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India, US take pride in their diversity; institutions in both countries based on democratic values: Modi

AGENCIES
WASHINGTON, JUN 22

The societies and institutions of both the US and India are based on democratic values and both countries take pride in their diversity, Prime Minister Narendra Modi said at the ceremonial welcome at the White House ahead of his official talks with US President Joe Biden.

The constitution of both countries begins with the "three words - We the People - as President Biden just mentioned", said Modi, who is on his first state visit to the US.

Thanking Biden, his wife Jill Biden and the US administration for a warm and grand welcome, Modi said this is the first time the gates of the White House have



been opened for Indian-Americans in such large numbers. "This grand welcome ceremony at the White House today is an honour and pride for the 1.4 billion people of India. It is also an honour for more than 4 million people of Indian origin in the US," Modi said.

He said both countries take pride in their diversity, and "both of us believe in the fundamental principle of 'In the interest of all, for the welfare of all'".

He said about three decades ago, he had come to America as a common man and at that time, he had seen the

Indo-US relationship 'one of the most defining relationships' in 21st century: Biden

AGENCIES
WASHINGTON, JUN 22

The relationship between the US and India is one of the most defining relationships in the 21st century, American President Joe Biden said on Thursday as he welcomed Prime Minister Narendra Modi in the White House ahead of their official talks.

Asserting that decisions the two countries make today will determine the future of generations to come, Biden said the US and India are working closely

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PM Modi Gifts Eco-Friendly Lab-Grown Diamond to US First Lady Jill Biden

AGENCIES
WASHINGTON, JUN 22

Prime Minister Narendra Modi, who is in the US for a three-day state visit, has gifted an eco-friendly lab-grown 7.5 carat diamond, placed in Kashmir's exquisite Papier mache box, to the US First Lady Jill Biden.

US President Joe Biden and First Lady Jill Biden hosted the



prime minister for an intimate dinner at the White House, during which they discussed a range of issues, exchanged gifts and enjoyed a musical tribute to the regions of India.

"Bharat Ka Heera! (India's diamond) PM@NarendraModi ji gifts this beautiful eco-friendly lab-grown diamond, placed in Kashmir's exquisite

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J&K is charting new path of remarkable growth post abrogation of Articles 35-A & 370: Vice President

JNEWS SERVICE
JAMMU, JUN 22

Hon'ble Vice President of India, Shri Jagdeep Dhankhar today addressed the Special Convocation Ceremony of University of Jammu, at General Zorawar Singh Auditorium.

Stating that the convocation ceremony holds a significant essence in one's life, the Vice President advised the students to never be under tension or stress and never be afraid of failure. He praised the Lt Governor of J&K for steering the UT to newer heights of development.



The Vice President said that Jammu & Kashmir is charting a new path of remarkable growth and development post abrogation of Articles 35-A and 370. The region's integration into the national mainstream has paved the way for investments, development and improved governance, he maintained.

Shri Dhankhar noted that the region, unlike before, now has the prevalence of national mainstream has

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HM on 2-Day visit to J&K from June 23

JNEWS SERVICE
JAMMU, JUN 22

Union Home Minister Amit Shah will visit Jammu and Kashmir on June 23 and 24 during which he will attend various development programmes in Jammu and Srinagar, sources said.

The home minister will begin his tour of the Union Territory by laying wreaths on the statue of BJP ideologue and Bhar-



tiya Jana Sangha founder Syama Prasad Mookerjee in Jammu on Friday morning. After that, Shah will lay the foundation stone of the Central Forensic

Sciences Laboratory at Samba. He will also inaugurate and lay foundation stones of various development schemes in the city, sources said.

In the afternoon, the Union home minister will travel to Srinagar where he will attend a function at Raj Bhavan for the inauguration and laying foundation stones of various development projects, they said.

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Union Minister Jitendra Singh moots unique identity to monitor startups

JNEWS SERVICE
NEW DELHI, JUN 22

Science and Technology Minister Jitendra Singh on Thursday mooted a unique identity for startups to follow up on their progress, particularly those which have received support from the government.

"Such a mechanism is sought to be developed that will closely follow up the growth of these startups, see how to sustain them so as to ensure that they are not lost out, especially those startups that have received technical and financial support from the government," the minister said.

He was chairing a high-level joint meeting of different science ministries and departments, including Science & Technology, Biotechnology, CSIR, Earth Sciences and Atomic Energy.

Singh said that a mechanism was necessary as the



number of startups has risen to more than one lakh. He had earlier suggested that a presentation be prepared, in collaboration with the NITI Aayog, to identify factors that could possibly be constraints for some startups.

Accordingly, a presentation was made at the Thursday's meeting by Chintan Vaishnav from the NITI Aayog.

The presentation pointed out that lack of innovation, skilled workforce and funds could possibly be the major factors adversely affecting the sustainability of some startups.

The minister proposed that an exercise could

be undertaken to assess whether the startups could be identified by a "Unique ID" for effective monitoring across all sectors.

Singh said under Prime Minister Narendra Modi, the government was providing every kind of technical as well as financial support for ideas and innovations to grow and sustain.

He said as a result India has emerged as the leading startup ecosystem in the world with more than one lakh startups and more than 100 Unicorns and the time has come to strategise sustainability.

CSIR Director General

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SIA attaches house of LeT Militant associate in Kashmir

JNEWS SERVICE
SRINAGAR, JUN 22

Special Investigation Unit (SIU) of J&K Police on Thursday attached the house of Lashker-e-Toiba (LeT) militant associate for harbouring and providing logistic support to militants in Bijnbehara town of south Kashmir.

"SIU Shopian attached the residential house of a terrorist associate in Subhanpora Bijnbehara area of Anantnag district, after obtaining necessary sanctions from competent authority", a statement of SIU said.

"Terrorist associate Zubair Ahmad Ganai resident of Subhanpora Bijnbehara has been found used by terrorists of proscribed terror outfit LeT", the statement reads.

Accordingly, the process for attachment of

property belonging to the accused falling within the ambit proceeds of terrorism was initiated by SIU Shopian under section 25 of UA(P) Act, it said.

"During the course of investigation in case FIR No. 22/2022 of Police Station Zainpora Shopian, under UA(P) Act, a residential house of Abdul Rehman Ganai son of Mohammad Shaban Ganai father of of terrorist associate Zubair Ahmad Ganai resident of Subhanpora Bijnbehara has been found used by terrorists of proscribed terror outfit LeT", the statement added.

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ITBP officer posted on Amarnath Yatra Duty Dies

JNEWS SERVICE
SRINAGAR, JUN 22

An Indo Tibetan Border Police officer posted on Amarnath yatra duty died at Sonamarg in Ganderbal district of Jammu and Kashmir, police said on Thursday. ASI Madan Raj, 58, fell unconscious near the Baltal base camp for the Amarnath yatra on Wednesday night, a police official said.

Raj, a native of Uttarakhand, was rushed to a hospital where he died during treatment, the official said.

Though the cause of his death was not known yet, death due to cardiac arrest - triggered by lower oxygen concentration at high altitudes - is one of the most common causes of fatalities among Amarnath pilgrims and security forces posted there for duty.

The 62-day yatra is scheduled to begin on July 1.

Blue Pansy declared as 'Butterfly of J&K'



JNEWS SERVICE
JAMMU, JUN 22

The government of Jammu and Kashmir on Wednesday declared Blue pansy (*Junonia orithya*) as butterfly of the Union Territory of Jammu and Kashmir.

"Sanction is hereby accorded to declaration of Blue pansy (*Junonia orithya*) as butterfly of the Union Territory of J&K," reads an order issued by Principal Secretary to the Government, Forest Ecology and Environment, Deeraaj Gupta.

Last year, the Government had declared Kalij Pheasant as the bird of the Union Territory - (KNO)

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Progressing JK

Mission Youth: Boon for enhancing skills, promoting youth entrepreneurship

JNEWS SERVICE
SRINAGAR, JUNE 22

Mission Youth, a comprehensive youth development program, launched by Jammu and Kashmir government, has proved boon towards enhancing skills and entrepreneurship among youth of the region.

The initiative has been successful in addressing the socio-economic issues faced by the youth of the UT by providing them a platform to optimally harness their skills in different potential entrepreneurial prospects, thereby contrib-

ing towards growth and development of the region.

One of the primary objectives of Mission Youth was to address the issue of unemployment among youth which has been successful in creating employment opportunities by providing requisite training and support for entrepreneurship. Under the initiative, the government has established incubation centres and provided financial assistance to young entrepreneurs to start their own business ventures.

This has not only created jobs but also boosted economy of

the region. Muzafar Wani of Ramsoo, Ramban, always dreamt of owning a vehicle as he wanted to secure a respectable livelihood that could fulfil the needs of his family for a better tomorrow. Wani, who was working as driver couldn't bear expenses of his family including his two daughters.

"Sometimes I would not get work for many days. Many times I decided to stop my daughters from going to school. I always wanted to educate them but financial

constraints always forced me to look another way", Wani said as he was revealing his struggle of 12 years while working for different vehicle owners on daily basis.

Wani couldn't save enough money to purchase his own vehicle and the unfulfilled needs of the family had left him in a devastating feeling of frustration and depression. That is when the Mumkin scheme started by J&K Government through Mission Youth came to the rescue of Wani.

"In October last year, a

friend of mine informed me about the 'Mumkin' livelihood scheme for unemployed youth and asked me to contact Mission Youth officials, Wani asserted. It was like a dream come true when I was informed about the benefits of the scheme, he said.

An elated Wani said that he is satisfied being the happy owner of Tata Yodha and is earning enough to feed his family and educate his daughters.

In the present financial year, 4482 youth have been facilitated for self-employment under the scheme with a total

financial support of 165 crore through scheme banking partner and 16 crore as government contribution towards subsidy.

Self-employment avenues created under this scheme have instilled a sense of self-reliance and positivity among youth.

Similarly, Tejaswani scheme is a specially tailored self-employment programme for empowerment of young women of Jammu & Kashmir aimed to promote entrepreneurship among them.

This scheme helped them in attaining economic independence and improved

their social status. All women entrepreneurs covered under the program have been given Entrepreneurship Development Program trainings through Jammu and Kashmir Entrepreneurship Development Institute (KJEDD), for attaining proper market skills and technology knowhow for making their business viable.

Afshana of Ganderbal always dreamt of securing a respectable livelihood that could fulfill her personal and family's financial needs. She, before opting for

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Ravinder Raina, Koul, Vibodh review Shah's rally preparations



JJ NEWS SERVICE

JAMMU, JUN 22: Bharatiya Janata Party (BJP), Jammu & Kashmir, held a meeting with party's representatives in Jammu Municipal Corporation (JMC) Councilors to discuss and to ensure the adequate arrangements for the upcoming massive public rally of Union Home Minister Amit Shah at near 4th Bridge, Bhagwati Nagar.

Ravinder Raina, J&K BJP President, Ashok Koul, party General Secretary (Organization) and Adv. Vibodh Gupta, party

Secretary addressed the meeting held at party headquarter, Trikuta Nagar, Jammu. Ravinder Raina, while taking the cognizance of the preparations for the upcoming public rally by the Union Minister stressed that the common masses in large numbers would be attending the rally.

"Amit ji has kept special focus on Jammu & Kashmir. He ensured that no pending issue of this region goes unattended. It is due to his dedicated efforts that the terrorism in the region has continuously been decreasing", said Ravinder Raina

and added that the efforts of the Modi government to bring peace and progress in Jammu & Kashmir have been spearheaded by Union home Minister Amit Shah personally. He also attributed the abrogation of controversial Articles 370 and 35(A) due to the bold stance of the Modi government that was taken to conclusion by Amit Shah.

Raina further said that the rally of Amit Shah in the city of temples holds a special impetus and every BJP worker would contribute in making this rally leave a special effect in the heart of everyone.

Ashok Koul, in his address, asked the JMC Councilors to make sure that the adequate clean drinking water facility is available for the rally participants. He also asked them to make sure the ample space for parking facilities to facilitate the party workers and the general masses to park their vehicles safely and without causing any difficulties to the passersby. He also asked them to help in managing the rush of people from their Wards to avoid any chaos particularly while entering and leaving the rally site. He also discussed other topics of relevance like making available mobile toilet facilities, maintaining cleanliness in the area, cooperating with the security agencies etc.

Vibodh Gupta, in his address, asked the JMC Councilors to coordinate with all the local senior leaders including the party Mandal Presidents to manage the heavy rush of participants of the rally. He asked them to contribute their full effort in making the rally a big success.

Ensure every facility to Amarnath Yatris: Former Minister We stands committed for secularism and social equality: Babu Ram Paul



JJ NEWS SERVICE

JAMMU, JUN 22: A meeting was organized by the Coordination Committee Jammu District (Urban), Central Zone JKNC at Bahu Fort in district Jammu, Zonal President and Former Minister Babu Ram Paul, was the Chief Guest and Anshuk Abrol Provincial secretary JKNC presided over the meeting. The meeting was organized by Dr Vikas Sharma, Coordinator Jammu District (Urban) and Zonal Secretary at Bahu which was attended by numbers of people.

While speaking on the occasion Babu Rampaul

said that we stand committed for secularism and social equality. He said NC has a legacy of serving the poor and weaker sections of the society which was started by Sher-e-Kashmir Sheikh Mohammad Abdullah. He also said NC has many achievements in its kitty and urged the party cadres to narrate them to the young generation so that they may come to know what NC has did for them in the past.

On the occasion, he listened to the grievances of the local people and also discussed several related issues. He also discussed the arrangements made for Shri Amarnathji pilgrims by

the administration with party volunteers. He said that their volunteers were also extending full support to the government in facilitating smooth yatra.

He, however, urged the UT administration to create help-desks and information centres along the National Highway to help the Yatris coming from different parts of the country to have darshan of holy cave.

He demanded that the city should be made neat and clean for giving a memorable and world class experience to the visiting pilgrims.

He also demanded round the clock power and regular water supply to the people

in the wake of Eid festival falling next week. Babu Rampaul maintained that it was the responsibility of administration to maintain hygienic and clean atmosphere especially during festival period.

Babu Rampaul said that divergent festivals in our country strengthen brotherhood, oneness and harmonious relations amongst various communities and hence festivals be celebrated by all people jointly with full zeal and zest irrespective of caste, creed, color or community.

He demanded price fixation of sacrificial sheep, goats and mutton for Eid festival so that the general masses won't suffer on account of profiteering by the vested interests.

Those who spoke on the occasion included, Anshuk Abrol, Dr Vikas Sharma, Adv. R.K Chanayal, BD Dalotra, Baldev Raj, Adv. Aslam, Adv. Lovish Bharat, Surjit Kumar, Sagar Chand, Manohar Raj, Ramesh kumar, Ram Singh, Dr Sushil, Som Raj Taroch, Hemraj and others.

DPAP holds workers convention in Sangaldan



JJ NEWS SERVICE

JAMMU, JUN 22: A meeting of Democratic Progressive Azad party (DPAP) workers was held at Gool Sangaldan in district Ramban on Thursday. The meeting was chaired by DPAP vice chairman G.N. Saroori. Hundreds of people participated in the meeting and showed resentment against the previous PDP-BJP government in J&K for taking anti-people decisions and multiplying troubles for the common masses. The meeting observed that DPAP from the day it came into existence remained the only political party to raise the public issues and protested against the stopping of free ration to the poor, reduction of monthly ration quota and imposition of property tax, demanding immediate rollback of all "anti-people" measures. The DPAP is the only political party that took to the

streets to press for the assessment of the damage in earthquake hit areas and adequate compensation to the victims of Chenab valley. Speaking on the occasion, G.M. Saroori said that the previous PDP-BJP government in erstwhile state of J&K ruined the life of common man by taking anti-people decisions. "Both these parties had only one aim to retain power and they did nothing for a poor, upliftment of downtrodden," they said. They said that PDP after making an alliance with BJP in J&K continued to raise hollow slogans. "PDP brought death and destruction in J&K, forgot its self-rule slogan and worked with BJP from behind the curtain to abrogate the special status of J&K." General Secretary R.S.Chib said that no political party has taken stress against BJP in J&K to seek the redressal of public grievances. "DPAP is the only party which has organized several peaceful

protests and continues to fight for the redressal of public issues. It is the only party that resists the anti-people decisions taken by BJP."

He said that DPAP came into existence to serve the people of Jammu and Kashmir, to uplift the downtown and to eradicate poverty, unemployment from J&K. The party reiterated its demand for the restoration of statehood to J&K. Later, the party workers held protest demonstrations, demanding ration to the poor, restoration of monthly ration quota to consumers and roll back of imposition of property tax and other "anti-people" decisions. They also demanded for the assessment of the damage in earthquake hit areas and adequate compensation to the victims of Chenab valley. On the instructions of its Chairman Ghulam Nabi Azad, DPAP leaders are visiting different areas of Chenab Valley these days and interacting with earthquake victims and public delegations to have first-hand accounts of public issues. Among others who were present include Provincial President Jugal Kishore Sharma, Chief Spokesperson Salman Nizami, Secretary Arun Singh Raju, District President Dharam Chand, Provincial VP Farooq Katoch, Provincial General Secretary Mohd Amin Bhatt, Sobat Ali General Secretary, Farooq Shikari Provincial Secretary, Munner Bhat Zonal VP, Khurshid Semhat Zonal Secretary, Ayub Naik Distt Youth President, Bashir Naik, Jai Ram Bhagat, Mohd Yousef, Basharat Ahmed & others.

Congress lashes out at Govt. for power crisis; Seeks immediate steps to improve power scenario

JJ NEWS SERVICE

JAMMU, JUN 22: Jammu and Kashmir Pradesh Congress Committee today came down heavily on the UT Administration for the worst power crisis and warned the Govt. to take immediate steps to improve the situation before it further worsens.

In a statement Chief Spokesperson JKPC Mr. Ravinder Sharma came down heavily on the Govt. for its failure to cope up with the situation of power crisis for the past several days in entire Jammu and Kashmir, while situation is worst in the hot Jammu Region.

Chief Spokesperson Mr. Ravinder Sharma said that this kind of situation

is unprecedented and never witnessed in the past. It is admitted fact that power consumption is less in Jammu region while it provided more revenue to the government. At present Jammu region is facing scorching heat and worst affected due to power short fall. The Govt. has totally failed to improve the situation since the hot summer season in Jammu and power crisis has been the worst and this has badly affected the water supply system especially in rural belt of Jammu region, due to prolonged power cuts while in rural areas it is more worst. He said that Govt. has imposed water tax in both urban and rural areas but there is no regular and proper supply of water during normal times.

The Govt. has also imposed tax on private wells, hand pumps and other individual sources of water developed by the rural population at their own expense of lack of rupees to meet their family or Mohala requirements of water. The Govt. is fleecing the people in the name of unreasonable taxes of all sorts.

The common power consumers are being served huge inflated bills while the big sharks are not being checked. The people don't get regular power but are getting regular inflated bills, which is most unfortunate.

He also lashed out the Govt. over the delay in the regularization of daily wagers, need based, adhoc and contractual workers at the earliest, in all departments, in a fair manner..

Join Maha Rally with Amit Shah to celebrate 9 successful years of Modi Govt: Purnima

JJ NEWS SERVICE

JAMMU, JUN 22: Jammu and Kashmir Pradesh CAdv. Purnima Sharma, Spokesperson of Bharatiya Janata Party (BJP) Jammu and Kashmir and former Deputy Mayor, urged upon the people of Jammu and Kashmir to participate enthusiastically in the forthcoming Maha Rally, which will be graced by the Union Home Minister Amit Shah on June 23. The rally aims to commemorate the remarkable achievements of the Modi Government during its nine-year tenure at the Centre.

The rally, coinciding with the death anniversary of BJP ideologue Syama Prasad Mookerjee, would be part of Bharatiya Janata Party's 'Maha Jan Sampark Abhiyan' programme being held on the completion of nine years of governance under Prime Minister Narendra Modi. Adv. Purnima emphasized the importance of public participation in



the Maha Rally to showcase solidarity and gratitude towards the visionary leadership of Prime Minister Narendra Modi. The rally serves as a platform to acknowledge and appreciate the numerous accomplishments achieved by the Modi Government during its tenure. Adv. Purnima stated, "The Maha Rally is a momentous occasion for all of us to come together

and celebrate the transformative policies and initiatives undertaken by the Modi Government over the past nine years. It is an opportune time for the people of Jammu and Kashmir to unite and express their support for the government's relentless efforts in driving progress, development, and peace across the nation."

She asserted that the Maha Rally aims to highlight the achievements of the Modi Government in various domains, including governance, economic reforms, infrastructure development, national security, and welfare schemes that have positively impacted the lives of millions of citizens.

Adv. Purnima urged the people of Jammu and Kashmir to actively participate in the Maha Rally and make it a resounding success. "The collective presence and support of J&K people will reinforce the commitment of the BJP in delivering good governance, prosperity, and national integration," he added.

