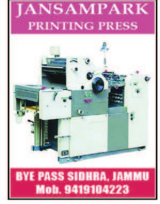


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Awaam Ki Awaaz

Our vision is to build a confident, prosperous and progressive J&K: LG

JNEWS SERVICE
JAMMU, MAR 19

Lieutenant Governor Shri Manoj Sinha has congratulated the people of J&K as 'Awaam Ki Awaaz' monthly radio programme completes its two years of Jan Bhagidari.

These two years have been dedicated to the welfare of the poor, public participation in policy making, empowerment of women, farmers and youth, the Lt Governor said.

Awaam Ki Awaaz is voice of the people and every citizen was encouraged to participate in the development journey of

J&K. It has touched millions of lives in the last two years and also witnessed paradigm shift as far as path breaking people-centric reforms are concerned, added the Lt Governor.

"People first is our governance Mantra. Our vision is to build a confident, prosperous and progressive J&K and we are committed to fulfill the aspirations of the citizens," the Lt Governor said.

During the 24th edition of Awaam Ki Awaaz, the Lt Governor shared stories of citizens' innovative endeavors, community service and

Lt Governor lays foundation stone for Mall of Srinagar by Dubai's Emaar

JNEWS SERVICE
SRINAGAR, MAR 19

Lieutenant Governor Shri Manoj Sinha laid the foundation stone for Mall of Srinagar by Dubai's Emaar Group at Sempora, today.

The Lt Governor congratulated the people of J&K on the historic occasion.

"This is a new dawn of limitless possibilities. We are taking forward Hon'ble PM Shri Naren-



dra Modi ji's vision for development of J&K. Mall of Srinagar will have transformative impact on UT & boost infrastructure, employment generation

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Hurt by success of India's democracy and institutions, some people attacking it: PM

AGENCIES
NEW DELHI, MAR 19

Prime Minister Narendra Modi on Saturday said the success of India's democracy and its institutions is hurting some people and that is why they are attacking it, in an apparent swipe at Congress leader Rahul Gandhi over his criticism of the state of democracy in the country.

When the country is full of confidence and resolve, and intellectuals of the world are optimistic about India, talk of pessimism, showing the country in poor light and hurting the morale of the country also takes place, he said at the India Today Conclave.

"When something auspicious is happen-



ing, there is a tradition to apply 'kaala tika', so when so many auspicious things are happening, some people have taken the responsibility to apply this 'kaala tika', Modi said, without naming anyone.

His remarks come amid a political slugfest over Gandhi's remarks during his recent visit to the UK, with the BJP accusing him of maligning India on for-

eign soil and seeking foreign intervention.

Modi said India has shown the world democracy can deliver.

He said, "The success of India's democracy and its institutions is hurting some people and that is why they are attacking it." Modi said he is confident that despite such attacks, the country will move forward to meet its objectives.

Targeting the Opposition, Modi said scams used to make the headlines earlier but now the "corrupt" joining hands over action against them is making news.

The world is stating that this is India's moment and this has been made

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LG addresses India-UAE Investment Summit at Srinagar

JNEWS SERVICE
SRINAGAR, MARCH 19

Lieutenant Governor Shri Manoj Sinha addressed the India-UAE Investment Summit and interacted with the business delegates from UAE and across the country at Srinagar, today.

Highlighting the scope for private and foreign invest-



ments in various sectors in J&K, the Lt Governor said the UT has made impressive progress with structural reforms in recent years & growth trajectory makes J&K an attractive investment destination.

"Today is a historic day. With the Bhoomi Pujan of 10 lakh Sq. Ft. Mall of Srinagar by Emaar, the first FDI in J&K has

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Awantipora Accident | 1 more labourer from Bihar succumbs, toll mounts to 5

AGENCIES
SRINAGAR, MAR 19

Another labourer from Bihar, who was injured in a road accident in Jammu and Kashmir's Awantipora sub district, succumbed to his injuries taking the toll to five, officials said.

The deceased was identified as Gulzar Ahmad Ansari son of Munib Ansari succumbed to his injuries at Shri Maharaja Hari Singh (SMHS) hospital in Srinagar on Sunday.

Four labourers from Bihar died and over two dozen were injured after a

bus turned turtle along the Jammu Srinagar highway near Barsoo Awantipora on Saturday resulting in injuries to 32 passengers.

The injured had been shifted to a medical facility in the vicinity and four of them had

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14 injured as overcrowded cab plunges into gorge in Poonch

AGENCIES
POONCH/JAMMU, MAR 19

Fourteen people including some school students were injured when an overcrowded cab they were travelling in skidded off the road and plunged into a gorge in Jammu and Kashmir's Poonch district on Sunday, officials said.

The accident happened near Keri Galhuta village of Mendhar around 10.30 am, they said.

The school students were on their way to appear in the board examination when the driver lost control of the vehicle, they said.

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Magisterial inquiry initiated into policeman's death in Kathua

AGENCIES
JAMMU, MAR 19

A magisterial inquiry was started on Sunday into the death of a policeman shortly after his arrest by the Central Bureau of Investigation on graft charges in Jammu and Kashmir's Kathua district, officials said.

Head Constable Mush-taq Ahmad, a resident of Billawar, was allegedly caught red-handed on Saturday while taking a bribe of Rs 3000 at a women police station in Kathua, a few hours before his death.

"On the directions of the deputy commissioner, Kathua, we have started the magisterial probe into the death of the policeman

and will submit our report in the shortest possible time," Additional Deputy Commissioner, Vishav Partap Singh said.

Singh, who was tasked to conduct the magisterial inquiry, supervised the postmortem of the deceased by a board of doctors at the Government Medical College (GMC) hospital on Sunday.

The body of the deceased was handed over to his family for last rites after completion of formalities, officials said.

The relatives and neighbours of the deceased policeman, including his wife and two children, were also present and demanded registration of an FIR against CBI in connection with his death.

"He was gentleman and apparently trapped in a false case...if for the sake of argument, we believe that he was caught accepting bribe but that does not mean he should have been interrogated in such a way that led to his death," Saparch Sanjiv Kumar, also a neighbour of the deceased, told reporters.

He questioned the silence of the agency over the death of the policeman and requested the Lt Governor Manoj Sinha and central government to ensure "justice with the family of the deceased".

Deputy Inspector General of Police, Jammu-Samba-Kathua Range, Shakti Kumar Pathak said the police have

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No one will be spared: J&K police on case of conman posing as PMO official

JNEWS SERVICES
SRINAGAR, MAR 19

The Jammu and Kashmir Police Sunday said action will be taken against everyone involved in providing perks and security cover to the conman who posed as a PMO official.

Kiran Bhai Patel from Gujarat has been arrested by police from a five-star hotel in Srinagar for posing as an 'additional secretary' in the Prime Minister's Office (PMO) and enjoying security cover besides other hospitality.

He had three cases registered against him in his home state.

Interacting with reporters on the sidelines of an event here, the additional director general of police



(ADGP), Kashmir, Vijay Kumar, said a case has been registered in the matter and investigations are being conducted.

"When the Srinagar Police got the information on March 2, the hotel was raided and the man was caught red-handed. Fake visiting cards were seized from him and he was arrested the same day after registration of a case," Kumar said.

He said Patel was in police remand for 14 days during which "a rigorous interrogation was done, and investigations were conducted".

The Kashmir Police chief said the force is also taking help from the Gujarat police.

"The (Patel) is now in judicial custody. Investigations are being conducted professionally. We are taking help from the Gujarat police also. No one will

be spared," Kumar added.

Asked how was the person provided security on verbal orders when there were directions from the MHA contrary to that, the ADGP said the police is investigating the lapse.

"Standard operating procedures are already in place and instructions are given regularly. But, the police should not provide security on verbal directions. We do not do it. We are checking the lapse in the present case and action will be taken against the officer involved in this," Kumar said.

The police officer, however, refused to describe the case as a fallout of intelligence failure. "There was negligence at the level of a field officer and action will be taken," Kumar said.

Government starts process of eviction and sale of enemy properties

AGENCIES
NEW DELHI, MAR 19

The Union Home Ministry has started the process for eviction and sale of enemy properties, the immovable assets left behind by people who have taken citizenship of Pakistan and China.

There are a total of 12,611 establishments called enemy property, roughly estimated to be worth over Rs 1 lakh crore, in the country.

The enemy properties are vested with the Custodian of Enemy Property for India (CEPI), an authority created under the Enemy Property Act.

According to a Home ministry notification, the

guidelines for disposal of the enemy properties have been changed under which the process for eviction of enemy properties now shall be initiated with the help of the District Magistrate or Deputy Commissioner concerned before the sale of properties.

In case of the enemy properties valued below Rs 1 crore, the custodian shall offer for purchase to the occupant first and if offer of purchase is refused by the occupant, then the enemy property shall be disposed of in accordance with the procedure specified in the guidelines, the notification said.

Those enemy properties having valuation of Rs

1 crore and below Rs 100 crore, shall be disposed of by the CEPI through e-auction or otherwise as may be decided by the central government and at the rate determined by the Enemy Property Disposal Committee.

The e-auction platform of public enterprise, the Metal Scrap Trade Corporation Limited, shall be used by the CEPI for e-auction of enemy properties, the home ministry said.

The government has earned over Rs 3,400 crore from disposal of enemy properties, mostly movable assets like shares and gold, officials said.

None of the 12,611 immovable enemy

CONTINUED ON ► PAGE 4

Rs 30 Cr recovered from varsities for fee refunds after admission cancellation in 2022-23 academic session: UGC Chief

AGENCIES
NEW DELHI, MAR 19

The University Grants Commission has recovered nearly Rs 30 crore from universities across the country, including around Rs 17 crore from Delhi University, for refund of fees for cancelled or migrated admissions during the 2022-23 academic session, according to chairman M Jagadeesh Kumar.

In an interview with news agency, the UGC chief shared the statistics and said the recovered amount is being disbursed to 14,443 students. "A large number of students come



from economically weaker backgrounds. They should have the freedom to take admission in a better university, but they may not have the economic means to do so unless they get a refund from the university they had previously taken admission from," Kumar said.

"We get a large number of complaints from stu-

dents and based on that we talk to the universities and ensure the amount is refunded. Of course, there are many universities which refund the fees on their own as per the University Grants Commission (UGC) guidelines, but we have to intervene in case of several universities and hence, an amount of Rs 12.14 crore has been refunded to 832 students who took admission in central, state, private or deemed universities," he added.

The UGC had earlier mandated that full fees, including all charges, should be refunded

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Alert sounded in Samba after leopard ventures into India from Pakistan

JNEWS SERVICES
SAMBA/JAMMU, MAR 19

An alert has been sounded in Ramgarh sector along the International Border (IB) in Jammu and Kashmir's Samba district after a leopard crossed over to the Indian side from Pakistan, a police official said on Sunday.

The leopard was caught on camera crossing the fencing near the Border Security Force (BSF) border outpost nursery on the intervening night of Friday and Saturday. After getting information from the

concerned BSF unit, all border police posts were alerted. They were directed to inform the residents about the presence of the leopard and ask them to take necessary precautions while moving around, especially during the night, the official said.

He said the Department of Wildlife Protection was also informed and efforts to capture the big cat are underway.

Police parties were rushed to Keso, Barotta, Lagwal, Pakhari and adjoining villages near the nursery post for the safety of locals, he said.

CRPF celebrates its raising day with full zeal and fervour

JI NEWS SERVICE

JAMMU, MAR 19: All Jammu based units and establishments celebrated CRPF raising day with full zeal and fervour. 84th CRPF Anniversary was celebrated in a grand manner at Group Centre Jammu on 19th March 2023. At the Martyr's Memorial the Chief Guest Shri T.N Khuntia DIGP, J&K Zone Jammu pay tribute to all the martyrs of CRPF who made the supreme sacrifice while discharging their duties. On this occasion Shri Naresh Kumar Yadav, DIGP, GC Jammu as well as other Gazetted officer, Subordinate Officer and Jawans have also paid tribute to these Martyrs.

