



## General Bipin Rawat changed J&K narrative: CDS Anil Chauhan

Remembering late Gen Bipin Rawat on his 65th birth anniver-sary, Chief of Defence Staff Anil Chauhan or Tuesday said Rawat's biggest contribution was to change the narrative of counter-insurgen-cy and counter-terror operations in Jammu and Kashmir. "General Bipin Rawat was an operational man. His biggest contribution was to change the

contribution was to change the narrative of counter-insurgency and counter-terror operations in Jammu and Kashmir. Whatever relative peace we enjoy in Jammu and Kashmir today is fall out of what he



did as Chief of Army Staff (COAS)," said the CDS Chauhan. On December 8, 2021, General Rawat along with his wife Madhulika Rawat and 11 others lost their lives in a helicopter crash in Coonoor, Tamil Nadu

During his illustrious service,

India's first CDS was conferred the Line of Control in North Kash with PVSM, UYSM, AVSM, YSM, mir. SM, VSM and Padma Vibhushan

SM, VSM and Padma Vibhushan (posthumously). He was a visionary leader and a scholar soldier, known for his professionalism, principles, conviction and During his four decades in service, General Rawat had gained vast operational experience in the full spectrum of warfare. As a brigadier, he led successful counter-terrorism operations in Sopore in JVR and successfully

in Sopore in J-K and successfully commanded a multinational brigade under United Nations in Dem ocratic Republic of Congo.

As a Major General, he had commanded an Infantry Division along

mir.
As a Corps Commander, he over-saw the conduct of hot pursuit of terror groups executed by the Indian Army's Special Forces into Myanmar. This was the beginning of the transformation of India's strategic culture from restraint to assertion.

assertion.
Later on, as Vice Chief of the
Army Staff, he was instrumental
in overseeing the surgical strikes
against Pakistan-based terrorist groups in PoK

As Chief of the Army Staff, Gen eral Rawat's achievements remarkable in all spheres of

CONTINUED ON → PAGE 4

### **Boost to Self-Reliance**

### PM Modi on approval for capital acquisition of Military hardware worth Rs 70,584 Cr

JI NEWS SERVICE

Prime Minister Narendra Modi on Friday hailed the approval for proposals worth more than Rs 70,500 crore in the defence sector as a "boost to self-reliance" and said it was a reaffirmation of the faith in Indian talent. India on Thursday approved

India on Thursday approved the capital acquisition of a pleth-ora of indigenously-developed military hardware, including the indigenous BrahMos missiles, marine diesel engines, artillery gun systems, electronic warfare suits and utility helicopters, at a cost of Rs 70,584 crore as part of a mega procurement plan. All the platforms and weapons

Tagging Defence Minister Rajnath Singh's tweet asserting that persistent efforts are being undertaken to ensure self-reliand in the defence sector and propos-als worth more than Rs 70,500 crore have been approved, Modi CONTINUED ON » PAGE 4

## Former minister, former MLA, President JKNPF, JKSSB aspirants call on LG Sinha





Abdul Ghani Kohli, former minister called on Lieutenant Governor Manoj Sinha at Raj Bhavan today. The former minister apprised the Lt Governor various developmental

issues of district Rajouri including road connectivity. He also discussed welfare issues of Gujjar Bakerwal community of district Poonch

Balwant Singh Mankotia, former MLA met Lt Governor and discussed

on promoting cooperatives in dis-trict Udhampur, among other local developmental issues of district moting cooperatives in dis-

Udhampur. Earlier, a delegation led by Sheikh Muzaffar, President, Jammu & Kashmir Nationalist People's Front (JKNPF), also called on the Lt Governor and put forth the public issues

and demands of district Anantnag. Later, a delegation of JKSSB PSI aspirants met Lt Governor and put forth the demand of expediting the selection process of the PSI exam

conducted recently (December 2022) and timely completion of other exams of JKSSB. Adv. Altaf, Chairman Municipal Council Ganderbal also called on the Lf Governor and projected various developmental issues of Ganderbal

The Lt Governor while interact ing with the visiting individuals and members of the delegation assured them of appropriate redressal of the genuine issues and demands put

### Reserved category employees who fled Kashmir seeking relocation suspend strike

JI NEWS SERVICE JAMMU, MAR 17

Reserved Category employees who fled Kashmir following last year's targeted killings of their colleagues announced on Friday the suspension of their 290-day strike seeking relocation away from the Valley.
Reserved Category Employees' Association leader Kuldeep Kumar said the decision to suspend the strike was taken after a 10-member coordination committee held several

tion committee held several rounds of talks with the Lt Governor-led administration

over the past two weeks. The decision to suspend the agitation comes a fortnight after Kashmiri

CONTINUED ON → PAGE 4

### **Excavator slips into** Chenab, operator feared dead

JAMMU, MAR 17

A moving soil excavator rolled down into Chenab river in Doda on Friday morning causing appre-hension about the death of driver. Quoting an official, that a CONTINUED ON » PAGE 4



### 'herStart' platform introduced to promote women startups: Dr Jitendra



Union Minister of State (Independent Charge) Science & Technology; Minister of State (Independent Charge) Earth Sciences; MoS PMO,

Personnel, Public Grievances sions, Atomic Energy and Space, Dr Jitendra Singh informed here today that a newly created "herSTART" platform has been introduced to

### MeT predicts rain in plains, snow on higher reaches of J&K

JI NEWS SERVICE

## Amrit Kaal Budget: Futuristic 2023-24 budget lays special focus on employment generation, women empowerment, social inclusion

The whooping budget of Rs 1,18,500 crore for Jammu & Kashmir for the financial year 2023-24 has special focus on employment generation, women empowerment and social inclusion

The total budget estimates for the fiscal is Rs. 1,18,500 crore, of which, developmental expenditure is of the order of Rs. 41,491 crore.

"The capital component of the budget has increased substantially. budget has increased substantially. The expected revenue receipts are Rs 1,06,061 crore whereas Revenue expenditure is expected to be R7,009 crore, thereby making available revenue surplus for capital expenditure to the tune of Rs 29,052 crore," reads the budget document. According to a senior official in the J&K administration, the focus of the budget is good expertance.

of the budget is good governance, strengthening grassroots democracy, promoting sustainable agri-culture, facilitating investment and growth, employment generation, accelerated development and inclu-sive growth, women empowerment



and social inclusion

"Launch of HIMAYAT 2.0 with renewed focus on employment ori-ented trades for training and convergence of skill related infrastructure across the department vergence of skill related infrastruc-ture across the departments like Skill Development, Mission Youth, Industries & Commerce, School Education, Agriculture etc is also part of the budget. As Jammu and Kashmir has returned to the path of peace and progress, the youth are enthusias-tic to excel in different fields like their counterparts in rest of India.

their counterparts in rest of India. A massive skill development programme which included introduction of latest streams and technologies at the college level, big industrial setups, start-ups and the exponential growth of small and medium entrepreneurs as well as self-help groups have been made in the budget today cater to all these aspects to take care of youth aspi-

The emphasis of the budget is also on strengthening grass-roots democ-racy with massive flow of funds for all three tiers of Panchayati Raj, with efforts on holistic improvement in infrastructure, roads and water and setting up agro-based small-scale industries to double the income of farmers and other villagers

The strengthening of rural health care has received a major impetus in this budget to put in requisite equipments, facilities and laboratories in the hospitals.

Moreover, Power sector reforms and augmentation of the distribution network will continue in the budget and the projection of doubling the electricity generation capacity in the coming years is there. Budgetary allocations are there to develop a road network with scores of bridges and tunnels to make the remotest areas accession and the remotest areas accession. to make the remotest areas accessible, Major HEPs will

### Govt announces Rs 129.05 cr initiative to reduce fodder deficit, boost livestock sector under HADP

JI NEWS SERVICE

The Union Territory of Jammu and Kashmir, recognizing the potential of livestock husbandry to improve the socio-economic conditions of farming communities and boost the overall economic growth of the region, has launched several measures under the Holistic Agriculture Development Program

Jammu and Kashmir, acknowledged for its tremendous agricultural potential and production,
comprises of mostly small and
fragmented landholdings owned
by the farmers. Over 70 per cent
of the population in the region
depends on agriculture and related vocations for their livelihood,
either directly or indirectly.
Over the years, livestock husbandry has emerged as a crucial
growth engine for sustainable and
equitable development, which six
vital for uplifting the socio-eco Jammu and Kashmir, acknowl-

vital for uplifting the socio-eco-nomic status of farming communities in I&K

As per Additional Chief Secre-

Department, Atal Dulloo, an Apex Department, Atal Dulloo, an Apex committee has devised a compre-hensive plan under HADP, which amounts to Rs 129.05 crore, to mitigate the fodder shortfall in the UT by 80 per cent. The primary objective of this program is to aug-ment the agricultural and livestock sectors and equip farmers with sectors and equip farmers with vital resources such as financial assistance, improved seeds and technical guidance to amplify pro ductivity, profitability, and overall

ductivity, profitability, and overall economic progress of the area. The government is committed to provide all necessary support to farmers to ensure the success of this initiative. It is working closely with various stakeholders, including agricultural universities, research institutes, and industry experts to achieve this goal. Livestock rearing in Jammu and Kashmir incurs a significant cost, with 75 per cent of the input cost attributed to feed and fodder. The region is home to a diverse range of animals including 31.45 lakh

of animals including 31.45 lakh bovines, 45 lakh sheep and goats, 73 lakh backyard poultry birds and 2 lakh other animal species. Addi tionally, around 5 crore commer

cial broiler birds are being reared

cial broiler birds are being reared in the region.

The annual requirement for green fodder in Jammu and Kashmir is approximately 139 lakhmetric tons, while the dry fodder requirement is around 58.53 lakhmetric tons. Unfortunately, the availability of green and dry fodder is insufficient to meet the demand. In particular, there is a demand. In particular, there is a

the availability of green and or green folder is insufficient to meet the demand. In particular, there is a deficit of 40.93 per cent in fodder availability in the region, with a higher deficit of 48.63 per cent in the Kashmir division compared to 32.77 per cent in the Jammu division. Only 4 per cent of the total cultivable land is under fodder production at present.

Each year, Jammu and Kashmir imports a significant amount of animal feed with 9,000 metric tons of feed, 10,000 metric tons of dry fodder being imported. This results in a substantial loss to the exchequer. However, with the implementation of Holistic Agriculture Development Program, culture Development Program, the region can potentially create better livelihood opportunities CONTINUED ON >> PAGE 4





## Adopt herbal medicines as proactive measure to fight day-to-day viral infections: Purnima



JI NEWS SERVICE

IAMMU, MAR 17: In view of upcoming festive occa-sion of Ramzan, Muslim United Forum in associa-tion with Directorate of Indian System of Medicine (ISM) organized an AYUSH

The camp was inaugurat-ed by Advocate Purnima Sharma, Spokesperson BJP J&K and former deputy Mayor Jammu in presence Mayor Jammu in presence of President and General Secretary of Muslim United Forum and local
Corporator Gopal Gupta.

During the medical
camp, people of the area

were examined and medicines were also distributed among people

Speaking on the occasion, Purnima Sharma said 'good health is the harbinger of

happiness'. She asserted that it is

## Principle is to ensure welfare of needy and neglected: BJP

JAMMU, MAR 17: BJP workers are working with the chief Principle "To ensure welfare of the needy and neglected", stated senior BJP leaders, while they continue BJP's mission to resolve the issues faced by resolve the issues faced by the residents of Jammu &

I&K BIP Vice-President & former Minister Sham Choudhary, BJP NEM & former Minister Priya Sethi and BJP All Morcha Incharge Munish Sharma accompanied by BJP Media Incharge Dr. Pardeep Mahotra, listened to the public grievances and took up the same with the con-cerned department officials for their early solutions at former Minister Shan for their early solutions at BJP headquarter, Trikuta Nagar, Jammu. Numerous individuals

Nagar, Jammu.
Numerous individuals
and deputations visited the
BJP office to meet the party
leaders and narrate their
woes & problems. The
issues presented by com-

were impressed with immediate solutions. Sham Choudhary, while listening to the issues stressed that the leaders mon masses before the sen-ior party leaders were related to PHE, PWD, Rural Development, Revenue, Irrigation & Flood Control, Education, have tried sincerely to pro Agriculture etc. A deputa-tion of farmers from Border vide the best possible solu-tions presented by masses areas requested for the demarcation and categoin the grievances camps. He said that BJP believes rization of cultivable lands. Presented issues were on that a society could only be healthy when it ensures the the spot, taken up with the heads of these departments by Sham Choudhary, Priya Sethi and Munish Sharma rise of the last (needy and neglected) person of the

issues faced by the masses in high esteem and believes that they should be promptly taken care of for the realization of a healthy

Munish Sharma stated that many of the issues pre sented today were solved on the spot whereas other issues are impressed for their early solutions.

Dr. Pardeep Mahotra conducted the proceedings and diarized all the issues presented in the grievances

## Enthusiastic BJP activists are working day and night to strengthen the party: Baru



JI NEWS SERVICE

MAR Enthusiastic BJP activists are working day and night to further strengthen the party, said Sanjay Baru. Sanjay Kumar Baru, sen-ior BJP leader and Prabhari District Nowshera said that

many regional pseudo leaders are giving big state-

ed by the common masses of Jammu & Kashmir. Sanjay Kumar Baru was

addre ssing organizational ngs at Nowshera, meetings Sunderbani, Soulki and Taryath during his 2-day tour of District day tour of District Nowshera. Sanjay Baru also reviewed the ongoing "Booth party's "boom Sashaktikaran Abhiyaan"

attended by BJP leaders, Mandal ent, Shaktikendra were Pramukhs and Alp-Vistaraks

District President Neena President Capt. Som & Capt. Ramesh, district Capt. Ramesh, district General Secretary Pritam Sharma & Sukhdev Choudhary, Th. Randhir

practices all over the world. She said these herbal medicines are most benefi-cial supplementary for peo-

Highlighting the benefits of Avurveda in building

of Ayurveda in building immunity, she asked everyone to adopt herbal medicines and enhance their body immunity as a part of a proactive measure to fight day to day viral infections. 
The senior BJP leader also complemented President of Muslim United Forum for gyranizing medical camp.

organizing medical camp

and promoting AYUSH for the welfare of general pub-

She said that there is dire She said that there is dire need to organize such camps in rural and far-flung areas so that the peo-ple can avail the benefits of herbal medicines.

tee Chairman Nowshera Narinder Sharma, and oth-ers accompanied Sanjay Baru in different meetings. While addressing the meetings, Sanjay Kumar Baru said that the leaders and grassroot level work-ers of Bharatiya Janata

ers of Bharatiya Janata Party are working enthusi-astically day and night in the masses to further strengthen the Party. During the meetings, he attacked the leaders of par-ties like NC and PDP and stated that many regional pseudo leaders are giving big statements, despite being rejected by the combeing rejected by the common masses of Jammu & Kashmir. He said that they have no moral standing or have no moral standing on the issues of J&K as they have befooled the common masses of the erstwhile state for decades together and now that they have lost their faith.

## 'Water Warriors' Shine Bright at World Water Awards Ceremony

HARI NIWAS HOTELS & RESORTS WINS 'BEST WATER MANAGEMENT' AWARD

,..., MAR 17: The achievements of the country's top Water Warriors were celebrated on March 16, 2023. They were felicitated under 34 categories of the Water Digest Water Awards 2023-23 in New Delhi.

More 14-IAMMU, MAR 17: The

More than 200 national

and international guests came together at the starcame together at the star-studded gala gathering for the most coveted World Water Awards. The momentous occasion acknowledged the distin-guished work carried out by government and private bodies, NGOs, schools & colleges, RWAs, and indi-viduals to treat, recycle, and conserve water. and conserve water

The chief guest, Gajendra Singh Shekhawat, Minister Ministry of Jal Shakti, presided over the ceremony. The distinguished Guests of Honour and key



Specialist and Chief of Section-Natural Sciences,

UNESCO gave a special

In the category of "Best Water Management -Hotels", Hari Niwas Hotels & Resorts Pvt Ltd, a royal heritage legacy, won the

award.

The water & waste management in this hotel is being done with a sewerage treatment plant, rain-water harvesting, least use of water in washrooms, installation of water use efficiency systems and through landscaping for

## minimising water usage. Another commendable award in the category of "Best Water Management School", was won by DPS Public School, Jammu. In the school, before the adoption of required measures, water consumption was 10% higher than the second 40% higher than the record 4000 L/pupil annually. After applying the suitable measures, the annual consumption has decreased

## Danish appeals youth to come forward to defeat Pak waged Narco-War

JI NEWS SERVICE

IAMMU, MAR 17: Danish Mishra. JAMMU, MAR 17: Danish Mishra, Bharatiya Jana Yuva Morcha (BJYM) Vice President Jammu and Kashmir has appealed people to come forward and support the movement to eradi-cate the menace of drugs from the society and defeat the Narco-War per-petrated by Pakistan. Appreciating the

J&K police for the relentless efforts in frustrating evil designs of Pakistan on the terrorism, Danish Mishra said that the terrorism, Danish Mishra saud that after biting the dust on terrorism against India especially in Jammu and Kashmir the rogue neighbour has evolved a new strategy of waging Narco war to destroy the youth of this region by luring them towards drugs. The BJYM leader stated that it is time

for the people to jointly fight the drug menace as Pakistan is using all meth-ods to involve our youth in it to cripple our youth who are the future of Jammu and Kashmir. Not only this, Jammu and Kashmir. Not only this, Pakistani agencies are rampantly indulging in narcotics smuggling and the huge funds generated from the Narco trade are used for funding ter-rorist activities against India.

## Dy Mayor visits Bawe Wali Mata temple review Navratri Festival arrangements

Mayor Jammu, Baldev Singh Billawaria today vis ited Bawe Wali Mata temple to review the arrange-ments ahead of Navratri ments ahead of Navratri Festival. Deputy Mayor Jammu, Baldev Singh Billawaria was accompa-nied by Corporator Sharda Kumari, JMC Health Officer Dr. Vinod Sharma, JMC Chief Transport Officer Nisar Ahmed & other officials of Jammu Municipal Corporation (JMC).

Deputy Mayor Jammu Baldev Singh Billawaria interacted with the staff of interacted with the staff of the temple and enquired about the arrangements made for the convenience of the visitors and devotees during the upcoming Navratri festival. He direct-ed the JMC and other con-cerned officials to ensure that all the arrangements are made well in time to are made well in time to facilitate the visitors and devotees

devotees.

Deputy Mayor Jammu
Baldev Singh Billawaria
also directed the JMC offialso directed the JMC offi-cials to ensure proper sani-tation and cleanliness of the area during the Navratri festival and other religious and cultural

events in the city. The Deputy Mayor Jammu, Baldev Singh Billawaria, on the eve of Navratri festival, unced that the Bawe Mata road from announced that the Bawe Wali Mata road from Jammu University to the Mandir will be beautified to give the area a magnificent look. Billawaria said that the entire area will be given a facelift. He also said that special attention will be given to cleanliness will be given to cleanliness and sanitation in the area. Billawaria added that the aim of the project is to

make the area more pre-sentable and attractive for

devotees, who come from all over the country to visit

entire temple complex and its surroundings and checked the sanitation

The e Deputy Mayor nu Baldev Singh Jammu Baldev Singh Billawaria assured that all the necessary arrange-ments for the convenience of the visitors, devotees and for the cleanliness of the area will be made in time. He also said that all the necessary arrange-ments for the safety and security of the visitors and devotees will be taken care of during the upcoming Navratri festival.

Navratri testival.

The Deputy Mayor

Jammu Baldev Singh

Billawaria said that the

JMC is committed to

ensure that the visitors and

devotees enjoy a safe, clean

and hygienic environment at the temple during the Navratri festival. He said that the IMC is also

said that the JMC is also taking all the necessary steps for the safety and security of the visitors and devotees during the Navratri festival.

The Deputy Mayor urged the citizens to cooperate with the authorities for the successful completion of the arrangements. He concluded by saving He concluded by saying that the beautification will be beneficial to all citizens, and will also make the area more attractive for devoand will also make the area more attractive for devo-tees/ tourist destinations. Ankush Khajuria, Vivek Patyal, Sumit Bajrangi, Suriender Patyal, Satish Kumar, Sanju Kumar, Raju Kumar were present.

## **Restore old pension scheme for Government Employees of JKUT**

JI NEWS SERVICE

IAMMU, MAR 17: Col SS Pathania President Sainik Samaj Party JKUT urged honourable Lt governor and union government, to restore the old pension scheme for governmemployees of JKUT at earliest.New pension scheme was introduced in 2003 by BJP led NDA government and implemented in 2004.Aim was to reduce the pension bill of government and life expectan-cy increase factor was also taken into

consideration.

Salient point of the new pension scheme was 10 percent contribution of basic pay by the employee and upto 14 percent contribution by the government. After retirement an employee could take out upto 60 percent in lump sum, where 40 percent perce cent in lump sum , whereas 40 per-cent will remain with various pension funds managers,on annuity basis.A complicated process as com-pared to old pension scheme,where pension was fixed at 50 percent of the



basic pay plus provisions of Dearnes allowance, safeguarding against the adverse effects of inflation.

adverse effects of inflation. New pension scheme has numer-ous complexities and problems ie tax-ation at the time of withdrawal,no provision of Dearness allowance, account opening restrictions, limited exposure to equity,Lock in period, complexities of choosing best fund manager and so on Rajasthan , Chattisgarh, Himachal Pradesh, Jharkhand and Punjab have already

reverted back to old pension scheme reverted back to old pension scheme and huge agitation and protest are taking place in large numbers of states , demanding old pension scheme. A huge gap exists between pay and perks between government employees and people working in corporate sectors.

