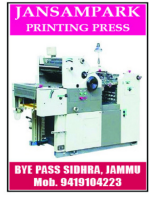


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Lt Governor Sinha inaugurates two hospitals in Chandanwari, Baltal ahead of Amarnath Yatra

JNEWS SERVICE
JAMMU/ANANTNAG/
GANDERBAL, JUNE 28

Lieutenant Governor Shri Manoj Sinha inaugurated the 100-Bedded Base Hospitals at Baltal and Chandanwari, through virtual mode, today.

The Lt Governor congratulated the DRDO, all the associated officials, engineers and the workforce for completing the construction of the hospitals in a record time of 15 days.

The Lt Governor said the two makeshift State-of-the-art hospitals, built by DRDO, will help in providing better and round the clock healthcare facilities to the pilgrims of Shri Amarnath Ji Yatra and to



those engaged in Yatra Management.

The Lt Governor expressed gratitude to Hon'ble Prime Minister Shri Narendra Modi and the Ministry of Health for providing all necessary resources for hospitals. Baltal and Chandanwari

Hospitals are equipped with the most advanced equipment, separate block for doctors and nursing staff, ICU Wards, Oxygenated Wards and Triage areas and other required inventories for all critical medical care, he added.

"J&K Government has

Amarnath Yatra: This year's pilgrimage to be longest ever, to last for 62 days, says SASB

JNEWS SERVICE
SRINAGAR, JUN 28

Welcoming the pilgrims with the message of love and peace, Shrine Amarnath Shrine Board (SASB) Wednesday said that this year the pilgrimage will be longest ever that would last for 62 days and so far 3,04,000 pilgrims have registered which is 10 per cent more than the previous year.

Addressing a press conference here, Chief Executive Officer (CEO) SASB, Dr Mandeep Kumar Bhandari said that Shrine Board and the UT administration is fully ready to welcome Yatri open heartedly from July

1 onwards. "The yatra will last till August 32. This year's pilgrimage will last for 62 days and will be longest ever so far," Bhandari said, as per news agency-Kashmir News Observer (KNO). He said so far 3,04,000 pilgrims have registered with the board through various modes of registration available. "The figure is 10 per cent more than the last year," he said.

He said that Yatri upto the age of 70 years can perform the pilgrimage. "Yatra can be performed from two routes-Baltal which involves 14.5 kms trekking and from Chandanwari where

Senior officers review security arrangements at Amarnath Cave shrine

JNEWS SERVICE
SRINAGAR, JUN 28

Top security officials in Jammu and Kashmir on Wednesday reviewed the security arrangements for the annual Amarnath Yatra beginning later this week.

Senior officers of Jammu and Kashmir Police, CRPF, BSF, Indian Army and Indo-Tibetan Border Police (ITBP) reviewed the security arrangements at the holy cave as well as along the traditional route to the shrine.

"ADGP Kashmir Shri Vijay Kumar alongwith IG CRPF, IG BSF, 3 Sector Commander, SSP Anantnag & CO ITBP visited Panjtarni & #HolyCave,"

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Father-Son drown in Udhampur

JNEWS SERVICE
UDHAMPUR, JUN 28

A father-son duo drowned following flash floods in a stream as they were heading for a wedding function in Udhampur district of Jammu and Kashmir, officials said on Wednesday.

Paras Ram (45) and his son Sangam (13) were crossing the Kunju stream by foot when they were swept by a strong current following heavy rainfall in the catchment area late Tuesday evening, the officials said. They said an auto

CONTINUED ON ► PAGE 4

Drone surveillance of national highways boosts security ahead of Amarnath Yatra

JNEWS SERVICE
SRINAGAR, JUN 28

In view of the annual Amarnath Yatra, the security grid has been strengthened along the national highways with drone surveillance in several areas of Jammu and Kashmir.

Ahead of the yearly Amarnath Yatra, security personnel from the Jammu and Kashmir Police were seen patrolling and using surveillance drones to keep an eye on routes, said officials.

The security force officials were instructed to maintain close communication and to be particu-



larly watchful and alert during the Amarnath Yatra in order to foil the nefarious plots of the anti-national and anti-social forces, they added.

According to the officials, the Jammu and Kash-

CONTINUED ON ► PAGE 4

Dr Jitendra Singh hails cabinet approval for establishing 'national research foundation'

JNEWS SERVICE
NEW DELHI, JUN 28

Union Minister of State (Independent Charge) Science & Technology; MoS PMO, Personnel, Public Grievances, Pensions, Atomic Energy and Space, Dr Jitendra Singh has hailed the Union Cabinet approval for establishing the "National Research Foundation" (NRF). The approval came in response to a proposal moved by the Ministry of Science & Technology in the cabinet meeting this morning.

The Minister, in particular, thanked Prime Minister Narendra Modi for



enabling this landmark decision and said that it was none other than PM Modi himself who had, for the first time, in his address to Indian Science Congress on January 3, 2019, given the scientific fraternity the concept and idea of constituting a body like this.

Clear weather with evening showers in J&K today: MeT

JNEWS SERVICE
JAMMU, JUN 28

The weather was mainly clear at most places of J&K on Wednesday with meteorological department (MeT) predicting late afternoon or evening showers.

A MeT official said that a brief spell of rain/thundershowers was likely to happen at scattered places of J&K towards late afternoon/evening.

He predicted early morning and evening rains for the next one week.

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CJI lays foundation stone for new high court complex of J&K and Ladakh at Raika

JNEWS SERVICE
JAMMU, JUN 28

Justice Dhananjaya Y. Chandrachud, the Chief Justice of India laid foundation stone for the new High Court complex of J&K and Ladakh at Raika, in presence of Lieutenant Governor of J&K, Manoj Sinha; Lieutenant Governor of Ladakh, Brig. (Dr.) B.D. Mishra (Retd.) and Judges of Supreme Court and High Court.

Document Management System (DMS) for High Court of Jammu & Kashmir & Ladakh, and National Service and Tracking of Electronic Process (N-STEP) for Dis-



trict Courts were also launched.

Justice Dhananjaya Y. Chandrachud, in his address described the judicial Officers as front line warriors and exhorted them to live up to the expectations of the common man who is seeking justice.

"It is our endeavour that every section of the society, poor or underprivileged have access to Justice. The foundation of new High Court complex and the newly launched IT initiatives are pioneer steps in bringing reforms in the Justice delivery system," he said.

CONTINUED ON ► PAGE 4

Shailendra Kumar assigned additional charge of agriculture production department

JNEWS SERVICE
JAMMU, JUN 28

The Jammu and Kashmir Government on Wednesday assigned the additional charge of agriculture production department to Shailendra Kumar, principal secretary R&B department.

"In the interest of administration, it is hereby ordered that Mr. Shailendra Kumar, IAS (AGMUT:1995), Principal Secretary to the Government, Public Works (R&B) Department, shall hold the charge of the post of Administrative Secretary, Agriculture Production Department, in

CONTINUED ON ► PAGE 4

Govt orders transfer, posting of 2 JKAS officers

JNEWS SERVICE
JAMMU, JUN 28

The Jammu and Kashmir Government has ordered the transfers and postings of two Jammu and Kashmir Administrative Service (JKAS) officers, with immediate effect.

As per GAD order, Mantasha Binti Kashid, JKAS, Secretary, Srinagar Development Authority, is transferred and posted as Deputy Director, Tourism, Kashmir, against an available vacancy.

IShtaq Ahmad

CONTINUED ON ► PAGE 4

IPS officer Ajay Bhatnagar appointed special director in CBI

JNEWS SERVICE
NEW DELHI, JUN 28

Senior IPS officer Ajay Bhatnagar has been appointed as Special Director in the Central Bureau of Investigation (CBI), according to a Personnel Ministry order.

Bhatnagar, a 1989 batch Indian Police Service (IPS) officer of Jharkhand cadre, is currently Additional Director in the federal probe agency.

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Slain circus worker's wife gets govt job; LG Sinha assures all help to family

JNEWS SERVICE
JAMMU, JUN 28



Jammu and Kashmir Lt Governor Manoj Sinha on Wednesday handed over an appointment letter to

the wife of circus worker Deepu Kumar who was gunned down by terrorists in Anantnag district last month. The Lieutenant Governor had announced

CONTINUED ON ► PAGE 4

Communal colour being given if centre talks about implementing Uniform Civil Code: Rajnath Singh

AGENCIES
JODHPUR, JUN 28

Defence Minister Rajnath Singh on Wednesday accused the opposition parties of trying to bring in a communal angle whenever the Centre talks about implementing a Uniform Civil Code in the country.

The senior Bharatiya Janata Party (BJP) leader also said politics should not be done by dividing the society, but should be done by taking the society and country together.

"What we are going to do has been written in the Constitution. We are going to fulfil that promise. Isn't there one country, one legislation?" Singh asked while addressing a rally here in Rajasthan.



He further said, "I can say with conviction that it will not be allowed in the country that someone will have the freedom to marry as many times as he wants." Singh said the government at the Centre led by

Prime Minister Narendra Modi is committed to safeguarding the honour of women.

"What wrong are we doing? We are honouring women. We have said it in our manifestos too. Why is it being opposed? Efforts are being made to give a communal colour to everything. We will not let the country run like this," he said.

The defence minister also said India was earlier looked upon as "weak" and the "land of poor", while asserting that when the country speaks on international platforms now, people listen to it.

He said in the nine years of the Modi government, no one could level corruption charges against any minister.

Family of Jammu man found hanging in Rajouri protests, alleges murder

JNEWS SERVICE
RAJOURI, JUN 28

A thirty-year-old man hailing from the Khour village of Jammu died under mysterious conditions after his body was found hanging in the Bareri village of Nowshera in Rajouri district. He was working as labourer in a shop.

According to the news agency-Kashmir News Observer (KNO), the body of Parveen Kumar was

recovered on the night of Monday and Tuesday after which police started an investigation. His family members held a protest demonstration by blocking the national highway, alleging a conspiracy into Kumar's death.

Parveen, son of Jeet Kumar, a resident of Malla Parore, Khour, in Jammu, was presently living in the Ward 7 of Nowshera town.

A police official said

the deceased along with his wife and a child was living in a rented accommodation. His body found hanging with a pole in Bareri was then taken to the Sub District Hospital (SDH) Nowshera where the doctors declared the young man as brought dead, he said.

He said the post-mortem and other medico-legal formalities of the deceased were carried out at the SDH Nowshera.

Meanwhile, Parveen

Kumar's family members held a protest demonstration alleging a "well-hatched conspiracy" behind the death of their son.

The protesters assembled at the gate of the police station Nowshera and later moved over to Jammu-Rajouri-Poonch national highway at the Nowshera bridge, blocking the traffic, which led to the suspension of vehicular movement.

CONTINUED ON ► PAGE 4

Zeeshan leads deputation of NC workers to DDC Poonch, raises concerns about public services



JJ NEWS SERVICE

POONCH, JUN 28: A deputation of Jammu and Kashmir National Conference (JKNC) workers, led by Zeeshan Rana, Additional Spokesperson of JKNC Jammu, called on the District Development Commissioner (DDC) of Poonch, Choudhary Mohammad Yasin and discussed various issues faced by the people of Mendhar Tehsil. The meeting highlighted concerns regarding governance, accountability, public services, and infrastructure development in the district. During the meeting, Rana expressed his dissatisfaction with the current work culture in Poonch, stating that

the district's rank of 20th on the Good Governance Index reflects the lack of accountability among government officers. He emphasized that without fixing accountability, the working culture cannot be improved, and urged for measures to address this issue. Rana highlighted the prevailing challenges in different government departments, leading to inadequate services for the people of Poonch. He requested the District Commissioner to hold all officers accountable for their responsibilities in implementing various public-related schemes. Rana raised serious concerns about the dilapidated condition of roads, failures

in water supply schemes, frequent power outages, and the lack of adequate healthcare facilities. He also raised concern over the failure of the government to provide regular water supply to the people of Poonch, specifically in Mendhar. Rana mentioned that approximately 57 water supply schemes initiated nearly a decade ago during the tenure of former MLA Javed Rana are currently non-functional. He urged for an inquiry into this matter to ensure accountability and to address the water scarcity issue. The deputation also highlighted the sub-standard quality of roads constructed in the last six months in villages such as Salwah,

Banola, Battidar, and Chungung Jugal.

Rana stressed the need for an investigation into the usage of inferior materials during the construction of these roads. Additionally, he also emphasized the urgent need to address the rising drug menace in the district, calling for effective measures to control and combat this issue.

The deputation of JKNC workers reiterated their commitment to raising and addressing the concerns of the people of Poonch. They expressed hope that the district administration would take immediate action to rectify the prevailing issues and work towards improving the overall governance and public services in Poonch. The Deputy Commissioner gave a patient hearing to the issues put forth by the deputation and assured to resolve the aforesaid issues at the earliest.

The deputation comprised of BDC Chairperson Mendhar Tahira Jabeen, Adv. Nazir Hussain Zonal VP, Mian Sheraz Azhari, Zonal Secretary, Sayeed Choudhary District Secretary Poonch, Sarpanches and party's office bearers from Mendhar.

Dy Mayor reviews preparations for Amarnath Yatra, emphasizes safety and convenience of devotees

JJ NEWS SERVICE

JAMMU, JUN 28: Deputy Mayor Baldev Singh Billawaria took stock of reviewing the preparations for the holy Amarnath Yatra 2023 accompanied by the Chairman of the standing committee JMC Subhash Sharama, Gopal Gupta, Corporators, and Joint Commissioner (H), XEN Electric, Health Officer, XEN Mechanical CTO (N) & other Officers of Jammu Municipal Corporation (JMC). Deputy Mayor Billawaria conducted a thorough evaluation of the arrangements at the Base Camp Yatri Niwas located in Bhagwati Nagar Jammu, Yatri Niwas near Railway Station Jammu, Asaram Babu Ashram Bhagwati Nagar Jammu & Ram Mandir at Purani Mandi Jammu.

Deputy Mayor Jammu, Baldev Singh Billawaria visited the Ram Mandir & Asaram Babu Ashram at Bhagwati Nagar Jammu and reviewed the arrangements for the devotees of Amarnath Yatra. During the comprehensive review, Deputy Mayor Jammu expressed his satisfaction with the dedication and efforts demonstrated by all departments involved, including the security wing. Recognizing the significance of the Amarnath Yatra and the paramount importance of ensuring the safety and convenience of the devotees, he commended the collective commitment exhibited by the teams responsible for making the pilgrimage a success.

Deputy Mayor Jammu, Baldev Singh Billawaria visited the Yatri Niwas, Bhagwati Nagar served as a testament to the attention given to the facilities and infrastructure needed to accommodate the large number of



yatris. Deputy Mayor Jammu, Baldev Singh Billawaria emphasized the significance of seamless coordination and collaboration among various departments, acknowledging the crucial role they play in managing such a colossal event.

Deputy Mayor Jammu, Baldev Singh Billawaria stated that the dedication and hard work displayed by the Jammu Municipal Corporation and other departments involved in preparations of the upcoming Amarnath Yatra 2023. The safety and well-being of the pilgrims are of utmost importance to us, and I am confident that all necessary measures have been taken to ensure a smooth and secure pilgrimage." Deputy Mayor Jammu, Baldev Singh Billawaria further added that one more important thing that is added in the current Yatra 2023 is that specific Identification Card- Radio Frequency Identification (RFID) with tracking chip will be provided to each and every Yatri, with the help of which, it will be easy to identify & trace the location of the yatri who is participating in the Yatra 2023.

Deputy Mayor Jammu, Baldev Singh Billawaria, emphasized the significance of prioritizing the health, sanitation, and security of the devotees during the Amarnath Yatra. He expressed the importance of ensuring that the Jammu Municipal Corporation's efforts are successful in these areas, leading to positive feedback from the devotees upon their departure. This positive feedback would be a commendation of the Jammu Municipal Corporation's work and a testament to their effective implementation of measures to enhance the overall experience and safety of the pilgrims during the Yatra.

Deputy Mayor Jammu Baldev Singh Billawaria appreciate three standing committee Chairman, Corporators, and Higher Authorities of the JMC for their unwavering support and their active involvement in overseeing the preparations. Together, we will strive to make the Amarnath Yatra 2023 a memorable and spiritually fulfilling experience for all devotees."

Ashok Koul, others undertake door to door campaign



JJ NEWS SERVICE

JAMMU, JUN 28: Under the party's ongoing public outreach programme, Jammu and Kashmir BJP General Secretary (Organisation) Ashok Koul, along with District President Omi Khajuria, undertook a door to door campaign in Muthi-Paloura mandal of Jammu North district. Ashok Koul and Omi Khajuria, distributed the booklets and pamphlets mentioning the details of the

development projects and welfare schemes launched during the last nine years by the Narendra Modi government. Ashok Koul, while interacting with the people during his visit to various localities of the mandal, said that the union government under Prime Minister Narendra Modi has completed nine years in office and during this period many mega projects of development have been initiated across the country,

which have proved to be milestones. The Modi government has also launched a large number of welfare schemes for the socio-economic uplift of women, the poor and marginalised classes in the country. Every region and every section of society have been taken care of in the schemes of the Modi government, he said. He told them that whatever has been done in the nine years is compiled and circulated among the people

so that anyone can read it and know that the Narendra Modi government's nine years have been splendid and full of achievements. He also asked them to educate others about the splendid work of the Modi government.

Omi Khajuria also briefed the people about the numerous welfare schemes of the Modi government. Mandal President Sunesh Khajuria and Booth No. 58 President Girdhari Lal Dogra also accompanied them during the door to door campaign. Similarly, BJP senior leader Rajiv Charak, along with JMC councillor of Ward No. 50, Channi Himmat Neena Gupta, conducted a door to door campaign in Sector 4.

They also distributed the printed material among the people and stressed upon them to study what had been done during the nine years by the Modi government in the field of development and social welfare. Shaktiendra Pramukh Pawan Gupta also accompanied them.

TS Sawhney Extends Warm Eid Greetings to the People of J&K

JJ NEWS SERVICE

SRINAGAR, JUN 28: Tejwant Singh Sawhney, the esteemed leader of the Bharatiya Janata Party (BJP) Minority Morcha, wholeheartedly conveys his heartfelt wishes to the people of Jammu & Kashmir and the entire nation on the auspicious occasion of Eid.

As a respected representative of the BJP Minority Morcha, Sawhney emphasizes the significance of unity, harmony, and communal amity during this joyous festival.

Eid-ul-Fitr, an occasion celebrated with immense joy and fervor by the Muslim community across the world, holds special significance for the people of Jammu & Kashmir. It is a time of joy, gratitude, and reflection, where families come together, exchange greetings, and partake in feasts and festivities. The festival symbolizes the spirit of compassion, brotherhood, and unity, values that are at the core of our diverse and culturally rich nation. Tejwant Singh Sawhney



extends his warmest wishes to the Muslim community of Jammu & Kashmir, acknowledging their immense contributions to the region and the country as a whole. He recognizes the importance of fostering an environment that promotes inclusivity, respects religious diversity, and embraces communal harmony. As the BJP Minority Morcha Leader, Sawhney highlights the party's com-

mitment to the welfare and progress of all citizens, irrespective of their religious or cultural backgrounds. The BJP firmly believes in the ethos of 'Sabka Saath, Sabka Vikas, Sabka Vishwas' (Together with All, Development for All, Trust of All), and Sawhney stands firmly behind this ideology. On this joyous occasion, Sawhney urges the people of Jammu & Kashmir and the entire nation to come together, celebrate diversity, and strengthen the bonds of brotherhood. He emphasizes the need for peace, understanding, and unity, as these values form the foundation for a harmonious and prosperous society. Tejwant Singh Sawhney wishes everyone a blessed and joy-filled Eid-ul-Adha. May this festival bring peace, happiness, and prosperity to all households in Jammu, Kashmir, and the entire country. He reiterates his commitment to working towards the welfare of all communities and strives to build a progressive nation where every individual's aspirations are fulfilled.