Modi Govt given tremendous boost to rural infrastructure: Bharat Bhushan

Kick-start blacktopping of road from Misriwala to Tokariyan



JJ NEWS SERVICE

JAMMU, JUN 22: The Chairman of District Development Council (DDC) Jammu, Bharat Bhushan Bodhi, today kick-started the blacktopping of road from Misriwala to Tokariyan in presence of PRI members and prominent people of the area. The estimated cost of the project is

Rs 21 lakhs. In his address, Bharat Bhushan Bodhi commended the Modi Government for focusing on rural areas and facilitating huge development in these regions. He said that the policies of Modi government have given a tremendous boost to rural infrastructure. He said that the planned road improvements are a significant boost for the area,

improving transport links for local residents and helping to facilitate wider economic growth. The development of rural areas, such as this, is a key aspect of the government's agenda and represents a major step forward in ensuring sustainable economic growth for the entire region, he added. "The government at the Centre has made efforts to

Despite 'no power cut' promise Jammu reeling under bad shedding, power outage: NC

JJ NEWS SERVICE

JAMMU, JUN 22: Zeeshan Rana Additional Spokesperson of J&K National Conference on Thursday slammed the government for making bogus promises on providing uninterrupted power supply in Jammu city because despite 'no power cut' promise the region is reeling under load shedding and severe power outage with electricity playing hide and seek with residents. In a hard hitting statement

issued to media, the NC leader said that officials working under Modi Government and its proxy dispensation in J&K have developed a knack of telling lies as just a couple of days before they boasted that Jammu City will be supplied with round the clock power but the scenario on ground has gone worst from bad as last two days in Jammu were pathetically horrendous as electricity supply started playing hide and seek with vast stretches and mohallas facing power

outages for long hours with no satisfactory response from any of the concerned quarters.

Zeeshan said that the situation with regard to water supply and the ration is also dismal as people in the city are facing the worst ever water crisis and cuts in ration supply are also disappointing. He said that those who supported BJP during polls are now repenting and looking for other options. He said that unlike bogus assurances of BJP leadership, the NC

under the stewardship of Dr Farooq Abdullah knows the issues and problems of the people of J&K and have solutions for all problems.

The senior NC leader urged the people of J&K to rectify the mistake which they committed by voting BJP to power after getting misled on Ache Din promise, which is a distant dream till date. He appealed for a vote to NC to get good governance and genuine means meant for resolving people's issues and problems readily.

Welfare of Tribals Modi Govt's foremost priority: Kavinder Gupta

Protecting Sanskrit collective responsibility of all Indians

J I NEWS SERVICE

BALASORE, JUN 22: Senior BJP leader and former Deputy Chief Minister of J&K, Kavinder Gupta on Thursday said that commitment of Modi Government towards welfare of tribals is exemplary as lot of initiatives have been taken to uplift this section of Indians which remained marginalized due to prejudice shown by successive governments in the country.

Addressing a gathering of tribal community members during his visit to tribal areas here, the former deputy Chief Minister said that the Centre has accomplished remarkable work in empowering the Tribals of the country as the Tribal Sub Plan budget run by the Modi government is the testimony to this fact because it has been increased 4 times from 21,000 crores to 86,000 crores.

"Much work has been done like providing tap water to 1.28 crore houses, 1.45 crore toilets, 82 lakh Ayushman cards and 38 lakh houses under Pradhan Mantri Awas Yojana by the Modi government under Jal Jeevan Mission for tribal society. The budget of Eklavya Model Schools has



been increased from Rs 278 crore to Rs 1438 crore and the budget of scholarships for tribal students has been increased from Rs 978 crore to Rs 2546 crore. Apart from this, 3110 Van Dhan Vikas Kendras and 53,000 Van Dhan Self Help Groups have been established with a budget of Rs 327 crore under the new scheme for the purpose of entrepreneurship development", he said, adding that much more has been accomplished and further many things are in pipeline to provide justice to this historically marginalized section of people.

Central Government Minister and Member Parliament; Bishnu Das Cluster Incharge; Umakanta Mohapatra district President, District Media Coordinator Anil Kumar Mohanty, Secretary Bijay Sahoo, General Secretary Parshuram Parida and others accompanied Kavinder Gupta during his visit to Tribal areas.

Later, Kavinder visited the Information Center, Book Stall and Health Camp besides participating in Bhagwan Jagannath Yatra here.

The BJP stalwart leader from J&K also addressed the Morcha Karyakartas

and visited the BJP office.

Kavinder thereafter felicitated two Sanskrit Scholars Gobinda Soren and Sita Mamdi pursuing Ph.D in Sanskrit.

Claiming that Sanskrit language is mother of all languages, Kavinder batted for preserving this language, calling it treasure of Indian spirituality and science. He said that protecting Sanskrit language is the collective responsibility of all Indians especially the youth as they have the prerequisite energy and knack to accomplish things in a more scientific way with less chances of things going haywire.

Vidyamandir Classes Launches its First Study Abroad Centre

J I NEWS SERVICE

JAMMU, JUN 22: VMC proudly inaugurated its first Study Abroad Centre, marking a significant expansion of its horizons. The launch ceremony was graced by esteemed Founder Members, including Shyam Mohan Gupta and Sandeep Mehta, as well as key team members such as Saurabh Kumar (Chief Academic Officer), Mahesh Batla (CFO) and Abhishek Sharma (Chief Business Officer).

The VMC Study Abroad initiative aims to fulfill students' dreams of pursuing higher education at the world's best universities in the USA, UK, Canada, Germany, and Australia in 2023 and beyond.

With a legacy of monumental results in various examinations such as JEE Main, JEE Advanced, NEET, NTSE, INSPIRE (erstwhile KVPY), Boards, and Olympiads, VMC is now extending its expertise and guidance to students aspiring to study abroad.

Shyam Mohan Gupta, an IIT-Delhi alumnus and Co-Founder of VMC, expressed his vision, stating, "VMC Study Abroad has been our



long-standing mission to provide a gateway for students aspiring to pursue their preferred branches at the world's best universities. The objective of the VMC Study Abroad initiative is to nurture a global and multicultural perspective among students, while aligning their minds with global educational standards. Beyond exam preparation, VMC offers assistance including direct admissions, documentation, student profiling, and guidance on funding opportunities, all under one roof." Tailored programs have been meticulously designed for students in Classes 9, 10, 11, and 12, taking into account their unique preparatory requirements. These programs empower students to excel in diverse exams such as SAT, AP, IELTS, TOEFL, and more, providing them with life-altering experiences. Saurabh Kumar, Chief Academic Officer of VMC, shared his enthusiasm, stating, "VMC Study Abroad is undoubtedly the best platform in the study abroad landscape. It offers a comprehensive forum that not only assesses students' potential in exams such as SAT, TOEFL, IELTS, AP, and PTE but also guides them towards their dream colleges in the USA, UK, Canada, Australia, and

Germany. By venturing onto the international stage with VMC Study Abroad, VMC continues its legacy of imparting quality education and shaping the lives of countless students. Backed by state-of-the-art infrastructure, world-class classrooms, expert faculty, and meticulously researched study material, VMC Study Abroad provides students with a gateway to a promising career abroad and a brighter future."

Saurabh further added "VMC Study Abroad is conducting special session for students and parents wherein Speakers from College Board (SAT), IELTS, EducationUSA and Oxford Education Group will share their thoughts. This is probably the first event of its kind wherein all these organization's speakers will come under one roof. This event is scheduled to happen on 9th July at Kamani Auditorium, New Delhi." With the launch of this centre, VMC is all set to unveil the next two centres at Punjab Bagh & Gurugram. For more information and guidance, aspirants can log on to <https://www.vmc-studyabroad.com>.

Amway India champions Holistic Wellness Harnessing the Synergy of Nutrition and Yoga

J I NEWS SERVICE

JAMMU, JUN 22: Driven by the unwavering commitment to enhance the quality of people's lives, Amway India, one of India's leading FMCG Direct Selling companies, embarked on a mission to empower individuals in adopting healthier lifestyles. As India eagerly embraces the annual celebration of International Yoga Day, Amway India took the center stage in emphasizing the profound significance of nutrition and yoga in achieving holistic well-being. With a vision to help people live better, healthier lives, Amway strives to ignite a transformative journey. And, as part of which Amway India organized series of virtual and physical yoga sessions along with expert speaker programs covering close to 2000 fitness enthusiasts across the country. The program was designed to spread the message on optimal health with a combination of good nutrition and regular physical activity such as yoga practices.

While reflecting on this occasion, Gursharan Cheema, Sr. Vice President, North & South, Amway India, said, "At Amway, we are steadfast in our conviction regarding the transformative power of nutrition and physical activity as the cornerstones of optimal health and wellness. As a global leader in nutrition, we firmly believe that wellness is multi-dimensional, encompassing physical, mental, emotional health and adequate nutrition. Good nutrition, an active lifestyle, and inner well-being are all interconnected. In recent times, such discussions around gut health have gained significant momentum, highlighting the undeniable link between the brain and the gut, also known as



the 'second brain'. The food we eat can have a profound impact on our body and mind, hence the right diet can bring us in the right frame of mind when processed through a healthy medium of gut. Towards this, Amway, powered by Nutrilite, reinforces the importance of balanced and nutritious diet, as well as managing stress through practices like yoga or meditation. Yoga is as much about the body as it is about the mind, an ancient practice which has long recognized the connection between the gut and brain, predating the scientific understanding of the gut-brain axis influencing mood, emotions, and overall well-being."

He further added, "Studies indicate that incorporating traditional herbs into yoga practice can yield enhanced results, offering positive health benefits. For centuries, Indian traditional herbs have been known for their physiological benefits. In light of this, we have Nutrilite's Exercise, positive Attitude, Rest, Nutrition, Nutrilite, by Amway, has been continuously striving to help people achieve their health and wellness goals.

more to support immunity, mental agility, digestion etc. The range brings together the Best of Nature, the Best of Science with the Best of Indian Traditional Wisdom, offering assured level of Purity, Safety and Potency of herbs."

In North, the team celebrated International Yoga Day with a virtual campaign #ButFirstYoga with the aim to learn the art of balancing the Mind Body and Soul. With a growing focus on preventive health, Amway is committed to empowering individuals to take charge of their health and well-being. Amway's Nutrilite is the world's No. 1 selling vitamins and dietary supplements brand with a strong legacy of over 90 years in the plant-based approach to supplementation. Recognizing that wellness begins from within, Amway India has been promoting the concept of holistic well-being through its E.A.R.N philosophy which rests on 4 key pillars - Exercise, positive Attitude, Rest, Nutrition. Nutrilite, by Amway, has been continuously striving to help people achieve their health and wellness goals.

NC aims to develop cities, towns with modern amenities if elected in ULB polls



J I NEWS SERVICE

JAMMU, JUN 22: J&K National Conference today announced that the Party will focus on the beautification and development of cities and towns in Jammu region by providing modern amenities if voted to power in the upcoming Urban Local Bodies (ULB) elections.

In this regard, senior colleagues of National Conference discussed the upcoming Urban Local Bodies (ULB) elections in Jammu and Kashmir during a meeting held at Sher-e-Kashmir Bhawan Jammu, Chaired by Rattan Lal Gupta, Provincial President JKNC Jammu, the meeting discussed various burning issues at hand and the resolu-

tions needed to be taken in order to efficiently conduct the polls.

Rattan Lal highlighted the need to constitute district wise committees in Jammu region that would oversee the ULB elections. The members asserted that if the Party comes to power, it will roll back the uncensured imposition of property tax, provide 24x7 electricity supply, regular water supply, and upgrade the sewage system. Moreover, the city of Jammu will be beautified with modern amenities, and a scientific waste disposal system shall be established along with recycling units.

"National Conference firmly believes that the development of our cities and towns is essential for

the overall growth and prosperity of Jammu and Kashmir. We promise to provide state-of-the-art facilities and infrastructures such as roads, parks, playgrounds, public toilets, waste management systems, and uninterrupted electricity and water supply." Opening of dispensaries and health centres with adequate medical infrastructure, doctors, and paramedical staff to provide adequate health care facilities to the general public in each ward at JMC. The party has also pledged to create job opportunities for the youth by promoting entrepreneurship and industries in the UT, he added. The Participants appealed the party workers to gear up for the upcoming

polls by spreading awareness among voters about the party commitments and asked the people to support the National Conference in the upcoming ULB polls as these elections are of paramount importance to the development and governance of the region.

Among those who were present in the meeting include: Ajay Kumar Sadhotra former minister and Central Secretary, Sheikh Bashir Ahmed Provincial Secretary Jammu, Jugal Mahaja Treasurer, Babu Rampaul former minister and Central Zone President, Sajjad Ahmed Kichloo former minister and Zone President Chenab Valley, Dr. Chaman Lal Bhagat Ex-MLA, Binla Luthra Ex-MLA, Pardeep Bali Provincial Secretary, Vijay Lochan P.P. SC Cell, Abdul Gani Teji P.P. OBC Cell, Chander Mohan Sharma District President Jammu Urban, Naresh Bittu District President Jammu Rural B, Ragbir Singh Manhas District President Jammu Rural A, Surjeet Singh Manhas, Anurag Abrol Joint Secretary Jammu Province and others.

Sangh volunteers took out a grand march in Vijaypur



J I NEWS SERVICE

VIJAYPUR, JUN 22: The volunteers of Rashtriya Swayamsevak Sangh took out a grand march (Path Sanchalan) in Vijaypur town on Thursday. This Path Sanchalan started from the local Higher Secondary School and ended up at the nearby village Gadwal. During Path Sanchalan

volunteers were showered upon the volunteers at various places. Disciplined and in full uniform, the volunteers were marching step by step to the beat of the Ghosh (band). Seeing the volunteers in full uniform, both the public on the road sides stood to watch the movement of the road.

In this Path Sanchalan, more than 200 volunteers of Sangh Shiksha Varg,

first year, participated. The volunteers from different parts of Jammu and Kashmir took part in Path Sanchalan are getting training in Sangh Shiksha Varg. Sangh Shiksha Varg started on 11 June 2023 and will conclude on 02 July 2023.

Different types of training are given to the volunteers in the on going varg. Path Sanchalan is also a part of regular training in Sangh Shiksha Varg, in which walking together not only strengthens the sense of organization, but also teaches the lesson of discipline and patriotism. The Path Sanchalan was welcomed by every section of the society with enthusiasm and showering flowers upon the volunteers.

The entire city rejoiced with the cheers of Bharat Mata ki Jai by the society. Everyone was mesmerized by the playing by the Ghosh players of the Sangh.

Varg Adhikaries Colonel (retd) Sukhbir Mankotia and Colonel (retd) Devendra Sharma kept encouraging the volunteers by being mainly present in the programme.

Shiv Sena (H) State President call on SDPO Nagrota; Discusses measure to make traffic smooth during Amarnath Yatra

J I NEWS SERVICE

JAMMU, JUN 22: State President of Hindustan Shiv Sena Vikrant Kapoor today met with the SDPO of Nagrota Akash Kohli and discussed in detail with him ways to curb the increasing cases of Bovine smuggling. Appreciating the efforts being made by SDPO of Nagrota Akash Kohli to curb Bovine smuggling, Vikrant Kapoor said that Bovine smugglers should be completely cracked down on. For this, he talked about giving all possible cooperation to the police on behalf of Hindustan Shiv Sena.

On the other hand, the State president of Hindustan Shiv Sena Vikrant



Kapoor also discussed the steps to be taken to operate the traffic smoothly during Shri Amarnath Yatra so that the pilgrims do not face any kind of inconvenience during the yatra. The SDPO Akash Kohli assured them that every possible effort would be made to ensure smooth flow of traffic during the period of

the yatra. During this Vikrant Kapoor was accompanied by Sunit Dabgotra senior Hindustan Shiv Sena leader. Talking to reporters after meeting the SDPO Vikrant Kapoor said that his conversation was beneficial and the conversation took place in a very cordial atmosphere.

PIB Srinagar organizes Media Workshop 'Vartalap' at Pulwama

JINNESSERVICE
PULWAMA, JUNE 22

To build a direct interface between the government and the journalists working at district and sub-district levels across Kashmir division, Press Information Bureau (PIB), Srinagar, Ministry of Information and Broadcasting, Government of India today organised Media Workshop 'Vartalap' at Town Hall Pulwama.

The theme of the workshop was "9 Years of Seva, Sushasan and Garib Kalyan". Assistant Commissioner Development, Pulwama, Dr Peerzada Farhat Ahmad was the Chief Guest on the occasion.

Addressing the gathering, Dr Ahmad encouraged the media to provide feedback to the administration so that it helps in better governance. He said that media has a lot of power and media persons should use that power wisely and judiciously and make sure that the power is not misused. He asserted that the relation between the government and the media should be an honest one as it is ultimately the public that gets to benefit from it.

Dr Ahmad also spoke about the implementation and progress of MGNREGA and PMAY schemes in the district. He said that MGN-

REGA has been a great success in Pulwama district and against a target of 5 lakh person days for the last financial year, more than 11 lakh person days were generated in the district which is an achievement in itself. He said that under the scheme, more than 200 streams in the district which had been converted into dustbins have been cleaned and rejuvenated.

Talking about the PMAY scheme, Dr Ahmad said that more than 500 installations of money have been distributed among beneficiaries in the previous financial year. He said that besides providing money for houses, the government is also providing financial assistance for construction of individual house hold latrines which is mandatory under the Swachh Bharat Mission.

Earlier in his welcome address, Joint Director (Media and Communication) PIB Srinagar Sh Qazi Salman said that the purpose of the workshop is to get in touch with media at the grassroots level. He said that media works as the watch dog of society and inputs given by the media are very important for the administration.

Highlighting the completion of 9 years in office of the current government, Sh Salman said that



the period has been transformative when we speak of governance in India. He said that the schemes of the government are well directed and the masses are getting their due. He added that there is a difference in how the world sees India now as compared to 10 years ago and that is evident by the fact that India is holding the G20 presidency at the moment.

Sh Salman said that journalists working in rural and far flung areas have an added responsibility on their shoulders as the areas that they serve are usually far from the centres of power and it is their responsibility to highlight issues of the people in an efficient manner so that their grievances can be addressed effectively.

District Agriculture Officer, Pulwama, Sh Mohammad Munaf gave an overview of the various achievements and objectives of the Agriculture Department. He said food security and sustainability is a mission of the Central Government and the Government of Jammu and Kashmir is working hand in glove with the Centre to achieve this. He said that the Holistic Agriculture Development Programme was conceived by the J&K Government keeping the interest of 13 lakh farming families in mind and 29 projects are running under it. He added that in keeping with the latest trends in technology, the Agriculture Department is providing around 1500 tutorials to farmers which they can access on their phones.

Sh Mohammad Nadeem Bhat, District Programme Manager National Rural Livelihood Mission spoke about the implementation of various schemes under the programme in Pulwama district. He said that

under the programme, Self Help Groups of women have been formed and the department helps in capacity building and also provides financial assistance so that beneficiaries can take maximum benefit out of the schemes.

District Immunisation Officer, Pulwama, Dr Masooda talked about the status of PMJAY-SEHAT and Jan Aushadi programmes. She said that 100 per cent families of the district have been provided PMJAY-SEHAT cards and there are eight empanelled hospitals working in the district. She said that the Jan Aushadi scheme has proved to be a beacon of hope as it provides quality generic medicines at an affordable price and people do not have to compromise with their well being due to financial constraints.

Assistant Commissioner Panchayats, Pulwama, Sh Owais Mushtaq spoke about the implementation and progress of Swachh Bharat scheme in the district. He said that district administration is working day and night to achieve the target of being ODF+ (Open Defecation Free) by August 15 which has been set by the Chief Secretary. He said that programmes like these cannot be successful without active participation of the people and the media has to play a

positive and proactive role to achieve this.

District Information Officer, Pulwama, Sh Nausad Ahmad said that Pulwama district is excellent in every field and is fast becoming the first preference of visiting dignitaries and tourists. He added that things will not work out until media and administration work in coordination and are on the same page.

Earlier in the programme, Media Communication Officer, PIB Srinagar, Sh Majid Mushtaq Pandit gave a detailed presentation on the working and mandate of PIB. He emphasized on the need to work closely with local media to create awareness about various Central Government schemes and programmes.

The technical sessions were followed by an interactive question-answer session in which journalists talked to the experts and cleared their doubts regarding various schemes and programmes. The journalists also thanked PIB for organising the workshop and expressed hope that more such workshops will be conducted in future. The proceedings of the workshop were conducted by Sh Tariq Ahmad Rather, Deputy Director (Media and Communication), PIB Srinagar.

Chief Secretary reviews traffic management in Srinagar town

JINNESSERVICE
SRINAGAR, JUNE 22

Chief Secretary, Dr Arun Kumar Mehta today chaired a meeting at Civil Secretariat here to review the traffic arrangements in the Srinagar City. He also reviewed the status of traffic movement on the Srinagar-Jammu national highway for the upcoming Shri Amarnath Yatra and the ongoing tourist season.

