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Synergy among security agencies scuttled many evil intentions of Pakistan in J&K: DGP Dilbag Singh

J1 NEWS DESK
JAMMU, MAR 16

Synergy between security and intelligence agencies has frustrated the evil intentions of Pakistan in Jammu and Kashmir, Director General of Police Dilbag Singh said on Thursday as he reviewed the security situation along the borders in the twin districts of Poonch and Rajouri.

Singh said the neighbouring country is using all methods to involve the local youth in the drug menace. He directed the officers to maintain alertness on the borders and in the hinterland to keep a check on transportation of drugs and weapons as well as other criminal activities.



The DGP was addressing a joint meeting of police, Army and CRPF officers in the border district of Rajouri, Y S Ahlawat, General Officer Commanding, Romeo Force, Mohit Trivedi, Deputy Inspector Gen-

eral of Police, Rajouri-Poonch range, Mohammed Haseeb Mughal, he said.

The spokesman said the meeting discussed infiltration attempts by terrorists, supply of weapons and narcotics from across the border, besides other issues of security concerns.

"The need and means to further augment the security grid was also discussed," he said.

The DGP appreciated the synergy between the security forces and intelligence agencies and said the coordinated efforts have marred many evil intentions of Pakistan and its terror agencies.

He stressed on further strengthening the

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Centre should take advantage of no or less Militancy in J&K, start development activities: Azad

S1 NEWS DESK
SRINAGAR, MAR 16

Militancy in Jammu and Kashmir has come down in the past some years and time has come for the Centre to help the Union Territory in development activities, Democratic Progressive Azad Party (DPAP) chief Ghulam Nabi Azad said on Thursday.

"There is poverty, unemployment, but it is also

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Two CRPF Jawans injured in accidental firing in Poonch

JAMMU, MAR 16

Two personnel of the Central Reserve Police Force (CRPF), including a Sub-Inspector, were injured Thursday in accidental firing in Jammu and Kashmir's Poonch district, officials said. Constable Navjot Rai was on patrolling

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LG addresses inauguration ceremony of Saran Dairy Producer Co. Ltd

J1 NEWS DESK
BIHAR, MAR 16

Lieutenant Governor Manoj Sinha addressed the inauguration ceremony of Saran Dairy Producer Co. Ltd at Gopalganj, Bihar today.

Speaking on the occasion, the Lt Governor highlighted the role of Dairy Sector in uplifting the rural economy. Lives of small and marginal farmers and strengthening the spirit of Cooperatives.

"Dairy Sector has strengthened the rural economy and enhanced the economic condition of millions of small and marginal farmers of the country. This sector has empowered the women through Self Help groups and they are playing the key role in delivering social and economic benefits to the rural economy," said the Lt Governor.

The Lt Governor remembered the valuable contributions of great personalities like Dr. Rajendra Prasad, Sardar Vallabhbhai Patel, Tribhuvandas and Verghese Kurien in strengthening the Coopera-



tive movement and laying the foundation of Milk Revolution in India.

After Independence, Gujarat and Bihar witnessed the rise of the Cooperative revolution. Cooperatives have worked as a strong pillar for economic and social development of the poor & marginalized sections, he added.

Today, the Dairy sector is making enormous social and economic contribution and developing vibrant ecosystem of rural milk producers through Cooperative Societies

& Self-Help Groups to generate significant economic activity & employment, the Lt Governor further added.

The Lt Governor appreciated the endeavour of the Saran Dairy Producer Co. Ltd for bringing together the unorganized rural milk producers under the structure of Dairy Cooperative Societies, Self-Help Groups and providing them an opportunity to earn a better livelihood.

He further called upon the women self-help groups to

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Dr Jitendra shares Deep Ocean Mission, Blue Economy details with Rajya Sabha

AGENCIES
NEW DELHI, MAR 16

Union Minister of State (Independent Charge) Science & Technology; Minister of State (Independent Charge) Earth Sciences; MoS PMO, Personnel, Public Grievances, Pensions, Atomic Energy and Space, Dr Jitendra Singh today shared certain details of the "Deep Ocean Mission" with the Rajya Sabha and said it is linked to India's "Blue Economy".

Pertinent to mention that Prime Minister Narendra Modi has referred to the "Deep Ocean Mission" twice in two of his Independence Day addresses.

Allaying apprehensions in certain quarters, Dr Jitendra Singh stated that the Deep Ocean Mission would not result in any over exploitation of the marine resources by the corporate houses and will not affect the life and livelihoods of fishers in the country. The Deep Ocean Mission aims to explore deep-ocean resources



and develop technologies for their sustainable use.

In reply to a question, the Minister stated that the outcome of the program is intended to identify potential new resources and develop technology for harnessing them in future, which may generate additional opportunities for livelihoods. The Deep Ocean Mission was formulated after having detailed discussions with central and state government stakeholders, the reply said.

Consultations were held with Experts in central and

state government while formulating the Mission, the Minister informed.

Dr Jitendra Singh reiterated that the Deep Ocean Mission is related to the Blue Economy. The activities of Deep Ocean Mission will help the components of the blue economy such as fisheries, tourism and maritime transport, renewable energy, aquaculture, seabed extractive activities and marine biotechnology, he said.

In reply to another question, Dr Jitendra Singh

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Mehbooba Mufti snubs critics after performing ritual inside Shiv Temple

JAMMU, MAR 16

PDP president Mehbooba Mufti on Thursday defended her recent visit to a Shiv temple in Jammu and Kashmir's Poonch and performing a ritual there, saying "we live in a country that is home to the Ganga-Jamuni tihzeeb" and there is no need to discuss the matter further.

A video of the former chief minister offering water to Shivaling inside Navgraha temple, Mandi-Ajote in Poonch on Tuesday has gone viral, drawing criticism from some quarters.

"We are living in a secular country that is home to Ganga-Jamuni Tihzeeb. The temple was built by Yashpal Sharma (former PDP leader who died last year) and his sons want me to visit the place. I went inside and someone gave me a small vessel filled with water with a lot of belief and love. "I do not want to break his

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Strategic Srinagar-Leh National Highway reopened for traffic in record time

J1 NEWS DESK
SRINAGAR, MAR 16



The highway was thrown open for traffic at the Zojila Pass, situated at an altitude of 11,650 feet, by Director General of Border Roads Organisation (BROR) Lt Gen Rajeev Chaudhary.

Zojila is a strategic pass that provides a vital link between Kashmir Valley and Ladakh, and it is key to operational preparedness of the armed forces. It used to remain closed for about six months due to heavy snowfall. However, over the last few years,

ted a memorandum demanding early polls.

The two-page memorandum has as its signatories NCP leader Sharad Pawar, Congress president Mallikarjun Kharge, CPI(M) general secretary Sitara Yechury and AAP leader Sanjay Singh, among others.

Following his meeting with the CEC, Abdullah told report-



ECI assured us that they will do something soon on polls: Dr Farooq Abdullah

J1 NEWS DESK
NEW DELHI, MAR 16

A delegation of Opposition leaders from Jammu and Kashmir led by veteran politician and Lok Sabha member Farooq Abdullah met Chief Election Commissioner (CEC) Rajiv Kumar on Thursday and pressed for holding early assembly polls in the Union Territory for reviving the democratic process there.

After consulting almost all national and regional parties, the National Conference (NC) president along with leaders from Congress, CPI (M), Dogra Sabha, Panther's Party, PDP and Awami National Conference, met Kumar and other members of the Election Commission (EC) here and submit-

ers that the delegation had a "good meeting" and the CEC "heard us patiently".

"All of us, who are from Kashmir and Jammu and representing people from all sections, favoured early restoration of democratic process in Jammu and Kashmir," he said.

"We informed them that the work of the Delimitation Commission has also been completed and boundaries of the constituencies has also been completed, so now the polls should be held at the earliest," Abdullah said, adding that "the CEC assured us that the commission would be meeting soon to take stock of the situation".

In the memorandum, the leaders said the EC is

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'Rainfall and thunderstorm predicted during next 72 hours'

SRINAGAR, MAR 16

The Meteorological (MeT) department on Thursday predicted rainfall and thunderstorm during next 72 hours in Jammu and Kashmir.

The weather is partly cloudy in several parts of Kashmir. The weatherman said thunderstorms with rain at scattered places of J&K was expected towards late afternoon and evening on Thursday.

From March 17-20, there will be intermittent rain or thunderstorms accompanied by gusty winds at scattered places in the union territory, Met said.

The weather department advised the farmers to postpone spraying of orchards during the next three days. Meanwhile, the minimum temperature in Srinagar-J&K's summer capital- was recorded at 5.5°C on Wednesday night, some 1.8°C above normal.

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7-day National Art Workshop by MSCB Trust commences



J1 NEWS SERVICE

JAMMU, MAR 16: To give impetus to the genre of arts in the Valley and to encourage the young and budding artists to explore their hidden artistic talent, under the Centre's Azadi Ka Amrit Mahotsav, Master Sansar Chand Baru Memorial Charitable Trust has come up with a week-long National Art Workshop 'Kadam Kadam Badhaye Ja' at Tulip Garden Srinagar, J&K.

The workshop which commenced today is being organised in collaboration with Centre for Cultural

Resources and Training (CCRT), a wing of the Ministry of Culture, Government of India.

The renowned artists leading the national arts workshop shall be reflecting different themes and aspects of art making the endeavour of world class experience for the budding artists and the lovers of art.

Dr Sonam Sikarwar, Naushad Gayoor, Mohammad Yousof Bachha, Javid Iqbal, Akram Khan, Azim Hassan and Muneer Khan have been given the responsibility to do the spade work for the national arts workshop

and the day one proved that things have been carried out meticulously quenching the desires of young artists who want knowledge and guidance to hone their skills.

The first day of the workshop saw the visit of artists headed by Anuradha Rishi, President of the Trust to a local school at Kothi Bagh wherein they made children aware about the art techniques and value of art.

Addressing the students and other guests, Anuradha Rishi said Art plays important role in grooming the children but the sad part of the story is

that toddlers in J&K remained away from this virtue due to turmoil in the region thus lessening their scope to gasp and understand art and its various facets. She however said that despite such hardship the inherent quality of people of J&K had ensured that they could learn the basics and grasp the rudimentary knowledge which is necessary for artists to flourish and get fame.

Anuradha Rishi assured to bring more art projects to J&K to help children to become ardent lovers of this field of education which has everything to make a personality complete in all senses.

She also thanked Alok Kumar Principal Secretary and Director School Education for their support and cooperation in organizing the workshop in Srinagar.

In her concluding remarks, she said that with the support of Vishisht Rishi, Director CCRT Delhi the ongoing workshop wouldn't have seen the light of the day.

ANUGRAHA, JU organizes Five day Outreach programme on PHC for Senior Citizens

J1 NEWS SERVICE

JAMMU, MAR 16: National Institute of Social Defence, Ministry of Social Justice and Empowerment in collaboration with ANUGRAHA Regional Resource Centre And Training Centre on Ageing and Department of Home Science, JU organized Five day outreach programme on Primary Health Care for Senior Citizens for the youth. The inaugural ceremony of the programme was held in the Department of Home Science, JU and Prof. Rajnikant, Dean Research Studies, JU was the chief guest for the function. In his address, he talk about the theme of the programme that is very relevant in today's time and also narrated his personal experiences related to the theme.

He talk about the changing scenario of family from joint to nuclear. He said that due to lack of care many elderly are left to fend for themselves in old age. They also have to face many financial hard and social abuse. There is need to address these care needs of older adults and sensitize the care takers regarding these issues. In today's

busy world, the youth need sensitization in maintenance of familial relationships so that the elderly don't feel neglected and lonely. He congratulated the efforts of Department of Home Science and ANUGRAHA under the Ministry of Social Justice and Empowerment and emphasize the need for wider coverage of such sensitive issue and suggested to have more such programmes especially for the Research Scholars under the aegis of office of Dean Research Studies.

Earlier Prof. Samridhi Arora, Head, Department of Home Science, JU and also the coordinator of the programme in her welcome address mentioned

the aims of this outreach programme that is to create awareness and educate youth on the importance of primary healthcare for the elderly, provide useful information on available healthcare services and resources, and promote healthy aging practices.

She urged that all participants to take advantage of the opportunities provided by this outreach programme, engage actively, and participate in the discussions to gain insights and knowledge that will help promote healthy aging. She added that with this programme we embark on a journey to promote healthy aging and improve the quality of life for our elderly population.

Dr. Aabha Choudhary, Chairperson of ANUGRAHA Regional resource and training centre on Ageing introduced the activities of ANUGRAHA and objectives of the five day outreach programme.

In her address she highlighted the need for sensitization of elderly people regarding the primary health care and which can be achieved by organizing such programmes where youth can play a pivotal role. She also enlightened the participants that master trainees will be selected after completion of this programme thus giving an opportunity to the youth to be engaged in the empowerment of the senior citizens.



BJP has chosen 'selfless service to nation, people' as its Dharma: Sham Lal Sharma

J1 NEWS SERVICE

JAMMU, MAR 16: BJP has chosen the path of 'selfless service to nation and the people' as its Dharma, stated Sham Lal Sharma, J&K BJP Vice-President & former Minister.

Accompanied by Dr. Pardeep Mahotra, J&K BJP Media Incharge, Sharma was listening to the grievances of a large number of people belonging to different areas of Jammu and Kashmir at party headquarter, Trikuta Nagar, Jammu.

Individuals and Deputations of people from various areas of Jammu & Kashmir had reached Trikuta Nagar office to meet these leaders with their grievances. They narrated their woes and sought kind intervention of the party leaders to get their problems solved.



Deputation of non-online PHE workers raised the issue of wages.

Deputation requested demarcation of state land in the village Tilla, Chowki Choura. A Migrant deputation raised the issue of water scarcity in Jagti Camp.

Many other issues related to the PHE, PDD, road Macadamization, revenue, other issues related to the development and personal

issues were also presented in front of senior party leaders.

Senior BJP leaders gave patient hearings to the problems presented by the people, which were immediately taken up with the concerned officials of the departments stressing for early resolution so that the people are not made to suffer.

Sham Lal Sharma said that trusting the BJP's commitment in reaching out and solving the issues of the public, people in large number visit the BJP office to present their issues with a strong belief in the party.

Congress Student Wing NSUI protests outside Education Ministry in Delhi against APTECH



J1 NEWS SERVICE

NEW DELHI, MAR 16: NSUI staged a massive protest outside the Ministry of HRD in Delhi against the frequent paper leaks in BJP ruled states and the suspicious role of institutions like NTA and APTECH in J&K.

NSUI National President Neeraj Kundan told during this time that the anti-student face of the Modi gov-

ernment has come to the fore for a long time in the country. Institutions like NTA and APTECH, which conduct examinations across the country, are also unable to prove their credibility and are under suspicion. If we talk about Jammu and Kashmir itself, here a dubious agency named APTECH, which has been blacklisted, has been entrusted with the task of conducting the

examination, which is definitely playing with the future of the students. For a long time, students in Jammu and Kashmir have been questioning the credibility and working style of this agency and are also protesting, today's protest in Delhi is in support of the demands of those students of Jammu and Kashmir.

Kundan told that the administration of Jammu and Kashmir has been con-

tinuously taking anti-people and anti-student decisions, and giving the responsibility of conducting the examination to a blacklisted agency is a proof that this administration does not care about the interests of the students. This agency named APTECH has been blacklisted in many states of the country and incidents of paper leak have come to the fore in the examinations conducted by this organization in Jammu and Kashmir itself in the past.

Neeraj Kundan demanded that this agency should be barred from conducting the examinations and as it used to be done in the previous governments, the examinations should be conducted by some government and constitutional body only, otherwise NSUI will continue to protest more fiercely in the future. During the protest, hundreds of students and activists, including NSUI National President Neeraj Kundan, were arrested and taken to the jaffarpur police station by the Delhi Police.

During this entire event, a large number of NSUI workers and students were present in the capital.

Modi Government Established Transparent & Corruption Free System in J&K: Vibodh

J1 NEWS SERVICE

RAJOURI, MAR 16: Senior BJP Leader and general secretary Vibodh J&K UT Adv Vibodh Gupta interacted with beneficiaries of welfare schemes of Hon'ble PM Narendra Modi led central government at Pooling booth No 59, Shakti Kendra Rajal in Naushera Assembly Segment on Thursday afternoon under 'Booth Sashaktikaran Abhiyan'.

He also addressed Polling booth Samithi, party workers and senior citizens. Later addressing media, Vibodh launched a direct attack on National Conference for allegedly encouraging corruption in Jammu and Kashmir and said that under Prime Minister Narendra Modi's guidance, a new transparent corruption-free system has been established in the Union Territory in the last three years after the abrogation of Article 370 and 35 A.