A government job was considered very lucrative, due to the pension combined with dearness allowance and provided a great financial security to the pensioners and their familiary th

ty to the pensioners and their fami-lies.Notwithstanding financial burden on state and central government, welfare of its employees and pension-

welfare of its employees and pension-ers, remains the prime responsibility of the government.

Earning of government through taxation and other means have also increased correspondingly and gives a great leverage to the government to revert back to old pension scheme. This step will also attract great talent to join government sector, subse-quently resulting in efficient gover-nance and administration at all levels.

## Peoples of Dhakikot village of Thakrakot tehsil have been deprived of electricity for years

WAITING FOR JUSTICE FROM JAMMU AND KASHMIR LG ADMINISTRATION



JI NEWS SERVICE

RAIOURI, MAR 17: The claims of providing basic facilities to remote areas in Jammu and Kashmir are hollow and baseless while in this advanced age com mon people's are deprived of basic facilities in Jamm of basic facilities in Jammu and Kashmir even in this modern age. It is also worth mentioning that the government is making every possible effort to pro-

vide basic facilities to the vide basic facilities to the people's in remote areas, but all possible efforts are failing due to which peoples are still They are waiting for justice and are helpless The poor peoples of Prankot Ward No. 7, Panchayat dhakikot of District Reasi of Jammu and Kashmir, have been deprived of facilities like deprived of facilities like electricity for centuries and live a primitive lifestyle in darkness. He alleged that

the peoples of the said area are still forced to live in darkness He alleged that the top

officials of the electricity department and the district department and the district administration reasi have been approached several times to restore the power supply in Prankot area, while the peoples are being completely ignored due to powerly poverty.

Peoples of Prankot Ward No. 7 of Dhakikot panchayat of reasi district have demanded justice from the IGadministration restore electricity supply in area. He dem that the district administra tion should be informed and basic facilities should and basic facilities should be provided to the peoples of Dhakikot area while the said area is being com-pletely neglected due to which the people of the area have allegedly been facing hardships for years.

## Booth level worker can reach highest position in BJP: Ashok Koul



JI NEWS SERVICE

JAMMU, MAR 17: Booth level worker in the BJP could reach the highest position in the party's organization, whereas in other parties, all the big posts are reserved for one family only, stated Ashok Koul. Bharatiya Janata Party (BJP), Jammu & Kashmir led by its General (BJP), Januau hir led by its Gener ary (Org.) Asho nd other senior lea

JI NEWS SERVICE

JAMMU, MAR 17: In view of reports

JAMMU, MAR 17: In view of reports of Job scams hitting the headlines of various media channels every other day, scores of Panther activists led by Mr. Harsh Dev Singh, Former Minister and senior NPP leader assembled at Jantar-Mantar in New Delhi and started proceeding in groups towards the Parliament. While raising the slogans "Stop sale of govt jobs in J&K", Jammu-Kashmir mein naukri ghotalon ki nyawarik

mein naukri ghotalon ki nyayayik janch karao", Jammu-Kashmir mein yuvaon ko jumley nahin, naukri do",

ers conducted a comprehensive Pravas in the area under Booth nos. 9, 12, 13 Shakti Kendra Shivnagar Ward no. 19 of Constituency Kathua in organizational District Kathua. Ashok Koul, J&K BJP General Secretary (Org.) accompanied by (Org.) accompanied by DDC Vice- Chairperson Raghunandan, Spokes-per Abhijeet Jasrotia, Panchayat Convenor

GOVT JOBS ON SALE IN J&K: HARSH DEV

mwal. District President Gopal Mahajan, District President Dogra, Rajesh Mehta Vishal Parihar, Rahul De and other party leaders interacted with beneficiaries, senior party leaders, prominent citizens and leaders of Social Castes belonging to the area.

Koul addressed organizational meetings of Booth Abhiyaar

(booth strengthening cam-paign) under Booth Sashaktikaran Abhiyaan. Booth committees and Panna Pramukh of Voter

Lists chiefly participated in the meetings. Speaking on the occasion, Ashok Koul said a Booth level worker said a Booth level worker in the BJP could reach the highest position in the party's organization, whereas in other parties, all the big posts are reserved for one family only. "Other parties are working on the principles of dynasty and family. Under the previous family. Under the previous governments, even basic facilities like electricity, water and roads were ou water and roads were out of reach of people due to favouritism and corruption," he said. Gopal Mahajan said that dedicated BJP workers are taking the policies of the party as well as public welfare schemes to every house in schemes to every house in the area. He added that the party workers are working on the mission mode.

## If voted to power, AP will enhance pension scheme up to Rs 5000: Fagir Nath

JAMMU, MAR 17: Apni President, Ex-MLA Fagir Nath has said that the Party enhance schemes like handic

schemes like handicapped, widow pension or old age pension up to Rs 5000 if voted to power.

Addressing a meeting cum joining program here, Faqir Nath said that the Apni Party has adopted a developmental approach which can help to uplift the living standard of the page. living standard of the people in Jammu and Kashmir

On this occasion, Sonali Pallvi, Shivani, Neha, Harminder, Pooja, Sonia, Mona under the leadership of prominent social activist of prominent social acuves Shivani Mattoo Koul joined

The new entrants were welcomed into the party by Faqir Nath and Provincial President Women Wing Jammu, Pavneet Koui They hoped that their join



the district administration reasi, is not paying atten-tion to the people's of the dhakikot Panchayat Deprived of basic facilities for years. Concerned Sarpanch Shokat Ali said that in the year 2009, an

electricity transformer was

installed in ward number

administration have been able to restore elec-

But unfortunately, the

the occasion, the Ex-MLA

"The bureaucratic struc ture has shown its inability ture has shown its mability to work for the welfare of the people. Therefore, it is important to strengthen the party so that in the upcom-ing assembly elections, Apni Party gets public sup-port and forms the next Govt."

Party forms the next Govt in J&K, they will launch public welfare schemes for all the sections of society

He said that they will enhance the old age pen-sion from Rs 1000 to Rs 5000, will provide 4 cooking gas cylinders to each family under Ujjawala per year and other related

Meanwhile. Provincial Meanwhile, Provincial President, Jammu, Women Wing, Pavneet Kour also spoke on the occasion and highlighted problems faced by the women due to price rise of essential commodi-ties, petrol, food items and other things

Pavneet Kour however sured that they will work for the women to empo them politically and eco-Prominent among those

who were present on the occasion include State Mohinder Parihar Provincial Secretary / District Iammu Secretary / District Jammu
Urban President, Dr Rohit
Gupta, District Vice
President Jammu Urban,
Vaibhav Mattoo, Provincial
Vice President Youth Wing, Joginder Singh, District President Women Wing Jammu, Ritu Pandita

yuvaon ko jumley nahin, naukri do', Modi sarkar hai hai, BJP sarkar murd-abad, etc, the protesters were whisked away by Delhi police enroute. However, about a dozen workers along with Mr. Singh man-aged to reach near the Parliament to lodge the protest.

The angry Panthers sought judicial inquiry into all the recruitment scams during the last few wears Addressine during the last few years. Addressing the media regarding the much publi-cised scam in the selection of PSIs, FAAs and IEs in the UT, Mr. Singh said UT of I&K has earned the most

said UT of J&K has earned the most dubious notoriety in employment scandals during the last few years. He said that while the govt failed to fill up the posts in various govt deptts in a fair and transparent manner, the culture of fake, backdoor and other paid appointments grew by leaps and bounds. And whereas the recent past witnessed large scale retrentments. witnessed large scale retrenchments, of even the regularly engaged govt employees, the new UT saw the

by the various recruitment bodies through blacklisted agencies, rued Harsh. He said that it was the public outrage and fear of adverse conse-quences that had forced the govt to rescind the said list wherein crores had been swindled by a corrupt mafia. He endorsed the demand of agitating youth to disengage the APTECH co. hired for making recruitments in the UT. The irregular selections of Firemen and drivers made in Fire services Deptt through dubious means was also highlighted umpteen times in the media but the helmsmen have chosen to push the matter under the carpet for reasons escind the said list wherein matter under the carpet for reasons best known, said Harsh. In another Job scam of gargantuan proportions, the J&K Bank made appointments of around 3000 Banking Associates and Clerks through backdoors which too has failed to invite due attention of authorities concerned despite the issue having been highlighted by the erstwhile State Governor Sh. SP Malik.

NPP protests near Parliament in New Delhi

Alleging the commission of biggest recruitment scandal in BJP-PDP rule Mr. Singh said that more than 4000 SPOs were engaged in 2017-18 through backdoor without following any procedure and the officers who made such appointments were rewarded with prized postings by the

then BJP-PDP govt.

Mr. Singh disclosed that hundreds of backdoor appointments of backdoor appointments were made in KVIB during the BJP-PDE govt, with a few of them reportedly rescinded, as an eyewash and a win-dow dressing for the gullible. He said

that several hundreds of backdoor appointments were made ir Industries Deptt and its allied corporations during 2015-18 with none to take cognizance despite public out-cries. He said that the erstwhile coali-tion rule witnessed scams wherein tion rule witnessed scams wherein hundreds of backdoor appointments in H&ME deptt were made by Chairman of Rogi Kalyan Samitis out of Hospital Development Fund in brazen circumvention of prescribed norms and regularities.

He said that the number of daily wagers swelled to 1,10,000 in 2018 from 62000 in 2014 as per a reply provided on the floor of Legislative

vided on the floor of Legislative Assembly thereby providing the most glaring example of misuse of authority and patronized corruption during the Blp-PDP rule.

Unfortunately the vigilante organizations too preferred to remain must spectators in a bid to keep their political masters in good humour.

Pointing towards his short stint of three years as Education Minister, Mr. Harsh Dev said that he had made selections of 35000 youth as RET with not a single finger having been raised on the floor of the Assembly or outon the floor of the Assembly or outon the floor of the Assembly or out-side. He said that even the National media had reported at the time that a history has been created wherein the transparent functioning of a Minister received all round appreciation across the board from ruling as well all opposition members without any exception.

Prominent among those who spoke

Prominent among those who spoke on the occasion included Smt. Ashri Devi (DDC member), Smt. Sudesh Dogra, Mr. Gagan Pratap Singh

### Translucia Pioneers First-Of-Its-Kind 'Multiverse **Convergence' Solution: 'Metaverse Built for Good'** to Reimagine the Future of Human Experiences



JI NEWS SERVICE

IAMMU, MAR 17: Translucia JAMMU, MAR 17: Translucia, and Metaverse (Translucia), a joint venture between MQDC and T&B Media Global which brings Thailand's most eminent real estate and entertainment conglomerates together has launched a first-of-its-kind "Multiverse Convergence" solution through its proprietary LightLink Protocol (LightLink). Translucia is aiming to build a comprehensive ecosystem build a comprehensive ecosystem with metaverse elements to create a virtual world worth US\$3 billion. Translucia is present in India in partnership with Sunovatech India, a specialist immersive and Extended Reality Company. Under the partnership, Sunovatech is acting as a production hub for building 3D Assets, Environments and modules of the metaverse. LightLink is the world's first enterprise Layer-2 (L2) blockchain built to accelerate the entry of traditional businesses into Web3. By offering a low cost and easily accessible final to enter multiple third-party metaverses, LightLink nership with Sunovatech India, a spe third-party metaverses, LightLink enables businesses to move into

Web3 at scale. Through LightLink, metaverses built and owned by dif-ferent players will be able to connect with each other as well as integrate functionalities. This opens up new avenues for trade, commerce, and collaboration between metaverse owners, furthering opportunities for innovation across the space. Simultaneously, LightLink's Multitiverse Convergence's solution addresses the endemic fragmentation of the current Web3 ecosystem allowing end-users to seamlessly connect across the 'Internet Multiverse'. LightLink is currently designed for Ethereum and Polygon and is set to enable interoperability with other prominent blockchains in the near future. Mr. AthidNanthawaroon, Executive Director, Translucia laboration between metaverse own Executive Director, Translucia Company Limited, said, "Translucia Company Limited, said, "Translucia is the 'Metaverse Accelerator' that the world needs as we move towards a new Internet era. The present metaverse remains both abstract and fragmented; inaccessible to most legacy businesses let alone the average user." "Translucia will integrate various Web3 ecosystems into a sincle ous Web3 ecosystems into a single

'Multiverse' that helps metaverse players unify their technologies, workflow, and user experience with-in one standardized platform. This in one standardized platform. This collaborative intra-industry approach will not only accelerate humanity's transition into hybrid reality but create a more accessible and inclusive Web3 for everyone," said Mr. Athid. Dr. JwanwatAhriyavaranomp, CEO and Founder of T&B Media Global and Founder of Translucia, said, "Translucia was founded with the vision to empower people who assire

vision to empower people who aspire to be happy. Through our 'Metaverse Built for Good,' we aim to balance the social, economic and environmental needs of the world. Once fully realized, the Translucia Metaverse will be

ized, the Translucia Metaverse will be an engine that drives goodness and wellness into a holistic form of pros-perity and happiness."
"The technological advancements of Web3 are an opportunity to bridge the digital divide and address inequality. As such, Translucia is excited to build a metaverse built upon Liebtlink. a promitetary. upon LightLink, a proprietary blockchain that addresses issues of throughput, bandwidth limitations throughput, bandwidth limitations and high gas fees. Industry collaboration is essential to this goal, we have laid the groundwork for a scalable metaverse platform and we invite Web3 architects and traditional businesses to join us in co-creating an interconnected metaverse ecosystem that spans across partners and networks," said Dr. Jwanwat.

### SSP SD Jamwal deliver lecture on Nasha Mukt Bharat Abhiyan and Prevention of AIDS at GDWC Kathua



JAMMU, MAR 17: Lecture was organized by Red Ribbon Club of Degree Wo College for Women ,Kathua in Collaboration Kathua in Collaboration with Jammu and Kashmir Aids Control Society under the banner Azadi Ka Amrit Mahotsav and Presidency of G20 on 17.03.2023. The lecture was organized under the Patronage of Dr Savi Behl, esteemed Principal of the College. On Principal of the College. On this occasion, an informa-tive lecture was delivered by Shivdeep Singh Jamwal, worthy Sr, Superintendent of Police, Kathua on the

Prevention of AIDS".

Dr. Arun Dev Singh,
Programme Officer of Red
Ribbon Club welcomed the guests and invited them for lighting of the Lamp Ceremony. Sh. Shivdeep Singh Jamwal talked about the present status or an menace in India and in pa esent status of drug menace in India and in par-ticular, Kathua district. Most addicts are between the age group of 15 and 35, and many are unemployed. He further mentioned how the COVID-19 has disrupt-ed the lives of people and

of "Nasha Mukt Abhiyan and tion of AIDS".

ed the lives of people and presented unique chal-lenges for people with sub-stance use disorders and in

recovery. Indian Govt has already started a world-wide programmes to elimi-nate abuse of Drugs from the society and Ministry for

Empowerment itself disclosed in the report that 272 districts are most affected in India and many pro-

in India and many programmes are being conducted in all over India to curb drug users and drug peddlers.

On this Occasion estemed SSP revealed in his lecture that the Police is working in India efficiently and he also disclosed that the district Kathua is much affected because its border affected because its border is connected with Punjab.

He further suggested the students of the college that they should be vigil-lent and alert all the times and if anybody comes into their notice they should immediately share information to the nearby Police station or dial on number 100 and he dial on number 100 and he also conveyed them that the police provides services for the identification, treatment, and rehabilitation of addicts through volunteer organizations.

He also emphasized the role of society in curbing drug addiction issue. Dr Arun Dev Singh presented vote of thanks on the occa-

vote of thanks on the occasion. The Faculty members sion. The Faculty members present on this occasion were Prof. Ashwani Khajuria , Prof. Ravinder Kaur. Prof. Pankaj Nandan, Dr. Babita Jamwal, Dr. Naresh Sharma, Prof. Pallavi, Dr Rajni Khajuria, Dr. Vaishno Devi, Dr Surekha, Dr Mukesh , Dr Varchaskam, Prof Satish Khajuria, Dr. Usha Kiran, Dr. Ritt Raj, Usha Kiran, Dr. Ritt Raj, Dr. Ritt Raj, Dr. Ritt Raj, Usha Kiran, Dr. Ritu Raj, Dr. Anupam and others. A total of 100 students attend

### From the Front Page...

### General Bipin...

General Bipin...
military and national security affairs. He followed
the Indian Army's motto of 'Service before Self' as a
guiding principle throughout his Army career.
As the first CDS, he rallied for organisational and
structural reforms to integrate the Armed Forces.
Path-breaking transformational initiatives and civilmilitary synergy will remain his legacy.
PVSM, UVSM, AVSM, YSM, SM, VSM, ADC General
Rawat was also the former General Officer Commanding of 19 Infantry Division and commanded the Division in 2012. (Agencies)

#### PM Modi...

said, "A boost to self-reliance in defence, also reaf-firming our faith in Indian talent." In another tweet, the prime minister urged people to visit the Matua Maha Mela 2023, will will be held from March 19 to 25 at Shreedham Thakurnagar,

Thakurbari, West Bengal. "The Matua Maha Mela 2023 is an important event which showcases the vibrant culture of the Matua community. I would urge more people to visit the Mela," he said.

Mela," he said.
"Humanity will forever be indebted to Shri Shri
Harichand Thakur Ji for showing the path of kindness
and service," Modi added. (Agencies)

#### Reserved category...

Reserved category...

Pandits employed in the Valley under the Prime Minister's package also announced the suspension of their 310-day agitation. A majority of them have already resumed their duties in Kashmir.

Hundreds of Reserved Category employees who hail from Jammu and migrant Kashmir Pandit employees in the Valley fled to the Union Territory's winter capital last May following the killing of Rajini Bala and Rahul Bhat by terrorists.

While Bhat was shot dead in his office in central Kashmir's Budgam on May 31.

"Most of the 3,500 Reserved Category employees have already served in the Valley for over 15 years and we want the government to come out with a transfer

we want the government to come out with a transfer policy, along with addressing our security concerns and appropriate accommodation," Kumar said. He said the organisation decided to suspend the agitation for the time being on the assurance of the administration that all their issues would be

addressed in a time-bound manner.

"The talks with the administration are going on and we are hopeful of a positive outcome. The next course of action depends on the outcome of the dialogue," he said.

#### MeT predicts rain...

MeT predicts rain...

a low of 6.6 degree Celsius against 5.5 degree Celsius the previous night and it was 1.9 degree Celsius above normal during this period of the season.
Qazigund on Srinagar-Jammun national had a low of 4.5 degree Celsius against 4.2 degree Celsius the previous night. It was 0.9 degree above normal for the gateway of Kashmir.
Tourist hot spot of Pahalgam recorded a low of 1.6 degree Celsius on Friday against 0.8 degree Celsius a day ago and it was 1.5 degree above normal for the valley of shepherds in south Kashmir.
Kokernag recorded a low of 4.6 degree Celsius for the famous picnic spot of south Kashmir.
Gulmarg in north Kashmir recorded a low of 0.5 degree Celsius against 1.5 degree celsius the previous degree celsius against 1.5 degree celsius the previous

degree Celsius against 1.5 degree Celsius the previous night and it was 2.8 degree Celsius above normal for

the famous ski resort.

Kupwara recorded a low of 4.6 degree Celsius against 3.2 degree Celsius the previous night. It was 1.2 degree Celsius above normal for the frontier Kashmir district, MeT office said

### 'herStart' platform...

INCL STAFT PIALUOFIII...
to encourage women entrepreneurs. The new platform was recently inaugurated by the President of India, he said.
Addressing the plenary session of the Bharat Start-up Summit and Expo 2023 organised by PHD Chamber of Commerce and Industry, the Minister also disclosed that the government headed by Prime Minister Narendra Modi has also introduced a monthly allowance of 8x 20,000 for up to one year for womenled StartUps".

Dr Jitendra Singh said that entrepreneurship is embedded in India's economy and ethos. From the post-independence era with a handful of family controlled industries, until today when India gave more than 100 unicorns to the world, the Indian StartUp ecosystem has gained significant attention, thus making it one of the most coveted global markets,

The Minister said that future trends show opportu

he said..

The Minister said that future trends show opportunities for StartUps to disrupt and innovate with technologies like block chain, the Internet of Things (IoT), artificial intelligence (AI), and machine learning, etc. With the kind of policy reforms that India is headed towards, Startups can play a big role, he added.

Highlighting the increasing presence of women as entrepreneurs, Dr Jitendra Singh said that womenled business enterprises are playing a noticeable role in society by generating employment opportunities in the country, bringing in demographic shifts and inspiring the next generation of women founders. He added that at least 36 unicorns and potential unicorns in India have at least one woman founder or a co-founder. Govt. of India is committed towards creating an enabling ecosystem for women entrepreneurship through initiatives, schemes, networks and communities and activating partnerships among diverse stakeholders in the Startup ecosystem.

The Minister said, India is fast becoming a breeding ground for innovations. It is shifting to a knowledge-based economic growth model and commits to reinvent its advantages as a labour-intensive, capital-intensive, and manufacturing nation.

reinvent its advantages as a labour-intensive, capital-intensive, and manufacturing nation.

Highlighting the pivotal role played by Startups during the pandemic, Dr Jitendra Singh said that

when the world was struggling during pandemic, Indian Startups have shifted gears, pivoted and risen to the occasion to adjust to the new normal and have shown some remarkable innovation and growth

to the occasion to adjust to the new normal and have shown some remarkable innovation and growth. "India is building on this momentum and aspiring to be among the top countries globally for digital businesses and Startups", he added.

The Minister said that the Startup India Action Plan of the Government is a very important step for strengthening the entrepreneurial ecosystem in the country. The action plan is intended to build a strong ecosystem for nurturing innovation in India as an engine for both economic growth and employment generation.