The meeting was attended by Principal Secretary PWD, Divisional Commissioner Kashmir, Commissioner SMC, IGP traffic, DIG traffic, DC Srinagar, SSP traffic, VC J&K LCMA and others concerned.

Deputy Commissioners of Anantnag and Ramban attended the meeting through video conferencing.

While chairing the meeting, Dr Mehta stressed upon the officers to take all necessary measures to smoothen the flow of traffic in Srinagar city and all other areas with zero tolerance against offences like wrong parking and lane indiscipline. He expressed concern on the traffic snarls around the Dal Lake area and directed the concerned to take corrective measures in this regard at an earliest.

Maintaining that check-

ing points should not create unnecessary problems for the commuters, CS directed the traffic authorities to make their checking methods more people friendly. He said that there should be no halting of buses at their will and these should stop only at designated locations. He said that wrong parking has to be dealt with strictly and any vehicle found wrongly parked should be towed away.

The Chief Secretary also inquired about the traffic arrangements for the upcoming Amarnath Yatra and said that a proper plan should be framed to ensure smooth flow of traffic. He said that the coming months should not witness any traffic jams and all preparations have to be made in advance to plug any loopholes.

Dr Mehta enjoined upon the officers that the experience of yatis on pilgrimages and other tourists should be pleasant so that they promote Jammu and Kashmir as a tourism destination back home.

He also asked the traffic department to hold a stakeholders consultation and formulate SOPs which all stakeholders comply with without need for coercive measures.

FROM THE FRONT PAGE...

India, US take pride...

White House from the outside.

"After becoming the PM, I've come many times, but today for the first time the doors of the White House have been opened for the Indian-American community in such large numbers," he added. (Agencies)

Indo-US relationship...

in expanding healthcare, climate change and issues arising out of Russia's aggression on Ukraine.

"Welcome back to the White House," Biden said amid cheers from the crowd gathered on the South Lawn of the White House.

With India's cooperation, we have strengthened QUAD for a free, open, secure and prosperous Indo-Pacific, the US president said. (Agencies)

PM Modi Gifts...

Papier mache box to the US First Lady @FLOTUS," commerce and industry minister Piyush Goyal said in a tweet.

The diamond is eco-friendly as resources like solar and wind power is not used in making. The green diamond is sculpted with precision and care using cutting edge technology. It emits only 0.028 grams of carbon per carat and is certified by the Gemological Lab, IGI (International Gemological Institute).

India is promoting manufacturing of lab-grown diamond (LGD) in the country and for that the government announced steps in the last Union Budget.

The government had announced elimination of customs duty on LGD seeds from 5 per cent earlier. It also approved a five-year research grant to the Indian Institutes of Technology, Madras to encourage the indigenous production of LGD machinery, seeds and recipe.

It is proposed to establish an India Centre for Lab-grown Diamond (InCent-LGD) at IIT Madras with the estimated cost of Rs 242.96 crore over 5 years.

Lab-grown diamonds are produced through two technologies - High-Pressure High Temperature (HPHT) and Chemical Vapour Deposition (CVD). India is one of the leading producers of these diamonds using CVD technology.

As per industry estimates, India's share in its global trade in the financial year 2021-22 was 25.8 per cent. However, India has to depend on other countries for the supply of critical machinery components and seeds - which are the raw materials for producing synthetic diamonds.

The aim of this (InCent-LGD) project is to provide, in mission mode, technical assistance to the industries, and entrepreneurs in the country, in promoting indigenous manufacturing of both CVD and HPHT systems along with the recipes for expanding the LGD business at the upstream end.

Besides the jewellery industry, lab-grown diamonds are used in computer chips, satellites, and 5G networks as they can be used in extreme environments due to their potential to operate at higher speeds while using less power than silicon-based chips.

LGD has a vast application in the field of defence, optics, jewellery, thermal and medical industry. The lab-grown diamond jewellery market is expected to rapidly rise to USD 5 billion by 2025 and exceed USD 15 billion by 2035.

The exports of cut and polished (worked) lab-grown diamonds stood at USD 1.4 billion during April-December 2022-23. It was USD 1.35 billion in 2021-22.

On the other hand, Kashmir's Papier mache involves meticulous preparation of paper pulp and naqashi, where skilled artisans paint elaborate

designs. It has a GI (Geographical Indication) tag.

A GI is primarily a sign of authenticity of an agricultural, natural or a manufactured product (handicrafts and industrial goods) originating from a definite geographical territory.

Typically, such a name conveys an assurance of quality and distinctiveness, which is essentially attributable to the place of its origin.

There is a proper process of registration of GI products, which includes filing of application, preliminary scrutiny and examination, show-cause notice, publication in the geographical indications journal, opposition to registration, and registration.

Any association of persons, producers, organisation or authority established by or under the law can apply. The applicant must represent the interest of the producers.

It is a legal right under which the GI holder can prohibit others from using the same name.

Once a product gets this tag, any person or company cannot sell a similar item under that name. This tag is valid for a period of 10 years following which it can be renewed.

The other benefits of GI registration include legal protection to that item, prevention against unauthorised use by others, and promoting exports. The famous goods which carry this tag include Basmati rice, Darjeeling Tea, Chanderi Fabric, Mysore Silk, Kullu Shawl, Kangra Tea, Thanjavur Paintings, Allahabad Surkha, Farrukhabad Prints, Lucknow Zardozi and Kashmir Walnut Wood Carving. (Agencies)

J&K is charting new...

harmonious atmosphere and called it as the greatest homage to the life and mission of Dr Syama Prasad Mookerjee who laid down his life for building a strong and united India.

The Vice President announced a Memorandum of Understanding between the Indian Council of World Affairs and University of Jammu. This, he said, will facilitate greater exposure to the University in domains of culture, education and foreign affairs at a global level.

Lieutenant Governor Shri Manj Singh expressed gratitude to the Hon'ble Vice President for attending the convocation and blessing the students at the beginning of their working life.

Congratulating the students, the Lt Governor urged them to follow their passion, move forward with new solutions, adapt to the change and learn new things accordingly, and share the wisdom earned at the University with the world.

"Convocation is the moment of transformation in a student's life. Stepping into the real world is also considered as start of a new mission, a mission to use special knowledge and skills and to contribute in equitable, sustainable growth in building a strong and prosperous India," the Lt Governor said.

In this era of Artificial Intelligence and new emerging technologies, rapid changes are happening around us. This change has given us an opportunity to see the entire education system in a new perspective, he observed.

We have to respect individuality and unique talent hidden within each student. Classrooms should inculcate courage, give students the power of independent thinking and inspire them to become a better person and not just a class topper, the Lt Governor said.

The Lt Governor said, in the future, students will not come to Universities to receive just bookish knowledge or to accumulate more information. Universities will have to prepare human capital which will ensure its relevance in this fast changing world powered by algorithms, he added.

The Lt Governor appreciated the J&K Higher Edu-

cation Council and Vice Chancellors of all Universities of J&K and associated stakeholders for their significant contribution in implementing National Education Policy and promoting independent thinking, scientific temper, creativity and nurturing unique personality among students.

"Under the guidance of Hon'ble PM Shri Narendra Modi Ji, NEP 2020 is promoting an education system that makes students conscious, not mechanical. It makes them carrier of knowledge, wisdom and values and not a storehouse of memories," the Lt Governor said.

"In the coming future, only that education will be relevant which will prepare the student for life-long learning with spiritual and cultural values. Education will be not just impart technical knowledge but promotes individuality, uniqueness of the student. Education that will sharpen student's skill of critical, creative thinking, communication and collaboration and help them to flourish," he observed.

National Education Policy 2020 promotes life-long learning and enables students to adapt to change in different sectors. We cannot predict skills that would be required in the next 10 years but individuality, independent and Critical Thinking, and Creativity will be the key skills for adaptation, he said.

The Lt Governor also extended his hearty congratulations to all the faculty members and teachers of University of Jammu.

Convocation is also a moment of pride for teachers. Our ancient scripture beautifully describes the relationship between Guru and Disciple. Guru prays that his fame and his disciple fame may increase together. This is an example of the highest values of our Indian culture. In that sense, students are not just students but disciples and admirers, he said. The Lt Governor said, "I am confident that in the coming days, Jammu University will give new direction to the education sector of the country."

Prof Umesh Rai, Vice Chancellor, University of Jammu, presented the University report and highlighted special programmes to be rolled out soon. The University is in the process of setting up a full-fledged Directorate of Hindi and a Centre of Excellence in Dogri, he said.

Various significant initiatives of the University of Jammu including programmes like 'College on Wheels', 'Design Your Degree'; promotion of national, local language and culture; translating the Constitution of India into Dogri language; multi-arts festival like Duggar Darpan; initiatives in sync with Hon'ble Prime Minister's call for 'Land to Land' and 'Land to Land' approach; MoU with the High Altitude Warfare School of Army at Gulmarg in the discipline of Disaster Management, received special appreciation from the Hon'ble Vice President.

Dr Sudesh Dhanghikar, wife of Hon'ble Vice President; Prof Dinesh Shankar, Vice Chairman, Higher Education Council, J&K; Sh Rajeev Rai Bhatnagar, Advisor to Lt Governor; Vice Chancellors of various Universities; Members of University Council, eminent personalities; senior officials, faculty members and students attended the Special Convocation ceremony.

HM on 2-Day...

Later, he will attend the 'Vitasta' festival organised by the Union Ministry of Culture in the city.

On Saturday, the home minister will lay the foundation stone of the 'Validan Stambh' in Srinagar before returning to the national capital. (Agencies)

Union Minister Jitendra...

N Kalaiselvi, Department of Science & Technology Secretary S Chandrasekhar, Department of Biotechnology Secretary Rajesh Gokhale, Earth Sciences Secretary M Ravichandran, and Department of Atomic Energy Secretary A K Mohanty attended the meeting.

Mission Youth: Boon...

Tajewani, used to give home tuition to small children in her neighbourhood. However, that was not sufficient to bear her personal expenses.

"Sometimes I would feel very distraught. I always wanted to serve my family and society but financial constraints always forced me to look another way", Afshana said as she was recalling her past.

Afshana established a poultry farm with the assistance provided under Tejaswini scheme and now she is providing employment to five more fellow girls.

This financial year, assistance to more than 1588 women entrepreneurs has been provided under the scheme with a resultant employment generation of 3615. Total financial assistance to the tune of 102 crore has been sanctioned along with an amount of 12 crore as government contribution towards subsidies.

Likewise, the Mission Youth Volunteer Program for youth engagement at grassroots level and rolled out a special volunteer program in the name of YOUTH CLUBS. The initiative was approved by the Governing Body of Mission Youth, headed by Lieutenant Governor. The volunteer program was made fully operational on the eve of International Youth Day 2021 and 4500 youth clubs have been constituted under the program across the UT.

More than one lakh youth have been involved in volunteer activities through the program who got opportunity to work through real challenges and make meaningful change in the society. Youth have been enabled to learn new social skills like collaboration and problem solving that are vital to succeed in academics, workplace, and their personal lives.

An amount of 7.25 crore has been provided as grant in aid for specified activities of the youth clubs in present financial year.

"We always felt alienated from the system but after joining Youth Volunteer Program of Mission Youth, we are feeling part of policy making and governance," said Aqib from Pulwama.

The youth volunteer members of Pulwama organized a month long drug de-addiction campaign in every Panchayat of the district recently. "We will make Pulwama a drug free district within next few months", said an enthusiastic Youth volunteer.

Mission Youth has been a game changer for the youth of Jammu and Kashmir. The initiative has provided the youth with the necessary resources and support to enhance their skills and promote entrepreneurship, thereby contributing to the socio-economic development of the region. The success of Mission Youth serves as an inspiration for other states to implement similar initiatives for the development of their youth.

Mission Youth has succeeded in turning J-K youth into ambassadors of innovation, peace and development through systematic interventions for youth engagement and outreach under six domains including livelihood generation, education/skill development, financial assistance, counseling/theory, sports and recreation.

Remarkably, tremendous work performed by the Mission Youth during past few years bore fruit when the Mission Youth was awarded with Prime Minister's award for the Excellence in Public Administration 2022, under the Innovation (State) category on 16th Civil Services Day this year.

Kamdhenu Paints organized its biggest ever channel partner's meet

JJ NEWS SERVICE

JAMMU, JUN 22: Kamdhenu Paints, a brand of Kamdhenu Group and leading manufacturer of high-quality paints and emulsions, organized two days of 'Kamdhenu Sensational Bollywood Night (KSBN 2)' for its Channel Partners to recognize them for their performances and inspire them towards greater heights. This is the first post merger of paints business and the biggest ever channel partner's meet of the company. More than 800 dealers with their families across the country attended the event.

Manushi Chillar Miss World 2017 and Bollywood heartthrob Rajkumar Rao, handed out awards to the outstanding channel partners. This year's event has something for every member of the family with the best of games, music and food. The legendary Padma



ShriSonu Nigam and Bollywood singer Rahul Vaidya enthralled everyone with their famous melodies. Popular celebrities Jacqueline Fernandez and Rakulpreet Singh were also a huge hit with the crowd capturing memorable moments with them. Jitesh Chawla left the crowd in splits with his hilarious jokes and mimicry. Globally acclaimed dance groups

Dance Smith and MJ5 helped the audience shake a leg with their outstanding performance. Speaking at the event, Mr. Saurabh Agarwal, Managing Director, Kamdhenu Paints said, "Kamdhenu values each of its channel partners as an integral member of the Kamdhenu family. They have played a pivotal role in establishing Kamdhenu

as a renowned household brand. Events like Kamdhenu Sensational Bollywood Night not only allows us to express gratitude for their unwavering support but also enables us to gain a deeper understanding of their requirements and identify the most effective ways to support and collaborate with them. In synergy with our channel partners, we aim to achieve Rs. 1000 Crore in revenue by FY-28." The annual event is organized to honour high performing channel partners and celebrate with their families. Mr. Satish Kumar Agarwal, Chairman and Managing Director of Kamdhenu Group, Mr. Sunil Kumar Agarwal, Chairman of Kamdhenu Paints, Mr. Saurabh Agarwal, Managing Director of Kamdhenu Paints along with other senior officials attended the event to congratulate and interact with the winners and their families.

National Webinar on How Yoga Therapy and music affect people

JJ NEWS SERVICE

UDHAMPUR, JUNE 22: To Mark World Music Day cum International Yoga Day, Department of Music, Government College for Women (GCW) Udhampur organized a National webinar on the topic "How Yoga Therapy and music affect people" under Azaadi Ka Amri Mahotsav-campaign under the theme of "Unity and G20 presidency".

Principal of the College Prof Anjali Mahajan was the chief guest on the occasion. While Assistant Professor in Music Ms. Shivani Raina

College Bishnah was the resource person of the webinar. Principal of the host College, Prof Anjali Mahajan lauded the efforts of the Music Department for organizing the national webinar. She urged for holding more such programmes in near future in the institutions for the benefit of music students as well as faculties. Resource person Prof. Shivani Raina gave a detailed lecture upon a practical demonstration on the above said topic. She talked about the relationship between yoga and music. She said that music

human life because overwhelming work, weight, mental stress, anxiety, people listen music for relaxing their mind. Music increase the metabolic activities with the human body, She added. Prof. Shivani further said that Yoga is like music, the rhythm of the body, the melody of the mind and harmony of the soul create the symphony of life. She also gave brief about the various Raags used in the Indian Classical. Later, Programme concluded with the vote of thanks presented by Head of Department Music Dr. Seema Sharma.

The proceeding of the programme was conducted by Assistant Professor Mrs. Shalju Jasrotia besides Assistant Professor Dr. Sanjay Kumar and Assistant Professor Yash Kumar coordinated the National Webinar.

Among others, HoD Zoology Dr. Sanjeev Kour, HoD Botany, Ashu Devi, Assistant Professor Botany Dr. Kewal Kumar, Assistant Professor Geography Pooja Bharti, Assistant Professor Music Dr. Sanjay Kumar, senior faculty members and large number of participants were also present in the webinar.

Manjit Singh pays obeisance at Chamlayal Baba shrine

JJ NEWS SERVICE

JAMMU, JUN 22: Apni Party Provincial President, Jammu, and Former Minister, S. Manjit Singh today paid obeisance and sought blessings from the highly revered shrine of zeroline of India and Pakistan International Border at Chamlayal, Ramgarh in Samba district.

The Former Minister was accompanied by over a dozen prominent people, PRLs, and Apni Party leaders during his visit to the shrine where he sought the blessings of the shrines. Thousands of people thronged to the annual mela organised at the shrine by the locals and BSF unitedly for decades. In his message to the people, the Former Minister said that the occasion reminds us about the unity, and coexistence with the



people from different faiths. He said that J&K is known for its sufism, temples, and culture of accommodating the people of different backgrounds and co-existence. "The shrine reminds the importance of unity in the society," he said, and

appreciated the organising mela at the shrine annually in a well managed manner. He however demanded certain facilities like a rest house / rest rooms, separate toilets for male/female, canteens, chilled drinking water and sheds with proper sitting capacity for the visitors and

devotees who come here to pay their obeisance. District President, Legal Cell, Samba, Adv Sahil Bharti, Block President, Bachan Choudhary, Deeleep, Amrik Singh among others had accompanied the former minister during his visit to the shrine at Chamlayal.

Eid-Ul-Azha 2023 arrangements finalised at Udhampur

JJ NEWS SERVICE

UDHAMPUR, JUNE 22: To finalize the necessary arrangements in connection with the ensuing Eid-Ul-Azha festival, a meeting of concerned District Officers was held today under the Chairmanship of Deputy Commissioner, Udhampur Sachin Kumar Vaishya.

The meeting was attended by Additional Deputy Commissioner, Joginder Singh Jasrotia; Additional SP, Anwar-Ul-Haq and other District Officers, besides representatives of civil society. Detailed discussions were held on various arrangements regarding the celebration of Eid-Ul-Azha especially the availability of Drinking water supply;



uninterrupted power supply, First Aid, Fire tenders, quality and checking of rates of eatables and proper sanitation in the city. The DC directed the concerned departments to ensure the availability of water supply, First Aid, Fire tenders, uninterrupted power supply, security arrangements and proper cleanliness in the district. Sheep Animal

Husbandry Officer was directed to ensure sufficient availability and inspection of quality of mutton during the festival. Municipality was directed to ensure proper sanitation arrangements in the towns. To keep a check on the rates and quality of the eatables, the DC constituted a team of officers comprising AD FCS&CA, Tehsildar, Food Safety Officer, officials

of Legal Metrology Department to conduct inspections in the market to keep check on overcharging and availability of quality eatables. The Chief Medical officer was directed to make Medicare facilities at Eid Gah and Jamia Masjid Udhampur during the festival, while District Police was asked to deploy adequate police personnel in traffic jam prone places of the town. Meanwhile, the shopkeepers have been directed to display the rate lists of eatables prominently in their shops for the consumers. In his message, the DC extended warm greetings to the people of the district on the auspicious occasion of Eid-Ul-Azha in advance.

9 Years Of PM Modi: Rekha Mahajan Highlight Government's Achievements

JJ NEWS SERVICE

JAMMU, JUN 22: Bharatiya Janata Party (BJP) District President Jammu South today launched a door-to-door campaign to popularise the nine-year achievements of Prime Minister Narendra Modi. Rekha Mahajan under a door-to-door campaign in Bahu Constituency visits Senior Citizen's Rejuvenation Centre in Trikuta Nagar and handed over pamphlets describing the achievements of the Modi-led government. President Senior Citizen Rejuvenation Centre Baldev Raj Gupta, Shubchander Verma, and the team of senior citizens also performed Yoga in the program.

While addressing the gathering of the general populace Rekha Mahajan highlighted and explained how the Modi government had changed their lives in the last nine years with a slew of welfare schemes and massive infrastructure development in the union territory of J&K.

In the last nine years, Rekha said that all senior citizens in India are taking advantage of many government-approved schemes. She said that the government will hike the Senior Citizens Savings Scheme upper limit from Rs 15 lakh to Rs 30 lakh.



The government recently revised the interest rates for the scheme to 8 percent per annum for the fourth quarter, besides, the government will also launch a new small savings scheme, Azadi Ka Amrit Mahotsav Mahila Sammaan Bachat Patra, for women, Jan Dhan Yojana, PMAY and many other related public friendly schemes for the welfare of all domain of society.

Rekha Mahajan said that the country has witnessed "unprecedented" development in every sector with the mantra of "nation first" guiding PM Modi's policies. She stated in J&K that

the Modi government's nine years have brought India safe borders and world-class infrastructure and increased its global esteem. "In the last nine years, the Modi government has given the nation four strong pillars, which are respect, internal and external security, the welfare of the underprivileged, and infrastructure development," BJP District President Rekha Mahajan said at a Senior Rejuvenation Centre in Trikuta Nagar on the completion of nine years of the Modi government. She said that the last nine years have seen the emergence of a "new India".