9yrs of Modi govt: Rekha leads BJP's door to door drive

JJ NEWS SERVICE

JAMMU, JUN 28: Bharatiya Janata Party (BJP) District Jammu South under the leadership of its President Rekha Mahajan started its 'Ghar Ghar Jansampark Mahabbayan' (door to door) a special public relations campaign across the Gandhi Nagar Mandal on completion of nine years of the Narendra Modi government. BJP District Jammu South President Rekha Mahajan walked door-to-door in Belicharana, Gandhi Nagar Mandal within the Balu assembly constituency.

The others who accompanied Rekha Mahajan were Vice President Prabhari Gandhi Nagar Mandal Narinder Koki, Mandal President Bharat Bhushan, Vistarak Ashok Kumar, and party cadres were also interacted with the inhabitants of the area. Rekha Mahajan also distributed pamphlets on the various welfare schemes of the Central government. The



campaign will end on June 30. Speaking to the general public Rekha Mahajan said, "The public relations campaign of the BJP has already been started throughout India to enlighten the achievements of 9 years of Seva of Modi led government, as a month-long public outreach campaign. She said the BJP District Jammu South will conduct door-to-door public relations in both constituencies to inform people about the welfare

schemes of the government. Prime Minister Narendra Modi's nine years are unmatched. Rekha stated that the country and region have transformed during this time. We are trying to make Modi government's work reach to the people." BJP District President Rekha Mahajan claimed, "These nine years have changed the fortunes of the people. The BJP government is working to uplift every class with the basic mantras of service, good governance, the welfare of the poor and Antyodaya," she claimed. She said workers would visit homes in every ward as well as in every Mandal and distribute a booklet on the achievements of the BJP-led central government. They would reach out to the populace explaining how the Modi government had changed their lives in the last nine years with a slew of welfare schemes and massive infrastructure development she counted.

NYC delegation calls on Kavinder, seeks hike in honorarium

'BJYM'S APPROACH HOLISTIC, PEOPLE CENTRIC'



JJ NEWS SERVICE

JAMMU, JUN 28: A delegation of Nehru Yuva Kendra met senior BJP leader and former deputy chief minister Kavinder Gupta, and highlighted demands including hike in honorarium. The delegation urged the BJP stalwart leader to forward their plight before the concerned authorities as they are being paid meager salary, which is not enough to even ensure

two times bread and butter. The delegation members said that their future seems to be bleak as no one is taking care of their needs in these times of high inflation. After giving a patient hearing to the delegation members, Kavinder assured to take up the matter with concerned quarters and pursue it till the time the same reaches its logical conclusion. Meanwhile, Kavinder addressed BJYM Sammelan here at Katra. Tejaswi Surya, MP and BJYM National President and Arun Prabhat

BJYM President J&K and party cadre were also present.

Kavinder applauded the BJYM members for their holistic approach in carrying out their political obligations and helping the society as and when the requirement arises. He asked the BJYM members to continue with the good work as their public friendly gestures contribute much in strengthening the party at the grass-root level.

Kavinder said that people centric policies and schemes by the Modi Government have gone down well among the electorate as the same were without any prejudice or discrimination touching all the sections of the people in J&K. He said that the endeavours of BJP Government have increased manifold times the inclination of the people towards the party and vote share is expected to swell in the coming times, which shall be testified in the upcoming political contests in the Union Territory.

Jugal tours Miran Sahib in Jammu South held Sampark Se Smarthan



JJ NEWS SERVICE
SABHA JAMMU today held Sampark Se Smarthan programme & met with prominent citizens of the society at Miran Sahib in Jammu South. Jugal Kishore Sharma Member of Parliament Lok Sabha Jammu today held Sampark Se Smarthan programme & met with prominent citizens of the society at Miran Sahib in Jammu South. He while boosting the morale of Party workers said that Bharatiya Janata Party is working on the agenda of 'Sabka Sath Sabka Vikaas'. He said that various schemes have been launched by Hon'ble Prime Minister Sh. Narendra Modi

Zorawar Singh launches Devotional album "Mere Shambhu Mere Kailasha"



JJ NEWS SERVICE
JAMMU, JUN 28: Chairman Team Jammu and BJP leader, Zorawar Singh Jamwal here today, released devotional album "Mere Shambhu Mere Kailasha". The album has been presented by PKS Film Creation, produced by Pearl Sharma besides screen played and directed by Pawan Sharma. Speaking on the occasion, Chairman, Team Jammu and BJP leader, Zorawar Singh Jamwal, congratulated the entire team of video album "Mere Shambhu Mere Kailasha" and hoped that this will make waves in music industry besides is liked by netizens and people across the country. Team Jammu chief said that Jammu and Kashmir

Vital Awantipora-Pulwama road in dilapidated condition, people demand macadamisation

JJ NEWS SERVICE
PULWAMA, JUN 28: The vital Awantipora-Pulwama road in south Kashmir is in dilapidated condition causing inconvenience to people. People said that the road was macadamised years before and is now lying in a dilapidated condition. Showkat Ahmad, of Padgampora said the road connects Tral and Awantipora sub districts with district headquarter Pulwama.



Showkat Ahmad from Tral posted in Pulwama said that the condition of the road is very bad and is giving a very tough time to commuters. "Usually it takes around 30 minutes from Awantipora to reach district headquarters but due to the bad condition of the road it takes more than one hour," he said. Locals told NW, that school going

children elderly patients are the worst sufferers and concerned authorities must take cognizance at the earliest. "We have time and again requested higher authorities to repair and macadamise the road so that no one will suffer but nothing has been done on ground as of now," he added. People urged authorities to macadamise the road so that people will heave a sigh of relief.

SSCC staged nukkad on drugs menace at Kathua & Nagari

JJ NEWS SERVICE
KATHUA, JUN 28: On world's anti drug day, J&K academy of art culture & languages organised awareness nukkad natak performed by the artists of sargam social & cultural group, Samba. On this day two Nukkad natak were staged publicly at Kathua & Nagari which were witnessed largely by local people. On this occasion few patriotic songs were sung before nukkad natak performances to create sense of national-

ism and to connect back the Youth to main stream. The artists of new sargam social & culture club performed well on the ground to create awareness about ill effects of chitta drugs among youths. A strong message was penetrated through skits, cautioning the society especially youth to keep them away from drugs menace. People took keen interest watching live shows that how youth get trapped in drugs racket and how they came under such bad influence. The story revolves around youths get addicted to use chitta drugs, started stealing money from own house, doing different activities, forgetting normal life style. But on the receipt of complaint, they both get arrested by police at one hideouts. This was well crafted story to give a message on the subject among society. The artists who took part were Ajit Sharma, ravi Dutta, Kaka ji, jyoti, Neelam Sharma. People responded with clapping on messageful performance.

Collapse of dogra empire to UT dis-appointing: Harsh Dev

JJ NEWS SERVICE

CHENANI, JUN 28: Former Minister and NPP president, Mr. Harsh Dev Singh said that with J&K having been divested of its statehood status, the trade, employment and economy of the erstwhile princely dogra state of the country had been adversely impacted. While the economy fast dissipated and the development scenario witnessed a downward slide, the ever growing unemployment seemed to be the only notable feature of the safe-iron rule. The past few years witnessed massive public uprisings against the anti Jammu and anti people policies of the ruling dispensation which continued to be suppressed through iron fist of police and civil administration. Taking repeated



sonersaults on almost all its professed promises, the narcissistically pleased and power intoxicated BJP continued to use the coercive apparatus of state to silence all those who dared raise their voice for justice and sought fulfillment of promises made by it during elections. Rather than honouring the commitments made by it during last polls, it was trying to crush the dissenting voices by causing dissonances in and breaking the opposition parties.

Describing the BJP's handling of dissent and disquiet as oppressively bizarre, undemocratic and morally sinister, Mr. Singh appealed to the people not to succumb before the machiavellian designs of the power hungry rulers. He assured that NPP would stand with people through thick and thin and continue to expose and oppose the BJP for its political debauchery and subterfuge. He was addressing public meetings in Kumari and Mantalai villages of Chenani constituency today. Addressing the huge gatherings, Mr. Harsh Dev lambasted the BJP for having done the greatest disservice to J&K and particularly the dogras by demoting it to the level of UT. It has humiliated the dogras by dismantling the oldest dogra state. The extension of several draconian laws after abrogation of Art 370 including opening of lands and jobs to outsiders had in particular, come as a rude shocker for the people of J&K. The unemployed youth of Jammu region have been the most disappointed lot with their share in services have been abysmally reduced. The Daily wages, the contractuals, the underemployed have all felt cheated in the BJP regime. Alleging that a deep rooted culture of corruption was prevalent in the UT, Mr. Singh called upon the vigilante organizations to keep a close watch over the functioning of various Depts particularly PHE, Education, PWD, Power, CAPD and RDD. He said that the lackadaisical approach of the concerned authorities was responsible for the power and drinking water crisis in the majority of the rural areas. He called for early construction of works taken up under the languishing projects schemes. He sought early clearance of liabilities and other work done claims of contractors and mates pending for the last 2-3 years in PWD, PHE, PDD etc. He sought immediate release of compensation to the farmers whose lands and other structures were acquired for construction of PMGSY roads. He regretted that there were no takers for the sufferings of the people with corrupt officers enjoying full patronage of the political bosses.

BMS conducted seminar on Social Security for Informal Sector



JJ NEWS SERVICE
JAMMU, JUN 28: Bharatiya Mazdoor Sangh (BMS), Coordinator for Labour-20 Group of G-20 in India has organised a seminar on the topic of 'Social Security for Informal Sector, Scope, Opportunities, Challenges and way Forward' at Jammu Club Auditorium, Jammu in which more than 200 delegates came from different districts and other social activists were also present. Sh. B Surenderan All India Sangathan Mantri Bhartiya Mazdoor Sangh and chief coordinator L-20, Sh. Pawan Kumar Coordinator L-20 and utter cheter Sangathan Mantri BMS, Dy Labour Commissioner Smt. Minakshi Koul, Sh. Parshotam Dadichi Ex additional secretary law, Asfaq Ahmed Chohan, State President BMS Smt. Neelam Sharma General Secretary BMS, Harbans Choudhary and Ashok Choudhary participated. While addressing the participants Sh. Pawan Kumar Coordinator L-20 explained in detail the concept of L-20 which is part of G-20 and explained that there are 11 engagement groups like LABOUR 20, Business 20, Women 20, Civil 20, Tourism - 20, Parliament - 20, Young - 20, Start-up - 20, etc. L-20 inception meeting was held at Amritsar on 18-20 march 2023 and there was two issues one was universal social security and international portability of social security Fund and 2nd issue was working world and up skilling of women workers and under these subject 5 task forces were constituted universal social security management and women feature of work, challenges of employment in G-20 countries and skill develop-

ment, responsibility of stake holders Smt. Minakshi Koul explained in detail the social security schemes being run by the labour department and problems faced in implementations and ensure that labour department always stand up with the workers rights, Sh. B Surenderan Chief Coordinator L-20 explained in detail the challenges before the working class due to technology changes and in coming days as artificial Inelegancies (AI) going to play big roles and roles of trade unions are also going to changes and cannot be limited upto wages and facilities enhancement but social responsibilities have to be share by the working class and employers whether in govt sector or private sector he further said that Govt too has not up dated its data pertaining to unorganised sector up to the mark and in the absence of detail data govt schemes are not reaching out to public in proper manner where as govt has launched more than 257 welfare schemes. Said in a press release.

Police arrests 04 drug peddlers/smugglers; Contraband substances recovered

JJ NEWS SERVICE
SRINAGAR, JUN 28: Continuing its efforts to eradicate the menace of drugs from the society, police have arrested 04 drug peddlers/smugglers in Ganderbal & Baramulla and recovered contraband/ Psychotropic substances from their possession. In Baramulla, a police party under the supervision of SDPO Tangmaru Shri Intiaz Ahmed-JKPS assisted by IC PP Babbari arrested a drug smuggler namely Gh Mohiuddin Sheikh son of Sakhi Mohammad resident of Chandosa during naka checking at Salamedar Babbari. During checking, 14 grams of Heroin like contraband substance was recovered from his possession. He has been shifted to police station where he remains in custody. Similarly, a police party under the

supervision of DySP Hqrs Baramulla Shri Altaf Ahmad-JKPS, assisted by Incharge PP Delina at a checkpoint established at Juhama Crossings arrested 02 wanted drug smugglers identified as Showkat Ahmad Lone son of Gh Mohiuddin resident of Zhanpore Boniyar & Nazir Ahmad Dar son of Mohd Maqbool Dar resident of Ladoora. During search, 215 grams of Charas like contraband substance was recovered from their possession. In Ganderbal, a Special police team headed by SHO Police Station Ganderbal under the supervision of DySP Hqrs Ganderbal at a checkpoint established at Dudkan Serch intercepted a vehicle (Eco-Sports) bearing registration No. DL10CF-5260 which was recovered from their possession. During search, 02 Bottles of Codeine Phosphate found filled in two water Bottles capacity one litre each & Petril 05 strips, containing

75 Tablets was recovered. The accused driver namely Arshid Bhat Shaif son of Mohd Shafi Bhat resident of Watar Ganderbal was arrested on the spot, however another person boarding in the vehicle namely Parvaiz Ahmad Bhat son of Bashir Ahmad Bhat resident of Bobsipora fled from the spot and efforts are on to nab him. Vehicle used in commission of crime was also seized. It is pertinent to mention here that the accused is a chronic Drug Peddler & Case under NDPS Act was previously registered against him at PS Lar. Accordingly, cases under relevant sections of law have been registered at respective police stations and investigation has been initiated. Community members are requested to come forward with any information regarding drug peddling in their neighbourhood.

Kapil Moreshwar Patil releases Report on Panchayat Development Index at National Workshop on Panchayat Development Index

AGENCIES

JAMMU, JUNE 29

Report on Panchayat Development Index was released at the hands of Union Minister of State for Panchayati Raj Shri Kapil Moreshwar Patil at National Workshop on Panchayat Development Index (PDI) here today.

More than 250 participants including Senior Officers of different Ministries and Departments of Government of India, Principal Secretaries along with the Senior Officers of the Departments of Panchayati Raj, Rural Development, Planning & Statistics and Programme Monitoring, Directors of SIRD&P&R, Senior Technical Officers of State NIC and Officials of SDG Cell and other key stakeholders participated in the National Workshop on Panchayat Development Index.

The main focus of the National Workshop was to develop strategic plan and roadmap on integration of Ministry's portal / dashboard to build data ecosystem, assess the schematic progress in alignment with

SDGs at Panchayat and institutional mechanisms for implementation of the Panchayat Development Index with active support of different Ministries / Departments, Panchayats and Knowledge Partners. The National Workshop was well received and proved to be remarkably effective at bringing all the stakeholders on board for paving the path for building robust mechanism for evidence based development at all levels.

In his address to participants, Shri Patil underlined that the Central Government under visionary leadership of Prime Minister Shri Narendra Modi has intensified its efforts during the last more than nine years to support the Panchayati Raj Institutions (PRIs) in the best manner possible to ensure that the basic objectives of the Panchayati Raj are achieved in true letter and spirit. We have witnessed a quantum leap in the allocation of fiscal resources to Panchayati Raj Institutions to support various infrastructure requirements and

developmental activities in rural areas. A series of pro-Panchayat initiatives have ushered in a new era in which Panchayats can come forward to decide their own destiny.

Addressing the National Workshop, Shri Kapil Moreshwar Patil stressed that all-around development, economic growth and achieving the Sustainable Development Goals (SDGs), said Shri Kapil Moreshwar Patil.

Shri Sunil Kumar, Secretary, Ministry of Panchayati Raj highlighted the need of evidence based Development Goals at all levels through Panchayat Development Index while addressing the National Workshop on Panchayat Development Index, and said that the Panchayat Development Index is a logical combination of various steps that we are taking for years. If Panchayats decide to obtain the Sustainable Development Goals then they will find resources for it; lot of developmental work took place in past one and a half years.

We have been taking many initiatives for

strengthening and empowering Panchayati Raj Institutions, increasing the capacity of representatives of PRIs to fulfill their role and responsibilities and improving the efficiency, transparency of functioning and accountability of PRIs to contribute towards inclusive development, economic growth and achieving the Sustainable Development Goals (SDGs), said Shri Kapil Moreshwar Patil.

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Dr. Chandra Shekhar

Kumar, Additional Secretary, Ministry of Panchayati Raj delivered key-note address on Panchayat Development Index to measure the incremental progress towards the achievement of Localization of Sustainable Development Goals (SDGs) through Panchayats at National Workshop on Panchayat Development Index at Vigyan Bhawan, New Delhi. In his address, Dr. Kumar said all States/UTs deserve accolades and appreciations for their efforts in this direction; PDI exercise is a data intensive work; further added that we need to do evidence-based planning, resources must be deployed where required for overall development.

Shri Vikas Anand, Joint Secretary, Ministry of Panchayati Raj while making Presentation on Report of Panchayat Development Index and Road Ahead at National Workshop on Panchayat Development Index said that States/UTs can also use the PDI for Panchayati Raj Awards and emphasised on adopting data-driven and evidence-

based approach towards developmental activities.

Union Minister of State for Panchayati Raj Shri Kapil Moreshwar Patil conferred a certificate of appreciation to the team of Maharashtra for their significant contribution to Panchayat Development Index.

(Dr.) Bijaya Kumar Behera, Economic Advisor, Ministry of Panchayati Raj and Member-Secretary of Panchayat Development Index (PDI) Committee made presentation of State's Initiatives on Panchayat Development Index and later delivered vote of thanks at National Workshop. Dr. Behera said that as we prepare a report like PDI, we need a comparative picture; PDI Committee interacted with 19 States on their efforts to develop LIFs for implementation of SDGs; a participatory and theme based planning process is adopted for development.

Jayashree Raghunandan, Former Additional Chief Secretary, Government of Tamil Nadu & Chairperson of the Committee on PDI

said that data holds utmost importance for this entire process, data collection must be easy and simple, and training and capacity building crucial for data collection.

Uma Mahadevan, Additional Chief Secretary to Government of Karnataka highlighted State's initiatives over development of Panchayat Development Index and said that data belongs to all stakeholders and PDI is to be implemented in very meaningful way and perspective planning in Karnataka is sustainability based long term activity. Smt. Mandeeep Kaur, Commissioner-cum-Secretary to Government of Jammu and Kashmir said that we have done localized interventions and monthly monitoring of progress in Panchayats; UT of Jammu & Kashmir took first step, creating District Good Governance Index. Dr. Sandeep Rathod, Secretary to Government of Tripura said Rural Local Bodies (RLBs) in Tripura were motivated to participate in development of local indicator frameworks for SDGs;

State Policy on SDGs keeping parity with MoPR Guidelines. Radha Ashrith, DDO, DMEO, NITI Aayog & Member of PDI Committee, Dr. Mallinath Kalshetti, Director, SIRD&P&R, Maharashtra, Smt. Aditi Das Rout, Additional Secretary, Ministry of Women & Child Development, Shri Amit Shukla, Joint Secretary, Ministry of Rural Development, Shri Sunil Jain, DDO, NIC, Shri V. Hedge, DDO, Department of School Education & Literacy, Ministry of Education, Shri Samir Kumar, Economic Advisor, Department of Drinking Water & Sanitation, Ministry of Jal Shakti, Dr. Govind Bansal, Director (Maternal Health), Ministry of Health & Family Welfare, Shri Rajesh Gupta, Director, NITI Aayog, Dr. Sanjay Kumar, Director, Ministry of Statistics & Programme Implementation and other senior officers of Government of India and State Governments shared their views and insights and enriched the deliberations during the National workshop.