After this the Chief Guest visited Quarter Guard. Guard of honour was presented by the Ceremonial Guard. During this the Gazetted Officer, Subordinate Officer and Jawans of all the CRPF offices of campus were also present. First of all the chief guest congratulated and gave best wishes to officers, subordinate officers and Jawans. In his address the



Chief Guest told about the importance of the CRPF Anniversary and while giving information about the importance of the day, made aware to all that in 1939 the then British Govt. laid the foundation stone of the first Battalion of this force in Neemuch as the 'Crown Representative Police'. At that time it was raised to control political unrest and the agitation and dacoits in the then princely states of India. After Independence the force was renamed by the then Home Minister Sardar Vallabhbhai Patel as 'Central Reserve Police Force' by an act of parlia-

ment on December 28, 1949. Keeping in mind the extraordinary service, pioneering valour and sacrifice performed by CRPF, India's first Home Minister Sardar Vallabhbhai Patel presented the British flag (Colour) on March 19, 1950. Given the importance of this day, currently the CRPF Anniversary is celebrated on 19th March.

He said that in today's scenario we all need to contribute, for the this we all have to be healthy and fit, only then we will be able to discharge our duties towards our family, our organization and our nation. At the end of pro-

gramme, sweets were distributed by officers to Jawans. In addition to the above, a volleyball match was organized between the company (HQ and Adm) of Group Centre Jammu and in the evening a cultural program and a joint dinner was organized.

Above programme was organized under the able leadership of Shri Naresh Kumar Yadav, DIGP, in which Shri P. C. Gupta (Commandant), Shri Rajesh Kumar (Dy. Comdt), Shri Sumit Verma (Dy. Comdt.) and other Gazetted Officers, Subordinate Officers and Jawans also lent their support.

Hindi play Do Kalakaar stages at Natrang's weekly Sunday Theatre series

JI NEWS SERVICE

JAMMU, MAR 19: Do Kalakaar, a play in Hindi written by Bhagwati Charan Verma and directed by Neeraj Kant was staged here today at Natrang Studio in its weekly Sunday Theatre series. Though coated with a thick layer of comedy, the play had a very relevant message to share with the audience which was revealed very artistically.

In the play, 'Churamani' and 'Martand' are two friends, both are artists (one poet and another painter) they had once aspired to rule the Bollywood with their respective creative strengths. The poet had dreamt of becoming the top Hindi Film lyricist and the painter had set a goal for himself to become the most sought after art director of the times town. But destiny lands them in a situation where both are forced to use their creative energies in creating situations and cooking stories just to escape the harassment of their landlord who has not been paid the rent of a dingy room for the last six months. The playwright has beautifully



portrayed the tragic fate of the creative people who are expected to create magic and electrifying artistic experience through their unlimited creative energies are shown wasting their creativity just to ensure survival. The play opens at a situation where both the poet and the painter have locked themselves in a room which is being visited by the landlord to collect the rent from them. The landlord forcefully makes his entry despite all- out unsuccessful efforts to hold him back are made by the room to face further rejection and dejection of the society. Both the poet and

start cooking highly logical excuses to impress the landlord so he allows them to continue till they are able to realize their unfulfilled dreams. Both sell him the dreams to the extent that the room rented out to them will once become a museum which once hosted the great genius of the world of poetry and painting. Finding the distance beyond measurement between their dreams and reality, the landlord refuses to buy their arguments and throws them out of the room to face further rejection and dejection of the society. Both the poet and

the painter get this realization at this point of the time that despite having a civilization of thousand years is not meant for creative people. Sheryar Salaria as 'Churamani', Amit Brahmi as 'Martand', Sumit Bandral as 'Bulaki Dass', Hardik Sharma as 'Ram Nath', Abhimanu Choudhary as 'Parmanand' and Palshin Dutta performed their roles very well. The lights of the play were executed by Neeraj Kant whereas the sound was rendered by Kushal Bhat. The show was coordinated by Mohd. Yaseen.

Prof. Kavita Suri conducts workshop on 'Gender sensitization' at MU

JI NEWS SERVICE

JAMMU, MAR 19: Dr. Kavita Suri, Professor and former Director, Department of Lifelong Learning, University of Jammu today conducted a workshop on "Understanding Gender & sensitization" for University of Mumbai. The workshop was organised by Thakur College of Science and Commerce, Thakur village, Kandivali (East) under the aegis of University of Mumbai. The workshop was the initiative of its Department of Information Technology & Data Science for the students of IT&DS in association with IQAC with the objective of sensitizing the youth for gender issues prevalent in the society under the leadership of the Trustee Shri. Thakur Jitendra Singh, General Secretary of Thakur Educational Group, Maharashtra.

Prominent among others present in the workshop included Principal Dr. Mrs. Chaitaly Chakraborty, Mr. Omkar Singh, Coordinator-Data Science, Dr. Santosh K. Singh, Head, Department of IT & workshop, Ms. Jyotsna Anthal, Senior faculty Department of IT & DS, Ms. Dhruvi Swadia, event coordinator, other faculty member and



students. Prof. Suri, who is also former Member, Jammu and Kashmir State Commission for the Protection of Women and Child Right, J&K Govt, and has done considerable work on women's issues, while speaking in her highly interactive session, explained the concept of gender sensitization in a very effective and lucid way with the help of videos and exercises. She interacted with the audience very effectively and conducted a brainstorming session to clarify the doubts as well as performed activities to inculcate gender-neutral thinking among the students. She said that gender sensitization is an act of sensitization and encouragement of behavior modification through raising awareness of gender equality concerns. "There is an urgent need to create awareness amongst the students as well as profession-

als about the importance of gender sensitivity in an organization. It helps in better understanding the opposite gender in a better way," Prof Suri added. Dr.(Mrs.) Chaitaly Chakraborty, while addressed the workshop, motivated the students to bring about a change at family level with regard to gender issues which are deeply ingrained into our society. She stressed upon the need of gender sensitization workshops and congratulated Prof. Suri for conducting the workshop on a very relevant issue. Dr Chakraborty also informed that her college, Thakur College, has accomplished a spectacular growth over the last two decades of its journey towards excellence in Education and emerged as a leading Higher Educational Institution in Mumbai. The College has completed 3 cycles of NAAC with A Grade in 3rd Cycle in Sept. 2016 and has

been granted autonomy for 10 Years by UGC, New Delhi in the Academic Year 2019 - 2020 and entered into 3rd year of Autonomy progressively, having 31 Programmes and 33 Departments in Degree College at Undergraduate and Postgraduate Levels in the stream of Science, Commerce and Arts. The College has been awarded as the Best College by the University of Mumbai in the Academic Year 2018 - 2019 and stands 13th in the Top Private Autonomous Institutions in Mumbai according to Education World Ranking, Delhi. Earlier, Mr. Omkar Singh, Coordinator- Data Science presented a welcome address.

The workshop was followed by discussion and meaningful interventions made by students and other faculty members of the department. The presentation was further substantiated by screening of instructive and powerful videos related to the gender construction and the process involved in it.

Dr. Santosh K. Singh, Head, Department of IT presented vote of thanks. The workshop was anchored by Mr. Shayne Vaz. Student coordinators were Mr. Dhruv Shetty, Mr. Parth Kadam and Mr. Sandesh Kotwal.

Free Fibroscan camp organised by Mahajan Sabha Channi Himmat



JI NEWS SERVICE

JAMMU, MAR 19: A Free Fibroscan camp was today held by Mahajan Sabha Channi Himmat at its office situated at Channi Himmat near Railway Crossing. The camp was held under the leadership of Vipin Gupta, President Mahajan Sabha Channi Himmat in association with Dr. Rajesh Gupta, General Physician.

Special Invitee Neena Gupta -Corporator Ward No. 50 Channi Himmat was present on this occasion. Ashok Jandyal - Chairman, Raj Kumar Gupta - Senior Vice President, Mohan Lal Gupta & Kushvinder Gupta - Vice Presidents, Ashok Gupta - General Secretary, Dalip Gupta Secretary, Advocate Ishant Gupta - Publicity Secretary and Vishavdeep Gupta- Cashier, were the office

bearers of Mahajan Sabha Channi Himmat who were present on this occasion. While briefing to media persons, Vipin Gupta said that Mahajan Sabha Channi Himmat regularly works for the betterment of the society and has the legacy to organize such medical camps so that the people may get the benefit of getting diagnosed by experts at free of cost.

He said that today Sabha has organized a free Medical Camp in which the people get the benefit to diagnose their liver and other related diseases by the latest use of technology known as "FIBROSCAN". He said that this type of scan costs between Rs. 4000 to Rs. 5000 in private but today here in the camp the services provided to people are "Free of Cost". He further said that Sabha is always trying its level best

to remain in front for social causes and during COVID-19 pandemic, saba has contributed a lot and worked for the welfare of people by distributing food packets, sanitizers, masks etc.

He further said that Sabha regularly used to manage marriage bureau facilities free of cost so that the members may find the better one for their loved ones. Gupta further said that with the collective efforts of all the members, Sabha has now purchased land measuring 13 Marlas where a big community hall may be constructed soon and services like recreation centre for senior citizens where they can spend their idle and leisure time etc.

Dr. Rajesh Gupta said that Fibroscan is a type of Liver Special Ultrasound

Technology that measures liver stiffness & fatty changes in the liver and can predict the outcome of liver diseases. These measurements can help health care providers learn more about the patient's liver disease. He said today the lifestyle in which we people are living like eating junk food and all, it is very much important for everyone to get themselves diagnosed timely so that if required pre-cautions may be taken on time. As many as 152 patients were screened for Liver diseases as part of Fibroscan in which they were detected to whether have severe liver disease, Liver Cirrhosis, Fibrosis, fatty Liver Disease or normal.

Neena Gupta thanked the saba to invite her and also congratulate them for the initiative taken by them to provide free latest medical care facilities to the general public for the betterment of their health.

Advocate Ishant Gupta thanked the media persons for their support to make the public aware about the camp and also to provide media coverage to the great initiative taken by Mahajan Sabha Channi Himmat for noble cause.

All worthy members of Mahajan Sabha including other prominent citizens of Channi Himmat were present on this occasion.

Namrta slams Admin for dismal power scenario in Jammu

JI NEWS SERVICE

JAMMU, MAR 19: Namrta Sharma, President Women Wing of Aam Aadmi Party (AAP) Jammu and Kashmir has raised serious concern over the highly deplorable condition of power scenario in urban areas of Jammu not to talk of the rural where the situation is all the more worse.

In this regard, the senior AAP leader has taken the matter with the Chief Engineer of Power Development Department and apprised him of the unscheduled power cuts. She said that people today



feel highly irritated by the erratic and unscheduled long power cuts when summer is at the threshold with temperatures going abruptly up at its very onset. She said that it is an irony of the people of Jammu that they are being forced to live a miserable life amidst the worst power

scenario. Namrta Sharma lamented that despite the dismal power scenario and resentment among the people the Govt is arbitrarily going ahead with its plan to further increase the power tariff of consumers. She said that the Government takes crores of rupees in terms of tariff from the consumers but when it comes to providing the round-the-clock power supply, it is abdicating its responsibilities leaving the consumers high and dry. "It is appalling that instead of ensuring regular power supply during hot summer it is resorting to forced

power cuts with unscheduled power cuts having grown severe and giving a tough time to the people of Jammu. The AAP women wing President said that in the Budget 2023-24 for J&K the Govt claims to provide 24x7 Power supply in the UT while the situation on ground is quite contrary. The Govt has in fact cracked a cruel joke on the people of Jammu and Kashmir. She said that the BJP government at the centre has in fact betrayed the people of Jammu on every aspect by promising the moon and delivering nothing.

Graduation ceremony organised at TAPPS Jammu Cantt

JI NEWS SERVICE

JAMMU, MAR 19: Graduation ceremony at TAPPS, Jammu Cantt, for PS3 students was conducted in a grand manner. The Graduation Ceremony started with the smart tiny tots of pre primary dressed in graduation robes and caps walking on the red carpet. A colorful program was presented by PS2 students and teachers to bid farewell to little graduates. The Principal, Mrs Anu Hooda felicitated the stu-



dents with certificate of Graduation. Children looked pretty confident in their graduation robes. The music at the background added colours to the envi-

ronment. The school wore a colourful and cheerful look with the Principal and the entire teaching staff lined up to cheer up the graduates with a sparkling smile

on their faces. The parents were invited to witness this event and to receive their graduated wards. The event was well praised by the parents.