Derabassi residents deprived of full fruit of Independence: Javed Rana



JJ NEWS SERVICE

MENDHAR, JUN 22: Senior National Conference leader and President Jammu and Kashmir National Conference (JKNC) Pirpanjal, Javed Ahmed Rana while expressing serious concern over the miseries of the people of Deridabasi accused the incumbent Union Territory Administration and the BJP Govt at the Centre of adopting vindictive politics by neglecting the National Conference strongholds.

He expressed this while addressing media after meeting a delegation from Deridabasi who met him at his residence here today. The delegation submitted a memo-

randum to him highlighting their woes and miseries.

The Senior National Conference leader said that Border people have been deprived of the full fruit of independence since 1947 the unfortunate division not only of territory but of the people of this region with relatives on both sides of the LoC in this region.

He said that Deridabasi a border area continues to reel under acute backwardness even today with the people of the area suffering the most be it ceasefire violation or cross border terrorism. While saluting these people for maintaining integrity of the nation as first responders on along LoC, defending the borders and maintaining peace under adverse conditions,

Rana said that I had demanded earlier too and reiterate that the Govt must take serious measures to remove the barrier so that the people can meet their relatives any hassles.

Javed Rana said "I had initiated measures for laying roads and other infrastructure projects in Deridabasi area, but the same stand abandoned by the incumbent Govt. He said that it is an irony that people of this area have to go to Manikote for getting their works done despite Mendhar being in its close vicinity and comfortable for the people. He demanded that Govt must detach Deridabasi from and bring it under Mendhar administrative unit. He asserted that he had already met the officials of the administration in this regard and hopes the demand will be met at the earliest.

The senior NC leader said that the life of the people in the area be made easy especially for their movement in this vulnerable region.

"I appeal to the Govt at the Centre to initiate immediate measures for the uplifting of this neglected area be it communication, electricity, water supply, adequate construction of bunkers, etc. Moreover the projects initiated by the NC Govt that were abandoned by the incumbent UT Administration be taken up on first priority," he demanded.

GK Educational Trust conducted Employment Awareness camp

JJ NEWS SERVICE

KATHUA, JUN 22: The aim to conduct an employment Awareness camp is to provide employment to those Candidates who are imparting skill development training in different trades.

Chief Guest Mr. Naresh Kumar (Assistant Director Employment), Mr. Surjee Kumar (Carrier & Consulting Officer) & Special Guest Mr. Ankit Anand (Young professional Employment). Mr. Sahil Singh (K.P.O Employment) from district employment office Kathua informed the about various schemes like Munkin, Tejaswani etc



& guided them to avail maximum benefit from these schemes for their employment. Also various local employment companies like Vroocy, SS Technosystems, Agpsz Pvt. Ltd. Active100, etc. Were present during the Employment Camp and they were willing to give

employment opportunities to candidates after they completed skill development training. The participants showed great interest in learning about the various employment programs and schemes offered by the government & private organizations. The Employment Awareness

Camp covered various topics, including job search strategies, resume building, interview preparation, and the application process for various employment programs.

GK Educational Trust is committed to creating opportunities and improving the lives of people in the community, and events like these are a testament to our efforts. Mr. Ammar (Director G K Educational Trust), Ms. Preetpal Kour (Center In Charge) Mrs. Kajal Mehra (Trainer) and Mr. Suhail Ahmed (Trainer) & other staff members from GK Educational Trust were also present.

NCE holds one day workshop on "Revised accreditation frame work for affiliated colleges"

JJ NEWS SERVICE

JAMMU, JUN 22: National College of Education Parkcho-Domana Jammu organizes one day workshop for the development of faculty under IQAC and NSS on the topic "Revised accreditation frame work for affiliated colleges" Prof. Mohd Zuber Dean School of Teacher Education, Cluster University of Jammu was invited as a

resource person for today's programme. Prof. Mohd Zuber shed light upon the functions of NAAC, essential key points and purpose of conducting NAAC. He gave detailed guidance about all the aspects related to NAAC like eligibility criteria, QIF Quality Indicator Framework etc.

Principal Dr. Manju Dwivedi gave welcome address to Prof. Mohd

Zuber She said that this workshop will be fruitful and plant seeds to understand the procedure of NAAC in better way to get a higher grade that is possible by hard work of stake holders of the institutions. Programme was hosted by senior faculty member Mrs. Neetu Sharma Mrs. Yashumati Jamwal senior faculty member extended thanks on the behalf of management and faculty

and said that is expert guidance will be beneficial for the institution. Er Ajit Singh Jamwal Dean administration and faculty members Mrs. Meenakshi Sharma, Mrs. Aneesha Jamwal, Mrs. Aarti Verma, Miss Rajni Gupta Mrs. Pooja Gupta, Miss Deepika Jasooria, Mrs. Jasmita Lata, Mrs. Deepika Jamwal, Miss Aditi Sharma and Mr. Rashpal Singh were present on the occasion

THOUGHT OF THE DAY

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

JINDRAH IMAGES

Ladakh talks remain inconclusive?

The Ministry of Home Affairs started the process of holding talks with the protesting groups in Ladakh to break the deadlock but the talks so far have ended without any conclusive results. The Leh Apex Body and Kargil Democratic Alliance representatives, who met the MoS Home and held dialogue, have made it clear that the ball is now in the court of the Centre if it really wants to carry forward the dialogue process. They want that the talks should be centered around their four-point agenda and nothing short of it is acceptable to them. The main reason for the discord between two sides was the formation of a High Powered Committee (HPC) by the Ministry of Home Affairs, Government of India to "ensure protection of land and employment" for Ladakh. The move failed to break the ice in the cold desert as the leaders from various social, religious and political groups, except BJP, decided to boycott all the proposed meetings of the HPC till the Centre accepts their demand for inclusion of four major demands for dialogue. Top leaders of two representative groups of Ladakh—Leh Apex Body (LAB) and the Kargil Democratic Alliance (KDA)—recently met in Jammu to take a call on their participation in the HPC meetings. The HPC, headed by the Union Minister of State for Home Affairs Nityanand Rai, was formed on January 3 and it had representatives from both LAB and KDA. Two groups have been spearheading agitation in support of their four major demands including full-fledged statehood for Ladakh, implementation of sixth schedule to protect the interest of the tribal people of Ladakh, separate Lok Sabha seats for Kargil and Leh, and establishment of 'Ladakh Public Service Commission' with the Ladakh Resident Certificate (LRC) as a mandatory requirement for all Gazetted Posts in Ladakh. The elected Hill Development Councils (Leh and Kargil), which governs two districts politically, have already passed unanimous resolutions, though separately, in favour of a four-point agenda. The leaders were of the opinion that the Centre came out with its own agenda in the MHA order regarding formation of HPC. The MHA, in its order, had not made mention of three major demands of Ladakhi people, including statehood status to Ladakh, inclusion of the region in Sixth Schedule and separate parliamentary constituencies for Kargil and Leh. The mandate of HPC to hold discussions on agenda set by MHA was not acceptable to the leaders of Ladakh and this is the only reason that they have unanimously decided they would participate in any meeting of HPC only if it considers their demands. Another point of contention is that the MHA has arbitrarily and unilaterally excluded and included members in the Committee. Contrary to their tough stand, the BJP leaders are out to defend the MHA decision and announced that they would attend all the meetings of HPC, as and when, called by its chairman. There is no doubt that Ladakh has faced many challenges and agitation over the period of time but no government, according to BJP, has constituted such an inclusive and high powered committee. So, this is the high and right time for all the members of the HPC to realize its importance, discuss and deliberate the common issues of Ladakh keeping the national interests as well as the larger interest of the future of Ladakh ahead as aspired by the Ladakh. The UT without legislative assembly is surely going to witness interesting political developments in the days to come. The biggest challenge for the Government of India is to initiate result-oriented dialogue with the agitating groups.

Democracy's balance between certainty and uncertainty

IT IS HUMAN NATURE TO SEEK CERTAINTY AND SHUN UNCERTAINTY. UNCERTAINTY IS SOMETHING THAT WE GENERALLY FEEL APPREHENSIVE ABOUT.

PARSA VENKATESHWAR RAO JR

It is human nature to seek certainty and shun uncertainty. Uncertainty is something that we generally feel apprehensive about. Yet it dictates and dominates a large part of our existence and actions, notwithstanding the apparent preference for predictability and certainty. The combination of certainty and uncertainty, however, helps maintain the equilibrium of stability and change in our life, and in society at large.

No sooner had human beings realized the indispensability and importance of their social or collective existence that we started to wonder about the nature of its organising principles. We realized that one way to make life better is to eliminate uncertainties. From the vagaries of nature to the vicissitudes of human actions - we strove to contain them, predict them and develop a pattern around them. So, uncertainties, especially those uncertain aspects of life that are triggered by the whims and fancies of fellow human beings, demanded appropriate collective resolution.

With this objective in mind, we all agreed to be part of a social contract. However, before human beings agreed to be part of an imaginary or actual 'social contract', life was governed by complete uncertainty. In the words of philosopher Thomas Hobbes, life was "nasty, brutish and short". Social contract was basically aimed to protect ourselves and our belongings from arbitrary human intervention by bringing into existence a power that assured a degree of certainty. In return, we would conduct ourselves responsibly irrespective of our position, power or predilections.

Life and property of common people would be protected by basic rules and a superior power would be entrusted to govern us. Thus the foundation of the modern state or government was laid. Though social contract brought a semblance of equality among common people and secured their life and property, the relation of people with the governing power remained deeply hierarchical, unequal and at times fraught with uncertainties. So, our attempt to bring certainty through mutual agreement and institutional arrangements eventually generated a new set of uncertainties.

Questions were raised on how the governing power was to be attained, exercised and transferred. One of the ways to control the governing power and challenge the hierarchical power relation was to introduce and institutionalize uncertainty. It may sound contradictory that on the one hand we aim to reduce arbitrariness, at the same time, institutionalized uncertainty is encouraged. However, it is not contradictory, rather complementary.

Uncertainty does not always mean arbitrariness or whimsicality. It also implies fairness, equal opportunity and newer possibilities. Uncertainty is a question mark on the status quo. Uncertainty for wielders of power in a system works as a restraint on its arbitrary misuse. The argument becomes clearer when various systems of arranging power are explored. There was a



time when monarchy, especially hereditary monarchy was the dominant form of exercising political power in most parts of the world.

It is a system where the access to power is determined by the accident of birth and succession of power remains confined mostly within the members of royal family. Privileges are enjoyed as long as the grip on power remains intact or certain. The sense of certainty of accessing power in a monarchy is only interrupted by occasional acts of regicide, rebellion and resistance which bring uncertainty in the entire process. However, in a monarchy certainty is as arbitrary as uncertainty itself.

People and their will are generally relegated to insignificance when a regime seeks certainty of power. Autocracy, dictatorship, authoritarianism - all these ways of exercising political power try to ensure one thing, certainty of power. Autocrats who ritually organize elections to legitimize their hold on power, ensure only they emerge as winners out of this process.

In a system where rulers are assured of their power, they show little concern for people and try to eliminate every perceived threat that may bring uncertainty or challenge their status. What is ironic is the fact that uncertainty also looms large on the horizon for autocrats as they never know how and when they would be ousted.

The more they feel uncertain or insecure, the further they are driven into the abyss of uncertainties. It is in the tendency to eliminate uncertainty in favour of unassailable control that lies the seeds of totalitarianism.

Democracy, on the other hand, is the only form of governance where both certainty and uncertainty are institutionalized in a specific order. To call democracy a form of governance that institutionalized only uncertainty is an incomplete description.

Democracy has arranged certainty and uncer-

tainty in way that ensures rulers are restrained and held accountable to the people. Periodic elections, the defining feature of any democracy, are events where we find the display of institutionalized certainty and uncertainty in equal measure. It ensures procedural certainty while keeping the outcome uncertain. In democracy the process lends legitimacy to the outcome.

Therefore, an election always needs to be defined by its procedural certainty and fairness. Similarly, uncertainty of outcome keeps the possibility of change open and most importantly change is not accompanied by bloodshed or violent upheaval. Still, many of us may like to see the uncertainty element in a democracy as a reflection of its weakness or indecisiveness. It can also be argued that democracy has failed to produce so-called strong leaders only because of its inherent uncertainties.

The seducing appeals of strong leaders often make many of us look at uncertainties as dispensable distractions. However, the apparent weakness of democracy actually serves as its biggest strength; it lends resilience to the system by shrinking the space for brinkmanship and widening the scope for different opinions and actors. It is like an open competition where the participants interested to possess political power take part in a process that is more or less fair to all and gives equal opportunity to everyone.

Moreover, the participants also know that in this competition no outcome - neither success nor failure - is permanent or certain. So, it can be concluded that the certainty of process and the uncertainty of outcome together make democracy work the way it does. However, when this order is reversed or upended, the future looks uncertain for democracy and those who believe in it.

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No border state should be cut to create a new one

ABHIJIT BHATTACHARYYA

ONE is distraught by the news reports published in two overseas newspapers - The Guardian (May 16) and The New York Times (June 9) - as the mainstream Indian media appears to be facing logistical hurdles. The former's headline reads: "Separation is only answer: Manipur violence fuels calls for separate state in India". The US daily's language, too, is alarming: "A rising India's also, in one remote pocket, a blood-soaked war zone". How shockingly adverse an advertisement is that? The Centre's intriguing silence on burning issue.

Understandably, to get the answer to the words "separation is the only answer" for the Indian state, by the London daily, I turned to the Indian Constitution, delving deep to look for a possible solution. Indeed, the word "separation" at this point in time is too dangerous and absurd an idea because, as it is, over the past 50 years, the collective brigade of the Indian leadership has shown a conspicuous lack of sound judgment in uniting the people through Gandhi's non-violence way. Instead, myopic leadership has been responsible for irre-

versibly dividing state after state, despite the existence of one of the most beautifully crafted Constitutions a democracy can possibly think of possessing. Over the years, this small band of leaders has invariably failed the nation and sowed seeds of a sense of alienation and disunity which have affected vast swaths of India. Contextually, the November 25, 1949, lofty words of the learned

BR Ambedkar come to mind. "However good a Constitution may be, it is sure to turn out bad because those who are called to work it, happen to be bad lot. However bad a Constitution may be, it may turn out to be good if those who are called to work it, happen to be a good lot." Just check the reality. From 1950 to 2021-end (71 years), the Constitution has been amended 105 times. In contrast, from 1789 to 2023 (234 years), only 27 amendments have been ratified in the US Constitution.

The best and most admired part is that the 'American federation' has been described by its Supreme Court as "an indestructible Union of indestructible States" (Texas vs White-1869-7 Wall 700). It comprises two propositions: "(a) The Union cannot be destroyed by any State seceding from Union at its will"; and (b) "It's not possible



for Federal Government to redraw map of the US by forming new States or by altering boundaries of States as they existed at the time of compact without the consent of Legislatures of the States concerned."

In India, however, things changed so fast that, at times, constitutionally-conscious, conscientious and law-abiding citizens have been shocked by the way things happened and how some actors constantly played the volatile and emotional cards of ethnicity, language, tribal fra-

termy, caste, semi-caste and religion in the sensitive areas of the Indian state, especially in the border states.

Thus, the concept of 'cut-and-creation' of states gives little reason to feel confident for the future, too, because in the Indian federation, the states don't constitute 'indestructible' units. The case with which Indian Parliament has changed names and numbers of states in the past is bewildering.

The start, however, was impressive when the States Reorganisation Act, 1956,

reduced the number of states from 27 to 14. Regrettably, thereafter, states, mostly border states, were cut to create more new border states. Thus, Punjab (facing Pakistan), Assam (China, Burma, Bhutan and Bangladesh), Bihar (Nepal), Uttar Pradesh (Nepal and Tibet) and Bombay state (Pakistan) were cut to create smaller, new border states of Nagaland, Mizoram, Arunachal Pradesh, Manipur, Tripura, Meghalaya, Uttarakhand, Himachal Pradesh and Gujarat. The only two non-border states to be cut were

Madhya Pradesh, which gave birth to the non-border, landlocked state Chhattisgarh, and Andhra Pradesh, from which originated the landlocked state of Telangana.

On careful scrutiny of Articles 1 to 4, it emerges that, unlike the US Constitution, the Indian Constitution gives no guarantee to states against affecting their territorial integrity without their consent. I think this could create grave complications in future owing to competitive polity turning confrontational in a flash, especially in the border-states.

Just ponder. We have tinkered with the border states and thought that problems stand resolved. But is that the reality? We must take into account the broader picture and call for an all-party conference and domain experts on demography, geography, ethnicity, etc. to reach a consensus that henceforth no state, especially if it is facing China, Burma, Bangladesh, Bhutan, Nepal and Pakistan, would be cut to create new, smaller states.

Contextually, no division of, and separation from, Manipur must be entertained at any cost. If such a demand is conceded, the floodgates will open as a number of regional and sub-regional satraps at India's bor-

der are keenly watching and waiting to resort to, and whip up, their own volatile agendas; thereby, India faces the danger of falling into the trap of foes like China, arguably its permanent enemy.

Hence, regarding the Manipur crisis, which is showing signs of a great divide between ethno-religious groups, an urgent conciliatory process that sends a clear signal to the hostile Hans is needed - by resolving that "anything, but no division of the state" would be done.

Ironically, however, far from Manipur, another danger looms large - why are Ladakh leaders demanding statehood? It being accorded the special status is understandable, but the creation of another small hill state far from Delhi is a "no-no".

Delhi must put its foot down and tell all those who nurture hopes of building their mini-empires that the bottom line prohibits the creation of a fresh state. Article 4 of the Constitution empowers Parliament with the following: "form new state", "increase area of state", "diminish area of state", "alter boundaries" and "alter name of state", but it's time to unite and not divide any more. The enemy across the border is lurking. Take a cue from the US Constitution.

7 HEART-HEALTHY FOODS YOU CAN EAT DAILY FOR BETTER HEART HEALTH



Food has a significant impact on heart health and can lower your chance of developing heart disease. In reality, a number of characteristics that are risk factors for heart disease, including blood pressure, triglycerides, inflammation, and cholesterol levels, can be affected by the foods you eat.

Making small changes to your daily diet can help improve your cardiovascular health and can lower your risk of various diseases. In this article, we discuss some heart-healthy foods you can eat daily to boost your cardiovascular health.

Heart-healthy foods that will

boost your heart health:

1. Walnuts

A daily serving of a few walnuts may help decrease cholesterol. It might also guard against artery inflammation in your heart. Omega-3 fatty acids, monounsaturated fats, plant sterols, and fibre are all abundant in walnuts. However, make sure to eat only a few, as these small bits are very high in calories.

2. Olive oil

Made from crushed olives, this oil is a good source of fat. Antioxidants that promote heart health are abundant. Your blood

vessels might be shielded by them. Olive oil can reduce cholesterol levels when it is used in place of saturated fats like butter. Try it with toast, cooked vegetables, and salads.

3. Oranges

Oranges are sweet and juicy, and they include the cholesterol-lowering fibre pectin. They also contain potassium, which aids in blood pressure regulation. Two cups of OJ per day improved blood vessel health, according to one study. Men's blood pressure was also reduced by it.

4. Whole grains

Fibre and other nutrients

included in whole grains help to control blood pressure and maintain heart health. By adopting easy substitutes for refined grain products, you may boost

and support healthy blood clotting. Also, they include a lot of dietary nitrates, which have been demonstrated to lower blood pressure, lessen arterial

LET'S DISCUSS SOME HEART-HEALTHY FOODS YOU CAN EAT DAILY TO BOOST YOUR CARDIOVASCULAR HEALTH.

the proportion of whole grains in a heart-healthy diet. Alternately, be daring and experiment with common whole grains, such as farro, quinoa, or barley.

5. Legumes

Legumes also referred to as pulses or beans, such as beans, peas, chickpeas, and lentils, can all dramatically lower blood levels of low-density lipoprotein (LDL), also known as "bad cholesterol." They also include high levels of protein, fibre, and antioxidant polyphenols, all of which are good for the heart and overall health.

6. Green leafy veggies

Leafy green vegetables with a high content of vitamins, minerals, and antioxidants include spinach, kale, and collard greens. They're a particularly good source of vitamin K, which helps to safeguard your arteries

stiffness, and enhance the functionality of the cells lining blood vessels.

7. Tomatoes

Lycopene, a naturally occurring plant pigment with potent antioxidant effects, is abundant in tomatoes. As oxidative damage and inflammation can both contribute to heart disease, antioxidants work to counteract dangerous free radicals. Lycopene deficiency has been associated with an increased risk of heart attack and stroke.

8. Garlic

Garlic has been used as a home treatment for many different illnesses for ages. Recent studies have supported garlic's significant therapeutic effects and discovered that it may even help with heart health. Alicin, a substance present in garlic is thought to have a wide range of therapeutic benefits on the heart.

Can't shed weight in 40s? Eat these superfoods to lose weight faster

When we age, body's capacity to weight loss efforts also changes significantly.

Even if you regularly hit the gym, once you enter your 40s, this will completely change your path towards a fit lifestyle. Things might not work as they used to be and the approach to weight loss goals has to shift.