While lambasting NCs involvement in several



scams including 113 crores JKCA scam & Backdoor Appointments in Govt jobs in J&K, Gupta said that the dynast politicians and leaders of National Conference had been looting J&K in the last 70 years.

"National Conference is the fountainhead of corruption and ongoing investigations of several scams of NC will bring its top leadership to justice," he added. Gupta further

alleged NC and its allies for pocketing crores of rupees which were meant for the growth and development of Jammu and Kashmir.

Appreciating Modi Government's efforts to empower youth and to provide employment in J&K Vibodh said that over 30,000 vacant government jobs have been filled in the last three years in a fair and transparent manner purely

on merit basis, while over six lakh youths have been given technical and financial support to become entrepreneurs.

He further said, "There was a time when jobs were sold in Jammu and Kashmir and jobs were given on the recommendations of some influential to blue-eyed candidates. Those days are completely gone. Now, only merit and competence of youth matters in Modi's Naya Kashmir".

Speaking on the occasion Mandal Pardhan Lambari Shubham Sharma said that the wide range of schemes initiated by Hon'ble PM Narendra Modi-led central government has benefited the general public at large which has ensured Sabka Sath, Sabka Vikas Aur Sabka Vishwas.

He further highlighted various achievements of the BJP government in the social, economic, tourism, and industrial field which has paved way for unprecedented development in J&K.

Narinder led delegation calls on PDP Chief Mehbooba Mufti in Jammu

J1 NEWS SERVICE

JAMMU, MAR 16: Social Activist and PDP Jammu District Media Coordinator Narinder Sharma led delegation today called on PDP Chief Mehbooba Mufti in Jammu and discussed issues pertaining to Jammu District. Sharma while meeting the former Chief Minister brought several issues confronting people of Jammu District and also discussion held for strengthening the party on the ground and how the PDP could play a vital role in keeping the communal forces at bay who are hell-bent to vitiate the atmosphere of peace in the otherwise tolerant Jammu people known for its values of inter-religious harmony and brotherhood. Sharma also put forth the suggestions over how more measures are needed to be taken to strengthen peoples' belief in the institutions of democracy, justice and fair-play. Sharma during detailed meeting with the Party President said that the people have understood the difference between the friends and foes and how for the petty power, their emotions are being played



with. He added that the entire Jammu and Kashmir has come to know now that the PDP has always stood for its principles and has never traded the interests of state against mere power and chair.

He added that the time has come when every peace loving citizen of J&K needs to come forward and strengthen the hands of the party that has been in the forefront speaking truth to power and representing the

aspirations of the downtrodden sections of the society and of the perturbed people of the J&K, gasping for peace and tranquility since long. The PDP President hailed the valour and zeal of the party workers who despite all odds have been working with hectic but earnest efforts to democratise the idea of the PDP and to make the party a vibrant force for state's betterment and growth for political as well as on the developmental fronts.

PHDCCI Delegation raised concerns Principal Secretary I & C, Secretary Revenue regarding problems faced by Industry in Jammu



J I NEWS SERVICE

JAMMU, MAR 16: Rahul Sahai, Chair PHDCCI Jammu along with Mr Anil Sharma, Convener, MSME / Industry Committee PHDCCI Jammu and Mr Amarpreet Singh Resident Officer & Head PHDCCI Jammu Office attended Investor Facilitation Meet jointly organized by Department of Industry & Commerce, Govt of J & K and JKIPD. The meeting was chaired by Mr Prashant Goyal, Principal Secretary Industry & Commerce Govt of J & K. Mr Goyal in his address said that their department is working on solving the issues related to the industrial policy. He said that today's meet is to address the issues of the new investors and already existing units in J & K. In the meeting Mr Rahul Sahai, Chair raised several issues. He said that, New

industrial estates should be developed in a time bound manner and if it takes time then date of commencement / production of new Industry in scheme should be extended and suggested that if allottees are not interested it should be re allotted to the needy. He also suggested that a committee should be formed for resolving the issues of the Private Industrial Estates and that Committee should meet at least quarterly. He said that Units in Private industrial Estates which are near Existing Industrial Areas should be given Connectivity of roads if represented from the Existing SIDCO / SIDCO Industrial estates to improve connectivity. Representation of the unit holder should be accepted and if possible a general notification in this regard should be issued. In context to Ease of

Change Of Land Use (CLU) Mr Rahul Sahai raised the issue with Dr Piyush Singla Administrative Secretary Revenue and said that Land records are not updated because of the fact that these lands were not marketable earlier and because of this reason most of the Applications of Change of Land Use (CLU) from agriculture to industrial use are rejected. He suggested that some ways and means should be found to process it as Industrial development is the key element for the development of our UT and rejection of these applications is a great hindrance. If otherwise rejected, reasons for rejection should be communicated to the applicant. Some mutations are required to be done on priority. District Administration may call the concerned team of the area to do the

on spot mutations or other rectifications in applications of CLU of industrial nature. This whole process also requires a lot of time from the revenue department and they may also be directed for the same.

Anil Sharma said that the issues related to mutations is a big hindrance in CLU. He suggested that a nodal officer from revenue department should be appointed for CLU who can assist on spot issues related to CLU.

Several other issues like power infrastructure, incentives, development of new industrial areas, and revival of sick units were discussed. The meeting was attended by head of several organizations, industrialists and investors. From the administration Dr Piyush Singla Secretary Revenue, Mrs Samita Seth, Secretary Industry & Commerce, Mrs Anoo Malhotra Director General Industry & Commerce, Mr Rakesh Minhas, MD SIDCO/ SICOP, Mr Shiv Anant Tayal MD JPDCL, Mr Sandeep Seth CE JPDCL, Mr Rakesh Kumar, Member Secretary J & K Pollution Control Board, Mr Atul Sharma MD Handicrafts, Mr Vikas Gupta were also present in the meeting who gave a patient hearing to all the issues raised and also answered them.

JioMart rolls out 'Craft Mela' to empower the weaver and artisan community in India

J I NEWS SERVICE

JAMMU, MAR 16: Reliance Retail's JioMart, one of India's leading indigenous e-marketplaces today announced the roll-out of one of the biggest handloom and handicraft storefronts the 'Craft Mela'. Keeping with its vision to empower local artisans and weavers to showcase 'Made in India' products to customers, JioMart gives prominence to India's rich handicraft heritage by exclusively promoting them on the platform. Customers will have the opportunity to visit the online version of an offline exhibition, where they will learn about Indian handicrafts and be delighted by the display of unique products from 17-19 March.

Through Craft Mela, JioMart will impact the lives of 10,000+ artisans and weavers from across 22 states & union territories of India. JioMart has already onboarded 600+ sellers & master artisans. Consumers can choose



from over 85,000 products from across regions, showcasing the real essence of Bharat.

Sandeep Varaganti, CEO, JioMart, said, "JioMart is dedicated to empowering the local artisan and weaver community in India through e-commerce. We want to help them grow their businesses, preserve Indian crafts, and provide impetus to the rural economy. Such initiatives provide sellers with a platform to list and sell their merchandise online to

a diverse customer base. It motivates artisans to embrace online selling. Through Craft Mela, we want to make authentic indigenous crafts from across the country quickly & easily accessible to our customers at the click of a button. We aim to boost the growth of emerging local art forms that will benefit both artisans and customers, as we broaden our seller base and product assortment."

During the three-day-long festival, JioMart will

have an extensive range of authentic merchandise with intricate designs from Indian weavers and artisans offering unparalleled artisanship. It will include Sambalpuri sarees from Odisha, Kasavu sarees from Kerala, Block printed bedsheets from Jaipur, Madhubani paintings, Dhokra artwork, Wooden home decor from Jodhpur, beautiful Chikankari hand-woven clothes from Lucknow, Channapatna wooden toys, Eco-friendly yoga mats and many more.

Modi govt making nation strong in development, poverty eradication, evil free society: Ashok Koul



J I NEWS SERVICE

JAMMU, MAR 16: Only the Modi government has the will and the capacity to make the nation strong in all the sphere like development, poverty eradication, evil free society and the capacity building of common masses, stated Ashok Koul. Bharatiya Janata Party (BJP), Jammu & Kashmir led by its senior leaders conducted a comprehensive Pravas in the area under Booth no. 57 Kalaha Shakti

Kander Dhora Constituency Samba in organizational District Samba. Ashok Koul, J&K BJP General Secretary (Org.) accompanied by senior party leader & former MLA Devender Singh Rana, senior leader Narayan Singh Thakur, Spokesperson Abhijeet Jasrotia, Organizing Secretary Indrajit Sharma, District President Kashmiria Singh and other party leaders interacted with beneficiaries, senior party leaders, prominent citizens and leaders of

Social Castes belonging to the area. Later, BJP leaders also addressed organizational meetings of Booth Sashaktikaran Abhiyaan (booth strengthening campaign) under Booth Sashaktikaran Abhiyaan. Booth committees and Panna Pramukh of Voter Lists chiefly participated in the meetings. While interacting with prominent locals, Ashok Koul asked them for their more enthusiastic support to strengthen the party. He said that only the

Modi government has the will and the capacity to make the nation strong in all spheres like development, poverty eradication, evil free society and the capacity building of common masses.

Talking to the party activists, Ashok Koul said that workers should go to weak booths and try to find out the reasons for the same.

They should also ensure that benefits of various government schemes reach the maximum beneficiaries at the booths in an attempt to get voters in favour of the party. Workers will also do door-to-door campaigning in such booths, he added. Devender Singh Rana laid stress on the importance of Booth workers in the Booth Sashaktikaran program. He asked the party workers to reach every single person in their vicinity to garner their support.

Kashmira Singh said that we (BJP workers) are ready for any uphill task given the party. He said that BJP worker is always ready to serve the society on a mission mode.

PM taken utmost care of people living in far flung areas: Bharat Bhushan

Kick starts road construction works at Villages Burj Khaden, Bachyal Khaden



J I NEWS SERVICE

JAMMU, MAR 16: District Development Council (DDC) Jammu, Chairman, Bharat Bhushan Bodhi has asserted that Prime Minister Narendra Modi has taken utmost care of the overall development of remote and far flung areas and the people living there for which his government deserves full appreciation. He stated this after kick-

starting black topping of roads at Village Burj Khaden and Village Bachyal Khaden with an estimated cost of Rs 40 lakh. On the occasion, DDC Balbir Lal, BDC Surinder Kumar, Sarpanch Prem Singh Chib, Sarpanch Narinder Singh, Sarpanch Master Mulik Raj, Ex Sarpanch, Raju of Kanha Chak and Panches of the aforesaid villages were also present. While addressing

the gathering, the DDC Chairman reiterated the Prime Minister Narendra Modi led Government's commitment for the overall development and upliftment of far flung and rural areas. He highlighted the achievements of the Union Govt.

He said that Prime Minister Narendra Modi has taken utmost care of common people especially those living in far flung

areas. He said that the success of the BJP Government led by PM Modi can be well gauged from the unprecedented achievements made by the nation during the eight years' rule. He said that India today is a force to reckon with at the international level for which credit goes to PM Modi and the people of this nation who have reposed trust and faith in him.

The DDC Chairman also interacted with people of the area and took stock of their problems and issues. The villagers highlighted the problems faced by them especially those of power and drinking water supply, lane and drain issues in their area. After giving a keen and patient hearing to the people, he assured to take up the same with the concerned authorities and get them resolved at the earliest.

Two-Day International Conference begins at SMVDU, Katra

J I NEWS SERVICE

JAMMU, MAR 16: A Two-Day International Conference on "Precarious Lives, Vulnerability and Violence in Indian Public Sphere" organized by the School of Languages and Literature from 16-17 March was inaugurated at Shri Mata Vaishno Devi University, amidst the presence of noted scholars, academics, and students.

The inaugural session began with an introductory address by Dr. Isha Malhotra, Head, School of Languages and Literature, SMVDU, where she emphasized that the conference aims to strike an interface with literature and language within the critical framework of precarity beyond the lexical parameters of insecurity and vulnerability within the Indian public sphere.

Prof. V. K. Bhat, Dean FOHSS, delivered the welcome address and elaborated that addressing precarity requires a holistic approach that takes into account the political, economic and social factors



contributing to varied vulnerable conditions as well as the lived experiences and perspectives of those who are most affected by them.

Sh. Nagendra Singh Jamwal (JKAS), Registrar, SMVDU, briefed the participants about the University and its constant and successful endeavours to organize such scholastic events.

He foregrounded the relevance of the conference terming it a "watershed moment" and remarked that conferences like this are extremely significant in propagating the academic discourse.

Padma shree Prof. RK Sinha, Vice Chancellor formally inaugurated the

international conference and chief guest, highlighting the importance of such relevant themes in contemporary times. He emphasized how "Precarity" has emerged as a central concern in scholarly research partly responsive to political mobilizations against unemployment and social exclusion.

The key-note address was delivered by, Dr. Kanika Batra, Professor and Director of Graduate Studies at Texas Tech University on the title "Precarity and Transgender Vulnerability: Bombay Dost and the Limits of Queer Intersectionality", who marvelously connected precariousness with the

Transgender community. The topic of the conference was very important as vulnerability can be thought to affect us all through our lives inevitably in the many forms. Eminent plenary speakers include Dr. Om Prakash Dwivedi from the School of Liberal Arts at Bennett University whose plenary address was titled "The Many Frames of Precarity".

Dr. Anurag Kumar, the convener of the Two-day International conference proposed a formal vote of thanks. The research scholars, Ms. Devika Sharma and Ms. Eva Sharma of School of Languages and Literature conducted the proceedings.

Govt should continue zero tolerance policy against anti-nationals: Purnima

J I NEWS SERVICE

JAMMU, MAR 16: Advocate Purnima Sharma, Spokesperson BJP J&K and former deputy Mayor today appealed to LG Manoj Sinha to continue with zero tolerance policy against anti-nationals and take adequate measures to identify and kick out workforce in government sector having links with terror mongers.

In a statement issued to media persons, the senior BJP leader said that LG Sinha need not to pay any attention towards uttering made by former chief minister Mehbooba Mufti as she is conventionally a staunch supporter of separatists and violence mongers. She said that the rejoinder by LG Sinha that the government bill date has taken action against 47 employees for indulging in anti-national activities is a big slap on the face of those who are decrying the



administration for taking on elements against India.

Hitting out at PDP chief Mehbooba over her remarks with regard to recruitment in Uttar Pradesh, Purnima said that the former chief minister has lost her senses after becoming irrelevant in the UT politics and that is the reason she is giving

statements with no basis at all.

Endorsing the stand taken by the LG a couple of days before, the former Deputy Mayor said that there is no doubt in the fact that those entities which ruled the erstwhile state of J&K in the past have given edge to separatists and terrorists, and these are solely responsible for providing government jobs to those working contrary to the interests of the country.

The BJP Spokesperson urged the LG administration to act strictly against the anti-nationals and even the corrupt employees as these are acting as trembles and ruining the future of the UT of J&K and its people. She appreciated Prime Minister Narendra Modi and Home Minister Amit Shah for giving a free hand to security forces to handle the situation dexterously and rooting out terrorism from the soil of J&K.

No dearth of funds to transform Jammu into a 'Model City': Kavinder

KICK STARTS DEVELOPMENT WORK WORTH RS 11 CRORE AT WARD 47



JJ NEWS SERVICE

JAMMU, MAR 16: Senior Bharatiya Janata Party leader and former Deputy Chief Minister, Kavinder Gupta has asserted that there is no dearth of funds in transforming Jammu into a Model City and Administration is seriously engaged in this endeavour. He said that the goal can be achieved successfully with the people's proactive participation.

Kavinder Gupta stated this while addressing a gathering during a programme where he along with senior BJP leaders commenced the development work of a Nallah with an estimated cost of Rs. 11 crore here at Rajiv Nagar. Baldev Billawaria, Deputy Mayor Jammu, Sharda Kumari, Corporator Ward 47, Vikram Randhawa, Ex MLC, Vinay Gupta, Rajev Charak, Narinder Koki, Suraj Rana, Vivek Patyal, Ashok Kumar, Dr Devender, Ch Haroon, Amit Gupta and Raman Sharma were also present. While addressing the gathering, Kavinder Gupta said Jammu City is moving fast on the path of development which is evident from the developmental works going on across the City of Temples at an unprecedented scale and pace. He said that the J&K Administration led by the Lt Governor led Administration in con-

sonance with the Government at the Centre is fully determined to transform Jammu into a model city so that others emulate this model. He said that there is no dearth of funds for accomplishment of this project at the earliest. He said that the government is working relentlessly to create state of art modern facilities infrastructure for the people in every nook and corner across Jammu City.

The former Deputy Chief Minister asserted that while the Government is making every endeavour in transformation of Jammu City, it cannot be accomplished successfully without the proactive participation of the people.