Padhoji Institute organises orientation programme

JJ NEWS SERVICE

MUMBAI, MAR 17: A Grand Orientation event was organized by Padhoji Institute at Padma Shri Padma Sachdev Government PG College for Women, Gandhi Nagar. The program focused on providing awareness about how to prepare for competitive exams, how to retain memory and different career options. The program highlighted the need of sensitizing both parents and students in order to make a right approach while selecting their future career goals. Punit Mishra in his illuminating talk, proposed the approach of the institute for the overall mental and physical growth and development of the students in terms of building self confidence, motivation, empathy and compassion. Mr. Punit Mishra also discussed that the prime concern of the Institute is to develop innovative and skillful patterns of teaching and learning at the both



academic and competitive levels. Priyanshu Gupta talk about how to retain memory and work on it also Krishna Thakur sir, Pawan sir and Roopali Fotra Mam interacted with the audience and presented their suggestions to create and implement a culture where the entire team is happy to come and work. The faculty members also

proposed that the Institute will develop a decision strategy to support the practice vision and standards to achieve goals. With this aim in view, the Institute will emphasize a "Career Oriented Competence Approach" boosting morale and transforming toxic attitudes into tremendous attitudes. The important objective

of this event was to bring together educational facilities at one place of the highest order for the training of students in all the important branches of academic activities. The faculty members also stressed upon the educational principles adopted here will be best suited to the needs of the country and the state in particular. The faculty members will try their best to give the students good training and make sure that they are free of any distractions.

Emphasis is laid on the active learning process and on the cultivation of scholarly habits and scientific methods. The experienced faculty of the Institute also talked about the importance of values, duties and responsibilities which should be there in a student from its very basic years of life so that such students will become noble and active citizens in their future. The event was attended by parents and students in large number.

AJKPC demands Ownership Rights over Minor Minerals, Forests for Panchayats

JJ NEWS SERVICE

JAMMU, MAR 19: All Jammu and Kashmir Panchayat Conference in its series of block wise programs today held a Panchayat Convocation here in district Shopian of Kashmir division wherein a large number of Panches, Sarpanches, AJKPC members and other prominent people of the area attended the program. The theme of the program was "Making Panchayats Self Reliant and Role of Panchayats in Nation Building".

Anil Sharma, the president of the AJKPC presided over the program and several other participants gave their valuable suggestions on the topic to make Panchayats self reliant so that they do not

remain dependent upon state and union government for funds.

The AJKPC President while addressing the gathering hailed the local team of his organization for holding program on such an important topic and also appreciated the participants and speakers for their commendable suggestions. Sharma in his speech said though there is nothing wrong that State and Union government give funds to the panchayats as Panchayats are also important pillar of democracy that has special mentioning in the constitution. He also stated that Every penny transferred in Panchayat account is meant to be spent for the public welfare therefore like state and union government, Panchayats also

have an important role.

Terming the Panchayat as natural and lawful guardian and owner of Water bodies, forests and minor minerals under the jurisdiction of a Panchayats, he demanded that the J & K government must pass ownership rights to the PRLs on these important resources to make the Panchayats self reliant. He said on pilot basis projects, the J & K UT government must give a few Panchayats the rights on Water bodies, Forests and minor miner mining and experience the economic well being of the people under these Panchayats and if these pilot Projects remain satisfactory then government must continue this formula in other Panchayats as well. The Other

Participants also called for involving Panchayats in promotion of tourism in J & K as each Panchayat in J & K have its own importance and significance with regard to famous temples, Ziarats, shrines, forts, lakes, ponds, monuments, Parks and Gardens. They said there is huge potential in village tourism thus involving Panchayats would be beneficial for all the stakeholders. The other prominent office bearers of the event and presented their views include. BDC AKPandita, Malik shah-nawaz, GH hussan paswal, Manzoor shakoor ah, sajad ah, Tahir ah,Shabir banaya, Saleem,Manzoor paswal, Taj mohd,Manoj Pandita, Mahesh Dhar, Mushtaq Ahmed, Bashir Ahmed Parray.

BJP dared to abrogate Art 370 & ensured equal rights to deprived including Gorkhas: Kavinder



JJ NEWS SERVICE

JAMMU, MAR 19: Kavinder Gupta, senior BJP leader and former DY Chief Minister has asserted that by daring to abrogate Article 370 and 35A, the Bharatiya Janata Party (BJP) has done what no other Govt could dare to

do so as a result of which today every sections of the society including the Gorkhas have been bestowed equal rights while as for over seven decades they were deprived of their rights. He said that the hollow policies of successive regimes headed by

National Conference and Congress were responsible for the blatant injustice met to these communities for over seventy years.

The former Deputy Chief Minister said that Article 370 was the biggest hurdle in the path of development of the erstwhile Jammu and Kashmir State.

today. Prominent among those accompanying Kavinder Gupta were Ayodhya Gupta, Vivek Pattal, Karuna Khetri, Sunny Sangotra, Naseeb Singh, Munish Adhikari, Ajay Kumar, Capt Moti Ram and Sahil Kumar.

Moreover it deprived multiple sections of the society of their due rights. It was a great hindrance in the complete integration of J&K with the rest of India, he said, adding that as of today the erstwhile State stands fully integrated with the nation with people in J&K enjoying equal rights at par with the people across the nation.

Special Governance Camp for POJK displaced held in Udhampur

JJ NEWS SERVICE

UDHAMPUR, MARCH 19:- The District Administration organised a special governance camp for displaced persons from Pakistan-occupied Jammu and Kashmir (POJK) at Adarsh Colony. The camp was presided over by District Development Council Chairperson, Lal Chand.

Additional District Development Commissioner, Ghan Shyam Singh, Additional Deputy Commissioner, Mohammad Syed Khan and other

district officers were also in attendance, along with displaced persons from POJK. Seventeen departments set up stalls at the camp and more than 250 individual beneficiaries registered to avail themselves of various government schemes. The special governance camp was well-attended by displaced persons from POJK hailing from different areas of Udhampur town. In his address, Chairperson Lal Chand informed attendees that the LG's Special Grievance Camp aimed to address issues faced by those displaced from POJK and create aware-

ness about various government schemes while providing necessary support and assistance.

Lal Chand interacted with district officers and beneficiaries to review the implementation of schemes on the ground and gather feedback. He stated that the Special Governance Camp is an important initiative aimed at ensuring saturation of all services to POJK displaced persons. He encouraged them to come forward and avail themselves of the benefits offered by various government schemes and programs.

Whooping Rs 1.18 lakh Cr budget holds much to cater to youth aspirations, women empowerment: BJP

JJ NEWS SERVICE

JAMMU, MAR 19: Senior Advocate Abhinav Sharma, Spokesperson BJP J&K on Sunday asserted that the whooping budget of Rs 1,18,500 crore presented by FM Nirmala Sitharaman holds much for employment generation, women empowerment, and catering to youths aspirations besides extraordinary provisions made for promotion of agriculture sector.

The BJP leader was addressing a "Budget Pe Charcha" programme organised at J&K BJP Headquarters in context with J&K Budget 2023 presented by the Union Finance Minister Nirmala Sitharaman. The programme was attended by a large number of Yuva Morcha and Mahila Morcha activists. Arun Gupta, Spokesperson and Sanjita Dogra, President J&K Mahila Morcha were also present.

Going by these figures and others after briefing the gathering about the important features of this vital financial document meant for J&K's progress, Abhinav spoke how this budget is more futuristic than the previous one. He said that for youth empowerment, employment, entrepreneurship, skill



development and sports activities, an allocation of nearly Rs 396.63 crore has been made under Capital Expenditure for the year 2023-24. He said that enough planning and thought had been applied to create an overall well-planned and futuristic budget that would give impetus to economic growth of Jammu and Kashmir keeping in mind that women should be part of every aspect of the growth graph making this endeavour women centric at all levels.

The senior BJP leader said that tax/GDP ratio is projected at 8.82 percent for 2023-24, which is higher than the previous year of 7.77 percent and the debt/GDP ratio for 2023-24 is 49 percent and GDP growth for the year 2023-24 has been projected at Rs 2,30,727 crore which shows

a growth of 10 percent over the previous year.

Abhinav said that the J&K Budget has given much significance towards women empowerment with Ladies Hatt, women Markets, Pink Taxi as its main highlights. He asserted that the Modi Government has done a lot for the women by initiating several schemes like Ujjwala Yojana, Sukanya scheme, Beti Bachao Beti Padhao Scheme, One Stop Centre Scheme, Women Helpline Scheme, UJJAWALA, Nari Shakti Puraskar, Triple Talaaq, 33 per cent reservation in politics for women, Mahila Shakti Kendras (MSK), Nirbhaya and a lot more since 2014. He asserted that the Modi Government stands fully committed to empowerment of women across the nation.

The BJP Spokesperson said that the Finance Minister took some significant steps to create more avenues for the youth of Jammu and Kashmir. He said first time in the history Rs 900 cr has kept for Holistic Agriculture Development Scheme which will give new direction to the agriculture and its allied sector by creating several new opportunities for the youth of Jammu and Kashmir. Besides, Rs 200 cr kept for Mission Youth programme and near about 40 Employment Melas will be organized in Jammu and Srinagar, he added.

Abhinav asked the participants of the programme to disseminate information about the budget among the people and make people aware about improvements made in the present budget as compared to the previous one.

Natraj Natya Kunj's play 'Ghalib at Quarantine' invited to Haryana

JJ NEWS SERVICE

JAMMU, MAR 19: Natraj Natya Kunj Jammu's Nationally Acclaimed Urdu play Ghalib at Quarantine is invited to Chalo Theatre National Theatre Festival at Haryana. Organized by Ras Kala Manch Haryana, this National Theatre festival is supported by the Ministry of Culture G.O.I, Haryana Kala Parishad, and P.I.E.T. college Samalkha.

Based on the life and works of Mirza Ghalib, the most famous Urdu 'shayar' who ever walked the Indian subcontinent, the play is about a present-day character, who in order to pass time during the pandemic lockdown discovers Ghalib through his letters and poetry and also enacts selective facets of the poet's life. Written by young and emerging playwright of Union territory Verma-ji and directed by Sangeet Natak Akademi awardee Abhishek Bharti, this musical play is an ode to the poetic genius of Mirza Ghalib and a peep into his time and era.



Briefing to the media, Director of the group Abhishek Bharti informed that 'Ghalib at Quarantine' is one of the highly experimental works of the group which has already been performed in many National and State level festivals across India

including Spring Theatre Festival Kashmir, 20th National Theatre Festival Amritsar, Theatre Carnival, National Theatre Festival Jammu etc. Further, he added that it is a matter of great pride for the Urdu language and theatre that Urdu play

from our Union Territory is going to be presented in such a big event. This Festival is organized by one of the leading Theatre groups of Haryana, Ras Kala Manch. 7 days long National festival is one of the biggest National events of Haryana and will manifest 1000 artists from all over India including many nationally and internationally prominent artists. Commencing from 21st of March to 27th of March 2023, the Festival will feature different aspects of performing Arts including RU-BARU session, Director Interaction session, Theatre Workshops, Folk performances, Swaang, Visual Art Exhibition and Plays from all over India. Highly professional team of eight artists will leave for Haryana on 23rd of March and will present the play on 24th of March 2023 at P.I.E.T College Samalkha, Haryana. The team includes Abhishek Bharti, Balwinder Singh, Vishal Pandita, Anu Thakur, Vineet Raina, Anjali Sharma, Aadiya Bharti, Nitish Kumar respectively.

BJP workers prioritize nation's welfare over politics: Vibodh

JJ NEWS SERVICE

SAMBA, MAR 19: Prime Minister Narendra Modi's government has prioritized nation's welfare (rashtrantni) over politics (rajniti) for the interest of the people and to resolve decades-old problems about the unity and integrity of the country, BJP J&K UT general Secretary Vibodh Gupta said on Sunday while addressing beneficiaries of the central government schemes at Samba Mandal, Pooling Booth No. 76

Highlighting the increased contribution of women in India's development, Vibodh said "India has entered a phase of women-led development where girls constitute 43% of the STEM (Science, Technology, Engineering, and Maths) education



stream students which are among the highest in the world and even women's self-help groups are prospering". Highlighting various government schemes for women welfare such as Beti Bachao Beti Padhao Scheme, One Stop Centre Scheme, Mahila E-Haat etc, he stated that women are major beneficiaries of various government welfare programs and incentives. Vibodh further asserted that the BJP government delivers the benefits of its

schemes to eligible people at their doorsteps which was not the case in the past. Our government has been successful in eliminating middlemen which used to avail benefits instead of the needy in the previous regimes of Congress, he added.

Speaking on the occasion, District President Kashmir Singh said that the development-led vision of the BJP government has provided youth with unprecedented opportunities and has

boosted the economy of the country. He further highlighted policies such as Make in India, mudra scheme, and Skill India which have provided robust infrastructure for the nation's holistic development.