FROM THE FRONT PAGE...

Lt Governor Sinha inaugurates...

permanent hospitals at Baltal and Chandanwari. Soon base camps will have sustainable healthcare facilities, he added.

The Lt Governor directed the officials to ensure strict enforcement of all the health-related SOPs with special focus on sanitation and cleanliness in and around the hospitals. It is our collective responsibility to make the pilgrimage of the devotees more convenient and hassle-free, he added.

He urged the doctors and nursing staff to serve the people with compassion. He also wished the pilgrims and entire management team health, happiness and prosperity.

Dr Arun Kumar Mehta, Chief Secretary; Bhupinder Kumar, Secretary, Health and Medical Education Department; Vijay Kumar Bihuri, Divisional Commissioner Kashmir and senior officers of DRDO, Shri Amarnath Ji Shrine Board and Civil Administration attended the inaugural ceremony.

Amarnath Yatra: This year's...

from Yatris have to trek 32 kms upto the cave shrine," the CEO SASB said.

He said that yatri's will perform the darshan of ice-lingam at the height of 13000 feet. "This year, yatra tracks on both the routes have been widened and hand railings have been installed."

With the help of grid supply, Baltal track has been illuminated and with the supply from generator set, Chandanwari track has been illuminated too so that if any pilgrims get stuck during night, he/she can walk smoothly," he said, as per KNO.

The CEO said that on both tracks, proper drinking water supply has been ensured. He said that 440 beds have been kept at the both base camps to deal with the pilgrims who suffer from High Altitude sickness. "Internet and calling facilities have been ensured for pilgrims enroute cave shrine from both tracks," he said, adding that 4000 sanitary workers have been employed to collect trash and dispose of the same at base camps. At various vulnerable points, helmets have been made available for the pilgrims so that they can protect themselves from shooting stones and landslides during heavy rains, the CEO said, adding that mountain rescue teams have been deployed enroute cave shrine for quick evacuation.

He said that no pilgrim will be allowed to stay at the cave shrine for night stay. "No pilgrim will be allowed to proceed for pilgrimage without RFID chips," the CEO said, adding that tent facility to accommodate 70,000 pilgrims have been put in place--(KNO)

Senior officers review...

Kashmir Zone Police said on Twitter. Senior officers reviewed the security arrangements and interacted with other stakeholders, police said. All officers also jointly inspected the track between Panjtami and the holy cave, they said.

The Jammu and Kashmir administration also conducted a trial run from Jammu to Banihal along the Jammu-Srinagar national highway during the day to inspect the security and other arrangements for the pilgrimage.

The 62-day-long pilgrimage to the cave shrine in the south Kashmir Himalayas will commence on July 1 and conclude on August 31. Pilgrims will embark on the yatra via two routes -- the traditional 48-kilometre Nunwari route, in south Kashmir's Pahalgam, and the shorter 14-kilometre Baltal route in central Kashmir's Ganderbal.

The first batch of pilgrims will depart from the Bhagwat Nagar base camp in Jammu on June 30. They will travel on the Jammu-Srinagar national highway before reaching their designated base camps in Pahalgam and Baltal. (Agencies)

Father-Son drown...

driver passing through the area raised an alarm and a rescue operation was launched with teams of State Disaster Response Force (SDRF) and police joining the search.

After hectic efforts, the body of Ram was fished out from the stream this morning, while the search for his son's body was going on when last reports were received, the officials said.

Drone surveillance...

other logistics, Nunwan Base Camp has been equipped with Langar stalls and other medical services for pilgrims.

Before the yatra starts, the Anantnag district administration has set up all facilities, including medical care, sanitation, and others, and staff members have been stationed at various locations, added officials.

Deputy Commissioner Anantnag Syed Fakhrudin Hamid said that "This year as far as RFFD, or sanitization or logging all arrangements have been made and all departments are working for the Yatra and like last year all arrangements have been made.

This yatra is also not only a spiritual but also a communal harmony, the officials said.

Earlier this month, the clearing and restoration work of the Amarnath Yatra tracks from the Pahalgam side of the Anantnag district of South Kashmir began in full swing, a Border Roads Organization official said.

The official said that BRO started the clearing of yatra tracks in mid-March this year and would be completed by June 15.

Aditya, Officer Incharge BRO at Chandanwari said, "We have started the work on clearing the yatra tracks from March 2023. Presently, 800 labourers and 140 horses are working here to clear the 32 km yatra track from Chandanwari to the holy cave".

The BRO official added that the administration of the Union Territory of Jammu and Kashmir has set June 15 deadline to clear the tracks. "We are hopeful to achieve that target," he said.

Earlier the yatra track from Baltal to Holy Cave was maintained by Public Works Department (R&B) and the one from Chandanwari to Holy Cave was maintained by Pahalgam Development Authority.

Amarnath Yatra tracks were handed over to BRO in Sep 2022 last year for further maintenance and degradation.

The basic scope of work involved snow clearance, widening of the track, restoration of all footbridges, fixing of handrails, protection works at slide-prone stretches and construction of breast walls and retaining walls for the protection of the track.

Earlier, Director General of BRO Lieutenant General Rajeev Chaudhry said that snow-clearing work on the Amarnath Yatra track is in full swing. He further said that the government is expecting that at least 5 lakh people will be visiting the Amarnath cave shrine this year.

The Amarnath yatra is all set to begin next month. (Agencies)

Dr Jitendra Singh hails...

In a tweet Dr Jitendra Singh said that the National Research Foundation will foster a vibrant culture of research, innovation, academics, industrial applications, and StartUps in the country, and enhance India's role as a global player.

The new body will also analyse expenditure and project, and conduct annual surveys of scientific research. The proposed NRF will seed, grow and promote research and development (R&D) and foster a culture of research and innovation throughout India's universities, colleges, research institutions, and R&D laboratories.

The bill, after approval in the Parliament, will establish NRF, an apex body to provide high-level strategic direction of scientific research in the country as per recommendations of the National Education Policy (NEP), at a total estimated cost of Rs 50,000 crore during five years (2023-28).

The Department of Science and Technology (DST)

will be the administrative Department of NRF which will be governed by a Governing Board consisting of eminent researchers and professionals across disciplines.

Since the scope of the NRF is wide-ranging - impacting all ministries - the Prime Minister will be the ex-officio President of the Board and the Union Minister of Science & Technology & Union Minister of Education will be the ex-officio Vice-Presidents. NRF's functioning will be governed by an Executive Council chaired by the Principal Scientific Adviser to the Government of India.

NRF will forge collaborations among the industry, academia, and government departments and research institutions, and create an interface mechanism for participation and contribution of industries and State governments in addition to the scientific and line ministries. It will focus on creating a policy framework and putting in place regulatory processes that can encourage collaboration and increase spending by the industry on R&D.

The bill will also repeal the Science and Engineering Research Board (SERB) established by an Act of Parliament in 2008 and subsume it into NRF which has an expanded mandate and covers activities over and above the activities of SERB.

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played by a video presentation and the Mobile Phones for NSTEP Application were distributed to the Process Servers to mark the launch of the initiative.

The girl students of Louis Braille Memorial Residential School presented the Saraswati Vandana.

Judges of Supreme Court of India and High Court of J&K and Ladakh; members of Judiciary and legal fraternity, senior officials of Police and Civil administration were also present.

Shailendra Kumar assigned...

in addition to his own duties, till further orders," the order said.

Govt orders transfer...

Bhat, JKAS, awaiting orders of adjustment in the office of Deputy Commissioner, Ganderbal, is transferred and posted as Secretary, Srinagar Development Authority.

IPS officer Ajay...

He has been appointed to the post till the date of his superannuation on November 20, 2024, it said.

Anurag, Joint Director in the CBI, will now be Additional Director in the agency.

He has been appointed for a period till July 24, 2023 i.e. completion of his seven-year tenure, the order said.

Manoj Sasidhar, a 1994 batch IPS officer of Gajgarat cadre, has also been appointed to the post of Additional Director in the CBI for a period of three years.

He is at present Joint Director in the probe agency.

The Appointments Committee of the Cabinet has approved extension in deputation tenure of Sharad Agarwal, Joint Director, CBI for one year beyond May 31, 2023 i.e. from June 1, 2023 to May 31, 2024 (eight years in total) in relaxation of the IPS tenure policy, the order said. (Agencies)

Slain circus worker's...

Rs 5 lakh ex gratia to the victim's family living in abject poverty in a remote village of Udhampur district.

Kumar, 27, who worked at a circus in Jangal Mandi area in the south Kashmir district, was killed when he had gone out to buy milk on May 29. On June 16, the Jammu and Kashmir police said five Jaish-e-Mohammad (JeM) terrorists were arrested from Anantnag in connection with the killing.

"Lt Governor Manoj Sinha handed over appointment letter to a government job to Sakshi Devi, wife of martyr civilian Deepu Kumar, at Raj Bhawan today," an official spokesperson said. He said the Lt Governor assured every possible assistance and support to the grief-stricken family members.

A week after his killing, Kumar's wife gave birth to a baby boy in her remote Thial village of Udhampur. Kumar was the only earning member in the family comprising his ailing father Masru Ram and blind brother Raju, sister-in-law and their two minor children. The family had moved to the remote village from Kathua over a decade ago. Kumar's mother died sometime ago. His elder brother, Raju, had lost his eyesight about four years ago, while his father is suffering from hearing impairment.

Family of Jammu man...

They raised slogans and demanded an in-depth investigation. "This is not a case of suicide by hanging but a well-hatched conspiracy and a murder. There must be a thorough probe and the accused must be booked," they said.

Later, SHO and SDPO Nowshera reached the protest site and assured the family members that an investigation into the matter has already been started which will be taken to its logical conclusion.

On this assurance, the protest was called off and the vehicular movement on the highway was restored--(KNO)

Shiv Sena urges closure of meat shops on Devshayani Ekadashi



J I NEWS SERVICE

JAMMU, JUN 28: Shiv Sena (UBT) Jammu and Kashmir unit chief Manish Sahni demanded closure of meat shops in the city of temples Jammu on the auspicious occasion of Devshayani Ekadashi on June 29. An appeal was made to Muslim brothers to respecting the religious sentiments of Hindus to Postpone the "Kurbani" offer only prayers on the first day of

Bake Eid (June 29).

During a press conference organized at the party state office today, state chief Manish Sahni said that June 29 there are two auspicious days together.

Devshayani Ekadashi of Hindus and Bakr-Eid is the biggest festival of Muslim brothers.

Sahni appeals to Muslim brothers to offer prayers on the first day of Bakr-Eid and to avoid "Kurbani", respecting mutual brother-

hood and religious faith of Hindus.

He said that in this connection, he has personally met and appealed to several Muslim religious leaders including the Mufti Jammu.

On which positive signals have been received from the Muslim brothers, the religious leaders said that the holy festival of Eid continues for three days and the "Kurbani" can be on the next day.

On the other hand, Shiv

Sena leaders appealed the Jammu administration to issue instructions to keep the meat shops closed on this holy day in the city of temples keeping in mind the religious sentiments of the Hindus, a memorandum was also submitted to the Municipal Corporation Commissioner, Jammu. Sahni said that according to beliefs, from the day of Devshayani Ekadashi, the sleep period of Lord Vishnu, begins. Which Means Chaturmas begins from this day and all auspicious and auspicious works are banned.

On this occasion President Women's Wing Meenakshi Chhibber, Chairman Rakesh Gupta, General Secretary Vikas Bakshi, Vice President Sanjeev Kohli, President Kamgar Wing Raj Singh, Mangru Ram were present on the occasion.

Amit Shah should deploy 40 companies for the security of Amarnath Yatra: Chandel

J I NEWS SERVICE

JAMMU, JUN 28: Raju Chandel, National General Secretary of Shri Amarnath Ji Yatra Welfare Society, while giving a letter to the Union Home Minister Amit Shah today, said that about 40 companies of security forces have been deployed to make Baba Shri Amarnath Ji's Yatra a success in Jammu and Kashmir. Has demanded to be deployed so that the journey can be safe and successful.

Chandel said that while expressing concern over the continuous targeting of Hindu religious leaders by PFI terrorist organization, he said that the Hindu religious and BJP anchors in Baba Barfani Shri Amarnath Ji Yatra, which is going to be held in Jammu and Kashmir from July 1, Demanding to increase the strict security of the leaders, said that although the terrorism of Jammu and Kashmir is counting its last breaths, but some small terrorist organizations can target Hinduist leaders by hiding their hired terrorists and they can target them without death, can kill.

Chandel has given a letter to the



Union Home Minister and has demanded to increase the security of all the Langars and BJP leaders as soon as possible.

Chandel said that Jammu and Kashmir DGP Dilbag Singh is such a capable officer, during whose presence terrorism in Jammu and Kashmir has come to its knees, but some hidden terrorists are still roaming around, who are trying to create hindrances in the yatra by Hinduist BJP leaders, can prey on

from all over the country who are coming to visit Baba Shri Amarnath ji in Jammu and Kashmir should be allowed to go to the holy cave with all the security arrangements, where all the devotees should follow the security and Government vehicles should be used, no passenger should choose the route of travel on their own without government instructions, by doing this terrorists can make them their victims and have appealed to follow the rules made by the Jammu and Kashmir administration.

In just 9 yrs, Modi Govt brought industrial revolution, development in J&K: Dr Parneesh

J I NEWS SERVICE

JAMMU, JUN 28: Criticizing the Congress party for relying on alibis to justify underdevelopment in J&K, Dr Parneesh Mahajan, Convener Department of Training, BJP J&K, said that the central government led by PM Narendra Modi, in just nine years of governance, has brought in a big industrial revolution besides ensuring colossal development in the Union Territory.

In a statement issued to the media, the BJP leader said that Congress' decades' long indifference towards J&K left this place neglected. "The

quantum of neglect by Congress towards J&K was so gigantic that the party even introduced chapters in school syllabus justifying that industry and development is not possible in J&K due to difficult terrains and poor transport edifice", he said adding that Modi Government soon after coming to power started raising the infrastructure required to realize big industries and invite investments not only from across the country but from abroad also.

Dr Parneesh said that PM Modi has proved beyond doubt that where there is a will there's a way, because he has accomplished herculean task of bring-

ing industrial revolution in the Union Territory. The senior BJP leader said that fast industrialization has taken place in J&K after abrogation of Article 370 by Narendra Modi Government, which as per the Congress dispensations in the past was not a viable option due to remoteness of the erstwhile state of J&K.

He said that people have realized now that the successive governments have fooled them using concocted theories but now the things have changed as PM Modi has taken things in his hands and is doing commendable job in transforming J&K into a developed unit in the country.

Natrang organises Bharatanatyam dance workshop

J I NEWS SERVICE

JAMMU, JUN 28: Natrang Jammu organised a 'Bharatanatyam' workshop under the guidance of Ms. Nitika Aggarwal at Natrang studio theatre in the ongoing Children Theatre Camp-2023 which is being conducted by Sumeet Sharma. Speaking about the workshop Natrang director Balwant Thakur informed that in its endeavour to expose younger generations to the great performing art traditions of India, Natrang this year chose to introduce one of the leading classical dance tradition 'Bharatanatyam' to the participants of Natrang Children Theatre Camp.

He further informed that India has eight classical dance traditions and Bharatanatyam is amongst the oldest one. Bharatanatyam traces its origins back to the Nattiyashastra-an ancient treatise on theatre written by the mythic priest Bharata. Fact remains that younger generations are drifting away from their roots and it becomes our larger responsibility to expose and connect them to our rich cultural traditions. The workshop was conducted by Ms. Nitika Aggarwal- a famous Bharatanatyam exponent who is a Vishwavidyalaya graduate from Pracheen Kala Kendra, Chandigarh. Appreciated and awarded on many occasions, she is



credited for having introduced classical dances in the temples of Jammu and conducted a dance recital at the historic Raghunath Mandir organised by FICCI FLO. She is also an established Vedic astrologer. Those who took part in the workshop included Shafaq Fatimah, Tasnia Shafiqat, Samrat Sharma, Advait Soham, Raaga Sharma, Adeesha Singh, Rubaan Chandan, Jayaditya Singh, Sharvil Mahajan, Shranaya Mahajan, Javir Singh, Reet Gupta, Aryan Gupta, Adira Gupta, Daiwik Gupta, Mehak Chib, Abhiraj Sharma, Sadhya Sharma, Araiya Shan, Mrigasya Shan, Daiwik

Shan, Advik Sharma, Tanmay Chopra, Aarav Vashisht, Jeevansh Sharma, Arindam Kohli, Aarohi Kohli, Saanchi Datta, Dwijesh Dutta, Riaan Gupta, Manavi Bhushan, Kavyaansh Gandotra, Sharavya Sharma, Auvdik Bandyal, Kamakhyia Bali, Vidhanshi Janwal, Viyaan Sharma, , Droan Dushyant Kohli, Anmol Sharma, Kushan Malhotra, Pragya Wadhwa, Abhay Sharma, Aarjav Jain and Pulkit Jayee.

Natrang Children Theatre camp is being assisted by Mohd. Yaseen, Kanapreet Kaur, Palshin Dutta, Mihir Gujral and Sheryara Salaria

Sat raises issues of Public concerns with MD JPDCL



J I NEWS SERVICE

JAMMU, JUN 28: Former Minister Sat Sharma (CA) today met MD JPDCL Shiv Anant Tayal, IAS at his office along with Chief Engineer Distribution JPDCL Sanjeev Seth and raised several issues of public concerns related to power and electricity bills. Sharma was also accompanied by District President Jammu BJP Pramod Kapahi, BJP Treasurer Prabhat Singh, BJP Secretary Ayodhya Gupta, Mandal Presidents

Keshav Chopra & Atul Bakshi, Ravinder Tickoo and several others. Speaking on the occasion, Sat Sharma said that various issues were brought into the notice of the MD JPDCL related to public concern in the meeting. He said that several posts at various levels are lying vacant in the department for some time as the employees have been retired and he asked the MD to fill up the posts so that no work is hampered and smooth functioning of the department can take place.

He said he also asked the MD that there are certain people who have availed amnesty scheme given by the Government but these people are not in a position to pay their dues as some are living under very miserable conditions and are needy people. It was apprised during the meeting that around four thousand people have arrears above one lac but they are unable to avail amnesty scheme because of their financial constraints.

He urged LG administration to kindly waive off their dues and sympathy must be shown towards those people. Sharma also said that he has also talked to MD JPDCL about those areas where proper metering has been done but still they are facing interrupted power supply. Sharma said these areas must not face such problems and there must be uninterrupted power supply in these areas. MD JPDCL and Chief Engineer Distribution said that the issues shall be taken up with the appropriate authorities on priority and an amicable solution shall be found.

BJP Envisions J&K as Land of Innovation and Startups: Vibodh



J I NEWS SERVICE

JAMMU, JUN 28: BJP Jammu & Kashmir's General Secretary and former MLC, Vibodh Gupta, today conducted a meeting with the party karyakartas of the Rehari Bakshinagar Mandal. Addressing the gathering, Gupta shed light on the remarkable endeavours undertaken by Prime Minister Narendra Modi led the central government to foster a culture of innovation and entrepreneurship in the region, envisioning J&K as the Land of Innovation and Startups.

"With an unwavering commitment to fostering entrepreneurship and innovation, BJP under the leadership of Hon'ble Prime Minister Narendra Modi remains dedicated to turning Jammu & Kashmir into the largest startup destination in the country. It is committed to facilitating an ecosystem that nurtures creative thinking, provides the necessary support, and encourages entrepreneurial spirit", said Vibodh.

