposed interventions in the approved projects.

Director Agriculture also distributed PGS (Participatory Guarantee System) Organic Certificates among the 23 farmers of Wachi Village.

During interaction with these farmers, Director Agriculture said the quality seed is the most critical and basic requirement of a good harvest. He said farmers having access to high quality seed are likely to achieve desirable crop production and earn more income.

He said under the development of the seed and seed multiplication chain project of HADP, the main aim is to achieve self-sufficiency in quality seed production vis-a-vis strengthening the seed multiplication and marketing chain with improved human resource development.

## Commissioner Secretary I&C chairs 12th Board meeting of JKTIPO

### Board approves activity plan for 2023-24; emphasizes promotion of export, investment, J&K brands

J1 NEWS SERVICE

SRINAGAR, JUNE 21: Commissioner Secretary Industries and Commerce, Vikramjit Singh, today chaired the 12th Board of Directors (BoDs) meeting of Jammu & Kashmir Trade Promotion Organization (JKTIPO) at the Civil Secretariat here.

The meeting accorded approval to budget for 2023-24 fiscal with a strong emphasis on organizing trade fairs, exhibitions and buyer seller meets with good participation besides promotion of export and investment, investor facilitation and building the brand of J&K.

Managing Director JKTIPO, Khalid Jahangir, presented meet-

ing's agenda and briefed the board on progress achieved in implementing previous board decisions. The board members deliberated on various agenda items and approved the component wise activity plan of JKTIPO for FY 2023-24 as per the ceiling approved by the Finance Department. The Board was informed that the approved amount would be expended on export promotion, investment promotion, investor facilitation, and overall enhancement of trade and commerce activities in J&K. During the meeting, Commissioner Secretary called for more focus on investment promotion and facilitation activities in J&K. He highlighted the pivotal role of JKTIPO in executing investor facilitation activities in

Jammu & Kashmir. The organization aims to achieve this through various outreach programs and sector-specific events, with the goal of branding J&K as an investment-friendly destination, he added. To further streamline the process, he advised to strengthen the Investor Facilitation Cell already established within JKTIPO, dedicated to assisting existing and prospective investors as well as applicants through a Single Window Portal. The board also approved conduct of Mega Trade fair in Srinagar by JKTIPO in collaboration with TIPO. This Mega trade fair is expected to witness participation of leading buyers and exhibitors from different parts of the country and the globe. This will be first of its kind initiative in

J&K, intended to be made annual feature. Furthermore, the Board approved the flagship program of JKTIPO, "Haasla Batch-2nd," designed to mentor and train women entrepreneurs. This initiative aims to empower and support women in business and foster their entrepreneurial growth. During this financial year, it has been curated to identify beneficiaries from each district and organize training in the districts to ensure equitable growth of Women Entrepreneurship. In addition, the Board highlighted the importance of conducting start-up promotion activities and brand promotion for products originating from J&K. The organization intends to create a conducive environment for local entrepreneurs to thrive and

enhance the visibility and reputation of J&K products in national and international markets. To facilitate international trade opportunities, the Board approved participation of J&K based exporters in six international events for FY 2023-24. It was also decided to shortlist/ nominate the exporters on the basis of objective evaluation criteria. In this regard, a committee of experts will ensure transparent selection process for J&K sellers participating in these events. The decisions made during the 12th Board meeting of JKTIPO reflect the commitment of the government of Jammu & Kashmir to promote economic growth, encourage investments, and enhance trade activities in the region.

## Mega Block Diwas held at Kulgam

### PEOPLE FLAG-OFF ISSUES AND GRIEVANCES FOR EARLY REDRESSAL

J1 NEWS SERVICE

KULGAM, JUNE 21: As part of weekly Block Diwas, public outreach programmes were today held across Kulgam to take first hand appraisal of the issues of the general public at their door steps.

In this connection, the Deputy Commissioner (DC) Kulgam, Dr. Bilal Mohi-Ud-Din Bhat today chaired a grievances redressal camp at Kulgam and listened to various issues and demands of people meant for the overall welfare and development of the area.

The programme witnessed participation of PRIs and people from Laroo, Qaimoo, Frisal, Kund, Katrina, Banimula, Nunnal, Muthbug and other adjoining areas. Among others, the Public Grievance redressal camp was attended by ADC Viqar Ahmed Giri, ACR Mir Imtiyaz-ul-Aziz, GM DIC Bashir Ahmad, DIO, CMO, CEO, CAO and Executive Engineers besides other district and sectoral officers of the district from various departments.

During the grievance redressal camp, various public delegations and scores of individuals protracted various developmental issues before the DC and sought the timely resolution of their grievances and demands.

All the issues, grievances and demands were patiently listened to and some of the issues were redressed on the spot.

Officers from various departments who were present in the grievance redressal camp also responded to the grievances and issues of people raised during the Block Diwas function.

Grievance redressal camps were also held at Block Pahlloo and D. H. Porā.