He asked the people of Ward No: 47 to come forward to play a vital role in making Jammu a model city through their effective and result oriented participation and set an example for the people living in other Wards of the City of Temples.

NSS Unit GDC Budhal conducted Socio-cultural / Economic Survey

JJ NEWS SERVICE

BUDHAL, MAR 16: NSS Unit of Govt. Degree College Budhal organized extension lectures on "Socio-Cultural/ Economic survey" and conducted a Survey on "Socio-Cultural/ Economic Survey" as the part of regular activities of the 'NSS Special Winter Camp' at Lower Kewal which is adopted village of the NSS Unit of GDC Budhal.

The formal welcome address was presented by the NSS Program Officer, Dr. Ajaz Hussain Shah.

Professor Adnan Ali Shah HoD English And Mr. Zahid Farooq Lecturer of Sociology were the Resource Persons of this



event. They delivered their lectures on Socio-Cultural/ Economic Survey' and spoke at length related issues and implementation. Earlier, the proceedings

of the event were conducted by Sania Ajaz, NSS Volunteer. The whole event was organized under the supervision of Dr. Ajaz Hussain Shah, NSS

Programme Officer. The formal vote of thanks presented by Dr. Amarjeet Singh, HOD Punjabi and Coordinator NSS Advisory Committee.

All India leaders of the Opposition assure to fight for statehood, appeal to ECI to hold early Assembly elections in J&K: Tony

PRI elections in no way alternative to Assembly elections



JJ NEWS SERVICE

NEW DELHI, MAR 16: Taranjit Singh Tony, Chairman Aam Aadmi Party (AAP) Jammu and Kashmir for Administrative Engagement and Minority Affairs, and District Development Council (DDC) Member Suchetgarh has said that the Election Commission of India (ECI) has assured to announce the schedule of elections for the Jammu and Kashmir Legislative Assembly soon. He stated this while addressing media persons in the National Capital after submitting a memorandum of demands in this regard to the ECI. It is pertinent to mention here that a

13-member delegation of the opposition party leaders from Jammu and Kashmir headed by National Conference (NC) President Dr Farooq Abdullah today approached the ECI on the issue after conducting a meeting at the Constitution Club in Delhi on Thursday. Today's meeting was arranged and led by Dr Farooq Abdullah. Prominent leaders present in the delegation were Congress President Mallikarjun Kharge, Sitaram Yechuri of CPI(M), Sharad Pawar of NCP, Ramgopal Yadav of SP, Manoj Kumar of RJD, T.R. Balan of DMK. Taranjit Singh Tony said that holding of elections to J&K Assembly and

restoration of statehood are a dire necessity today as the people are deprived of their most significant fundamental democratic right in absence of the duly elected Assembly members. He said that the elections to Panchayats or PRIs can't be a substitute for Assembly elections. He said that the LG Administration is ruling J&K through bureaucracy in which there is nobody to listen to people's woes with people left to the mercy of God.

Tony, while putting up the demand of holding elections before the ECI, questioned that when the Prime Minister Narendra Modi, the Home Minister Amit Shah and the Lt Governor of J&K Manoj Sinha are asserting that J&K is quite peaceful then why is there delay in holding of the Assembly elections. He said that moreover, all the prerequisites like reconstitution of Assembly constituencies and the final revision of electoral rolls stands completed and the only thing left now is the announcement of the election schedule by the ECI.

He hoped that in view of the ECI assurance election schedule will be soon announced by the ECI.

Tehsildar Thannamandi inspected examination centres



JJ NEWS SERVICE

RAJOURI, MAR 16: Tehsildar Thannamandi Sahil Ali Shah JKAS

inspected various examination centres in Thannamandi. He inspected all the examination centres in BHSS Thannamandi, GHSS

Thannamandi and GHSS Planghar. He inspected the seating and other facilities for students alongwith security arrangements at the venue.

Also, random checking was conducted to find out if the students were in possession of any item that could be used unfairly in the exams. He directed officials concerned to ensure utmost care while distributing examination papers and that all necessary guidelines were being followed while conducting the examinations.

The concerned were directed to conduct the examination in fair and transparent manner.

He expressed satisfaction over the examination conducted in these examination centre.

He told that such surprise visit will continue.

Nexon EV makes landmark entry into India Book of Records for 'Fastest' K2K drive by an EV

Creates 23 additional records on the go

JJ NEWS SERVICE

Jammu: March 16, 2023: Tata Motors, India's leading automobile manufacturer and the pioneer of the EV evolution in India, today proudly announced that India's most trusted and driven EV - the Nexon EV has successfully entered the India Book of Records by covering the 'Fastest' Kashmir to Kanyakumari drive by an EV.

The Nexon EV - India's number one electric vehicle completed the drive of 4003kms in just 95 hours and 46 minutes (under 4 days), successfully proving its ability to undertake multi-city trips. Furthermore, this non-stop drive was also possible because of the enhanced uninterrupted Public Charging network present on the Indian Highways. Having spent a total of 28 hours resulting in only 21 stops for fast charging

throughout the trip, the Nexon EV not only saved up on time in the completion of the total trip but also saved up a considerable amount on the cost when compared to an ICE vehicle.

During the drive, the Nexon EV, which was driven just like any other car across challenging terrains and extreme weather conditions, delivered an average real-world range of 300+kms with ease. This beautiful drive was also enjoyed by the company's very own leadership team, who drove the Nexon EV along the landscapes of India. In addition to the 'Fastest' K2K drive by an EV record, the Nexon EV has created 23 additional records.

Commenting on this remarkable achievement, Mr. Shailesh Chandra, MD, Tata Motors Passenger Vehicles Ltd and Tata Passenger Electric Mobility Ltd, said, "The Nexon EV has further validated its capabilities

by entering the Indian Book of Records, for the fastest K2K drive by an EV. This achievement is a testament of the enormous competency of the product and the availability of a healthy charging infrastructure across the country - further bolstered by Tata Power's presence across the country. There was a fast charging station at regular intervals, between 75kms -100kms, which itself is a great feat for India's EV ecosystem.

This drive has been special for us, as my colleagues and I ventured onto something like this for the very first time - driving 4003 kms through the length of the country, in the shortest recorded duration by an EV yet. The aim here was to showcase that our customers can confidently plan long journeys with the Nexon EVs enhanced range in addition to ever-growing charging infrastructure. I am positive that this K2K drive will inspire more customers to adopt EVs and evolve to electric."

SMVDU Organizes Quiz on Emerging Business Scenario in India



JJ NEWS SERVICE

JAMMU, MAR 16: An inter-departmental quiz competition on 'Emerging Business Scenario in India' was held at SMVDU. Thirteen teams were selected from various depart-

ments of the university. The participants were evaluated based on their knowledge of current affairs, business, economics, culture, art, literature, entertainment, and sports. The team of Siddhant, Humera, Rohit, and Vinay from MBA 4th semester and the team of Vinayak, Rajan, Divyaa, and Aina from BBA 6th semester were the joint winners of the competition. The team of Hitesh, Shivali, Abhiyanta, and Simran from MBA 1st

semester was the runner-up.

A total of 52 students participated in this competition.

The quiz competition was coordinated by Dr. Deepak Jain, along with Dr. Shazia Bukhari and Dr. Rashi Taggar, with the support of research scholars Tapas and Shahbaz.

It was organized under the National Innovation and Startup Policy (NISIP) 2019 by the Institution Innovation Cell (IIC) in collaboration with the School of Business at Shri Mata Vaishno Devi University.

would lay the strong foundation of BJP's grand win in the upcoming polls in J&K. The former MLA asked them to contact the ground level workers and the common masses hailing from their booth area to apprise them of the works done by the BJP government, both in state and Centre, and discuss their issues in detail alongside. Langeh asked party cadre to contact every single voter and ensure that all the public welfare schemes launched by Prime Minister Narendra Modi led the Union Government reach to the actual needy persons.

Strengthen Party base at grass root level: Neelam Langeh

JJ NEWS SERVICE

DODA, MAR 16: Neelam Langeh, President BJP SC Morcha J&K and former MLA asked the party cadre to strengthen BJP at booth level to ensure resounding victory in all the ensuing elections in the Union Territory. He was addressing the party workers during a meeting in Khalani Mandal of District Doda under the Booth Sashtaktaran Abhiyan in Doda Assembly constituency. Pawan Sharma, in-charge District Doda, General Secretary of

District Doda Mr. Rakesh Sharma, District President of SC Morcha Ashok Kumar and Mandal President Devraj Bhagat were also present along with their other colleagues.

Neelam Langeh, who is also the in-charge of Doda Assembly, asked the party cadre to go for concerted efforts to maintain BJP's grip across the Doda constituency as it is quite significant as far as results of the party in the ensuing elections is concerned. He asked them to increase their efforts at the booth level strengthening of the party. He said that the strong booths

KVK organized Training programme at Paddar

JJ NEWS SERVICE

KISHTWAR, MAR 16: Krishna Vigyan Kendra Kishtwar SKUAST Jammu today conducted one day training and farmer interaction programme at Kijayee, Paddar on nutraceuticals and nutri vegetables. The programme was conducted under the guidance of Dr SK Gupta Director Extension SKUAST Jammu.

Dr Narinder Paul Incharge KVK Kishtwar, Honish Jamwal, SMS SDL, Jatinder Singh SMS SDL, Pooja Devi sarpanch Afani, Lekh Raj Sarpanch Afani, Ampy Singh, Manoj Kumar, Raj Kumar, Barinder Singh, Sunil Sharma AEOs and 25 farmers and farm women participated in the programme.

During the programme Dr Narinder Paul Incharge KVK Kishtwar apprised the participants about the mandates of KVK and



sought cooperation of the farmers in on farm testing, front line demonstrations and other extension activities of newly established KVK in the District. The participants were imparted training on scientific nursery raising and cultivation of vegetables.

Jatinder Singh SMS Department of Agriculture

Paddar stressed upon cultivation of vegetables on scientific lines.

Ampy Singh, AEO briefed the participants about KCC, PM Kisan Samman Nidhi, Soil Health Card and other schemes of the Department for the welfare of the farmers. Honish Jamwal, Manoj Kumar, Raj Kumar,

Barinder Singh and Sunil Sharma also spoke on the occasion.

Vegetable seed kits were distributed among the participants through Pooja Devi Sarpanch Afani and Lekh Raj Sarpanch Afani who lauded the efforts of KVK in organizing the programme in remote area of the District.

THOUGHT OF THE DAY

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

JINDRAH IMAGES

Opposition parties regroup for electoral process

Political parties, minus BJP, have regrouped to raise pitch for the restoration of electoral exercise in Jammu and Kashmir. To achieve this, they met the Election Commission of India seeking holding of early elections in the Union Territory and restoration of its Statehood status. In return, they got 'assurance' from the ECI that their voices would not go unheard. It has been a long wait now for Jammu and Kashmir to have a democratically elected government of the people. Jammu and Kashmir, which was granted the status of Union Territory in August 2019, has been without an Assembly since November 2018. The erstwhile state of Jammu and Kashmir was brought under Governor's rule as the BJP pulled out of the Mehbooba Mufti-led government in June 2018. Thereafter, the Assembly was unexpectedly dissolved. Now, three years have passed since the Centre abrogated the controversial and discriminatory Article 370 but there is still an uncertainty over the conduct of the Assembly elections, though the authorities have started preparation for the same. Even the Delimitation Commission report which was cited as a precursor to the resumption of the long-stalled political process, has completed its exercise. It has made its report of a two-year-long exercise to redraw the electoral map in public, notifying six additional constituencies for the Jammu region and one for Kashmir. Political parties, especially Kashmir-based and opposition groups have raised questions over the Delimitation process arguing that it would give an unfair advantage to the BJP notwithstanding, the delay in the announcement of Assembly polls is inexplicable. The government has made claims over the improvement in the situation in Jammu and Kashmir. Much has been made of the record tourist footfall and several other gains on the development front since the revocation of the special status, but the real test lies in restoring the electoral process. The tough stance to contain the separatist elements has meant sustained detentions, dismissals from service, attachment of properties and frequent crackdowns. A decision that has drawn much appreciation but the demand for having a democratically elected government in Jammu and Kashmir has been growing as well. Incidents related to law and order as well as terrorism have come down since 2019 and more than 690 terrorists have been killed in Jammu and Kashmir during the period, but recruitment and targeted killings remain a cause for concern for the security apparatus. Half of the fresh recruits are said to be uncategoryed, posing a new challenge when the youth, who otherwise lead normal lives, indulge in acts of terror when directed to do so, before resuming their routine work. The Election Commission of India, which is mandated to conduct elections in Jammu and Kashmir, has already completed its exercise by going into revision of the voter list. In this whole process, the demand for restoration of statehood may not find immediate resonance. It has been a long pending demand of the people to have an elected government in Jammu and Kashmir which needs no more predicament. Opposition parties must keep their fingers crossed and wait for a positive outcome for their pleas to the ECI.

BJP FIRMLY IN THE ASCENDANCY IN NORTH-EAST

A HIGH POINT FOR THE CURRENT BJP LEADERSHIP IS THE PARTY'S GROWTH AND EXPANSION IN PREVIOUS NO-GO TERRITORIES. ASSAM AND TRIPURA WERE ALWAYS EXCEPTIONS IN THE NORTH-EAST IN THAT THEY WERE CLOSER TO THE 'MAINSTREAM' BECAUSE OF THEIR DEMOGRAPHY AND LANGUAGE WHICH MADE FOR A DEGREE OF ASSIMILATION WITH THE REST OF INDIA. THE CONGRESS LOST THE NORTH-EAST AND THAT'S NO MEAN FEAT FOR THE BJP.

RADHIKA RAMASESHAN

Picture the country's North-East and the images the region conjures are two-toned. The mighty Brahmaputra, the flora, the hills and the religious, ethnic and linguistic profusion make for attractive visuals and a narrative of outward harmony in diversity. But there's a disconcerting underbelly of violence and conflict, exacerbated by New Delhi's long-established overbearing ways towards the states and their own internal problems caused by immigration from Bangladesh, intra-border disputes, ethnic and religious clashes, protracted insurgencies and the consequently heavy military presence which led to protests like the one in July 2004 when Manipur's women hit the streets against the imposition of the Armed Forces (Special Powers) Act or AFSPA.

The Centre's use of the heavy-handed AFSPA reflects its confused attitude towards handling administrative issues in the North-East. The Act was enacted in 1958 and practically covered the entire region, especially Nagaland, which was carved out of undivided Assam. In March 2022, the Centre decided to reduce the number of areas under AFSPA in Nagaland, Manipur and Assam, but in October, it was extended to areas of Assam adjacent to the Nagaland border because the 'peace' talks with the National Socialist Council of Nagaland (Isak-Muivah) or NSCN (IM) and the Naga National Political Groups hit a dead end. The talks marked a step forward in the Centre's endeavour to end insurgency in Nagaland, after an agreement was signed with the Narendra Modi government in 2015 to create an enabling framework. The agreement was one among others between Nagaland and the Centre such as the Shillong Accord of 1975 with the Naga National Council led by Angami Phizo (who declared it an independent state in 1947) and the 1997 ceasefire concord with the NSCN (IM). Indeed, India's first Prime Minister Jawaharlal Nehru astutely sized up the enormity of the challenges in the North-East and the sense of alienation from the 'mainstream' experienced by its people which led to the application of the



Sixth Schedule of the Constitution to united Assam's tribal areas to facilitate people to live life their own way while making it clear that Delhi would not brook secessionism, declaration of independence from India and violence.

Decades of participation in electoral politics went some way in mitigating the sense of separation and disaffection among people, although the electoral process was often marked by serious conflicts challenging Delhi's writ to assert suzerainty, as well as a proliferation of regional forces and their propensity to strike a compromise with the 'mainline' parties such as the Congress and now the BJP, regardless of their policy outlook towards the region.

A high point for the current BJP leadership is the party's growth and expansion in previous no-go territories. Assam and Tripura were always exceptions in the North-East in that they were closer to the 'mainstream' because of their demography and language which made for a degree of assimilation with the rest of India. Even in these circumstances, Assam and Tripura clearly demonstrated that they would not be dictated by the Centre. Tripura for long was ruled by the Left Front that was perennially engaged in violent feuds with the Congress.

The significance of the inaugural batch of elections in 2023 lies in pushing ahead — at least notionally — and adding a new element to

the progression of integration of the North-East with 'mainstream' India. Like the Congress, the BJP sought to mark its footprint largely through electoral and political mechanisms, while pivoting itself in its dealings with the regional forces.