Highlighting the Modi Government affirmation to transform Jammu &

Kashmir into a flourishing hub of innovation, Gupta showcased the positive impact of various government schemes such as Startup India, Atmanirbhar Bharat, and Skill India on the youth of J&K. He emphasized how the region's young population has reaped the benefits of these initiatives, positioning themselves as an exemplary model for the rest of the country.

Gupta particularly highlighted the remarkable achievements of J&K's youth in the field of agro startups and business, stating that they have become pioneers and are setting a benchmark for innovation in the agricultural sector. Jammu & Kashmir's speedy development sets an example for the rest of the country to follow.

The BJP J&K UT Secretary, Venu Khanna hailed the remarkable progress and development achieved in the region under the leadership of Prime Minister Narendra Modi.

She highlighted various key initiatives and projects that have been instrumental in transforming the lives of its residents.

Furthermore, BJP Treasurer of J&K UT, Prabhat Singh, reaffirmed the party's steadfast focus on development. Singh emphasised that the BJP places development as a top priority and is committed to implementing policies and initiatives that bring positive change to the lives of the people.

Mandal Pradhan Atul Bakshi, praised the party's efforts in empowering local communities. He highlighted the various infrastructure projects, welfare schemes, and economic initiatives that have been undertaken to accelerate growth and uplift the standard of living in the region.

Intensive Market checking conducted in Kishtwar, Chattrao Towns ahead of Eid ul Adha

J I NEWS SERVICE

KISHTWAR, JUNE 28: On the directions of Deputy Commissioner Kishtwar Dr Devansh Yadav, enforcement teams today conducted intensive market inspection in different parts of the District to check the quality of consumables ahead of Eid-ul-Adha. The joint inspection teams comprising representatives of the enforcement departments, including Revenue, FCS&CA and Police, under the overall supervision of SDM, Showkat Hayat, conducted extensive market checking in Chattrao Town. The team inspected mutton (meat) and chicken shops, vegetable/fruit and sweet shops and checked the rates and quality of consumables being sold.

SP Kulgam chairs joint security meeting for National Highway

Reviews security arrangements for SANJY-2023

J I NEWS SERVICE

SRINAGAR, JUN 28: Superintendent of Police Kulgam Shri Sahil Sarangal-IPS, in a proactive measure, organized a joint security review meeting at Walnut factory Qazigund to discuss the security arrangements for the National Highway (NH-44) and threadbare discussions were made regarding overall security arrangements to be adopted for safe and smooth conduct of upcoming SANJY-2023.

The meeting was attended by all commandants of CRPF on NHW, ASP Kulgam, ASP NHW Qazigund and Zonal Officers including CRPF and BSF company commanders, who were given elaborated pointwise briefing by SP Kulgam regarding their laterals and various issues regarding domination plans and other security

related matters were discussed. During the meeting, SP Kulgam emphasized the importance of maintaining a high level of vigilance and preparedness along the National Highway, which is a vital transportation route. The security arrangements were thoroughly reviewed, including the deployment of personnel, surveillance systems and traffic management.

SP Kulgam also stressed upon officers to be extra vigilant and keep a vigil in their respective jurisdictions for stability and to avoid any untoward incident. He further emphasised to maintain synergy and better coordination with other security agencies at ground level to maintain peaceful environment and strong security grid to ensure successful conduct of SANJY-2023. He directed the officers to fol-

low SOP's in letter and spirit in order to avert nefarious designs of anti-national elements.

Power shutdown

J I NEWS SERVICE

JAMMU, JUNE 28: Chief Engineer (Distribution) JPDCL, Jammu has informed that the power supply to Lower & Upper Gadigarh, Indra Nagar, Dhuran, SPad, H/Care Centre and adjoining areas shall remain affected on July 01 from 6 am to 10 am. Similarly, the power supply to Dharmari, Arnas, Mahore, Gulabgarh, Jyotipuram, Power House, Reasi Town and adjoining areas shall remain affected on July 01 and 02 from 6 am to 10 am. Likewise, the power supply to Industrial area of Bari Brahmana, Kartholi, Ratnuchak, Mandal, Bipur Industry, Seora, Kanal and adjoining areas shall remain affected on July 02 from 5 am to 11 am. Similarly, the power supply to Katal-Brahma, Katal-Gujan, Sheerpur, Londi, Bane Chack, Dunga, Nanan, Barnoti, Channi, Marheen, Paharpur, Logate, IID Industry, MES Janglote, NICER Paper Mill, Techno-Plast and other adjoining areas and adjoining areas shall remain affected on July 02 from 6 am to 10 am. Likewise, the power supply to Greater Kailash, Bipur Industry, Seora, Kanal and adjoining areas shall remain affected on July 02 from 6 am to 8 am.

Similarly, the power supply to Industry, DC Office, Bainglad, Raiyan, Kakh, BSF, Supwal and adjoining areas shall remain affected on July 02 from 7 am to 11 am.



THOUGHT OF THE DAY

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

JINDRAH IMAGES

Peace yielding good results for border farmers

Jammu and Kashmir has been facing the challenge of hostile neighbours on its borders, especially with Pakistan. Peace along the International Border and Line of Actual Control has always paid dividends to the people living on both sides of the fence. The year-long ceasefire has started showing its impact on ground with the farmers living close to the border in Jammu and Kashmir right from Chhamb in Jammu district up to areas falling on Zero Line in Hiranagar sector of Kathua district, beginning harvesting. The farmers, who could not cultivate their land for about two decades on Zero Line or near the fence are now jubilant seeing the bumper crop on their fertile land which had over the years turned barren due to non cultivation after continuous border skirmishes and shelling from across the border. The record suggests that the harvesting has been taking place on about 2,300 acres of land spread on two sides of the border fencing. After completion of the harvesting on this side, farmers would undertake harvesting across the fencing on an area of 280 acres of land with the support of BSF. It has also generated a new hope among the border dwellers who had suffered extensively over the years due to loss to human lives, livestock and crops following heavy shelling and firing. Two hostile nations have announced the ceasefire, thereby bringing normalcy in border belts. It is not only agricultural produce which is directly affected due to border skirmish. Blazing Pak cannons, flying mortars and bullets aimed at Indian villages along the International Border and Line of Control in Jammu and Kashmir always prompt closure of hundreds of schools due to heavy cross border shelling and firing. The schooling suffers as authorities remain in dilemma about the opening of schools in shelling-prone areas due to "element of surprise" in Pakistan firing. More than 250 government schools remain directly affected due to border firing and shelling on the international border and LoC. For villagers, life is more important than anything else. A chill runs down the spine when Pakistan starts shelling villages on this side of the fence. The parents don't want to risk the lives of their children. The ceasefire has silenced the blazing guns, though temporarily, on the borders which brought cheers on the faces of thousands of affected farmers living along LoC and IB in the UT. The harvesting has already begun and they now expect a bumper crop after a gap of two decades. Definitely, the credit goes to the policy of Government of India, especially Prime Minister Narendra Modi and his Government for taking an initiative in ending border skirmishes and paving way for farmers to cultivate their land. According to statistics, around 256 acres of land in the border belt of Kathua near the fence has been cultivated by farmers for the last over two years now. The UT administration, headed by the Lieutenant Governor, local agriculture department and BSF too deserve appreciation.

Varied expressions of displeasure

PACHU MENON

A general perception that it is the bureaucrats, and not the elected representatives, who run the government has somehow allowed politicians the comfort of playing on the front foot. This has naturally led to a growing feeling that it is the bureaucracy which is to be held responsible whenever there is a slump in governance.

Although it would be disastrous even for a moment to believe that the country could be run without bureaucrats, it is ironic that in spite of the knowledge that the bureaucracy is a body of non-elective government officials meant to implement the policies of the elected government, we are in a hurry to blame bureaucratic corruption for all the nation's woes.

Yet again, it is the belief that "public corruption in India arises due to high level of governmental or bureaucratic intervention" that convinces one and all that corruption exists for a fact in high places. Now imagine a scenario where a number of ministers continue to hold on to their cabinet portfolios purely for political reasons but whose inefficiencies and ignorance about their ministries speak louder than words. Could we expect such departments to function without the expertise of the concerned secretaries? Nevertheless, if by virtue of their name and signature featuring on official documents, they are to be held accountable for the misdeeds of their political bosses, gravest injustice would be meted out to them.

No bureaucrat would like to function at the risk of being vulnerable to accusations and probes for decisions that have political implications. Hence, administrative logjam has become a permanent aspect of governance today! Bureaucrats merely function in an advisory capacity and their large-scale transfers, though needlessly sometimes, are proof enough of this superiority complex of the political class.

For a common man, it is the rampant corruption of petty officials and the cynicism of the affected public that drives him to form hasty opinions about the bureaucracy. It is time we stopped romancing notions of policing the errant babus!

The BJP has strived to give a corruption-free regime since its ascent to power at the Centre. The adoption of the policy of zero-tolerance against corruption ensures that any person or institution indulging in corruption will not be spared. The recent expose on the liquor excise scam in Goa, however, challenges the government's contention that corruption is well and truly under control in the country.

It is said there is widespread corruption in India. Petty corruption, which affects the basic rights and services of the common man, is highly rampant, besides the grand corruption scandals, which break out every now and then. Be that as it may, in spite of discussions on corruption having touched every facet of modern life and with discourses on the topic having reached its zenith, people do not hesitate to show their pleasure at the mere mention of the word and are known to react in peculiar ways.

In this context, it is surprising to note the response of a few disgruntled individuals to the detailed methods, procedures and routines created to carry out specific activities and duties and solve problems which though have not shown any signs of improvement after repeated attempts to set right the anomalies.

If Muntadhar al-Zaidi stunned the world by throwing his shoe at former U.S. president



George W. Bush during a press conference, the incident closer home where P. Chidambaram as Home minister in 2009 had to face the ignominy of a journalist throwing a shoe at him protesting against his reply to a question on CBI's clean chit to Congress leader Jagdish Tytler in the 1984 Sikh riots case stunned Indian viewers, who are strangers to such remonstrations.

But with social activism having been brought to such a level where people have learnt to question the policies of the government vis-à-vis the guidelines that purport to bring succour to the common man, a few have been resourceful enough to invent novel ways to exhibit their displeasure. With corruption being seen as a moral impurity that is so pervasive so as to have become a way of life in India, its continuing impact has brought about a distinct abhorrence for the term in the minds of the masses. The increasing incidents of ink attacks on prominent personalities and leaders are apparently a direct consequence of this frustration. "Smearing the face black" is seen as an extreme act of insult and subjecting someone to this sort of disrespect can only come of a complete lack of faith, where the victim is said to have faced the wrath of the public for disservice to society and for letting down the people who trusted him. By taunting Sahara chief Subrata Roy as a "thief of the poor", the 2014 ink attack on him when he was being produced in the Supreme Court after his arrest is evident of the public perception with regard to debauchery.

The throwing of ink on ex-AAP leader Yogendra Yadav at a public gathering in Delhi in March 2014, however, appears to be indicative of the people's disillusionment with the party. Even Delhi Chief Minister Arvind Kejriwal was not spared the ignominy - not once, but twice.

With the common man being promised permanent riddance of a corruption infested system, the realisation that things have not changed much comes as a great disappointment. Ironically, it is the 'saam aadmi' who has been used by various political combines to galvanise the nation into a frenzied mood whenever elections take place. Although it has appeared time and again that the common man stood to gain considerably by way of favourable changes, there were no discernible alterations and it continues to be an embittered existence for him, or

so he feels. We now have the common man at his wits end unable to fathom the developments that purport to be attempts at rejuvenating his class and social standing.

With every man nursing his own idea of upliftment, demoralisation and disenchantment could well be spoken of as a natural reaction to fallout of the high expectations. In this frame of mind, a person is known to do the most absurd things to express his annoyance.

Resorting to incomprehensible acts to express anger against a system which it feels is showing no sign of improvement, the modern generation seems to have stopped taking things at face value. No sugar-coated words; it has come to expect speedy solutions to problems at hand.

Procrastination is a sure sign that things could be stretched to infinity and beyond with nothing much emerging out of deliberations.

Although corruption is a universal phenomenon, people forget that it cannot continue to manifest in a form that has now become detestable if not for their tolerance and encouragement of the practice. When we talk of a system we seem to be oblivious to the fact that we, the public, are as much a part of it as the government is. So expecting the administration to go all out to quell corruption without the public endorsing its efforts is a lost cause. But it is only matters of corruption which have earned the government the wrath of the general public and made them express their displeasure in no uncertain terms?

An article I came across from the web desk of a prominent weekly mentions: "Urban society in India is going through an accelerated stage of transition where the economic and social churns are colliding. The result is that at every level people are struggling to find an escape valve - and right now that seems to be in explosion of anger." I am sure this is not the end and after the embarrassment of the ink attacks, the nation could well be ready for many more pioneering efforts worked out by disgruntled elements in the public for whom free expression of displeasure is true publicity of their anger.

But such exhibitions of public anger should be discouraged in the strictest sense of the term! (Pachu Menon is an author and a senior columnist based in Goa.)

Wagner mutiny and the future of Ukraine war

AMONG RUSSIA'S MILITARY BLUNDERS, THE DEPLOYMENT OF MERCENARIES WITH SOLDIERS IS HIGH UP ON THE LIST IN THIS WAR OF ATTRITION.

BANDARU DATATRAYA

by Yevgeny Prigozhin, Russian President Putin's trusted protégé and leader of the mercenary Wagner Group, has revealed cracks in Putin's supremacy and raised concerns about a civil war in Russia, which has the largest nuclear arsenal in the world.

Until President Putin chose to initiate his 'special military operation' in Ukraine - he expected a short and swift campaign - his stature in geopolitics matched that of the leaders of the US and China. At home, he was credited with having brought back stability in a country mismanaged in the post-Soviet era.

The rebellion has also shown to the world the fissures within Russia, but it's unlikely to lead to Putin's ouster.

The rebellion by the Wagner mercenaries, who took over the township of Rostov-on-Don and the public cheers that backed their advance to Moscow clearly shook the Kremlin. It was the biggest sign of defiance to Putin ever since the war in Ukraine had begun. It is said that the Orthodox Church in Russia had prodded Putin to make Russia an empire again and the capture of Ukraine, especially Kyiv, would achieve that. Dictators often become victims of their delusions, and Putin has been no different.

Notwithstanding the pretext of the US-led NATO's support to Ukraine, 16 months are a long enough period to



take stock of what has gone wrong for the regular Russian forces.

So, the Wagner mutiny was a much-needed wake-up call. The group is made up of crooks and criminals who have done Putin's bidding in Chechnya and Africa and are, no doubt, battle-hardened. But these mercenaries - who live off loot and plunder - should never have been deployed along with Russia's regular forces. They aren't trained to fight a classic military operation.

As a thumb rule, mercenaries, or,

even special forces, cannot do what a regular army unit can and vice versa. For the mercenaries, conflicts are about making money and garnering the war booty that comes with it.

In this case, the Wagner Group was apparently paid or guaranteed a much higher sum than what the average Russian soldier gets. And in case of death in battle, group members' kin would each receive payment to the tune of \$6,000 or 5,000,000 rubles.

So, the question is: why were they willing to turn their guns on their pay-

masters in the Kremlin? It's said that Prigozhin was fed up with the 'impotence' of Russian Defence Minister Sergei Shoigu and the military campaign was being stalled even in East Ukraine, where Russia had made gains.

The Wagner members have been relocated from the battlefield to Belarus, perhaps for use in the near future. Among Russia's military blunders, the deployment of mercenaries with regular soldiers is certainly high up on the list in this long-drawn-out

war of attrition.

Moreover, the absence of a clear aim, besides the lack of a centralised military command, poor leadership, little interaction between units fighting alongside each other, and expecting conscripts to be on the frontlines have been some of Russia's shortcomings in Ukraine.

A study of India's campaign in the 1971 war would have done Moscow's commanders in Ukraine a lot of good.

Instead, their military operations in Ukraine look like their failed campaign in Afghanistan. Most importantly, Moscow failed to take into account that an adversary determined to resist an invasion - like the Afghans or even the Russians against Hitler - cannot be beaten into submission or surrender.

But even now, Putin has the chance to make a face-saving exit from Ukraine by offering a truce that will allow Russia to hold on to the captured territories in Ukraine. With the Europeans fed up with the war, perhaps a division of Ukraine - along the Dnieper river - as was done in Germany after World War II, could be one solution. This would give Putin the buffer with West Europe and NATO.

The bigger question is whether the US would accept a ceasefire since it is the biggest beneficiary of this war. Its arms sales to the EU have multiplied manifold and allowed the US to regain

its lost global stature - and as NATO's leader - after its shabby exit from Afghanistan.

The US apart, China has gained in many ways. It now has Russia as an ally against the US and its partners to challenge America's efforts to counter China's ambitions, along with the Russian military and space knowhow and oil and gas supplies, to become the most powerful challenge to a free world by 2050.

And on the issue of an immediate ceasefire, India could offer to play the role of an honest broker to bring the conflict to an end, as New Delhi enjoys that an adversary determined to resist an invasion - like the Afghans or even the Russians against Hitler - cannot be beaten into submission or surrender.

Considering the growing Indo-US strategic ties - with defence, high technology and trade cooperation - and the fact that Moscow needs the traditional defence market that India provides, such an initiative by New Delhi would make it an honest mediator in a conflict which the world has got exhausted with, and doesn't seem to find any answer to. For India, this could be a turning point. It could give India the most important global role that it could possibly have in these times and affirm Modi's repeated assertions that India deserves to play a bigger role in geopolitics.

RD Burman: The Maestro's Timeless Melodies

Rahul Dev Burman, fondly known as RD Burman or Pancham Da, was a musical genius who left an indelible mark on the Indian music industry. Through his innovative compositions and soulful melodies, he created a musical legacy that continues to captivate generations of listeners. Let's take a journey through some of RD Burman's most famous and evergreen songs that have become an integral part of our cultural heritage.

1. "Chura Liya Hai Tumhe Jo Dil Ko" (Yaadon Ki Baaraan, 1973): This iconic song, sung by Asha Bhosle and Mohammed Rafi, is a testament to RD Burman's ability to create magical melodies. Its captivating tune and memorable lyrics continue to resonate with music lovers even after several decades.

2. "Dum Maro Dum" (Hare Rama Hare Krishna, 1971): RD Burman's experimentation with psychedelic rock elements in this song

turned it into a youth anthem. Sung by Asha Bhosle, the energetic beats and catchy lyrics remain etched in the minds of music enthusiasts.

3. "Yeh Sham Mastani" (Kati Patang, 1970):

With the soulful voice of Kishore Kumar, RD Burman crafted a timeless romantic melody that has stood the test of time. The soothing composition and poetic lyrics evoke a sense of nostalgia and continue to be cherished by fans.

4. "Gulabi Aankhen" (The Train, 1970): This evergreen song, rendered by Mohammed Rafi, showcases RD Burman's versatility as a composer. The playful tune and delightful lyrics make it a perennial favorite at parties and social gatherings.

5. "Piya Tu Ab To Aaja" (Caravan, 1971): Featuring the enchanting voice of Asha Bhosle, this song exemplifies RD Burman's fusion of Indian melodies with



international influences. Its seductive rhythm and experimental sounds continue to enthrall listeners.

6. "Mehbooba Mehbooba" (Sholay, 1975): This high-energy, foot-tapping song

remains a classic in Bollywood's musical repertoire. Sung by RD Burman himself, it showcases his ability to create infectious tunes that have the power to make everyone groove.

"To paint her as villain is shameful": Zorawar Ahluwalia reacts after ex-wife Kusha Kapila gets trolled

Social media star Kusha Kapila and her husband Zorawar Ahluwalia recently announced their separation via a post on Instagram. After announcing the separation, Kusha faced a lot of backlash online after her old interviews started surfacing on social media. Amid all the backlash, her ex-husband Zorawar broke his silence and came in support of Kusha.