Mandal Pardan Ankush Mahajan greeted beneficiaries and urged them to also aware others about the various government schemes. He asserted that together we can build a strong & prosperous India. Others who spoke on the occasion were Vice President Sanjay Padha, Cashier Darshan Gupta, Chairman Pawan Kohli, Vice President Kajni Sambhal, Vikas Sambhal, Tarsem Bagat, Senior Bjp Leader Ved Prakash Gupta, Santosh Bhagat, Rama Khajuria, Rakesh Khajuria, and Reve Sambhal.

'Intelligentsia and people need to be cognizant of those orchestrating pernicious narratives against India': Vice President

AGENCIES
JAMMU, MARCH 19

The Vice President, Shri Jagdeep Dhanekar today cautioned that 'India's rise at the global stage comes with challenges - within and without. He called for intelligentsia and the people to be cognizant of 'incubators and distributors orchestrating pernicious narratives to downsize our growth trajectory and dent our functional democracy and constitutional institutions'.

The Vice President was addressing a gathering after releasing a book 'Governorpet to Governor's House: A Hick's Odyssey' - a memoir of the former Governor of Tamil Nadu, Shri P.S. Ramamohan Rao in New Delhi. Shri Dhanekar lauded the former Governor for his contributions to public life and sharing his insightful experiences

in his memoir. Dhanekar observed that the 'essence of democracy' is that 'all are similarly accountable to law. No one can have privileged consideration by law and be looked at through a different prism'. Suggesting that India is the most vibrant democracy, he said 'equality before law is something we cannot negotiate'.

Noting that dynamics of governance would always be challenging, the Vice President said it required harmonised functioning of constitutional institutions - the legislative, the executive and the judiciary. But, he said, 'there is no room for confrontation, or being a complainant, by those who head the institutions. They have to act in collaboration and find resolution in togetherness and tandem.' The Vice President suggested creating 'a structured interac-

ive mechanism amongst those at the helm of the institutions - the Legislature, the Judiciary and the Executives' in this regard. Dhanekar reiterated that 'it is the primacy of our constitution that determines the stability, harmony and productivity of democratic governance. Parliament, reflecting the mandate of the people, is the ultimate and exclusive architect of the Constitution'.

Former Vice President of India, Shri Venkaiah Naidu, Governor of Haryana, Shri Bandaru Dattatreya, former Governor of Tamil Nadu and the author, Shri P.S. Ramamohan Rao, Members of Parliament, Shri K. Keshav Rao, Shri Y.S. Chowdary and other dignitaries were present.

Text of Hon'ble Vice President's speech (Excerpts):
'It is an honour for me

that I have been associated with the release of 'Governorpet to Governor's House: A Hick's Odyssey'. I wish to commend the author for his vision and efforts to document what I consider a very comprehensive account of his distinguished public service journey since 1956 when he joined the IPS.

P.S. Ramamohan Rao, 'Hick' to his college friends, has traversed six decades in public service exemplifying sublime commitment to duty affecting ever furtherance of public interest.

'Governorpet to Governor's House: A Hick's Odyssey' encapsulates a long, eventful and adventurous journey and experience of the author, insightfully revealing his passion and mission. His positioning as DGP, Andhra Pradesh and Governor, Tamil Nadu are high marks of his accom-

plishments. The book, with no pretensions of literary pompousness, yields to seamless reading and on several aspects, it is rarely informative and ever inspirational.

As a matter of fact, Integrity, commitment, nationalism are not optional they are compulsive.

A well informed and knowledgeable person has penned in impeccable language a mosaic of memories encapsulating with characteristic candour and reflecting on important historical events and facets of bureaucratic functioning dotting his six decades in public service.

The country had the honour of having Shri A. P. J. Abdul Kalam as the President of this country. But how Kalam Saab became the candidate is narrated in the book, insightful details are available. The distinguished author as a

matter of fact catalysed it, maybe by chance. The book also reveals his rigidity, uncompromising conscience and commitment to public good. The book will for sure enrich our knowledge and enhance our understanding of bureaucratic functioning as also challenges of the constitutional office of the Governor.

The eminent author has been part of governance, bureaucracy for decades and has reflected on the dynamics of relationship between the Civil Servants and the political executives. This relationship is turning out to be a challenge. The steel frame, the bureaucracy has come to be so ingratiated with the political masters that 1968 Rules that govern your conduct are more often than not in complete breach. Soothing to note that the book authentically reveals

his focus on family and his differently abled son and junctures in life where tough decisions, with various options available, were made. There were various options available - after going through the book, I dare say he went on the right path of Gita.

One is bound to be inspiringly motivated after being exposed in the book to how traditional family system turns out to be a spinal support system in challenging environment.

Rao Saab came from a family that had connected with the freedom movement led by Gandhi ji. The distinguished author has demonstrated his unflinching commitment to nationalism and our democratic values.

He has been part of growth story and journey of the Nation since 1956, now in Amrit Kaal. His life journey and

commendable accomplishments are bound to be motivational and inspirational to our youth whom I call warriors of 2047. They will translate our hopes and aspirations as to what India will be, when we celebrate in 2047 our centenary of Independence.

Friends, I am privileged to share some things in common with him. I have been a governor, so has he been. He also had a lady Chief minister; I too was privileged to have Mamta ji as Chief Minister who has a strong personality. We both had to deal with politicians of that calibre. Of course, we are easily outclassed by our former Prime Minister Shri Atal Bihari Vajpayee ji. He dealt with three- Jayalalitha ji, Mamata ji and Mayawati ji- women politicians who impacted the political firmament of this country very effectively.

From the Front Page...

Our vision is to...

contributions in preserving and promoting art & craft and linguistic heritage of J&K.

The Lt Governor highlighted the exemplary endeavour of Gauhara Ali Khan of Tangmarg, Baramulla, who has revolutionized the Integrated Farming system through new innovations & adoption of new technologies in agriculture.

Sharing the story of Richa Sharma from Kishtwar who runs a self-help group, which manufactures disposable paper cups and plates with the help of Rural Livelihood Mission, the Lt Governor said her success is inspiring budding female entrepreneurs.

The Lt Governor also mentioned about master craftsman Gulam Mohammad Baig who is tirelessly working to preserve and promote priceless artistic and cultural heritage of J&K crafts.

Appreciating the selfless efforts of Swatantra Dev Kotwal of Udhampur who wears many hats as a civil defense volunteer, an advocate, a writer, and a covid warrior, the Lt Governor said his devotion to public service is truly inspiring the society.

The Lt Governor highlighted the contribution of Sh. K D Maini of Poonch as a chronicler of history and culture of Jammu Kashmir. He has dedicated his life to the preservation and promotion of the linguistic heritage of the border areas, said the Lt Governor.

The Lt Governor also voiced the suggestions of citizens including Parul Bandral from Jammu on organizing Medical Camps in far flung areas, Uzma Arshid from Kulgam and Supinder Kaur from Miran Sahib Jammu on malnutrition among women and children.

The Lt Governor noted suggestions received from Deepak Pargotra from Samba on making Jan Bhagidari as one of the viable measures to cleanliness drive and to fight malaria and dengue in the rural areas. Faizal Aijaz from Srinagar had suggested Jan Bhagidari for upcoming G20 Summit in J&K and Ashiq Hussain Ganate of Pulwama had written on measures to promote sprinkler irrigation facility in saffron cultivation.

The Lt Governor issued directions to the concerned departments for taking appropriate action on the suggestions received from the people. He also apprised the efforts of various departments in ensuring services and welfare of people and called for collective efforts towards prosperity and development of Jammu Kashmir.

Lt Governor lays...

and ease of living, said the Lt Governor.

'The Mall of Srinagar & allied projects with Government of Dubai will fuel the economic growth of J&K and bring us closer to achieving the shared vision of strengthening bilateral trade and investment ties between India and UAE,' observed the Lt Governor.

The credit for the strong ties between UAE and India goes to the strenuous efforts of Hon'ble Prime Minister, said the Lt Governor.

The Lt Governor highlighted the progressive reforms introduced under the guidance of Hon'ble Prime Minister to create a favourable environment for Industries and Business to flourish in J&K.

'Unprecedented Industrial investment & economic growth of J&K is laying the foundation for a stronger and more prosperous future for the people of Union Territory,' said the Lt Governor.

The Lt Governor expressed gratitude to the Hon'ble Prime Minister and the Hon'ble Home Minister for new industrial development scheme.

Within 22 months of implementation of New Industrial Policy, we have received investment proposals from more than 5000 domestic and foreign companies. Every day, 8 companies have expressed their willingness to invest in J&K, the Lt Governor noted.

A new industry is becoming operational in the UT every day. Last month, 45 industries started their operations, he added.

Hon'ble Prime Minister has already done the groundbreaking ceremony for projects worth Rs 38,000 crore. Those who raised questions on employment post August 2019, should introspect what they have done for J&K in the past decades. Only Rs 14,000 cr industrial investment came to J&K since independence till 2019, said the Lt Governor.

In the last three years, we have registered phenomenal growth in different sectors and in terms of knowledge, physical and digital connectivity, Jammu and Kashmir has performed exceptionally well in the entire

country, he added

The Lt Governor invited the Industry leaders from across the world to be a part of the new industrial revolution of Jammu Kashmir.

We have broadened the economic and social base of development and are offering best incentives across the country, land for industries, skilled labour, technical support, market connectivity, national and international air cargo facilities, raw materials, cheapest power, lowest crime rate, single window clearance, ease of doing business, he observed.

One lakh crore rupees worth highways and tunnels projects are going on in J&K UT. Kashmir will be connected to Kanyakumari this year. The flight operations in both Jammu & Srinagar airports have increased and international flight connectivity has been strengthened, observed the Lt Governor.

Today, peace is prevailing in Jammu Kashmir. Days of Havals have become history now. World has witnessed the youth and people of Pulwama, Tral, Shopian coming out of their houses in huge numbers with national flags in their hands, he noted.

Jammu Kashmir has everything to offer to maximize the immense potential of the business. This decade belongs to Jammu Kashmir, the Lt Governor said.

Amit Jain, CEO Emaar said the Mall of Srinagar is one of our milestone projects and we are excited about the potential of it. As Emaar group, we bring along strong relationships with leading retail brands of UAE, most of which will be launching their presence in India through this initiative, he added.

It was informed that Emaar Group will develop One IT tower at Jammu and One at Srinagar.

The mega-mall is the first significant FDI investment in Jammu and Kashmir to facilitate investments in marquee projects as per the MOU signed between the governments of the UAE and India. Launched by Emaar and Magna Waves Buildtech, the mall is set to become operational by 2026.

In January 2022, during the Investor meet at Dubai, J&K Government entered into a bilateral agreement with various stakeholders and Government of UAE to deliver over a billion dollars worth of projects in the valley. These projects include the development of industrial parks, a medical college, a specialty hospital, logistics centres, IT towers, and multipurpose towers, in addition to the Mall of Srinagar by Emaar.

Eminent dignitaries, including Sh. Kailash Vijayvargya, National General Secretary of BJP; Dr. Aman Puri, Consul General of UAE; Sh. RR Bhatnagar, Advisor to Lt Governor; Dr. Arun Kumar Mehta, Chief Secretary and Sh. Nikhil Nanda, MD of Magna Waves Buildtech were present.

LG addresses...

taken shape. Land has been provided to Emaar for IT towers in Jammu and Srinagar. These three projects will be developed at a cost of Rs. 500 Cr," said the Lt Governor.

Under the guidance of Hon'ble Prime Minister Shri Narendra Modi, UT of J&K has made remarkable progress towards ambitious infrastructure development programme, modernization & expansion of airports, rail network & highways for ease of doing business and to fuel faster economic growth, observed the Lt Governor.

"We have been successful in removing the impediments and hurdles to great extent. We are upgrading our infrastructure both in capacity and quality to meet new demands and ready to raise our partnership with industries to higher levels," the Lt Governor said.

The path of reforms that we have embarked upon in the last three years is the outcome of a well-considered long-term comprehensive strategy to provide a conducive investment climate for domestic and foreign investments in J&K, he added.

The Lt Governor said, the historic India-UAE Investor meet was a unique opportunity for free and frank exchanges of views on issues and opportunities for investment in J&K. He appreciated the enthusiasm and faith of foreign investors in the resilience of UT of J&K.