## Food Safety Kashmir seizes 10 quintals of imported dressed chicken for non-maintenance of cold chain

### Destroys it on spot; seals FBOs unhygienic premises

J1 NEWS SERVICE

SRINAGAR, JUNE 21: On the basis of specific information received regarding raw dressed chicken imported from outside the state is being sold in the market in violation of Food Safety Standards Act, which includes non-maintenance of cold chain, a team of Food Safety Officers under the supervision of Deputy Commissioner (DC) Food Safety Kashmir today inspected the premises of Five Enterprises at Parimpora. During the inspection, the team

seized 10 quintals of such chicken and the whole quantity was destroyed on spot and samples were lifted for further legal action. The premise was also found in unhygienic condition and hence was sealed in the interest of public health. The Food business operators dealing with imported raw chicken and meat are directed to follow all the Rules and Regulations of Food Safety Standards Act failing which strict action under law shall be initiated against them. The drive shall be intensified in the coming days keeping in view the ensuing Eid-ul-Adha. Meanwhile, the general public by virtue of this press release is being informed that in case they observe any such violation, they should register their complaint on toll free No. 104 and their credentials shall be maintained confidential. Raw meat, chicken and fish are categorized as high risk foods. The sale, storage and distribution of all meat products if not maintained under recommended temperature (-18 C for prolonged storage and 0-5 C for brief storage) can deteriorate its quality rapidly thereby rendering it potentially hazardous for human health.

Thus the public in general are advised to follow similar practices at home also to consume all meat products safely.

## DC Kulgam conducts nocturnal inspection of Dist. Hospital

J1 NEWS SERVICE

KULGAM, JUNE 21: The Deputy Commissioner (DC) Kulgam, Dr. Bilal Mohi-Ud-Din Bhat conducted nocturnal inspection of District Hospital to have an on spot appraisal of the medical facilities being provided to the patients and to check the presence of doctors and paramedical staff in the health institution.

During the inspection, the DC took stock of availability of medical and other facilities in the hospital. The concerned officials briefed the DC about facilities available for the patients.

On the occasion, the DC interacted with the patients and their attendants and sought their feedback.

## GDC Doda organises Poet of the Year 2023 Competition

J1 NEWS SERVICE

DODA, JUNE 21: To chisel the creative talent of the students, the Department of English Government Degree College Doda on Wednesday organised a poet of the year competition.

The event was organised under the patronage and guidance of the College Principal, Dr (Prof) Attar Singh Kotwal. In the competition, organised by Dr Jamshed Ahmad Head department of English, Prof Manjeet Singh and Dr Tabassum Saleem, self composed poems were invited from the students and after a thorough check for plagiarism, syntax and grammar the short listed poems were mailed to three judges for their assessment.

The result of the competition was declared today wherein Sayer Wani from semester 6th was awarded with the title of the poet of the year 2023. He was presented a memento and a certificate of appreciation.

Atya Tabassum from semester 6th and Kulvinder Singh from semester 2nd were felicitated with the certificates of appreciation for securing second and third position, respectively.

In his address, the principal of the college appreciated the faculty of the department for providing the students with a platform to hone their talent. He further assured all possible guidance and help to the department in their future endeavours.

# IDY-2022: Celebrations held at educational & professional institutions, government departments of Kashmir

JJ NEWS SERVICE

SRINAGAR, JUNE 21: In connection with 'International Day of Yoga' (IDY) celebrated annually on June 21, special functions were today held in educational and professional institutions, government departments of Kashmir division. The International Day of Yoga aims to raise awareness worldwide of the many benefits of practicing yoga and it has also emerged as one of the most trusted means to boost physical and mental well-being in a person. At High Court Srinagar premises, a function was organized to commemorate 9th International Yoga Day at High Court Complex Srinagar in which D C Raina, LD

Advocate General, Jammu, Kashmir and Ladakh presided. Senior Advocate Generals, Advocate Generals, Deputy Advocate General, Govt Advocates besides officials of AG participated in the function. The chief guest highlighted the importance and benefits of yoga and advised all participants to go for regular yoga exercises for keeping their body and mind sound. Driven by enthusiasm and the motivation to thrive in a society which is healthy, both physically and mentally, Jammu Kashmir Rural Livelihoods Mission (JKRLM) on Wednesday celebrated 9th International Day of Yoga across various panchayats

of the Mission, wherein Self help group (SHG) members participated in the event and received orientation training about Yoga practices and its advantages in maintaining good health. Several programmes were organized across various panchayats of the Jammu and Kashmir where Umeed JKRLM is implemented and the SHG members were encouraged to practice yoga in their daily lives for a healthy lifestyle. Emphasizing the importance of yoga, Mission Director JKRLM, Indu Kanwal Chib, accentuated the merits of Yoga in daily life. She highlighted the therapeutic effects of yoga that are intrinsically instrumental in alleviating any

kind of physical, physiological, emotional and spiritual suffering. It is viewed as a holistic stress management technique that enhances overall well-being and quality of life. The MD said that Yoga is not about exercise but to discover the sense of oneness with yourself, the world and nature. She emphasized the need for changing lifestyle and creating consciousness that would ultimately help us deal with climate change. She stressed upon the SHG members to include Yoga in their daily life to remain physically and mentally fit, besides relieving themselves from stressful life. She said yoga besides being per-

formed in open spaces like stadiums, playgrounds; it could also be performed at home also. This is the only activity where one does not require any equipment to practice yoga. She advised all, especially the Women SHGs and youth, to make it a habit to practice yoga every day and not confine it to only the Yoga Day. NYK Anantnag, To celebrate 9th International Day of Yoga, the Nehru Yuva Kendra (NYK) Anantnag, today organized functions in different parts of the district. The main function was held at District Headquarter Anantnag in collaboration with Ayush, Police and District Administration.