Dr Jitendra Singh emphasised that today India is home to more than 93,000 DPIIT Recognized Startups and 108 Unicorns. Over the past four years, this number has been increasing exponentially, with a whopping 66% Year-on-Year growth in the number of additional unicorns being added every year. While work from home during the pandemic fuelled the growth of digital businesses in India, the incident also resulted in Startup boom.

growth of digital businesses in India, the incident also resulted in Startup boom.

"We are gradually transitioning from the age of unicorns to the age of decacorns. As of January 2023, 47 companies world over have achieved the decacorn status. Presently, India has five Startups namely, Flipkart, BYJU's, Nykaa, Swiggy and PhonePe added in the decacorn cohort", the Minister added.

The Minister said that the need of the hour is to

The Minister said that the need of the hour is to forge partnerships with industry and also strengthening of ties between academia and industry to develop cutting edge technologies and products and deliver them in shortest possible time.

"Startups will become sustainable if Industry from the very beginning identifies the product and invest matching equity with the Government. Then we only we can realize the vision of Prime Minister for "Samarth" and "Atmanirbhar Bharat". I assure you that funds will not be a constraint under this government to promote the innovation ecosystem in the country,", he added.

The Minister further said that the industry members of PHDCCI have a very important role to play in this ecosystem. "I am sure that with the collective efforts of all we are poised to leapfrog from 108 Unicoms as of today to 200 unicorns in another year. I wish all the best to the young entrepreneurs who are

wish all the best to the young entrepreneurs who are present here and also to all my countrymen who are striving to make India the Startup hub of the world".

#### Amrit Kaal Budget: Futuristic..

generate new employment opportunities for locals nd change the outlook of rural Jammu and Kashmir. and change the outlook of rural Jammu and Kashmir.
For Agriculture and horticulture, the focus of this budget is on changing the scenario with the help of agricultural and horticultural experts. Scientific farming with multiple crops, reducing pre and postharvest losses, financing major and minor farming equipment, and using solar pumps to reduce electricity expenses are the few targeted areas. The projected plan is to develop agro- and horticulture-based associated industries by providing easy finance and technical expertise to double the farmers' income and generate new employment avenues for the rural youth. Doubling milk production, well-coordinated milk collection through cooperatives, and poultry and sheep farming are a few other important sectors

muk collection through cooperatives, and poultry and sheep farming are a few other important sectors getting due attention in the budget.

Rs 900 crore have been provisioned under Holistic Agriculture Development Scheme. And, Rs 120 crore have been provisioned for Crop Insurance Scheme besides Rs 50 crore have been provisioned for establishment of Controlled Atmosphere (CA) storage.

The focus of the budget is also to develop alternative towrist destinations and religious circuits to ease

tive tourist destinations and religious circuits to ease this stress. Dome trains, infrastructural development this stress. Dome trains, infrastructural development at new tourist places, conservation and beautification of lakes, and new ropeways are a few highlights. Involving women in all these activities and empowering them and local artisans is on the way. Systematically, products and projects are planned to give a major boost to the overall economy of the UT through tourism and related activities. Making pilgrimages safer, improving infrastructure, and developing proper tourism in the vicinity are also projected in this budget.

Similarly, "Rs 60 crore have been kept for new circuits including Mansar, Surinsar and Sufi Circuit and identified Religious Circuits during year 2023-24, Rs 15 crore have been projected for new Ropeways and Promotion of Golf. Besides, Rs 30 crore have been provisioned for the festival promotion, Rs 100 crore for promotion of Cinema/Threatre and Rs 100 crore for Heritage Preservation.

for Heritage Preservation. Moreover, Rs 5000 crore have been provisioned for Jal Jeevan Mission. All districts will be covered under "Har Ghar Nal Se Jal". Funds are being earmarked for ensuring Quality Assurance, Setting up of Labs and introduction of Service Level Benchmarking System. Rs 500 crore have been provisioned for Jal Jeevan Mission as Union Territory Share .

Mission as Union Territory Share .
Third party Inspection system will be established within Finance Department for ensuring 100% physical verification of all the projects being implemented in the Union Territory and Solid Waste Management will be ensured in all the towns and Service Level Benchmarking System will be introduced. Also, Rs 200 crore have been provisioned under Swachh Bharat Mission.

Bharat Mission.

Significantly, train connectivity to Kashmir and widening of major portion of the Jammu-Srinagar highway will be achieved in this financial year as adequate budgetary provisions are made for the sector. The aspirations of all regions have been taken into account; there is something for everyone. Enough planning and thought have been applied to create an overall well-planned and futuristic budget that will give impetus to economic growth of Jammu and Kashmir.

### Govt announces Rs 129.05 cr.,

for farmers, improving the socio-economic condins of the people

The government is encouraging farmers and other

stakeholders to collaborate and work towards develstakenolders to collaborate and work towards developing the agricultural and livestock sector, which would lead to a prosperous and thriving economy. With this goal in mind, a concrete framework has been proposed to maximize fodder production in the region. The framework adopts a holistic, comprehensive, and integrated approach, combining research and effective development processes to increase fodder production.

**NEWS** 

and effective development processes to increase fodder production.

The Union Territory of Jammu and Kashmir has significant potential for fodder cultivation. The region has a large rangeland area of 1.19 lakh hectares, which can support livestock-based livelihood systems. Additionally, there are 2.15 lakh hectares of orchards that hold potential for intercropping of fodder crops production, known as the Horti-pastoral system. Field crops, such as paddy, maize, and wheat, are grown over 5 lakh hectares, producing large quantities of residues that serve as dry fodder for winter.

The top fodder/tree leaves, including willow, Populous, Ailanthus, Mulberry, Apple, and Ulmus, are excellent sources of protein and minerals traditionally fed to livestock during scarcity. The foot hills

lous, Ailanthus, Mulberry, Apple, and Ulmus, are excellent sources of protein and minerals traditionally fed to livestock during scarcity. The foot hills in the region can be used for fodder production, utilizing promising cultivars of grasses and legumes. Furthermore, various technological options such as cultivable fodder, chaffing of fodder/straws, urea treatment, roughage block, and silage making can be promoted to enhance fodder production.

Fodder production in J&K faces several constraints and challenges, including competition for the area under fodder crops. The preference for food grains and oilseed crops intensifies the competition for the same target areas of cultivation. Additionally, the conversion of agricultural land to horiculture makes such lands permanently unavailable for annual fodder cultivation. Small land holdings in hill regions are responsible for less investment in farm lands, low scope of mechanization, and limited options for diversification. Therefore, reserving land for fodder crops in preference to food and cash crops remains a difficult proposition for a common farmer.

Moreover, the region produces around 9.9 lakh tons of food grains, yet there is a deficit of 21,70 per cent, resulting in minimal allocation of land for fodder crop production. The major cereals and oilseeds are preferred over fodder crops to provide for daily dietary calories, and the crops compete for the same land area. Rapid urbanization puts more pressure on land resources and overall constraint on crop production.

sure on land resources and overall constraint on crop production.

The poor varietal profile is also a limitation in fodder production. Within the routinely grown fodder crops like maize, oats, bajra, sorghum, legumes, etc., varieties with high biomass and greater luxuriance

crops like maize, oats, bajra, sorghum, legumes, etc., varieties with high biomass and greater luxuriance are either not available or are limited in number adaptable across the region. Most of the high altitude areas have not been covered under improved varieties, resulting in low overall production. Harsh winters in Kashmir and hot dry summers in Jammu are the basic limitations in expanding crop diversity. Only a few varieties have been released for resilience to abiotic stresses like cold, heat, drought, etc., and more such varieties should be released as part of future strategies.

The availability of quality seed is a severe limitation, which often guides the choice of farmers. Suitable package of practices (PoPs) and technology dissemination are available for only a few fodder crop varieties and need further research in such areas. Spread of invasive weeds, over-grazing, and eventually soil erosion are deteriorating and dwindling the pasture lands. Weeds in grasslands have decreased the herbage output quantity by 20-50 per cent and quality by 10-15 per cent. The alpine and mid-altitude pastures remain without snow cover for most of the time and are mostly under continuous grazine pressure. One remain without snow cover for most of the time and are mostly under continuous grazing pressure. Open pastures are seldom re-seeded or reclaimed for its soil strata and health. Common weeds like Lanta camera, strata and health. Common weeds like Lauta Camera, Stipa, Sambucus, Aconitum, Cincifuga, Adonis, Sib-baldia have assumed notorious proportions, adding

baldia have assumed notorious proportions, adding to the problem.

The proposed plan aims to address the problem of fodder unavailability in J&K through two approaches: short-term mitigation and medium-term solutions. For the short-term, the plan focuses on increasing he production of fodder and feed through large-scale cultivation, processing, and value addition, with the help of pilot scale demonstrations and technological interventions, supported by capital infusion and incentives. This approach also includes exploring innovative approaches for green fodder production and mass multiplication under hi-tech agriculture. To achieve these objectives, several activities will be undertaken including establishing demonstration units for large-scale production, introducing new technologies such as hydroponics and vertical farming, promoting commercial cultivation, strengthening existing processing units, capacity building through

existing processing units, capacity building through training programs, and introducing marketing initia-tives. By implementing these activities, the short-

training programs, and introducing marketing initiatives. By implementing these activities, the shortterm objective of mitigating the persistent problem
of fodder unavailability can be achieved, leading to
increased availability of fodder and feed in J&K.
Over a period of time, SKUAST-Kashmir and
SKUAST-Jammu, along with ICAR-IGFRI, have developed various fodder varieties for different crops such
as maize, oats, bajra, sorghum, grasses, and legumes
like cowpea and alfalfa. More than 12 varieties have
been collectively released for these crops.
However, the seed quantity for most of these varieties is insufficient and not available to farmers as
per their requirement. Cultivation of non-descript
fodder varieties has led to diminishing yields and
production. Therefore, an immediate intervention
is necessary, which involves multiplying the varietal
seeds for one cycle in dedicated seed production plots
of farms and farmer's fields. To initiate large-scale
fodder production, 1000 tons of oats and 2500 tons
of maize seed are required to cover an average of 30%
of the area under quality seed.
Feed and fodder deficit is one of the foremost constraints in livestock production. In order to address
this challenge, the government has initiated a series of
interventions that can potentially request fodder deficit

this challenge, the government has initiated a series of interventions that can potentially reduce fodder deficiency by 20 per cent. The government has proposed several measures that include encouraging startups, fodder entrepreneurship, establishment of fodder

banks, mechanization of fodder production, hydro-

ponic fodder production, and post-harvest manage-ment of fodder by providing incentives to farmers. The government has proposed various beneficiary oriented interventions that are focused to increase The government has proposed various beneficiary oriented interventions that are focused to increase fodder production and productivity. One such intervention is the establishment of Fodder Demonstration Plots/ Mini Fodder Banks to educate farmers and visitors about the newly developed forage technologies. This is expected to yield an additional 5000 tons of dry fodder annually. Another intervention is the distribution of Fodder Seed Kits, in which the government plans to distribute improved varieties of hybrid seed kits to farmers to popularize the latest improved fodder varieties amongst them. This is expected to produce 1.5 lakh tons of quality fodder annually. To overcome the shortage of quality green fodder and constraints in diverting more land for forage production, the government proposes the establishment of hydroponic units to grow nutrient-rich green fodder. This intervention is expected to increase annual green fodder production by 17640 MT. The government plans to provide 50 per cent subsidy under the Hayf Silage Making Units to promote the use of silage and hay mix instead of traditional crop residues which have no nutritive value. It is expected that 60 silage making units shall be established annually.

The JK administration also plans to establish fodder

ally.

The JK administration also plans to establish fodder The JK administration also plans to establish fodder depots in fodder-deficient areas, which will act as a continuous source of fodder that can be accessed by farmers whenever they require additional fodder. This initiative is expected to stabilize fodder rates and generate employment in the fodder sector. To reduce fodder wastage, the government plans to incentivize the use of chaff cutters to make fodder more palarable to animals, which indirectly increases fodder availability for livestock.

Mechanization of fodder harvesting is also proposed, which is expected to cut labor costs and make livestock farming systems more viable. The government plans to provide support for the purchase of 400 Fodder Reaper/ cutter units under the scheme. These interventions have the potential to address the feed and fodder deficit in the UT and increase livestock productivity. The government believes that

livestock productivity. The government believes that the adoption of these initiatives will encourage fodder entrepreneurship and establish sustainable fodder production systems in the UT. In addition to the aforementioned beneficiary-ori-

ented interventions, the government will also invest in research and development to create nutritionally balanced varieties with reduced anti-nutritional fac-

in research and development to create nutritionally balanced varieties with reduced anti-nutritional factors. The focus will be on revitalizing and promoting Horti-Siliv-pastoral systems, including intercropping apple trees with legume crops such as red and white clover, and using shade-tolerant grass and legume species to improve the production and nutritive value of forage in horti-pastoral systems. Grass-legume mixtures are preferred globally over pure-grass forage stands due to their higher yields of herbage and protein, as well as their balanced nutrition for livestock. The project will also aim to revitalize Alpine/Subalpine meadows in J&K, which cover an area of nearly 4500 sq. km and provide fodder for approximately 30 lakh sheep and goats during an 8-month grazing season. Successful pilot closures have produced up to 17000 MT of green fodder from 700 closures in a single attempt, satisfying the immediate needs of 11500 beneficiaries. To revitalize pasture lands, the project will use technical and administrative measures such as raising fences and barriers around target sites, forming participatory groups of tribals and farmers, and carrying out rotational grazing and deweeding operations.

Other strategies for improving grassland and passent strategies for improvin

deweeding operations.

Other strategies for improving grassland and pasture lands include removing invasive weeds, introduc-Other strategies for improving grassland and pasture lands include removing invasive weeds, introducing improved range legumes and grasses, implementing grazing management and rotational/restricted grazing, using optimum fertilizer/soil & water conservation practices, establishing fodder banks along pastoral communities migration routes, and cultivating commonly grown tree species with fodder value. The project aims to produce an additional 100,000 MT of green fodder from alpine/subalpine grass lands by developing 20,000 ha of forest land annually. The key outcomes of the project are promotion of improved varieties of early maturing climate-resilient fodder crops, adoption of hi-tech hydroponics farming models, optimum land use in orchards, improvement of grasslands, human resource development, and an 80% reduction in fodder deficit. In addition 7500 jobs and 800 enterprises shall be created over a period of 5 years.

However, the livestock rearing incurs a significant cost with a large part of the input cost attributed to

cost with a large part of the input cost attributed to feed and fodder. With the implementation of the Holistic Agriculture Development Program, a road-map has been formulated to reduce the fodder deficit

map has been formulated to reduce the fodder deficit in the UT by 80 per cent, which would maximize fodder production in the region.

The proposed framework adopts a holistic, comprehensive, and integrated approach, combining research and effective development processes to increase fodder production. Despite several constraints and challenges, including competition for the area under fodder crops, the government is committed to providing all necessary support to farmers to ensure the success of this initiative, which would be do to a resease a constraint of the provider and the success of the successory of the provider and the success of the successory of the provider and the provider and the successory of the provider and the d to a prosperous and thriving economy

### Excavator slips...

soil excavator (JCB) rolled down into river Chenab at Shiva Dal bridge near Prem Nagar in Doda this

at Shiva Dal bridge near Prem Nagar in Doda this morning.

Identifying the driver as Rahul Sharma, son of Sanjay Kumar, a resident of Dharamthal Chenani, the official said that soon after the accident a rescue operation was launched at the site.

Police along with SDRF and civil administration has launched a joint operation, but the operator who drowned has not been located as of yet.

"Given the nature of the accident, it is highly unlikely that the driver would be alive", he said adding "We nonetheless are making every possible effort to see if he could be rescued safely."

## DG Command Area Development Jammu visited Budhal

BUDHAL, MAR 17:
Director General
Command Area
Development Jammu
Sardar Rajinder Singh Tara
visited remote block
Budhal of Rajouri district.
During his visit Director During his visit, Director General met farmers, PRI armers, PRI members and social activists of Budhal and heard their cons Address: heard their concerns. Addressing the farmers in the meeting, he said that the government is making every possible effort to increase the income of the farmers and all the prob-lems of the farmers are being solved on a priority being solved on a priority

said that the Department of Command Area Development is con-structing distributary chan-nels to easily deliver water



farmers. Director General assured the farmers that they will release more funds for the farmers of Budhal block so that all the distributary channels can be constructed. After the

??Budhal and congratulat-ed the officers of the department for completing the work within the stipu lated time

ominent socia and Sarpanch Muhammad Inqlabi, Muham Prominent social Activist

Liaqat Ali, Parvez Malik Faroog Baba also partici pated in the meeting and thanked the Director General Command Area General Command Area for visiting Budhal. Farooq Inqlabi said that farmers of Budhal are happy and thankful to all the officers of the department for working on priority basis for Budhal block.

**NEWS** 

## Two-day Multidisciplinary National Conference concludes at GDC Thannamandi



JI NEWS SERVICE

BUDHAL, MAR 17: The 15th March 2023 to 16th March 2023, with the aim to March 2023, with the aim to provide a platform for sci-entists, academicians, researchers, and profes-sionals to share their research and innovative

conference witnessed the presence of emi-nent personalities from the academic and research fra-ternity as the Chief Guests, Guests of Honour and Special Guests of the Special Guests of the Inaugural and Valedictory

Sessions.

The Inaugural Session was graced by the presence of Hon'ble Vice-Chancellor of Baba Ghulam Shah Badshah University, Rajouri, Prof. Akbar Masood, as the Chief Guest. The Guest of Honour for the session was Professor the session was Professor Shabir Hussain Shah, retired principal, Higher Education Department JK (UT) whereas Prof. Iqbal Pervaiz, Dean Academic Affairs, Baba Ghulam Shah

Badshah University, Honorary Guest. The Special Gues for the session wasProf (Dr.) Shakeel Ahmed Raina Retired Principal, Higher Retired Principal, Higher Education Department, JK (UT) whereas Prof. (Dr.) Shams Kamal Anjum, Associate Dean & Head, Department of Arabic, Baba Ghulam Shah Badshah University was Key Note Speaker.

The Valedictory Session was resided over by the

was presided over by the Chief Guest, Prof. (Dr.) Bashir Ahmed, Head, Department of Physics, Govt. PG College Rajouri. The Guest of Honour for sion was Sayed Sahil (KAS), Tehsildar (KAS) Ali (KAS), Tehsildar Thannamandi and the Special Guest for the ses-sion was Prof. Iqbal Raina from Department of Physics, PG College

Rajouri. Parallel technical sessions were held on both days wherein researchers, academicians and industry experts presented their research work and shared their knowledge and experiences. The sessions were chaired by experts from various fields, who provid-ed valuable feedback and suggestions to the presen-

ters.

The Inaugural Session started with the recitation of Holy Quranic verses by Mohd Yasir, a student of the College, followed by National Anthem by a group of students. The introduction of the conference was given by Prof. Raheela Mushtaq, Head Department of Zoology and Organising Secretary of the Organising Secretary of the Conference. The formal Conference. The formal welcome address was given by the principal of the College, Prof. (Dr.). Farooq Ahmed. This was followed by the addresses of Key Note Speaker, Special Guest, Honorary Guest, Guest of Honour and the Chief Guest. The Chief Guest. The Chief Guest in his presi-Chief Guest, in his presi-dential address, highlighted the importance of such conferences in promoting interdisciplinary research and fostering collaboration among researchers. He said that such conferences pro-

vide an excellent platform vide an excellent platform for researchers, academi-cians and professionals to discuss recent trends in research and innovation across various disciplines. He appreciated the efforts of the organising team led He appreciated the efforts of the organising team led by the Principal of the College, Prof. (Dr.) Farooq Ahmed in hoisting such a grand event. The session ended with vote of thanks by Mr. Tahir Nadeem, Assistant Professor (Applied Mathematics) who was the convener of o was the convener of Technical Support nmittee for this confer-

The Valedictory Session started after lunch on the second day with floral welcome of dignitaries followed by welcome address by the Principal of the College, Dr. Farooq Ahmed. After this, the Special Guest, the Guest of Honour and the Chief Guest presented their addresses. The Chief Guest Prof. (Dr.) Bashir Ahmed, in his presential address, expressed his satisfaction on the organisation of this lowed by welcome address on the organisation of this conference. He said that this conference provided a platform for researchers, academicians, industry platform for researchers, academicians, industry experts etc. to share their research findings, discuss innovative ideas and explore collaborative opportunities. The Valedictory session con-Valedictory session con-cluded with the distribu-tion of certificates and mementos to the participants and the organizers of the conference followed by Vote of thanks by Mr. Tahii Professo

## Dr Parneesh for fully exploring tourism potential of Jammu region

ASKS ADMN TO UNDO PARTIALITY, STEP MOTHERLY TREATMENT

JI NEWS SERVICE

Parneesh Mahajan, Convener Department of Training, BJP, J&K on Thursday made a fervent appeal to the J&K adminis tion to take measures to fully exploit the tourism potential of Jammu region. In a statement issued to dia fraternity. the BIF media traternity, the BJP leader asserted that unlike the successive regimes which always extended step motherly treatment to Jammu region, the time is rife now to explore and exploit all the tourist desti-nations of the region south nations of the region south of Pir Panjal range in J&K. He said that it is good that the administration has



taken up the cause of Nathatop, Basohli and Machail as these places Machail as these places have been identified to be developed this year but there are numerous spots in Jammu region having splendid beauty and attractiveness to lure hundreds of tourists but unfortunately the previous regimes with myopic vision never bothered to look at these place because they were ailing with the Kashmir phobia that stopped them from

looking beyond. Notably, the government has indentowaing teyout. rocarly, the government has inden-tified seventy-five offbeat tourist destinations, includ-ing Nathatop, Basholi and Machail, for tourism pro-motion in Jammu and Kashmir this year. While 37 of these offbeat destinations are located in Jammu region, the rest are in Kashmir valley. Kashmir valley.