The Lt Governor invited the business leaders from UAE to become partner in development of J&K and move together towards creating a more prosperous, equitable and vibrant UT. We will ensure the investors receive every kind of assistance, facilitation and support from the administration, he said.

The constructive discussion held on various sectors particularly Agriculture & allied sectors, hospitality,

education, tourism and other industry sectors will explore and ground investment opportunities which will further strengthen our long-term partnership with UAE and rest of the Gulf countries, added the Lt Governor.

It is pertinent to mention that foreign as well as Indian companies at the Investment Summit have shown keen interest to launch projects related to residential school, hotels, IT Park, ITES units and hospital. It was also decided to constitute a joint group for speedy clearance of proposals and to ensure faster implementation.

Our Agriculture Sector is growing rapidly, driven by growth in allied sector and adoption of modern technology like GI tagging for premium crops. The investors will find attractive opportunities in food processing industries, which are also beginning to emerge as an important segment of the industrial development, said the Lt Governor.

We are working with the right intend and have developed the infrastructure needed for industries. This has infused new confidence in foreign investors and will lead to the J&K's economic growth, increasing employment and creating a peaceful environment, added the Lt Governor.

The Lt Governor also shared the efforts to identify more land to ground all the investment proposals received. He emphasized the digital transformation of J&K which will enable and empower the industrial units.

"J&K is witnessing a new technological revolution and we have started two Innovation and Invention centres where well-trained faculties & IT professionals are preparing future knowledge workers who will be the main force of Industry 4.0 to provide much needed human resources for the emerging market," the Lt Governor said.

The Lt Governor assured the investors that the land will be allocated within 15 days from the submission of the proposal.

The transparent regulatory framework and incentive structure will allow individual enterprise to prosper and create modern, globally competitive and humane industrial economy. In this journey of rapid industrialization of Jammu Kashmir, we are partners. I invite companies from across the world to set up shop in Jammu Kashmir. We are ready to welcome you with open arms," the Lt Governor observed.

The UT Government is also willing to utilize the technological expertise of other states in our various projects like developing Yatri Niwas of Shri Amarnathji Shrine Board, he added.

The Lt Governor expressed gratitude to Dr. Aman Puri, Consul General of India in Dubai. He said an officer will be appointed and remained in touch with the Council.

Sh. Faizal Edavalath Kottikollon, Chairman UIBC-UC and KEF Holdings and Sh. Sharafuddin Sharaf, Vice Chairman UIBC shared their views on the emerging investment opportunities in J&K.

Chairman UIBC said that they are keenly working with the government of Jammu and Kashmir for investment and will be bringing a world class climate wellness resort in Jammu Kashmir.

Sh R R Bhatnagar, Advisor to Lt Governor; Dr. Arun Kumar Mehta, Chief Secretary; members of UAE- India-Business Council; business leaders and investors from across the country and abroad were present on the occasion.

71 injured people were referred to Bone & Joint hospital Srinagar, 11 to SMHS hospital Srinagar, 3 to SKIMS Soura Srinagar and six were admitted in Sub District Hospital Pamnore.

The condition of the few injured is still stated to be critical, they said.

14 injured as...

A rescue operation was immediately launched and the injured were shifted to a hospital.

Two girls - Zahira and Rukhsana - suffered serious injuries and were later referred to Government Medical College, Rajouri for specialised treatment, the officials said.

A case has been registered and further investigation is on, they said.

Magisterial inquiry...

started inquest proceedings into the case.

"It was a CBI trap and the death happened during this process. He collapsed and was taken by a police party to the hospital where he was declared brought dead by the doctors," he said.

He said the investigation is meant to unveil the truth which ultimately leads to justice.

Government starts...

property has been monetised so far by the government.

The Home Ministry has already launched a national survey of enemy properties, spread across 20 states and three Union Territories, with a purpose to identify and subsequently monetise all such properties.

The first-of-its-kind national survey by the Directorate General of Defence Estates (DGDE) will assess the present condition and value of the enemy properties identified by the CEPI.

The government formed a Group of Ministers (GoM), headed by Union Home minister Amit Shah, in 2020 to supervise monetisation of enemy properties.

Out of the 12,611 properties vested with the CEPI, a total of 12,485 were related to Pakistani nationals and 126 to Chinese citizens.

The highest number of enemy properties were found in Uttar Pradesh (6,255 properties), followed by West Bengal (4,088 properties), Delhi (659), Goa (295), Maharashtra (208), Telangana (158), Gujarat (151), Tripura (105), Bihar (94), Madhya Pradesh (94), Chhattisgarh (78) and Haryana (71).

There are 71 enemy properties in Kerala, 69 in Uttarakhand, 67 in Tamil Nadu, 57 in Meghalaya, 29 in Assam, 24 in Karnataka, 22 in Rajasthan, 10 in Jharkhand, four in Daman and Diu and one each in Andhra Pradesh and Andaman and Nicobar Islands. (Agencies)

Rs 30 Cr recovered...

with zero cancellation charges for cancellations or migrations up to October 31, 2022. After that date and until December 31, 2022, institutions were allowed to deduct no more than Rs 1,000 as processing fee.

"The UGC has taken a serious note of complaints and court cases filed by students and parents regarding institutions violating these guidelines. The UGC has reiterated that the guidelines must be adhered to strictly and any institutions that violate them will face punitive action," Kumar said.

The UGC chief also noted that Delhi University (DU) has set an example for other varsities on how to handle such grievances from students and refund the fee.

"DU has successfully reimbursed 13,611 students that is a sum of Rs 16.95 crore. Hence, the UGC has recovered a total of Rs 29.10 crore of 14,443 students," he said.

Among the complaints received by the University Grants Commission, 381 were against deemed universities, 243 state universities, 165 private universities and 26 central varsities.

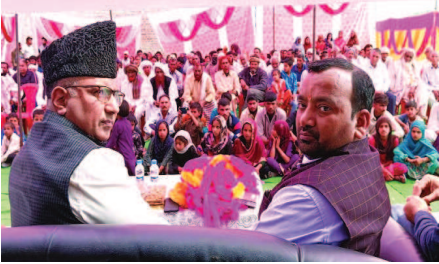
"Over 300 complaints by students regarding fees refund, including 177 against state universities, are still pending and we are talking to the institutes concerned," Kumar added. (Agencies)

Awantipora Accident...

declared brought dead on arrival.

The deceased were identified as Kaisar Alam son of Majrul Haq, Saleem son of Allawuddin, Naseeruddin

Rahul should apologise for comments against India: MP Khatana



JJ NEWS SERVICE

JAMMU, MAR 19: MP Rajya Sabha Er. Gulam Ali today criticized Congress leader Rahul Gandhi for launching a vilification campaign against our country in a foreign land. He said that a dynasty who is not even president of his party is remote controlling the party and launching a trade against Indian nation while visiting abroad. Rahul Gandhi should apologise for vilifying India, he said.

Addressing a massive a public meeting in village Joura farm in Ranbir Singhpora on Indo-Pak border, mainly inhabited by scheduled

tribes, Er. Gulam Ali said that dynastic parties incl Cong, national Conference, PDP used poor and backward people as their vote bank and did nothing to uplift them. He said that Rahul Gandhi is creating a hoax of having travelled 7000 kilometers on foot and listening to the problems of the people.

Out of power Cong and its allies are just trying to create a false narrative against the present government led by Prime Minister Narendra Modi in India and abroad," said MP Gulam Ali, adding "people are the best judge and they love Narendra Modi and his development and progress oriented policies."

Er. Gulam Ali said that Prime Minister Narendra Modi led government has ensured peace of the borders and in the country too. He said that development and peace are the main priorities of the Modi led government and people are coming forward to take this mission forward.

MP Gulam Ali said that traditional parties exploited the poor and backward for their vote bank politics and promoted dynasties only. "It is for the first time in the history of India that the government is working for the poorest of the poor. He said that Covid pandemic affected the pace of progress during past two years but the developmental progress is back on rails now and in the coming days employment would also increase.

Former Minister Sham Choudhary, Sunil Dutt Shastri, BJP District president Jammu border, Sarpanch Liyakat Ali, Ex-MLA & DDC Ghara Ram Bhagat, Ravi Mehra, OBC Morcha, Barqat Ali, ST Morcha were also present. Locals projected the demand of a KV School, Hostel for border dwellers, elevation of Middle School to High School.

MP Gulam Ali assured to take up the matter with the concerned authorities.

MSCBM Trust reaches out to students of Amar Singh College

JJ NEWS SERVICE

SRINAGAR, MAR 19: To quench the desire of artists associated with Master Sansar Chand Baru Memorial Charitable Trust with regard to offering new perspective to young generation through various forms of art, a team led by Anuradha Rishi President of the Trust visited Amar Singh College in Srinagar to hold an arts workshop.

The endeavour was held under the central government's Azadi Ka Amrit Mahotsav. Vice Chancellor Cluster University Prof Qayyum Husain welcomed the Trust's artists and appreciated their efforts for promoting art and culture in Kashmir.

Officials of Centre for Cultural Resources and Training (CCRT), Ministry of Culture, New Delhi also accompanied the artists of Baru Trust during their visit to the aforesaid college.



college students and apprised them about various techniques used for making world class artifacts.

Artists encouraged students to make art part of their lives and if possible adopt the same along with their studies.

Prof Qayyum Husain assured full support to the Trust in its endeavours to promote art and artists.

Anuradha Rishi threw light on the working of the

Trust in promoting art. She said there is dire need to focus on art and culture in J&K as this land was quite rich in the past as far as art and culture is concerned but due unfortunate conditions things changed here.

She said that those who have never done any artistic pursuit before are completely unaware of its potential benefits. She said that art has the power to enhance one's life and

improve the level of well being.

Anuradha Rishi urged the stakeholders to do whatever possible to promote art in the Valley as it vital for grooming personalities and improving people's mental health naturally, which is quite necessary in today's world where mental pressure and cut throat competition are bogging down individuals and for a new lease of life, art can play an essential role.

Sunil Sethi enumerates benefits of Budget for Kashmiri Pandits

JJ NEWS SERVICE

JAMMU, MAR 19: Allocation of four hundred crore rupees in budget 2023-2024 for Kashmiri Pandits will prove to be game changer in the confidence building, measures, stated Adv. Sunil Sethi.

Bharatiya Janata Party Kashmir Displaced District organized a "Budget par Charcha" programme at Tika Lal Taploo Mandal at Jagti.

On this occasion Sunil Sethi, Senior Advocate & Chief Spokesperson BJP J&K UT was the chief guest, Hira Lal Bhat (Seh Prabari KDD) was the guest of honour, while Chand Jee Bhat, District President KDD Presided over the function. Parey Lal Pandita Mandal President Tika Lal Taploo Mandal welcomed the Chief Guest and other dignitaries. Kuldeep Razdan, Mandal General Secretary, conducted the programme proceedings. Sunil Sethi, while addressing the Participants, reminded the history of Kashmiri Hindus and described the displaced Kashmiri Hindu community bravest of brave because they and

their ancestors have braved all kinds of atrocities & cruelties in Kashmir in past for hundreds of years but did not succumb to forced conversion and kept the flag of Sanatan Dharma & Rashtravard flying a top. He said that it is unfortunate that Kashmiri Pandit community had to become internally displaced persons in their own country due to appeasement policy of past governments, but now the time has changed and the nation is in the Strong hands of our Prime Minister Narendra Modi Ji.

Sethi said that allocation of Rs. 400 cr has been allocated for the construction of transit accommodations for PM Package Employees & others working in Kashmir Valley, is a welcome measure but a lot has yet been done to ameliorate miseries of the displaced community and pave a way for their respectful & dignified return to Kashmir.

He said that 60000 cr Industrial investment is being done in J&K which will generate 250000 employment avenues and displaced community youth will certainly get their share out of it. He fur-

ther said that allocations in Budget have been made for tourism sector and the displaced being well educated, good at oratory can take advantage of tourism schemes and become successful tourism entrepreneurs and can also take the benefit of lucrative tourist guide services.

He further said achieving 10% growth target will definitely bring huge change in living of the people and the Modi govt is committed to achieve the target.

He assured the displaced community that the BJP and its Karikartas are always with displaced community and he himself being a BJP Karikarta is always available for their help.

Hira Lal Bhat (Seh Prabari KDD) thanked the Chief Guest for his informative, encouraging and soul touching address and exhorted the karikartas to take the message to every Kashmiri Hindu household that every one of us must enroll our vote in our respective assembly constituency in Kashmir as a participant of holy yagna and cast their vote in favour of BJP at the time of elections as a token of

sacred offerings in the Maha yagna to strengthen the hands of Narendra Modi, our beloved Prime Minister.