## DM Kulgam conducts late night raids on illegal mining operations

Scores of Dumpers, Tipppers & machines involved in illegal mining operations seized

JJ NEWS SERVICE

KULGAM, JUNE 21: Acting on frequent complaints/grievances from the locals during Block Diwas programmes about the unabated illegal mining in the district, the District Magistrate (DM) Kulgam, Dr. Bilal Mohi-Ud-Din Bhat conducted nocturnal raids at several locations in the district. Raids were conducted in Ashmuji, Bhan, Mah, Brazloo, Malatamaha and several other areas to check operations of illegal mining in the district and during the raids scores of dumpers, Tipppers and other machines involved in illegal mining, were seized. The DM directed the concerned departments to have day and night vigil to curb the incidents/ menace of illegal mining and reiterated zero tolerance policy of the district Administration against illegal mining and asked the concerned to act tough against the violators. The DM on the occasion was accompanied by the teams of officers from police and revenue departments.

Locals have hailed this effort and action of District Magistrate and expected such raids in future as well, as the illegal mining has adversely affected old aged, sick, students, in general and environment, in particular, besides, loss to public exchequer.

## Block Diwas: DDC Samba listens to people's issues at Panchayat Mahalshah

JJ NEWS SERVICE

SAMBA, JUNE 21: As part of Weekly Block Diwas, a public outreach program was organised today at CFC Jar Abtal, Halqua Panchayat Mahalshah of Sub Division Vijaypur.

District Development Commissioner Samba, Abhishek Sharma listened to the issues of locals in presence of Additional District Development Commissioner, Rajinder Singh, SDM Vijayapur, Rajesh Kumar, Tehsildar Ramgarh, Farooq Hussain, Block Development Officer Ramgarh, Mukesh Sharma.

Besides, Chairman Block Development Council, Darshan Singh, Sarpanches, Panaches and a large number of locals from Halqua Panchayats of Block Ramgarh attended the programme.

A range of grievances/problems of the general public were raised by the Chairman BDC Ramgarh, Sarpanches/Panaches and locals present in the Block Diwas which mainly includes completion of road from Abtal to SM Pura, water and power supply, installation of transformers besides other.

The DDC patiently listened to the grievances/problems of the people and gave on the spot directions to the officers/officials of the concerned line departments to address the same on priority basis.

Later, the DDC visited Baba Chamleyal Ji Shrine and inspected the arrangements put in place for celebration of the Annual Mela at the Shrine scheduled to be held on June 22, 2023.

## Yoga must for integration of mind with the body: Chief Justice

JJ NEWS SERVICE

SRINAGAR, JUNE 21: Chief Justice, High Court of J&K and Ladakh, N. Kotiswar Singh today inaugurated 09<sup>th</sup> International Yoga Day at High Court Complex, Srinagar.

The theme of the event was "Yoga for Vasudhaiva Kutumbakam", effectively encapsulating our collective aspiration for "One Earth, One Family, One Future". Chief Justice stressed upon all the participants to include Yoga in their daily life to

remain physically and mentally fit besides relieving themselves from stressful life. Justice N. Kotiswar Singh highlighted that making Yoga a way of life would go a long way in discharge of judicial functions and enhancing the efficiency and efficacy of not only the Judicial Officers but also all the stakeholders.

He further reiterated that Yoga is essential for integration of mind with the body, "Facilitating self awareness, meditation, breath work and chanting. He emphasized that performing Yoga Asanas is beneficial

to our over all wellbeing. The event was attended by Registrar General, Registrar Vigilance, Principal Secretary to Chief Justice, Member/Secretary, J&K Legal Services Authority, Registrar Rules, Registrar Judicial Srinagar, Joint Registrar Judicial Srinagar besides other officers and staff of the Srinagar Wing.

During the programme, Registrar General, Shabbaz Azam, extended gratitude to Chief Justice for organizing such an event in all the judicial establishments at

each district headquarter of the UTs of J&K and Ladakh and also in both wings of the High Court.

Likewise, a programme was held at High Court Complex Jammu which was led by Registrar II, Secretary High Court Legal Services Authority and Joint Registrar Judicial Jammu besides other officers and officials of the Jammu High Court.

The Registrar General also recognized the expertise with Yoga instructor imparted training to the participants in performing Yoga Asanas.