Taking to Instagram, on Wednesday, Zorawar shared a note on his stories which reads, "We realise we live public lives, but we still hold certain things sacred. Our marriage and respect

for each other being one of them. Divorce much like our marriage was a decision we both made together, after much deliberation and thought. It was a tough and

painful decision but one we took collectively, for the sake of both of our well-being. What has transpired over the last 24 hours, with Kusha being subject to vile

attacks online makes me sad and disappointed. To attack Kusha's character and paint her as some villain is shameful. Let's all please do better."

Recently, Kusha's old interviews surfaced on social media in which she could be seen interacting with Karan Johar.

During their conversation, Karan was heard telling her, "Remember sexual infidelity is not infidelity."

To which she replied, "I believe that." Her reaction to this old interview didn't go down well with some of the audience. Reportedly, the duo tied the knot in 2017 after years of dating.

On Monday, Kusha shared a note on her Instagram handle which reads, "Zorawar and I have mutually decided to part ways. This hasn't been an easy decision by any measure but we know it's the right one at this point in our lives.

The love and life we have shared together continues to mean everything for us but sadly, what we seek currently for ourselves doesn't align. We gave it our all, until we couldn't anymore."

She added, "A relationship ending is heartbreaking and it's been a tough ordeal for us and our families.

The Bear' Season 2 review: Deft writing, stellar performances serve up a masterful second

In the opening shots of the second season of The Bear, Chicago is shown to be thawing even from the last winter's snow, welcoming spring and then summer. As if stuck permanently in this winter, the show's second season emerges forth as a rare perfect follow-up to the preceding one.

Picking up shortly where it left off, Carmy (Jeremy Allen White) moves full steam ahead with the plan to start afresh and turn his late brother's restaurant (The Beef) into a new fine dining establishment (The Bear). Partnering with Sydney (Ayo Edebiri), his sister Natalie (Abby Elliott), and his cousin Richie (Ebon Moss-Bachrach), Carmy decides that a six-month wait would be too long and the team rushes to finish off the job in the next 12 weeks.

Having inherited The Beef from his brother who died by suicide, the restaurant stands tall as an old structure riddled with health code violations. It looms larger on Carmy's psyche who struggles to move away from the shadows of his ruptured family. Carmy's team are also assigned similar arcs of shedding doubt; Sydney wants to prove herself and earn a Michelin star, Richie feels inundated by a lack of purpose, and Natalie dithers initially from agreeing to work full-time at the new restaurant.

The supporting characters are made part of this ringer too. Chef's Tina (Liza Colón-Zayas) and Ebraheim (Edwin Lee Gibson) are sent to culinary school, while Marcus (Lionel Boyce) is shipped off to Copenhagen to refine their skills.

"It's a hell hole..." Sydney says of the restaurant to Tina, "...why would you want to be here?"

For 12 years she waited on film sets, "becoming" a body double to justify her presence there. The character or the length of the role did not matter, all she wanted was one role that would get her on the silver screen. She has been patient, but apprehensive. "I have seen directors chide actors when they don't get the take right or they mess up. That intimidated me, and prevented me from asking for a chance," says Suma. Another deterrent was, what she perceives as, her lack of 'training' in acting.

I feel I'm in the best phase of my life': Wamiqa Gabbi

After her latest success as Niloufer in the web series Jubilee, offers have been pouring in for Wamiqa Gabbi from the Telugu, Tamil, Malayalam and Hindi film industries. The actress, who played Kareena Kapoor's sister in Jab We Met as a child artiste, has already worked in all these industries, and seems to be on a good wicket now.



Q. Tell us about your early struggles.

A. I was a pampered child. People compared my eyes to Aishwarya Rai's eyes. I was very confident and secure. I imagined that everyone in Mumbai was waiting to cast me in their projects, and was in high spirits. But after reaching Mumbai I understood the harsh realities of life and this profession.

Q. How did you handle it?

A. I quickly matured and became worldly-wise.

I was a pampered child. People compared my eyes to Aishwarya Rai's eyes. I was very confident and secure. I imagined that everyone in Mumbai was waiting to cast me in their projects, and was in high spirits. But after reaching Mumbai I understood the harsh realities of life and this profession.

Q. How did you handle it?

A. I quickly matured and became worldly-wise.

Earlier, I would always compare myself with others, wondering why an actor, who I felt wasn't good at acting, was getting many projects while I was not.

Q. We hear you were planning to leave Mumbai?

In 2019 I decided to return to Punjab. I didn't want to be here doing nothing till I turned 40. It was then that I got Vishal Bhardwaj's project. And I did a workshop with Atul Mongia. Life started changing from there. I'm now enjoying acting. I am not insecure because I am working and in a happy phase.

Q. You made your father proud.

A. My father Govardhan Gabi says, 'Mujhe pata the yeh sab karogi tum!' He is a writer from Punjab. It was he who named me Wamiqa. I met Anubhav Sinha recently, and he asked me the meaning of my name - 'It means Goddess of Wind.' It is an Arabic name. My father told me the meaning. He wanted me to participate in the show Zindigi Isi Ka Naam Hai, hosted by Farouque Sheikh. I feel my dad has an intuition that I would be in showbiz.

Q. How did you handle it?

A. I quickly matured and became worldly-wise.

Tarla' trailer: Huma Qureshi gets cooking as Tarla Dalal



The two-minute-plus trailer begins with Tarla (Qureshi) willfully spicing up a recipe to ward off a prospective groom. Her efforts fail and she is married to a sweet-seeming man played by Sharif Hashmi. As the years draw by, Tarla realises she hasn't worked out her true purpose in life.

She discovers her calling through home-cooking and teaching, popularizing distinctly Indian (and vegetarian) dishes like 'batata musallam' among her admirers. Tarla Dalal was a renowned home chef, cookbook author and television host. She is credited for simplifying Indian cuisines like Gujarati and Punjabi food and enjoyed a huge following overseas.

A Padma Shri-awardee, she passed away at her Mumbai residence in 2013 following a cardiac arrest.

"Tarla is a moving and a feel-good film with a dash of emotions, a sprinkle of inspiration and a garnish of flavourful entertainment," Huma Qureshi said in a statement.

Kangana Ranaut's 'Emergency' gets release date



The political drama stars Ranaut in the role of former Indian Prime Minister Indira Gandhi. It focuses on Gandhi's imposition of the 21-month internal Emergency in India between 1975 to 1977.

Emergency has been directed by Ranaut and produced by her and Renu Pitti. The screenplay is by Ritesh Shah from a 'story' by Ranaut. Besides Ranaut as Indira Gandhi, the film also features Anupam Kher as her political opponent Jayaprakash Narayan, Shreyas Talpade as Atal Bihari Vajpayee, late actor Satish Kaushik as Jagjivan Ram, Mahima Chaudhry as Pupul Jayakar (Gandhi's close associate and cultural adviser), Milind Soman as Sam Manekshaw and others.

"Emergency is one of the most significant and darkest chapters in our history that young India needs to know," Ranaut said in a statement. "It is a crucial story and I want to thank my super-talented actors like late Satish ji, Anupam ji, Shreyas, Mahima, and Milind for embarking on this creative journey together."

I am excited to bring this extraordinary episode from India's history to the big screen."

Emergency is produced by Ranaut's Manikamika Films. Their debut production, Tiku Weds Sheru, starring Nawazuddin Siddiqui and Avneet Kaur, is out on Prime Video.

SUMADEVI WAITED 12 YEARS, WORKING AS A STUNT DOUBLE IN MALAYALAM FILMS, FOR A ROLE THAT WON HER RECOGNITION

How actor-body-double Sumadevi landed her first award for best actor at the Dadasaheb Phalke International Film Festival for her role in G Prajesh Sen's The Secret of Women is the stuff of movies. "Getting a break in cinema is a struggle, it is easier if you have godfathers or someone to prop you up," says the soft-spoken actor, one of Malayalam cinema's few female body doubles or 'dupes', as body doubles are colloquially referred to. It has been a month since she got the award but the feeling is still sinking in,

she confesses.

For 12 years she waited on film sets, "becoming" a body double to justify her presence there. The character or the length of the role did not matter, all she wanted was one role that would get her on the silver screen. She has been patient, but apprehensive. "I have seen directors chide actors when they don't get the take right or they mess up. That intimidated me, and prevented me from asking for a chance," says Suma. Another deterrent was, what she perceives as, her lack of 'training' in acting.

mother's dream for her. Sumadevi's mother would joke about her quicksilver temper. "She would say 'seeing how your mood changes every second, you would make a great actor'. And that stayed with me." Her late mother would have been thrilled at the award, Sumadevi adds. Being a body double was never her plan, it was just a means to her dream. "Sasi Master [stunt director Mafia Sasi] is a family friend. I asked him if he could help me. He told me there is not much he could do either. He joins a project mid-way, so he is not in a position to ask for a role for me.

He said 'you tag along [to the sets], but what would you do there? That is how I became a body double!' Usually body doubles or stunt doubles for female actors were brought from Chennai. Although she has no other formal training in the martial arts, she has learnt Kalaripayattu.

Her first film was Marykkundoru Kunjandru (2010); she was a double for Bhavana and another actor. Twelve years seems like a long time to chase a dream.

Did she ever want to quit? "I have never felt that. I just want to be part of films. I have want-

ed to act since I was a kid. I want to be part of films." Among the actors she has been body double for are Mamata Mohandas, Archana Kavi, Mythili, Kamalini Mukherjee, Keerthy Suresh and Honey Rose. She has also worked with Peter Hein.

During the filming of Mamata's film To Noora, With Love, she met with an accident while filming a boat scene. "Mamata ma'am was very concerned, and even offered to take me to the hospital. She felt bad that I got hurt for her sake." Injuries are a part of the deal; she does not take them too seri-



WHAT HAPPENS TO YOUR BODY WHEN YOU EAT NUTS EVERY DAY

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

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

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

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



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

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

Nuts, such as almonds, are known to contain flavonoids, a group of compounds naturally present in plant-based foods.

They are not only rich in antioxidants, but they may also have the ability to protect you from free radicals that could lead to the hardening of blood vessels (aka atherosclerosis) and increase the risk of heart disease.

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

You might lose weight. Some studies suggest that eating nuts, such as tree nuts and peanuts, do not lead to obesity. A 2019 study from Nutrition Research discovered that consuming more than one to two

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

That said, relying on nuts alone to manage weight may not be a great idea as there are several factors that come into play for weight management, including the types and portions of food you eat, genetics, your activity level and more.

Other studies also noted that eating nuts may not necessarily lead to weight loss, especially for those who are overweight or obese, due to altered appetite sensitivity and regulation.

You might reduce your risk of colon cancer. Nuts have antioxidant and anti-inflammatory properties that may help prevent tumor formation. A 2021 review from the International Journal of Food Sciences and Nutrition found that higher nut consumption was associated with lower risk of colon cancer. However, the findings are conflicting. More recent research from the

European Journal of Epidemiology and Medicine points out that the relationship between eating nuts and legumes and the risk of colon cancer is weak and needs more research to be substantiated. Nevertheless, it does not hurt to include nuts as part of a balanced eating pattern for other potential health benefits (so long as you’re not allergic).

You might increase your sodium intake

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

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

Brazil nuts have the highest concentration of selenium of all nut varieties, with every gram containing 35 micrograms of selenium, which is about two-thirds of the recommended daily allowance (RDA).

NATIONAL PROTEIN DAY: EVERYDAY TIPS FOR HEALTHY PROTEIN CONSUMPTION

WHILE IT IS IMPORTANT TO CONSUME ENOUGH PROTEIN, IT IS ALSO CRUCIAL TO ENSURE THAT THE SOURCES OF PROTEIN ARE HEALTHY AND NUTRITIOUS. CHECK OUT SOME EXPERT APPROVED TIPS FOR HEALTHY PROTEIN CONSUMPTION.

Protein is an essential macronutrient that plays a vital role in building and repairing tissues, regulating hormones, and supporting a healthy immune system. While it is important to consume enough protein, it is also crucial to ensure that the sources of protein are healthy and nutritious. Despite its many benefits, many people struggle to consume enough protein in their diet, which can lead to a host of health problems.

That’s why National Protein Day is an excellent opportunity to focus on incorporating more high-quality protein into your daily routine. Whether you’re a vegetarian, vegan, or meat-eater, there are plenty of delicious and healthy protein-rich foods to choose from. (Also read: Protein power: Check out these best sources of protein for a morning boost)

On National Protein Day,

Soumava Sengupta, CEO, BUILD, shared some tips with HT Lifestyle for healthy protein consumption.

1. Choose lean protein sources: Lean protein sources such as chicken, turkey, fish, and legumes are excellent options for healthy protein consumption. They are low in saturated fat and provide important nutrients like iron, zinc, and vitamin B12.

2. Incorporate plant-based proteins: Plant-based proteins such as tofu, tempeh, nuts, and seeds are great sources of protein for vegetarians and vegans.

They are also typically high in fibre and other important nutrients.

3. Don’t forget about eggs: Eggs are an excellent source of protein, as well as vitamin D, iron, and choline.

Aim to incorporate eggs into your diet in a variety of ways, such as scrambled, hard-boiled, or in omelettes.



4. Use protein powder wisely: Protein powder/ whey proteins can be a convenient way to add protein to your diet, but it is important to choose a high-quality, minimally processed brand. Additionally, be mindful of added sugars and other additives in protein powders.

5. Balance your meals: When planning meals, aim to include a source of protein, carbohydrates, and healthy fats. This will not

only help ensure that you are getting enough protein but also help keep you feeling full and satisfied.

6. Snack smart: Snacks can be a great opportunity to sneak in some extra protein. Some healthy protein-packed snack options include Greek yogurt, string cheese, and hummus with veggies.

7. Watch your portions: While protein is important, it is also

important not to overdo it. Aim for a portion size of about 3-4 ounces of lean protein per meal.

8. Stay hydrated: Drinking enough water is important for overall health, including proper digestion and absorption of nutrients like protein. Aim to drink at least 8 cups of water per day.

Incorporating healthy protein sources into your diet is essential for overall health and wellness. By choosing lean protein sources, incorporating plant-based proteins, and balancing your meals, you can ensure that you are getting enough protein to support your body’s needs.

Additionally, snacking smart and watching your portions can help you avoid overdoing it on protein. With these everyday tips for healthy protein consumption, you can feel confident that you are providing your body with the nutrients it needs to thrive.

These 2 Types of Cheese Are Eaten Most Often

Sometimes, the mere thought of certain foods can activate your salivary glands in anticipatory delight. For some, decadent sweet treats will do the trick. For others, it can be an age-old family recipe that store-bought or restaurant fare can’t quite mimic. Yet one of the most common foods that many people can’t help but look forward to enjoying is cheese. (I, for one, am currently day-dreaming about slices of smoked gouda.) However, traditional cow’s milk cheeses can get a bad rap—especially if you have trouble digesting lactose, or if you notice that your acne flares up the more you consume your cheese of choice. And even if these potential pitfalls don’t apply to you, there can be too much of a good thing: While cheese offers the likes of protein and calcium, it’s often high in saturated fat and salt, which should be consumed in moderation to reduce the risk of cardiovascular disease.

Still, you can remain optimistic if the idea of nixing cheese from your diet is too much to bear. It turns out that grass-fed goat cheese and sheep cheese figure into the diets of two Blue Zones—aka regions of the world where people live the longest. To fig-



ure out how these cheeses complement these well-known diets for longevity, we consulted Taylor Fazio, MS, RD, CDN, a registered dietitian and wellness advisor at The Lanby in New York City.

The benefits of grass-fed animal products

Before we dive into the nutrition profiles of goat cheese and sheep cheese, it’s important to call out the benefits of consuming cheese—as well as meat and other dairy products—from animals that graze on grass. “Grass-fed products have more beta-carotene and omega-3 fatty acids

than conventionally fed animals,” Fazio says. “These products contain less inflammatory omega-6 fatty acids, which we want to consume in moderation, and in smaller amounts than anti-inflammatory omega-3 fatty acids.” While omega-6s aren’t inherently “bad,” per a 2021 review, over-consuming them while having a low intake of omega-3s “is highly associated with the pathogenesis of many modern diet-related chronic diseases.” Read: The right balance is key. “The nutrient content of grass-fed cheese is also higher in antioxidants, vitamins, minerals, and is a quality

source of protein compared to conventional options,” Fazio adds. Are goat cheese and sheep cheese significantly healthier than cow’s cheese?

By this point, you might have made a mental note to shop for the grass-fed version of your favorite cow’s cheese on your next grocery haul. While this may be a worthy upgrade, it still may be worth taking a cue from the Blue Zones to prioritize different varieties. According to the official Blue Zones website, goat milk and sheep milk products “figure prominently in the traditional menus of both the Ikarian and Sardinian Blue Zones,” albeit in relatively small amounts and only a few times a week, rather than daily. “Goat and sheep cheese tend to have a slightly healthier nutrient profile than cow’s cheese. For example, goat’s milk has a slightly higher protein content and contains healthy fatty acids and vitamins,” Fazio says. She also calls out the attractive benefit of its lower lactose content, which makes it more digestion-friendly for many people. (In fact, lactose intolerance affects as many as 65 to 70 percent of the global population.) And per a 2014 review,

goat’s milk “has been shown to trigger innate and adaptive immune responses in an in vitro human system, also inhibiting the endotoxin-induced activation of monocytes,” which may encourage immune homeostasis.

“Goat and sheep cheese tend to have a slightly healthier nutrient profile than cow’s cheese. For example, goat’s milk has a slightly higher protein content and contains healthy fatty acids and vitamins,” Fazio says.

“Similarly, sheep’s cheese contains vitamins and minerals essential for health and is considered a high-protein food source,” Fazio continues. According to a 2021 article in the International Journal of Molecular Sciences, the bioactive substances in sheep’s milk “have antibacterial, antiviral and anti-inflammatory properties” and may have profound influences on human health, potentially helping to protect against “the occurrence of type 2 diabetes, Alzheimer’s disease and cancer.” As impressive as the research on milk from goats and sheep appears, the fact that cheese is fermented may yield even greater health wins. “Fermented foods like cheese and yogurt offer living

microbes such as beneficial bacteria and yeasts that support the gut microbiome and improve digestion,” Fazio explains. (She also notes that the process of fermentation can decrease lactose, which again can promote better digestion in those with even a mild lactose intolerance.) “Having an array of fermented food options in your diet is imperative for gut health, immunity, even mood support,” says Fazio. This is because beneficial bacteria promote gut diversity and thus physical and mental well-being.

Cheese can be a staple in a well-rounded diet that supports longevity—even more so if you prioritize that from grass-fed goats and sheep, versus conventionally fed cows. That said, Fazio takes care to note that the swap shouldn’t be mistaken for a one-and-done solution to improve your lifespan, as countless variables contribute to the positive health outcomes across the Blue Zones.

“Daily habits such as being consistently active, consuming whole foods cultivated from local areas, and eating in moderation and with mindfulness—along with a sense of community—in these spaces play a large role in overall health,” says Fazio.

DND, Masaba Gupta Is Busy Setting Weekend Fitness Goals



What’s keeping Masaba Gupta busy nowadays? If you are also pondering this question for some time, the fashion designer’s latest Instagram entry is just for you. On Saturday, Masaba Gupta shared two photos of herself, to sum up her “life lately.” She can be seen performing yoga in the snaps and her post will serve you the much-needed fitness inspiration.

A scroll through Masaba’s Instagram profile and you’ll see that she hardly skips her workout sessions. Here, in the first image, the actress can be seen acting the Bhujangasana or Cobra Pose in a tank top and black shorts. The next slide shows her trying a plank.