Other leaders who attended the program were Moti Lal Bhat (District General Secretary KDD), Anil Dhar (Vice president), Sweets Koul (Vice president), Sanjay Bhat (Vice president), Rajeev Pandita (Vice President) Rakesh Sadhu (Vice President) Rohit Ganjoo (Yuva Morcha President KDD) Dolly (Mahila Morcha President), Roop Krishan Raina (Secretary KDD), P.K.Bhat (Treasurer KDD), Chaman Lal Pandita (Secretary KDD), Anjali Raina, Pooja Bhat (both Secretaries KDD), J.L. Pandit (Spokesperson KDD) Vatsal (Gen.Secretary Yuva Morcha), K.K.KOUL, (Mandal President Pt.Prem Nath Bhat Mandal), Chaman Lal, Sh. Mahraj Krishan Raina, Surinder Shama, both Presidents, other Mandal & both level Office bearers and large number of KDD, Mahila Morcha, Yuva Morcha Karikartas and common citizens of Jagti colony.

Govt committed to improve socio-economic conditions of J&K people: Sham Langer

JJ NEWS SERVICE

JAMMU, MAR 19: Sham Lal Langer, Convener Trade Cell, Bharatiya Janata Party (BJP) Jammu and Kashmir has asserted that the BJP Government at the Centre led by Prime Minister Narendra Modi is fully committed to improve the socio-economic condition of the people of Jammu and Kashmir Union Territory.



proved by the multiple schemes launched by the Govt for Jammu and Kashmir and the latest in the series being Rs. 129.05 cr initiative to reduce food deficit, boost livestock

sector under HADP announced by the Govt only the other day.

Sham Langer said that this latest initiative will create more avenues for farmers and ensure enhancing of their income very soon. He said that the initiative under Holistic Agriculture Development Programme in itself contains the word holistic as its soul and there should be no doubt about the initiative going a long way in improving the socio-economic conditions of farming communities and boost

the overall economic growth of the region.

The senior BJP leader said that the Union Territory of Jammu and Kashmir in view of its peculiar geographical and climatic conditions possesses tremendous agricultural potential in the form of small and fragmented landholdings owned by the farmers with over 70 per cent of the population in the region depending on agriculture and related vocations for their livelihood, either directly or indirectly.

Kishtwar police organises singing talent Hunt

Jashan-E-Chowgan

JJ NEWS SERVICE

KISHTWAR, MAR 19: On the direction of SSP Kishtwar Sh. Khalil Poswal-JKPS Jashan-E-Chowgan Singing Talent Hunt Programme " was organised at Govt. Boys Higher Secondary School Kishtwar.

The competition had seen overwhelming response from the budding artists of the district. Both male & female participants belonging to different age groups participated in the event by showcasing their talent in singing.

DC Kishtwar Dr. Devansh Yadav-IAS was chief guest on the occasion, who inaugurated the function accompanied CO 52 Bn CRPF Sh. Parma Shivan and other civil and Police officers.

The programme was adjudged by Experts namely Nisar Ahmed Doowal, ASP Kishtwar Sh Rajinder Singh-JKPS and Madam Avni Sen also Performed the duties of Anchor in the Programme.

The first position was beg by Simridhi Sen D/o Sonu Sen R/o Hatta Kishtwar, 2nd position was beg by Rudra Sharma S/o Sanjiv Sharma and 3rd position was beg by Suraj Aryan S/o Raj Kumar R/o Sangrambatta Kishtwar. Cash rewards and trophies and Certificates were given to the winners and participants.

NOPRUFJK appeals to PM for Restoration of Old Pension Scheme in JKUT

JJ NEWS SERVICE

JAMMU, MAR 19: The JKADCS (Ministerial Federation) under the Banner of NOPRUFJK organized a one day convention at Town Hall Anantnag in which UT President NOPRUF Rajesh Sharma and UT Chief Spokesperson NOPRUF Jeelani Naik were the chief guests on the occasion.

Employees from different departments of the District and trade union leaders, participated in the event and all the speakers stressed upon the authorities to restore OPS in the Union territory of Jammu and Kashmir, as Old

Pension Scheme is an Old age pension, which was a support to an employee after spending his entire active life for the service of nation and working for uplifting of various downtrodden sections of the society. An employee retires at the age of 60 years and with age gets incapacitated to do normal cores of life. Earlier with Old Pension Scheme, the pensioners used to live with dignity after retirement as they used to manage their domestic requirements through the realizable pension which they used to get through old pension scheme.

Mr. Jeelani Naik President JKADCS (Ministerial Federation) said

that the Old pension scheme has been the backbone of social security for many years. It has played a vital role in ensuring that retired employees, after years of service, have a decent means of sustenance. However, the current pension scheme, the National Pension Scheme (NPS), has been a cause for concern. The Old Pension Scheme was more beneficial to employees as it provided fixed pension dues, irrespective of the market conditions, whereas NPS investments are exposed to market risks. The returns in NPS are also not guaranteed and depend on market fluctuations. NPS Employees in future

will suffer a lot in their old age due to very meager Pension at the age when they had no other avenues to explore the lively hood requirements, especially medical care and hygienic food etc. to maintain weak, last days of the life and he appealed Hon'ble Prime Minister of India, that aspiration of employees community i.e. Restoration of Old Pension be included under the ambit of "Sub ka saat, Sub ka vikas" as without restoration of old pension, the vikas of employees community is impossible here in Jammu and Kashmir and we hope Hon'ble Prime Minister will consider the aspiration of employees.

UNION TERRITORY OF JAMMU & KASHMIR
OFFICE THE EXECUTIVE ENGINEER PWD
(R&B) CONST. DIVN. NO. III, JAMMU
SHORT NOTICE INVITING TENDER
Short e-NIT No. CD-III/332 of 2022-23 Dated 17-03-2023

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

S. No	Name of Work	Advertised 4 Cost (in Lacs)	Cost of document (in Rupees)	Earnest Money (in Rupees)	Time allowed for complete	Time and date of opening of tender	Class of Contractor
1	2	3	4	5	6	7	8
1.	Construction/Upgradation of road by way of RBM Filling, and WBM Gr-II from the house of Kuldeep Singh S/O Attar Singh to House of Suraj Singh Hanjan (1st Cell)	4/8	60/-	(2% of the Advertised Cost)	05 Days	(1030 Hrs) on or after 20-03-2023	A B C D

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

1	Date of Issue of Tender Notice	17-03-2023
2	Period of downloading of bidding documents	From 17-03-2023 to 23-03-2023, 1600 Hrs
3	Date, Time and place of pre-bid meeting	20-03-2023 at 1300 Hrs. in the Office of Executive Engineer PWD (R&B) Const. Divn. No. III Jammu
4	Bid submission Start Date	17-03-2023
5	Bid Submission End Date	23-03-2023 upto 1600 Hrs
6	Date & time of opening of Technical Bids (Online)	23-03-2023 on or after 1630 Hrs in the Office of Executive Engineer PWD (R&B) Const. Div. No.III Jammu
7	Date & time of opening of Financial Bids (Online)	To be notified after technical bid evaluation is completed

1. Bids must be accompanied with cost of Tender document in shape of challan through Treasury indicating Treasury Voucher No. & Date, e-NIT No. and name of work duly crediting to 009 (Revenue) favouring Executive Engineer PWD (R&B) Const. Divn. No. III Jammu and upload the same to treasury challan/Receipt, Earnest money/Bid security in shape of CD/CFDR/BC pledged to Executive Engineer PWD (R&B) Const. Divn. No.III Jammu. The CD/CFDR/BC shall be valid for 45 days beyond the bid validity period. The original instruments in respect of cost of documents, BMD and relevant documents of LT to be submitted to the Executive Engineer PWD (R&B) Const. Div. No.III Jammu at the time of allotment.

2. The electronic bidding system would not allow any late submission of bids after due date and time as per sever time. Bidders may modify their bids by uploading their request for modification before the deadline for submission of bids. For this, the bidder need not to make any additional payment towards the cost of tender document. For bid modification and consequential re-submission, the bidder is not required to withdraw his bid submitted earlier. The last modified bid submitted by the bidder within the bid submission time shall be considered as the bid. For this purpose, modification/withdrawal by other means will not be accepted. In online system of bid submission, the modification and consequential-submission of bids is allowed any number of times. The bidders may withdraw his bid by uploading their request before the deadline for submission of bids; however, if the bid is withdrawn, the re-submission of the bid is not allowed. No bid shall be modified or withdrawn after the deadline of submission of bids.

3. The date and time of opening of Financial-Bids shall be notified on Web Site www.jktenders.gov.in and conveyed to the bidders automatically through an e-mail message on their e-mail address. The Financial-bids of responsive bidders shall be opened online in the Executive Engineer PWD (R&B) Const. Div. No.III Jammu. The date for same shall be intimated separately.

4. The bids for the work shall remain valid for a period of 120 days from the date of opening of Technical bids.

5. The earnest money shall be forfeited, If :-

- Any bidder/tenderer withdraws his bid/tender during the period of bid validity or makes any modifications in the terms and conditions of the bid.
- Failure of Successful bidder to furnish the required performance security within specified time period after issue of letter of acceptance.
- Failure of successful bidder to execute the agreement on same day of allotment of work contract as per Chief Engineer PW (R&B) Department Jammu's Circular No. CEJ/G/1260/87 dated 07-10-2021.

6. Instruction to bidders regarding e-tendering process.

6.1 Bidders are advised to download bid submission manual from the "Downloads" option as well as from "Bidders Manual Kit" on website www.jktenders.gov.in to acquaint bid submission process.

6.2 To participate in bidding process, bidders have to get "Digital Signature Certificate (DSC)" as per Information Technology Act-2000. Bidders can get digital certificate from any approved vendors.

6.3. The bidders have to submit their bids online in electronic format with digital Signature. No financial bid will be accepted in physical form.

6.4. Bids will be opened online as per time schedule mentioned above.

6.5. Bidders must ensure to upload scanned copy of all necessary documents mentioned in NIT and SBO with technical bid online.

SD/-
(ER. SUNIL KUMAR DOGRA)
EXECUTIVE ENGINEER
PWD (R&B) CONST. DIV. NO.III
JAMMU

No- 30541-62
Dated:17-03-2023
DIP/J-1679722

THOUGHT OF THE DAY

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

JINDRAH IMAGES

Make village courts functional in J&K

It has now been three and a half years since the Central Act was made applicable in Jammu and Kashmir after the Centre abrogated Article 370 and Article 35-A but no significant progress has been made so far to make Gram Nyayalayas—deemed to be a Court of First Class Judicial Magistrate to settle petty disputes at the village level—functional. The announcement of setting up these village courts have remained confined to papers only, reasons best known to the UT administration. The Government of India, recently, made an observation in the Parliament that lack of manpower and overlapping jurisdiction with regular courts were among the main reasons for non-operability of Gram Nyayalayas, like other states and UTs, in Jammu and Kashmir. The moot question arises as whether the serious efforts were made to set up these local courts in Jammu and Kashmir and the answer definitely would be a big no. The Government of India decided to establish Gram Nyayalayas or village courts in 13 states and two newly-created Union Territories (UTs)—J&K and Ladakh—under the Gram Nyayalayas Act 2008. It was aimed at providing easy access to justice to the rural citizens at their doorsteps and to ensure that opportunities for securing justice are not denied to any citizen by reason of social, economic or other disabilities. The Act came into force with effect from October 2, 2009 across the country but it became applicable to Jammu and Kashmir after the abrogation of Article 370 and as per the provisions of the Jammu and Kashmir Reorganization Act, 2019. During the year 2013, the then Government of Jammu and Kashmir made efforts to establish Dehi Adalats on the pattern of Gram Nyayalayas but it failed to bring positive outcome even after identification of headquarters of Dehi Adalats due to lack of manpower. The Central government has now said that it received responses from various states and UTs wherein they cited the main reason for non-operability of Gram Nyayalayas was non-filling of the post of Nyayadhikari in many States, non-availability of public prosecutors, notaries and general shortage of First Class Judicial Magistrates who man these Gram Nyayalayas. The issue of overlapping jurisdiction with regular courts is another reason due to which the scheme is not taking off. Moreover, many states have their own parallel systems of village courts functioning at panchayat level. The Government of India even communicated with various states and UTs for taking expeditious action for making the notified Gram Nyayalayas functional but no progress was made on it in J&K till date where a total total of 20 Gram Nyayalayas—one each in a district—were notified but none of them had been made functional in the past one decade. Consequently, not even a single penny has been released by the Union Ministry to the J&K UT. The state and UT governments were responsible for establishing Gram Nyayalayas in consultation with the respective High Courts. Though the Act does not make setting up of Gram Nyayalayas mandatory, the operationalization and functioning of the Gram Nyayalayas within the jurisdictional limit of the High Court would definitely make the institution a robust and credible pillar of justice delivery system. The UT administration should seriously explore the possibility of making these village courts functional as it would ensure speedy resolution of their petty issues at their doorsteps.