## Block Diwas programme held at Dadsara of Tral, Pulwama

Officers from civil administration listened to the public in daylong event

JJ NEWS SERVICE

PULWAMA, JUNE 21: The District Development Commissioner, (DDC) Pulwama, Dr. Baharat Qayoom along with district officers today chaired a weekly public darbar at Dadsara Tral to hear various problems faced by the people. During the Block Diwas, PRI members, public delegations and individuals put forth various problems and demands before the DDC related to electricity supply, drinking water supply, Macadamisation of roads, repairs of roads and other

basic facilities. President Auaq Committee Dadsara, demanded Health facilities, Macadamisation of interior roads, establishment of Agriculture, BDO, ZEO offices, sheep breeding unit and fire and emergency, besides adequate staff in the health centre, Jan Aushadhi Shop and Employment generation units for the youth of the area. Delegation of village welfare committee Amlar put forth their demand regarding the repairs of roads, tiling of lanes and proper utilization of PRI funds. While the members from Gurudwara

Prabandhak Committee demanded construction of roads at Begund, improvement of HH/LT lines and walling of schools. A delegation from Chandrigam demanded a playground for the youth and macadamisation of the road from Haigund to Chandrigam. Meanwhile residents of Larmoo demand construction of a bridge, health and fitness centre and playground. DDC member Avtar Singh also put forth certain public demands before the chair including the repairs of scrap conductor,

construction of community hall and commission n of water supply schemes. The DDC gave a patient hearing to the public grievances and issued on spot directions to concerned officers for taking cognizance of the issues pertaining to their departments for redressal. He said that district administration would ensure outcome-based disposal of all the genuine issues and assured of providing transparent and responsive governance to the people.

The DC sought the cooperation from the public to eradicate the drug menace and make the whole district drug addiction free. He advised people to keep their surroundings neat and clean and refrain from throwing the garbage in the open, roads, nallahs and streams. Officers from Administration replied to the queries raised by the Delegates, DDC members, PRIs and the people. ADC Tral, DDC Member, CMO Pulwama, ACD, Tehsildar, officers and officials of various departments and a large number of people participated in the block diwas.

## '9th International Yoga Day' observed by IRP 11th Bn at DPL Anantnag

JJ NEWS SERVICE

SRINAGAR, JUNE 21: The IRP 11th Bn in collaboration with the Department of AYUSH, Anantnag today observed '9th International Yoga Day' at DPL Anantnag. The International Yoga day cele-

brations were attended by about 300 participants drawn from IRP 11th Bn Anantnag, District Police Anantnag, Students of different Schools and District Ayush Team Anantnag. Various dignitaries also attended the event. Rayees Mohammad Bhat, DIG SKR Anantnag was the Chief Guest on the occasion and DDC Chairman

Mohd Yousuf Gorsi was the Special Guest. Among the other dignitaries who attended the event were Sh. Ashish Mishra, SSP Anantnag; Sandeep Mishra, SSP, Commandant, IRP 11th Bn, Dr Ali Mohammad, District Ayush Officer and their team of Doctors and demonstrators. At the

outset, the National Anthem was played. Later, Dr Irfana Khan of Ayush Team explained the importance and meaning of Yoga whereas, Dr Shazia Abbas along with her team of Yoga Instructors displayed the common Yoga protocol and made the participants do various Yoga Asanas.

## Traffic Police Rajouri- Poonch launch special drive against overloading District heads lead the Yoga sessions



JJ NEWS SERVICE

RAJOURI, JUNE 21: A special drive was launched today against overloading of vehicles by Traffic Police in Rajouri and Poonch Districts.

All the DTIs and SOs of Traffic Police Rajouri-Poonch laid surprise checks at different routes coming from Rural areas and necked the Passenger Buses, Mini Buses and other PSVs coming towards Rajouri and Poonch town areas. The exercise has been done to check the traffic norms violation in far flung areas and to ensure safety of passengers of these areas. It has been observed that drivers of PSVs overload their vehicles during morning and evening time.

During the checking, 127 vehicles were challaned for overloading across Rajouri-Poonch and 04 vehicles were seized on the spot. The teams of Traffic Police Rajouri-Poonch issued 243 Challans against violators under different categories of Motor Vehicle Act.

The exercise was conducted under the close supervision of Nawaz Ahmed, Dy.SP Traffic Rajouri Poonch and overall supervision of Vinay Kumar, SSP Traffic Rural Jammu. The Traffic Police Rajouri-Poonch also appealed to the general public and student community in particular not to travel in the Buses, Mini Buses and other means of transport, which are carrying passengers beyond the permissible seating capacity.

It is pertinent to mention that traffic Police have focused at large on visible offences. During the current year Traffic Police Rajouri-Poonch have seized as many as 758 vehicles and challaned 3589 vehicles for overloading, 187 for over-speeding, 8644 for not wearing crash helmets, 1432 for not wearing Seat belts and 6338 for wrong parking.