We all have a weight loss journey which is unique in ways. If you are suddenly having a hard time even shedding a few pounds and your weight loss mission seems to stop. Nothing is wrong, just your body has grown a little older and it has changed its ways.

We all face this as it is really important to understand that the body is not in a static condition. It makes changes with time and shifts patterns once aged. This results in a complete change in working capacity, stamina levels and also body's response to physical activities and metabolism.

There are multiple points on



where your body starts shifting from hormone production and their processing, body mass composition and metabolic changes in tissues.

One of the reasons that shedding weight in your 40s is not easy anymore is because the body starts losing muscle mass. And as that occurs, tissues now have different composition. Higher muscle mass causes faster energy burn and with that

gone less speedy metabolism slows down that process too.

But, we have good news for you: all of this does not mean that weight loss is not achievable in your 40s and you will live an unfit life with fats-packed love handles. What you will need to do is just shift tactics and incorporate food habits which faster this process.

To kickstart your weight loss, the focus should be on foods that

speed up your metabolism. Fruits are low in calories, yet rich in minerals and vitamins. Thus they can be eaten without thinking much about calorie count. This will be the path to a fit, slim life in no time. Berries: Berries are nature's gift which are usually small in size but whose benefits are innumerable. A variety of them is available which has loads of nutrients. Raspberries, blackberries, blueberries and strawberries all are irreplaceable. Experts recommend including berries in your daily meals to speed up weight loss and ensure intake of essential elements.

Nuts and seeds: Nuts are highly filled with healthy fats, plant protein and fibre which are super helpful in cutting on calories that come with unhealthy fats.

They help control blood pressure, and regulate heart rate. If you are looking for some crispy foods which are healthy and best, nuts and seeds are good to go. Sauerkraut: Probiotics,

dietary fibre, vitamin C and vitamin K all packed in a single food, sounds like the best food to eat for weight loss. Sauerkraut can prove to be your best weapon against fat. Fibre present in it makes your stomach feel full for longer times. Research suggests that eating probiotics enhance gut microbes which prevents weight gain.

Avocados: Avocados contain less calories, meaning you can eat this fruit in large amounts without compromising your weight loss goals. Avocados have a nutty, rich and smooth flavour and this super food can help you shed some extra pounds. Eating avocados daily regulates appetite and reduces the cholesterol levels.

Flaxseeds: Flaxseeds are packed with fibres, and give us omega-3 fatty acids which are found in some rare foods. These nutrient rich seeds can be mixed into morning smoothies. One serving of flaxseeds gives a good amount of fibre, protein, and omega-3 fatty acids.

Include Nutritious Dishes In Your Meals To Aid Weight Loss



A healthy diet and a few lifestyle changes could help you achieve your weight loss goal faster. To shed those extra kilos, you have to be mindful of your diet and physical exercise routine. It may sound challenging at first, but gradually, you will get used to it. Your diet does not necessarily need to undergo major changes, but you need to make a few healthy choices for food.

A subtle tweak, like introducing a high-protein and fibre-rich diet and reducing the intake of carbohydrates, can help with your weight loss journey.

A veggie and hummus sandwich makes a great fibre-rich lunch. Hummus is a spread or a dip that is made from cooked and mashed chickpeas blended with tahini, garlic, olive oil, lemon juice and salt. You can pair it with any kind of bread or use it in sandwiches. Take a few slices of multi-grain bread and spread the hummus on all the slices. Add the vegetables like bell pepper, cucumber, lettuce, onion, and tomato slices to make a delicious sandwich.

Oats Kichidi

We all know that oats are healthy and should be a part of our regular diet. You can either eat it as porridge or just make a kichidi out of it. You can add dal and vegetables to make it healthier. Just add chopped carrots, onions, cauliflower, tomatoes, french beans and a few chillies. For extra flavour you can add garlic as well.

Uppma

Uppma is a flavourful and healthy dish that you can cook in a jiffy. It is a perfect meal option made of lightly roasted semolina, green peas, carrot and onions and lightly tempered with mustard seeds and curry leaves. Green Peas are high in protein content and low in calories. It is loaded with vitamins K and C, manganese and fibre.

Oats dosa

Switch the rice ingredient with oats and you can cut down on your carbs intake. Unlike typical dosa, oats do not need to be soaked. You can add soaked urad dal in a small quantity with oats for binding. Make a batter blending the urad dal and oats together. Let it ferment for 10-12 hours. You can make oats dosas and pair it with sambar and coconut chutney.

Besan Chilla

Besan Chilla is made with gram flour (besan), onions, tomatoes, herbs and spices. You can add finely chopped or grated vegetables to increase the nutrition of the dish. Have it for your breakfast or lunch.

Weight Loss Tips: Here's A Beginner's Guide To Weight Training For Weight Loss

Lifting weights can help you reach your goals of increasing muscle mass or getting a fitter, toned body. Weight training, commonly referred to as resistance or strength training, strengthens your bones and joints, creates lean, stronger muscles, and can help maintain a healthy metabolism, which means you'll burn more calories even while you're at rest. And not only young people can benefit from lifting weights. As we get older, lifting weights can help prevent the loss of muscular strength and mobility and improve our mental health. So, it's never too late to start lifting weights, even if you've never done it before.

Furthermore, you don't even have to be a member of a gym. For many exercises, you can just use your own weight, but you can also obtain good results with free weights, resistance bands, or other home fitness equipment.

BEGINNER'S WORKOUT GUIDE: LOW INTENSITY AEROBIC EXERCISES FOR WEIGHT LOSS

Losing weight doesn't have to be a tedious, gruelling task. In fact, there are plenty of low-intensity aerobic exercises that can be both enjoyable and effective. Whether you're a fan of dancing, swimming, or just taking a leisurely walk, there's something for everyone. So, put on your workout shoes, and get moving with these 5 fun and easy low-intensity aerobic exercises for weight loss.

Maintaining a healthy weight is essential for overall well-being. One of the best ways to achieve this is through regular physical activity. Low-intensity aerobic exercises can be a great way to get started with your fitness journey. These exercises can help you burn calories, increase endurance, and improve your cardiovascular health.

Simple yet effective exercises are great to start your weight loss journey! Image courtesy: Adobe Stock

Here are 5 low-intensity aerobic exercises that can help you achieve your weight loss goals:



1. Walking
Walking is a low-impact exercise that is suitable for people of all fitness levels. It is a great way to burn calories

and improve your cardiovascular health. According to the American Heart Association, walking for at least 150 minutes per week at a moderate

pace (around 3-4 miles per hour) can provide health benefits, including

strong and helps lose weight! Image courtesy: Shutterstock

ance, and strength. Jump rope can also help you burn calories and

SIMPLE YET EFFECTIVE WEIGHT LOSS EXERCISES ARE BEST FOR BEGINNERS. TRY THESE 5 LOW INTENSITY AEROBIC EXERCISES FOR WEIGHT LOSS.

weight loss. In addition, a study published in the International Journal of Obesity found that walking for 30 minutes a day, five days a week, was effective for weight loss and improving overall health in overweight women. To increase the intensity, you can walk uphill or increase your pace.

2. Cycling
Cycling is a low-impact exercise that is great for your lower body. It is a great way to burn calories and improve your cardiovascular health. Studies have shown that cycling for 30 minutes a day can help you burn up to 250 calories, depending on your weight and intensity. To increase the intensity, you can cycle uphill or increase your speed.

3. Swimming
Swimming is a low-impact exercise that is easy on the joints. It is a great way to burn calories and improve your cardiovascular health. A study published in the Journal of Sports Medicine and Physical Fitness found that swimming for 45 minutes, three times per week, was effective for reducing body weight and improving body composition in overweight adults. Swimming for 30 minutes a day can help you burn up to 200 calories, depending on your weight and intensity. To increase the intensity, you can swim laps or try different strokes.

reduce stress as it is a fun activity. By jumping a rope, you can burn up to 150 calories in 30 minutes.

5. Dancing
Dancing is a low-impact exercise that is fun and engaging. It is a great way to burn calories and improve your cardiovascular health. Dancing for 30 minutes a day can help you burn up to 200 calories, depending on the type of dance and intensity.

Low-intensity aerobic exercises are a great way to start your fitness journey. These exercises are suitable for people of all fitness levels and can help you burn calories, improve your cardiovascular health, and achieve your weight loss goals. By incorporating these exercises into your daily routine, you can take the first step towards a healthier and happier life.

Govt working in 'mission mode' to empower women: UP CM

GORAKHPUR (UP), JUN 22: Uttar Pradesh Chief Minister Yogi Adityanath on Thursday said atrocities against women must be stopped to empower society.

Adityanath attended a mass marriage ceremony organised under the Mukhyamantri Samukhik Vivah Yojana here. More than 1,500 couples tied the knot during the event.

The chief minister said the double-engine government of the BJP at the Centre and state is working in 'mission mode' to uphold the dignity of women and empower them.

BJP leaders use the term 'double engine' to refer to the party being in power at the Centre as well as in a state.

"Atrocities against women must be stopped in order to empower society. The double-engine government is working on mission mode to uphold the dignity of women and empower them," he said. The overall development of society is impossible without the empowerment of women, he added.

The chief minister said the mass marriage scheme is a successful initiative to combat the evil practice of dowry that is still widely prevalent in society.

"Dowry is a social evil. Society should be part of this campaign for dowry-free marriages," he said.



The state government has conducted more than two lakh marriages since 2017 under the Mukhyamantri Samukhik Vivah Yojana, he said.

"Before 2017, Rs 31,000 was spent on each wedding and the amount was increased to Rs 51,000 (after the BJP came to power). This is the collective effort of the double-engine government," he said.

Reiterating that the government is committed to ensuring the safety, dignity and empowerment of women, the CM said, "Mukhyamantri Kanya Samangala Yojana is being run in the state for the education of the girl child from birth to graduation, while 'Mission Shakti' ensures the safety of women." He said parents need not

worry about their daughter's marriage after graduation because of the Mukhyamantri Samukhik Vivah Yojana.

"This is in line with the spirit of 'gaon ki beti, sabki beti', he said while mentioning the government's initiatives for the welfare of women, such as 'Beti Bachao, Beti Padhao' and other schemes of the state and centre.

The CM also pointed out that there is a 20 per cent reservation for women in Uttar Pradesh Police.

From 1947 to 2017, the number of female personnel in UP Police was only 10,000. At present, this number stands at 40,000, he said.

He said work is underway to set up a women's battalion of the PAC in Gorakhpur.

Patna all set for opposition meet on Friday

patna, Jun 22 With a sole aim to unsettle Bharatiya Janata Party (BJP) in the upcoming 2024 Lok Sabha polls, top leaders of the country's major opposition parties have started reaching Patna to participate in the brain-storming mega meet here on Friday morning.

Former J&K Chief Minister and PDP supremo Mehbooba Mufti was the first to reach Patna in the morning itself. Then Delhi CM Arvind Kejriwal along with his counterpart in Punjab Bhagwant Mann, Sanjay Singh and Raghu Chadha, both MPs, reached the city at noon. They straight drove to Patna Sahib's famous Gurudwara to take blessings. They spent more than an hour at the Gurudwara.

It is learnt that Kejriwal is adamant to discuss the ordinance issue first in the meeting on Friday before discussing the scheduled agenda. He has already submitted a letter to this effect to Bihar Chief Minister Nitish Kumar. According to sources, he has come prepared with all relevant documents related to the ordinance.

West Bengal Chief Minister and TMC chief Mamata Banerjee reached Patna late in the evening. She straight drove to meet former Chief Minister Lalu Prasad Yadav at his residence and take blessings from him.

"I respect him a lot. He is like a member of my extended family. I came here to meet him and take blessings from a guardian," she told reporters. After meeting Yadav and his family members, she straight



drove to Patna Circuit House where Chief Minister Kumar went to meet her.

It was West Bengal Chief Minister Banerjee's idea to hold an opposition meeting in Patna. Banerjee during her meeting with her counterpart in Bihar in April had suggested meeting in Patna since it was the epicentre of the JP movement way back in 1974.

Later CPI Chief D Raja and General Secretary of CPI(M), Dipankar Bhattacharya reached Patna. Later, they along with party members met the CM at his residence.

Tamil Nadu Chief Minister MK Stalin is expected any time here. Congress chief Mallikarjun Kharge, senior Congress leader Rahul Gandhi and party General Secretary KC Venugopal, CPDM chief Sitaram Yechury, Jharkhand Chief Minister Hemant Soren, Samajwadi party chief and former UP CM Akhilesh Yadav are expected tomorrow morning. According to official sources, NCP

chief Sharad Pawar along with Supriya Sule, Pratfula Patel, former Maharashtra Chief Minister Uddhav Thackeray and JK NC leader Farooq Abdullah are expected tomorrow.

Patna is decked up to welcome distinguished guests from all over the country. Old timers say that this is the first that almost all top leaders of major parties are meeting in Patna to chalk out a joint strategy for the ouster of the BJP-led NDA government at the Centre.

There are many more such meetings in the pipeline, said a JDU insider. It's a morale booster for Chief Minister Nitish Kumar for successfully organizing such a meeting in Patna, a JDU worker said. The man of the moment Chief Minister Nitish Kumar has made an elaborate arrangement to serve Bihar delicacies to the visiting guests. Apart from Bihar's traditional Litti Chokha, Silao, famous sweet of Rajgir and Champaran mutton will also be served to the guests.

EU summons Kosovo and Serbia leaders for emergency talks amid fears of a return to open conflict

BRUSSELS, JUN 22: The European Union on Thursday summoned the leaders of Serbia and Kosovo for emergency talks to try to bring an end to a series of violent clashes near their border that is fueling fears of a return to open conflict.

EU foreign policy chief Josep Borrell said that he would hold "urgent meetings" with Kosovo Prime Minister Albin Kurti and Serbian President Aleksandar Vucic in Brussels.

It was unclear whether the two would meet face-to-face, or only hold separate talks with Borrell.

"We need immediate de-escalation and new elections in the north with participation of Kosovo Serbs. This is paramount for the region and (the) EU," Borrell tweeted ahead of the talks. The 27-nation bloc has for years been leading talks aimed at reconciling the two foes, but with little success. Serbia and its former province Kosovo have been at odds for decades. Their 1998-99 conflict left more than 10,000 people dead, mostly Kosovo Albanians.



Belgrade has refused to recognize Kosovo's 2008 declaration of independence.

Tensions flared anew last month after Kosovo police seized local municipality buildings in northern Kosovo, where Serbs represent a majority, to install ethnic Albanian mayors who were elected in a local election that Serbs overwhelmingly boycotted.

Serbia has put its troops on the border on the highest state of alert amid a series of recent clashes between Kosovo Serbs on one side and Kosovo police and NATO-led peacekeepers on the other. In recent weeks, NATO has sent reinforcements. The tensions persisted last week with three stun grenades exploding near Kosovo

police stations in the north of the country, while Kosovo Serbs staged protests in front of municipality buildings.

Borrell had been trying for several days get Kurti and Vucic to come to Brussels, but they had refused until now.

Still, Vucic said that he would be talking to Kurti in Brussels. "I have nothing to talk to him about," he told the state RTS broadcaster.

Vucic has said there can be no negotiations until Serbs who have been arrested by Kosovo police for attacks on Kosovo police and NATO-led peacekeepers are released.

In a tweet on Wednesday, Kurti said he "will insist on the urgent unconditional release of the 3 policemen held hostage by Serbia, de-

'Will walk out if...': A day before opposition meet in Patna, AAP comes out with a threat

NEW DELHI, JUN 22: A day after Delhi Chief Minister Arvind Kejriwal wrote to opposition leaders, asking them to discuss the Centre's ordinance in the national capital, at the June 23 meeting of non-BJP parties in Patna and clear their stand on the issue, the AAP has issued an ultimatum to the opposition parties.

The Centre had on May 19, promulgated an ordinance to create an authority for the transfer and posting of Group-A officers in Delhi.

The AAP said it will walk out of the opposition meeting if the Congress does not promise its support against the Centre's ordinance. "The AAP will stage a walkout of the meeting if the Congress does not promise its support against the ordinance," PTI quoted an AAP source as saying. The meeting of opposition parties has been called by Bihar Chief Minister and Janata Dal (United) leader Nitish Kumar to chalk out a joint strategy to take on the BJP in the 2024 Lok Sabha polls. On Wednesday, the Delhi CM had asked the opposition leaders not to think of the ordinance issue as a 'Delhi-centric problem' and claimed that if not resis-



ated the BJP-led Centre may bring similar ordinances for other states too. "The Centre has carried out an experiment in Delhi by bringing this ordinance. If it is successful, it will bring similar ordinances in non-BJP states and snatch away the powers with respect to subjects in the concurrent list," Kejriwal had said in the letter dated June 20.

"The day is not far when the prime minister will run 33 states through lieutenant governors and governors," Kejriwal said, adding, "I request all parties to clear their stand on the ordinance in the meeting and also discuss

the strategy to defeat this in parliament."

"I have studied this matter thoroughly. It would be wrong to assume that such an order can only be imposed in the context of Delhi because it is a half-state.

Through a similar order, the Central government can strip the rights of any full-fledged state mentioned in the concurrent list.

"Hence, it becomes extremely crucial for all parties and individuals to come together and ensure that it is not passed in Parliament under any circumstances," he wrote.

Education is a cornerstone of the bond between India and the US : Jil Biden

WASHINGTON, JUN 22: Education is a cornerstone of the bond between India and the US, First Lady Jil Biden has said as she praised Prime Minister Narendra Modi for providing an opportunity to all Indians, especially girls, to pursue education and enhance their skills. These remarks were made by her on Wednesday where Modi and the First Lady participated in the 'Skillful For Future Event' organised by the National Science Foundation (NSF). The NSF is headed by Indian Ambassador Dr Sethuraman Panchanathan.

The visit to the organisation was hosted by Jil Biden.

"Prime Minister (Modi), I know that education is an issue close to your heart—just as it is for me. Your work in India—especially for girls—have the opportunity to pursue an education and gain the skills they need for our modern workforce is so important," she said in a statement.

"It's exciting to be able to show you some of the innovative programs our schools and businesses are creating for students here," she said.

"...If we want our economies to be strong, we need to invest in the young people who are our future. We need to ensure they have the opportunities they deserve," she said. Modi is on an Official State Visit from June 21-23 an independent career outside of the White House.

Several Indian Cabinet ministers have visited its headquarters in Virginia. Prominent among them are Finance Minister Nirmala Sitharaman and External Affairs Minister S Jaishankar. The NSF is an independent agency of the US government that supports fundamental research and education in all the non-medical fields of science and engineering. Its medical counterpart is the National Institutes of Health.

"Education is a cornerstone of the bond between India and the United States — one we hope to keep building and strengthening with this visit. Our universities are partnering together, leading research, and creating apprenticeships and internships that span the ocean. And, as we've seen here, our students from both our countries are learning and growing alongside each other—discovering the people they

want to become and building a better world together. Working side by side, our nations can create a safer, healthier, more prosperous future for everyone," she said.

While serving as First Lady, Jil Biden continued teaching English and writing at Northern Virginia Community College, where she has been a professor since 2009. She is the first presidential spouse to maintain an independent career outside of the White House.

Several Indian Cabinet ministers have visited its headquarters in Virginia. Prominent among them are Finance Minister Nirmala Sitharaman and External Affairs Minister S Jaishankar. The NSF is an independent agency of the US government that supports fundamental research and education in all the non-medical fields of science and engineering. Its medical counterpart is the National Institutes of Health.

The meeting follows similar recent outreach by Saudi Arabia, which agreed to normalise relations with Iran for the first time in seven years in a deal brokered by China in March. The two countries have since reopened embassies and held high-level official visits.

Iranian state TV said the two met for 90 minutes and discussed further cooperation in different fields. It said the Iranian foreign minister invited Sheikh Mohammed to visit Iran and that the UAE president visited Iran's President Ebrahim Raisi to visit the Emirates.

CBI takes over probe in four cases linked to death of Assam lady cop Junmoni Rabha

New Delhi, Jun 22 The CBI has taken over the investigation of four distinct cases from Assam Police, all connected with the death of the state police Sub-Inspector Junmoni Rabha last month in a suspected road accident, according to officials.

The Central Bureau of Investigation will soon call people for questioning and will also meet the doctors who conducted Rabha's autopsy, they said. Junmoni Rabha, 30, popularly known as 'Lady Singham' or 'Dabang cop', perished on May 16 in the early hours when her vehicle collided head-on with a container truck in Sarubhugia village of Nagaon district's Kalibari subdivision. The circumstances of the accident were soon contested by Rabha's mother, who in an FIR alleged that shortly after Rabha's death on May 16, between 1 am and 2 am, Nagaon Superintendent of Police Leena Doley made a raid at her house and forced her to sign some bank documents. She also made off with Rs 4.50 lakh in cash in the raid, she alleged. In her complaint, the mother asserted that Doley did not inform her about Rabha's death. Only after daybreak, did another police official tell her about the accident. She also alleged that Rabha was killed and there were injury marks on her body.

The special crime unit of the CBI has now taken up the investigation into the case along with that of the accident that claimed Rabha's life.