“Life lately,” Masaba Gupta wrote in the caption and added a brown heart, pinched fingers and a woman in lotus position icons. Take a look:

When it comes to exercises, “if you can’t hold your core, it’s all over” and Masaba Gupta knows it very well. The fashion icon, in one of her previous posts, can be seen maintaining her balance on a Pilates ball. She chose the song ‘Stayin’ Alive’ by Bee Gees as the background music for her clip, which she captioned: “She’s back! Pilates Friday with Karina Ramchandani. So good. If you can’t hold your core it’s all over honey (in life and on the mat).”

Masaba Gupta remembered to give her fans fitness goals on World Health Day. She posted pictures of her toned physique and wrote, “Good Health is in. Filters are out! Happy World Health Day everyone. (Aam Kas is also in).”

This clip gives a sneak peek into Masaba Gupta’s training sessions with coach Apoorv Mathur. “Nobody knows what nonsense we do in our training sessions but somehow body has been built. Welcome back coach,” read her caption.

Low-Calorie Food Dietitians Say You Should Always Have In Your Pantry For Weight Loss

While trying to lose weight, it’s important to have a kitchen that’s stocked with healthy staples you can rely on for a range of meals. By filling your pantries with weight loss-friendly foods rather than fattening processed snacks, we can create a solid foundation for healthy eating habits and sustainable weight management. Luckily, there are plenty of tasty, nutritious options out there.

To get a run-down on some of the pantry essentials you should have on hand as you work towards your goal weight, we spoke to dietitian and personal trainer Jesse Feder from My Chrons and Colitis Team. He told us that oats, popcorn, and canned fish make some of the best options. Learn more about how each of these foods can help you lose weight below!

Oats are a fantastic superfood that are packed with health benefits. As it turns out, Feder says they’re also great for weight loss.

“Oats are very high in dietary fiber which can help promote fullness,” he says. “This can prevent you from snacking or overeating during the day and lead to weight loss.” Luckily, this ingredient is also super-versatile. Not only can you make a delicious bowl of oatmeal (which is especially healthy with the right fat-blasting toppings), but Feder also notes that oats can be added to smoothies or used as a topping for various snacks.

Dr Samoon releases reports, plans for Skill Development initiatives in J&K

JJ NEWS SERVICE

SRINAGAR, JUNE 28: Principal Secretary, Skill Development Department, Dr Asgar Hassan Samoon, today unveiled a series of significant reports and plans during a ceremony held here at the Civil Secretariat.

The releases encompass crucial documents aimed at enhancing the quality and effectiveness of skill development programs in the region.

One of the reports released by Dr Samoon was the comprehensive review of courses offered by Polytechnics and Industrial Training Institutes (ITIs) in Jammu and Kashmir. Prepared by PricewaterhouseCoopers (PwC), the 479-page report extensively explores the current employment scenario and presents key findings, recommendations and proposals for comprehensive reforms in the skill development sector.



In addition to the PwC report, Principal Secretary also unveiled the district development plans for all 20 districts of Jammu and Kashmir. These plans outline strategic initiatives and develop-

ment projects designed to promote skill enhancement, entrepreneurship and economic growth at the local level, he said. He added that the district development plans are a vital component of the department's efforts to ensure holistic and inclusive development across the region.

During the ceremony, Principal Secretary also released a booklet of the Food Craft Institute Jammu, focusing on the significance and benefits of millets. The booklet serves as a valuable resource for promoting the consumption and

cultivation of millets, highlighting their nutritional value and contribution to sustainable agriculture. Furthermore, Dr Samoon officially launched "Maharat", a skilling initiative specifically designed for women in Jammu and Kashmir. He emphasized that this year's target is to impart different skills to 50,000 women, empowering them to earn sustainable livelihoods. The Maharat program aims to provide women with the necessary training and support to enhance their employability and economic independence, he maintained.

Dr Samoon said that these releases and initiatives mark significant milestones in the Skill Development Department's ongoing efforts to foster skill enhancement, economic growth and gender empowerment in Jammu and Kashmir.

DC inspects developmental projects in Reasi, Katra areas



JJ NEWS SERVICE

REASI, JUNE 28: Deputy Commissioner Reasi, Babilla Rakwal today inspected progress of work on major developmental projects being executed by PWD (R&B), JIM and PMGSY in Katra and Reasi blocks.

The major works of PWD(R&B) inspected by the DDC were Bridge at Baradari on NH-144 on Katra- Reasi road, up-gradation of link road Dhanar Baba under potholes scheme and Construction of four 6 m span culverts on NH-144 Katra Reasi road.

While inspecting the works, she laid stress on quality of work and timely completion of the projects. She further directed engineering staff to monitor these works by conducting regular visits to the work sites.

Inspection of ongoing works of Jal Jeevan Mission was also conducted which included Retrofitting and Augmentation of Water Supply Scheme Chamarya Pangala and Retrofitting and Augmentation of Water Supply Scheme Kala Suketar. She issued instructions to staff of the Jal Shakti department to complete the projects in stipulated time.

Later, the DDC also inspected a 38 meter steel span bridge at Bhagha. She urged PRI members to monitor the pace of development works in their areas for timely completion.

The Executive Engineers of these departments and the supporting staff were also present.

Kisan Sampark Abhiyan: Farmer's Orientation programme held at Shopian

JJ NEWS SERVICE

SHOPIAN, JUNE 28: As apart of Kisan Sampark Abhiyan, a farmer's orientation programme under Holistic Agriculture Development Programme (HADP) was organised in 05 Panchayats of the district Shopian, here.

Under this programme, a total of 29 projects have been included that cover every aspect of Agriculture, from Horticulture to Crop and Livestock Husbandry.

These projects are aimed at transforming the agricultural economy of the district and unlocking the exciting potential of the region.

During the programme, farmers are being made aware regarding the benefits from over 47 schemes that will help take agricultural pursuits to the next level, promoting sustainability and commercial viability.

The farmers orientation under Kisan Sampark Abhiyan was started at five venues across five blocks of district Shopian.

The five venues where the programme was held are Parn Ghar Heff, Urpora-B, Mastpora, Watchi-A and Shirmal.

The Holistic agriculture development programme (HADP) is aimed at training the farmers to apprise them about the holistic interventions/ programmes which are to be implemented under HADP in the coming five years.

The programme was vehemently attended by farmers, mostly unemployed youth and PRI members who lauded the efforts of the department for including all the sects of the society for the overall upliftment of the farmers community.

DC Srinagar Greets People on auspicious occasion of Eid-ul-Azha

JJ NEWS SERVICE

SRINAGAR, JUNE 28:- Deputy Commissioner(DC) Srinagar, Mohamad Aijaz Asad has conveyed Warmest Wishes to people of Jammu and Kashmir on the auspicious occasion of Eid-ul-Azha.

The Deputy Commissioner in his message extended his good wishes to the people on the joyous occasion of Eid-ul-Azha. The DC said Eid ul Azha is a great occasion for sharing happiness especially with the poor and needy. He said this is also the Holy occasion of imbuing the spirit of sincerity and truthfulness in our hearts and minds, besides spreading the feelings of love, compassion and affection among fellow human beings. The DC said the holy occasion also reminds people of the great sacrifice by the Prophets of Islam Hazrat Ibrahim(AS) and his beloved son Hazrat Ismail(AS) who proved their loyalty, allegiance and faith in the Almighty. The DC prayed for peace, progress and prosperity of the entire Jammu and Kashmir and also called for remembering the poorer sections of the society and making them integral part of the celebration.

He later inspected Levдора Check Post in Qazigund Forest Range where he directed for 24x7 surveillance on the National Highway and checking of vehicles by setting up night Nakas.

During the inspection the PCCF & HoFF, J&K was accompanied by Chief Conservator of Forests Kashmir T. Rabi Kumar, Conservator of Forests South Forest Circle Irfan Ail Shah, Divisional Forest Officer Lidder Sheikh Mehraj, DFO Anantnag Mohammad Ramzaan, DFO Kulgam Waseem Gul and DFO Shopian Mohammad Ayoub, District level officers of Forest Protection Force, Wildlife, Social Forestry, Pollution Control Committee, Range officers and

DC Kupwara greets people on auspicious occasion of Eid-ul-Adha

JJ NEWS SERVICE

KUPWARA, JUNE 28: The Deputy Commissioner (DC) Kupwara, Ayushi Sudan has extended her greetings to the people of Jammu & Kashmir particularly of Kupwara district, on the auspicious occasion of Eid-ul-Adha.

In her message, Ayushi Sudan prayed that this Eid may bring health and happiness and peace, prosperity in the lives of people. The DC urged the people to take care of their neighbors especially poor, vulnerable and down-trodden people so that they can also celebrate the Eid happily. DC hoped that this Eid will be a herald of peace, progress and prosperity for the Kupwara district.

DDC Kupwara chairs mega Block Diwas at Chandigam-Lolab

Emphasises on working with a collective approach for overall development

JJ NEWS SERVICE

KUPWARA, JUNE 28: The District Development Commissioner (DDC) Kupwara, Ayushi Sudan today chaired mega Block Diwas function held at Chandigam Sogam in Lolab sub division of Kupwara district to listen to the issues and grievances of the general public at their doorsteps. DDC Member Sogam, Nasir Lone, JD Planning, SDM Lolab, ACD, CMO, CAO, LDM, AD Food, AD Fisheries, DSWO, BMO, CDPO, Engineers from Jal Shakti, PDD, R&B, besides, DDC Chairperson, PRIs and people in large number attended the block diwas function. Addressing the function, the District Development Commissioner said that the aim of holding the block diwas in Sogam block was to know the issues and grievances of the people for redressal.

Referring to the development, the DDC said that it is a continuous process which takes time and urged PRIs and general public for their cooperation in giving proper way for the development in Lolab sub division.

She assured the people for fulfilling gaps regarding infrastructure development across the district subject to availability of resources and emphasised on the need to work through a collective approach for overall development of the district.

While referring to Tourism development, the DDC said that tourism is a big employment generation sector adding that soon a tourism plan will be charted out in the coming days for development of tourist destinations of the district especially Lolab valley and Bangus.

Eid Ul Adha 2023: DC B'la visits various Eidgah's; takes stock of preparations for Congregational Prayers

Calls for hassle-free services to people for smooth celebration of Eid

JJ NEWS SERVICE

BARAMULLA, JUNE 28: The Deputy Commissioner (DC) Baramulla, Dr Syed Sehrish Asgar today visited several Eidgah's including Eidgah Jadedad and Eidgah Qadim in Baramulla to review arrangements put in place for the Eid ul Adha congregational prayers there.

During her visit, Dr Sehrish directed for upgradation of facilities there

saying that all services should be put in place for convenience of devotees thronging the Eidgahs during Eid ul Adha.

The DC also directed the concerned departments to make all streetlights in the area functional and ensure thorough maintenance of cleanliness in and around the Eidgahs on the auspicious occasion of Eid.

Meanwhile, the DC also interacted with concerned representatives and listened their issues. The DC gave on

spot directions to the officers concerned for early redressal of their genuine issues.

Moreover, directions were also issued to other officers to ensure all possible arrangements in the district so that the people shouldn't face any kind of inconvenience.

The DC was accompanied by Assistant Commissioner Revenue Baramulla, Peerzada Mumtaz Ahmad, DYSP HQ Altaf Khan and other concerned officers.

Complex Spine surgery successfully conducted at DH Kulgam

JJ NEWS SERVICE

KULGAM, JUNE 28: Orthopaedics Department of District Hospital (DH) Kulgam successfully conducted spine surgery on a 30 year old male who had sustained spine trauma due to fall from height.

The patient had L1 burst fracture

with bony fragments compressing the spinal cord. D12 L1 instrumented stabilization with decompression at L1 was done. The patient is recovering well after the surgery.

Under the Logistic support of Medical Superintendent, Dr Gulzar Ahmad; Consultant Orthopedics, Dr Tooseef Ahmad Bhat conducted the

surgery with able assistance by Dr Aabid Hussain and Dr Khurshedd Ahmad.

Anesthesia team included Dr Anees, Dr Nuzhat and Dr Shaikat and support staff included Gh Mohi U Din, Imtiyaz Ahmad, Shabir Ahmad Shah, Farooq Ahmad, Farooq Ahmad (arm tech).

DC Kupwara chairs NCORD meeting

JJ NEWS SERVICE

KUPWARA, JUNE 28: A meeting of the District Level Committee of Narco Coordination Centre (NCORD) was held Wednesday under the Chairmanship of Deputy Commissioner (DC) Kupwara, Ayushi Sudan at the Meeting hall of DC Office Complex Kupwara. The meeting took appraisal of the action taken by the concerned departments with regard to control measures to overcome Drug menace in the district. It also discussed threadbare the incidences of drug addiction, areas of concern, age group of



addicts, hot spots of drug abuse and status of drug rehabilitation centres in Kupwara district. The

members of the Committee presented the latest report in the district regarding action taken

against drug addiction and drug trafficking.

On the occasion, the DC stressed upon the Officers of all the line Departments including Enforcement Agencies to ensure better coordination in eradicating the menace of drug trafficking and abuse. She said that efforts with Cooperation, Coordination and Collaboration are vital to contain the drug peddling and break the supply chain, besides taking stringent action against the culprits involved in the hazardous trade of drugs.

The DC directed officers of concerned line departments to make a

comprehensive action plan and prepare a calendar of awareness programmes involving all stakeholders like NGOs, colleges, schools.

Principals of colleges, Higher secondary schools and other schools were asked to organize seminars and symposiums to educate the students and public about the dangers of drug abuse and further to sensitize students about ill effects of drugs as well as encouraging healthy activities and hobbies to discourage the drug abuse so that students and youth are kept away from tempting towards drugs.

PCCF reviews working of Forest Department in Lidder & Anantnag Forest Divisions

JJ NEWS SERVICE

SRINAGAR, JUNE 28: Principal Chief Conservator of Forests (PCCF) and Head of the Forest Force, J&K, Roshan Jaggi today inspected Lidder and Anantnag Forest Divisions and reviewed working of the Forest Department there. He also reviewed the ongoing developmental works being executed in these Forest Divisions.

The PCCF informed that under flagship Green J&K Drive programme, plantation target of 1.44 crores will be achieved this year in J&K. He said sapling target of 15 lacs has been set up for this year for South Forest Circle.

The PCCF stressed on China year planting and low-cost greening initiatives. He informed that South Forest Circle achieved plantation target of 14.50 lacs last year. He directed for greening initia-

tives to be accelerated for rehabilitation of degraded forests here. He also directed for greening of all barren slopes in all forest divisions of South Forest Circle through suitable forestry interventions.

PCCF visited Nagdandi forest nursery where he gave directions for effective nursery management, increasing medicinal plant cultivation, biodiversity conservation by involving local people. He directed that nursery management works should target locals to generate livelihood for them.

PCCF also directed for quality plant production on scientific lines and improvement of nursery based infrastructure as well. The directions were recorded in the nursery journal by PCCF.

Besides, there was interaction session at Nagdandi nursery in which DFOs, Deputy Directors, District level officers of other sister



wings, Range Officers, foresters and forest guards interacted with the PCCF. He lauded the efforts of forest frontline staff in the successful implementation of all Forest based Government pro-

grams and schemes in South Kashmir.

Later, PCCF threw open Achabal Forest Check Post after its repair and renovation work was completed in record time. PCCF



DC listens to public issues and demands at Block Parlihdhar

JJ NEWS SERVICE

UDHAMPUR, JUNE 28: To provide governance at the door steps and to ensure timely redress of grievances, Deputy Commissioner, Udhampur Sachin Kumar Vaisya today conducted a public outreach cum grievances redressal camp here at Government Higher School Rang of Block Parlihdhar.



BDC, Chairperson Parlihdhar, Neelam Devi, DDC Ramnagar-1 Mool Raj, SDM, Ramnagar, Shishir Gupta and other district officers besides Sarpanches, Panches Prominent citizens participated in the camp.

During the camp, PRI members and people of adjoining Panchayats raised many issues and demands. They sought adequate staff in the Educational and Health institutions, resolving

Mobile phone Network problem, speedy completion of PMSGY road from Plassan to Pingla Mata, avoiding unscheduled power cuts. Additional accommodation and installation of gate in GHSS Rang, Panchayat ghat building in Kogarmarh, Construction of Facca stairs on both sides in Chountra Mata shrine, up gradation of GHS School, Bainsa and Chak Buryalla to higher Secondary Level, Construction of overhead foot bridge at Malti Mohr Nalla,

Shifting of teachers zero enrollment schools to other schools etc. Interacting with the PRIs and general public, the DC said that the main objective of this public outreach programme is to take a firsthand appraisal of important issues of rural people.

He added that these outreach camps help to take governance to the door steps of the public which improves the public service delivery mechanism. The DC assured the public that all their genuine

issues and demands would be addressed in a time bound manner.

On the occasion, the DC sanctioned Rs. 50,000 for installation of Gate in Higher Secondary School Rang.

The CMO was directed to address the grievances of people related to health on priority basis. He stressed on close monitoring of ongoing works to ensure quality and adherence to timelines.

Necessary instructions were

issued on the spot to the officers of concerned departments for completion of ongoing works within stipulated time frame without compromising the quality and leaving no scope for any complaint from any quarter.

The DC directed all the officers to work in coordination for effective implementation of Government schemes on the ground.

DC Councillor, Ramnagar-1 and other PRIs and local people thanked DC Udhampur for installation of Ultrasound Machine in SDH, Ramnagar.

After concluding weekly Block Diwas, the DC inspected ongoing work of Rang Buland road and execution work of BDO office and GHSS building. Executing agencies were directed to expedite the progress and complete as per the timeline.

DC Reasi reviews drug control measures at NCORD meeting

JJ NEWS SERVICE

REASI, JUNE 28: District Development Commissioner Babila Rakwal, today chaired a meeting of the District-level NARCO Coordination Committee (NCORD) to review the measures taken by the enforcement agencies to curb the drug abuse and narcotic trafficking in the district.

During the meeting, three-day discussion was held on various issues pertaining to incidence of drug addiction, areas of concern and hotspots of drug use and action taken by the concerned departments to curb the menace of drugs.

The DDC directed all stakeholders to launch a massive awareness campaign against drugs and also appealed to parents of teenagers and young children to keep watch on their children to prevent them from drug addiction.

She reiterated that the Reasi Administration has adopted a zero tolerance policy against drug suppliers and traffickers. The DC asked all concerned to make a micro level strategy to deal with the menace. The District level NARCO coordination committee appreciated the enforcement departments for launching effective measures to curb the drug abuse and narcotic trafficking in the district. The Committee asked for working with the same spirit.

The Deputy Commissioner asked the concerned stakeholders to work in tandem and make dedicated efforts to make Reasi a drug free district and keep the youth on the right track to enable them to contribute towards the development of the Nation.

The DDC discussed various agenda points including IEC activities, special PTM in educational institutions, awareness among drivers, functioning of drug de-addiction centres etc. SSP, Amit Gupta, ADCC Jyoti Slatiha, ADC Abdul Star, ACR Anshumali Sharma, PO ICDS, District Drug Controller officer, heads of educational institutions and other concerned officers attended the meeting.

Market Checking intensified across Shopian

Erring traders fined, dozens of FBUs inspected, substandard/expiry food items destroyed

JJ NEWS SERVICE

SHOPIAN, JUNE 28: In order to prevent profiteering and black marketing in the district ahead of the auspicious festival of Eid-ul-Adha, the Special Market Checking teams today intensified market checking in all Tehsils of Shopian. The drives were conducted on the directions of the Deputy Commissioner Shopian, Faz Lul Haseeb to curb the practice of illegal profiteering and ensure all essential commodities are sold at the Government approved rates as per the quality stan-

dards with sufficient availability of consumables ahead of the Eid ul Adha festivities.