Basholi, Baraderi, Dudu, Basantgarh, Darhal, Mandi, Sudh Mahadev, Nathatop are some of the locations

are some of the locations selected for the promotion. Dr Parmeesh said that the government has taken a revolutionary step by identifying several offbeat tourist destinations and there is dire need that places falling in Jammu

region should be given spe cial preference as the regio is lagging in tourism cial preference as the region is lagging in tourism despite having breathtaking tourist hubs. He said that no doubt that J&K is no less than Switzerland as far as natural beauty is concerned but the lopsided attitude of the successive govtude of the successive gov-ernments has stopped this paradise on Earth from opening its wings to its opening its wings to its maximum capacity. The senior BJP leader appealed to the government to adequate measures by bringing all the tourist destinations on tourism map which can boost the economy of Jammu region and will also help to make Jammu an independent tourist destination.

## **Training on Minimising Pesticide** Use & Land use Planning organised

JAMMU, MAR 17: Continuing the series of Continuing the series of Trainings, a training programme on Minimising Pesticide Use & Land use Planning was organised at Conference Hall D C office Reasi, here today.

Speaking on the occasion, Chief Agriculture officer Reasi, Harbans Singh stressed on Beducing the

stressed on Reducing the indiscriminate use of pestiindiscriminate use of pesti-cides keeping in the view adverse effects of pesticides on humans and environ-ment. Regarding Land Use Planning, he said we have to put efforts to maintain soil health by the way of Natural/Organic agricul-ture. DAO Extension, Rajesh Verma highlighted the Promotion of bioagents. the Promotion of bioagents, Biopesticides, and safe pes-ticides for production of quality food. Strat ups for



increasing the production of bio control agents should also be promoted. During technical session, Head KVK, Banarasi Lal deliberated about Land Use Planning including robust land use policy, educating the farmers on soil health management and action

plan for improving soil health. Agriculture Assistant (Inputs), Sushil Gupta through PPT cov-ered the topics like IPM strategies, Regulatory measures for reduction of pesticide use. Those who participated in the training include District Agriculture

officer, Ravinder Tripathi SMS DL, Amit Sharma, ASCO, Varinder Dogra, and Sub division Agriculture officer Dharmari, Rupinder Pal Singh Bedi, SDAO Reasi, Vinod Khajuria, SMSs , AFOs and other field func-AEOs and other field func

### Reliance Foundation Drishti marks 20 years of vision welfare for vulnerable communities

### LAUNCHES MARATHI BRAILLE NEWSPAPER

JI NEWS SERVICE

care programme, Reliance Foundation Drishti, completed two decades of service, marking the mile-stone with the launch of a Braille newspaper in Marathi. Under the Drishti initiative, over 20,500 free corneal transplants have been performed and vision care provided to

tormed and vision care provided to over 1.75 lakh people.

"It fills us with joy that Reliance Foundation Drishti has completed 20 years. What started as a dream of bringing light, happiness, and self-sufficiency in the lives of the visually impaired, has become a mountain impaired has become a movement today," said Mrs Nita M. Ambani, Founder-Chairperson, Reliance

"In the coming decades, we remain "In the coming decades, we remain committed to doing all that we can to support our visually impaired com-munities to lead fuller lives of dignity and independence. As another step in this direction, we are delighted to launch the Braille Drishti newspaper in Marathi, in addition to Hindi, to reach a wider audience and have a oreater impact." greater impact.' Initiated i

Initiated in 2003, Reliance Foundation Drishti promotes aware-ness, protects sight and promotes inclusivity for the visually impaired.



It organises eye screening camps across India and provides spectacles for refractive errors, facilitates cataract removal and corneal transplants to restore or improve vision The transplants are done in associa-tion with the National Association for the Blind, Sankara Eye Foundation and Aravind Eye Care.

and Aravind Eye Care.

Through this initiative, India's only fortnightly international Braille newspaper in Hindi, and now in Marathi, was launched in 2012. Produced in collaboration with the National Association for the Blind, with Shri Swarat Thorst noted, editor, and Swagat Thorat, noted editor and writer as the paper's Chief Editor, the Drishti newspaper covers news and updates from the world of sports, business, education, current affairs business, education, current affairs and entertainment. The newspaper also features recipes and reader con-tributions like poems and articles. At the start of every year, a Braille table calendar is distributed to readers of the paper, which has a readership of 21,000 acress 16 countries including 24,000 across 16 countries including India. The newspaper's Marathi Braille edition will now reach more

To create awareness about eve

To create awareness about eye donation, Drishti internally conducts annual essay writing and art competitions amongst children and grand-children of Reliance employees.

Gangaram Sadanande, a 24-year-old from Latur in Maharashtra, one of the many people whose vision was restored through Reliance Foundation Drishti, was born with near blindness in both eyes and had to drop out of school. Until he underwent corneal transplant procedures. went corneal transplant procedures, he was dependent on his mother for

he was dependent on his mother for his daily activities. He can now see clearly and earns a living by driving an auto rickshaw. Reliance Foundation Drishti works in close collaboration with organisa-tions like Surrise Candles to support entrepreneurial efforts of those with visual impairment by procuring products like diyas and other gitting objects from such enterprises to pro-mote inclusivity.

## Gusty winds damage wheat crop in RS Pura

### Constitute a special team for survey of damaged crops: Gurdeep Saini

JI NEWS SERVICE

JAMMU, MAR 17: Rain accompa-nied with strong winds flattened wheat crop standing in the fields last night in RS Pura area. Sarpanch of Gandli Panchayat of Block RS Pura and State General

Secretary of All Jammu and Kashmir Panchayat Conference, Gurdeep Secretary of All Jammu and Kashmir Panchayat Conference, Gurdeep Singh Saini visited various villages of Panchayat along with officials of Agriculture and Revenue Department to take stock of damaged wheat crop due to halistorm and strong winds. He said that there has been a lot of damage to the wheat crop in the Panchayat, due to which a survey should be done as soon as soon as soon as the panchayat, due to which a survey should be done as soon as the panchayat, due to which a survey should be done as soon as possible so that the farmers can get compensation for the destroyed

On this occasion, Panchayat Naib Sarpanch Pyarelal, Panch Pawan Singh, Panch Satya Devi and others accompanied him. On the occasion,



Sarpanch Gurdeep Singh Saini said that the weather has been changing for the last several days and during this time due to strong wind and due to the hailstorm, the wheat crop has suffered a lot and almost all the crops of the Panchayat farmers have been ruined. He said that the worries of the natural calamity and the farmers are

their livelihood now.

The Sarpanch urged the Lieutenant Governor, Manoj Sinha to constitute a special team to survey the damaged crops and prepare a list so that the affected farmers could get proper compensation. Other farmers includ-ing Harjinder Singh, Darshan Singh

## Ch Shabir Kohli demands development for ST/SC colonies in Nagrota

JAMMU, MAR 17: Apni Party Provincial President Jammu ST Wing, Choudhary Shabir Kohli has demanded development in tribal and scheduled caste colonies in Nagrota constituency. Kohli held several meetings in Nagrota constituency and disvarious issues, especially pmental concerns of the people who claimed that they were being dis-criminated against with regard to development. "The development is being done at the selective areas and generally, the economically weaker section is being neglected to benefit blue eyed people," he said. He further said that the Apni Party was commit-ted for the equitable development, empowerment of the weaker section and providing employment opportu-

nities. Earlier, the people highlighted their issues. Kohli assured them that their concerns would be highlighted to the concerned authorities for the early redressal of the issues. Prominent among those who attended the meetings include Shair Ali Lodha, Murad Ali Balot, Shah Mohammed, Panch Riyaz, Master Sefeel (Doublart, Evered Thiering). Safeel Choudhary, Fareed Thikriya, Razaq Kalas and others.

THOUGHT OF THE DAY

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

### JINDRAH MAGES

## Strengthening security arid in border areas

The Union Government has given a go ahead to the creation of Police Border Posts in all border districts of Jammu and Kashmir. The decision has been taken with the view to ensure that arms, ammunition, explosives, currency and narcotics sent through infiltrators or drones by Pakistan don't manage to cross the border areas. The Posts will act as the second or third line of defence along the borders. Jammu and Kashmir shares International Border and Line of Control with hostile Pakistan which has been pumping in arms, fake currency and narcotics to the Union Territory with ulterior motives. The Ministry of Home Affairs and Jammu and Kashmir Government have come up with a new idea of setting up of the Border Police Posts following drone activities along the borders. Though the drone activities have come down in Jammu and Kashmir during the past few months, yet security agencies seem to be in no mood to be complacent and have increased their vigil in neighbouring State of Punjab. The Police Border Posts have been approved in Jammu, Samba, Kathua, Rajouri and Poonch districts of Jammu region and Baramulla and Kupwara districts in the Kashmir valley. For this, the government has kept a special provision in the Budget for the next financial year starting from April 1. The step is aimed at further strengthening the Border Grid. It will ensure that no adverse activities by the enemy succeed on the border. Be it infiltration, drone activities, illegal smuggling of weapons, pushing narcotics and currency besides arms, ammunition and explosives. All such activities have to be plugged at any cost. In a majority of the cases, Army and BSF, deployed on LoC and International Border succeed in curbing the illegal activities. However, if infiltrators or Over Ground Workers (OGWs) carrying consignments cross the first line of defence, it has to be ensured that they don't manage to breach border pickets. After smuggling of arms and ammunition from across the border through drones and cross border narcotics, narcotics have emerged as another major challenge for security agencies in Jammu and Kashmir. Army is a frontline force along the Line of control (LoC) in Rajouri, Poonch, Baramulla and Kupwara districts while the Border Security Force mans the International Border in Jammu, Samba and Kathua districts. The government has recently activated all the Village Defence Committees (VDCs), now rechristened as Village Defence Groups (VDGs) in the border areas and more such groups could also be set up by the police depending on requirement. The need was felt for the border areas that there should be Police Border Posts to be manned by armed police personnel and will serve as yet another line of defence in the border districts to ensure that terrorists or their OGWs don't succeed in their designs. The government must take the representatives and real stakeholders of border areas on board while setting up police border posts so that an effective security grid is put in place with limited space for lacunas

# **WHY THE BAN ON PLASTIC IS SELF-DEFEATING**

PERSISTENCE. THE POINT IS TO FIND SOLUTIONS TO THE PLASTIC PROBLEM IN A MANNER THAT CONVERTS THE PROBLEM INTO A GIANT, PROFITABLE OPPORTUNITY THAT CREATES DECENT LIVELIHOODS, PROFITS AND SUSTAINABILITY. THIS, OF COURSE, IS A BIT MORE COMPLEX THAN A SIMPLE, UNENFORCEABLE BAN. BUT IT IS ALSO MORE SUSTAINABLE.

not ban plastic; the costs are too high for society, in particular for the less well-off. Instead, invest heavily in technologies to degrade the plastic not already amenable to the plastic not already amenable to biodegradation and deploy these to solve the problem. India has the worker capacity to collect all plas-tic waste and recycle it or treat it with chemical or biological agents to convert it into simpler com-pounds such as carbon dioxide, water and methane. India also has water and methane. India also has the brain power to innovate novel solutions to the problem of plastic persistence in the ecosystem.

Different countries are preparing to ban plastic. Several states and cities in India have already put in cities in India have already put in place bans on plastic in general or on single-use plastic. These bans basically serve to add to the income stream of protection racketeers, some of them entrenched in the state machinery, who would allow people to carry on with business as usual, occasionally penalising some offenders to demonstrate what would happen to those who refuse to pay the protection fee. refuse to pay the protection fee.
Plastic breaks down into smaller

Plastic breaks down into smaller pieces and those small pieces into even smaller pieces, resulting in the end in things called microplas-tic. When polyester clothes are washed in a machine, very small particles of the material used to make the fibre break off and join the drained water, and these the drained water, and these microplastics eventually reach the ocean. Using liquid detergents, rather than powder, reduces the abrasion and breakage of fibre when synthetic clothes are washed.

Reduce, reuse, recycle (RRR) is often prescribed as the most effecoften prescribed as the most effec-tive mantra for the problem of plastic persistence; some estimates hold that there are more plastic parts accumulated in the ocean than there are fish. Microplastic can enter the food chain and ulti-mately the human body. The con-sequences could be quite damag-ing. The problem is real, but the sclutten is not to be a plastic solution is not to ban plastic. Plastic is useful in ways that are riastic is useful in ways mat are beyond enumeration. From pack-aging to medical gear, from specta-cle lenses to aircraft windowpanes, from strong but light machinery parts to the housing of most electronics, plastic is the mainstay of

odern life. Consider a street vendor who Consider a street vendor who sells vegetables and fruits, a shop-keeper in less well-off localities who sells a variety of goods, from food to cosmetics, packed in plastic pouches and sachets, household articles used by the poor ranging from footwear and toxy to ficfrom footwear and toys to figurines of divinity - plastic is ubiq-

uitous.

It might be argued that not all plastic is proposed to be banned, only single-use plastic is being banned right now. This begs the question, how is this a real solution to the problem of plastic and other so-called forever chemicals?

The answer is a pragmatic shrug of the shoulders: we must begin somewhere and reduce plastic use to the extent we can. This is the

to the extent we can. This is the kind of pragmatism which results in the ridiculous demand that shoppers should use cloth bags to

carry home numerous items of gro-cery, each one of which is packed in, what else, plastic.

Already, technology exists to make some kinds of plastic biodegradable. Polyolefins, a term used to describe both polyethylene and polypropylene in different forms, can be rendered degradable at speed by adding chemical addiat speed by adding chemical addi-tives called d2w and d2p, which make polyolefins biodegradable in the presence of oxygen

These have been in use around These have been in use around the world for around four decades. But in India, their use is caught up in a tussle over standards and testing. It takes roughly two years to demonstrate biodegradability, whereas companies need faster certification. Another problem is the industry's finding that the standard specified by the Bureau of dard specified by the Bureau of Indian Standards for breakdown of plastic molecules is faulty; accord-ing to them, it excludes the first round breakdown. They want the government to use a standard test that is used in other parts of the world, such as ASTIM D6954, till the dispute over the standard is rectified.

These are industry demands that can be entertained without any dire, immediate threat to human health and well-being. plastic molecules is faulty; accord-

health and well-being. However, d2w biodegradable technology is not suitable for PET, polystyrene, nylon and PVC (polyvinyl chloride). The challenge (polyvinyl chloride). The challenge is to degrade them too. If bacteria can be cultured to eat up oil slicks, there is no reason why plastic, too, should not be amenable to such conversion into naturally occurring compounds.

This is a technical challenge at which the government should throw a lot of money and brain power. India's biotechnology capability is, for the most part, toiling away abroad in labs run by multi-

national companies and foreign

national companies and foreign governments.

Indian universities and scientific councils should invite some lead-ing biotechnologists of Indian ori-gin back to India, with the promise of autonomy and funding, to develop the solutions the world at large needs in degrading plastic.

Then, there is the task of collect-

Then, there is the task of collecting, sorting, cleaning and making available for processing the mil-lions of tonnes of plastic disposed

lions of tonnes of plastic disposed of in the country. As it is, it is estimated that about 60 per cent of plastic refuse is collected for recycling in India. India has enough people to do the labour-intensive job.

If their remuneration is improved, dipping into a levy that can be imposed on plastic at the raw material stage and utilised for RRR and degradation, it would add to employment and environ-RRR and degradation, it would add to employment and environmental sustainability. Sewage should, of course, be treated for plastic degradation, along with other treatment that sewage is supposed to receive, in any case.

The point is to find solutions to the plastic problem in a manner that converts the problem into a giant, profitable opportunity that creates decent livelihoods, profits and sustainability. This, of course, is a little more complex than a sim-

is a little more complex than a simple, unenforceable ban. But it is also more sustainable.

## No room for grey areas in defence allocations

GP CAPT MURLI MENON (RETD)

latest Stockholm The latest Stockholm International Peace Research Institute (SIPRI) report lists India as the world's top arms importer, accounting for 11 per cent of all such international imports between 2018 and 2022.

Saudi Arabia, China, Qatar and Australia are the other four main importers, followed by the LIS.

importers, followed by the US, Pakistan, Egypt, South Korea and

Pakistan, Egypt, South Korea and Japan. This report, by itself, may not portray a hollstic picture of the place defence occupies in the budgetary priorities of these nations or the efforts they are making to reduce their import bill.

President Joe Biden recently unveiled the breaddown of the US defence budget, pegged at around S842 billion, and in a few years it is expected to touch \$1,000 billion. While the American security interests encompass heavy allocations for research and development, new areas of interest such as the Indo-Pacific Command and new yentures in space of interest such as the Indo-Pacific Command and new ventures in space and nuclear technologies, India has its own requirements to meet the security challenges, situated as we are in a strategically volatile region, with neighbours none too friendly and just awaiting opportune moments to breach our security over land, sea and air.

The defence budget allocation for

2023-24 is Rs 5.94 lakh crore (just \$72.73 billion). The Chinese defence spending for the year is expected to be around \$225 billion, which gives us a comparative mosaic of the world's three leading strategic play-ers. Coming to Indian security imperatives, the need for substantial fund-ing for defence procurements and servicing is reinforced by our overalls ing for defence procurements and servicing is reinforced by our overall security scenario. It used to be the opinion of the strategic community that our defence budget should be at least 3 per cent of our GDP. But the global and regional developments of late may call for an upward revision.

late may call for an upward revision of this ballpark, mainly as shown by

the Ukraine war on one hand and China's attempts to unilaterally alter the Line of Actual Control (LAC) on the other. Pakistan being in a deleterious economic predicament as of now, Indian defence planning has to be remodelled much more on the global scenario and India's strategic aspira-

scenario and India's strategic aspira-tions in the emerging order. Increased allocations for pay and allowances and pensions are inescapable. Even the Americans have made a 5 per cent raise in pay in this year's defence budget. India's peculiarities in security management include the low-intensity conflict requirements necessitated by the pre-

tainability. This, of course, is a bit more complex than a simple, unenforceable ban. But it is also more sustainable. vailing counter-insurgency situation, specifically in the North-East and against Maoist elements elsewhere.

'Reduce, reuse and recycle' is often prescribed as the most effective mantra for curbing plastic persistence. The point is to find solutions to the plastic problem in a manner that converts the problem into a giant, profitable opportunity that creates decent livelihoods, profits and sus-

> These are contingencies which other countries may or may not have to factor in. The need for careful to factor in. The 'need for careful dovetailing of our paramilitary budgeting and defence budgeting cannot be overemphasised. While some aspects such as air power, electronic combat, search & rescue and air defence have to cater to multi-agene environments, the enlarged threat spectrum puts an additional burden on the national exchequer.
>
> Another important aspect in defence budgeting is the provision for non-defence expenses accrued by var-

> non-defence expenses accrued by various headquarters. The US defence budget this year has kept \$44 billion for such expenditure. While our defence budget does have separate allocations for capital outlay, revenue, pensions and defence civilians, the allocations for R&D and other innovative measures need to be increased considerably. The US defence R&D allocation this year is \$145 billion, with \$170 billion separately earnarked for procurements. Besides, another \$60 billion is earnarked for aircraft development. ious headquarters. The US defence marked for aircraft development. They have a separate head for air

wer procurements, unlike in India where aircraft procurements fall under the capital budgets of the three services. Proper code heading of vari-ous aspects of budgeting is the key to proper defence management and prioritisation.

The US defence budget has sepa

The US defence budget has separate allocations for new weapon technologies and new bases coming up in the Philippines and its Pacific posturing against China. The Indian defence budget has several aspects linked to the increased Chinese threat, but we stop short of mentioning this categorically, perhaps for fear of antagoning China. There is also a lack of clarity in our defence allocations for our strategic missile programmes. Calling strategic missile programmes. Calling out such allocations clearly would out such allocations clearly would also have payoffs in terms of psychological operations and cyber war. So, perhaps there is a case for clarity in nominating budgetary heads, such as separate allocations in the US budget for hypersonic weapons and cyber warfare. Comparisons with the US defence budget may not be wholly valid in all respects, but the clarity in nominating allocations for innovative and modern projects is something we could emulate. Also, the presidential system of government in that country approach to budgeting, which our traditional parliamentary democratic setup may not be comfortable with. For example, this year the US has gone in for a pay hike for their servicemen, whereas we in India are still agonising over One Rank, One Pension and modalities for its dis-

Pension and modalities for its dis-bursement.

Assessing India's defence require-ments vis-à-vis its development pri-orities in terms of budgeting is the key challenge for our financial plan-ners. Innovative measures to find the monies for meeting defence require-ments, more so in the backdrop of Atmanirbharta, should be the order of the day. Also peneded are asymptotic. of the day. Also needed are appropri-ate constitutional reforms to meet the funding challenges, be it for new projects such as Agnipath/MMRCA (Medium Multi-Role Combat ects such as Agnipath/MMRCA (Medium Multi-Role Combat Aircraft) or for finding the monies through suitable private-public part-nerships. The rapid degree of obsoles-cence in defence technology would necessitate timely adaptation and import of technology till our indigenous capabilities in manpower, train-ing, manufacturing and public-private partnership reach global stan-dards in cutting-edge fields.







## 'TWITTER SHOULD INVENT A **VIRTUAL SLAP': SONALI KULKARNI'S 'WOMEN ARE LAZY COMMENT DRAWS FLAK ONLINE**

modern Indian women have earned her internet wrath and even some compliments. A section of Twitter users is furious after Sonali Kulkarni's recent comments at an event. In a recent interview, Sonali spoke at length about modern Indian women and how they wish for a well-earning, settled husband while giving no input in the household's finances. She even went

in the household's linances. She even went so far as to call women 'lazy'.

"Bharat mein bahut saari ladkiyan alsi hain (in India a lot of women are just lazy)," she said. "They want a boyfriend or husband, who earns well, owns a house, and gets regular increments. But, in the middle of this women formet to make a stand for of this, women forget to make a stand for themselves. Women don't know what will they do." She added, "I urge everyone to

able and can earn for themselves. Who can say that yes, we want a new fridge in the house, you pay for half of it, I will pay the other half," she said in her interview with Bhupenddra Singh Raathore.