The CBI has also taken over two more cases — a case that emanates from a fake currency racket busted by Nagaon Police on May 5 on the information of Rabha, and another one filed against her by a family member of those under scanner in fake currency probe, in which the complainant accused Rabha of raiding her home on May 6 at 2 am, and extorting more than Rs 6 lakh from her having taken her son captive.

It was alleged that Rabha, with seven others, had raided the complainant's residence on May 6 in the Lakhimpur district, 200 kilometres from where she was posted.

The complainant's family was under the scanner for their alleged involvement in a counterfeit currency investigation. During the raid, the police team reportedly assaulted the complainant and abducted her son, along with making off with Rs 80,000 in cash, some jewellery, and a Maruti Brezza car.

The following morning, Rabha contacted the complainant's husband and demanded that he meet her at a location along the Assam-Arunachal Pradesh border with Rs 6 lakh in cash. According to the FIR, the hostage was released only after the family paid Rs 6 lakh to her. It was known that Rabha had been known for being strict against criminals but had also been in the news for her alleged involvement in financial irregularities.

in Lakhimpur, hours before she died in the road accident, they said.

On May 15, Rabha was reportedly called to the office of Doley at 3 pm, according to the FIR lodged by her mother, and at 9 pm, the FIR was filed against her in Lakhimpur district. Rabha met with the accident at 1.45 am on May 16.

Around the time the "accident" happened, Doley allegedly conducted a search at Rabha's residence.

Two days after Rabha's demise in a "road accident," an audio clip purportedly recorded by a constable surfaced on social media. The clip suggested that Rabha had been subjected to torture by her colleagues before her death.

Adding to the mystery surrounding the sensational death case, another video clip featuring a different individual circulated widely, suggesting that the deceased policewoman's vehicle was stationary when it was struck by a speeding truck.

Meanwhile, in an unexpected turn of events, Doley, days after Rabha's death, shuffled 148 police constables in the district, citing "the interest of public service" and urging them to report to their new assignments promptly. Rabha, who was the in-charge of the Morlokong Police outpost, had been known for being strict against criminals but had also been in the news for her alleged involvement in financial irregularities.

UAE leader welcomes Iranian foreign minister in latest softening of Persian Gulf tensions

DUBAI, JUN 22: The president of the United Arab Emirates met with Iran's visiting foreign minister on Thursday in the latest sign of improving relations between Arab Gulf countries and the Islamic Republic.

The UAE, Saudi Arabia and other Gulf countries have long harboured suspicions about Iran because of its nuclear program and support for militant groups across the region, and have cultivated close ties with the US. But in recent months they have charted a more independent path,

reaching out to US adversaries as Washington increasingly focuses on Russia and China.

Sheikh Mohammed bin Zayed Al Nahyan and Iranian Foreign Minister Hossein Amirabdollahian "discussed the importance of building on positive developments to benefit the people of the region and enhance regional stability and prosperity," the UAE's state-run WAM news agency reported.

Iranian state TV said the two met for 90 minutes and discussed further cooperation in different fields. It said the Iranian foreign minister invited Sheikh Mohammed to visit Iran and that the UAE president visited Iran's President Ebrahim Raisi to visit the Emirates.

The meeting follows similar recent outreach by Saudi Arabia, which agreed to normalise relations with Iran for the first time in seven years in a deal brokered by China in March. The two countries have since reopened embassies and held high-level official visits.

Internal Assessors training under NQAS initiated in Kashmir Division

DHSK stresses participants to fill identified gaps in Health Institutions for expediting the process of national certification under NQAS

JJ NEWS SERVICE

SRINAGAR, JUNE 22: Ministry of Health & Family Welfare in collaboration with National Health Mission, J&K today started three days internal assessors training under National Quality Assurance Standards (NQAS) up to 24th June, 2023 for Medical Superintendents, Dy CMOs, Medical Officers and Programme Management Units under NHM from all the Districts of Kashmir Division at Conference Hall, TRC, Srinagar.

Dr. Mushtaq Ahmad Rather, Director Health Services Kashmir (DHSK) was chief guest in the inaugural session. Speaking on the occasion, Director Health said that the main objective of the training is to provide an overview of National Quality Assurance Standards as well as to increase the pool of Internal Assessors in the UT of J&K.



He informed the house that under the supervision of Secretary to Govt; Health & Medical Education Department, Bhupinder Kumar the training is being conducted right on time as many health facilities of UT of J&K are being taken up for NQAS certification this financial year.

He stressed upon the participants that the gaps which have been identified during physical assessment of the health facilities need to be addressed and closed for expediting the national certification process of the shortlisted health facilities.

He also encouraged the participants to

implement Quality Assurance in every facility as this will help to improve the Quality of Health care services being delivered to the community.

He wished the training to be a great success and for successful implementation of the National Quality Assurance Standards in respective health facilities in the near future.

Expert trainers from National Health System Resource Centre, Dr Vineeta Dhanekar and Dr Annapoorna Consultants have been deputed by MoH&FW, GoI to impart the training to participants along with National Assessors from the UT of J&K.

Others present on the occasion included Dr Jitender Mehta, State Nodal Officer, Quality Assurance; Dr Qazi Haroon, Divisional Nodal Officer, NHM, Kashmir; Dr Syed Ghazala Nazki, Programme Manager, NHM, J&K; Dr. Mushtaq Ahmad Dar, State Programme Manager, NIPI-J&K, National Assessors for NQAS in J&K and other senior officers from NHM, J&K and Health Department.

PD&SJ Kulgam chairs 3rd District Coordination Committee meet

JJ NEWS SERVICE

KULGAM, JUNE 22: The 3rd District Coordination Committee meeting of various stakeholders for the justice delivery system was held under the chairmanship of Principal District and Sessions Judge (PD&S) Kulgam, Mohammad Ashraf Bhat at Rest House Chawalgam, Kulgam. The meeting was attended by Additional Sessions Judge Kulgam, Chief Judicial Magistrate Kulgam, Secretary DLSA Kulgam and Public Prosecutor Kulgam. Meeting was also attended by Additional Deputy Commissioner, Executive Engineer R&B Division Kulgam, Assistant Executive Engineer from R&B, PDD, Chief Medical Officer, DYS.SP Hqrs, Executive Officer Municipal Committee Qazigund, officers of the Housing Board and Superintendent District Jail Anantnag.

During the meeting, the point wise agenda was discussed threadbare and the various procedural hiccups and other impediments in timely execution of highlighted points were shared with the concerned stakeholders present in the meeting.

The Chairman, emphasized upon the participants for streamlining and enhancing the level of coordination between the courts and other stakeholders for strengthening the justice delivery system and for the said purpose all the participants assured their cooperation on ground to enhance the judicial output by providing required infrastructures and other logistic support to remove the impediment if any at the earliest.

The Chairman extended gratitude to all the participants of the meeting and the meeting was concluded with the hope that the commitments made by the stakeholders in the meeting will get implemented in letter and spirit on ground and review there-of shall be taken in the next Coordination Meeting.

JD Employment Jammu inaugurates one day job cum awareness programme at Udhampur

JJ NEWS SERVICE

UDHAMPUR, JUNE 22: Joint Director Employment Jammu Division Dr. Khalid Hussain Malik today inaugurated a one-day Job Fair cum Awareness programme here in the District Employment & Counseling Centre, Udhampur.

Several companies and Private sector organisations including Hotel Association Katra, LIC of India, SBI Life, Paytm, HCL, Google Business View, M/S Devika Hyundai and M/S Bajaj Allianz participated in the Camp providing a common platform for job seekers and job providers (private sector).

More than 300 un-employed youth from different corners of Udhampur participated in the Job Fair. As many as 156 Job Seekers were shortlisted by different companies.

Anshuman Singh, Deputy Director Employment Udhampur impressed upon the youth to avail the opportunity of Job Fair & reap the benefits of the different self-employment schemes including Mission Youth Schemes viz MUMKIN/Spurring/Tejaswini.

Priyanka Gupta, Assistant Director Employment briefed about the conditions and nature of jobs being provided to the un-employed youth in the private sector.

Moreover, 130 un-employed youth were registered on JK Employment & NCS portal. The Career Counselling Officer also organised a career counselling session for the participants.

State Taxes Department celebrates International Yoga Day

JJ NEWS SERVICE

SRINAGAR, JUNE 22: The 9th International Yoga Day, centred around the theme 'Vasudhaiva Kutumbakam', translating to One Earth, One Future, One Family', was celebrated with high fervour and enthusiasm at office of the State Taxes Department, Kashmir here today.

Commissioner State Taxes, Dr. Rashmi Singh, inaugurated an event held to commemorate the observance of this auspicious day.

Additional Commissioner (Administration and Enforcement), Kashmir, Shakeel Maqbool, Deputy Commissioners, SITO and other officials of the department were present on the occasion.

The participants performed various Yoga Asanas under the guidance of Yoga instructor who emphasized the necessity and impact of human body and mind flexibility. He illustrated the stages involved in different yoga Asanas and discussed the benefits of Pranayam, Anulom-Vilom, Bhramari Pranayama, and other practices. Speaking on the occasion, Commissioner State Taxes, urged upon all the participants to include Yoga into their everyday lives to live a healthy and stress free life, as it embodies the unification of mind and body. She also underlined the importance of including some forms of physical activity into one's daily routine in order to increase flexibility and make Yoga a way of life.

DDC Chairperson Udhampur conducts extensive tour of Panchayat Kambal Danga

JJ NEWS SERVICE

UDHAMPUR, JUNE 22: District Development Council Chairperson, Udhampur Lal Chand today conducted an extensive tour of Panchayat Kambal Danga where he inaugurated the blacktopping work of Panchayat Ghar Kambal Danga to Neeli Nallah Road. During the tour, the Chairperson also inaugurated water supply scheme at Sambal Gangera completed at an estimated cost of Rs 9.67 crore.

Addressing the locals at Kambal Danga, the DDC Chairperson said that road connectivity is the basic requirement for growth and development of any area. He also interacted with PRI members and the general public of the area. The Chairperson DDC called upon the officers to make sincere and dedicated efforts for taking the benefits of all government schemes to the targeted sections of the society.

CBC organises 2-Day Photo Exhibition on 9 Years of Seva Sushan & Garib Kalyan at Assar

JJ NEWS SERVICE

DODA, JUNE 22: Sub-Divisional Magistrate (SDM) Assar, Lekh Raj today inaugurated Photo exhibition on 9 Years of Seva Sushan & Garib Kalyan, G20 Presidency, Ek Bharat Shreshtha Bharat and Mission LIFE- Conservation of water, organized by Field Office, Doda of the Central Bureau of Communication (CBC), Ministry of Information and Broadcasting, Government of India.

The Photo exhibition organised in Government Higher Secondary School Assar forms the part of a series of outreach activities being organized by CBC, Jammu & its Field Offices in UTs of J&K and Ladakh.

The 2-day long exhibition showcases the achievements of the Government of India during the 9 Years of Seva Sushan, & Garib Kalyan through a series of photo exhibits.

The aim of the Photo exhibition is to generate awareness among the masses regarding the various initiatives & welfare programmes of the Government of India.

In his address, the SDM exhorted the youth, especially students, to visit the Exhibition to get an insight into the achievements made by the Country in different fields in the past 9 years. He urged CBC Field Office Doda to organise such programmes in other hilly areas of Sub-Division Assar.

Field Publicity Officer, CBC

Udhampur, Khursheed Yousuf, while welcoming the guests, gave a detailed overview of the functioning, structure and working of CBC in the twin UTs of Jammu & Kashmir and Ladakh.

He also briefed the audience about various outreach activities that will be organized during the event.

Yousuf said that these programmes are being organized so that people get benefits of various public welfare schemes of the government.

Horticulture Development Officer, Assar Dr. Rohan spoke on the implementation of the Central Sponsored Schemes of Horticulture department and urged the locals to come forward

and take benefits of these schemes. Representative from Forest Division, Farooq Ahmad, delivered a lecture on the Mission LIFE, achievements till date and urged youth to become ambassadors of sustainable development to protect the environment for a better future.

The School Principal, Sudershan K Chandai, presented the Vote of Thanks.

Others present were Forest Range Officer, Marmat Division, Angra Singh, PRI Member, Shashi Goswami, and Officials from other departments, Teachers, Students, and locals.

The day-long programme among other activities witnessed Expert Lectures and Cultural

Programmes. IEC material was also distributed among the audience. Informative stalls were also set up by the Agriculture, Horticulture, Forests, AYUSH and Animal Husbandry Departments for awareness of their respective schemes.

In the run up to the Exhibition, CBC had organized a Pre-Event at Government Higher School Assar on Wednesday to mobilize and aware the students about various activities being organized by CBC during the Photo Exhibition.

The Exhibition is open to the public up to 23rd June, during which people may visit the exhibition, participate in open Quiz competition and enjoy the cultural programmes.

DDC Shopian chair DLRC, DCC meeting; reviews performance of Banks

JJ NEWS SERVICE

CD ratio of Shopian is ideal at 123

SHOPIAN, JUNE 22: The District Development Commissioner, (DDC) Shopian, Faz Lul Haseeb today chaired the District Consultative Committee (DCC) cum District Level Review Committee (DLRC) meeting at Mini Secretariat, Shopian.

J&K Bank has disbursed 89 percent of total credit amounting to Rs 1205.74 crore in the district for the financial year 2022-23, intimated District Lead Bank Manager Farooq Ahmad. Giving a complete break-up of the credit disbursed by various banks operating in the district, LDM said that all the banks operating in the district have extended a credit disbursement of 1203.74 crores against the yearly target of Rs.2052.86 crore, registering an achievement of 53 percent of the annual credit plan 2022-23 for quarter ending March 2023.

The deposits of the district decreased from Rs. 1571.76 crores as on March 31, 2022 to Rs. 1557.49 crores as on March 31, 2023 thereby showing a decline of -0.9% on YOY basis & has shown increase of 5% on quarterly basis from Rs 1483.13 crores as on 31 December, 2022.

It was informed that the priority sector advances of the district decreased from Rs. 1322.09 crores as on March 31, 2022 to Rs. 1163.03



crores as on March 31, 2023 thereby showing a decline of -12% on YOY basis & -9% on quarterly basis from Rs 1282.70 crores as on 31st December, 2022.

Non priority sector of the district increased from Rs. 416.00 crores as on March 31, 2022 to Rs. 755.54 crores as on March 31, 2023 thereby registering a growth of 82% on YOY basis & 36% on quarterly basis from Rs 554.86 crores as on 31st December, 2022. On the occasion, DDC emphasized the need for improving the credit flow in Agriculture and allied sectors under the HADIP plan. Besides, the credit flow in the Renewable energy sector was also emphasized upon.

The performance with respect to social security schemes under

Mission Utkarsh was also discussed and the chair emphasized the need for roping in the people under social security schemes with joint coordination of all concerned agencies.

Besides reviewing the performance of Banks & Govt. departments under various schemes, the Chairman of DCC & DLRC meetings directed the line agencies to sponsor cases and the Banks for speedy disposal of Govt. Sponsored cases.

Taking review of the performance of the banks and the government departments under various schemes, DDC stressed on the need to maintain cooperation, coordination and cohesion between the banks and the sponsoring agencies to achieve the set targets.

Prabhari Officer reviews implementation of schemes under B2V4 at Shadab Karewa, Shopian

JJ NEWS SERVICE

SRINAGAR, JUNE 22: The Director Jammu and Kashmir Entrepreneurship Development Institute (JKEDI) Ajaz Ahmad Bhat, who is also the Prabhari Officer of Shadab Karewa under the Back to Village program (B2V4) of the J&K Government, conducted a comprehensive review of various schemes implemented by line departments in the region. The meeting was held virtually today and aimed to assess the progress made in empowering rural communities and uplifting the lives of the people through effective program implementation.

The Back to Village program, a flagship initiative of the J&K



Government, focuses on bringing administration and development closer to the grassroots level. As the Prabhari Officer for Shadab Karewa, Ajaz Ahmad Bhat led the review with a keen eye for assessing the impact of the implemented schemes. The meeting saw the

active participation of representatives from different line departments responsible for the execution of key programs in the region. The collaborative session aimed to evaluate the effectiveness and efficiency of the schemes, identify areas of improvement,

and strategize ways to enhance the overall development outcomes. Prabhari Officer emphasized the importance of these schemes in promoting socio-economic growth, particularly in rural areas. He emphasized the need for continued dedication and coordination to achieve the desired results. He also directed the officers to ensure 100 percent target achievement of various self-employment schemes as per the directions of Chief Secretary, J&K.

During the review, he analyzed the implementation of various schemes, including Jal Shakti, livelihood support programs, agricultural interventions, and infrastructure projects and issues related to the education department. The evaluation encom-

passed assessing the impact on local communities, the utilization of allocated resources, and the extent of the schemes' coverage.

He also emphasized the need for continuous monitoring, timely troubleshooting, and effective communication between stakeholders to ensure the smooth functioning of these schemes. The review concluded with Prabhari Officer expressing his gratitude to the Deputy Commissioner, Shopian and to all the officers for their valuable insights and dedication. He assured continued support from the government to address any challenges faced and to facilitate the successful execution of these programs for the welfare and empowerment of the region's residents.



Seminar on "DAKSH KISAN" under HADP held at GDC Batote

JJ NEWS SERVICE

RAMBAN, JUNE 22: Agriculture Production Department Ramban today organised a Seminar in the Government Degree College Batote to acquaint the students about "DAKSH KISAN" - a Learning Management System for skill development. The event was held as part of Azadi Ka Amrit Mahotsav and Holistic Agriculture Development Programme (HADP) under the Supervision of District Nodal Officer, HADP, Dr Suhail Kawoosa.

The event started with a welcome note from the Chief Agriculture Officer, Ram Gopal Sharma. He welcomed the participants and gave a talk on the "Daksh kisan" an online learning portal for skill development.

The District Agriculture Officer said that the Daksh Kisan offers orientation and skilling courses for all interventions, latest techniques, exploration of new possibilities in agriculture and allied sectors through this online Learning Management System developed by a team of agriculture production department in collaboration with state agriculture universities. A large number of college students participated in the event and were imparted awareness regarding the 'Daksh Kisan' innovative web portal that offers a comprehensive learning management system with over 121 certificate courses, featuring multi-lingual videos and learning material in four languages. Moreover, pamphlets were also distributed among the students having a simple QR code that on scanning opens the homepage of the Daksh Kisan portal where students can register themselves for free and undertake a skilling course of their liking.

The students were also imparted awareness about various developmental schemes of the Agriculture Department and its allied sectors through visual mode by way of displaying videos, showcasing various benefits being provided under these schemes to the general public, especially aiming at providing employment opportunities for the unemployed youth.

The event culminated with the concluding address of Principal GDC Batote Prof. Nirley Kour by presenting a vote of thanks to all participants and resource persons for making the event successful.

Director H&H Kashmir reviews progress on Labelling of Handicraft products

JJ NEWS SERVICE

SRINAGAR, JUNE 22: The Director Handicrafts & Handlooms Kashmir today took a review meeting to discuss the progress made in the Department on QR code based labelling for the GI & non GI crafts products.

On this occasion Director was apprised that besides the labelling work being undertaken for the seven GI registered crafts Pashmina, Sani, Kani Shawl, Carpet, Paper Machie, Walnut carving and Khatambund, QR code based labelling of the copperware products has also been started

in association with the copper manufacturers union.

The members of copperware association who were also present in the meeting raised the issue that the number of products being labelled needs to be increased and promotion of the QR code based labels needs to be increased by the Department to create awareness among the buyers of the handmade copper products.

Director H&H Kashmir assured the stakeholders that the manpower required for the labelling work would be increased significantly and a promotional campaign for the copperware will also be intensified to create

awareness about the QR code based label. The officials of the Department on the occasion demonstrated the features of the QR code based label to the members of the crewel and chain stitch association.

The Association, while appreciating the efforts of the Department to promote the authentic handmade products assured full support in the implementation of the QR code based labels for crewel and chain stitch products. The review meeting was attended by the Deputy Director Trainings and other officers of the Department besides office bearers of TAHAFUZ.

DC Budgam reviews arrangements for ensuing festival of Eid-ul-Adha

Says, no exorbitant rates will be tolerated on essential commodities during the festival

JJ NEWS SERVICE

BUDGAM, JUNE 22: The Deputy Commissioner (DC) Budgam, Akshay Labro today convened a meeting of officers at the conference hall here to review arrangements put in place for the ensuing festival of Eid-ul-Adha. During the meeting, the DC directed officers of PHE and PDD to ensure smooth supply of water and electricity across the district.

He also directed the Jal Shakti department to press water tankers in required areas and ensure no shortage of water at any place.

Officers from Sheep Husbandry informed the chair that adequate numbers of sacrificial animals are available in the district while maintaining quality. Chief Animal Husbandry Officer informed the meeting that adequate numbers of poultry birds are available in the district.