Remarkably, the BJP carried out its agenda in two Christian-dominated states, Meghalaya and Nagaland, and in tribal-heavy Tripura. It returned to power in Tripura with a reduced majority, retained its account in Nagaland with its ally, the Nationalist Democratic Progressive Party (NDPP), and made peace with an estranged partner, the National People's Party, and persuaded Meghalaya Chief Minister Conrad Sangma to accommodate its MLAs in the new dispensation.

That the leaders of Nagaland and Meghalaya willingly consorted with a 'hardline Hindutva'-rooted BJP testified to the party's resilience and pragmatism. The BJP's local leaders made it clear that they had no issue with beef eaters, notwithstanding the enactment of anti-cattle slaughter laws and their rigorous enforcement in some other states. The attacks on churches and the ceaseless campaign against Christian missionaries hardly impacted the state parties and the voters who apparently made a distinction between realpolitik aimed at governance and ideologies. The bitterness between Assam and Meghalaya

over boundary disputes in November 2022, which led to Assam police's alleged excesses on Meghalaya's civilians, melted in a stroke.

In Tripura, where the BJP's ally, the Indigenous Tribal People's Front, failed to draw tribal votes, the party promptly reached out to the more successful Pradyot Debbarma, a former Congressman, who launched the Tipra Motha and bagged the tribal votes with the promise of a separate state. The Centre's promise of appointing an interlocutor to address the issues of tribal welfare was enough to sway Debbarma who indicated he was ready to do business with the BJP and put his demand for Tripaland on the back burner for now. At the heart of the BJP's success in the North-East — which may or may not endure — are other factors, notable among them being the formation of the North-East Democratic Alliance (NEDA) and the body's command being entrusted with Assam CM Himanta Biswa Sarma. The NEDA is professing a 'neutral' platform of non-Congress parties wanting to go along with the BJP and Centre. While the state parties are dependent on Delhi for funding and infrastructural growth, the NEDA symbolises the BJP's overwhelming desire to make its 'Congress-mukt Bharat' slogan a reality. The Congress lost the North-East and that's no mean achievement for the BJP.

For Prachanda, politics is war by other means

MAJ GEN ASHOK K MEHTA (RETD)

Fortune favours the brave, they say. Civil war-era (1996-2006) leader Pushpa Kamal Dahal aka Prachanda displayed high-calibre leadership in orchestrating the insurgency campaign successfully against the state till his commanders fumbled and after India came to assist the Royal Nepal Army in resisting the Maoist challenge. Shifting from bullet to ballot showed Prachanda's politico-military acumen that enabled him to win the first post-conflict election. His party captured votes that outnumbered the combined tally of the Nepali Congress (NC) and the Communist Party of Nepal (Unified Marxist-Leninist) or CPN-UML.

Inexperienced in hardcore politics, Prachanda's first term as Prime Minister in 2008 was short-lived as he attempted to subvert institutions of the state. For the next decade, Maoists remained in the wilderness as the No. 3 party after the NC and the UML. Prachanda tried every trick to eclipse his Left rival, former PM KP Oli's UML, but failed as the Maoist decline was in free fall.

Prachanda got his second term as Prime Minister in a power-sharing arrangement with NC's Sher Bahadur Deuba in 2016. His presumptive third term remained a mirage as Oli refused to honour a power-sharing

PUSHPA KAMAL DAHAL HAS EMERGED AS THE WINNER BECAUSE HE HAD A CLEAR AIM: TO BE THE PRIME MINISTER. THE LESSON WAS LEARNT AFTER THE FAILED BATTLE OF KHARA (2005), WHICH WAS THE TURNING POINT OF THE CIVIL WAR AND HIS DARKEST HOUR. HE HAS RISEN FROM THE ASHES TO BECOME A CHARISMATIC LEADER OF NEPAL, ADMIRER BY ITS YOUTH.



pact which led to the collapse of the grand Left alliance and a court intervention that ordered that Deuba be appointed Prime Minister. This restored the Democratic Alliance with Prachanda, repeating the trapeze act in reigniting with Deuba.

Last November's elections saw Maoists retain their kingmaker role, but with their lowest tally ever of 32 seats. But Prachanda claimed that he had the winners of 60 seats on his side. When Deuba dithered over the top job, Prachanda immediately jumped ship to join accidental friend-eternal-foe Oli to become Prime Minister till the inevitable collapse of

the government due to differences over the presidential candidate. Prachanda backed NC candidate Ram Chandra Paudel over Oli's nominee Subas Nembang; the latter was defeated last week. Prachanda has held on to the Prime Minister's chair, supported by the Deuba alliance. For Prachanda, politics is war by other means.

The developments underline the determination and desperation of Prachanda and the Maoists to stay relevant and claw back to the position of political vantage. India's twin-pillar policy of constitutional monarchy and multi-party democracy changed

to mainstreaming the Maoists and demotration of Nepal.

The modus vivendi emerging now is a more stable and battle-hardened alliance of eight parties: CPN, Maoists, Madhav Nepal's CPN (Unified Socialist) that split from the UML, Janata Samajwadi Party, Loktantrik Samajwadi Party, Jananati Party and Rashtriya Jananorcha. The Rashtriya Swatantra Party, which voted for Paudel, will likely join the Deuba alliance once the passport/citizenship cases of its leader, former Home Minister Rabi Lamichhane, are resolved and he is re-elected. Oli is left with Rashtriya Prajatantra Party (RPP), which stands for restoration of monarchy. It is not clear how the aspirations of Deuba (to become PM for the sixth time) and his ambitious wife Arzu Rana are to be met.

Sources indicate that Prachanda, Madhav Nepal and Deuba are to take turns as Prime Ministers in a government, but never three. But as a seasoned Nepali journalist told me: "This is Nepal, anything can happen."

What will haunt Prachanda is the recent Supreme Court show-cause notice regarding long-pending cases

of war crimes against the Maoists. He will have to reactivate the Commission of Truth & Reconciliation and the Commission of Investigation on Enforced Disappeared Persons to meet the demands of transitional justice. Last month, while Maoists celebrated the 23rd anniversary of People's War (many are repudiating this appellation), former King Gyanendra Shah issued a long and jumbled declaration on Democracy Day, urging the government to work with the monarchy and restore 'Hindu Rashtira'. This year's call is notably strident as it was made in sync with the rise of the RPP. India's role in helping the King reclaim his aura and image will be discreet as it is beneficial for the BJP's and RSS's vision of a Hindu India.

The Vice-President's election, for which all but one of four candidates are Madhesh, will be held soon, after which the Election Commission's embargo on cabinet expansion will be lifted. Prachanda is likely to do it after obtaining the vote of confidence in Parliament.

He will then reside in Baluwatar, confidently starting a new innings. The geopolitical contest between the US and China for space in Nepal is

prominently visible. US Under Secretary of State for Political Affairs Victoria Nuland met Prachanda in January and praised him. Other US officials who paid visits after she hit the headlines in the Kathmandu media. Prachanda has been invited to speak virtually at the US Democracy Summit in March-end.

China's new Ambassador Chen Song celebrated the new Left alliance of Oli and Prachanda, meeting both leaders several times till the alliance crumbled, which was a big setback for China.

Indian Foreign Secretary Vinay Kwatra, who was Ambassador to Nepal till last year, was also in Kathmandu and met various leaders. For a change, Nepalese commentators are saying that unlike the US and China, India did not interfere in the elections; the charge of interference is traditionally levelled against it. Prachanda has emerged as the winner because he had a clear aim: to be the Prime Minister. The lesson was learnt after the failed battle of Khara (2005), which was the turning point of the civil war and his darkest hour. He has risen from the ashes to become a charismatic leader of Nepal, admired by its youth.

MALAIKA ARORA GETS UNCOMFORTABLE AS FAN COMES TOO CLOSE, TELLS HIM 'ARAAM SE'

Malika Arora was spotted at the Mumbai airport on Thursday morning where she was seen heading out towards the exit by herself. However, as she walked outside, a group of fans mobbed her to click selfies with her, leaving her hassled and uncomfortable. She said "araam se," (be careful) to a male fan who suddenly appeared by her side to click a selfie.

As Malika stepped out of the airport in a black crop top and blue jeans paired with a black leather jacket and shades, a bunch of fans gathered around her. The actor even obliged for a couple of fans who posed with their mobiles for a selfie but the situation got out of hand when the male fans surrounded her from all sides, obstructing her way forward. In a video clip shared by the paparazzi account on Instagram, the actor can be seen trying to make her way out when eager fans started to surround her. Malika paused and looked at the

fan beside her for a moment to say, "Aaram se," (be careful) before heading straight ahead.

A fan commented on the video, "It's annoying when someone intervenes in your personal space." Another wrote, "I just wanna know what could happen or change in your life when you keep following them and begging them for a selfie?" One more fan said, "People have gone Mad or what? Have some decency." A comment also read, "4 men surrounding her... Too close. I would be scared if i was her."

Malika recently took over the runway at the Lakme Fashion Week (LFW) X FDCI for designer Bhumiika Sharma's latest collection Dahlia. She is dating actor Arjun Kapoor for a couple of years now. Malika was recently seen in her reality show, Moving In With Malika. Karan Johar, Nora Fatehi, Bharti Singh, Amrita Arora and Farah Khan among other have marked their presence on the show.



B Praak's Heartrending Song 'Aadha Main Aadhi Vo' Is The Essence Of 'Bholaa'



A new track from actor-filmmaker Ajay Devgn's upcoming directorial 'Bholaa' titled 'Aadha Main Aadhi Vo' by singer B Praak has been unveiled. The song depicts the heartrending relationship between Ajay and his estranged 10-year-old daughter. And, it captures a hundred emotions that are going through a father's mind.

Talking of how the emotional journey of this one song alone left him tinged with sadness, Ajay said: "There is no bond more sacred than one that is between a parent and a child. And, the entire journey of Bholaa has just one meaning, one quest. It is his desire to get united with the daughter who has been separated from him from her birth because of circumstances."

"Not knowing how he will tackle the actual meeting with his child, this man (Bholaa) has gone through a decade of the most trying circumstances and held himself from breaking because he knows at the end of it, he will get a chance to meet his child."

He added: "If you listen closely to 'Aadha Main Aadhi Vo', you will realise how strong this bond between father and daughter is. The song is bound to bring tears to those listening. It is just very emotional."

Ajay Devgn says he and his Bholaa co-star Tabu share a longtime equation of 'yaari aur gaali-galauch'

Actor Ajay Devgn shared that he has known Tabu since they were teenagers. He added that they both share a longtime equation of 'yaari aur gaali-galauch wala'. In his upcoming film, Bholaa, Ajay Devgn will once again share the screen with Tabu. However, this time, the actor is directing his good friend. Tabu and Ajay have worked together on numerous hits, the last being Drishyam 2 (2022). The actor recently revealed that they have known each other since they were teenagers and share a friend-



ship in which they can be comfortable around one another and even curse each other out. Ajay and Tabu first acted together in Vijaypath (1994), which was her breakthrough hit in the industry. Tabu's first film as a leading lady was with

Pehla Pehla Pyar (1994). She reunited with Ajay on Haseqat (1995) and since then, the two actors have worked together quite often in the films Thakshak (1999), Drishyam (2015), Golmaal Again (2017), and De De Pyaar De (2019).

Speaking to Filmfare, the actor-director shared that he and Tabu go way back. He said, "Not just from Vijaypath... I have known her since we were 13-14 years old. Humara equation dosti yaari aur gaali-galauch wala hai (Our equation is one of friendship, along with cursing each other out). There is a certain comfort zone. I think that equation has never changed. It has remained the same over the years."

Bholaa is an official remake of the 2019 Tamil hit film starring Karthi.

Besides Ajay and Tabu, Bholaa also stars Deepak Dobriyal, Sanjay Mishra and Gajraj Rao in pivotal roles. Amala Paul and Abhishek Bachchan have special appearances in the film as well. The actor revealed that he has changed the treatment of some of the characters in the Hindi adaptation.

Ranbir Kapoor hilariously recreates Alia Bhatt's 'mujhe ghar jaana hai' scene, fans are worried for him now



Ranbir Kapoor has tried his hand at some of the most famous movie memes circulating online. In a new video, he recreated scenes of Rajinikanth, Nana Patekar, himself and even wife Alia Bhatt. In a promotional video for his film Tu Jhoothi Main Makkaar, Ranbir tried out different meme templates. "Meri film Tu Jhoothi Main Makkaar mein jita bada main relationship expert hu, usse bhi bada meme expert hu (I am a bigger meme expert than a relationship expert in my film Tu Jhoothi Main Makkaar," he says in the video for Jio Saavan.

It is followed by him recreating scenes from popular movies. First up is Rajinikanth's "ShT" meme, which Ranbir quickly aces. Then is the Mr Robot's Hackerman meme starring Rami Malek. He then imitates Nana Patekar's Uday Bhai from Welcome. "Control RK control," he says. Next up, he recreates his "Tu, jaa" line from "Yeh Jawaani Hai Deewani, followed by a Chhanna Meriya revisit. However, it is the final clip that is winner of them all. Ranbir cries miserably as he imitates Alia from Raazi. "Mujhe ghar jaana hai," he screams as he recreates the climax from Alia's hit film. Fans of the actor were worried for him after watching the video. "The last one, arey bhai biwi se daaro apni (have some fear of your wife)," wrote a fan. "Last wala acha the alia (That last one was good)," wrote another. "Last is outstanding," wrote another.

Ranbir Kapoor and Shraddha Kapoor-starrer Tu Jhoothi Main Makkaar earned 215.73 crore in net box office collection on the first day of its release. It is nearing the 7100 crore mark at the box office now. Directed by Luv Ranjan, the romantic comedy released in theatres on Wednesday.

It is produced by Luv Films and Ankur Garg, and presented by Gulshan Kumar and Bhushan Kumar of T-Series. Tu Jhoothi Main Makkaar also features Dimple Kapadia, Anubhav Singh Bassi, and Boney Kapoor.

Vidyt Jammwal, Nandita Mahtani Go Their Separate Ways

ACTION STAR VIDYUT JAMMWAL AND FASHION DESIGNER NANDITA MAHTANI HAVE REPORTEDLY CALLED IT QUITS AFTER BEING ENGAGED FOR TWO YEARS



Action star Vidyt Jammwal and fashion designer Nandita Mahtani have reportedly called it quits after being engaged for two years. According to a source, Vidyt and Nandita were seen attending the haldi ceremony of Deanne Pandey's daughter on Wednesday, however the two were seen maintaining a distance from each other.

"Vidyt's reclusiveness in the social circuit is a reason behind their distance," said the source from the Haldi ceremony.

It was in 2021, when the two got engaged at the Taj Mahal in Agra, and confirmed it on social media.

However, the source concluded that they are respectful towards each other, good friends and are there for each other.

Stylist Law Roach denies feud with Zendaya after announcing retirement: 'She's my little sister'



Law Roach took to Twitter to turn down rumours that he and Zendaya had a falling out. He called the Euphoria star his little sister. Earlier in the week, the celebrity stylist announced his retirement from styling with a surprise Instagram post in which he stated that his cup was empty alongside a picture of the word "retired."

On Tuesday, Law wrote on Instagram, "My Cup is empty..... thank you to everyone who've supported me and my career over the years. Every person that trusted me with their image, I'm so grateful for you all. If this business was just about the clothes I would do it for the rest of my life but unfortunately it's not! The politics, the lies and false narratives finally got me! You win ... I'm out. (red heart emojis)." Model Naomi Campbell commented, "Law I won't let you go!!! We don't quit... We strive to hard." While fashion designer Christian Siriano wrote, "Absolutely not." Several people were shocked by Law's sudden announcement. On Wednesday, fans speculated that there were issues between the two after a video of them at the Louis Vuitton show at Paris Fashion Week went viral.

The clip shows Zendaya walking into the show and sitting down next to Emma Stone on the last seat in the front row. Roach, who follows her in, stands in front of her, while Zendaya points to a seat behind her, asking him to sit in the second row. Law responded on Twitter, "So y'all really think I'm breaking up with Z..... we are forever!" He added, "She's my little sister and it's real love not the fake industry love."

He shared a GIF from The Color Purple with the characters Sofia and Celie promising one another, "Me & u must neva part" "Literally me and Zendaya..." he stated, referring to the GIF.

Law has worked with numerous celebrities over the years including Priyanka Chopra, Kerry Washington, Hunter Schafer, Megan Thee Stallion and Issa Rae. He told Vogue in an interview, "I'm not saying I'm retiring from fashion.

Seven Winters in Tehran review: Chilling story of a woman wronged by society and government

"This film is based on secretly recorded video and sound material that was smuggled out of Iran," announces the disclaimer of Steffi Niederzoll's documentary Seven Winters in Tehran, which marks its International Premiere at the 2023 Copenhagen International Documentary Film Festival. It all began in 2007, when a 19-year-old Iranian lady named Reyhaneh Jabbari, takes up the job as an interior designer for a family friend. When a middle-aged man approaches her to design his clinic as well, she

agrees. The next time she meets the man in the hope to set up her work, will change the trajectory of her life, her family and the country's conversation about the laws that oppress women forever.