Twitter is divided in its reaction to her Twitter is divided in its reaction to her statement. While many men are praising, her for saying the 'truth', many women have criticised her myopic perspective on the issue. 'Twitter should invent virtual slap. Ladkiyaan aalsi nahi hoti, half of the families in India dont raise their daughters to build careers, they educate them so they get good husband and they condition girls to believe marriage will be the biggest moment of their lives not their careers.' wrote one

lives not their careers," wrote one.

Another said, "The need for male validation is embarras

### Shah Rukh Khan is impressed with Rani Mukerii's performance. 'mv Rani shines as only a queen can'



uperstar Shah Ruk Khan is all praise for his close friend Rani Mukerji's performance in her latest release 'Mrs Chatterjee vs Norway'. In the film, Rani essays the role of a mother battling the state for her kids. The film is based on Sagarika Chakaraborty's book The Journey of a Mother. Helmed by Ashima Chibber, 'Mrs Chatterjee vs Norway' also stars Neena Gupta, Jim Sarbh and Anirban Bhattacharya among others.

The film hit the theatres on Friday. Sagarika Chatterjee is a woman who stood un against the government of

is a woman who stood up against the government of Norway to fight for the right to be reunited with her chil-Norway to fight for the right to be reunited with her children after they were taken away from her and placed in foster care and were told that they will not be returned until the age of 18. SRK watched the film and also gave a shout-out to Rani. Taking to Twitter, he wrote, "What a tremendous effort by the whole team of Mrs Chatterjee vs Norway. My Rani shines in the central role as only a Queen can. Director Ashima, shows a human struggle with such sensitivity. Jim, @AnirbanSpeaketh, #Namit, #SaumyaMukherjee, #BalajiCauri all Shine. A must watch," SRK and Rani have been friends for a long time now. The duo have worked together in several films such as 'Kuch Kuch Hota Hai', 'Kabhi Khushi Kabhie Cham', Chalte Chalte, 'Pabel', 'Kabhi Alvida Naa Kehna' and 'Veer Zaara' among others. 'Veer Zaara' among others.

## **ASHWINI KASAR DONS** KHAKHEE FOR A SHOW, SAYS, 'I'M EXCITED TO PLAY A COP'

fter playing social reformer Savitribut, Ashwini Kasar has locked her next project, wherein she will play a cop. Actor Ashwini Kasar will soon be seen picking up a laathi and donning a khaki uniform on TV as she is set to play a cop for the first time. a cop for the first time.

After essaying the role of social reformer Savitribai Phule After essaying the role of cocial reformer Savitribai Phule However, I am excited and I hope to do justice to the role." Ask how she is preparing for the role and the 33-year-old shares, "I am watching interin Savitrijoti, she has signed her next — a crime thriller, titled

Commissioner (ACP).

"This is a different experi-

ence.

I have not played anything remotely similar to it," exclaims the actor, adding, "To play a police officer is going to be very challenging, as it will require a lot of hard work, both intellectually and abbysically. tually and physically.

views of police officers to understand their conduct." She also hopes that her background in law will help her build a convincing character.

Kasar is looking at other female cops for inspiration and is impressed with the work done by ACP Sanjukta Parashar, who is also known as the Iron Lady of Assam. Calling her "very inspiring", the actor the Iron Lady of Assam. Calling her "very inspiring", the actor says she considers herself lucky as she has got the "opportunity to play diverse characters", she signs off.



## Kareena Kapoor says she loves taking care of her house, asks son Taimur to help lay the table for guests



Ananya Panday dances with dad to 'Saat Samundar Paar

It was a visual treat to see actress Ananya Panday dance with her father Chunky Panday on the song Saat Samundar Paar' at her cousin Alanna Panday's wedding held here on Thursday. A video shared on Ananya's fan page, showed Ananya dressed in a powder blue and white saree dancing with Chunky, who sported a parrot green blazer paired with white pants. They were also joined by Ananya's cousin brother Ahaan, who looked dapper in a black suit.

per in a black suit.

The song 'Saat Samundar Paar' is from Chunky's
1992 film 'Vishwatma' directed by Rajiv Rai. It also
stars Sunny Deol, Naseeruddin Shah and Divya
Bharti among many others.

The film follows Prabhat, an honest police officer,
being sent to Kenya by the Indian Government to capture the dreaded crime lord Ajgar Jurrat and bring an
end to his illerad husinesses.

end to his illegal businesses.

On the work front, Ananya will next be seen in Vikramaditya Motwane's untitled cyber crime-thriller, Farhan Akhtar's 'Kho Gaye Hum Kahan' and areena Kapoor revealed that she enjoys doing basic chores around the house and even asks her young son Taimur Ali Khan to help out when iests come over.

guests come over.

Kareena Kapoor launched the fourth season of her talk show What Women Want on Friday. Promoting the series, the actor also spoke about her personal and professional life as well. While she is a successful and in-demand actor, Kareena revealed that she is extremely hands-on in managing her home and sown involve, her her home and even involves her children in household tasks. (Also read: Saif Ali Khan poses for Kareena Kapoor as Taimur and Jeh focus on a giraffe in new pic from

Africa)
She revealed that it was important to her and her husband, actor
Saif Ali Khan, to lead by example.
The actor shared that she knows
her children, six-year-old Taimur
Ali Khan and two-year-old Jehangir Ali Khan, are watching
what they are doing. Therefore, it what they are doing. Therefore, it was important for her to balance both her work and the family.

Speaking to Film Companion, Kareena told interviewer Sneha



Menon Desai, "I love multitasking. Menon Desai, "I love multitasking, I love being an actor, a star, a housewife. I love handling the home. If I'm having people over, I like the fact that I'll clean the table probably on my own. I'll say, aise karo, waise karo (do this, do that). I get into all of that. That's so much a part of me."

She added, "Im passionate and I like to keep doing something. If the grandparents or someone is coming over, they'll also help. I'll tell Tim [Taimur], come on, help lay the table. They have to see yourselves cooking and come to the kitchen. Everyone's hanging together, listening to music."

### Taylor Swift drops four new songs ahead of her Eras Tour



Taylor Swift took to her Instagram Stories to announce that she is releasing four new songs

announce that she is releasing four new songs ahead of her Eras Tour. The US leg of her tour begins on March 17.

Ahead of her long-awaited The Eras Tour, Taylor Swift is giving her fans new reasons to cheer. The singer took to her Instagram Stories to reveal that she will drop four previously unreleased songs at midnight ET/9 p.m. PT, on the eve of the first night of her Eras Tour.

Taylor took to her Instagram Stories and wrote: "In celebration of The Eras Tour I'm releasing 4 previously unreleased songs tonight at midnight 9 (clock and smile emotion) Eyes Open (Taylor's Version), Safe & Sound (Pt. Joy Williams and John Paul White) (Taylor's Version), if This Was a Movie (Taylor's Version) and All of the Girls You Williams and John Paul White) (Taylor's Version), If This Was a Movie (Taylor's Version) and All of the Girls You Loved Before." The four tracks are re-recordings of the singer's contributions to the soundtrack to 2012's The Hunger Games which are Eyes Open and Safe & Sound which features Joy Williams and John Paul White. Meanwhile, All of the Girls You Loved Before is an unreleased track which was considered for Taylor Swift's 2019 album Lover. The song was leaked in February this year, after which it went viral on TikTok when numerous fans requested the singer for its official release.

The release of these four songs coincide with the beginning of her Eras Tour at State Farm Stadium today on March 17, where she will perform again on the next day. The Eras Tour will also include additional performances

The Eras Tour will also include additional performance from Phoebe Bridgers, Paramore, Haim, MUNA, Gracie Abrams, and Gayle.

Aurams, and Gayle.

The singer recently posted pictures of herself rehearsing for The Eras Tour, where she was seen practicing on stage. The singer posted a couple of pictures where she can be seen singing on an empty stage rehearsing by herself, she captioned the post saying, "In my Eras era (nails emoticon)".

## Ranbir Kapoor says he has no ego, is first to say sorry to Alia: 'When a couple fights sometimes...'

RANBIR KAPOOR APPEARED IN COUSIN KAREENA KAPOOR'S TALK SHOW WHAT WOMEN WANT. WHERE HE OPENED UP ABOUT HIS MARRIAGE TO ALIA RHATT

anbir Kapoor was the Ranbur Rapool was and first guest in the fourth season of L fourth season c. usin Kareena Kapoor's show nat Women Want, or cousin Kareena Kapoor's show, What Women Want, on YouTube. In the show, Ranbir talks about a bunch of topics confidently, from marrying Alia Bhatt to welcoming their daughter Raha Kapoor. In the show, Kareena asks Ranbir about his relationship with actor-wife Alia Bhatt. She

asks, "Stay up and fight with asks, "Stay up and fight with Alia or sleep over it?" Responding to this question, Ranbir instantly replies, "I am the sleep over it kind of a guy. Let's just sleep over it and pick it up in the morning because by then see. kya hota he ki (what happens is) when a couple fights sometimes to hurt the other person lot of things are said for effect and you don't really mean it and the other

person thinks that you are person thinks that you are coming from a place of some-thing so that person takes those 3-4 words and it stays with that person and then you have to clarify it... So it always comes in the heat of the moment so I always believe that if there is a fight I can just kind of take some space." some space

Kareena then responds to Ranbir's answer and asks, "How are you so sensible?" and

alleges that he has come with his answers prepared from before the show. To this Ranbir before the show. To this Rambir says that he didn't even know what questions she will ask and says he still needs to com-plete his answer. He then says, 'I think space is great and also Alia is somebody... she's a lawyer so if she feels that she's wronged she will not let go until she makes her point clear. And I am the ruy who has no And I am the guy who has no

ego.. I don't have self-respect also. I am very happy saying sorry even if I am in the right

sorry even if I am in the right or wrong but like that space. I like the concept of space."
Ranbir married Alia last year in April. They welcomed their daughter Raha Kapoor in November 2022. They recently celebrated their first Holi as husband and wife, and as parents. Ranbir Kapoor is currently basking in the success of his



latest outing, Tu Jhoothi Main Makkaar. The film released on

## 7 Ayurvedic superfood that you can have every day - follow list and get fit!

yurvedic superfoods: Superfoods refer broadly to those food items which are packed with nutrients and have minimum calories. So who won't want to have them? While there has been criticism that the term was coined for marketing purposes to influence certain food trends and sell products, nevertheless, many are known to have shown or these items are known to have shown great health benefits, in exchange of adding minimal calories. The great thing is that you don't have to depend on expensive, import-ed food items, there are a bunch of Indian superfoods - easily available - that you can

Avurveda expert Dr Rekha Radhamony Ayurveda expert Dr Rekha Radhamony took to Instagram recently to share a post on 7 Ayurvedic superfoods that can be eaten daily. In the post, she mentions that certain Ayurvedic foods are "universally good for everyone every day". She mentions these 7 superfoods:

Amla Pomegranate

Ghee

Moong Dal

Honey Black raisins



Indian gooseberry is known for its anti-age-ing and immunity-boosting properties. So incorporate more of these in your diet.

ing Type-2 diabetes, and keeps blood pressure in check.

Ghee: When they insisted that we should

Studies have proved that adding ghee to your meals reduces the glycaemic index of food. Nutritionists like Rujuta Diwekar - best known for helping Kareena Kapoo Khan achieve her admirable figure - swears by ghee

Moong dal: Packed with iron, potassium. Moong dal: Packed with iron, potassium, and magnesium, moong dal is a very popu-lar Indian superfood. Being fibre rich, it helps in digestion. Some studies have shown that this dal improves glucose toler-ance as it has a low glycemic index and is therefore good for diabetic patients. It's also good for the heart and improves blood cir-culation.

Honey: Honey has numerous health benefits. Raw honey is a rich source of antioxi-dants called polyphenols. Having a spoon-ful daily can have many health benefits. Make sure to buy good quality, organic

Black raisins: Packed with Vitamins, dietary fibers, and minerals, black raisins are good for anemic patients, help in eliminating harmful toxins from the body and even ove heart health

improve heart neaun.

Tender radish: Rich in antioxidants and
minerals like calcium and potassium, radish
is known to help in lowering heart diseases
and high blood pressure.

## **Does high-protein** grilled chicken help vou lose weight?



peping a track of weight is very important but do hat weekly. If you want to lose weight, losing about 5 to 10 per cent of your current weight over s is recommended. However, do not stress if there are minor shifts week after week. It could be due to the vol-

Should I drink water before meals to lose weight faster? Should I drink water before meals to lose weight laster? Drinking water is important for hydration. Although some individuals attempting weight loss drink water before meals to kill hunger pangs, there is a lack of research data supporting this practice. There are certain conditions where excess water intake is contraindicated like kidney disease and cardiac failure.

Can I have all the grilled chicken I want and still lose

No. Undoubtedly, grilled chicken is an excellent source of No. Undoubtedly, grilled chicken is an excellent source of protein, low in fat and is nutrient dense. An 85 gm portion of skinless, boneless chicken breast yields just 102 calories. A high-protein diet is very effective in weight loss, both in the short and long-term. But portion control is very impor-tant. Moderation is the key for a healthy weight loss. Should I skip dinner if I have a heavy lunch?

No. When you skip dinner, it increases the period of fast No. When you skep dinner, it increases the period of tast-ing and has been associated with lower energy levels and nutrient deficiencies. It is going to have negative effects on the body leading to weight gain. Besides, if you make radi-cal changes in your diet, you are more likely to hit the refrig-erator at odd hours and undo all the good. Should I plan every meal for weight loss? Absolutely yes.

## **NEW RESEARCH SHOWS THAT EATING OMEGA-3S CAN SIGNIFICANTLY BOOST** COGNITION—EVEN IN YOUNG PEOPLE

I was tasked with naming If I was tasked with naming the nutritional equivalent of the 1980s "brat pack," I would probably list protein, fiber, an array of vitamins, and—finally—the illustrious Molly Ringwald of the group, omega-3 fatty acids. Omega-3s are multifaceted team players that improve everything players that improve everything from your skin health to your brain function. And according to recent study, they're just like Ringwald herself in that they're absolutely timeless

A new study published in the A new study published in the journal Neurology found that—whether you have 16 candles on your cake or more—it's worth doubling down on your fatty fish—and general omega-3-rich food—consumption. "Most studies looking at omega-3 fatty acids and brain health have been focused on infants and children or older adults with dementia, so the fact that this study shows that omega-3 fats benefit vour brain throughout the life cycle is signif-icant. It shows that it's smart to get them in your diet early throughout all stages of life," registered dietitian A Pagistered dietitian Affice lanahy, RDN, founder of traving Something Healthy. Let's get into the nitty-gritty: In



this study, middle-aged people whose blood contained more omega-3s-or polyunsaturated fatty acids characterized by the presence of a double bond – showed larger brain volumes and

rmed better on re and logic tests compared to those lower omega-3 levels "What's more, the results showed benefits with just a little bit of need to eat huge quantities of fish or take high doses of a supple-ment to get the benefits," says

Danally.

While society tends to conflate brain-targeting diseases like Alzheimer's and dementia with old age, preventing—or slowing—these diseases actually begins at an early age.

"We usually associate cognitive decline with older adults and Alzheimer's or dementia, but cognitive decline happens slow-ly, and you might not fully really, and you might not fully real-ize the signs until it's tool late. It's important to do all you can to support your brain while you are younger, which will help reduce the risk of problems when you're older," says Danahy.

Eating your omega-3s is one simple, everyday way to look after the organ upstairs.

In short: No matter how old

you are, it's important to make sure you're consuming your daily recommended intake of omegarecommended intake of omega-3s (about 1,100 mg for women and 1,600 mg for men). Scroll down for the top three food sources of omega-3s and how much you need to eat to hit your quota (because, seriously, who can eyeball milligrams these

1. Oilv. fatty fish

 Oily, latty fish
"Oily fish like salmon, sardines,
anchovies, herring, and mackerel
are tops for omega-3 content, but
even lean white fish like cod or
tilapia count. If you don't eat fish,
it may be worth taking an omegasupplement to help reported. 3 supplement to help protect your aging brain," says Danahy. A three-ounce serving of wild salmon contains about 887 milligrams of omega-3s, while a twoounce serving of sardines con-tains about 556 milligrams.

tains about 556 milligrams.

2. Flaxseeds
The fatty acids in these teeny, tiny seeds are the reason they've been linked to helping protect against cardiovascular disease. Per the Mayo Clinic, one to two tablespoons of flax seeds per day is the nutritional sweet spot, and you should consider grinding or crushing them (or just buying flax meal), so your body can actuflax meal), so your body can act ally make use of those omega-3s.

3. Chia seeds

3. Chia seeds You'll get a powerful combo of omega-3s and fiber with chia seeds. Two tablespoons of these babies contain a whopping 4.2 grams of omega-3s, so you can add them to your smoothie and know you're set for the day.

### **Stubborn Vitamin D Levels? People Swear** By This Supplement To **Reach Sufficiency**

t of the U.S. population (i.e., 93%1 to 100%) is failing to consume even small amounts of vitamin Do on a daily basis. Thanks to this startling fact, a shocking number of Americans are living with suboptimal vitamin D levels: 41% of U.S. adults are insufficient, and a whopping 29% are straight-up deficient.

What's more, many vitamin D supplements aren't actually effective at raising vitamin D levels thanks to three main

They feature vitamin D2 instead of D3 (the superior

form).

They don't include a dietary fat or encourage people to take their vitamin D with a meal or snack that includes healthy fats (to enhance absorption and optimize bioavailability)

aonuty).

As a result, many people supplement with vitamin D for years without moving the needle on their vitamin D levels. If you're struggling to achieve and/or sustain healthy vitamin D status (which leading functional medicine experts agree is a 25(OH)D test result of 50 ng/ml or higher], mind-bodygreen's vitamin D3 potency+ might be able to help you out. The result? A traily officine daily supplement that out. The result? A truly effective daily supplement that helps people reach and maintain vitamin D sufficiency so they're able to support the body's many D-critical functions—including healthy immune and inflammatory responses, sexual pleasure, oral health, mood support, and muscle function, to name a few.\*

## WHY WE NEED TO FOCUS ON NUTRITION, NOT HUNGER

very October, the Global Hunger Index (GHI) is released. It generally creates an uproar, and with good reason. But this time it has gone overboard. The fountainhead is a 16-year-old German and Irish organisation, which measures and ranks countries on a hunger ures and ranks countries on a hunger index at the global, regional, and national levels, but not at the subnational level where some Indian states fare better. The GHI's stated aim is to reduce hunger around the world. But its methodology focuses disproportionately on less than five-year-olds.

In common parlance, hunger and nutrition are two different things. nutrition are two different tings. Hunger is associated with food scarcity and starvation. It produces images of emaciated people holding empty food bowls. GHI uses childhood mor-tality and nutrition indicators. But its preamble states "communities, civil sociate consumerations, emall produces." society organisations, small producers, farmers, and indigenous groups... shape how access to nutritious food is snape now access to nutritious rood is governed." This suggests that GHI sees hunger as a food production challenge when, according to the FAO, India is the world's largest producer and con-sumer of grain and the largest produc-

of milk; when the per capita of grain, vegetables and milk has increased manifold. It is, therefore, contentious and unacceptable to club India with countries facing serious food shortages, which is what GHI has

hunger is abhorrent given the facts. But there is no denying that in India, nutri-tion, particularly child nutrition, continues to be a problem. Unlike the GHI, the National Family Health Survey the National Family Health Survey (NFHS) does a good job of providing comparative state-level data, including the main pointers that determine health and nutrition. NFHS provides estimates of underweight, (low weight for age), stunting (low height for age) and wasting (low weight for height). These conditions affect preschool children (those less than 6 years of age) dren (those less than 6 years of age disproportionately and compromise child's physical and mental develop ment while also increasing the vulner ability to infections. Moreover, under nourished mothers (attributable to social and cultural practices,) give birth to low-birth-weight babies that remain susceptible to infections, transporting their handicaps into childhood and

The jury is divided on the causes and solutions. Leela Visaria, a noted sociologist, links the nutritional status of oung children with the post-neonatal hase when children sutter from acuse espiratory infections and diarrhoeal liseases. Sanitation and hygiene when children suffer from acute diseases. Sanitation and hygiene require much more work, she says. The Director of the Nutrition Foundation of India Prema Ramachandran says, "the Body Mass Index test is the best way of identifying both thin and overweight kids and the ongoing Poshan Abhiyaan envisages this." Professor V Abhiyaan envisages this. Protessor V Subramanian at the Harvard Chan School of Public Health writes, "there is a need to declutter the current approaches to child undernutrition by keeping it simple. I advise against a disproportionate focus on anthropometry (body measurements); instead, the need is to have a direct engager with actual diet and food intake

with actual diet and food intake."

The irony is that issues related to nutrition and their solutions, although they appear simple and cheap, need delving into individual homes. The first child nutrition challenge relates to breastfeeding. The WHO and UNICEF recommend that breastfeeding should be initiated within the first hour of birth and infants should be exclusively

breastfed for the first six months. According to NFHS 5, in India, the percentage improvement of children who were exclusively breastfed when under six months, rose from 55 per under six months, rose from 55 per cent in NFH5 4 to 64 per cent in NFH5 5. That is progress, but it is not enough. By not being breastfed, an infant is denied the benefits of acquiring anti-bodies against infections, allergies and even protection against several chronic conditions. NEHS case that only 42 per conditions. NFHS says that only 42 per cent of infants are breastfed within one hour of birth, which is the recommendhour of burth, which is the recommend-ded norm. Interestingly, Chhattisgarh, Jharkhand, Madhya Pradesh, Odisha and Maharashtra, Manipur, Rajasthan, Himachal Pradesh, and Haryana score above 70 per cent include Bihar, Punjab, Kerala, Tamil Nadu, and West Bengal. The others are in between.