The Market Checking Squads comprised of staff from Revenue, Police, Food Safety, MC, FCS&CA, etc. under the supervision of SDM Zainapora, Tehsildars and NIs, conducted intensive market checking in Main town Shopian, Kellar, Zainapora, Hermain and elsewhere across the district. During the drive, teams inspected a number of markets during which several erring shopkeepers were found failing to maintain the quality of food

items, not displaying rate lists of essential commodities and selling expired products and were fined on the spot amounting to more than Rs.10,000. In addition, huge quantities of substandard food items including fruits and vegetables were destroyed besides polythene bags damaged on the spot. Meanwhile, the Deputy Commissioner, Shopian today visited Shopian town and took stock of the availability of essentials and supervised market checking. He asked the Market checking teams to continue the drive even after Eid-ul-Adha.

Weekly Block Diwas camps held at 4-places across Doda district

JJ NEWS SERVICE

DODA, JUNE 28: In a remarkable display of public outreach and engagement, the District Administration Doda today orchestrated Block Diwas proceedings at Block Headquarter Bholderwah, Sub District Bholderwah; Panchayat Sinoos, Sub Division Gandoh; Block Headquarter Assar, Sub Division Assar; and Tehsil Headquarter Thathri, Sub Division Thathri.



The programme garnered an overwhelming response from individuals representing diverse backgrounds, including PRIs. They earnestly expressed their issues, encompassing fun-

damental necessities such as improvement and water and electricity supply, better healthcare with sufficient staff and infrastructure, adequate teaching staff in educational institutions and road connectivity to unconnected areas. The programme was held under the supervision of Deputy Commissioner, Vishesh Mahajan. Block Diwas initiative endeavors to establish direct contact with the people, attentively listen to their grievances, and effectively resolve them in a coordinated and efficient manner. During the day long Block Diwas proceedings, Public and PRIs put forth a range of issues/ demands.

DC Samba chairs Narco Coordination meeting

JJ NEWS SERVICE

SAMBA, JUNE 28: The District Level Narco Coordination Committee (NCORD) meeting was held today to review the progress made towards eradication of drug abuse and trafficking in Samba District.

The meeting was chaired by Deputy Commissioner, Abhishek Sharma, during which detailed deliberations were held on measures taken to curb the menace of drug abuse in the district.

The NCORD Committee members informed that several drug peddlers and habitual offenders have been arrested in Samba, especially those operating in the border



areas. It was further informed that an awareness campaign has been launched in schools, colleges, Panchayats, on social media platforms to channelise the potential of the youth towards a positive direction. The Assistant Controller Drugs informed that 558 medical stores have installed CCTV cameras which will help in

keeping a check on over the counter sale of psychotropic drugs. He further informed that the department has conducted 238 inspections and suspended 6 and cancelled 1 License of erring drug stores. The Committee called for putting in place an effective mechanism to ensure zero tolerance against drug peddlers.

The Deputy Commissioner laid emphasis on identification of drug addicts and their immediate rehabilitation. He stressed on mapping the vulnerable spots in the district which have reported cases of drug addiction or its supplies to launch a mass awareness to encourage the community members to facilitate rehabilitation of drug addicts and

crackdown on the perpetrators. The DC asked the Chief Education Officer to launch a massive awareness campaign in the schools to sensitize the students about hazards of drug menace. He stressed for insightful counseling of parents during the parent teacher meet.

All the concerned were asked to compile a database of drug addicts to facilitate their medical treatment and recovery to save their precious lives.

The meeting was attended by SSP Samba Benam Tosh, ADC Rakesh Dubey, CMO Samba Vidhi, CEO Samba Kewal Kumar and other senior officers of the district.

Weekly Block Diwas: DC Rajouri listens to people's issues at Ladhote panchayat

JJ NEWS SERVICE

RAJOURI, JUNE 28: Deputy Commissioner of Rajouri Vikas Kundal, today presided over a Weekly Block Diwas public outreach camp in the Ladhote Panchayat of block Dhangri and launched the construction work of a Jal Jivan Mission Scheme.

A wide range of demands pertaining to macadamization of roads, upgradation and adequate staff in Government institutions, water supply augmentation, upgrading of health infrastructure etc were raised by the locals. The officers of different departments also made the public aware about a number of schemes and programs being implemented in the district and motivated them to avail the benefits of the same.

Speaking at the event, the Deputy Commissioner assured the public that all their grievances have been documented and would be addressed in a phased manner through the intervention of the concerned departments. He concluded by stressing on the need for continued progress and cooperation among all stakeholders to ensure that the citizens of the district are provided with



an improved quality of life.

Later, the DC launched the construction of Ladhote water supply scheme taken up under Jal Jeevan Mission at a cost of Rs.6.77 crore. The Water Supply Scheme project is envisaged to benefit a population of 2500 souls in the area. During his visit, the DC also inspected the work on the Ratala-Jamla bridge, which had been halted for a long time due to some issue. Taken up at an estimated cost of Rs 70 lacs, the construction

of the 25m span single lane bridge is being carried out by the PWD(R&B).

The DC resolved the issue on the spot and kickstarted the work on the bridge. He also urged the concerned authorities to ensure timely completion of the project. Among the others who were present during the event were BDC Dhangri, Zameer Akhter; CPO, Mohammad Khursid; ACP, Sheraz Chohan; DSWO, Wakeel Ahmed Bhatt; EXEN PWD(R&B) Rajouri, Sardar Khan and

EXEN Jal Shakti Rajouri, Ashwini Sharma and other district and sectoral officers.

DC Kupwara interacts with children at Pareesha Gulgam; shares Eid greetings, gifts

JJ NEWS SERVICE

KUPWARA, JUNE 28: The Deputy Commissioner (DC) Kupwara, Ayushi Sudan today visited Pareesha (Children Home for Girls) at Gulgam Kupwara during which she interacted with the children, shared Eid greetings, gifts and offered them blessings. The DC inspected the boarding, lodging, healthcare and food services provided to the children including left out babies in the Pareesha.

Earlier, District Social Welfare Officer, Hidayatullah Mir briefed the DC about the working of the Pareesha.

DDC Chairperson Ganderbal visits Baital; reviews SANJY-2023 preparations

JJ NEWS SERVICE

SRINAGAR, JUNE 28: The Chairperson, District Development Council (DDC) Ganderbal, Nuzhat Ishfaq conducted an extensive tour of Baital to review preparations for the Annual Amarnath Yatra which begins early next month.

During the visit, DDC Chairperson discussed with concerned authorities the availability of facilities for the pilgrims, including pitching of tents, public utilities, healthcare, electricity, water supply and sanitation, and disaster management besides other related arrangements. She directed sanitation staff to ensure highest standards of sanitation in base camp. She also visited Baital base hospital to review medical response facilities in place. Meanwhile, DDC Chairperson also chaired a meeting and took detailed review of the arrangements being made for smooth conduct of Yatra.

Nodal Officer for SANJY via Baital Axis, Dr. Raghuvar Langer, Deputy Commissioner Ganderbal Shyamvir Singh, ADCC Ganderbal, SDM Kangan, Former MLA Ganderbal Sheikh Ishfaq Jabbar and other officers and officials were present during the meeting.

Nuzhat Ishfaq expressed gratitude to the administration for making available all sufficient arrangements for the yatris on the traditional route of Baital.

The DDC Chairperson was accompanied by DDC members of Wakura Mohammad Ashraf Ganie, Ganderbal C Moulvi Mohd Yousuf, other PRIs and prominent members of Jabbar Foundation.

It is also to mention here that Jabbar Foundation has opened a social service camp to serve the yatris.

Mega Block Diwas held at three Block of Kulgam

DC listens to issues of people for early redressal



JJ NEWS SERVICE

KULGAM, JUNE 28: The District Administration Kulgam today organized Mega Block Diwas in three blocks of the district viz. Devsar, Kulgam and D.H.Pora to take appraisal of the public issues, grievances and demands. The main Public Outreach Camp was held at Kulgam under the chairmanship of Deputy Commissioner (DC) Kulgam, Dr. Bilal Mohi-Ud-Din Bhat. The grievance redressal cum outreach Camp witnessed participation of people, public representatives and delegations from Yarpiora, Dainipora, Gujjarpora, Liroo and other areas who apprised the DC about their issues and grievances besides projected various demands of developmental nature in their areas. All the grievances and issues of people were listened to by the DC patiently and some of the grievances of immediate nature were redressed on spot.

Officers and heads of departments also responded to the queries of the people pertaining to their departments and apprised the participants about schemes of their departments. Earlier, Assistant Commissioner Development (ACD), Kulgam, Mohummad Imran Khan also briefed about the action taken on various Grievances and issues raised in previous Block Diwas.

It was also shared that both the Aspirational blocks of district, viz. Marzgam and D.K.Marg figured in the top ten ranking blocks under Aspirational Block Development Programme (ABDP) in the 2nd edition of rankings of the UT which was recently released. ADC Viqar Ahmed Giri, JDP Zahid Sajjad, ACR Mir Intiyaz-ul-Aziz, ACD Mohammad Imran, ACP Shurjeel Ali, GM DIC Bashir Ahmad, CMO, CEO and other officers and officials also attended the programme.

Weekly Block diwas was also held at Devsar and DH Pora

DC Shopian releases Annual Statistical Publications/ Handbooks

JJ NEWS SERVICE

SHOPIAN, JUNE 28: Chief Planning Office, Shopian and District Statistics and Evaluation Office, Shopian today jointly organised a function prior to "17th National Statistics Day" (being celebrated on 29th June every year) at Mini-Secretariat Shopian, here.

The Deputy Commissioner (DC) Shopian, Faz Lul Haseeb, who was the Chief Guest on the occasion released three Annual Statistical Publications viz. District Statistical Hand-book, District at a Glance and Village Amenity Directory, prepared by the District Statistical and Evaluation Office Shopian.

Speaking on the occasion, DC said that the aim of National Statistics Day is to pay tribute to Legendary Professor P.C. Mahalanobis (Great Indian Statistician) for his contribution to economic planning.

He stated that the celebration of this day aims to educate people on the importance of knowing the basics of Statistics as it plays a major role in our daily life. He said that development is impossible without proper planning and proper planning depends upon actual data.

The Joint Director, Planning, Khurshaed Ahmed Khatana while speaking on the occasion, said that they try to collect actual and real statistical data for comprehensive planning, and the publications released today are efforts of many in that direction. Assistant Director, District Statistics and Evaluation Office, highlighted the main development and welfare data of the publications.

Unique package for farmers announced

NEW DELHI, JUN 28: The Cabinet Committee on Economic Affairs (CCEA) chaired by Prime Minister, Shri Narendra Modi today approved a unique package of innovative schemes for farmers with a total outlay of Rs.3,70,128.7 crore. The bouquet of schemes is focused on overall well-being and economic betterment of farmers by promoting sustainable agriculture. The initiatives will boost farmers' income, strengthen natural / organic farming, rejuvenate soil productivity, and ensure food security.

The CCEA approved continuation of Urea Subsidy Scheme to ensure constant availability of urea to the farmers at the same price of Rs 242/45 kg bag excluding taxes and neem coating charges. Out of above approved package, Rs. 3,68,676.7 Crore have been committed for urea subsidy for three years (2022-23 to 2024-25). This is apart from recently approved Nutrient Based Subsidy of Rs 38,000 Crore for Kharif season for 2023-24. The farmers need not spend extra for purchase of urea, and this will help moderate their input costs. At present, the MRP of urea is Rs 242 per 45 kg bag of urea (exclusive of charges towards neem coating and actual cost applicable), whereas the taxes as of the bag comes around Rs. 2200. The Scheme is wholly financed by the Government of India through budgetary support. The continuation of Urea Subsidy scheme will also maximize indigenous production of Urea to reach self-sufficiency levels.

Due to ever changing geopolitical situation and increased raw material prices, Fertilizer prices have been increasing, multifold plentiful sources of sustenance to mankind. It is the need of the hour to go back to more natural ways of farming and promotion of balanced / sustainable use of chemical fertilizers. Promoting natural / organic farming, alternate fertilizers, innovations like Nano Fertilizers and bio-fertilizers can help in restoring fertility of our Mother Earth. Thus, it was announced in the Budget that "PM Programme for Restoration, Awareness Generation, Nourishment and Amelioration of Mother - Earth (MPRANAM) Mother Earth has always provided plentiful sources of sustenance to mankind. It is the need of the hour to go back to more natural ways of farming and promotion of balanced / sustainable use of chemical fertilizers. Promoting natural / organic farming, alternate fertilizers, innovations like Nano Fertilizers and bio-fertilizers can help in restoring fertility of our Mother Earth. Thus, it was announced in the Budget that "PM Programme for Restoration, Awareness Generation, Nourishment

By 2025-26, eight Nano urea plants with production capacity of 44 Crore



bottles equaling to 195 LMT of conventional urea will be commissioned. Nano fertilizer releases nutrients in a controlled manner contributing to higher nutrient use efficiency and while costing less to the farmers. Application of Nano Urea has demonstrated increase in crop yield.

Country on way to become Atmanirbar in Urea by 2025-26. Setting up and revival of 6 urea production units at Chambal Fertl Ltd., Kota Rajasthan, Matix Ltd. Panagarh West Bengal, Ramgundam-Telangana, Gorakhpur-UP, Sindri-Jharkhand and Baranuni-Bihar since 2018 is helping to make the country atmanirbar in terms of urea production and availability. Indigenous production of urea has increased from the level of 225 LMT during 2014-15, to 250 LMT during 2021-22. In 2022-23, production capacity has increased to 294 LMT. These set up under umbrella COBARdhan initiative. Such organic fertilizers would be branded in the names of Bharat Brand FOM, LFOM and PROM.

This on one hand will facilitate in addressing the challenge of management of crop residue and problems of Parali burning, will also help in keeping the environment clean and safe and at the same time provide an additional source of income for farmers. Farmers will get organic fertilizers (FOM/LFOM/ PROM) at affordable prices. This initiative will facilitate implementation of Budget announcement of establishing 500 new waste to wealth plants under COBARdhan scheme for promoting circular economy, by increasing the viability of these BG/ CBG plants.

and Amelioration of Mother - Earth (MPRANAM) will be launched to incentivize States/ Union Territories to promote alternate fertilizers and balanced use of chemical fertilizers.

Rs. 1451.84 crore have been approved for Market Development Assistance (MDA) for promoting Organic Fertilizers from Gobardhan Plants.

Today's approved package also consists of innovative incentive mechanism for the restoration, nourishment, and betterment of the mother earth. Market Development Assistance (MDA) scheme in the form of Rs 1500 per MT to support marketing of organic fertilizers, viz., Fermented Organic Manures (FOM)/Liquid FOM/Phosphate Rich Organic Manures (PROM) produced as by-product from Bio- gas Plants/Compressed Biogas (CBG) Plants set up under umbrella COBARdhan initiative. Such organic fertilizers would be branded in the names of Bharat Brand FOM, LFOM and PROM.

This on one hand will facilitate in addressing the challenge of management of crop residue and problems of Parali burning, will also help in keeping the environment clean and safe and at the same time provide an additional source of income for farmers. Farmers will get organic fertilizers (FOM/LFOM/ PROM) at affordable prices. This initiative will facilitate implementation of Budget announcement of establishing 500 new waste to wealth plants under COBARdhan scheme for promoting circular economy, by increasing the viability of these BG/ CBG plants.

Junagadh 'flogging' incident: Gujarat HC issues notice to govt in PIL seeking action against policemen

AHMEDABAD, JUN 28: The Gujarat High Court on Wednesday issued a notice to the state government in a Public Interest Litigation (PIL) seeking action against the police personnel who allegedly flogged a group of Muslim men in Junagadh following an incident of stone-pelting.

A division bench of Acting Chief Justice A J Desai and Justice Biren Vaishnav sought replies from the state and top police officials by July 17. The court had, on Monday, admitted the PIL for hearing.

After some police personnel were injured in stone-pelting, police publicly flogged eight to 10 men from the minority community and ransacked their houses "to take revenge", the PIL claimed. A video of the purported flogging had circulated on social media.

The petition has been filed by NGOs Lok Adhikar Sangh and Minority Coordination Committee.

Besides the state government, the home department, director general of police, inspector general of police and superintendent of police have been

made respondents to the PIL. A clash erupted in Junagadh town of Gujarat on the night of June 16 after the civic body served demolition notice to a dargah (Muslim shrine). One person was killed in the stone-pelting by members of the minority community who were against the demolition, police alleged.

Police then detained eight to 10 persons from the Muslim community, made them stand in front of the Geethan Shah Masjid in Majevadi Gate area and flogged them, the PIL alleged. According to the First Information Report registered by the police, these men were part of the mob involved in the stone-pelting in which some policemen including a deputy superintendent had been injured, the PIL said. These men are still behind bars, the petitioners informed the court. The petitioners also stated that the PIL did not seek to justify rioting, stone-pelting or any form of violence by the rioters. After the arrest of those accused of rioting, the Junagadh police visited their homes and ransacked their belongings "to take revenge" for

alleged stone-pelting and injuries sustained by some of the police personnel, the plea claimed.

Public flogging is illegal and violates Articles 14, 19 and 21 of the Constitution of India pertaining to the right to equality, freedom, life and liberty, respectively, and attracts contempt of court proceedings, the petition argued. The high court should direct the Gujarat government to take appropriate action, including registration of an FIR, against the police personnel and officers involved in the flogging and custodial violence, it said. The plea also sought an inquiry by the principal district and sessions judge of Junagadh or any other senior judicial officer. As an alternative, a team of IPS officers, not connected with Junagadh riot or district, be constituted to inquire into the incidents of alleged public flogging, custodial violence and ransacking of the accused's properties, the PIL said. It also urged the high court to direct the government to pay "exemplary compensation" to the victims of the public flogging.

CBI registers FIR over irregularities in appointment of teachers in Delhi govt-aided school

NEW DELHI, JUN 28: The CBI has registered a case in the appointment of some teachers on the basis of forged documents in a school aided by the Delhi government and run by Vedic Sanskrit Agricultural Educational Society, officials said Wednesday.

The Central Bureau of Investigation (CBI) has conducted searches at 13 locations in Delhi, Uttarakhnad and Chhattisgarh registers in connection with the case, officials said. The agency registered the FIR 14 months after a preliminary enquiry showed that 16 candidates were recruited in V S Agriculture Senior Secondary School against 18 vacancies.

The inquiry found that six candidates - Praveen Bazard, PGT (Political Science), Chitre Rekha, TGT (English), Sonia, TGT (SST), Pratibha, PGT (Economics), Pinki Arya, TGT (Sanskrit), and Manish Kumar, PGT (Commerce) - were allegedly selected on the basis of forged documents.

It said the irregularities were committed in connivance with Krishan Rana, the then chairman of management committee of Vedic Sanskrit Agriculture Senior Secondary School, and Shashank Singh, the then officer-bearer of Jit Corbett Senior Secondary School, besides unidentified others.

The CBI has registered the FIR against Rana, Singh, the six candidates and unidentified officials of the Directorate of Education of the Delhi government under IPC sections related to criminal conspiracy, cheating and forgery.

All the selected candidates were given the advantage in their selection. Almost all the experience certificates were issued after the last date of submission of forms, and it was managed by the chairman before the scrutiny of the applications," the FIR alleged.

The CBI has found that, apparently, the direction was issued to the known candidates to prepare experience cer-

tificates for coming within parameters of merit and were given an advantage "deliberately and dishonestly" in the interview by awarding higher marks to the selected candidates.

"On the basis of these advantages, the suspect candidates were selected and appointed as teachers in V S Agriculture Senior Secondary School. Besides, the physical handicapped certificates were also issued after the last date of submission of the application form," the FIR alleged.

The CBI felt that some of the applications of selected candidates should have been rejected, but the chairman, in place of rejection of such applications, deliberately and dishonestly gave the opportunity to some of the candidates and obtained their experience certificates as part of the conspiracy.

"The marks of experience were added, and then the merit list was prepared.