ACP and Executive officers of Municipal Committees were directed to ensure proper sanitation in towns, mosques, edgahs, and other prominent public places. Instructions were passed by the DC to SDMs to constitute joint market checking teams with SDPOs to intensify market checking

and check the quality of food items such as Bakery, Confectionery, Milk, Meat, Chicken, Vegetables, and other essentials in the market and ensure the availability of quality products. He enjoined upon them that, no exorbitant rates are imposed on essential commodities during the festival, and those non-complying with the market rates to be fined and booked under law. SSP Budgam, AI Tahir Gilini, ADDC Budgam Dr. Akramullah Tak, JD planning, CMO, ADC, ACP, SDMs, all executive Engineer and other District and sectoral officers attended the meeting.

Workshop on Municipal Electoral Roll Revision held at Doda

JJ NEWS SERVICE

DODA, JUNE 22: In the run up to the Municipal Electoral Roll Revision, District Election Office Doda organised a training workshop for its staff here under the guidance of Deputy Commissioner, Vishes Paul Mahajan.

The workshop, organized by District Deputy Election Officer, Amersh Kotwal, focused on the summary revision process for adding, deleting, and correcting electoral roll records. Officials from the District Election Office provided comprehensive training on the updated software required for the upcoming municipal election, with the aim of familiarizing participants with the digital system. The training was con-



ducted by the District Informatics Officer. Several officers associated with the revision process, including executive officers from Doda, Bhatnagar, and Thather, as well as Election Naib Tehsildar (ENT) Anzrez Singh Jasrotia and officials from the District Election Office, attended the workshop. The primary objective of the workshop was to equip participants with the necessary knowledge and skills to effectively carry out the revision process of the electoral roll.

The officials from the District Election Office provided comprehensive training on the computerized procedures for adding, deleting, and correcting electoral records. The workshop also aimed to ensure a smooth and efficient conduct of the upcoming municipal election by utilizing the digital system in place.

The workshop served as an invaluable platform for interaction and discussions among the participating officers, allowing them to exchange insights and clarify any doubts regarding the revision process. Throughout the workshop, District Deputy Election Officer Shri Amersh Kotwal provided commendable guidance, emphasizing the significance of accuracy and transparency in the electoral roll revision process.

With the successful completion of the workshop, the officials involved in the revision process are now well-equipped to undertake their respective responsibilities in ensuring an updated and error-free electoral roll for the upcoming municipal election in Doda.

Wushu selection trials for the 19th Asian Games being held in Srinagar

JJ NEWS SERVICE

SRINAGAR, JUNE 22: The Wushu Association of India will conduct the final selection trials for the 19th Asian Games on the 23rd and 24th of this month at Sher-J Kashmir Indoor Stadium, Srinagar where one of the Wushu preparatory camps is already in progress since 6th June and shall conclude on 3rd August.

Around forty-five players are part of the camp and in the second phase of the one-month-long camp which is likely to commence on 1st July, thirty-seven players will train under the tutelage of renowned coaches. The team will immediately leave for China for foreign exposure training for 45 days and will be stationed there till the commencement of the Asian Games. Some of the probable for the world championship scheduled to be held in the USA later this year will be part of the camp. Pertinently national Wushu team bagged two gold medals in the last world outing in 2019.

The selection trials are being held in the backdrop of the direc-



SCFA DRUBS REAL KASHMIR

tions from MYAS which has asked the affiliated state and UT units to send entries by name to be forwarded to the Indian Olympic Association (IOA) by or before the 30th of this month.

The Sports Authority of India has also sanctioned a 2 month long preparatory national Wushu coaching camp at Srinagar, a prelude to the 19th Asian Games at Hangzhou from 25th September to 8th October this year. The Wushu Association of India has

constituted a selection committee for the purpose headed by Jitender Singh Bajwa and Subhel Ahmad, President, and CEO respectively of the Wushu Association of India and Dr. Onkaracharya award Dr. Kuldeep Handoo, the national Chief Coach of India besides Dr. Arif and Abhilash Saxena are also part of the committee. Observers from the Sports Authority of India will also be part of the selection committee for the 19th Asian Games.

The National doping team comprising four officials will screen the team and educate them about the ill effects of substance abuse. The national chief coach of India Kuldeep Handoo said that the Sports Authority of India is planning to set up a permanent center for Wushu in J&K which has already received a nod from the J&K Sports Council. Meanwhile, special sports activities under My Youth My Pride were held at Chattro, Kishtwar during which activities in Carrom and Tug of War were conducted. More than ninety students took part in the event. In the activities held under the banner of other special sports activities and to reach and engage maximum youth in sports, Tug of War and Carrom activities were also organized in the village, Nangali Sahib in the border area of the district Poonch. In one of the major developments, Sports Council Football Academy drubbed Real Kashmir FC in a thrilling match. The encounter

which was piped to be a high-intensity game lived up to its expectation. In one of the matches of Srinagar DFA Premier Division League, played at Synthetic Turf Football, TRC the Real Kashmir was humbled by Sports Council Football Academy trainees. Youngster Rizwan scored the solitary goal in the 64th minute of the game. The Sports Council Football Academy had fielded 11 players between 15-17 years for the league to give them game exposure against major clubs like Real Kashmir. Pertinently Sports Council has produced many national players of immense

repute, besides contributing to ISL and I-League teams, J&K Teams, and Leading Private Clubs. Ever since its inception in the year 2017, eleven players from the academy have represented the country in different age group categories. The ecstatic coach of SCFA, Javed Ahmad said that the boys have been training very hard and, in the days, to come many promising trainees of the academy will go on to become the prominent faces of Football in the country.

GDC Baderwah celebrates Yoga Day

JJ NEWS SERVICE

BHADERWAH, JUNE 22: Under the guidance of the College Principal, Dr. Kuldeep Kumar Sharma and the supervision of Lt. Prithvi Raj, Associate NCC Officer, NCC unit of Government Degree College Baderwah, in collaboration with the Physical Education and Sports Department, organized a vibrant program to celebrate International Yoga Day here on the college campus. The event was organized under the aegis of 'Amrit ka-Azadi Ka Amrit Mahotsav', with the theme "Vasudhaiva Kutumbakam".

More than 100 students, NCC cadets and NSS volunteers participated in a one-hour yoga session held early in the morning. The event saw the active participation of both teaching and non-teaching staff members of the college.

Dr. Kuldeep Kumar Sharma, Principal of the College, congratulated the NCC unit and the Physical Education & Sports Department for organizing the yoga session.

He emphasized the importance of incorporating yoga into daily life for better health and peace of mind, encouraging all participants to do so.

Prof. Qasim, HOD of Geography, enlightened the attendees about the significance of June 21st based on geographical facts.

Lt. Prithviraj motivated the cadets and students to engage in yoga on a daily basis and invited them to participate in a month-long virtual yoga competition.

The yoga session was skillfully conducted by Ex SUO Saloon and JUO Neha Kotwal.

DC Rajouri flags off PRIs, Water Shed committee members for Exposure Tour to NIRD Hyderabad

JJ NEWS SERVICE

RAJOURI, JUNE 22: Deputy Commissioner Rajouri, Vikas Kundal, today flagged off a group of 34 PRIs and Water Shed Committee members of the Integrated Water Management Program (IWMP) Project for a training cum exposure tour to the National Institute of Rural Development (NIRD), Hyderabad. Assistant Commissioner Panchayat, Sheraz Chowhan and District Panchayat Officer, Auqil Nuvaid were among others present at the event.

The Deputy Commissioner said that IWMP Project is a flagship initiative of the Government that seeks to promote sustainable development in the rural areas of the district through integrated water resources management. The exposure tour to the National Institute of Rural Development - Hyderabad is a significant step towards achieving this goal. The tour will provide the sarpanches and panches an opportunity to learn about best and latest practices in integrated water resources management and engage with experts in the field.

While interacting with the PRIs, Deputy Commissioner, Vikas Kundal emphasized the importance of such exposure tours in promoting sustainable rural development through integrated water resources management. He exhorted them to share the outcome of exposure visit and training with all the stakeholders.

He expressed his confidence that the tour would help the sarpanches and panches in comprehending the challenges faced by rural communities in managing their water resources and equipping them with the knowledge and skills required to address these challenges.

Advocate General holds interactive session with State Taxes Department

JJ NEWS SERVICE

SRINAGAR, JUNE 22: Advocate General, D C Raina, today conducted an interactive session with State Taxes Department, Srinagar.

Commissioner State Taxes, Dr. Rashmi Singh, Additional Commissioner, Tax Planning, Anikita, Additional Commissioner (Administration and Enforcement) Kashmir, Shakeel Maqbool and Additional Commissioner (Administration and Enforcement) Jammu, Namrita Dogra along with Deputy Commissioners, Assistant Commissioners and State Tax Officers from both Jammu and Kashmir divisions were present on the occasion.

D C Raina is the first Advocate General of Union Territory of Jammu and Kashmir and former Counsel for the Sales Taxes Department in 1980s in the High Court as well as Supreme Court of India. He has in-depth legal acumen not only in constitutional laws but is known for his taxation legal expertise throughout the country.

The purpose of the session was to provide the STOs with a facilitative and interactive forum for advice on various legal aspects related to taxes.

Amar Singh College celebrates 'International Yoga Day-2023'

Yoga spreads positivity around: Prof. Ajaz Bashir

JJ NEWS SERVICE

SRINAGAR, JUNE 22: The Department of Physical Education & Sports in collaboration with NSS Wings of Amar Singh College celebrated 9th International Yoga Day with a motto of spreading awareness about the Vedic Practice, Yoga and Meditation, under this year's theme "Yoga for Vasudhaiva Kutumbakam" which describes the desire for "One earth, One family and One future".

A large number of students from varied courses of the college participated and performed different Asanas demonstrated by Physical Director, Ravinder Kour.

The function was attended by Principal Amar Singh College, Prof. Sheikh Ajaz Bashir, Convener Sports Committee, Prof. Abid Naveem Khan; NSS Programme officers, Prof. Shabnam Ara, Prof. Arshad Ahmad Masoodi, Prof. Shah Nawaz Muntazir and Members of Sports Committee.

Speaking on occasion, Prof. Sheikh Ajaz highlighted the history of International Day of Yoga and briefed the students about the theme "Vasudhaiva Kutumbakam".

Handicrafts deptt starts Inspection drives to check sale of notified craft items in conformity of rules & regulations

JJ NEWS SERVICE

SRINAGAR, JUNE 22: With the onset of Tourist Season in the Union Territory of Jammu & Kashmir and huge tourist inflow in the tourist areas, Enforcement Wing of Quality Control Division, Directorate of Handicrafts, has started special inspection drives to check if the dealers are carrying on the business of notified craft items in conformity to the Jammu & Kashmir Tourist Trade Act 1978, Jammu & Kashmir Namdha Quality Control Act 1960 and Jammu & Kashmir Handicraft

Quality Control Act 1978.

The aim of such inspections is to preserve the centuries old cottage industry and safeguard the interests of Handicraft artisans, whose livelihood is at stake due to the influx of machine made products in the market often misbranded and sold in the name of Kashmir Handicrafts. The department has launched an ambitious campaign of GI tagging/QR coding of the notified crafts, to ensure that only genuine Craft products manufactured as per the laid down standards are displayed for sale.

A customer/ tourist can check all the parameters/specifications

of the product just by the click of a button. The label also provides the details of an artisan/manufacturer. This step will go a long way in empowerment of the real stake holders, who shall also have to play a vital role in promotion of the GI labelling/QR coding of notified craft products. Meanwhile, on 21 June, 2023, a special inspection drive was conducted by the field inspection team in respect of Handicrafts dealers operating in the Nishat and Shalimar tourist areas. During the course of inspection some handicraft dealers found violating the norms of the above acts and were penalized

with an amount of Rs 40,000. The dealers were strictly warned to desist from the sale of fake machine made lookalikes of Kashmir art products and advised to affix tags depicting price and composition on each item displayed for sale.

It was advised that they should also refrain from any kind of malpractice such as toutling and impersonation, which carries huge penalties under the said acts.

All the visiting tourists through the medium of this press release are hereby informed, to ensure purchase of only genuine handicraft items: especially GI tagged

notified Kashmir Art products from such handicrafts business establishments which are registered with Directorate of Handicrafts & Handloom. They should also seek from the dealer Cash memos for every purchase and display/ preserve the copy of the same for any future use.

In case of any complaint of malpractice, they can contact the below mentioned addresses Directorate Of Handicrafts & Handloom (Kashmir) Kashmir Haat Srinagar Phone No. 0194 2472065 and Deputy Director (Quality Control) Salina Srinagar Phone Number: 0194 2313338.

Vice Chairman, NITI Aayog tours Baramulla; reviews Developmental Scenario under ADP

LAYS FOUNDATION STONE OF MRD SECTION AT GMC 'B' LA, E-INAUGURATES/ E-LAUNCHES OTHER DEVELOPMENTAL PROJECTS

J1 NEWS SERVICE

BARAMULLA, JUNE 22: The Vice Chairman, National Institution for Transforming India (NITI) Aayog, Suman Kumar Bery today remarked that in the last few years the developmental scenario of J&K has changed drastically and significant progress is being witnessed on the ground. He also said that the initiatives are being taken for the progress and prosperity of the people.

The Vice Chairman, NITI Aayog said this during his extensive tour to Baramulla district today where he carried out an array of activities meant for the overall development of the district.

At the outset, S.K Bery accompanied by Secretary Planning, Development and Monitoring Department, Dr. Raghuvar Langar visited Government Higher

Secondary School Pattan where he inspected Smart class rooms and held an interaction with the students and staff.

While inspecting the Smart Class Rooms, S.K Bery applauded the administration for installing the sophisticated equipment in the school and said that the smart classrooms have been equipped with the latest technological equipment enabling the students to get education via modern means and methods. He also held an interaction with the students and school faculty wherein he emphasized the importance of providing quality education to all the students.

S.K Bery also held a brief interaction with National and International sports champions there. A series of demonstrations were showcased by the champions during which the Vice Chairman NITI Aayog



concerned authorities to provide efficient and qualitative health services to the people. Being informed that the hospital has won several awards for providing Quality Health Care and promoting cleanliness, Hygiene and infection Control, S.K Bery impressed upon the concerned authorities to work with the added zeal to improve qualitative health services in the institute. On reaching District Headquarter Baramulla, the

Vice Chairman NITI Aayog chaired a meeting with all the district and sectoral officers at Dak Bungalow here and took a detailed and sector wise review of the progress made under Aspirational District Programme (ADP). On the occasion, the District Development Commissioner (DDC) Baramulla, Dr Syed Seshrish Asgar presented a detailed account of progress cum performance recorded in various sectors through Power Point Presentation especially in Aspirational District Programme. Dr Seshrish appraised the chair about the initiatives being taken by district administration to saturate all the identified indicators under ADP. She also highlighted the achievements made in sectors like Agriculture and Water Resources, Health and Nutrition, Skill Development

and Financial Inclusion and Basic Infrastructure.

Elaborating further, the DDC said that the efforts of district administration in saturating the identified indicators under ADP have been recognized at Centre level for which the district has recently achieved Prime Minister's Award for Excellence in Public Administration.

The DDC further informed the chair that the district has shown tremendous achievements in establishing Birth Waiting Wards in Primary Health Centres, Community Health Centres, upgrading diagnostic services at all delivery points, and providing Poshan Tracker Tabs for all Anganwadi workers. She also added that the Hon'ble Prime Minister Shri Narendra Modi during the broadcast 'Mann Ki Baati' has also applauded district administration for transforming the dis-

trict from milk deficit to milk surplus.

Speaking on the occasion, the Vice Chairman NITI Aayog said that the Central Government is committed to raising the living standards of its citizens and ensuring inclusive growth for all. He said that ADP closely focuses on improving people's ability to participate fully in the developmental economy.

S.K Bery also appreciated the efforts and tremendous progress made by district administration Baramulla in ADP.

He further said that the Government aims to assess the various constraints of Aspirational Districts to work upon them for better implementation of the programme. He also impressed upon the concerned officers to work with added Zeal and cohesion in order to be amongst the top ranks of the country in ADP.

Srinagar Admin conducts intensive raid on Courier Agency

J1 NEWS SERVICE

SRINAGAR, JUNE 22: On the directions of the Deputy Commissioner (DC), Srinagar, Mohamud Ajaz Asad, the District Administration in collaboration with Drug Control Organization wing carried out an intensive raid of a Courier agency operating in Srinagar District and seized a huge quantity of intoxicating drugs/consignments.



Taking cognizance of the specific input regarding trafficking of psychotropic substances by some anti-social elements through aerial route, a team of Drug Control Organization under the supervision of Deputy Drug Controller, Kashmir, Mrs Nighat Shah Jabben raided a courier service agency and seized as many as 2000 tablets of different brands of Tapentadol valued at around Rs 6.70 lakh. Meanwhile, the particulars of consignee and con-

signor mentioned on the consignments are under investigation and the Drug Controller department is in process of completing the procedure of relevant regulations and all such persons who have connived in the omission/breach shall be booked under law in due course of time. Worth to mention that Tapentadol is a schedule H1 Opioid analgesic and has to be sold against the prescriptions of RMP for medicinal purposes. The Drugs and Cosmetics Act 1940 provides that the record of

sale of this drug has to be maintained by preserving the prescription for record and also maintain records of sale in the shape of cash memo /credit memo. It has been observed that these drugs are being used for adolescents for addiction purposes. Appreciating the efforts put in by the team of Drug Controller Organization, Kashmir, the Deputy Commissioner, Srinagar Ajaz Asad stressed the team to bring the matter to its logical end. He further asked the Department to continue such inspection in future to eradicate the menace of drugs from the District. The DC also urged the Pharmaceutical agencies and Courier service agencies operating in Srinagar District to bring such illegal activities into the notice of Drug Controller organization and District Administration, so that menace of drug addiction which has become a social evil can be eradicated from the society.

Table Top exercise conducted ahead of SANJY-2023 at Ganderbal

J1 NEWS SERVICE

GANDERBAL, JUNE 22: The National Disaster Management Authority (NDMA) today conducted Table Top Exercise with all stakeholders involved in the management of the upcoming Shri Amarnath Ji Yatra (SANJY) at the Conference Hall of Mini Secretariat, Ganderbal.

He stressed for well planning, better coordination and better response among various participating agencies. Brig. BS Thakur highlighted the challenges during Yatra and how to manage major incidents.

During the meeting, officials from SDMA presented an overview of the Disaster Plan and preparedness for SANJY-2023.

The meeting was chaired by Deputy Commissioner (DC) Ganderbal, Shyamvir along with Brig. BS Thakur from NDMA. The NDMA conducted such Table Top and Mock Exercise prior to Yatra in its efforts to improve preparedness and response mechanisms for various disasters.

At the outset, the DC briefed the participants about the objectives and scope of Table Top and mock exercise.

Various departments including State Disaster Response Force, IMD, BRO, Jal Shakti, KPDCIL, I&FC, Health, communication and connectivity besides various security agencies also presented detailed overview of disaster plans. The meeting was informed that mock exercises shall be conducted at Ballal base camp on June 24 to assess the preparedness and response mechanism of all the stakeholders involved in the management of the upcoming Amarnath Yatra.

The meeting highlighted the role and responsibilities of the concerned stakeholders. The officials were sensitized on how to plan for efficient and effective disaster preparedness besides how to focus on managing emergencies and how to handle the situation during exigencies.

Officers were urged to identify gaps, prepare objective tasks, challenges, resources, problem areas and remedial measures to be taken in case of any disaster. Among others, the meeting was attended by Additional Deputy Commissioner, Mehraj-ud-Din Shah, ASP Ganderbal, CPO, ACR, CMO and other district officers. Representatives of various securities also attended the meeting.

Info. Deptt Kashmir condoles demise of father of Abid Hussain of DIC Bandipora

JT. DIRECTOR INFORMATION KASHMIR OFFERS CONDOLENCES TO ABID HUSSAIN, PRAYS FOR ETERNAL PEACE TO DEPARTED SOUL

J1 NEWS SERVICE

SRINAGAR, JUNE 22: Joint Director Information, Kashmir Division, Mohammad Aslam today expressed heartfelt grief and sorrow over the demise of Father of Junior Assistant, Abid Hussain of District Information Centre (DIC) Bandipora, who passed away on Thursday.

Expressing solidarity, the Joint Director extended his deepest condolences to Abid on the demise of his father. He prayed for eternal peace to the departed soul and courage to the bereaved family to bear this irreparable loss.

Meanwhile, the Deputy Director (PR) Kashmir, Bilal Mukhtar, Assistant Director/ FPO, M Aslam Khan and other officers of Information

Department Kashmir have also extended sympathies to Abid and the bereaved family and prayed for peace to the departed soul.

The Officials of the Information Department Kashmir Division have also expressed deep grief and sorrow over his demise.

Moreover, a condolence meeting was also held at DIC Bandipora, where the officials extended sympathies with Abid and the bereaved family in this hour of grief.