The second issue relates to young

The second issue relates to young child feeding practices.

At root are widespread practices like not introducing semi-solid food after six months, prolonging breastfeeding well beyond the recommended six months and giving food lacking in nutritional diversity. NFHS 5 shows that the improvement has been mar-ginal over the last two reports and sur-

Rajasthan, Assam, UP and Gujarat are at the tail end.

feedback from a 40-year-old NGO CHETNA (with whom the writer NGOCHETNA (with whom the writer is associated), which works for women's and children's health and nutrition across three states (Gujarat, Madhya Pradesh, and Rajasthan) is revealing. The NGO echoes the findings on breastfeeding and young children's feeding unrefuses part through dren's feeding practices, not through surveys, but by observing what goes on within the homes. Young children are allowed to run around while eat-ing, exposing the food to flies, dust and heat.

The NGO also found that childr

are weaned on watery liquid from cooked grain when they need energy and nutrition-dense food to develop

Even one teaspoon of ghee or oil added to semi-solid dal or khichri can provide adequate protein and calories, But mothers are ignorant of this. Equally, diversity in diet is important. Families start kitchen gardens and some even rear poultry once they are taught how nutrition can be improved.

poor nutrition. According to NFHS 5, the percentage of stunted, wasted and

per cent and 32 per cent respectively. It is worrisome that states like Bihar, UP and Jharkhand have fallen from their own levels five years ago.

Overall, there has been an eight per-

Overall, there has been an eight per-centage point increase in children suf-fering from anaemia – from 59 per cent in NFHS 4 to 67 per cent in NFHS 5. This has a lot to do with the mistak-en belief that manufactured snacks are "good food". Anecdotally, there are reports that households in Dharavi, reports that households in Dharavi, Asia's largest slum, spend up to Rs 30 per day on packaged snacks like chips, papad and other over-salted edibles. Parents allow the child to sleep on an undernourished (virtually empty)

omach. CHETNA found the same phenome non in urban slums and in villages and lamented that the same Rs 5 spent on manufactured snacks would be better

manutactured snacks would be better spent on buying one egg. Almost one dozen nutrition pro-grammes have been under implemen-tation since 1975. Several more have been added of late, but most beneficiaries of these food distribution programmes are kids attending angan-wadis or schools, adolescents, and pregnant and lactating mothers

### **NEWS**

## Capacity building program on "Women safety & security" held in Srinagar

DC SRINAGAR STRESSES ON ADDRESSING GAPS TO CREATE GENDER EQUITABLE AND CHILD CENTRED POLICIES AND PROGRAMMES

JI NEWS SERVICE

SRINAGAR MARCH 17:- To address the gaps in action for women and children with the objective to create gender equitable and child centred environ-ment, a daylong capacity build-ing programme on "Women safety & security" for the func-tionaries of Mission Shakti/ Mission Vatsalya, Mission Poshan and Special Cell for Women and children was today held here in the Auditorium of SKIMS, JVC, Bemina. The programme was held on the directions of the Deputy Commissioner Srinagar, Mohammad Aijaz Asad unday table and child centred enviro

Mohammad Aijaz Asad under Azadi ka Amrit Mohatsav PRAN 4 UNITY (unity in diversity)

During the programme, the functionaries of Mission Shakti/



Poshan and Special Cell for Women and Children were sen-sitised about the programme and were given training by the Resource persons. District Social Welfare Officer, Dr Mukhtar Ahmad who is also Nodal Officer of Mission Shakti presided over the function and highlighted the objectives of the presided over the function and highlighted the objectives of the programme in his introductory

On the occasion, Resource persons including Secretary SDA, Dr Mantasha Binti Rashid, Deputy Advocate General J&K High Court, Advocate Mubashir Malik, Assistant Professor IUST, Dr Shazana Andrabi and Centre Administrator One Stop Centre Bandipora, Ms Ishrat Ayoub delivered their lectures on the

Speaking about the daylong Speaking about the daylong programme, the Deputy Commissioner, Srinagar high-lighted the importance of Mission Poshan 2.0, Mission Shakti and Mission Vatsalya an Umbrella Schemes of Ministry of Women & Child Development

The DC said the scheme is ned at empowerment and pro-

tection of women and children tection of women and children and ensuring their wholesome development in a safe and secure environment. He said the scheme is crucial for sustainable and equitable development of the society and for achieving transformational economic and transformational economic and social changes.

The DC further said the

Government is giving focused ntion to ens ure well-nour ished and cheerful children and ished and cheerful children and confident, self-reliant women by providing them with an environ-ment which is accessible, afford-able, reliable and free from all forms of discrimination and violence.

He further said the prime

objective of the scheme is to address gaps in measures taken for women and children to create gender equitable and child cen-tred policies and programmes.

Divisional Commissioner reviews

progress of lammu e-buses project

JI NEWS SERVICE

Kumar chaired a meeting to review progress of electric buses project of Jammu Smart City Mission in which CEO Rahul Yadav gave a detailed overview on progress

made on the project so far. Divisional Commissioner asked Deputy Commissioners of Kathua, Udhampur and Reasi to clear bottlenecks and hand over land to

Jammu Smart City Limited (JSCL) for establishment of

Jammu Smart City Limited (ISCL) for establishment of charging stations for electric buses. He directed other departments to expedite completion of necessary work related to the project and asked officials of JSCL and TATA motors to start construction work of bus depot at Bhagwati Nagar in Jammu. Instructing JSCL to depute team for inspection of prototype model of electric-buses, Divisional Commissioner directed officials of TATA motors to ensure delivery in stipulated time frame. "Buses should be delivered by mid-April and operationalised at earliest," he directed officials. In the meeting, threadbard discussions were also held on the routes

ing, threadbare discussions were also held on the route and fair of electric buses. Pertinently, the Jammu and

Kashmir government is procuring a fleet of 200 electric buses, 100 each for capital cities of the Union Territory. The meeting was attended by CEO Jammu Smart City

### Training on 'Minimising Pesticide Use & Land use Planning' organised

JI NEWS SERVICE

REASI, MARCH 17: A training programme on 'Minimising Pesticide Use & Land Use Planning' was organised at Conference Hall of DC Office today. Speaking on the occasion, Chief Agriculture Officer, Harbans Singh stressed on reducing the indiscriminate use of pesticides keeping in view adverse effects on humans and environment. Regarding land use planning, he said efforts must be made to maintain soil health through natural/organic agriculture.

DAO Extension, Rajesh Verma highlighted the promotion of bioagents, biopesticides and safe pesticides for quality food production. Start-ups for increasing bio control agent production should also be promoted, he said.

During a technical session, Head Krishi Vigyan Kendra, Banarasi Lal deliberated about land use planning includ-

During a technical session, Head Krishi Vigyan Kendra, Banarasi Lal deliberated about land use planning including robust land use policy and educating farmers on soil health management. Agriculture Assistant (Inputs) Sushill Gupta covered topics like IPM strategies and regulatory measures for pesticide reduction through PPT.
Participants of the event included District Agriculture Officer, Ravinder Tripathi; SMS DL, Amit Sharma; ASCO, Varinder Dogra; Subdivision Agriculture Officer Dharmari, Rupinder Pal Singh Bedi; SDAO Reasi, Vinod Khajuria, SMSs, AEOs and other field functionaries.

### Kishtwar: Animal breeders participate in awareness camp at Kandni

KISHTWAR, MARCH 17: Under the District Training cum

KISHTWAR, MARCH 17: Under the District Training cum Demonstration programme, an Awareness Camp was organised today by the Department of Animal Husbandry at Kandni area of Drabshalla block.

Chief Animal Husbandry Officer, Dr Sanjay Kumar Sen was the main campaigner of the event. He was accompanied by Dr Mukesh Kumar (VAS), Dr Mohammad Umair (VAS) and other staff from concerned veterinary centres. CAHO Kishtwar educated locals about schemes like IDDS and IPDP and encouraged educated unemployed youths to take advantage of these schemes to generate livelihoods for themselves and others.

The public was also informed about benefits of Artificial Insemination (Frozen semen Technology) and Sex Sorted

Insemination (Frozen semen Technology) and Sex Sorted Semen (SSS) scheme for genetic upgradation of local cattle breed. They were told about availability of Sex Sorted Frozen Semen technology in nearby Veterinary Centres for

Frozen Semen technology in nearby Veterinary Centres for Artificial Insemination.

To boost local milk production, farmers were given free medicines, mineral mixtures, calcium supplements and dewormers in addition to vaccination and general treatment. They were also educated about beneficial schemes like KCC and Livestock Insurance.

The public representatives appreciated efforts put forth by the department in unlifting socioe-conomic status of

by the department in uplifting socio-economic status of locals and asked for full co-operation to achieve benefits extended under different schemes by the Department. They requested that such free camps be conducted in future as well.

### DC Baramulla chairs SFCAC **Committee meeting**

JI NEWS SERVICE

BARAMULLA, MARCH 17: A meeting of the Sponsorship & Foster Care Approval Committee (SFCAC) was held today at Baramulla under the chairpersonship of Deputy Commissioner (DC) Baramulla, Dr Syed Sehrish Asgar.

172 application forms were screened by the committee, mong which 59 files were rejected. 113 eligible cases were 172 application forms were screened by the committee, among which 59 files were rejected. 113 eligible cases were further screened for approving the cases under the allotted quota of 58. The DC directed the SFCAC Committee members to ensure that the files are approved as per the prioritization set by the guidelines issued by the Government. She directed that Field Reports shall be prepared by the agencies of the Mission Vatsalya regarding the cases. Meanwhile, the DC directed the Committee members that the Case files in favour of the students should be completed at an earliest, so that the Sponsorship amount is released to the students at an earliest.

pleted at an earliest, so that the spoinswamp amount are released to the students at an earliest.

The Member Secretary SFCAC Committee, DSWO Baramulla briefed the meeting that the case files need scrutinization and prioritization of the SFCAC committee. It was informed that the cases are sponsored for a period of 3

### DC Kupwara hoists National Flag at newly constructed Flag Post at DC Office lawns

KUPWARA, MARCH 17: The District Administration Kupwara today organised an impressive function at DC Office in connection with National Flag raising ceremony on newly constructed Flag Post at DC Office lawns.

on newly constructed Flag Post at DC Office lawns.
The National Flag was hoisted by Deputy Commissioner
(DC), Kupwara, Dr. Doifode Sagar Dattatray in presence of
SSP Kupwara, Yougal Manhas.
The Deputy Commissioner took salute on the parade
presented by contingents of CRPF, J&K Police and Police
Band.
The ADDC Kupwara, Altaf Ahmad Khan; ADC
Kupwara, Ghulam Nabi Bhat; ACR Kupwara Ajaz Ahmad
Bhat, all district and sectoral officers were present at the
occasion

On the occasion, the DC said that the National Flag On the occasion, the DC said that the National Flag 12x18 feet size was hoisted at the height of 55 feet in the Lawns of Administrative Complex (DC Office) Kupwara. He said this is the part of celebrations of Azadi Ka Amrit Mahotsav, celebration of 75 years of Independence.

Dr Sagar said that the National Flag a energizes people to achieve their goals. He said the National Flag is also hoisted at various big establishments in the district including at Public Park Langate which is hoisted at 108 feet height.

## **DDC Vice chairman Kupwara** visits KGBV Potushai Lolab

JI NEWS SERVICE

KUPWARA, MARCH 17: The Vice Chairman, District Development Council (DDC) Kupwara, Haji Farooq Mir today visited KGBV Potushai Lolab to inspect the ongo-ing work of construction of the

boundary wall of the institution.

The Vice Chairman DDC was accompanied by ZEO Sogam, Ali Mohammad and ZEPO Sogam,

Mohammad and ZEPO Sogam, Fayaz Ahmad Wani. The Vice Chairman DDC interact-ed with Girl students and staff and listened to their grievances. KGBV Warden, Mymoona Khanum and students briefed the Vice Chairman about the prevailing scenario of the KGBV Potushai and demanded clean drinking water for the hostel and toilet facility for KGBV where 50 girl students are enrolled for boarding and lodging



Executive Engineer, Jal Shakti department Kupwara who assured that water supply connection will be provided to KGBV on priority basis. Regarding lack of toilet and wash-

room facility, the Vice Chairman asked ACP Kupwara to get washroom/toilet facility constructed under SBM for girl students and under progress with a cost of Rs 18.00 lakhs under Samagra Shiksha

concerned to speed up the pace of work so that it is completed within stipulated time and girl students and female staff of KGBV feel safe

# inspected the work of construction of boundary wall for KGBV which is

He asked the Executive Engineer

## The meeting was attended by CEO Jammu Smart Lity Limited (JSCL) Rahul Yadav; Vice Chairperson of JDA Pankaj Magotra; Additional CEO JSCL Rakesh Gupta; ACG from Deputy Commissioner Office Manisha; Director Technical JSCL S L Kapoor, General Manager (Finance) JSCL & nodal officer for e-buses project J&K Ashish Anand; Dy GM Gurmeet Singh. Haji Farooq took the issue of shortage of drinking water with aff on priority. The Vice Chairman DDC also 3 Days workshop on 'Household Income Expenditure

JI NEWS SERVICE

SRINAGAR, MARCH 17: The Directorate of Economics & Statistics, J&K organised a three days workshop on surveys, viz. 'Household Income Expenditure Survey' and 'Employment Labour Force Survey' under 'Support for Statistical

Strengthening' from 16th to 18th of March, 2023 at Directorate of of March, 2023 at Directorate of Economics Statistics, Bemina Srinagar. The workshop was inaugurated by Director General, Regional Director (E&S) Kashmir, Athar Hussain Qadri. Regional Director, E&S Kashmir to, bis address highlighted, the in his address highlighted the importance of the surveys vis-àvis the role of Directorate for col-lecting the data on the designed surveys. He impressed upon all the field functionaries for collect-ing reliable and coherent data that will pave the way for making Government policies. He also briefed them about the

survey' & 'Employment/ Labour Force Survey' held

survey and encouraged them to take full benefit of training so that

quality data could be obtained. The instant surveys will focus on obtaining the data on unemployment, income expenditure securiors as the basis for effective socio-economic policy formulations oa sto position the developmental efforts in more pragmatic and people griented directions. and people oriented directions. Ashiq Hussain, Joint Director

(Surveys DES) also highlighted the importance of the surveys. The training is being imparted by Mohammad Ismail Bangtoo, Assistant Director (Survey) DES; Musadiq Khan, Assistant Director (Statistical Training School Srinagar) and Tahseen Mustafa, Senior Statistical Mustafa, Senior Statistical Officer, NSO, FOD Jammu.

### Director School Education Jammu stresses on foundational studies during Udhampur visit

At GHSS Char Director School Education

Director School Education Jammu addressed a public gathering and stressed on the importance of educa-tion. He advised imple-menting various schemes for the welfare of students by involving community mobilisation



JI NEWS SERVICE

UDHAMPUR, MARCH 17: Director School Education Jammu, Dr Ravi Shankar Sharma, accompanied by Joint Director School Education Udhampur-Reasi, Dhirendra Sharma and other officials, visited District Udhampur at Block Chanunta to inspect vari-

The team first visited

Education Jammu also inaugurated Kindergarten in the premises of Government Middle School Patli, GMS Bhugterian, GMS Chanunta, GMS Nagrota and GMS Sansoo. The offi-cers stressed on the impor-tance of KG classes as it is the foundation of learning according to NEP 2020. The concerned officers lso visited HSS Garhi Higher Secondary School Chanunta and inspected the ongoing construction work at Block A and Block

also visited HSS Garhi
where they inspected the
remodelling of the school
infrastructure which was
under construction at a cost
of Rs 8 crore. The team also
made administrative
inspections in various inspections in various other schools including MDM and examination centres. They were highly satisfied with the imple-mentation of self-defence training and school safety and security on the ground

Director 5 Education Jammu

## Two days state level MDP concludes at GMC B'la

BARAMULLA, MARCH 17: DAKAMULLA, MARCH IT: A Valedictory function of two days state level Management Development Professionals, Tutors of Nursing Professionals, Tutors of Nursing Colleges from Baramulla, Kupwara and Bandipora districts concluded at GMC Baramulla.

The programme was organized by Academy of Hospital Administration (AHA), India in collaboration with Government Medical College (GMC) Baramulla The function was presided over by Deputy Commissioner (DC) Baramulla, Dr Syed Sehrish Asgar as chief guest.

Principal Government College Baramulla, Dr (Prof) Iffat Hussain; Joint Director Planning, Mohammad Yousuf Rather; Chief Mohammad Yousuf Rather; Chief Medical officer Baramulla, Dr Bashir Ahmad Malik; Medical Superintendent Gandhi Nagar Hospital Jammu, Medical Superintendent GMC Baramulla, Doctors, Nurses besides a large number of participants including students were present in the function

present in the function.

Topics discussed during the two days

programme included Medical Negligence, Communication & Soft Skills, Role of Nursing in Prevention of Hospital Infection, Ethical & Legal Issues related to Nursing Management in Hospitals, Challenges in Management Clinical Services (Accident and Emergency Services Operation Theater), HR & Conflict Management, Disaster Management Role of Nursing Staff, Skilled Based Methods of Teaching and Learning & Bridging the Theory and Skilled Based Methods of Teaching and Learning & Bridging the Theory and Clinical Gap, Quality Assurance in nursing. Speaking on the occasion, Dr Sehrish advised the doctors and nurses to adopt the humble approach while dealing with the patients. She said that the development of trust enables the patient to comply with the doctor's guidance, which consequently results in improvement of health. Dr Sehrish emphasized the importance of MDP programmes as it trains the doctors, nurses and other paratrains the doctors, nurses and other para medical staff to deal with the patients medical staft to deal with the patients.

Other speakers also highlighted the importance of organizing the programme and expressed hope that the programme will benefit the Nursing Professionals and Tutors to a large extent in all the relevant matters.

3 Days CBP for elected Women

**Members of ULBs & SMC concludes** at I&K-IMPARD Srinagar

JI NEWS SERVICE

SRINAGAR, MARCH 17: A three days Capacity Building Programme (CBP) for Elected Women Members of Urban Local Bodies (ULBs), Kashmir and Srinagar Municipal Corporation (SMC) under the Programme 'She is a Change

## Only Light Goods Vehicles to be allowed from **Tomorrow: Div Com Kashmir**

ALSO REVIEWS READINESS OF TRANSIT ACCOMMODATION WANDHAMA

JI NEWS SERVICE

GANDERBAL, MARCH 17: The GANDERBAL, MARCH 17: The Divisional Commissioner (Div Com) Kashmir, Vijay Kumar Bidhuri today vis-ited District Ganderbal where he con-vened a meeting of officers at VC room, DC Office Ganderbal for managing opening/closure of the Zojila Pass

ing/closure of the Zojila Pass.
The meeting was attended by Deputy
Commissioner Ganderbal Shyambir, SSP
Ganderbal, Nikhil Borkar, SSP Traffic
Rural, ADC Ganderbal, CEO Sonamarg
Development Authority, ACR, ARTO
Ganderbal, officials from MeT/BRO,
besides the meeting was also attended by
Div Com Ladakh, DC Kargil, SSP Kargil,
and officials from Vijayak through Video
Conferencing.

Conferencing.

At the outset, all the issues concerning the road opening were discussed thread-bare including condition of road, Snow clearance, and it was decided that the road will only be open for the LGVs (Light Goods Vehicles) (One-Way), and no passenger/tourist vehicle shall be

allowed.

The road opening date was decided to be 18th March, 2023 from Sonamarg to Kargil and cut off timing for vehicles to cross Sonamarg will be 6:00 am in the morning and from Meenamarg, Kargil the cut-off timing shall be 8:30 am. Besides, it was decided that traffic will be allowed only on alternate daws.

only on alternate days.

It was also decided in the meeting that on Fridays no traffic will be allowed, and road will be closed for maintenance pur-

Div Com Kashmir directed the con ned to follow the already framed SOPs cerned to follow the already framed SOPs in likewise manner. He also directed the officials from MeT for the advance forecast of the weather, and asked the Traffic dept for issuing the same weather advisories on time. The BRO authorities were also directed to give road clearance on time so that traffic will cross the road before the avalanche prone timing.

Regarding the availability of machinery

on Zojila road stretch, Mechanical engion Zojila road stretch, Mechanical engi-neering department was directed to pro-vide one recovery van, and CEO SDA was directed to provide accommodation cen-tre in case of any emergency enroute the Srinagar Sonamarg Gumri Road. Regarding the deployment of SDRP Personnel, the SSP Ganderbal informed the Div Com Kashmir that the SDRF Platon already stationed at Gund will be shifted to Sonamarg. The Div Com also directed the con-cerned for operationalization of the

cerned for operationalization of the weighing bridge at Sonmarg and ensuring that the weight of the vehicles bound to Ladakh has been done positively well

before one day. He also directed for establishing Joint Control Room of Traffic/ Civ Police/ MED.

Police/ MED.

Div Com Kargil impressed upon the concerned that people should be made aware about the fact that the road will only be thrown open for the LGV (light goods vehicle) and no passenger/tourist

vehicle shall be allowed. He also asked the concerned to issue a circular for carrying chains on vehicles mandatory.

Earlier, Div com Kashmir visited

Transit Accommodation Wandhama and reviewed the readiness of the apartments being constructed for the Kashmiri Migrant employees.

On the occasion he was informed that 4

On the occasion he was informed that 4 out of 12 apartments are ready having 16 flats each, and, 4 out of the remaining 8 will be completed by June, 2023.

Div Com Kashmir enquired about the progress on other works including water facilities, electricity, waste disposal, land-scaping, inner roads, fencing, transport, and other allied facilities.