Reyhaneh fatally stabbed the man who tried to rape her. She was immediately held captive, and in the two months leading up to the trial, she and her family - comprising of her mother Shole, father Fereydoon, and two younger sisters Sharare and Shahzad, came to know that the man, named Morteza

Sarbandi, is connected with the secret service. After her arrest, the authorities leave no stone unturned to frame Reyhaneh, saying that she had already premeditated the murder before meeting Morteza. Reyhaneh was transferred to an isolation cell and tortured to confess of her attempted crime. The first judge who questioned the evidences against Reyhaneh, is transferred, and in his place, an Islamic scholar comes to the forefront, and instantly sentences her to death under the Sharia law of blood

revenge. Only if Sarbandi's eldest son Jalal decides to forgive Reyhaneh can the sentence be reversed. Yet, Niederzoll doesn't build any suspense at the cost of this agony, her film establishes the fate of her tragic protagonist in the beginning. Reyhaneh would be hanged in 2014, at the age of 26.

The chilling story of Seven Winters of Tehran at once reveals the twisted cycle in which the violent regime of the Iranian Government continues to silence and kill women.

The outrage following the

death of Mahsa Amini in police custody, a 22-year-old woman who was detained last September for allegedly failing to wear a hijab in public, hangs like a shadow in the tragic unfolding of events that takes place in Seven Winters of Tehran.

In her debut feature documentary, German filmmaker Steffi Niederzoll, who first heard of Reyhaneh's story through the protests that had reached Turkey, creates a straightforward uncovering of events, with the help of inter-



views with Shole, Sharare and Shahzad, along with Fereydoon in a virtual meeting. Reyhaneh's notes in her prison-diary, is narrated by an additional voiceover by Holy Spider actor Zar Amir Ebrahimi to haunting effect. The decision of production designer Miren Oller to use a miniature version of a prison cell to accompany these voiceovers also rings out evocatively.

The best treatment for depression? It could be exercise



Exercise as a treatment for severe depression is at least as effective as standard drugs or psychotherapy and by some measures better, according to the largest study to date of exercise as "medicine" for depression.

The study pooled data from 41 studies involving 2,265 people with depression and showed that almost any type of exercise substantially reduces depression symptoms, although some forms of exercise seemed more beneficial than others.

"We found large, significant results," said Andreas Heissel, an exercise scientist at the University of Potsdam in Germany, who led the study.

For people struggling with depression, he said, the findings

show you don't have to run marathons or otherwise train strenuously to benefit. "Something is better than nothing," Heissel said. The effects were robust enough that the study's authors hope the finding will spur a move to make exercise a standard, prescribed therapy for depression.

That approach would represent a notable shift. The American Psychological Association's clinical practice guidelines, updated in 2019, recommend seven types of psychotherapy and several antidepressants for the treatment of depression, but they do not mention exercise. The World Health Organization promotes exercise for mental health as an add-on to traditional treatments — not on

its own.

But the study's authors are confident. "We expect this review to lead to updated guidelines and recommendations for exercise as a first-line treatment option," Heissel said.

Some depression experts are hesitant. "I think that exercise should be prescribed for everyone with depression," said Murray B. Stein, a professor and vice chair for clinical research in the department of psychiatry at the University of California at San Diego who was not involved in the study. "I still feel the evidence is weak, though, that exercise is being considered a first-line treatment for depression."

The research behind exercise and depression Scientists and clinicians have

known for some time that exercise protects us against developing depression. In large-scale epidemiological studies, active men and women become depressed at much lower rates

grams included walking, running and weight training. Some consisted of group classes, others solo workouts, some supervised, some not. But all featured people with depression getting

FOR PEOPLE STRUGGLING WITH DEPRESSION, THE FINDINGS SHOW YOU DON'T HAVE TO RUN MARATHONS OR OTHERWISE TRAIN STRENUOUSLY TO BENEFIT.

than sedentary people, even if they exercise for only a few minutes a day or a few days a week.

But it's trickier to test exercise as a treatment for existing depression. You have to study it like any medicine, by recruiting people with the condition and randomly assigning them to the intervention — in this case, exercise — or a control group and scrupulously tracking what happens. Because these experiments tend to be complicated and expensive, past studies using exercise against depression have been small, typically involving only a few dozen people, making it difficult to draw firm conclusions about whether and how well exercise treats depression.

In the study published in February in the British Journal of Sports Medicine, a global group of researchers pulled together every recent experiment using physical activity as depression therapy. They wound up with data from 41 studies about 2,265 volunteers, representing the largest sample yet on this topic. The studies' exercise pro-

grams included walking, running and weight training. Some consisted of group classes, others solo workouts, some supervised, some not. But all featured people with depression getting

up and moving more. Exercise of any kind treats depression. Pooled, the effects were potent. Overall, people with depression who exercised in any way improved their symptoms by almost five points, using one widely recognized diagnostic scale, and by about 6.5 points using another. For both scales, an improvement of three points or more is considered clinically meaningful, the study's authors write.

In practical terms, these numbers suggest that, for every two people with depression who start to exercise, one of them should experience "a large-magnitude reduction in depressive symptoms," Heissel said. Those statistics represent "somewhat better" outcomes than those seen in recent studies of psychotherapy and drug treatment for depression, said Felipe Schuch, a professor researching exercise and mental health at the University of Santa Maria in Brazil and senior author of the study.

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

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



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

What is the gut-brain axis?

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

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

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

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

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

4 summer foods to boost immunity, fight illnesses

As the mercury has started to rise in many parts of the country and also a host of respiratory illnesses are spreading fast, it is important to follow healthy dietary practices that can help keep one's immunity high. A good immune system plays an important role in fighting infections and keeping away chronic diseases. Summer can bring its own set of illnesses from heat stroke, dehydration to diarrhoea and to avoid these health problems, one must consume healthy foods that are suitable in summer season. Eating light and low-calorie foods with sufficient water content can help keep heat illnesses at bay. (Also read: Foods to eat and avoid as we approach summer)

Seasonal Fruits: Citrus fruits like grapes, oranges, pineapple, apple, pomegranate being powerhouse of antioxidants and nutrients help to build immunity. (Pixabay)

"Our way of life can affect how well our immune system can protect us from infections and chronic diseases. By substituting unhealthy ones, good health behaviours can help to sustain the health of the immune system. A strong immune system prevents pathogens from entering the body and, if they do, kills or diminishes their impact. Heat exhausts the body by absorbing all of its energy, especially in the summer," says Dr. Siddhant Bhargava, Fitness and Nutritional Scientist, Co-Founder- Food Darzee.

Here's a list of foods you must add to your summer diet for boosting your immunity and staying healthy.



1. Have zinc-rich foods
Try to include a lot of zinc-rich foods in your diet in summer, such as chocolate, meat, spinach, and pumpkin seeds. Using natural methods should be preferred over taking protein supplements. Summer is the most crucial weather in the year which calls for extra caution.
2. Consume bone broth
Bone broth is bursting with

vitamins, minerals, and other elements that can speed up healing and help you get back on your feet. Garlic, which has potent antiviral and antibacterial qualities, Chile, which naturally relieves congestion, turmeric, cinnamon, and a dash of fresh ginger can all be added to bone broth to boost its healing effects.

3. Load on Vitamin C
Include enough vitamin C-

rich foods in your daily diet, such as kiwis, oranges, papayas, and lemons. Fruits and vegetables that have a good level of vitamin C, together with other vitamins and minerals, are useful in boosting immunity since vitamin C is thought to be the foundation of immunity.

4. Intake of iron
Your immune system might get weakened by a diet low in iron, which can also lead to conditions like anaemia. As a result, it is crucial to provide your immune system with plenty of this mineral. Poultry, meat, seeds, nuts, cruciferous vegetables, and dried fruits are some excellent sources of iron.

"Consume foods that help the digestion process and enhance gut health."

Energy and immunity are core foundation to stay healthy. Periodically check your vitamin level with your specialist nearby," says Dr Bhargava.

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

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

1. Toss the Junk Food
Don't make your goals harder than they need to be. Instead, be your own ally and get rid of tempting sugary snacks or junk food around the house. Out of sight, out of mind!
2. Cut out Creamer or Sugar From Your Daily Coffee
If you're an avid coffee drinker, altering your go-to morning brew could help you shed a few pounds. Consider swapping out sugar and flavored creamers for milk or other unsweetened dairy-free alternatives. Or drink it black!



3. Eat Breakfast Within 30 Minutes of Waking Up
The "breakfast is the most important meal of the day" mantra is more than just a saying, it's a fact. According to WebMD, eating breakfast within 30 minutes of waking up will help kickstart your metabolism, which will help you burn calories throughout the day. It's important to choose high-protein breakfast options like Greek yogurt, overnight oats, or steak and eggs to provide your body with the energy and nutrients that it needs.
4. Say "No" to the Breakroom Treat
Snacking, or eating between meals, is known to cause weight gain because it's added calories that will throw off your appetite and eating schedule. Sometimes a snack is necessary, but oftentimes, we reach for snacks out of boredom, stress, or some other motive aside from hunger.
5. Stop Eating After 7pm
According to Harvard Medical School, late-night eating can lead to weight gain because our bodies produce less leptin, a hormone that con-

trols satiety, in the later hours of the day. Research also found that our bodies cannot burn calories as quickly at night and will store extra calories as fat instead of as usable energy.

6. Trade in Wine for Tequila/Tonic
While delicious, wine is not the best alcoholic drink option if you're trying to lose weight. This is because it's high in sugar and calories. According to the Cleveland Clinic, a 5-ounce glass of wine is 125 calories. Try a tequila and tonic instead, and you may just see a lower number on your scale.
7. Swap out a Bun for a Lettuce Wrap
Everything is okay in moderation, but bread and buns are high-carb foods that offer very little nutritional value. Reducing your intake of these types of foods will help you lose weight. Replace your bun with a lettuce wrap the next time you're mak-

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

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

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

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

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

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

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

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

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

especially if you have food-loving friends. But it is possible to have a date night or girls' night without having food be the main event. Some ideas include watching a movie, going to a workout class, shopping, listening to live music, or taking a walk.

11. Get Plenty of Sleep
This one may come as a shock, but research has shown that a lack of sleep can cause increased appetite in many individuals, and those who get less sleep are more likely to eat high-carb and high-sugar foods. Staying awake later or longer than your body can handle may lead to an imbalance in your circadian rhythm which can affect metabolism as well. Make sure you're getting proper sleep so that your appetite and metabolism stay unharmed.

Chairperson, DDC Kishtwar chairs General council meeting

JI NEWS SERVICE

KISHTWAR, MARCH 16: The Chairperson District Development Council Kishtwar Pooja Thakur today chaired the General Council Meeting here at the conference Hall of DC Office Complex Kishtwar.

The meeting was attended by the CEO General Council/ADDK Kishtwar Sham Lal, SDM Chatroo Inderjeet Singh Parihar, SDM Paddar Dr Rishi Kumar Sharma, ACP Kishtwar Zakir Hussain Wani, Joint Director Planning Mohd Iqbal, DPO Kishtwar Sunil Bhutyal, all the BDC Chairperson and DDC Councilors besides district and sectorial officers.

At the outset the CEO General council welcomed all the members of the general council and apprised them all about the objectives of meeting. He inform the meeting members that the newly proposed plan for the FY 2023-24 is to be submitted soon and urged the general council members and concerned BDCs to complete the preparation of the plan in consultation with gram sabhas to avoid any overlapping of works.

The chairperson reviewed the sector wise physical and financial status of the works taken up under District Capex, Area Development Plan & DDC, BDC and



PRIs plan for the FY 2022-23.

Joint Director Planning Mohd Iqbal apprised the Chairperson that under Area Development Plan (DDC, BDC and PRIs Grant), a total of 2519 works were taken up, 2496 works were accorded, 2493 works were tendered out, 2433 works were allotted for execution and 1866 works have been completed so far.

The Chairperson and council members were further informed that a total of 85926 works including 34802 construction works and 51169 non-construction works have been completed under both the com-

ponent District Capex viz UT Component and NABARD loan. He further informed that out of total 128 works tendered out under regular schemes of District Capex, 119 works have been allotted for execution and 70 works have been completed till date. During the meeting, the council was apprised about the action taken report of the grievances raised in the previous general council meeting. The concerned DDC councilors and BDC members were informed about the latest status of the action taken by concerned departments on the grievances highlighted by

council members in previous council meeting. The officers of the concerned departments explained the progress on the grievance pertaining to their departments.

Majority of the grievances have been redressed whereas redressal on the rest of the grievances is under progress and will be completed in a time bound manner, informed CEO General Council Kishtwar.

During the meeting the individual issues and grievances related to the various departments of PHE, Health, JPDCI, Education, PWD etc were highlighted by the DDC and BDC members which were noted down by CEO General Council.

The necessary directions were given to the concerned officers for immediate resolution of these highlighted issues.

The Chairperson stressed upon the concerned executive agencies to expedite the pace on the road in the Dachhan and Marwah area. She asked the departments to work in tandem to ensure the encumbrances which are hampering the developmental works are removed and projects are completed in stipulated time.

She also asked the council members to ensure the new Plan is submitted in timely manner without any fail so that the works under the next financial year is taken up immediately.

Khelo India State Centre of Excellence Rowing selection trials reaches Rajouri

JI NEWS SERVICE

RAJOURI, MARCH 16: J&K Sports Council Khelo India State Center of Excellence KISCE Rowing held open selection trials in Rajouri.

To measure the candidates' trunk flexibility, anaerobic power, strength and endurance, participants underwent a variety of Khelo India physiological tests and skill-based evaluations.

Selected rowers will receive training from highly experienced coaches in residential scheme using international infrastructure besides sports uniforms, equipment, schooling etc based at JKSC Water Sports Centre Nehru Park Srinagar.

According to schedule, on March 18, 2023, at Doda, KISCE Rowing open selection trials will be conducted for Chenab Valley districts.

Selected candidates will have the chance to take advantages of sports schemes in J&K.

PHE Department executes desilting, cleanliness of water reservoirs in district Kishtwar

JI NEWS SERVICE

KISHTWAR, MARCH 16: To ensure that the hygienic and clean drinking water is made available to all the households of the district Kishtwar for the health and safety of the people, the Public Health and Engineering Department, Kishtwar carried out the desilting and cleanliness drive of all the water reservoirs across the district Kishtwar.

On the directions of the District Development Commissioner Kishtwar, Dr. Devansh Yadav, the PHE Department Kishtwar under the close supervision of Executive Engineer PHE Sunil Kumar Sharma and by involving the field functionaries of respective areas have started the drive and so far about 25 water reservoirs have been desilted and cleaned through proper treatments besides left out reservoirs will be cleaned soon.

The PHE authorities informed that all the reservoirs will be desilted by 24th of this month so that the availability of clean and hygienic tap water is ensured to people.

The concerned department has been instructed to ensure prompt repair of leakages of the water pipelines at various location.

CEO Kathua inspects school in remote area of Billawar

JI NEWS SERVICE



KATHUA, MARCH 16: Chief Education Officer Kathua, Parkash Lal Thapa today visited Government Middle School, Ghatt of Zone Billawar.

The visiting officer reviewed the administrative and academic working of the institution. The CEO checked administrative records, interacted with staff members of concerned schools and briefed them regarding vital components/schemes of the Education department meant to improve the quality of education in Government schools.

CEO impressed upon the teachers to hold enrollment drives to increase the students' strength in the new session. He also interacted with the students and asked them to work hard.

District Level Neighbourhood Youth Parliament organised in Reasi

JI NEWS SERVICE

REASI, MARCH 16: Nehru Yuva Kendra Udhampur, Ministry of Youths Affairs & Sports, Govt. Of India organised District Level Neighbourhood Youth Parliament in Govt. General Zorawar Singh Memorial Degree College, Reasi. The objective of the programme was to celebrate India's G20 presidency along with the celebration of International Year of Millets and Mission LIFE. Advocate Sajra Qadir (Vice-Chairperson DDC Reasi) attended the event as Chief Guest whereas Kulvinder Kour (Principal GDC Reasi) was the Guest of Honour. Neeraj Padyar (Dy. SP Hqrs) was the special guest on the occasion.

The event started with the traditional lamp lighting ceremony and Saraswati Vandana. Khushal Gupta, District Youth Officer, NYK Udhampur welcomed the guests, resource persons and participants and briefed about the objectives organising the event. It was followed by the lectures by resource persons. Prof. Baldev Singh gave an awareness lecture on G20 and importance of its presidency by India. Dr. Rajendra Kumar briefed about the International Year of Millets whereas Dr. Anshu Gupta delivered lecture on Mission LIFE.