Syed Shahezadi reviews implementation of PM's new 15 point programme in Pulwama

J1 NEWS SERVICE

PULWAMA JUNE 22: Member National Commission for Minorities, Syed Shahezadi, today reviewed implementation of Prime Minister's new 15 point programme of Central government and State government schemes on Minority Welfare.

While speaking on the occasion, Syed Shahezadi said that 15 point programme is an attempt to uplift the livelihoods of minorities by ensuring that the underprivileged and weaker sections of six centrally notified minority communities enjoy equal opportunities of growth and development. The programme will ensure these minorities could avail benefit of various government welfare schemes and contribute towards overall socio-economic development of the country.

She said the government was committed to implement the Prime Minister's new 15 point programme for welfare of minorities. She added that proactive steps need to be taken

in this regard and any dereliction in this regard won't be tolerated.

Emphasizing that minorities shall be provided every kind of support, she said that better facilities of transport, health, education and other areas would be provided to them. She also emphasized the need to focus on women development schemes ensuring an appropriate share for them in infrastructure development schemes.

The meeting was attended by Deputy Commissioner, Pulwama, Dr Basharat Qayoom, Superintendents of Police, Pulwama and Awanipora, ADDC, ADC, Programme Officer ICDS, Pulwama and other concerned officers.

NOTICE

I Vishal Kumar, S/o Late Sh. Jagdish Raj, R/o HNo-272 sec-9 Nankar Nagar near Sunny Book Center Jammu, pincode 180004, my name has wrongly been written in my document Vishal Kumar instead of Vishal Kumar sathotra, now I am applying for the correction of the same above said, objection if any may be conveyed to concerning authority within 7 days from the publication of this notice.

NORTHERN RAILWAY						
E-Tender Notice						
Dy.CEE/GSUFZR acting for and on behalf of The President of India Invites E-Tenders (www.irps.gov.in) against below listed Tenders. Bidders will be able to submit their original/revised bids up to closing date and time only.						
Tender No.	Name of work	App. Cost. (in Rs.)	Earnest Money (in Rs.)	Completion Period	Opening of tender	Website Particulars
27-Elect/ GSU-T/1 2023-24	Electrical works in c/wth soft upgradation of the station under Amrit Bharat Stations Scheme (ABSS) covering various areas viz. Improvement of lighting to traffic, circulation, circulating area, entrance porch, Platforms, Platform shelters, existing station building, toilets, foot over bridge and facade lighting including other ancillary works at Mithra, Ferozpur cantt and Moga Railway Station.	24654127.61	273300.00	06 Months	12.07.2023 after 15.00 Hrs.	www.irps.gov.in
Open Tender Notice No. NIT-11/2023-24 Dated - 21.06.2023						1906/2023

UNION TERRITORY OF JAMMU & KASHMIR OFFICE THE EXECUTIVE ENGINEER PWD (R&B) CONST. DIVN. NO. II, JAMMU SHORT NOTICE INVITING TENDER

Short-e-NIT No. 71 of 2023-2024/Div-2 Dated 20-06-2023

For and on behalf of the Lieutenant Governor, Union Territory of Jammu and Kashmir e-tenders are invited on percentage basis from approved and eligible Contractors registered with Union Territory of J&K, CPWD, Railways, MES and other State/Central Governments for each of the following works :-

S. No	Name of Work	Name of Division	Advertised Cost (Rs. in lacs)	Cost of document (in Rs.)	Earnest Money (in Rs.)	Time Allowed for complete on	Time and date of opening of tender	Class of Contract
1	Construction of 1.0 No 0.90 Mtr span Hume Pipe Culvert at Link Road from Lower Hargopora To Upper Hargopora, Sidhra Jammu . (Under Non-Plan).	PWD (R&B) Const. Divn. No. II Jammu	6.65	600	2% of Advertised Cost	01 Month	27-06-2023 (1.00Pm)	"A, B, C & D Class
2	Providing and Laying of 35 Nos T-Wire Crates and RBM Filling from Railway crossing no- 1 to Hanuman Mandir Road, Bagajta Jammu. (Under Non-Plan).	PWD (R&B) Const. Divn. No. II Jammu	7.90	600	2% of Advertised Cost	01 Month	27-06-2023 (1.00Pm)	"A, B, C & D Class
3	Providing and Laying of 18 T-Wire Crates and RBM filling at Dangyal Road Sidhra Jammu. (Under Non-Plan).	PWD (R&B) Const. Divn. No. II Jammu	4.49	600	2% of Advertised Cost	01 Month	27-06-2023 (1.00Pm)	"A, B, C & D Class
4	Construction of RBM filling and Shingle on Link Road from PMGSY Road to H/O Janak Raj at Nadore Nagrota Jammu. (Under Non-Plan).	PWD (R&B) Const. Divn. No. II Jammu	3.50	600	2% of Advertised Cost	01 Month	27-06-2023 (1.00Pm)	"A, B, C & D Class
5	Construction of Pucca Drain in Stratches, Berm Filling and Drain Clearance on Road from Kandoli Mata Mandir to Jagti Migrant Colony Bridge Road at Nagrot, Jammu. (Under Non-Plan).	PWD (R&B) Const. Divn. No. II Jammu	4.90	600	2% of Advertised Cost	01 Month	27-06-2023 (1.00Pm)	"A, B, C & D Class

Position of AAA : Accorded.

The Bidding documents Consisting of qualifying information, eligibility criteria, specifications, Drawings, bill of quantities (B.O.Q), Set of terms and conditions of contract and other details can be seen/downloaded from the departmental website <http://jktenders.gov.in> as per below schedule :-

1	Date of Issue of Tender Notice	20-06-2023
2	Period of downloading of bidding documents	From 20-06-2023 to 26-06-2023 upto 1800 Hrs
3	Date, Time and place of pre-bid meeting	XXXXXXXX at XXXX Hrs. In the Office of Executive Engineer PWD (R&B) Const. Divn. No. II Jammu
4	Bid submission Start Date	20-06-2023
5	Bid Submission End Date	26-06-2023 upto 1800 Hrs
6	Date & time of opening of Technical Bids (Online)	27-06-2023 on or after 1300 Hrs in the Office of Executive Engineer PWD (R&B) Const. Divn. No. II Jammu
7	Date & time of opening of Financial Bids (Online)	To be notified after technical bid evaluation is completed

1. Bids must be accompanied with cost of Tender document in shape of e-challan through Treasury indicating Treasury Voucher No. & date, e-NIT No. and name of work duly crediting to MH 0059 (Revenue) favoring Executive Engineer PWD (R&B) Const. Divn. No. II Jammu and upload the same Le treasury challan/ receipt, Earnest money/Bid security in shape of CDR/FDR/BC pledged to Executive Engineer PWD (R&B) Const. Divn. No. II Jammu. The CDR/FDR/BC shall be valid for 45 days beyond the bid validity period. The original instruments in respect of cost of documents, EMD and relevant documents of LI be submitted to the Executive Engineer PWD (R&B) Const. Divn. No. II Jammu at the time of allotment.

Date :- 16452-74
 Dated - 20-06-2023
 DIP/J-3780/23
 EXECUTIVE ENGINEER PWD (R&B) CONST. DIV. NO. II JAMMU

Annual fair at Baba Chamliyal Shrine witnesses unprecedented rush of devotees

JJ NEWS SERVICE

SAMBA, JUNE 22: The Annual Fair at Baba Chamliyal Shrine located on International Border in Samba on Thursday witnessed unprecedented rush as devotees from different parts of Jammu and Kashmir and neighbouring states came all the way to pay obeisance at the revered Shrine.

Deputy Commissioner Samba, Abhishek Sharma, Senior Superintendent of Police, Benam Tosh and several other officers offered Chadar at the shrine of Baba Dalip Singh Manhas.

According to officials, nearly one lakh devotees from different parts of Jammu and Kashmir and neighbouring States visited the shrine. About 45,000 devotees



visited the shrine by this afternoon but the rush of devotees increased after that and touched the record breaking figure. The Management Committee of the Mela, District Administration

Samba and Border Security Force (BSF) had made elaborate arrangements for the devotees visiting the shrine to pay their obeisance. As the shrine is located very

close to IB, the BSF and local police had also made elaborate security arrangements in the area to ensure safety and security of devotees.

Elaborate security and other arrangements have been put in place for the devotees who have been thronging the shrine since early this morning, said Abhishek Sharma, Deputy Commissioner Samba.

Hundreds of stalls were set up by the devotees in the area serving eatables, cold water and juice to the people visiting the shrine to pay their obeisance.

The children also enjoyed fun and frolic during the Annual Fair. Baba Chamliyal is revered by the people of both India and Pakistan alike and lakhs of people

thronged the shrine from the Indian side.

A Community langar was set up by the Mandir Committee where the villagers from all walks of life rendered their sewa.

The holy pond containing shakkar has been developed by the Tourism Department with tiles, railing & artificial lights and thronged open before the mela.

Additional S.P Surinder Choudhary, Sub Divisional Magistrate Vijaypur Dr. Rajesh Kumar, Tehsildar Ramgarh Farooq, Ahmed, Block Development officer Mukesh Sharma & other district officers accompanied Deputy Commissioner Samba & SSP Samba in paying obeisance & sought blessings for the district.

In a first, Voter cards being provided to Kashmiri Migrants at their doorsteps



JJ NEWS SERVICE

JAMMU, JUNE 22: In a first, Relief Organisation (M) J&K is providing EPICs to the Kashmiri migrant voters at Jammu who filled their voter forms during the Special Summary Revision held in the month of September 2022.

Before this, the EPICs, after final printing, were placed at the disposal of local BLOs of Kashmir Valley for further distribution.

Kashmiri Migrants being out of valley were not able to collect their EPICs owing to the fact that they are residing at various places in Jammu and other parts of the country.

The Relief Organisation, in collaboration with office of Chief Electoral, J&K, in a first of its kind initiative, are facilitating distribution of EPICs to Kashmiri Migrant voters to their convenience and for the purpose a Special Campaign has been launched from June 19, 2023 to July 1, 2023 in migrant camps and non camp areas in Jammu.

Continuing with the Campaign, EPICs were distributed among the Kashmiri Migrant voters today at Migrant Camp Jagti where a large number of migrant voters availed this facility and collected their EPICs.

DG Industries & Commerce inaugurates one month exhibition cum sale at Jammu Haat

JJ NEWS SERVICE

JAMMU, JUNE 22: A one month Exhibition-cum-Sale was today inaugurated by Director General Industries & Commerce, Anu Malhotra, here in the Jammu Haat, Exhibition Ground. Managing Director, SIDCO, SICOP, Inderjeet, Director Handicraft Department, Vikas Gupta and General Manager, District Industries Centre, Virender Kumar Manwal were also present at the inaugural function. In her address, the Director General Industries & Commerce said that the main aim of such exhibitions was to provide a platform to the local manufacturers, artisans, craftsmen and service providers to promote and sell their products. She further elaborated that such exhibitions are being conducted by the department on regular intervals to promote local production under one roof.

The main attractions of the exhibition were the different products manufactured by PMEG units, Entrepreneurs, weavers, artisans associated with Handlooms, Handicrafts and Industries and Commerce Department, stalls of Horticulture, Information department and Department of Archives, besides a scintillating cultural and folk music presentation by the artists of Information Department and local artists.

Taking the round of the stalls, the Director General was apprised about the success stories of the entrepreneurs who availed the benefits of the Prime Minister Employment Generation Programme [PMEG] and Women Entrepreneurs financed through the Industries & Commerce Department.

Such entrepreneurs are inspiring other youth to become entrepreneurs and concentrate on becoming 'Job Provider' instead of 'Job Seeker' for which the interested candidates shall also be extended financial assistance under the Prime Minister Employment Generation Programme [PMEG].

Secretary DARPG, CS assess status of grievance disposal on CPGRAMS, JKIGRAMS portal



JJ NEWS SERVICE

SRINAGAR, JUNE 22: Secretary, Department of Administrative Reforms and Public Grievances (DARPG), GoI, V Srinivas along with the Chief Secretary, Jammu and Kashmir, Dr. Arun Kumar Mehta chaired a meeting today to assess the status of grievance disposal in the UT on central government's CPGRAMS portal as well J&K Government's JKIGRAMS portal.

The meeting was attended by Commissioner Secretary, Information Technology, Prema Pari, Secretary, Public Grievances, Rehana Batul; senior officers of DARPG, representatives of CSC e-Governance Services India, and other concerned officers.

During the meeting, extensive discussions were held on the challenges being faced in the process, including the handling of complex grievances, coordination among departments, and the need for effective information management systems. They also deliberated on the importance of training and capacity building for government officials involved in grievance redressal on the portal.

Speaking during the meeting, Dr. Mehta highlighted the importance of effective public service delivery and prompt resolution of citizens' grievances. He called upon the officers of J&K Government to identify areas of improvement and devise strategies to enhance the grievance

redressal mechanism in Jammu and Kashmir.

Dr. Mehta impressed upon the officers of Public Grievances department for regular monitoring and evaluation of the grievance redressal system to identify bottlenecks and implement corrective measures to address them. He enjoined upon the officers that all the grievances should be disposed within thirty days as per the recent directions of Central Government.

Secretary DARPG, V Srinivas while speaking during the meeting, remarked that JKIGRAMS portal is functioning efficiently and serves as a great centralized platform for citizens to highlight their grievances with highest level officers and track their progress through a transparent and account-

able system. He emphasized upon the Nodal officers to focus on quality disposal of grievances with a greater level of citizen satisfaction.

The Secretary further emphasized upon the Public Grievances department of J&K to focus on capacity building of Grievance Redressal officers so that the quality of grievance disposal is improved. He also called upon them to publicise the monthly reports about best performing officers as well as the laggards to make the grievance redressal more effective.

Speaking during the meeting, Rehana Batul informed the meeting that the disposal rate on JKIGRAMS portal till June this is of the order of 96 percent and till date 3,10,132 grievances have been disposed of out of 3,22,964 grievances received on portal. She further informed the meeting that out of 26,739 grievances received by JKIGRAMS through CPGRAMS portal, 25,755 have been disposed of with a disposal rate of 96 percent.

Young India resurging is golden feature of 9 Saal Bemisal: DDC Vice chairperson Udhampur



JJ NEWS SERVICE

UDHAMPUR, JUNE 22:- Vice Chairperson, District Development Council, Udhampur Juhli Manhas Pathania today said that 'Young India' exploring new heights and horizons in an ecosystem which has been carefully created is the golden feature of 9 saal Bemisal.

PM Narendra Modi Government has focused on 'ease of pursuing studies and careers' which has virtually given wings to the aspirations, talent and capacities of students. She was felicitating meritorious students of class 10th, and NEET qualifiers at a colourful programme organised in the precincts of Sri Devi Bani temple, Manwal. The ceremony was organized to recognize and appreciate the hard work and dedication of local students who had excelled in their class 10th examinations.

Speaking on the occasion, the Vice Chairperson congratulated the students and encouraged them to continue their academic pursuits with dedication and perseverance. She emphasized the importance of education in shaping the future of the youth and the nation. She further applauded the way the local students have excelled in toughest conditions in areas where the electricity is not uninterrupted and paucity of staff in the schools.

The Vice Chairperson also highlighted the efforts of the current government in promoting education and ensuring access to quality education for all. She urged the students to take advantage of the various educational schemes and initiatives like Sarva Shiksha Abhiyan, PM e-vidhya, e-Pathshala, DIKSHA etc launched by the government and work towards their academic and personal growth.

The ceremony was attended by parents, Bhoopar Mandala, NGOs, and prominent citizens who applauded the efforts of the students and appreciated the initiative taken by the Vice Chairperson in recognizing their achievements.

DC Kishtwar flags off PRIs, Watershed Committee Members for 3-Day Outreach Program

JJ NEWS SERVICE

KISHTWAR, JUNE 22: Deputy Commissioner Kishtwar, Dr. Devansh Yadav, in presence of Project Manager, Integrated Watershed Management Programme (IWMP) Kishtwar, Zakir Hussain Wani, today flagged off a group of 23 PRIs and Watershed Committee members for a 3-day Capacity Building tour to the renowned National



Institute of Rural Development (NIRD) in Hyderabad.

The primary objective of this training program is to enhance

the skills and Knowledge of the participant in integrated watershed management (IWM), which is a crucial component of the

PMKYSY 2.0 initiative. The individuals selected for this opportunity represent the IWM Project, specifically the Afani and Jar panchayats of Paddar block, falling under the jurisdiction of the WDC/PMKYSY 2.0.

The coordination and management of this tour program have been entrusted to ACP/PM-IWMP Kishtwar as per the directives of Commissioner/Secretary RDD Mandep Kaur.

The touring group is accompanied by the Nodal officer, Dr. Adarsh Sen, who serves as the District Level Technical Expert. The training program, facilitated by the state-level nodal agency of Jammu and Kashmir, under the supervision of the Rural Development Department and Panchayat Raj, will be held at the prestigious National Institute of Rural Development in Hyderabad.

PSPS Women College organises symposium on anti drug Campaign

JJ NEWS SERVICE

JAMMU, JUNE 22: Nasha Mukti Bharat Abhiyan club of Padma Shri Padma Sachdev Government College for women, Gandhi Nagar organised a Symposium on Drug Abuse and Ilicit Trafficking here today.

With a strong emphasis on fostering awareness and prevention, this event served as a platform for students to showcase their knowledge and critical thinking skills.

The students emphasized the collective responsibility of society to address drug abuse effectively and highlighted the importance of comprehensive prevention programs. The event successfully promoted critical thinking, public speaking, and teamwork among the participants as they navigated the complex dimensions of drug abuse.

Celebrates Int'l Yoga Day by hosting series of events

The panel of esteemed judges, consisting of Prof Mamta Gupta (HOD & Dean Commerce), Prof Rajni Dogra (Hod Economics) and Prof. Anupama Sharma (PO and Unit II) of the College evaluated the performances of each team. Their expertise and impartiality ensured a fair evaluation process. The top-performing students were awarded prizes and the effectiveness of their arguments.

The college principal Prof. Minu Mahajan extended heartfelt gratitude to all the participants who contributed to the success of the event. Their dedication and commitment to addressing drug abuse and creating awareness will undoubtedly have a positive impact on the society, she added. The whole event was coordinated by Prof. Rashmi Kumari, Convener

NMBA Committee and other organising members were Prof Parmarjeet Singh, Prof Swarn Singh, Prof Kusum and Prof. Sumita. Meanwhile, NSS Unit I and Unit II of the College celebrated the International Day of Yoga with enthusiasm in presence of the College Principal, NSS Coordinator, NSS Programme officers and NSS Volunteers. The celebrations continued for three days and concluded today. On the first day, NSS Volunteers performed Yoga with their families at Home and posted their pictures in respect to amplify the impact of Yoga Day in social media platforms.

On the second day, 21/06/2023- NSS Coordinator Prof Mala Bhasin and NSS

Programme officers of Unit (Prof Sogandha Mahajan) and Unit II (Prof Anupama Sharma) and NSS Volunteers participated in Yoga demonstration at Govt MAM College organized by Dean Student Welfare in

DEO Ramban chairs preparatory meeting for revision of Municipal Electoral Rolls

JJ NEWS SERVICE

RAMBAN, JUNE 22: District Election Officer (DEO), Musarrat Islam today chaired a meeting of officers and officials of Municipal Council and Municipal Committees of Ramban District convened here today to discuss the preparedness for revision of Municipal Electoral Rolls-2023. Addressing the meeting, the DEO said that the ECI has initiated slew of measures to fine-tune the electoral rolls for which ERO-NET is being used to compile an error-free voters list, besides lessening the paperwork as correct forms filled at the entry-level will be accepted through the system.

Collaboration with Educational NGO Heartfulness.

On the third and final day today, an awareness session on benefits of Yoga was organized for the NSS Volunteers. They were briefed about the essence of Yogic exercises on the health of individuals.

9th Int'l Yoga Day celebrated by Health Department Jammu

JJ NEWS SERVICE

JAMMU, JUNE 22: The 9th International Yoga Day was celebrated in health institutions of all districts of Jammu Division with the theme 'Yoga for Vasudhaiva Kutumbakam' and Tag line 'Har Ghar Aangan Yog.' Special events on Yoga were held across Healthcare Institutions of the division on the directions of Director Health Services, Dr. Rajeev Kumar Sharma.

Chief Medical Officers, Medical Superintendents and Block Medical Officers of respective districts and blocks attended the camps. The aim of this celebration was to extend holistic benefits of yoga and inculcate this habit to improve physical, mental and spiritual well being.

The participants performed various types of asanas including pranayama, tadasana, vrikshasana and drills to promote awareness of the enduring benefits of the ancient practice known as yoga. With practicing yoga on a daily basis, the aspirant feels rejuvenated and energized. Thus, yoga bestows upon every aspirant the powers to control body and mind.

For the main function held at Gulshan Ground Gandhi Nagar in Jammu city, the support of ambulance, first aid and medical team was provided by Chief Medical Officer Jammu. The staff from Directorate of Health Services Jammu and CMO office Jammu along with doctors, MLHPs, ASHAs, School Health team, RBSK team of Jammu district participated in the function.