Regarding waste disposal Div com was

Regarding waste disposal Div com was informed by DC Ganderbal that the waste disposal will be handled by the Municipal Council Ganderbal, besides, a proper plan has been framed for the transport facility near the transit accommodation.

near the transit accommodation.

The Div Com was accompanied by DC Ganderbal, SSP Ganderbal, Ex. En R&B, ACD Ganderbal, ACP Ganderbal and oth-

## Maker" of the National Commission for Women (NCW), New Delhi concluded today at J&K Institute of Management, Public Administration and Rural Development (IMPARD), here. The CBP is part of the training series to be conducted for all elected women members of Panchayat Raj Institutions, District Development Council Members, Block Development Council Members and Village Panchayat

Development Courant Members.

The series is being fully sponsored by the National Commission for Women to foster Gender Responsive Governance in the system.

On the occasion, the elected members were trained by

learned resource persons on different important areas of intervention for the overall empowerment of women. The programme specially focused on the role of councilors of Urban Local Bodies and Corporators of Srinagar

Municipal Corporation in the quality education and empowerment of women in J&K through well designed

empowerment of women in J&K through well designed policies and programmes.

Different sessions were conducted for the capacity building of these women representatives including Leadership Qualities, Communication Skills, Sustainable Development, Role of Police and other Intuitions in the Protections of the Rights of Women and Various Schemes and Interventions of the State and Central Government for empowerment of Women in J&K.

The programme was conducted by the Centre for Social Justice of the Institute.

Mechanization & Automation' under HADP held

## Surinder village of Bandipora witnesses White Revolution

DC HANDS-OVER 30 COWS & MILK VAN AMONG PROGRESSIVE FARMERS

BANDIPORA, MARCH 17: The Department of Animal Husbandry Bandipora today held a Mega Event at Veterinary Complex Bandipora to

distribute cows to farmers of Surinder village to earn livelihood. Deputy Commissioner (DC) Bandipora, Dr Owais Ahmad offi-cially handed over 30 cows to 15 beneficiaries of Surinder village. The beneficiaries were identified randomly through draw of lots and were provided units at subsidised rates under TsP. The eligible benefi-ciaries were also provided with Chaff Cutters, Deworning Kits and Mineral Supplements. Meanwhile Mineral Supplements. Meanwhile Progressive Dairy Farmers and entrepreneurs were also given train-ing and awareness regarding man-agement of animals on scientific

The event was also attended by CEO LDBK, Dr Mohd Yunus; Joint Director Planning, Imtiyaz Ahmad;



CAHO Bandipora and other District and Block Officials and all three tier sentatives of Panchayati Raj viz DDC, BDC and other panchayat representatives. The DC started the representatives. The DC started the event by handing over two cows units to the fifteen selected beneficiaries of Surinder area.

He then handed over the keys of the Milk Van to the IDDS beneficiary. He also inaugurated the Animal Shelter Shed for treatment and shel-

ter of Stray Animals

Dr Owais later attended the Mega training cum awareness program organised for the progressive dairy

armers and entrepreneurs.

CAHO Bandipora briefed the gathering about the Mandate and overall achievements of the depart-ment. BVO Bandipora gave a detailed lecture on management

### Ramban: Training programmes on tailoring, mushroom cultivation by RSETI conclude

JI NEWS SERVICE

RAMBAN, MARCH 17: The training programmes for mushroom cultivation and tailoring under Entrepreneurship Development Programme organised by State Bank of India Rural Self Employment Training Institute (RSETI) Ramban concluded today. During the training programme trainees learnt dif-ferent skills including commercial mushroom cultiva-tion baryesting and preparation of value added mod-

tion, harvesting and preparation of value added prod-ucts such as pickle, powder and papad. They also learnt cultivation of button mushroom, oyster and

learnt cultivation of button mushroom, oyster and milky mushroom.

Similarly, in women's tailoring course, trainees were taught various aspects of the trade. Branch Head Jammu & Kashmir Bank Ramban Mujeeb-Ur-Rehman was chief guest at valedictory function with Assistant Manager J&K Bank Maitra, Junaid Ali as guest of honour. They gave certificates to pass out candidates and interacted with trainees making them aware about different government schemes of Banks for Self Employment.

Director of Rural Self Employment Training Institute Ramban Bikramjit Singh interacted with trainees and advised them about benefits of various self employment advised them about benefits of various self employment.

advised them about benefits of various self employment schemes of the Government. At the end of the program Senior Faculty Amrik Singh Raju concluded with a vote of thanks.

# Orientation/Training Program on 'Farm

SRINAGAR, MARCH 17: The Joint Director Apiculture and Mushroom Kashmir, Tabasum Naaz today inaugurat-ed an orientation cum training programme on Farm Mechanization and Automation under holistic develop-ment of agriculture programme (HADP) at Agriculture Complex Lalmandi, here.

Complex Lalmandi, here.

Addressing the participants, JD highlighted the importance of agriculture mechanization. She said for the development of the agriculture sector the UT government has approved a multi-crore project to boost farm mechanization and automation. She said the project is aimed to increase production, productivity and to attract more and more educated youth towards the agriculture sector.

The JD asked the officers of the allied departments to work in coordination so that the desired results under different projects could be achieved in a comprehensive and time bound manner. She asked the officers to ensure that the farmers are made aware of the schemes and pro-

the farmers are made aware of the schemes and programmes of the government for the promotion of farm mechanization and automation in the UT of J&K.

Senior Scientist KVK, District Agriculture Officer, offi-cers of Agriculture and allied departments were present in

## Dr VK Saraswat tours Pahalgam, Chandwari

JI NEWS SERVICE

ANANTNAG, MARCH 17: Member NITI Aayog, Dr V K Saraswat today cond comprehensive to tour Pahalgam and adjacent areas to review the measures being taken to increase tourist footfall to the world famous tourist resort

The visiting dignitary held a threadbare discussion with sen-ior officials including Chief

Executive Office, Pahalgam Development Authority, Syed Sajad Qadri; SDM Pahalgam, Syed Naseer Ahmad; SE R&B, Sajad Qadri; SDM Pahalgam, Syed Naseer Ahmad; SE R&B, SE Jal Shakti, DD Fisheries and AD Tourism regarding the tourist footfall in the area, amenities available to the tourists, lodging capacity, attrac-tions, developments being undertaken for tourism and with regard to SANJY 2023. The renowned scientist said

that Pahalgam is famous for its that Pahalgam is famous for its meadows and as a grazing ground for sheep. He said that while wool production is on the rise in the UT, focus must also be laid on setting up wool processing facilities which will help the herders fetch better prices and also add jobs to the economy.

CEO PDA gave a brief overview of the area, the role of Pahalgam Development

Pahalgam Development Authority, initiatives taken by

the Tourism department for increasing footfall and the return

ncreasing toottall and the return of film crews to the resort. He said that adventure tourism is the focus area to attract high value tourism to the area which will boost develop-ment

ment.

He also informed the dignitary that while skiing attracted a good number of tourists to the area, the department will also be starting paragliding. He said a

lot of tourists visit Pahalgam for

rafting also.

The visiting dignitary later also visited Betaab Valley and The visiting dignitary later also visited Betab Valley and Chandanwari areas and took stock of the facilities developed for tourists and in connection with SANJY 2023.

The dignitary was accompanied by CEO PDA, SDM Pahalgam, Tehsildar Pahalgam, SDPO Pahalgam, AD Tourism among others

### Arrangements for ensuing Ramadan-ul- ARTO Pulwama intensifies Mubarak reviewed at Kulgam

JI NEWS SERVICE

KULGAM, MARCH 17: KULGAM, MARCH 17: The Deputy Commissioner (DC) Kulgam, Dr. Bilal Mohi-Ud-Din Bhat today chaired a meeting of officers of various departments to take stock of arrangements put in place to provide has-sle-free services to people during the holy month of Ramadam. On the occasion, a threadbare discussion a threadbare discussion with regard to various necessities was held, wherenecessities was held, where-in the DC emphasized upon the concerned officers to ensure that every arrange-ment is made well in advance so that people may not face any inconvenience during the month of Ramadan during the month of Ramadan.

The DC directed the con-

cerned authorities to ensure the availability of all requisite and essential commodities to the people at pre-scribed rates.

He also instructed to



intensify market checking and conduct of special drives to ensure availability

of quality products.

Dr Bilal instructed officers of KPDCL to ensure cers of KPDCL to ensure uninterrupted power sup-ply during Iftar and Sehri time besides the concerned from Jal Shakti were instructed to provide smooth supply of drinking water to people especially at the given times. He also asked to press the tanker service in areas

the tanker service in areas where ever required. The DC also instructed EOs of all Municipal Committees to carry out intensive sani-tation drives, Besides, PDD and Municipal authorities were instructed to make all the street lights functional and repair high mast lights which are defunct. ARTO was instructed to

start special transport services during the month of Ramadan. All the officers Ramadam. All the officers were stressed to work in a coordinated and synergized manner to provide better services to people throughout this month.

ADDC Showkat Ahmad Rather, ADC Viçar Ahmed Giri, 5DM-Noorabud Bashir UI Hassan ACR Mir Intityaz-ul-Aziz, Tehsildars, CAO. DSHO, Dv.SP.

CAO, DSHO, Dy.SP, ARTO, AD FCS&CA, EOs and other officers, besides, Civil society members, Traders, Auqaf members also attended the meeting.

# Vehicle checking drive

RS. 64K FINE IMPOSED ON VIOLATIONS THROUGH E-CHALLANS, 04 VEHICLES ISSUED SHOW CAUSE NOTICES

JI NEWS SERVICE

PULWAMA, MARCH 17: On the direct PULWAMA, MARCH 17: On the direc-tions of Deputy Commissioner, the Assistant Regional Transport Officer (ARTO) Pulwama, Muazzam Ali today conducted a vehicle checking drive to streamline vehicular movement in the district. During the drive, more than 50 vehicles were challaned and revenue of Rs. 64000 was realised from offenders under various sections of Motor Vehicles Act, whereas documents of 15 vehicles were impounded and 27 vehicles were black listed.

Besides, 04 vehicles indulged in dan Besides, 04 vehicles indulged in dan-gerous driving were issued show cause notices for suspension of route permits. Meanwhile, illegal parking from the main bazaar to the new District Hospital was also cleared to decongest the area

for smooth traffic movement.

While sensitizing the drivers regarding traffic rules, ARTO said that violation of traffic rules leads to road accidents and fatalities. He said adherence to regulations can avert road accidents

besides making commutation hassle

He added that road safety is not only an individual responsibility but a collec-tive as well. He said that issues like rashtive as well. He said that issues like rash-driving, use of mobile phones, consider-ing seat belts as a burden, and un-mind-ful use of beams during night can only be set right by behavioral changes and positive attitude. He said mindful and responsive driving leads to peace and creates a capital of values and fraternity

in society.

Ali said that the MVD department has embarked on a mission to have a para-digm shift in driving sense among the nmuters in the district besides or commuters in the district besides creating good governance practices in J&K, UT. The ARTO warned the drivers to strictly adhere to the traffic rules to avoid any action from the department. He maintained that checking of vehicles shall continue in coming days also.

The ARTO was accompanied by Inspectors and other officials from Motor Vehicles Department (MVD)

### **Food Safety Department intensifies** Market Checking across Budgam

RS.30K FINE IMPOSED ON FOOD **OUTLETS FOR FSSA VIOLATION** 

BUDGAM, MARCH 17: A market checking squad led by Assistant Commissioner Food Safety, Yameen UI Nabi who is also Designated Officer, FSSA Budgam has been from last one week on daily basis conducting rigorous market checking of various restaurants, fast food outlets, tea stalls and ethnic street food makers in the district. During inspection, Food Safety Department imposed Rs

During inspection, Food Safety Department imposed Rs 30000 as fine on 27 erring food business operators under various provisions of Food Safety Regulations 2011 for running businesses in insanitary conditions. On the occasion, the team cautioned erring food business operators not to indulge in violations of food safety regulations and insanitary conditions which are against public health failing which a hefty compound will be imposed upon them in future.

The Assistant Commissioner Food Safety Budgam stressed on sale of safe and quality food items. He said that the drive is being carried out to ensure all Food Safety Standards are practiced in letter and spirit, and such drives the said that the drive is being carried out to ensure all Food Safety Standards are practiced in letter and spirit, and such drives

Standards are practiced in letter and spirit, and such drives will continue across Budgam in future as well.

### DC Doda reviews delivery of the health services

JI NEWS SERVICE

DODA, MARCH 17: In order to review the healthcare sce DODA, MARCH 17: In order to review the healthcare sce-nario of the district, Deputy Commissioner, Vishesh Mahajan chaired a meeting of senior health functionaries at DC Office Complex today. The DC took a detailed review of achievements under various health schemes and the functioning of health institutions. CMO Doda Dr A H Zargar briefed the chair about the functioning of the health department. The DC laid stress on rationalisation of staff working under NHM and maintaining monthly work done by health staff Regardine an increase in institutional delivby health staff. Regarding an increase in institutional deliveries at block level, he directed BMOs to utilise ASHAs' services to motivate pregnant ladies for institutional and safe delivery. Regarding attachment of health staff, he strictly directed all concerned not to attach any staff without prior approval from competent authority



## 2-Day National Workshop on 'Gender Audits: Crafting an Ecosystem of Equality' held at GCoE Srinagar

SRINAGAR, MARCH 17: Govt. College of Education (GCoE) M A Road Srinagar today started a two day National Workshop on 'Gender Audits: Crafting an Ecosystem of Equality' in collaboration with WIS-COMP (Women in Security, Conflict ment and Peace), New

Delhi.

The inaugural session started with ceremonial burning of the incense Peganum (Isband) by the chief guest, Prof. (Dr.) Yasmeen Ashai, Director Colleges, UT of J&K and guests from WISCOMP, Delhi in the college auditorium. A melodina college auditorium. A melodina college auditorium. ous prayer was recited by a group of students of the college.

students of the college.

The Director Colleges, UT of J&K highlighted the importance of this workshop in the contemporary scenario. She emphasized the need for a change in mindset of the society towards Gender Sensitization.

Prof. (Dr.) Yasmeen stressed that Gender Audits are needed in all Higher Education Institutions be it All Women Institutions or the Mixed Gender Institutions.

Dr. Meenakshi Gopinnath deliv-

Dr. Meenakshi Gopinath deliv-ered the keynote address where she emphasized upon women led devel-opment and G-20. She also lauded the transformation of college over the past several years in terms of



quality, energy, spirit, etc

Iustice Committee that pertained to the Nirbhaya case of Delhi in 2012 and Nirbhaya case of Delhi in 2012 and termed it as a Magna Carta of Women's Rights in South Asia. Integrity of body, mind and spirit and dignity are the two principles of Justice Verma Report, she emphasized.

Earlier, Principal of the college,

Prof. (Dr.) Seema Naz in her wel-come address highlighted the achievements of the institutions and the need of Gender Harmony in Higher Education Institutions

Programme Coordinator, Prof. Rubeena Jabeen gave the backdrop

of the workshop in which she high Development Goals and emphasized that gender equality pertain to both men and women, and women need to be championed and involved in decision making to make the outcomes of the decisions more fruitful.

She also highlighted that Gender

Audits have an important role in budgetary allocations. Later, the guests were felicitated

with mementos

At the end of the session, the National Anthem was rendered by the whole audience.

The programme shall culminate on 18th of March, 2023.

### Market checking intensified ahead of Ramadan-Ul-Mubarak across Ganderbal

JI NEWS SERVICE

GANDERBAL, MARCH 17: In view of the ens-

ras carried out in various areas of Ganderbal.

Tehsildar Gund conducted a thorough market Tehsildar Gund conducted a thorough market checking in Gund market during which the erring shopkeepers were fined and the rotten fruits and vegetables were destroyed on spot. The shopkeepers and food outlets were also advised to maintain proper hygiene in and around their business premises.

ness premises.

The Department of FCS&CA along with the teams from Legal Metrology, Food Safety Department here also inspected various shops and other eateries at Beehama, Tawheed Chowk, and Gousia Market areas.

The entire operation was led by FCS&CA Ganderbal, to check the display of rate lists, sale of substandard materials, use of domestic LPG cylinders at various meat and other shops along with eateries

and other business outlets etc.

Market checking was also conducted in the main Market Tulmullah area under the supervision of Tehsildar Tulmullah.

During these market checkings, traders and shop-keepers were given awareness of keeping quality food products available in the market at fair and fixed rates. They were also counseled on spot as to how to maintain the standard of good quality products, weights and measures and fresh fruits/vegetables at their point of sale.

Shopkeepers/traders were asked to display rate lists

Shopkeepers/traders were asked to display rate lists besides maintain checks and balances, failing which the enforcement agency shall have no alternative than to invoke penal provisions against defaulter traders and shopkeepers.

### NMBA: Kupwara Administration organises Awareness programme at Tangdar

JI NEWS SERVICE

KUPWARA, MARCH 17: A meeting under the banner of Nasha Mukt Bharat Abhiyan (NMBA) was held today at Dak Bunglow Tangdar, with the objective to eradicate

drug abuse. The meeting was attended by various stakeholders including Tehsil Social Welfare Officer, SHO Tangdar, Assistant Professor GDC Tangdar, sarpanchs, teachers, Officials of DHEW and parents who are all committed to building a drug-free India. During the meeting, participants discussed various strategies to combat drug abuse in their respective communities.

made the gathering aware about the negative effects of substance abuse, including its impact on physical and mental health and also discussed the government's initia-

mentai neatin and also discussed the government's initiatives to address the problem.

SHO Tangdar emphasized the importance of law enforcement in preventing the Drug abuse and discussed the role of police in intercepting drug trafficking. He also emphasized the need for community involvement in tack-like dear the state of the s

emphasized the need for community involvement in tau-ling drug abuse.

The sarpanches shared their experiences of dealing with drug-related issues and discussed the challenges they face in implementing drug prevention programs in their vil-lages. The parents shared their concerns about their chil-dren's exposure to drugs and discussed the role of parents in preventing drug abuse.

### DDC Kishtwar approves Annual Credit Plan 2023-24 for district

JI NEWS SERVICE

KISHTWAR, MARCH 17: The District Development Commissioner (DDC) Kishtwar, Dr. Devansh Yadav held a meeting to review the district's financial progress. They discussed how to help people get loans and financial aid from government schemes. The DDC asked banks to focus

from government schemes. The DDC asked banks to focus on lending money for education, women development and farming.

During the meeting, DC Kishtwar approved a plan for lending money in 2023-24 with a target of Rs 323.88 crore for the district. After the meeting, DDC Kishtwar reviewed the performance of SBI RSETI and advised them to train young people in hospitality and tourism.

The meeting was attended by ADDC Kishtwar, Sham Lal; Lead District Manager, Pankaj Kumar, DSWO Kishtwar Zubair Ahmed, CAO Kishtwar Amjad Hussain Malik; DBM NABARD Nishtil Sharma, representatives of

Malik; DBM NABARD Nikhil Sharma, representatives of RSETI Kishtwar various banks, District Coordinators, other heads of various Government Departments and

### Kishtwar: Training Programme to **Promote Flower Cultivation organised**

JI NEWS SERVICE

KISHTWAR, MARCH 17: The Department of Agriculture Production & Farmers Welfare organised an awareness cum training Programme in collaboration with CSIR-India Institute of Integrative Medicine (IIIM) Jammu here today. A large number of farmers and local PRI representatives participated in the programme, which was organised on the direction of District Development Commissioner Dr Devansh Yaday. Devansh Yadav.

The objective was to commercialise flower cultivation for the first time in the district. Seeds and corms of flowers like marigold and gladiolus were distributed among interested farmers free of cost. Dr Shahid Rasool gave detailed delib-

farmers free of cost. Dr Shahid Rasool gave detailed delib-erations about the scope and importance of large-scale flower cultivation for economic upliftment. Chief Agriculture Officer, Amjad Hussain Malik also stressed on diversification of flower cultivation by adopt-ing an integrated farming approach. Various SHGs of NRLM were also covered under the programme. KVK Head, district officers and sub-divisional level officers were present on the occasion.

### Arrangements for ensuing holy month of Ramadan, Navroz & Navratri festivals reviewed at Budgam

ADDC STRESSES ON AVAILABILITY OF ESSENTIAL SERVICES, SALE OF QUALITY FOOD ITEMS

JI NEWS SERVICE

BUDGAM, MARCH 17: The Additional District Development Commissioner (ADDC) Budgam, Dr. Akramullah Tak today convened a meeting of officers to review and finalize the arrangements for ensuing holy month of Ramadan, Navroz and Navratri festivals in the

month of Ramadan, Navivo and States and Coldistrict.

In order to provide basic necessities to the general public during the holy month, the ADDC directed the department of PDD to ensure uninterrupted power supply during the month, particularly during Sehri and Iftari times.

The ADDC said that the PHE department should make

proactive arrangements for hassle free supply of drinking water in all areas of the district. Similarly, he directed the department of FCS&CA to ensure adequate supply of essentials. The ADDC said that in order to stop illegal proficering, hoarding of essentials in the market by miscreants, special squads would be constituted. He said that joint market teams shall ensure sale of standard food items and implementation of official rates in letter and spirit across all markets of the district.

EOs of Municipalities were directed to conduct sanitation drives in double shifts to ensure proper cleanliness in all areas, besides instructions were given that all defunct proactive arrangements for hassle free supply of drinking

all areas, besides instructions were given that all defunct street lights be restored on war footing in all areas.

## Online Applications invited for Trainers for Hajj-2023

OPENING DATE FOR FILLING ONLINE APPLICATIONS IS



JI NEWS SERVICE

SRINAGAR, MARCH 17: SkinAd, Ak, MARCH 17:
Online Applications are invited from the desiring Muslim Govt. Employees (Permanent) of the Jammu & Kashmir for imparting Orientation/ Training to the Pilgrims of Haji-2023.