**DEPARTMENT OF WILDLIFE PROTECTION J&K GOVERNMENT**

**OFFICE OF THE WILDLIFE WARDEN,**

**CHENAB DIVISION KISHWAR**

FOREST COMPLEX SARKOOT KISHWAR PH/FAX 01995259617

Email: [wildlifeprotectionkishwar@gmail.com](mailto:wildlifeprotectionkishwar@gmail.com)

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**E-TENDERING**

**SHORT TERM TENDER NOTICE: E-NIT No. 23/WILKTR/2023-24 DATED: 17-06-2023.**  
 For and on behalf of the Lt. Governor, J&K Union Territory, e-tenders are invited from approved and eligible contractors registered with J&K Govt./Central Govt. Organizations for the following works:-  
**Name of Work:** Construction of Crate wire bunds at Kibar(Duchhan) Gully Size more than 3 mtr with foundation of 3ft depth Under Mitigation Plan of KRNAP 2023-24.

Name of work	Adv. Cost (Rs. in lac)	Earnest Money (Rs.)	Class of Contractor	Cost of Tender Document (Rs.)	Time completion (in days)	Receiving /Opening Authority
Construction of Crate wire bunds at Kibar Gully Size more than 3 mtr with foundation of 3ft depth Under Mitigation Plan of KRNAP 2023-24.	1.456	4488	A,B,C,D class	300	60	Tender opening committee

Note-A proper Measurement Book has to be prepared of the work against which work done payment is to be made to the contractor. The e-NIT consisting of qualifying information, eligibility criteria, specifications, bill of quantities, (S.B.O.Q), set of Terms & Condition of contract and other details <http://www.jkdtenders.gov.in> / <http://www.jkdtenders.gov.in> downloaded from the Departmental Website: <http://www.jkdtenders.gov.in> Position of funds: Available(%) Position of AA:7th: Accorded

Publishing Date	17-06-2023
Download Start Date	17-06-2023 from 02:00 PM
Bid Submission Start Date	17-06-2023 from 02:00 PM
Pre-Bid meeting	00-00-0000 at 00 AM
Bid submission End Date (online)	01-07-2023 up to 04:00 PM
Date of opening of Technical Bid	03-07-2023 at 11:00 AM (In the Office of Regional Wildlife Warden, Jammu, Manda Hills, Jammu)
Date of opening of Financial Bid(online)	After opening of Technical Bid (In the Office of Regional Wildlife Warden, Jammu, Manda Hills, Jammu)

**Terms & Conditions:**

- The Bidders are advised to read all conditions laid down in the NIT carefully before uploading Tender any short fall found in the tender shall be rejected.
- All Bidders has to submit Earnest money deposit (EMD) in the shape of CDR/FRF pledged to Wildlife Warden Chenab Division, Kishwar. Bids must be accompanied with cost of Tender document in shape E-Challan or Treasury Receipt (Under Account Head 0406) in favour of Wildlife Warden Chenab Division, Kishwar (Tender Inviting Authority) online.

NO: WILKTR/2023-24/853-56 (MAJID BASHIR MAMROO) WILDLIFE WARDEN CHENAB DIVISION KISHWAR  
 Dated: 17-06-2023. D/P/1-3732/23

**NORTHERN RAILWAY**

**E-Tender Notice**

Sr. DEN/HQ-FZR acting for and on behalf of The President of India invites open tenders (E-Tenders) against below titled tenders and available on [www.treps.gov.in](http://www.treps.gov.in) with closing date: **10.07.2023 up to 15:00 Hrs.** Bidders will be able to submit their original/revised bids up to closing date and time only. Manual offers are not allowed against the tenders, and any such manual offer received shall be ignored. Contractors are allowed to make payments against this tender towards tender document cost and earnest money only through only payment modes available on [www.treps.gov.in](http://www.treps.gov.in) portal like net banking, debit card, credit card etc. Manual payments through Demand draft Banker Cheque, Deposit receipts, FDR etc. are not allowed. For more information login to [www.treps.gov.in](http://www.treps.gov.in)