RAJNISH WATTAS

Rajnish Wattas
"Architecture is the mother art."
Frank Lloyd Wright

FIRST heard of the name Pritzker during my visit to Chicago nearly two decades ago, while attending a summer music festival at the Pritzker Pavilion in the iconic Millennium Park. The park is the heart and soul of the city with its performing arts centres, gardens and museums. Anish Kapoor's stainless steel sculpture 'Cloud Gate' is placed there, attracting huge crowds.

Sir David Chipperfield
The Pritzker Pavilion has a unique design with only the stage covered, and having a seating capacity of nearly 11,000. Its 'Deconstructionist' form, designed by Frank Gehry — himself a recipient of the Pritzker award — is shaped like a butterfly whose wings are soaring in the wind, ready to fly. Built in stainless steel, it is both an architectural marvel and an engineering feat. But the vision and funding for it came from the local tycoon and philanthropist Jay Pritzker.

The Pritzker Architecture Prize was founded in 1979. The idea of constituting such a prize occurred to the family — who owned the chain of Hyatt hotels across the world — while building their hotel in Atlanta. The soaring atrium in the design became such a popular feature that



the guests loved it. This made them realise the power of architecture on people, cities and culture.

Jay and Cindy Pritzker believed that a meaningful prize would encourage and stimulate not only public awareness of buildings, but also inspire greater creativity within the architectural profession. The international award, considered the Nobel Prize of architecture, is presented annually "to honour a living architect or architects whose built work demonstrates a combination of those qualities of talent, vision and

commitment, which has produced consistent and significant contributions to humanity and the built environment through the art of architecture". The recipients get US \$100,000, a citation and, since 1987, a bronze medallion. The designs on the medal are inspired by the work of Chicago architect Louis Sullivan, the mentor of Frank Lloyd, while the Latin-inspired inscription on the reverse — firmitas, utilitas, venustas (firmness, commodity and delight) — is from the ancient Roman architect Vitruvius.

Unity in Opposition ranks remains elusive

OPPOSITION UNITY AGAINST THE BJP IS A CHALLENGING TASK THAT REQUIRES OVERCOMING MULTIPLE OBSTACLES. THE BJP HAS A FORMIDABLE COMBINATION OF FORCES ON ITS SIDE AND A WIDELY POPULAR LEADER AT THE HELM. THE UNRELENTING INTIMIDATION OF OPPOSITION PARTIES PROVIDES AN OPPORTUNITY FOR THEM TO CREATE A FRONT FOR THEIR COLLECTIVE SURVIVAL. CONVERSELY, THESE PARTIES WILL PROVE TO BE 'USEFUL' FOR THE BJP IF THEY REFUSE TO UNITE OWING TO THEIR ANTI-PATHY TO THE CONGRESS.

ZOYA HASAN

Anti-Congressism emerged as a successful strategy for political parties to coalesce together to defeat the Congress in the 1977 and 1989 Lok Sabha elections and helped them forge a coalition government from 1996 to 1998. Various parties — from the Left to the Right — joined hands in this endeavour to outmanoeuvre the Congress.

But, paradoxically, anti-Congressism has persisted even after the Congress has been decimated. It has been kept alive by the BJP to discredit and demolish the Congress by its constant reference to the Emergency and the Nehru-Gandhi dynasty. The BJP refers to it stridently even now, although its appeal is questionable, given that the ruling party is the pivot of the political system. However, its continued relevance for the BJP is linked to two core elements that characterise the politics of the Hindu Right — a majoritarian approach to democracy and in consequence the shrinking space for democracy, civil society and the Opposition, besides the exclusionary rhetoric of nation and nationalism which puts the Opposition on the defensive.

Successive electoral defeats have increased the urgency for the non-BJP Opposition to cobble up a united front or state-level alliances ahead of the 2024 General Election. The Opposition is aware that only alliances can contain an expansionist BJP. Yet, unity in the Opposition ranks remains elusive. It faces numerous problems — trust deficit, political calculations combined with coercion through defections and fear of Central agencies. Some regional parties are breakaways from the Congress, which they see as a rival, if not an enemy.

Notably, the Trinamool Congress (TMC), Bharat Rashtra Samithi (BRS), Yuvajana Shramika Rythu Congress (YSR Congress) and the Aam Aadmi Party (AAP) are unwilling to join forces with the Congress nationally because they continue to be bitter rivals in states and because of the prime ministerial ambitions of their own leaders, among other factors. But no Opposition front is feasible without it, and no Opposition party, including the Congress, alone can defeat the BJP. That's the main challenge confronting the Opposition politics today.

The BJP's strategy is to not let any such alliance emerge, and to break it wherever it evolves. It is working overtime to keep the Opposition divided, while at the same time using Central agencies to weaken or intimidate the Opposition. Corruption charges have been brazenly used to tarnish the Opposition. Several Opposition leaders are under the scanner of the Enforcement Directorate (ED), Central Bureau of Investigation (CBI) or the Income Tax authorities. Several of them are in jail or have spent



time in jail. But even then Opposition parties are reluctant to unite.

Political leadership of the bloc and aligning with the Congress are the sticking points, apart from the palpable fear of investigative agencies. But realistically speaking, the Congress is the only party with a national footprint and hence has to be the pole around which Opposition unity can be built. Barring the Congress, most Opposition parties are single-state parties; they cannot be the fulcrum of an anti-BJP alliance in the General Election.

Majoritarianism and the decline of democratic practices should unite the Opposition, but, in fact, the reverse has happened. Anti-BJPism has proved to be a much more difficult proposition than the strategy of anti-Congressism pursued by these parties in the recent past. Basically, regional and state parties are not driven by ideological opposition to the BJP; they oppose it primarily to safeguard their own political turf from encroachment by the BJP. In fact, the main reason they oppose the BJP is to stop its expansionist drive which can erode their social base, and not a genuine opposition to the ideas represented by the communal-authoritarian regime.

Accordingly, they prioritise their state-level interests over national issues, which make it difficult for them to unite with national-level Opposition parties. Unlike the Congress and Left parties, which have steadfastly opposed the BJP ideologically, state parties haven't done so, which is a major impediment to evolving and popularising a long-term counter-narrative in national politics. In the past, many of these parties have aligned with the BJP or NDA. The TMC, Telugu Desam Party (TDP) and the Janata Dal (Secular) are cases in point.

Also, a perception has been assiduously built

up with the help of a section of the media that the BJP is unbeatable. This perception has demoralised the Opposition, making it difficult for the parties to unite with a sense of purpose and confidence. The BJP constantly makes the claim that Prime Minister Narendra Modi enjoys the support of 140 crore people. The fact that the ruling party had a vote share of 37.4 per cent in the 2019 Lok Sabha polls is conveniently forgotten. This indicates that there is no countrywide acceptability of the BJP as the dominant hegemonic force, which should actually encourage non-BJP parties to seriously engage with and oppose its ideological agenda. But the failure to do so indicates that not enough attention has been paid to the electoral collapse of the Opposition parties and what the dominance of the BJP means for them, and the grave consequences of majoritarianism for the nation, the state and the Opposition.

Forging Opposition unity against the BJP is a complicated and challenging task that requires overcoming multiple obstacles. The BJP has a formidable combination of forces on its side, including massive money and executive power, and a widely popular leader at the helm. The unremitting intimidation of the Opposition parties by the ruling party provides an opportunity for them to create a joint front for their collective survival. Conversely, Opposition parties will prove to be 'useful' for the BJP if they refuse to unite owing to their antipathy to the Congress. But the political landscape in India is complex and dynamic; it can shift rapidly depending on a variety of factors, including state-level alliances, which, too, can impact the outcome of the next Lok Sabha elections.

Zoya Hasan
Professor Emerita, JNU

The Pritzker honour

ARCHITECTURE'S NOBEL HONOURS BOTH THE PROFESSION AND THE PRACTITIONER. THE INTERNATIONAL AWARD, WHICH IS PRESENTED ANNUALLY TO HONOUR A LIVING ARCHITECT OR ARCHITECTS, AIMS TO ENCOURAGE AND STIMULATE NOT ONLY PUBLIC AWARENESS OF BUILDINGS, BUT ALSO INSPIRE GREATER CREATIVITY WITHIN THE PROFESSION. THIS YEAR'S WINNER, DAVID CHIPPERFIELD, HAS AN ONGOING PROJECT IN UP

The 2023 winner, Sir David Chipperfield, is a British architect settled in Spain with offices across the globe. "While others conjured flashy icons, he pursued an austere form of modernism exuding solemn gravitas," says Neda Ullahy, an art critic. As the Pritzker citation puts it, his buildings are "always characterised by elegance, restraint, a sense of permanence and refined detailing". In an era of excessive commercialisation, over-designing and over-exaggeration, it says, he can always achieve balance.

Chipperfield, who started his career in UK working with Richard Rogers, hardly got any break initially and was mostly doing humble shop interiors.

"We had Margaret Thatcher and Prince Charles, the twin towers of negativity towards the architectural profession," he laments. Ironically, when the then British PM David Cameron visited Germany in 2013, Chancellor Angela Merkel introduced Chipperfield as "one of our most famous German architects". By now, he had built several museums in Germany, as well as law courts in Barcelona and a library in Des Moines, Iowa, all the while being rel-

atively overlooked in his native Britain.

Chipperfield is also doing a project in India, designing the Mughal Museum (now renamed the Chhatrapati Shivaji Maharaj Museum). The museum in Uttar Pradesh was announced in 2015 and work began in 2017. It has not made much progress.

In 2018, when BV Doshi, who was then 91, became the first Indian to win the Pritzker, it was celebration time for the entire nation. When I called up to congratulate him and asked about his first thoughts on getting the news, he let out a hearty laugh: "When I took the call from the Pritzker Foundation, they were most anxious to know that I would be fit enough to travel to Chicago for the award ceremony?" Of course, they knew little about the tenacity of Doshi, whom we lost only a few months ago!

The list of Pritzker laureates is star-studded, with names who changed the skyline of global architecture. The first recipient was Philip Johnson, a disciple of Mies van der Rohe, and the only woman to have got it so far has been the late Zaha Hadid. The laureates include Jorn Utzon, the architect

of Sydney Opera House.

Architects like Norman Foster with his famous 'Gherkin' building and Renzo Piano, with his pencil-shaped tallest skyscraper of the city 'The Shard', ushered in the new-age architecture on the historic London skyline. The list also includes Oscar Niemeyer, a disciple of Le Corbusier who designed the iconic buildings of Brazil's new capital Brasilia.

It's not the scale of the work that matters. Portuguese architect Eduardo Souto de Moura got it for a relatively lesser known body of work. He visited Chandigarh in 2016 and gave a public lecture on a sports stadium project he had just finished.

The Pritzker Architecture Prize is revered globally not because of the huge money awarded, but for the rigorous process of selection. A high-powered jury, after careful shortlisting of architects, actually visits their projects for a critical appraisal.

Today, in India, we have architecture prizes galore, but there is hardly any stringent on-site scrutiny of the projects chosen. It's time we got our own Pritzker — nationally honoured and globally respected.