DMK slams Rajnath Singh for his comment against CM Stalin

CHENNAI, JUN 28: The ruling DMK on Wednesday took a veiled swipe at Defence Minister Rajnath Singh for his comment targeting party president and Chief Minister M K Stalin and dubbed the BJP a "reactionary force".

Days after Singh lashed out at DMK president and Tamil Nadu Chief Minister M K Stalin, the ruling party organ 'Murasoli' in its editorial said the very name Stalin evoked fear in the Defence Minister.

"Rajnath Singh says Russian dictatorship's name is Stalin and Stalin (Chief Minister) is indulging in similar dictatorship," the DMK's Tamil daily said. The DMK newspaper listed a slew of 'accomplishments' of Joseph Stalin (1878-1953), the premier of the erstwhile Soviet Union from 1941 to 1953. It includes making Soviet Union an industrialised superpower, ending capitalism, opposition to imperialism, guarding the ideals of Marxism-Leninism, job guarantee and social security.

That was the reason why BJP leaders JP Nadda, Amit Shah and Rajnath Singh were aghast. For them, DMK chief Stalin appeared as Joseph Stalin who trounced fascists.

Underlining that the Chief Minister was committed to social justice and fighting against fascist elements, the DMK daily said: 'Yes, that is true.'

Eid-ul-Adha: Enforcement team conducts market checking in Kashtigarh

JJ NEWS SERVICE
KASHTIGARH, JUN 28: To check overpricing, profiteering and black marketing ahead of Eid-Ul-Adha, Tehsildar Kashtigarh Parmod Kumar, along with a team of officers consisting TSO Doda, DS Bhutyal and Police conducted intensive market checking in Kashtigarh market and adjoining areas. The market checking was conducted on the directions of the Deputy Commissioner, Vishesh Mahajan. During the checking, a fine of Rs. 2700 was imposed on the defaulter shopkeepers. Around Fifty KG rotten and unhygienic fruits/vegetables/ ice cream were destroyed on the spot. Interacting with the shopkeepers, the team members asked them to display rate lists. At prominent places and adhere to the rates approved, keep shops neat and clean and ensure that all package commodities sold to the consumers must bear MRP, Package date, Net Content and other pertinent information.

Russian militia maintains ruthless role in Africa after failed rebellion

BIRAO (CENTRAL AFRICAN REPUBLIC), JUN 27: The Russian mercenary group that briefly threatened President Vladimir Putin's authority has for years been a ruthless force-for-hire across Africa, protecting rulers at the expense of the masses.

That dynamic is not expected to change now that the group's founder, Yevgeny Prigozhin, has been exiled to Belarus as punishment for the failed rebellion.

The Wagner Group brutalises civilians in the Central African Republic, Mali and elsewhere to crush dissent and fend off threats to their leaders' power. In exchange, Russia gains access to natural resources and ports through which weapons can be shipped, and receives payments that



enrich the Kremlin and help it fund operations elsewhere, including the war in Ukraine.

Neither Russia nor the African leaders dependent on Wagner's fighters have any interest in ending those relationships. But many questions linger in the aftermath of Wagner's stunning revolt, such as who will lead its thousands of fighters stationed across many African nations and whether Moscow will absorb these

resilient, creative, fearless and predatory, so it is less likely that the Wagner empire will instantly fall like a house of cards."

Beyond the financial rewards, Putin has also sought to use Wagner fighters to help expand Russia's presence in the Middle East and Africa. He seeks out security alliances with autocrats, coup leaders, and others who have been spurned or neglected by the US and Europe, either because of their bloody abuses or because of competing Western strategic interests.

Asked whether Wagner's weekend mutiny could erode Russia's positions in Africa, Russian Foreign Minister Sergey Lavrov told a state-run TV network that security assistance to African countries would continue. He specifically

mentioned the Central African Republic and Mali, and noted that Russian government officials have maintained contact with leaders there.

Lavrov told RT he has not seen "any sign of panic or any sign of change" in African nations over the revolt against Moscow. But amid the uncertainty, there is at the very least some confusion about what exactly comes next.

In Mali, where at least 1,000 Wagner fighters replaced French troops brought in to fight Islamic extremists, the US alleges that the Kremlin uses the country as a way-station for arms shipments to Russian forces in Ukraine. But the Malian government has denied using Wagner for any purpose other than training.

SPECIAL TRAINS - 2023					
In view of Amarnath Yatra in addition to already announced special trains, Northern Railway has planned following additional special trains as under:-					
04087/04088 New Delhi - Shri Mata Vaishno Devi Katra - New Delhi Gati Shakti Special Express Train Trips					
TRAIN NO. 04087		STATIONS		TRAIN NO. 04088	
ARR.	DEP.		ARR.	DEP.	
---	23:15	New Delhi	06:50	---	---
11:25	---	Shri Mata Vaishno Devi Katra	---	18:30	---
Days of Run : 04087 from New Delhi on 02.07.2023 and 04088 from Shri Mata Vaishno Devi Katra on 03.07.2023					
Accommodation: AC 3 Tier.					
Stoppages : Sonapat, Panipat, Kamal, Kurukshetra Jn, Ambala Cantt, Ludhiana, Jalandhar Cantt, Pathankot Cantt, Jammu Tawi and Udhampur stations.					
04095/04096 Delhi Jn. - Shri Mata Vaishno Devi Katra - Delhi Jn. Special Express Train Trips					
TRAIN NO. 04095		STATIONS		TRAIN NO. 04096	
ARR.	DEP.		ARR.	DEP.	
---	23:15	Delhi Jn.	06:50	---	---
11:25	---	Shri Mata Vaishno Devi Katra	---	18:30	---
Days of Run : 04095 from Delhi Jn. on 03.07.2023 and 04096 from Shri Mata Vaishno Devi Katra on 04.07.2023					
Accommodation: AC 2 Tier, AC 3 Tier, Sleeper & General.					
Stoppages : Sonapat, Panipat, Kamal, Kurukshetra Jn, Ambala Cantt, Ludhiana, Jalandhar Cantt, Pathankot Cantt, Jammu Tawi and Udhampur stations.					
For any kind of information such as arrival/departure timings and stoppages enroute, the passengers are requested to contact RailMadad Helpline No. 139 or visit Indian Railways website https://enquiry.indianrail.gov.in or NTES App.					
75 Azadi Ka Amrit Mahotsav		G20		Visit RailMadad website: www.railmadad.indianrailways.gov.in	
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OFFICE OF THE CHILD DEVELOPMENT PROJECT OFFICER DANSAL
Email:-cdpodansal@gmail.com Phone: 2669163

The Joint Director
Department of Information & PR
Jammu, J&K

Subject :- Corrigendum to the Advertisement notice DIP no DIP/J-3937/23 published in Daily Excelsior & Dainik Jagran newspapers dated 25-6-23.

Respected Sir

Kindly direct your office to Publish and insert the following links at the conclusion of the advertisement regarding publication of Merit and Tentative/Provisional list of Sanginis(AWW) in the Advertisement notice DIP no DIP/J-3937/23 published in Daily Excelsior & Dainik Jagran newspapers dated 25-6-23 viz:

All the concerned are intimated to submit the Objections if any regarding the Tentative/Provisional Selection List of Sanginis w.r.t. Poshan Project Dansal with 10 days of publication of this list.

No:-CDPO/D/531-532/2023
Dated:-26-06-23

DIP/J-4077/23
CHILD DEV. PROJECT OFFICER
DANSAL

SHRI AMARNATHJI YATRA

ACS Home visits Nunwan, Chandanwari; Assess arrangements for annual pilgrimage

JJ NEWS SERVICE

ANANTNAG, JUNE 28: Additional Chief Secretary (ACS), Home, R K Goyal, today visited Pahalgam and took stock of arrangements being put in place at Nunwan base camp and Chandanwari camp for yatries arriving for annual Shri Amarnathji Yatra (SANJY-2023), commencing from July 1.



SDM Pahalgam and other civil and police officers were also present on the occasion. At Chandanwari camp, ACS reviewed the healthcare facilities

for ensuring best possible facilities to yatries. He asked the concerned officers to ensure deployment of adequate number of doctors and other paramedical staff in the hospital to cater to the needs of holy devotees. "The makeshift State-of-the-art hospital, built by DRDO at Chandanwari, will help in providing better and round the clock healthcare facilities to the pilgrims of Shri Amarnathji Yatra and to those engaged in Yatra Management", he maintained. ACS directed the medical officer to keep the medical facilities available round the clock so that no devotee has to face any inconvenience on this account.

He also visited Nunwan Base Camp at Pahalgam and took stock of preparations and arrangements for the ensuing Shri Amarnathji Yatra. He conducted a detailed tour of the base camp and inspected the facilities including drinking water, health-care, toilets, sanitation, entry points and langar management, established at the Camp. Later, R K Goyal held meeting with the camp directors and other officers regarding conduct of this religious Yatra. He directed them to ensure that best services are extended to pilgrims expected to throng the UT for pilgrimage.

Joint Director Information Kashmir greets people on Eid-ul-Adha

JJ NEWS SERVICE

SRINAGAR, JUNE 28: On the auspicious occasion of Eid-ul-Adha, the Joint Director Information Kashmir, Mohammad Aslam today extended his greetings to the people of Kashmir.

In his festival message, the Joint Director prayed that this Eid would be a harbinger of peace and prosperity for all, and espouses harmony among citizens. He said the day is reminiscent of the greatest sacrifice in the history of mankind. On this day, it is imperative for all of us to prioritize the poor and deserving by doing everything possible to bring smiles on their faces.

Div Com Kashmir extends warm greetings to people on Eid-ul-Adha

JJ NEWS SERVICE

SRINAGAR, JUNE 28: On the auspicious occasion of Eid-ul-Adha, the Divisional Commissioner (Div Com) Kashmir, Vijay Kumar Bidhuri today extended greetings to people of Kashmir.

In his message, Div Com prayed that this Eid may bring health, happiness and peace, prosperity in the lives of people. The Div Com said that we must celebrate this festival with its true essence of compassion and kindness towards one another especially towards the needy and poor.

The Div Com also urged people to ensure proper disposal of hides and offal of sacrificial animals and to make judicious use of water.

Advisor Bhatnagar extends Eid-ul-Adha greetings to people of J&K

JJ NEWS SERVICE

SRINAGAR, JUNE 28: Advisor to Lieutenant Governor, Rajeev Rai Bhatnagar has extended his warm greetings to the people of Jammu and Kashmir on the auspicious occasion of Eid-ul-Adha.

In his message, Advisor Bhatnagar said this joyous festival, celebrated by Muslims around the world, holds great significance and marks a time of unity, compassion, and gratitude. He added that this festival serves as a reminder of the importance of selflessness, devotion, and the spirit of sharing among individuals and communities.

"On this blessed occasion of Eid ul Adha, I extend my heartfelt greetings to the people of Jammu and Kashmir especially the Muslim brotherhood and may this festival bring immense joy, happiness, and spiritual fulfillment to our lives", Advisor Bhatnagar said.

The Advisor also prayed for peace, progress and prosperity of entire Jammu and Kashmir.

PSPS GCW Gandhinagar organises awareness lecture on Drug Abuse

JJ NEWS SERVICE

JAMMU, JUNE 28: To mark International Day against Drug Abuse and Illicit Trafficking, Nasha Mukht Bharat Abhiyan Committee of Padma Shri Padma Sachdev Government College for Women organised an awareness lecture, here today.

Daman Mahajan, JKSPYM, Jammu delivered the lecture to spread awareness amongst the students. He elaborated the ill effects of drug use and explained how the mechanism and mind of an individual changes, when one consumes drugs on a regular basis.

He gave students tips about different ways and methods to handle such situations and also how an institution can spread awareness about the same.

The lecture was followed by an interactive session with the students of the college.

DC Srinagar chairs District Level Bankers Review Committee Meet

JJ NEWS SERVICE

SRINAGAR, JUNE 28: Deputy Commissioner (DC) Srinagar, Mohammed Aijaz Asad Tuesday chaired a meeting of District Level Bankers Review Committee/ District Consultative Committee (DLRC/DCC) here at Meeting Hall of the DC Office Complex to review the performance of the Banks and other Financial Institutions under various Government initiatives and sponsored schemes for quarter ending March, 2023. At the outset, the Deputy Commissioner took a sector wise performance of the Banks in implementation of different Government schemes and reviewed the achievements of Banks in lending to Priority/Non Priority sectors under Annual Credit Plan. While reviewing the Bank-wise movement of CD Ratio in the District, the DC was informed that total deposits of the District Srinagar stood

at Rs 34367.25 crore and Advance at Rs 24005.15 crore constitute 71 percent CD Ratio in the quarter ended in March, 2023.

Besides, the Banks operating in Srinagar have provided a total credit of Rs. 5205.10 Crore in favour of 99327 beneficiaries under both Priority as well as Non-Priority Sector during Quarter ended March 2023 for financial year 2022-2023. The DC was apprised that an amount of Rs 2315.96 Crore has been disbursed among 53044 beneficiaries in Srinagar District under different schemes thereby generating self-employment opportunities for 138420 unemployed youth

of the District during financial year 2022-23.

The DC was further informed that the target of generating 1.40 lakh Self-Employment avenues for youth of Srinagar District was set to be achieved during financial year 2022-2023 which is 3 times more than the 43000 accomplished during FY 2021-22. The DC was further apprised that under Prime Ministers Mudra Yojna (PMMY) Scheme Banks operating in Srinagar have sanctioned Rs 593.46 Crore among 18388 beneficiaries of the District during Financial year 2023-23. Under the Pradhan Mantri Employment Generation programme (PMEGP), a

total 2086 cases were sanctioned and an amount of Rs 114.11 Crore was sanctioned among the beneficiaries. Under Mission Youth schemes, for providing self-employment, the DC was informed that under the MUMKIN scheme, a total 109 cases have been sanctioned so far involving an amount of Rs 6.91 Crore. Similarly, under TEJASWINI scheme 95 cases have been sanctioned in the District with disbursement of Rs 3.49 Crore. Similarly, under Pradhan Mantri SVANIDHI schemes, the DC was informed that Rs 8.72 crore have been disbursed among 6685 Street Vendors in the District. During the meeting, the performance of RSEFI, FLCCS, CFLs were also reviewed, besides enrolment under different Social Security Schemes including Pradhan Mantri Jeevan Jyoti Bima Yojana (PMJJBY) / Pradhan Mantri Suraksha Bima Yojana (PMSBY) and Atal Pension Yojana (APY).

JMC Team inspects quality of Mutton, Chicken being sold by vendors on Eid-ul-Azha

JJ NEWS SERVICE

JAMMU, JUNE 28: On the directions of Commissioner, JMC, Rahul Yadav, a joint team of Jammu Municipal Corporation and Doctors deputed by Sheep Husbandry Department conducted market inspection to check the quality of Mutton, Chicken and other eatables being sold by the vendors ahead of Eid-ul-Azha.

Led by Municipal Veterinary Officer Dr. Sushil Kumar Sharma, the team conducted inspection drives in different areas of Jammu City to ensure the sale of wholesome, good quality meat and meat byproducts to the consumers.

The surprise drives were conducted in Talab Tillo, Bohri, Muthi, Bantalab, Paloura, Janipur, Ampbhal, CPO chowk, Narwal, Gandhi Nagar, Gangyal, Satwari etc.

During the drives, the team inspected mutton, chicken & fish shops and seized about 25 Kg of substandard mutton and later disposed of it properly. A fine to the tune of Rs. 18,900 was also recovered from the sellers for selling unstamped, unhygienic & substandard meat.

Meat & chicken shop vendors were also instructed to keep separate bins to collect the daily waste generated on account of refused/inedible meat & chicken parts for proper disposal through JMC vehicles.

MVO, JMC also sensitized the shopkeepers/vendors dealing with meat/chicken products to maintain hygienic conditions in and around their shops and adhere to the provisions of Food Safety Act, 2006, Municipal Corporation Act, 2000 and other directions & guidelines issued by the JMC from time to time so that good quality hygienic meat shall reach to the consumers.

Director Health Services Jammu visits Samba, Kathua districts, reviews medical care arrangements for Shri Amarnath ji Yatra- 2023

JJ NEWS SERVICE

JAMMU, JUNE 28: Director Health Services Jammu Dr. Rajeev Kumar Sharma, along with Dr. Director Health Services Jammu Dr. Sanjay Sharma and Nodal officer NCD Dr. Vijay Sharma, on Wednesday visited Medical Aid Centres of district Samba and Kathua enroute Amarnathji Yatra, to oversee the preparedness and medical facilities made available for pilgrims. In district Samba, the DHSJ



visited Medical Aid Centres Chichi Mata Mandir and Nonath Ashram, Chagwal, CMO Samba Dr. Vikhi Bhatial gave a detailed

resume of health facilities provided by the health staff deployed at the sites for the Yatra.

The DHSJ reviewed stocks of the medicines, equipment and availability of ambulances at the sites. He directed the Officers and Officials present at the sites to ensure that the pilgrims are provided with the best healthcare facilities. In district Kathua, the DHSJ visited the Medical Aid Centre Chhan Arorian and Rajbagh Block Hiranagar and Lakhanpur. At Chhan Arorian

and Rajbagh, the DHSJ inspected availability of drugs, equipment and round the clock facility of medical teams for the visiting pilgrims. The DHSJ also visited the larger site at Chhan Arorian to ensure the availability of hygienic food to be provided to yatries.

Later, At Lakhanpur base camp-the entry point of Jammu & Kashmir, the DHSJ gave a detailed review of necessary arrangements including signages needed for smooth medical facilities to the yatries.

Yuva Morcha a significant training platform for party's youth brigade: Tejasvi Surya

Katra, Jun 28: Tejasvi Surya, Member Parliament and National President of Bharatiya Janata Yuva Morcha (BJYM) today asserted that the next 25 years are crucial for the development of the country.

Addressed the Yuva Morcha Sammelan at Katra, the BJYM National President emphasised that the country has completed its difficult 75 years and added the world's largest democracy is now enjoying its 'Amrit Kaal'. However, he underscored the next 25 years are very crucial for the country in terms of development. The senior BJYM leader commended the transformative journey of India under the visionary leadership of Prime Minister Narendra Modi over the past nine years. He expressed his optimism about India's future, stating that under the stewardship of Prime Minister Modi, the country is



poised to become the third-largest economy in the world within the next two years. Furthermore, Surya called upon party workers to motivate and support fellow members, emphasizing the importance of their continued dedication to the party's objectives. He urged them to consider themselves as 'Sewaks' for the nation-building process, working tirelessly to contribute to the growth and progress of the country. Former Deputy CMs Nirmal Singh and Kavinder Gupta highlighted the substantial transformation witnessed in Jammu and Kashmir, where the National Flag is now proudly hoisted in every government building, school, and university. They also noted the decline in terrorism in the region, enabling the youth to benefit from various

central government schemes.

"Under the Prime Minister's guidance, the government has taken decisive steps to integrate Jammu and Kashmir into the mainstream, ensuring equal opportunities and rights for all its residents. One of the key achievements has been the hoisting of the National Flag in government buildings, schools, and universities across the region. This symbolic act represents the unity and inclusivity of Jammu and Kashmir, fostering a sense of pride and belonging among its people," they added. Speaking on the occasion, State General Secretary (Org) Ashok koul said that the concerted efforts of the BJP have resulted in a substantial decline in terrorism in Jammu and Kashmir, adding that the region, once plagued by violence and unrest, has now become more peaceful

HAPPY Eid-Al-Adha

May God almighty accept all your sacrifices and reward you with a life full of cheers and successes. A heartfelt Eid ul Adha Mubarak to you!

PRITAM SINGH SAINI

National Vice President of Human Rights Association of India. President All J&K Saini Sabha

National Vice President Gantantrik Samaj Sangathan