Tender Type	Tendering Section	Bidding System
Open	Works	Single Bid System
Date of Uploading Tenders	Bid Starting Date	Bid Closing Date/Time
16.06.2023	26.06.2023	10.07.2023/ 15:00 Hrs
S.No.	Tender No.	Details of Tender
1.	78-2023-24-ADEN-1-FZR	Annual zone (2023-24) work for ordinary repair and maintenance of staff quarters in colony no. 01 & 02 at Firuzpur in jurisdiction of SSE/WFZR under ADEN-1FZR.
	Advertised Value (Rs.)	Earnest Money
	1,24,59,346.97/-	2,12,300/-
	Validity of Offer	Period of Completion
	60 Days	12 Months
Similar nature of work :- Any civil Engineering work other than track works.		
2.	79-2023-24-ADEN-1-FZR	Annual zone (2023-24) work for ordinary repair and maintenance of staff quarters in colony no. 03 & 04 at Firuzpur in jurisdiction of SSE/WFZR under ADEN-1FZR.
	Advertised Value (Rs.)	Earnest Money
	1,29,57,492.02/-	2,14,800/-
	Validity of Offer	Period of Completion
	60 Days	12 Months
Similar nature of work :- Any civil work other than track work.		
3.	80-2023-24-ADEN-1-FZR	Annual zone (2023-24) work for ordinary repair and maintenance of service buildings & station building at FZR and staff quarters & service buildings on TVB - FZR section (including TVB) in the jurisdiction of SSE/WFZR under ADEN-1FZR.
	Advertised Value (Rs.)	Earnest Money
	1,29,98,659.50/-	2,15,000/-
	Validity of Offer	Period of Completion
	60 Days	12 Months
Similar nature of work :- Any civil work other than track work.		
4.	81-2023-24-ADEN-1-FZR	Annual zone (2023-24) work for ordinary repair and maintenance of all Residential Buildings & Service Building on BT1 - FZR (excluding BT1 & excluding FZR) section and on KKP-FKA section (excluding KKP & excluding FKA) in jurisdiction of SSE/WFZR under ADEN-1FZR.
	Advertised Value (Rs.)	Earnest Money
	1,99,98,837.87/-	2,50,000/-
	Validity of Offer	Period of Completion
	60 Days	12 Months
Similar nature of work :- Any civil work other than track work.		
5.	82-2023-24-ADEN-1-FZR	Ordinary repair and maintenances as well as new works, additions and alterations to existing structures & emergent works under zone no. 3/2023-24 at service building and staff quarters on LDH - TWB section LDH (excl) - TWB (excl.) in the section of SSE/WJGN under ADEN-1FZR.
	Advertised Value (Rs.)	Earnest Money
	1,24,98,760.47/-	2,12,500/-
	Validity of Offer	Period of Completion
	60 Days	12 Months
Similar nature of work :- Any civil work other than track work.		
6.	83-2023-24-ADEN-2-PTK	Ordinary repair and maintenances as well as new works, additions and alterations to existing structures & emergent works under zone no. 3/2023-24 at Station Building & other service buildings in the section of SSE/WBAT under ADEN-1F/TK.
	Advertised Value (Rs.)	Earnest Money
	1,19,95,237.13/-	2,10,000/-
	Validity of Offer	Period of Completion
	60 Days	12 Months
Similar nature of work :- Any civil work other than track work.		

**Note 1.** Before bidding, bidders to check for any corrigendum issued against tender.  
**Tender Notice No. 770/W169/WFZR/2023-24 Date: 19.06.2023** 19002023

**SERVING CUSTOMERS WITH A SMILE**

# Learning Yoga at early age has enormous advantages in students' progress, prosperity: Alok Kumar

50 cr to be utilized on development of Sports Infra, equipments, trainings in J&K schools | SED to conduct Yoga trainings in schools across UT

J I NEWS SERVICE

JAMMU, JUNE 21: To commemorate the celebration of 9th International Yoga Day, Principal Secretary Education, Alok Kumar, today attended Yoga Day at Wave Mall Jammu.

The event was organised by the Directorate of Samagra Shiksha, J&K, in collaboration with 92.7 Big FM and Bhartiya Yog Sanstha, where hundreds of students, teacher and locals participated.

Project Director Samagra Shiksha, Deep Raj, Director School Education Jammu, Ashok Sharma, Director Finance, Itikhar Hussain, Special



Secretary, Anu Behl, Director Planning, Ashu Gupta, Joint Director Planning, Deputy Yog Asanas. Instructors from reputed institute demonstrated the Yog Asana for the participants along with its benefits. The experts demonstrated different

Asanas starting from 'Surya Namaskar' to Bhujangasana (Cobra Pose). They explained that this ancient form of fitness with roots in India focuses on developing mental and physical balance besides boosting strength and flexibility.

While interacting with the students and media fraternity, Principal Secretary said that, Yoga is the best and only way to bring body and mind together for mental and physical fitness.

He said that, every year, on June 21, International Day of Yoga is being celebrated across the globe.

This year, the 9th edition of the International Day of Yoga is being celebrated on the theme of "Yoga for Vasudhaiva Kutumbakam", which means One Earth, One Family, One Future and One Health.

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# LI Governor Sinha reviews preparation for Eid-ul-Adha

J I NEWS SERVICE

SRINAGAR, JUNE 21: Lieutenant Governor Shri Manoj Sinha chaired a meeting to review the preparations of District Administrators and various departments ahead of Eid-ul-Adha festival.

The meeting was attended by Sh Rajeev Rai Bhatnagar, Advisor to Lt Governor; Dr Arun Kumar Mehta, Chief Secretary; Dr Mandeep Kumar Bhandari, Principal Secretary to Lt Governor; Deputy Commissioners, Senior Superintendents of Police and senior officers.

The Lt Governor took appraisal of augmentation of the supply of essential items and services, security and traffic management in view of Eid-ul-Adha.

He impressed upon the Deputy Commissioners, SSPs and officers of stakeholder departments to make all necessary arrangements for the festival.

The Lt Governor also directed the DCs to constitute Joint Teams for market inspection, monitoring and implementation of notified rates of essential items.

Sanitation and cleanliness in and around religious places, availability of Doctors, medical facilities, fire and emergency services should be ensured, the Lt Governor said.