Young participants also spoke on the occasion and gave their views followed by the cultural performance by the students. Advocate Sajra Qadir appreciated the initiative of Nehru Yuva Kendra Udhampur and added that such programs need to be organised in regular intervals for dissemination of information to the masses. It is pertinent to mention that more than 1000 participants attended the program anchored by National Youth Volunteer Anjali Anand. NYK's Meena Dogra and Ajay Kumar also attended the programme.

D&FCO organises awareness programme

JI NEWS SERVICE

JAMMU, MARCH 16: Drugs and Food Control Organization J&K organized an awareness program at Hafli Morh, Kathua on the prevention of drug abuse, Role of Pharmacists Fraternity particularly and supply of safe and efficacious medicines to the end users within the ambit of law.

The objective of the awareness programme was to strengthen action and cooperation of Pharma Fraternity in achieving a role model society free of Drug Abuse.

The awareness Programme was attended by various sections of the society particularly Prominent Citizens, Senior officers of the Department i.e State Drugs Controller, Deputy Drugs Controller, Deputy District Controller (M&L), Assistant Drugs Controller, Kathua/Samba, Assistant Drugs Controller (HQ) Jammu, Drugs Control Officers, Member of Chemists Association of Kathua. Speaking on the occasion, Lotika Khajuria, State Drugs Controller invited an urgent atten-

tion of Stakeholders towards this issue. She informed that the Government has initiated pro active measures by constituting District Level Monitoring Committees under NCORD to bring an end to this menace and rehabilitate the affected youth. She said that it will go a long way in dealing with the disastrous problem within our society. She said it is important to spread awareness among people, especially the youth, against this evil.

Mohd Iqbal Palla, Deputy District Controller Jammu, in his address,

Extensive Swachhta drive held in Thathri, Prem Nagar ahead of Ramzan & Navratras

JI NEWS SERVICE

DODA, MARCH 16: On the Direction of Deputy Commissioner Doda Vishesh Mahajan, a massive cleanliness and plastic collection drive was conducted in Prem Nagar and Thathri led by BDO Thathri, EO MC Thathri and the Sarpanch concerned.

People of Prem Nagar applauded the efforts of Deputy Commissioner Doda for this initiative before the start of Navratras and Ramzan.

Similar cleanliness drive under Swachh Gaon Sunder Gaon and Azadi Ka Amrit Mahotsav was also held at Thathri Town led by EO MC Thathri and his team.

He said that Kathua is a sensitive state and there remains an apprehension of influx of habit forming substances through a clandestine manner from neighboring states. He impressed upon Assistant Drugs Controller, Kathua to lay down surprise nakkas at Lakhanpur for random check of U.T Bound Consignments of Pharmaceutical Preparations.

Community Mobilization Programme under SAMAGHRA Shiksha organised at Higher Secondary School Sawjian

JI NEWS SERVICE

POONCH, MARCH 16: A Community Mobilization cum sensitization Programme under SAMAGHRA Shiksha was organised at Model Higher Secondary School Sawjian.

The programme was organised by Zonal Education Officer Mandi Mohammad Bashir on the directions of Chief Education Officer Poonch, Bishmer Dass.

The programme was presided over by Anwar Khan Principal Model Higher Secondary School Sawjian. The Programme was attended by the SMC/SMDC members of seven schools of Cluster Sawjian, Sarpanches, Panches, other PRIs, Parents, Prominent citizens and Heads of nearest schools of the cluster Sawjian.

While addressing the gathering, Zonal Education Officer Mandi Mohammad Bashir highlighted the role of community in attaining the goal of quality education.

Anwar Khan Principal Model Higher Secondary School Sawjian in his presidential address discussed the various initiatives of SAMAGHRA SHIKSHA.

He also elaborated the role and responsibilities of School Management Committee. Plantation Drive was also held on the occasion.

Certificates were also given to 22 students of higher secondary school Sawjian who had participated in Voters Awareness.

DC Kathua reviews ongoing augmentation works of New Bus Stand

JI NEWS SERVICE

KATHUA, MARCH 16: Deputy Commissioner Kathua, Rahul Pandey today chaired a meeting of concerned officers to review augmentation works undertaken by different department and agencies at New Bus Stand.

At the outset, the DC was apprised by CEO Kathua MC that proper sweeping has been provisioned under which a dedicated team will ensure sweeping at New Bus Stand in morning



and evening shifts. The CEO Kathua MC further informed that proper signages

are being installed for proper depiction of amenities and regulation of traffic. Regarding the issue of proper lighting, CEO Kathua MC disclosed that High Mast Light has been made functional besides all points are properly lit. The Dy SP HQ Shammii Kumar informed that adequate deployment of Police personnel has been made to ensure proper traffic regulation besides taking care of law and order enforcement. The XEN PHE disclosed that two Public Supply Points have been installed in New Bus Stand Area catering to the drinking water needs of the public.

The DC directed XEN PWD (R&B) to make DPR of levelling work of Bus Stand area so that same can be projected for funds from concerned authorities. The meeting deliberated on the issues of CCTV Surveillance, Passenger Facilitation System/LED Display Panels which are to be ensured by roping in Industries under CSR.

The meeting was attended by CPO Kathua, GM DIC, XEN PWD Kathua, XEN PDD and other concerned officers.

DDC Poonch inaugurates Polygreen House at Agriculture office Complex

1 LAKH EXOTIC & HYBRID VEGETABLE SEEDLING TO BE PRODUCED IN THE GREEN HOUSE FOR THE FARMERS OF POONCH

JI NEWS SERVICE

POONCH, MARCH 16: District Development Commissioner Poonch, Inderjeet today inaugurated Vegetable Naturally Ventilated Polygreen House established at Chief Agriculture Office Complex Poonch.

The Deputy Commissioner appreciating the efforts endeavored by the Agriculture Department for establishing first-ever initiative of this kind taken in the district. He said that this will go a long way and serve as an asset to the farmers with special focus to the Small and Marginal Farmers which comprise of majority of the farming community.

The DC further said that early raising of seedlings in



this polygreen house will fetch an early market to the farmers for better price. Earlier, the Chief Agriculture Officer Poonch, Rakesh Sharma apprised the DDC that one lakh seedlings of Hybrid and Exotic Vegetables viz Broccoli, Cherry Tomato, Seedless Cucumber, Purple

Juhi kick-starts work on Thial to Chountra Mata Road

JI NEWS SERVICE

UDHAMPUR, MARCH 16: Amongst thundering applause, beaming and bursting peals of joy and happiness, macadamisation work on Thial to Chountra was formally kick started by Juhi Manhas pathania, Vice Chairperson, District Development Council, Udhampur.

Pertinent to mention here that this road was commissioned in the year 2016 under central road fund (CRF) but due to court, forest and law and order related complications the work could not be taken up and completed within the stipulated time period. Anyhow the restart of work on the said road has rekindled hopes of people for connecting Ramnagar and Majjala Tehsil through this all-popular shrine which is

the epicenter of the 'aastha' of the people living in Udhampur, Samba and Kathua districts.

It also rekindles another hope of putting chances of promotion of pilgrimage tourism on a high trajectory. This will directly connect Dhar road with the popular Shrine of Shri Chountra Mata.

It has further been deliberated that road will be great asset and a herculean step in joining the pilgrimage shrine across the UT.

Speaking on the occasion, Vice Chairperson said that Jammu Province and particularly Udhampur District has immense potential for creating a tourism pilgrimage circuit. The popular local shrines of various areas need to be nurtured to widen the base for tourism promotion avenues, local employment.

She further stated the

this project which was languishing for a long time due to various reasons, is an ambitious project of this Government and it will provide the people of the area with more opportunities ultimately freeing them from the clutches of poverty.

Pathania was accompanied by local PRIs and officers of PWD well as the local administration.

Power shutdown

JI NEWS SERVICE

SRINAGAR, MARCH 16: Power Controller Kashmir has informed that, in order to facilitate laying conductors for realignment of 33 Kv TRC-Rajbagh Tap line, the power supply shall remain affected at Receiving Station Rajbagh on March 19 from 10.00 am to 4.00 pm.

KVIB Kathua organises awareness camp on PMEGP, JKREGP



JI NEWS SERVICE

KATHUA, MARCH 16: Khadi & Village Industries Board (KVIB) Kathua today organized one day awareness camp on Prime Minister's Employment Generation Programme (PMEGP) and Jammu & Kashmir Rural Employment Generation Programme (JKREGP) at Chack Sardar Desa Singh, Kathua.

Among others, Chairman BDC Kathua Raghubir Singh, Chief Advisor J&K Mahila Corporation Kailash Verma, Sarpanch Chack Desa Singh Sunita Devi, other members of Panchayat, Ex-Sarpanch Dalip Singh along with LDM Kathua, Regional Manager Gramen Bank, Chief Manager SBI

RCC Kathua and Naresh Kumar from Cluster Office J&K Bank Kathua attended the programme.

District Officer KVIB Kathua Dr. Sandeep Kotwal, while briefing the gathering regarding benefits of various Employment Schemes being implemented by the Board, stressed upon the unemployed youth to come forward and avail the opportunities opened to them under these Schemes. He proposed that they should be job providers rather than job seekers by establishing their own micro-industrial units so as to contribute in building a prosperous Society.

Chairman BDC Kathua while addressing the gathering exhorted for the need of synchronized efforts by KVIB and Banks to ensure that

benefits of the self employment Schemes implemented by KVI Board are transferred to the targeted population unhindered. He appreciated the role of KVIB in providing employment opportunities to thousands of unemployed aspirants of the District. He appealed to the public to be aware of the benefits of Schemes like PMEGP & JKREGP and apprise the young unemployed youth about them.

Sarpanch Chack, Sardar Desa Singh Sunita Devi informed the gathering that many of the youth of her Panchayat have already availed benefits under the Schemes of KVIB and further appealed the women folk and youth to not miss golden opportunities available under these Schemes.

Speaking on Occasion LDM Kathua, Regional Manager Gramen Bank Chief Manager SBI RCC and other Senior Officers from the Banking fraternity said that banks are putting their best efforts to sanction maximum number of cases sponsored under PMEGP & JKREGP Schemes and assured that time bound implementation of the Schemes shall be taken care of. However, it was also added that the twin Schemes have huge potential to engage large number of youth for getting sustainable source of income.

DC Doda, SPD SAMAGRA Shiksha inaugurate 100 bedded Girls hostels at GHSS (Girls) Doda & GHSS Bhella

JI NEWS SERVICE

DODA, MARCH 16: Deputy Commissioner Doda Vishesh Mahajan and State Project Director (SPD) SAMAGRA Shiksha J&K Deep Raj Kamethia today inaugurated 100 bedded Girls hostel for poor Girls at Government Higher Secondary School (Girls) Doda and at Government Higher Secondary School Bhella.

SPD Doda Abdul Qayoom, and ADDC Doda Pran Singh and other officers from concerned department were also present on the occasion. Each hostel has been established at a cost of Rs 2.91 crore and shall accommodate 200 poor girls, reducing the girl students drop out after 10th standard, in the district. Speaking on the occasion, the DC complimented SPD SAMAGRA Shiksha, CEO Doda, and other concerned for their efforts to make the residential hostels functional. The SPD informed that the hostels shall be made operational after 1st April. He further instructed that the hostel mess and laundry be outsourced and informed that he has asked the concerned to install CCTV cameras and take all measures ensuring safety and security of resident girls. Further the State Project Director SAMAGRA SHIKSHA emphasised that the poor girls from far off places must enroll in these hostels to continue their studies upto 12th and to make best possible utilization of time with sincere efforts to achieve their desired career goals. He also assured full support to the institutions and urged the officers concerned to make these institutions best learning places in the district. CEO Doda Pralahad Bhagat, DEPO Doda Ayaz Mughal, Principal DIET Doda Parshotam Kumar Goria, Principal Govt Higher Secondary School Girls Doda (At GHSS Girls Doda), Principal Government Higher Secondary School Bhella (At GHSS Bhella), lecturers, teachers, staff and students attended the inaugural functions.

Atal Dulloo chairs Project Grounding & Monitoring Committee meeting



JI NEWS SERVICE

JAMMU, MARCH 16: Additional Chief Secretary (ACS), Agriculture Production Department, Atal Dulloo, today chaired Project Grounding and Monitoring Committee meeting regarding implementation of HADP projects here at Civil Secretariat.

Director Extension, SKUAST-J, Dr. S K Gupta; Director, Horticulture Jammu, Ram Sevak; Director Fisheries, Mohammad Farooq; Director Agriculture, Jammu, K K Sharma; Director, Sheep Husbandry Jammu, Krishan Lal; MD Horticulture, Planning & Marketing, attended the meeting besides, Director Agriculture Kashmir, senior/Technical Officers of concerned departments also attended the meeting in person and virtually.

Threadbare discussions were held on various issues regarding 29 projects under HADP including development of seed and seed multiplication, promotion of Niche crops and vegetables/exotic vegetables under protected cultivation, strengthening Agriculture Marketing in JK UT, promotion of Sericulture and millets & nutri-cereals, oil seeds, formulation of 300 FPOs, Innovation extension approaches for promotion of agriculture and high density plantation and rejuvenate of orchards etc.

The concerned officers of Agriculture and allied departments briefed the meeting about the steps and work done for implementation of HADP projects in Jammu and Kashmir. A power point presentation was also given highlighting various components of the projects.

ACS directed the concerned officers to take every step to ensure preparation of implementation of HADP projects at ground level. He also directed to ensure process of tendering, expression of interest (Eoi), preparation of DPRs etc where ever required on priority basis.

ACS also directed the concerned to ensure procurement of root stock material for high density planting material, seeds, livestock, Agriculture Business Centre etc.

ACS gave one week time to the concerned officers to include any required change in the project documents.

World Consumer Rights Day: Awareness programme on role responsibility and rights of consumers conducted at GDC Kishtwar

JI NEWS SERVICE

KISHTWAR, MARCH 16: Government Degree College Kishtwar organised an awareness program on the eve of "World Consumer Rights Day" under the patronship of Dr. Jyoti Parihar, Principal GDC Kishtwar.

The purpose of the program was to make students aware about consumer rights, responsibilities and remedial measures available to them.

The key speaker of the program, Sajad Hussain, Food Safety Officer, highlighted various issues ranging from buying any product to filling complaints.

He said that before buying anything a person must check the personal hygiene/hygiene of that area and product information such as date of manufacturing, batch number, Best before, FSSAI.

Thereafter a consumer should ask for the proper bill containing full address of the seller, GST number etc. He further talked about fortified foods that are rice, flour, milk, oil and salt.

Economics Department of GDC Kishtwar also celebrated World Consumer Rights Day, 2023 by organising a poster making competition on the topic "Empowering consumers through clean energy transition".

Sponsorship and Foster Care Approval Committee meet held in Rajouri

JI NEWS SERVICE

RAJOURI, MARCH 16: Deputy Commissioner Rajouri Vikas Kundal today chaired the Sponsorship and Foster Care Approval Committee (SFAC) meeting.

The objective of the meeting was to discuss the cases for children in need of assistance. The DSWO informed that there are 58 cases of children in need of assistance. The committee discussed individual cases and the DC asked to forward the cases to the Child Welfare Committee for further evaluation and approval. Once approved, the children will be provided appropriate assistance as per government norms. The committee also keeps track of the progress of the approved cases and reports any anomalies that may occur during the proceedings.

DC Ramban releases Dogri video Song "Dil Jalda Babu Rama"

JI NEWS SERVICE

RAMBAN, MARCH 16: A Dogri Video Song "Dil Jalda Babu Rama" Dogri Himachali Mash Up was released today by Deputy Commissioner, Ramban Mussarat Islam here at a simple but impressive function.

The song is sung by renowned singer, Ronak Thakur of Ramban, written by Brij Mohan and Produced by Harwinder Singh. The song was released on youtube channel "Pahari Saga" and other social media platforms to highlight unexplored culture and beauty of district Ramban.

ADDC Rajinder Sharma, ADC, Harbans Lal Sharma, Tehsildar Rafiq Ahmed and all star cast of musical project, other music lovers and media were present during the function.

Awareness camp on PMFME scheme held at Kupper Chang Neeli Nallah



JI NEWS SERVICE

UDHAMPUR, MARCH 16: A day long awareness camp on Prime Minister's Formalisation of Micro Food Processing Enterprises (PMFME) was organised, today at Kupper Chang, Neeli Nallah, Udhampur district. Sunil Sanmotra Sarpanch was the Chief Guest. A number of local farmers, SHG members, prominent citizens and PRI representatives attended the awareness camp.