The applicants (Male/Female) must be between the age-group of 25-60 years as on 27-03-2023. (i.e. those who will 2023. (i.e. those who will complete 25 years of age on 27-03-2023 and would complete 60 years of age on 27-03-2023) They must have performed one Haj preferably during the years 2018 or 2019 or 2022. And have gotten vaccination of have gotten vaccination of two (2) doses of approved vaccine for Covid-19.

logistics and rituals of Haj & Unrah. The applicants must be mentally and physically fit, capable of addressing/ giving lec-tures to relatively large gatherings and in a posi-tion to spare time for imparting training. Any applicant having Criminal prosecution pending against him/her Criminal prosecution pending against him/her shall not apply. The desir-Apart from this, the

ing applicants can apply Online through Haj Committee of India web-site https://hajcommit-tee.gov.in. The applicants are advised to upload the requisite documents at the ne of filling up of Online Application Forms Application Forms.
Opening date & time for filling Online Applications is 17-03-2023 at 11:00 hours whileas the last date date / time is 27-03-2023 at 23:59 hours. Aspirants are requested to go through the Circular No. 5 dated: 17-03-2022 (available at https://lasicommittee.org. applicants must be fully versant and fluent in English/ Urdu/ Hindi/ English Urdu/ Hindi/ local language/dialects and computer literate besides being efficient enough to receive/trans-mit latest information/ messages through email/ WhatsApp and other avail-able, sources of e-Media https://hajcommittee.go issued d by Haj of India, Committee able sources of e-Media They must possess thor-ough knowledge of the logistics and rituals of Haj

Mumbai.

All desiring candidates fulfilling the stipulated eligibility criteria are required to submit hard copy of the online filled-in application form duly complete in all respects, along with copy of Aadhaar, proof of having performed Haii and ing performed Hajj and Covid Vaccination

Covid Vaccination Certificate through the con-cerned Controlling Officer to the Executive Officer, J&K Haj Committee, Srinagar up to 30-03-2023.

Mission Youth: 3-day training programme on drug abuse begins at Ramban



### JI NEWS SERVICE

RAMBAN, MARCH 17: Deputy sarat Islam inaugurat ed a three-day training ed a three-day training programme on early detection of drug abuse and post-detection man-agement at Conference Hall Maitra, Ramban. The programme was part of the ongoing Revitalisation of Youth Clubs under Mission Youth. The Canacity Building

The Capacity Building Programme trained Youth Club Volunteers, ASHA and Anganwadi Workers and Anganwadi Workers on tackling drug abuse, early detection of addic-tion, counselling youth and de-addiction. Chief Medical Officer, Dr Kamal Zadu, BMO Ukhral, Dr Mohd Iqbal, counsellors and psychologists deliv-ered lectures with Power Point Presentations and interacted with trainees on the occasion. The Social Welfare

The Social Welfare
Department Ramban
organised the programme
under District Social
Welfare Officer Rahul
Gupta's supervision by
involving Education,
Health and other departments. DSWO presented a
welcome address highlighting issues associated lighting issues associated with drug abuse in Assistant Directo

Assistant Director Employment & Counselling Centre, Dr Sushant Mahajan's pres-

ence.

Experts spoke on physical or psychological signs of early detection; steps to prevent drug misuse in children and teenagers; types of drug abuse rehabilitations.

Deputy litations. bilitations. De Commissioner stated

drug abuse affects individ-uals, families and commuuals, families and commu-nities. He emphasised tackling it from multiple perspectives including deterrence, treatment and enforcement. The District Administration Ramban is committed to creating a drug-free environment in drug-free environment in the district. The Deputy Commissioner empha-sised the importance of sised the importance of creating awareness and spreading knowledge to prevent drug abuse and promote sustainable liveli-hood. He added that the to supporting them under Mission Youth Programme. He appreciated collaborating departments' efforts and said

training sessions' experi-ence will help work more Deputy effectively in curbing this

## Nowshera Forest Division creates NavGrah Vatika and Nakshatra Van at Meenka Mahadev Temple

JI NEWS SERVICE

RAJOURI, MARCH 17: A large function was organ-ised by Nowshera Forest Division to inaugurate newly created Nav Grah Vatika and Nakshatra Van in the premises of Meenka Mahadey temple in Mahadev temple in Changi Kangrial Panchayat of Sunderbani Subdivision. Sunderbani DDC Subdivision. DDC
Sunderbani Rajinder
Sharma was the Chief
guest on the occasion.
Vivek Verma,
Conservator of Forests
West Circle Rajouri was a

special guest and Divisional Forest Officer Nowshera Neelima Shah

Nowshera Neelima Shah was the guest of honour. The function was also attended by PRI members along with a large number of devotees and general public to see the first-of-its-kind creation conceptu-alised by Forest

Department. Vivek Verma spoke at the event and said that in Hindu stories, all Gods and Goddesses are connected to plants. The nine planets that are thought to affect a person's life are also linked to plants. Navgrah Vatika is a garden of nine trase hubbes. den of nine trees, bushes and grasses representing nine planets. These trees nine planets. These trees are planted in a particular direction to get the benefit of nine planets or grah so named Nav Grah Vatika. Similarly, Nakshatra Van has 27 divisions in which plants and trees linked to Nakshatras are planted in a circular manner.

a circular manner.
The DDC Sunderbani appreciated the unique concept of Nowshera Forest Division to conserve nature and ecology on religious lines by involving religious senti-ments of local people. He emphasised the impor-tance of clean and green environment for overall well-being of mankind. Neelima Shah explained in detail about historical as

well as religious impor-tance of plants in Nakshatra Van as well as NavGrah Vatika. She said such activities develop cordial relations between cordial relations between general public and Forest Department which will help in better conservation and protection of natural forest. Range Forest Officer Sunderbani, Rakesh Verma expressed his gratitude to those whose attendance made the event a rand success. the event a grand success. He added that these types of entry point activities will help develop coordi-nation between the Forest Department and local peo-ple, which will in turn help in better conservation and protection of forests.

### UNION TERRITORY OF JAMMU & KASHMIR **JAL SHAKTI DEPARTMENT**

OFFICE OF EXECUTIVE ENGINEER, MECHANICAL IRRIGATION DIVISION, JAMMU

ABSTRACT OF NOTICE INVITING E-TENDERS c-NIT No. MID/J/c-NIT/2022-23/137 Dated: 16-03-2023

chanical Irrigation Division, Canal Road, Jammu, on behalf of Lt. G VI, invites tenders by e-tendering mode from registered and reputed Firms Routine maintenance on pumping machinery and other allied works at LIS Saskot and Routine maintenance Compunging machinery and other allied works at LIS LIS and the Routinery and other allied works at LIS Caminal. He bidding process shall be completed online in two cover viz. Cover vi —Tender fee and Earnest Money Depost, Indiffusent of prequalification criteria, technical restricts, technical list in the process of the tender and Cover vii —Timancial Bid in the state of the tender and Cover viii —Timancial Bid in the state of the tender and cover viii —Timancial Bid in the state of the tender and cover viii — Viinancial Bid in the state of the tender and cover viii — Viinancial Bid in the state of the tender and cover viii — Viinancial Bid in the viii — Viinancial Bid in the viii — Viinancial Bid in the viinancial Bid in the viiinancial Bid in the viiinan scribed BOC

No.	Name of Work	Qty.	Money 4	tender document	completion 6	of Rates	Division 8
1.	Routine maintenance of pumping machinery and other allied works at LIS Kaskoot and Routine maintenance of pumping machinery and other allied works at LIS Zanihal.		2% of the quoted value	Rs 200.00	10 Days	180 Days from date of opening of price bid	Mechanical Irrigation Division, Jammu.

| 16-03-2023 (06:00PM) | 16-03-2023 (06:00PM)

DIP/1-16779/22

SD/ EXECUTIVE ENGINEER MECHANICAL IRRIGATION DIVISION JAMMU

## **Advisor Bhatnagar chairs AGMs of SCST&BC Corporation**

JAMMU, MARCH 17: Advisor Rai Bhatnagar, today chaired 26th to 43rd Annual General Meetings (AGMs) of Scheduled Castes, Scheduled Tribes and Backward Classes, (SCST&BC) Corporation at Civil Secretariat

here.
The meeting was attended by Commissioner Secretary, Social Welfare Department, Sheetal Nanda; Managing Director SC, ST and BC Corporation, representatives from finance sentatives from finance, Planning, shareholders of the Corporation and other cerned departments both in per-son and through video confer-



JAMMU | SATURDAY, MARCH 18, 2023

encing.

During the AGM, Advisor held detailed deliberation on the position of the financial position of the Corporation and also reviewed various aspects related to overall

growth of this corporation.

The AGM which was held after a gap of eight years took

some significant decisions improving the overall health of

The AGM adopted the accounts of the corporation which were pending till date since a very long time.

Advisor Bhatnagar, who is also

natnagar, who is Chairman of

Corporation, advised the management of Corporation to hold the AGMs on timely and regular basis so that the corporation can work effectively and reach to its zenith for which it has been established.

Meanwhile, Meanwhile, Advisor Bhatnagar also reviewed the per-

Bhatnagar also reviewed the per-formance and functioning of the SCST&BC Corporation.

Addressing the officers, Advisor Bhatnagar highlighted that the SC, ST, BC Corporation has been able to make a signifi-cant difference in the lives of the marginalized communities by providing them with financial assistance for education, hous-

asked the management of corpo ration to facilitate the people of cially the youth so that the desired objectives of corporation

desired objectives of corporation are achieved.

Advisor, during the meeting, also identified several areas for improvement, including the need for better outreach and avageness programs to ensure awareness programs to ensure that the intended beneficiaries are aware of the schemes and their eligibility criteria. He also stressed on effective management of corporation, streamlin ing its loan approval process and addressing the issues of delayed disbursement and procedural complexities.

### Power shutdown

JAMMU, MARCH 17: Chief IPDCL. informed that the power supply to Exchange Road, Rehari, New Plot and adjoining areas shall remain affected on March 18 from 10 am to 4 pm.

pm.

Likewise, the power supply to Satwari, Nai Basti, Ashok Nagar, Shastri Nagar and its adjoining areas shall remain affected on March 18 from 10 am to 2 pm.

Similarly, the power supply to 110 Reliance Office.

ply to IIO Reliance Office

JI NEWS SERVICE

er (Distriction), Jammu has sed that the power hange Road,

Similarly, the power sup-ply to BSF, Pindi, Aldehar, Baba Chamlyal, Suhagpur, KotliJabowal, Part of Arnia, Trewa and its adjoining areas shall remain affected on March 18 from 9 am to 3

Part of Greater Kailash shall remain affected on March 18 from 8 am to 3

Likewise, the power sup-ply to Parts of District Rajouri and Poonch shall remain affected on March

his optimism about the collabora-tion with Estonian Business

He said that it is a positive step towards absorbing best practices in research and teaching from top business schools worldwide. Prof Meelis Kitsing, Rector of Estonian Business School also spoke at the event and gave an overview of his institution. He mentioned that collaboration between both institutes will help develon commetence in key areas

between both institutes will help develop competence in key areas

He said that it is a positive step

### Secretary reviews implementation of National AIDS Control Program



JI NEWS SERVICE

JAMMU, MARCH 17 Health Medical Education Bhupinder Kumar today reviewed implementation of National AIDS Control Programme by the J&K AIDS Control Society

AIDS Control Society
(JKACS) in the region.
Project Director, J&K
AIDS Control Society,
informed that National
AIDS Control Organization
(NACO), MOH&FW,
Government of India, has mandated JKACS for imple-mentation of National AIDS mentation of National AIDS control programme in J&K. He gave a detailed presentation on various aspects of working of JKACS besides holding discussion on annual action Plans and measures for containment of AIDS in the Union Territory.

It was apprised that J&K AIDS Control Society has recently conducted PMPSE (Programmatic Mapping and Population Size Estimation) in the UT for identifying and mapping the High Risk Group (FSW, MSM, TG and IDU) popula-

tion. Secretary appreciated J&K AIDS Control Society J&K AIDS Control Society for securing 3rd Position at national level, in research component for identifying new hotspots of high risk group population. He emphasized that although, the adult HIV prevalence in the UT of J&K is very low, efforts should be continued for proper awareness. for proper awareness besides screening and testing of population especially among High Risk Group. Further, it must be ensured that all the HIV patients are brought under treatment through Anti Retroviral

through Anti Retroviral Therapy (ART), he added. Bhupinder stressed upon the need for exploring the possibilities of providing free ration to the HIV patients for which J&K AIDS Control Society was asked to moot a proposal asked to moot a proposal for taking up the matter

with the appropriate forum. Among other officers of Medical Health & Medical Education Department, the meeting was attended by Director Finance, Additional Secretary, Health and Joint Director

### **DDC Poonch reviews Jal** Jeevan Mission schemes

Asks field engineers to ensure timely completion

JI NEWS SERVICE

POONCH, MARCH 17: District Development Commissioner Inder Jeet chaired a meeting to review Jal Jeevan Mission schemes in the district today

Superintending Engineer Sajinder K Sharma present-ed works proposed under the mission and other ongo-ing works in the district. Out ing works in the district. Out of 128 approved works aimed to provide water to every home, 109 schemes have been allotted and 19 are being processed. All

are being processed. All works are expected to be completed by June 2023. The District Development Commis-sioner reviewed progress and directed field engineers to ensure their presence at headquarters and mark biometric attendance twice a day. Engineers were also directed to ensure works are executed as per standard speci-fications and design criteria ensuring structural stability Executive Engineer was directed to lodge FIR against engineers/contractors standard work at sites under JJM.
The field engineers were

The field engineers were directed to speed up execution of works to ensure all 128 borewells are completed by March 2023. The DDC also reviewed NRDWP schemes and directed the Executive Engineer PHE division Poonch to install machinery at all stations. machinery at all stations within one week.

who attended Others included Riaz Engineer Ahmad. AEEs Ashaq Hussain Rather, Abdul Maiid, Abdul

### Mushaira and folk music event held at Court Complex Mendhar

POONCH, MARCH 17: The Kashmir

emphasised the importance of literary and cultural activities in society, espe-

Zulfiqar Naqvi appreciat-ed JKAACL's efforts in organising quality pro-grammes and thanked its Secretary for providing funds to conduct cultural and literary activities in Peer Punjal Region. He also praised JKAACL Rajouri/Poonch for their

work.

Poets who participated in the Mushaira included ZA Naqvi, Adv Sardar Javaid Khan, Ayaz Ahmad Saif, Hafiz ul Rehman Safder, Miss Zahida Khanam, Dr Amir Jafri and Adv Basharat Khan among others. Particept Khanan. ers. Pardeep Khanna & Party also performed at the event which was attended by a large audience. The proceedings were conduct-ed by Pardeep Khanna.

NEWS

### Bhupinder Kumar reviews progress on development works in B&I hospital, Jammu

JI NEWS SERVICE

JAMMU, MARCH 17: Secretary, Health and Medical Education Medical Education, Bhupinder Kumar, today reviewed progress on developmental works being executed in the Bone and Joint Hospital Jammu besides discussin strategy for early opera-tionalization of the hospi-tal. A detailed presenta-tion was made by the tion was made by the Principal, GMC Jammu delineating physical and financial progress on works in Bone & Joint Hospital, Jammu besides Action Plan for opera-tionalisation of the hospi-

Secretary emphasized that the OPDs, Indoor Services, Physiotherapy Services and Elective Surgical Services should be made operational in the Hospital by first week of May-2023.

He said that early oper-ationalisation of Bone and Joint Hospital, shall cater to a large number of patients who move out-side the UT for orthope-dic and trauma related

treatments. Further, other facilities shall be gradually devel-oped over a period of time in a phased manne for making it a "State or Art Institute", he added.

Instructions were also issued to the concerned to issued to the concerned to make all adequate provi-sioning for radiology and other Diagnostic Services and operational aspects of the hospital.

## Secretary Tourism holds introductory meeting with tourism stakeholders of Kashmir

LISTS STAKEHOLDER CONSULTATION. TOURIST FEEDBACK, IDEA EXCHANGE AS WAY FORWARD TO SCALE UP THE TOURISM SECTOR



SRINAGAR MARCH 17: Secretar Tourism & Culture, Dr. Syed Abid Rasheed Shah today chaired a marathon introductory meeting with representatives of vocasing with representatives of various seg-ments of the tourism sector of

Kashmir valley at TRC, here today. This was the first such interaction of Dr. Abid Rasheed after assuming charge of the Tourism Departmen recently. During the interaction, representatives of all segments of tourism trade including Kashmir Hoteliers Club, KHARA, KHAROF, NTTA, PILTOF, TAFI, DTOK,

ADTOI, TAAI, shikara unions, rep-resentatives of tourism stakeholders from Pahalgam, Gulmarg and Sonamarg, travel bodies including TAAK, TASK and other such organization working in the tourism trade

Interacting with the stakeholders the Secretary Tourism underscored the Secretary Tourism underscored the need for upscaling the standards of the tourism industry of Kashmir, given its reach and scope. He said J&K is world famous for its hospital-ity and the tourism products offered need to be global in standard and scale. Appreciating the role of the local stakeholders in promoting Kashmir tourism worldwide and the

synergy attained between the Department and the tourism play-ers, the Secretary Tourism assured all support to them in addressing their genuine issues and grievances. He said he believes that constant and structured consultations on issues are the way to work out solu-tions and enhance the standards of tions and enhance the standards of the tourism sector. He also laid stress on taking tourist feedback and idea exchange between the stake-holders and the Department which he termed was critical to the further growth of the sector in an environ-ment of global competition. In their remarks, the representa-tives of tourism stakeholders hailed

tives of tourism stakeholders hailed the taking over of Dr. Abid Rasheed as the Tourism Secretary hoping that many of their issues would get resolved through his prompt, inno-vative and on ground interventions as seen in his previous assignments

as seen in his previous assignments in the Government. Managing Director, JKTDC, Minga Sherpa; Director, Tourism, Kashmir, Fazlul Haseeb and other officers were present on the occa-

## **IIM Jammu inks a pact with Estonian Business** School, Estonia for Academic & Research Exchange

Management (IIM) Jammu Jammu has signed a Memorandum of Understanding (MoU) with the internationally Estonian Busines School for Academic and Research School for Academic and Research Exchange. The MoU was signed by Director IIM Jammu, Prof BS Sahay and Rector Estonian Business School, Prof Meelis Kitsing, in the presence of Dean Business School, Prof Meelis Kitsing, in the presence of Dean Academics, Prof Jabir Ali; Chairperson of International Relations, Dr Sarbjit Singh and Co-Chairperson of International



The MoU signing began with a welcome by Dr Sarbjit Singh followed by an overview of IIM

### ranging from development of edu-cational and training programmes School by Prof Meelis Kitsing. During the MoU signing ceremony, Prof BS Sahay, expressed to long-range planning and institu-tional development. Prabhari officers of top ranking Panchayats in Aspirational

### Panchayat index to be felicitated: Chief Secretary REVIEWS VARIOUS SOCIAL SECURITY & BENEFICIARY-ORIENTED SCHEMES

JI NEWS SERVICE

JAMMU, MARCH 17: Chief JAMMU, MARCH 17: Chief Secretary, Dr. Arun Kumar Mehta today chaired a meeting to review the overall progress on different schemes being executed across the Union Territory of Jammu and Kashmir at Civil Secretariat here.

Secretariat here.

The meeting was attended by ACS, Home Department, R.K. Goyal; Principal Secretary, PWD, Shailendra Kumar; various Administrative Secretaries, Special DG CID, Divisional Commissioners of all districts and other concerned officers both and other concerned officers both in person and through video conferencing.

While reviewing the Aspirational Panchayats programme, the Chief Secretary impressed upon the deputy com-



missioners to utilise this scheme effectively so as to transform the most backward panchayats of their districts into model panchayats. He highlighted that the work and achievements of Prabharis of each panchayat will

be reflected through this scheme. The Chief Secretary also announced that in coming Aspirational Panchayats ranking index, which will be released

the Prabhari whose soon, the Frabhari whose Panchayat will achieve top rank-ing in the index will be felicitat-ed. He delved on the DCs to work with full spirit and will so

that their respective districts can score good on the index. While reviewing the progress on Jal Jeevan Mission, Dr. Mehta observed that there has been sub-

stantial improvement on the progress of this prestigious proj-

ect. He delved upon the DCs to complete the project in all aspects by 15th August in their respec-

tive districts.

During the meeting, the Chief Secretary also directed the Deputy Commissioners to pre-pare the list of deliverables to be the achieved in the next financial

He highlighted that the intro-

nificantly improved the growth trajectory of each district and therefore it should be made a reg-ular affair in planning from now

onwards.

Dr. Mehta also enjoined upon Dr. Menta asso enjoined upon the DCs to prepare district plans as per the deliverables framed so that the developmental work is carried out without any wastage of resources and effective utilisa-tion of funds is being made. While reviewing progress on

While reviewing progress on other social sector schemes, the Chief Secretary impressed upon the DCs to saturate the different employment schemes in their stricts effectively so that th youth can take due advantages of them. He also asked them to establish required infrastructure at the Industrial Estates so that the industrialists who are willing to set up their ventures here ar properly facilitated.

Academy of Art, Culture & Academy of Art, Culture & Languages (JKAACL), under the guidance of its Secretary Bharat Singh and with the support of Bar Association Court Complex Mendhar, successfully organised a composite Mushaira and folk music programme at the Court Complex Mendhar. The event

The event was presided over by Zulfiqar Naqvi, a noted writer and poet who is also Principal of Govt Girls Higher Secondary School Mendhar. The President

President of Bar Association Adv Sardar Javaid Khan was present as Guest of Honour. The programme began with a welcome address by Dr Alamdar Adam from JKAACL Rajouri/Poonch. During his speech he