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# Block Diwas: DC Kathua presides over Public Outreach Camp at Dinga Amb

J I NEWS SERVICE

KATHUA, JUNE 21: To listen to the issues and grievances of people at their door steps, Deputy Commissioner Kathua Rakesh Minhas today chaired a day long Block Diwas Camp here at Dinga Amb.

The programme witnessed scores of individuals and deputations including PRI members projecting demands and apprising DC Kathua about the problems faced by the inhabitants of their respective areas.

The people of Dinga Amb and adjoining areas put forth issues concerning their areas ranging from the provision of better road connectivity, scarcity of drinking water in Panchayat Dhalli, shortage of staff in BDO office, unscheduled power cuts, request for emergency funds to Sarpanchs /PRIs, organizing special camps for old age pension & widow pension, replacement of old electric cables, up gradation of transformer, requirement of seeds and fertilizers, demand of flood protection crates, removal of encroachments from state land etc.

After giving a patient hearing to the grievances and demands of the public, the DC assured that the District Administration will provide active support for development of the area and also assured them that all their issues and demands shall be taken with the concerned authorities for their timely redressal.

During the proceedings of the public outreach camp, the DC resolved various grievances of immediate nature and gave on spot directions for redressal of other issues pertaining to the department. The Deputy Commissioner directed concerned officers to work on the resolution of the issues on priority basis especially the issue of unscheduled power cuts. The directions were also placed to the XEN PDD to chalk out a plan for replacement of old electric cables and up gradation of transformer. He directed Chief Planning Officer Kathua to oversee the completion of all works under district plan within the stipulated time period so as to ensure optimum utilization of the funds.

# 'Har Ghar Ko Jal' Golden Resolve of PM

DDC Vice Chairperson Udhampur kicks off JIM schemes, holds Public Darbars



J I NEWS SERVICE

UDHAMPUR, JUNE 21: Vice Chairperson, DDC Udhampur, Juhli Manhas Pathania today said that the Jal Jeevan Mission is the most inclusive and outward-looking initiative of the Prime Minister Shri Narendra Modi in nine years of his government. Rather it stands tall as a major achievement of the government '9 saal bemsaal'.

She was addressing Public Darbars at BHQ Khoon, Bilaspur and other areas of Khoon in Majalta Tehsil.

She also launched construction of components (filter plant, sump tank and pump room) of WSS Bilaspur - Deot under JIM.

The work shall be completed at an estimated cost of Rs 1.35 crore under Jal Jeevan Mission, an ambitious project of GOI. She called upon the officers and executing agencies to ensure that all the sanctioned projects are completed within the stipulated time frame thereby facilitating provision

of tap water to each house and habitation. The inaugurated project will help in enhancing the quality of rural life in these villages. She said that the Jal Jeevan Mission envisaged by the Government is all set to resolve water crises in these areas.

JIM Mission encompasses laying of new water supply lines and development of allied infrastructure which will fulfil the drinking water needs of all the inhabitants. She further said that the Bharat Sarkar has been able to address the issues of people, lingering on since decades.

The PM has been taking personal interest in finding out remedies to the problems which people faced in the region due to indifference of successive regimes. The DDC Vice Chairperson further stressed that the PHE sector was the main priority sector and all officers/officials should work hard to reach out to the people.

She exhorted the officers of the PHE department to implement the schemes in letter and spirit in the district. She called upon the people to come forward to avail the benefits of various schemes and programs.

The Vice Chairperson stated that functional tap water connection for every household is the goal of the ambitious Jal Jeevan Mission besides "Access to drinking water facilities is the basic right of every citizen," she added. Senior officers of PHE, PRI and local people were present on the occasion.

During her tour, Vice Chairperson also listened to the public grievances at Panchayat ghar, Bilaspur and took stock of problems being faced by them and directed the concerned authorities to redress these issues on priority. She also instructed the accompanying officers to work for the upliftment of rural areas and push themselves for the timely completion of various ongoing developmental projects. She called for redressal of problems being faced by the locals of the respective areas. She was accompanied by Uttam Singh Palsar, Tehsildar Majalta, and Tehsil/Block level heads of the Education Department, Rural Development, Power, Public Health Engineering (PHE), Forest, Health and other departments too. Mrs Pathania called for greater coordination between general public and officials of various departments for speedy development of the area and redressal of the public issues.

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# KVK Samba, AIIMS-Vijaypur organise Regional Seminar on Millets

J I NEWS SERVICE

SAMBA, JUNE 21: Krishi Vigyan Kendra, Samba, under the leadership of Prof. B. N. Tripathi, Vice Chancellor, Sher-e-Kashmir University of Agricultural Sciences and Technology, Jammu, in collaboration with All India Institute of Medical Sciences (AIIMS), Vijaypur and also under the mandates of

ICAR-ATARI, Zone-1 organised a one day regional seminar on promotion of millet crops here at Panchayat Samal of the district. The team was led by Dr. Sanjay Khajuria.