Apart from Sarpanch of Neeli Nallah Panchayat, Area Marketing Officer Horticulture Planning & Marketing Department Udhampur (District Nodal Officer for PMFME), Dr Lalit Upadhyay Senior Scientist KVK Reasi, Ramakant Khajuria Manager J&K Bank Cambel Danga, Shiny Sharma DRP Udhampur, officers from Animal Husbandry & Horticulture Planning and Marketing Department addressed the gathering and made people aware about different aspects of the scheme.

The Area Marketing Officer informed that PMFME scheme was restricted to one product for one district. But, now the scheme is available to people as wish to

set up unit for processing of any agricultural product.

The scheme has a number of benefits like 35% subsidy, complete hand holding for registration under Udhayam, FSSAI, GST alongwith full guidance about Packaging, Labelling, Branding and Marketing.

Senior Scientist KVK Reasi informed people to take benefit of the PMFME scheme which not only shall open up a number of opportunities for them to export their products to different parts of the country outside J&K but also to different countries outside India.

Sarpanch, in his address, appreciated efforts of the government in reaching people, living in far flung areas, at their doorsteps in making them aware about different employment generation schemes of government of India.

AGMO Udhampur exhorted people to avail benefits of PMFME scheme and process local agricultural products to increase their shelf life as well as add considerable value to these products. Officers from Animal Husbandry Department also disseminated information about schemes promoted by their department.

Deputy Commissioner Rajouri inaugurates Cash Recycler Machine of JK Bank

JI NEWS SERVICE

RAJOURI, MARCH 16: The Deputy Commissioner of Rajouri, Vikas Kundal, inaugurated the first of its kind Cash Recycler Machine of JK Bank at City Chowk.

The inauguration ceremony was attended by a number of dignitaries, including senior officials from JK Bank, local businessmen, and members of the public. The Deputy Commissioner, in his speech, highlighted the importance of this machine for the people of Rajouri, stating that it would make banking more convenient and accessible for them.

The Deputy Commissioner, in his speech, highlighted the importance of this machine for the people of Rajouri, stating that it would make banking more convenient and accessible for them.

The Deputy Commissioner expressed his appreciation to JK Bank for bringing this innovative technology to the district and for their efforts in making banking



more accessible to the people of Rajouri and Poonch. He emphasized that the Cash Recycler Machine would be a game-changer for the people of the district, and would make banking more convenient and hassle-free for them.

The Cash Recycler Machine is a state-of-the-art device that allows customers to deposit cash directly into their accounts without the need for an intermediary. The machine is equipped with advanced security features to ensure the safety of customers' money.

Speaking on the occasion, the Lead Bank Manager of JK Bank

expressed his gratitude to the Deputy Commissioner and the people of Rajouri for their support and cooperation in making this project a success. He also stressed that this machine would not only benefit the customers but also the bank as it would help reduce the cost of cash handling and increase operational efficiency.

LDM Rajouri, Sanjeev Bhasin, Satish Kumar Zonal Head J&K Bank Rajouri, Nipun Bakshi Branch Manager J&K Bank City Chowk besides Subash Sharma (retired JKAS) and Sanjay Sharma, counsellor were present during the event.

Navratra, Ramzan, POJK-SSS Camp arrangements discussed at Udhampur

JI NEWS SERVICE

UDHAMPUR, MARCH 16: To discuss the arrangements for Navratras, Ramzan & POJK, the Deputy Commissioner Udhampur, Kritika Jyotsna today convened a meeting of officers and prominent citizens of the District here in the Conference Hall DC Office Complex.

President Municipal Council, Dr Jogeshwar Gupta, Senior Superintendent of Police, Dr Vinod Kumar, ADDC Ghan Shyam Singh, ADC Mohammad Syed Khan, ACR, Rafiq Ahmed Jaral, CPO, Mudassar Yaqoob Zargar, ACD, Ranjeet Kotwal and other officer besides prominent citizens attended the meeting.

Threadbare discussions were held on various arrangements related to Security, Safe drinking water, Power supply, First-aid, sanitation, checking of rates, Repair of street lights, Illumination of various chowks, Lifting of garbage, Deployment of police personnel, Traffic congestion in the town etc discussed in detail.

Necessary directions were issued to district heads to ensure fool-proof arrangements pertaining to their respective department during the festival.

DC stressed upon the Police Department to make sufficient security arrangements to avoid any untoward incident during the festive season.



CMO was asked to deploy a health team along with an ambulance for providing necessary health facilities. Xen PHE was asked to ensure regular supply of drinking water besides Xen PDD was directed to ensure uninterrupted power supply during the festival.

Stressing on maintaining cleanliness in the town, the DC directed the CEO MC to take necessary steps in this regard and also sought the cooperation of prominent citizens in keeping the town neat and clean.

Keeping in view the festive season, a

committee comprising Tehsildar, Assistant Director FCS & CA, CEO Municipality and Food Safety Officer was constituted to conduct market inspection to keep check on overcharging by the shopkeepers. General public is advised to park their vehicles on earmarked parking & avoid parking on road side.

Meanwhile, the shopkeepers were also asked to display the rate list of all the essential commodities for the information of the general public. Further, the Traffic department was directed to deploy an adequate number of traffic personnel at

traffic jam prone areas to avoid any traffic congestion during the festival.

A meeting to discuss and review arrangements for Hon'ble Lieutenant governor's special governance camp for displaced persons of PoJK-SSS campaign was held today under the chairmanship of Deputy Commissioner, Udhampur at Conference Hall DC Office Complex Udhampur.

The DC directed the concerned officers to ensure all arrangements pertaining to their respective departments well in advance and in an effective manner for smooth conduct of the camp. In this regard, the DC informed that the Lieutenant Governor's Special Governance Camp for displaced persons of PoJK is scheduled to be held on March 19, 2023 in Udhampur district.

DC emphasized the need for proper coordination among the various departments involved in the organization of the camp. DC added that Honourable Lieutenant Governor's Special Governance Camp is an important initiative of the government, aimed at ensuring satisfaction of all the services to the displaced persons of PoJK.

CEO MC, Tehsildar and Police department were asked to keep in touch with all the PoJK families and ensure their participation in the camp.

MD Jal Shakti reviews progress of works under JJM in Rajouri

JJ NEWS SERVICE

RAJOURI, MARCH 16: The Mission Director, Dr. G.N Ito reviewed the status of works under Jal Jeevan Mission during a meeting. The meeting was informed that 293 JJM schemes have been approved in the 177 district, of which 183 are for the Rajouri division and 110 are for the Nowshera division. It was also informed that the work on 172 schemes has been allotted and there are 62 schemes where work is in progress. Additionally, 67941 out of the 133477 households in the district have been connected till date. Taking stock of the progress on borewells, the meeting was informed that out of 227 borewells, the work on 174 has been allotted.

Regarding the forest clearance issues on JJM schemes, it was informed that there are 177 schemes out of 293 that involve forest issues on JJM schemes. In order to avoid delays in the execution on the ground, the Mission Director asked the concerned officers to take up the issues with the Forest Department and get the same resolved at the earliest. Inquiring about the status of the WQMS (Water Quality Monitoring and Surveillance), it was informed that there is one district-level lab and four sub-divisional labs. This year, 9764 tests have been



taken in total. While addressing the meeting, the Mission Director urged all stakeholders to speed up their efforts in order to achieve the mission's goal. He also suggested certain measures that need to be

taken in order to ensure proper implementation of the schemes and their successful completion. The Mission Director mentioned that focus should be given on ensuring quality work, timely completion of

projects and proper supervision of the same. He also emphasized on the need to keep a close watch on the proper use and maintenance of water supply systems.

During the meeting, he recommended the monitoring of water quality at the grassroots level by way of capacity building of the local community. He laid stress on using techniques like Critical Path Method (CPM) and Resource Management System for better control and understanding of the priority areas and discerning the way forward to complete each work on time.

The Mission Director also directed the concerned officials to enhance the transparency and effectiveness in monitoring of the works including functioning of NGOs empanelled as Implementation Support Agencies (ISAs). These ISAs are working across villages and helping in capacity building of Gram panchayats, Pani Samities and perform other support activities. CPO, Mohammad Khurshid; SE Hydraulics, Bhram Jyoti Sharma; SE Mechanical Rural Circle Jammu; Gurcharan Singh; ExEn Jal Shakti Rajouri, Ashwini Khajuria; ExEn Jal Shakti Nowshera Vipin Kumar and ExEn Jal Shakti Mechanical, Manmohan Singh and other concerned officers attended the meeting.

KVIB organises awareness programme at Panchayat Lower Kanna Chargal

JJ NEWS SERVICE



JAMMU, MARCH 16: J&K Khadi and Village Industries Board Jammu organised a one day district level awareness programme under various Schemes of PMEGP/JKREGP at Government Primary School Lakhter, Panchayat lower Kanna Chargal.

The awareness programme was attended by Sarpanch of the Panchayat, Din Mohammad, Panches besides district officers of J&K, KVIB, Branch head of J Bank Bajalta and others prominent members of the panchayat.

The District Officer KVIB explained that the various schemes of board for unemployed youth to get benefits for their livelihood, opportunities for setup their own business units for self dependent and those who add their business units with modern techniques also get loans from KVIB under these schemes. The officers of KVIB said that motive of these programmes is to interact with public and youths on their doorstep so that they get knowledge of all government schemes. The programme under the guidance of VC J&K, KVIB, Dr Hina Shafi Bhat, Secretary, J&K KVIB Farukh Qazi and Dy. CEO Jammu Division Tilak Raj.

CSIR IIM distributes planting material among farmers in Doda

JJ NEWS SERVICE

DODA, MARCH 16: CSIR-IIM Field Station Doda in collaboration with Department of Agriculture and Floriculture Doda organized an awareness and planting material distribution programme under CSIR Floriculture Mission at Community Hall Doda and Bhaderwah today which was attended by progressive farmers, entrepreneurs, florist nursery growers from different parts of District Doda.

Farmers across different areas of Doda District converged to participate in the programme wherein

they were informed about the various verticals of the Mission and the activities being carried out for enhancing the farm profitability and farmer's income, gainful livelihood generation and entrepreneurship development through production and multiplication of different cut flower cultivars.

The awareness cum distribution programme was inaugurated by Deputy Commissioner Doda Vishesh Mahajan in presence of CAO Doda Anil Gupta, AD Floriculture Doda Pawan Kumar, Nodal Scientist CSIR IIM Shahid Rasool, and members of Kisan

Advisory board Tejinder Singh and Hind Bhushan.

On the occasion 56 farmers were provided the quality planting material of different cultivars of Ilium and Gladiolus at Community Hall Doda. And more than 150 farmers and florists were provided Marigold planting material at Community Hall Bhaderwah. Farmers and florists present at the event thanked and appreciated the initiative and outreach under CSIR Floriculture Mission for development of highly remunerative Floriculture sector in J&K.

DC while addressing the farmers has urged to make the Doda a hub of flower market and explore the great potential of the district in this field to earn a better livelihood with dignity. He asked the department for handholding to the farmers, florists and entrepreneurs by providing them quality planting material and technical advice for cultivation, production, post harvest technologies, and value addition technologies.

DC Shopian chairs Mega Public Darbar at Moaj Park Vehil

INSPECTS PHC VEHIL, TAKES REVIEW OF FUNCTIONING OF THE HOSPITAL

JJ NEWS SERVICE

SHOPIAN, MARCH 16: The Deputy Commissioner (DC) Shopian, Sachin Kumar Vaishya today chaired a Mega Public Darbar at Moaj Park Vehil Shopian, where he met locals and public representatives to take first hand appraisal of public issues at their doorsteps.

At the outset, PRI members, village elders from the area raised various public welfare issues and developmental requirements in the area. The locals demanded upgradation of schools, improvement in HT, LT lines and health-care facilities, repairs of irrigation canals, upgradation of Water Supply Schemes, etc. The DC, on the occasion, called for holistic development of the area by synergistic approach of all stakeholders and impressed upon the concerned to ensure prompt redressal of public issues raised during the public Darbar. He also asked for active participation of Pani Samitis in better implementation of JJM works in the area, aimed to provide drinking water to all households. Later, the DC inspected PHC Vehil and took stock of the health care facilities being provided to the patients there and directed the health functionaries to work with dedication and provide all amenities and facilities to the patients and people visiting the centre. Among others, Joint Director Planning, Khurshid Ahmad Khatana; ACD, Hilal Ahmad Jeri, BDO and concerned officers and officials were present on the occasion.

Department of Social Forestry organises Mega-Plantation Drive at Kashmir University Campus

JJ NEWS SERVICE

SRINAGAR, MARCH 16: As part of 'Green J&K Drive' the Department of Social Forestry today organized a mega plantation event in collaboration with University of Kashmir at Zakura Campus, here.

More than 1000 plants of Deodar and other species were planted. University and school students, NCC cadets, school children, Eco Club members, Van Mitras & NGOs, Teaching Faculty of University, Government officials, staff of Social Forestry Division Srinagar and local people participated in the plantation event.

The drive was kicked started by Principal Secretary Forest, Ecology and Environment Department, Dheeraj Gupta who was also the chief guest at the event.

Speaking on the occasion, the Principal Secretary expressed satisfaction and appreciation for whole hearted support and participation of VPPCs, PRIs, Gram panchayat members, University administration and other stakeholders in carrying out the plantation event successfully. He stated that under Social Forestry's various initiatives, efforts are being made to scale up plantations within urban areas to create green assets which not only add to the aesthetic value of cities but also play a key role in mitigating climate change.

Gupta appreciated efforts of the Social Forestry Department for doing plantations inside educational institutions, on lands belonging to Gram Panchayats and also to promote plantation on farmer's land. Gram Panchayats are playing a proactive role in engaging local people to take up afforestation as a gainful farming enterprise to increase their income and enhance livelihood opportunities in rural areas, he added.

Speaking on the occasion, PCCE (HoFF), J&K Forest Department, Dr Mohit Gera appreciated the efforts of Social Forestry Division in greening the Srinagar city under 'Green JK Drive' and highlighted the importance of such plantation drives in educational institutions especially University Campuses under the component 'Institutional Plantation'.

Progress under Distt Capex Budget, 2022-23 reviewed at Shopian

JJ NEWS SERVICE

SHOPIAN, MARCH 16: The District Development Commissioner (DDC) Shopian, Sachin Kumar Vaishya today chaired a meeting at Mini-Secretariat here to review the progress under District Capex 2022-23, besides discussing the plan formation for the FY 2023-24.

The DDC discussed sector-wise works proposed under Plan Formulation 2023-24

and took a detailed Block wise and Panchayat wise review of the physical and financial achievements of the works taken up under the Capex Budget 2022-23.

He also emphasised that demands projected under the B2V component of Aspirational Panchayats and Towns should be duly incorporated. He said that all the works identified for 2023-2024 and completed during the year 2022-2023 must be depicted at Panchayat buildings.

DC chairs RKS meeting at DH Ramban

JJ NEWS SERVICE

RAMBAN, MARCH 16: To review the functioning and patient care scenario in the district Hospital Ramban, a meeting of Governing body of Rogi Kalyan Samiti was held today under the chairmanship of Deputy Commissioner, Ramban Musarrat Islam, who is also the Chairman of Rogi Kalyan Samiti (RKS).

The meeting was attended by Chief Medical Officer, Dr. Kamal Zadu, Medical Superintendent District Hospital, Dr Mohd. Rafi, CEO Dev Anand, DSWO Rahul Gupta and other RKS members.

Detailed discussions were held on various issues which included repair of Ambulances, Approval of engagement of sanitary workers, security guards, Minor repair & renovation, electrification, sanitation, aluminium work, Emergency procurement, Procurement of laboratory consumables and other lab materials etc.

Medical Superintendent DH gave a detailed powerpoint presentation regarding the achievements and requirements of the hospital and submitted the agenda point for approval before the members.

The DC took a detailed review of the functioning and fund flow of the District Hospital Ramban besides the progress of the institution under different indicators. A threadbare discussion was held on the measures required with respect to the up-

gradation of the Hospital. The meeting was informed about various issues and requirements for the augmentation of health infrastructure and overall advancement of the healthcare system in the Hospital.

During the meeting the Samiti approved the Minor repair & renovation including white wash, electrification, sanitation, etc of District Hospital, Ramban. The Committee also approved procurement of material required for daily use within Hospital premises besides purchase emergency & Life saving drugs and disposables, surgical items, laboratory reagents, dental material on emergency basis in the interest of patient care.

The Deputy Commissioner directed the concerned to follow the objectives as envisaged in RKS guidelines and stressed for resource generation and strengthening transparent mechanism in utilization of funds.

He directed to purchase all items through the Gem portal.

The DC assured all possible support from the Administration for infrastructure development of the Hospital to further improve patient care in the hospital.

During the meeting, DC stressed to increase the institutional deliveries by way of proper awareness and strengthening of health care facilities in primary health centers and common health centers.

3 day training programme on Early Detection of Drug Abuse & Post Detection Management began at SKC Degree College Poonch

JJ NEWS SERVICE

POONCH, MARCH 16: Social Welfare Department today organized a three days training programme on Early Detection of Drug Abuse and Post Detection management for volunteers of youth clubs at New Auditorium of SKCGDC Poonch.

The programme was conducted in cooperation and active participation of NSS volunteers and NSS cadets of SKC Govt. Degree College Poonch under the guidance of Prof. Fateh Mohammad Abbasi and Prof. Yogesh Kumar Sharma and under the overall supervision of Principal SKC GDC Poonch, Dr.Jasbir Singh.

Additional Deputy Commissioner Poonch, Tahir Mustafa Malik was the Chief Guest on the occasion. During the programme, DSWO Mohinder Paul presented a welcome address and highlighted different issues associated with drug

Abuse. During the session, ADC Poonch spoke on early identification, treatment, rehabilitation, after-care and social reintegration techniques and other different issues associated with drug Abuse. Prof. Fateh Mohammad Abbasi, and other experts also briefed the ill effect of drugs and said the students away from drug abuse and war against Narco terrorism. The lecture on Drug Abuse Were also delivered by Mental Health Expert, Dr. Irivan baba and Dr. Tahfeez khan. The training programme was attended by CDPO, Adil Shabir, Prof. Fateh Mohd. Abbasi, Prof. Yogesh kumar Sharma, Prof. Sarfraz Mir, Tehsil Social Welfare Officer, Mohammad Azam Rather, experts, students of SKC Degree College Poonch and other education institutions. An enthralling cultural programme on Drug Abuse presented by the artist of Saraswati Sangeet Kala Kendra Poonch.

OFFICE OF THE DIVISIONAL FOREST OFFICER, SEED DEVELOPMENT DIVISION, JAMMU

CORRIGENDUM

Sub- Raising of polybagged wild species of fruit, fodder plants at Sidhra Nursery of Seed Development Division, Jammu.

Ref: e-mit No. 24 of 2022-23 dated: 02.03.2023

Due to low response of bids in response to the above cited e-NIT, the said e-NIT is hereby retendered and the new dates of Submitting bids and opening of bids shall be as under :-

Last date of submitting online bids : 22.03.2023

Date of Opening of Bids : 23.03.2023

No:- JKFR/SD/D/JF-181/2022-23/1223-27
Dt:-15.03.2023.

DIP/J-16725/22

S/D-
DIVISIONAL FOREST OFFICER
SEED DEVELOPMENT DIVISION
JAMMU

NORTHERN RAILWAY E-AUCTION	
The Senior Divisional Commercial Manager, Northern Railway, Firzopur for and on behalf of President of India invites E-Auction for lot over Firzopur Division as per detail given below:	
Name of work	Allowment for Parking Contract at Srinagar Railway Stations over Firzopur Division for the period of three years.
Auction Catalog No.	EA-FZR-PARG-23-8
Auction Start	29-03-23 11:00 hours
Lot No.	Station Name
PARKING-FZR-SINA-MX-68-23-1	Srinagar
Only registered Vendors can participate. For other details please visit Railway website www.reps.gov.in 812/2023	
SERVING CUSTOMERS WITH A SMILE	

NORTHERN RAILWAY E-AUCTION	
The Senior Divisional Commercial Manager, Northern Railway, Firzopur for and on behalf of President of India invites E-Auction for various Railway Station lot over Firzopur Division as per detail given below:	
Name of work	Allowment for Operation and Maintenance of Normal Pay & Use Toilets for the period of three years.
Auction Catalog No.	EA-FZR-PNU-23-03 dated 15.03.2023
Auction Start Time	29.03.2023 at 11:00 hours
Lot No.	Name of Station
PhU-FZR-JGN-Tol-9-22-1	Jagrao
PhU-FZR-FDK-Tol-54-22-1	Fandkot
PhU-FZR-BRML-Tol-63-22-1	Baramullah
PhU-FZR-ANT-Tol-59-22-1	Anantnag
PhU-FZR-QG-Tol-58-22-1	Qazigund
PhU-FZR-BDGM-Tol-61-22-1	Budgam
PhU-FZR-SXZM-Tol-62-22-1	Sopore
PhU-FZR-MOGA-Tol-53-23-1	Moga
PhU-FZR-PTK-Tol-70-22-1	Pthanakot City
Only registered Vendors can participate. For other details please visit Railway website www.reps.gov.in 811/2023	
SERVING CUSTOMERS WITH A SMILE	

Div Com reviews progress on mega road projects executed in Jammu division

ALSO REVIEWS JMRDA PROJECTS & DISCUSSES NEWS PROJECTS TO BE TAKEN UP UNDER CAPEX

JJ NEWS SERVICE

JAMMU, MARCH 16: Divisional Commissioner Jammu, Ramesh Kumar today reviewed the status of road projects being executed in the districts of Jammu Division by National Highway Infrastructure Development Corporation, National Highway Authority of India, Border Road Organization, Sampark etc.

The meeting was attended by Chief Engineer Sampark, Brig Tej Pal Singh; Director Geology and Mining, OP Bhagat; GM, NHIDCL, Col S.S. Sangwan; Assistant Commissioner Central, Pritam Lal Thappa, Deputy Director Planning, Munish Dutta; besides senior officers of NHAI, Chief Engineers of PWD, JPDC, JPTCL and other concerned, while Deputy Commissioners of Jammu division along with concerned officers participated in the meeting through video conferencing.



The Divisional Commissioner had an elaborate discussion on the status of all major road projects undertaken by NHIDCL, NHAI, Sampark, BRO. He inquired about the bottlenecks, if any, hampering progress of these vital projects.

While discussing executed projects the concerned officers apprised the Div Com about the present status of work on all the

ongoing projects and also put forth issues needs to be resolved.

Responding on the projected issues the Div Com instructed concerned DCs to resolve land issues if any pending in their respective districts and early complete disbursement of compensation.

The Div Com asked Executing Agencies to stay in regular touch with Deputy

Commissioners for resolving minor issues on priority. He also instructed executing agencies to expedite the pace of work on all the ongoing projects for their timely completion.

Earlier in another meeting Divisional Commissioner who is also the Additional Chief Executive Officer- Jammu Metropolitan Region Development Authority (JMRDA) reviewed the progress of work on the projects executed under JMRDA in five associated districts and discussed additional projects to be taken up under the Capex budget of JMRDA.

During the meeting, the Div Com took stock of present status of ongoing projects and the concerned executing agencies apprised the Div Com about the progress on each project. It was informed that the work was in progress on the projects while some projects are at different stages of execution.

DC Jammu reviews progress of works under PMDF

Asks concerned officers to strictly adhere to timelines



JJ NEWS SERVICE

JAMMU, MARCH 16: Deputy Commissioner Jammu, Avny Lavasa today chaired a meeting to review the sector-wise implementation of PMDF projects in terms of the physical and financial progress achieved till date.

Threadbare deliberations were held to review the progress of key developmental projects to augment infrastructure in healthcare, education, tourism, power, PHE, irrigation and flood control and housing & urban development.

The Deputy Commissioner impressed upon the senior officers to regularly review the execution of PMDF projects and address bottlenecks, if any, to ensure smooth execution of these projects.

It was informed that majority of the projects are advancing as per decided timelines and are at various stages of completion.

The Deputy Commissioner asked the executing agencies to strictly adhere to the timelines. She directed the concerned officers to work in synergy with other departments to get the works completed within time frame.

CFO Yoginder Katoch along with senior officers from concerned departments were present in the meeting.

Kathua edition of LG's Special Governance camp for DPs of PoJK to be held on March 19

DC KATHUA APPEALS COMMUNITY MEMBERS TO TURN UP AND AVAIL HOST OF SERVICES, REDRESSAL OF THEIR GENUINE GRIEVANCES

JJ NEWS SERVICE

KATHUA, MARCH 16: Deputy Commissioner Kathua Rahul Pandey today made fervent appeal to the Displaced Persons of Pakistan occupied Jammu Kashmir (PoJK) residing in the district to come up in large number at the maiden LG's Special Governance Camp going to be held at Government Middle School, ward no 21, Chak Sheikhan, at District headquarters on March 19.

While throwing light on the initiative, the DC said the purpose of the event is to provide essential services to the displaced persons, including documentation, healthcare, education and livelihood support.

"The displaced persons will have an opportunity to interact with government officials and to learn about various welfare schemes and programs available to them. The camp will have special focus on Skill Development, Social Assistance, Self Employment, Financial Inclusion besides guidance for sports and studies" DC added.

DC Kathua exhorts all the dis-



placed persons of PoJK residing in the district to attend the LG's Special Governance Camp and take advantage of the services offered during the event.

"We are committed to providing support and assistance to the displaced persons of PoJK, and we believe that this event will help in achieving our goal," said DC Kathua.

"We invite all the displaced persons of PoJK residing in the district to attend the event and make the most of the services provided."

The DC said "the District Administration is taking this event as an opportunity to undertake proper hand holding of all eligible

beneficiaries from the families of Displaced Persons of PoJK so that the object of uplifting their socio-economic conditions can be achieved."

Regarding the holding of Special Youth Awareness Camp by District Administration during LG's Governance Camp, the DC said camp will be One-Stop point where youth can avail self employment opportunities being offered under different departmental schemes and programmes of UT of J&K and Government of India. He further appealed to the youth to turn up at the venue where success stories of young entrepreneurs will also be showcased.

IT Dept organizes one day JKMYGOV workshop for SED

JJ NEWS SERVICE

JAMMU, MARCH 16: Information Technology department today organized one day interactive workshop on JKMYGOV for School Education Department (SED).

The central MYGOV team from New Delhi also participated in the workshop.

During the workshop, two separate sessions were held for Jammu and Srinagar (in virtual mode) hosted by Senior Consultant, IT Department, Puneet Kant and Shivangi Verma from MYGOV Delhi Team under the guidance of Additional Secretary, IT Department, Satish Kumar Sharma.

The sessions were followed by a presentation on the guidelines and registration process by Senior Consultant of IT Department.

Additional Secretary gave an overview of the program and mentioned that the JKMYGOV instance is an interactive citizen engagement platform that collaborates with government bodies to engage with citizens for policy formulation and seeks the opinion of people on issues/ topics of public interest and welfare. He added that UT-level best practices can be discussed and presented to the public through this interactive digital platform.

Additional Secretary also said that the mandate of this session was to seek unique ideas and suggestions of public interest on www.jk.mygov.in portal. He requested the officials of the School Education Department to visit and register on the portal and share unique UT-level ideas/initiatives with the department for wide publicity through this portal.

The workshop witnessed participation of more than 200 officers and officials of School Education Department participated.

DC Kathua reviews status of works under Irrigation sector

JJ NEWS SERVICE

KATHUA, MARCH 16: Deputy Commissioner Kathua, Rahul Pandey chaired a meeting of concerned officers to review the progress of projects taken up under Irrigation sector, in his office chamber, here today.

The DC discussed with the concerned the physical/financial progress of schemes and directed them to complete all the works by cut off timelines i.e March 2023 in order to facilitate farmers with improved irrigation facilities. While reviewing the works taken up by Irrigation and RTC departments, the DC called upon concerned XENs for saturating all the projects under heads viz UT, District Capex and PRI grants before the end of current fiscal. The meeting was attended by Executive Engineer of Irrigation, Ravi Tawi Irrigation Canal and other concerned officers.

Kiru HE Project (624 MW) organises Free Medical Camp under CSR Initiative of CVPPPL

JJ NEWS SERVICE

KISHTWAR, MARCH 16: Kiru Hydro Electric Power Project as a part of Corporate Social Responsibility (FY-2022-23) Initiative of CVPPPL in collaboration with District Administration & Health Department Kishtwar organized free General Health Medical Camp & Specialized Medical Camp on Gynecology and Menstrual Hygiene under Azadi Ka Amrit Mahotsav at Primary Health Centre Kiru, District Kishtwar.

The Camp was inaugurated by ADDC Kishtwar Sham Lal in presence of Rajendra Prasad, Group General Manager & Head of the Project, Kiru HEP and Dr. Mohd. Yaqoob Mir, Chief Medical Officer, Kishtwar.

A team of Doctors / Technicians from Distt. Hospital Kishtwar examined Patients from the Project affected villages and nearby areas and more than 700 persons benefited from the Medical Camp. Free Medicines, Health / Nutritional Supplements were distributed to the patients.

The Gynecology and Menstrual Hygiene Awareness Campaign was also conducted as a part of this camp.

The beneficiaries expressed great satisfaction due to the benefit availed from free General Medical screening, Gynaecological consultations given by doctors and free medicines provided to them.

Power shutdown in Jammu & adjoining areas

JJ NEWS SERVICE

JAMMU, MARCH 16: Chief Engineer (Distribution) JPDC/Jammu has informed that the power supply to Greater Kailash, Birpur Complex, Seora, Kanai and its adjoining areas shall remain affected on March 17 from 8 am to 2 pm. Similarly, the power supply to Pranoo, Bhalla, Khellani, Tensna, PHE and its adjoining areas shall remain affected on March 17 from 9 am to 4 pm.

Likewise, the power supply to Jhajar Kotli, Damsal, Jindrah, Baital Manwal, Suriansar, Kishanpur, Mansar and adjoining areas shall remain affected on March 17 from 10 am to 2 pm.

Meanwhile, the Superintending Engineer (Distribution) JPDC, O&M Circle Kathua has informed that the power supply to Jog, 17 Mile, Swankha Morth, Najwal etc shall remain affected on March 18 from 9 am to 3 pm.

Similarly, the power supply to CIM Factory, GMC, Chackkudan, Godrej Factory and Industries under SICOP Ist and SIDCO shall remain affected on March 17 and 18 from 8 am to 12 noon.

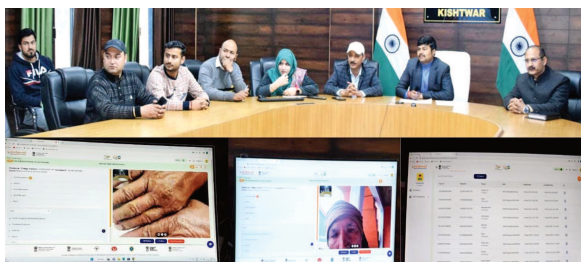
Likewise, the power supply to Industries under Feeder No. 02 and 03 shall remain affected on March 17 from 10 am to 4 pm.

DC Kishtwar launches eSanjeevani- Telemedicine services for the patients of far flung Kuntwara area of district Kishtwar

JJ NEWS SERVICE

KISHTWAR, MARCH 16: Deputy Commissioner Kishtwar Dr. Devansh Yadav in collaboration with Department of Health & Family Welfare and Department of Ayush Kishtwar today launched the eSanjeevani-Telemedicine facility for the people of far flung Kuntwara area of district Kishtwar here from VC room DC office Kishtwar.

The initiative has been launched to reach out to the patients of the far flung Kuntwara area at their doorstep which provisions the online medicare consultation. On the occasion, Dr. Nazia hosted the



telemedicine consultation of various patients who visited the Ayush Centre Naghatna of

Kuntwara area using a digital platform. The eSanjeevani OPD, the patients registered with login

ID, provided consultation and issued with e-prescription with the help of staff persons of

Ayush Centre Kuntwara.

Pertinent to mention that eSanjeevani OPD is a patient-to-doctor telemedicine platform and provisions health services to the public confined to far flung areas. Speaking on the occasion, DC Kishtwar said that the telemedicine services will augment the healthcare system in such areas where enough doctors are not available and where infrastructure is not supportive.

He also informed that more such areas will be covered under the eSanjeevani in coming time to ensure real time medicare consultations are made available for far flung area patients by roping in best doctors and specialists.

THREE WEEK TRAINING ON CYBER SECURITY COMMENCES AT NIELIT JAMMU, SRINAGAR

JJ NEWS SERVICE

JAMMU, MARCH 16: Three week training programme on Cyber Security commenced here today at National Institute of Electronics & Information Technology (NIELIT) Jammu and Srinagar.

The training programme is being organized by Information Technology (IT) department of

Jammu and Kashmir Government under Centre of Excellence (CoE) established by the department in collaboration with NIELIT J&K. The training programme is focusing on myriad range of cyber security topics like cybercrimes, network security, cyber hygiene, cyber forensics, mobile and end user security, web security and information security audit, among others.

The programme will enable the participating officials understand the applicability of security controls for system/network confidentiality and applying problem-solving skills to detect cyber-attacks.

Around 60 officers and officials belonging to various government departments are participating in the training programme.