At the outset, Prof. Sanjay Khajuria, Chief Scientist & Head welcomed the participants and apprised them about the activities of the KVK Samba. He gave a brief introduction on the importance of millet crops like pearl

millet, kodo millet, finger millet, foxtail millet in our regular daily diet and their role in maintaining the soil fertility and health.

Further, he emphasized upon the advantages of growing millet crops in kandi belt of Samba district and their appropriateness in rain-fed areas of the district.

He apprised the farming community about the health benefits of these crops and their demand thereof.

As the country is celebrating 2023 as "International Year of Millets", so the efforts of the KVK to promote the farming of the millets are implicit.

A team of experts from AIIMS, Vijaypur also delivered expert lectures during the seminar. Dr. S. Banerjee exhorted the farmers and farmwomen to include the millets in their diet, as these are the rich source of minerals and vitamins.

Dr. Neha also emphasized upon the utilization of the millets as value added products along with regular diet.

Dr. Ganju elaborated upon the fortification of the diet of the children and nursing mothers by adding millets in their diets.

Earlier, Dr. Saurav Gupta, Scientist (Entomology) presented an expert lecture on the insect, pest management of the millet crops.

# World's leading provider of cleaning technology Kärcher leading the way as the "Official Wash Partner" at the "Rally of Valley"

J I NEWS SERVICE

Srinagar, The ceremonial flag-off to the Rally that took place on 14th June 2023 brought together a jaw-dropping lineup of 50 rally cars that have already joined the race to glory. As promised, the five-day event 'Rally of Valley' made the participants and the viewers experience full excitement, speed, and adventure like no other, along with capturing the essence of cleanliness in automotive excellence. The rally covered 550km through treacherous roads, from Chamba to Srinagar, offering thrilling adventure and breathtaking landscapes.

"We are happy to be associated with the 'Rally of Valley' as the main sponsor and are excited to



part of this exhilarating event where we got to set up 4 pit shops across the route, showcase the power of our pressure washers, vacuum cleaners, and window vacuum cleaners that enhanced the performance and appearance of the participated vehicles," said Mr. Jatinder Kaul, MD of Kärcher, India.

The 'Rally of Valley' organized by Chamba Motorsport, Azlan Racing, and Auto2360, was established in 2021 and has more than 500 members throughout India who are between the age of 22 years to 55 years, are either high-class businessmen and grade-

first professionals including high ranking army cadre. These participants drove through off-road, Tarmac tracks, and snow patch tracks throughout the mountains under the 3-5 to 28 degrees climate. "With Kärcher by our side, the participants' performance was turbocharged throughout the rally. Together, we unleashed our passion, power, and precision, leaving no stone unturned in our quest for triumph. The 'Rally of Valley' witnessed the dynamic fusion of Chamba Motorsport's relentless drive and Kärcher's commitment to innovation, creating an unforgettable experience for all motorsport enthusiasts!" exclaimed DiwakarKalia from Chamba Motorsport, Rihen Bardwaj from auto2360motorsports and

Taufiq Mughal from Azlan Adventure Racing. Kärcher and Chamba Motorsports teamed up and created an unforgettable event. Formed as India's biggest and longest mountain TSD (Time Sinned Distance) event featured four-wheeler vehicles. Kärcher India Managing Director, Mr. Jatinder Kaul was present along with eminent guests, Kärcher representatives, and channel partners to felicitate the winners of the Mountain Rally.

1. Rally covered 1100 km  
2. Age 20 to 60  
3. It's not about Chamba motorsports but Rally of Valley  
Having 3 organizers: Rihen - Auto365, Diwakar - Chamba Motorsport, Taufiq Mughal - Azlan Racing.

# DDC Chairperson inaugurates work of WSS Scheme in Block Narsoo

J I NEWS SERVICE

UDHAMPUR, JUNE 21- Chairman, District Development Council Udhampur, Lal Chand today kick-started the work of WSS Scheme Chirdi in Block Narsoo under Jal Jeevan Mission.

The Scheme, on its completion, is expected to benefit three panchayats of Kithar, Narsoo and Chirdi. DDC Narsoo, Subash Chander, Assistant Executive Engineer, Rakesh Chander, Junior Engineer, Jinder Singh, PRI Members and inhabitants of the area were also present.

The WSS Chirdi project will be executed at a cost of Rs. 948.35 Lacs. The project is a Lift Water Supply Scheme and will cover every household. Once completed, every household in the vicinity will get clean tap water and the problem concerning the dearth of potable water will be fully eliminated in the Panchayat, the officials.

Speaking on the occasion, the Chairman District Development Council Udhampur congratulated the PRI Members and public of the area. He commended the PRI Members' contributions in the Panchayat development projects. Additionally, he acknowledged the efforts of the Jal Shakti Department and urged the officers to see to it that all approved projects were started and finished as per schedule to make it easier to provide clean tap water to every home and habitation. DDC, Narsoo, Subash Chander also congratulated the local populace and expressed hope that the pace of development in Block Narsoo would remain the same. On the sideline of the tour, Chairperson District Development Council Udhampur also listened to the grievances of locals and assured them of timely redressal of the same.