— The writer is former principal of Chandigarh College of Architecture

KAJAL AGGARWAL SEEN IN NO-MAKE UP LOOK AS SHE REACHES AIRPORT WITH SON NEIL. WATCH

Kajal Aggarwal and her son Neil were seen at Mumbai airport. The little one will turn a year older next month. Actor Kajal Aggarwal was spotted arriving at the Mumbai airport on Sunday. She was not alone as her 11-month-old son, Neil also accompanied her. She happily posed for paparazzi with Neil before heading towards the terminal gate. Also read: Kajal Aggarwal's son Neil pulls off plank longer than her in cute video, leaves fans in awe. Kajal wore a long white top, paired with beige pants. She seemed to be in her no-makeup look. She got down from her car and held Neil in her arms. She also posed solo for the media. A video from a paparazzi account features her smiling and waving at the camera as she proceeds towards the airport gate. Little Neil is seen seated in his stroller. He

was in a white shirt with blue pants. Kajal got married to businessman Gautam Kitchlu in 2020. The two were blessed with a baby boy last year, whom they named Neil. He was born on April 19, 2022. Kajal keeps sharing several glimpses of her life with Neil on her Instagram handle. On Neil's 9-month birthday, the actor posted a series of adorable pictures with the little one. She captioned it with a heartfelt note and called him her 'darling boy.' The photos featured Kajal in a white shirt with jeans while Neil wore a blue flannel shirt with pants. Taking to her Instagram Stories, she also added a cute photo with her son, in which she held up her son and looked at him with love. It read, "My bubble turns 9 months old." "@Neilkitchlu I can't wait to see all the things God will do through you.



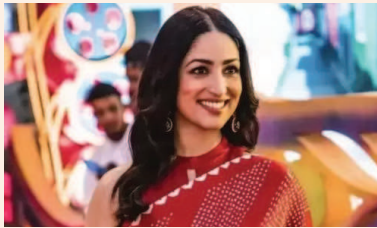
Rishina Kandhari: 'My Family Is Very Supportive, They All Like My Bikini Look'



Actress Rishina Kandhari, who is known for working in TV shows such as 'Devon Ke Dev... Mahadev', 'Tenali Rama', 'Yeh Un Dinon Ki Baat Hai', and currently is a part of 'Na Umar Ki Seema Hai', was recently sporting a bikini during a family vacation to Goa. Rishina said: "I consider myself an old soul and I'm way too Indian. I am also very shy in nature. But my husband Vishal keeps boosting my confidence and keeps telling me that I should get liberated from myself. I was a very timid girl and whatever I am today is all because of his support, belief and trust in me. According to him, every woman should liberate her mind from the shackles that hold them back and come out victorious and self-reliant in their life and career." So, this time when Rishina went for a mini vacation to Goa, she decided to opt for a bikini. She added: "We had gone to Goa for a short break from our hectic schedules to rejuvenate. We do that very often. It's very important to be relaxed mentally. My family is very supportive and they all liked my bikini look."

Yami Gautam on doing a project which doesn't have her heart: 'It is the worst feeling'

Yami Gautam says she has done projects to just be seen in her initial years but added that it's the worst feeling if it doesn't have her heart. Even though she started out her journey in the movies with a clarity about the kind of roles she would want to portray, actor Yami Gautam says the "out of sight, out of mind" approach deflected her towards making conventional choices. The Himachal Pradesh-born actor made her debut with 2012's Vicky Donor and followed it up with films such as Badlapur and Kaabil. In



changed for good post Uri: The Surgical Strike and Bala, both 2019 releases. Also read: Chor

Nikal Ke Bhaga trailer: Yami Gautam-Sunny Kaushal make a perfect couple, or are they partners-in-crime? "For me the awareness was always there right from my first film. When I look back 10 years ago, I auditioned for a film like Vicky Donor, which can sound so different from what it actually was... Even then, I was clear about the kind of films I wanted to associate with. "But your real journey starts with your second film. It is not about getting success with a particular film, it is about what follows after that and how you

sustain that. I think that is a bigger challenge," Yami told agencies in an interview here. Looking back, the 34-year-old actor said there were certain decisions she took as she wanted to be seen. "At the end of the day it is like, 'out of sight, out of mind' so you have to do something. If a certain kind of film is coming, you do it. One is like, 'Okay, let's do it'. But there's no fun in it," she added. "She has evolved into a much careful artiste now and only considers a project on the basis of the script, said Yami.

Saim Hyder: My anthology will have flavours of both India and the US New



York-based Lucknowite Saim Hyder is on a mission to create an anthology of which he has shot for the first one in the US, second in his hometown and the last one he is all geared up to shoot abroad again. New York-based Lucknowite Saim Hyder is on a mission to create an anthology of which he has shot for the first one in the US, second in his hometown and the last one he is all geared up to shoot abroad again. On his visit to the state capital, the actor-producer says, "I have completed Inferno Paradiso in the US before pandemic, and it did rounds at different film festivals as well. In June 2022 I shot Karonda Keema in Lucknow in which I played the lead along with actors from Delhi and hometown. National Award-winning music director Bishakh Jyoti has given the score. Soon I will be flying back for my third film." He is looking forward to create content which is international with Indian touch. "Three films with different flavours will sum up my anthology. I have tried to experiment working in two different countries simultaneously. In the US we have agent system where you must hire people and things work smoothly but in India you need to get into everything yourself - right from the auditions to post-production but then it's immensely satisfying." In 2021 he played the second lead in the eight-episode series Papa Ka Scooter which is streaming on an OTT platform. "After my college in Lucknow I went to New York for my masters and realised that my calling in life is acting. Since then, I have done several Broadway shows including Bonafide Women, One Nation Under God, Cherry Orchard and films like Patrons, Larry Bought Lemon besides hosting TV and radio chat shows. I also have a production house there," he adds.

ELON MASK'S 'limbic resonance' tweet for Taylor Swift slammed by fans; they tell him 'to stay away from her'



Elon Musk's 'limbic resonance' tweet on Taylor Swift's photos from The Eras Tour has left people surprised. Taylor Swift began her much-awaited The Eras Tour in the US on March 17. Since then, fans have been sharing clips on Twitter and her name as well as Eras Tour has been trending on the microblogging site. While many praised the singer for her on stage performance, the singer received an unlikely compliment from none other Twitter CEO Elon Musk that has taken some users by surprise. (Also read: Taylor Swift drops four new songs ahead of her Eras Tour) When Satoshi Nakamoto, which is the name used by Dogecoin founder Billy Markus, tweeted about Taylor Swift, saying, "Taylor Swift rules and if you disagree you'll be kicked off the internet I'm pretty sure," Elon Musk replied to it. He tweeted, "Her limbic resonance skill is exceptional."

See Alia Bhatt's humorous reaction as Rekha dedicated her award to her, called her 'future legend'

At the Dadasaheb Phalke International film festival awards in February, Rekha had dedicated her award to 'future legend' Alia Bhatt. Alia Bhatt won the Best Actress award at the Dadasaheb Phalke International film festival awards held in February for her performance in Sanjay Leela Bhansali's Gangubai Kathiawadi. She received the award from Rekha who dedicated her own award to her and even called her one of the 'future legends'. Rekha won the award for 'outstanding contribution in the film industry'. The awards were aired on television on Sunday afternoon. Also read: Fans love Rekha's white saree and sneakers look, says 'she is looking so cool'. Watch a video clip from the awards event shared by Sony shows Alia and Rekha sharing the stage, both in white sarees. Alia is seen holding her trophy when Rekha says on stage, "I dedicate my award today to the future legends of our country and she is the beginning of



that." An overwhelmed Alia reacts to her statement by humorously collapsing on the ground while making a sound "turrtrrrr" as if in disbelief. Alia bowed down in front of Rekha with her hands joined in a namaste and also gave her a hug before receiving the trophy from her. Just like her iconic character of Gangubai, Alia decked up in a white saree with a matching embroidered blouse for the event. Rekha was in a white and golden silk saree with golden jewellery. On that day, not just Alia, but her actor husband Ranbir Kapoor also won the Best Actor award for his performance in their 2022 film Brahmastra: Part One - Shiva. The film was last year's highest-grossing Hindi film and was Ranbir and Alia's first film together. Alia received his award on his behalf as he was not in Mumbai on the occasion. He was promoting his film Tu Jhoothi Main Makkaar which went on to release on Holi. It recently crossed 700 crore at the domestic box office.

GANDHARV DEWAN: NEXT MOVE CAN BE DIRECTION BUT THAT HAS TO WAIT

Actor Gandharv Dewan feels to take the next big step in one's career, an actor should learn to master the craft first

Actor Gandharv Dewan feels to take the next big step in one's career, an actor should learn to master the craft first. Actor Gandharv Dewan feels to take the next big step in one's career, an actor should learn to master the craft first. "With a career of over seven years, many will think that it's time to make that second move but it's not so. For now, I am trying to strike a balance

between theatre and screen. I plan to direct for stage but for that I need to strengthen my base. Before taking my acting journey to the next level, I want to plan it a bit meticulously. The next move can be direction but not until I am ready to broaden my horizon," says The Zoya Factor and Shiddat actor. After dabbling in theatre, Dewan got into films, he adds, "I have been doing theatre since I was an eight-year-old. I

post graduated from National School of Drama so that's where I got to polish my love for this art. My break happened with the British indie film Wagon with Ashes before landing in Mumbai to join actor Manav Kaul as an assistant director for a play followed by more work. Then came more films and OTT projects. The Office vs Office actor is happy to earn praise from his seniors for his recent release

Gulmohar. "Getting appreciated from actor Adil Hussain who used to teach me during my NSD days was a big surprise for me. Then getting to work with the likes of Sharmila (Tagore) ji and Manoj (Bajpayee) sir was the biggest takeaway for all youngsters who were part of the film. They are all encouraging people and are exceptionally giving towards the newcomers." Giving his take on working

in an ensemble cast, he shares, "I enjoy such set ups. For ensemble projects you very well know it's only with each other's support that the story would shape up into a best of film. So, there is no scope of any ego clashes. Working together with a large group of artistes does help in bringing out the best in you." Next Dewan will be seen in the series The Railway Men along with a film Mein Ladega.



I Completely Swear By This 3-Move Core-Strengthening Sequence

You head to your favorite yoga teachers' classes for a reason. There's something that keeps you going back again and again, whether it's their cues, sequences, or ability to make you laugh during even the hardest poses.

When I head to Alyssa Case's "We Flow Hard" yoga class at Y7, there's one thing I'm anticipating throughout the 60-minute practice, and that's her final "3-minute push." It comes after we rest in Balasana (Child's Pose), a place in the practice where Case always reminds us to steady our inhales and exhales remember our breath and tap into our power. As I begin to transition out of that resting position, I already know what's coming next—and it's the most challenging physical moment of my day.

The conclusion to her class always consists of an intense sequence of poses or movements designed to, well, push you. While the section can include any physical challenge, such as leg strengthening movements or intense balancing poses, in my mind, Case is most famous for her brutal (but, oh, so good) core work. It's in those hard moments that I'm forced to remember my breath in order to get through the challenging physical moves. That's the point.

"That portion is meant to be the final physical and emotional peak of class, where self-imposed barriers are broken down and transformation can



happen," Case says. "There's also a dharma piece of connecting it back to the emotional or physical theme of class."

Case's words definitely ring true for me. In these pushes, which typically consist of extended static holds as well as vigorous movements, I'm left with myself and my mind. I simply cannot think about the next pose or cue because I'm too focused on the sweat pooling on my mat as my core shakes. The present moment—even with all of its pain—is all that matters.

What to Keep in Mind During This Core Sequence

The 3-minute push can be more of a mental challenge than a physical one. When you get to a tough point in a pose, Case recommends you close your eyes (if it feels comfortable to do so) and

focus your attention on your inhalations and exhalations. It's this type of mind-body connection that makes these exercises different than other types of movement, Case says. It all ultimately ties back to your yoga practice—strengthening your mind, body, and spirit.

Here, Case shares some of her most reliable core movements for that final push—and explains what to keep in mind when practicing them.

3. Exercise Options to Strengthen Your Core

Case typically spends the 3-minute period focusing on two to three different movements. She times each exercise or pose to last approximately 1 minute. Even though the session is just a few minutes long, it'll likely feel longer than your typical core

this exercise.

2. Plank Pose/Forearm Plank

Case enjoys incorporating static holds into the last push and often includes Plank Pose. When you're holding a position for a length of time, you're unable to distract yourself with physical movement, leaving just your mind and your breath to help guide you through the moment, she says. "It pushes students to break out of their comfort zone and find their edge," Case says. That may mean resting your knees on the mat for a few seconds before lifting them back up.

To switch things up, Case sometimes opts to incorporate a Forearm Plank into the sequence in lieu of High Plank. This variation can be especially helpful if you're dealing with wrist or arm pain. (You can also choose to move from High Plank into Forearm Plank midway through a hold.)

3. Paripurna Navasana (Boat Pose)

I have to admit, this is probably my least-favorite pose in the entire sequence. (Much to my relief, Case also says it's the hardest static hold of the session.) If you want to linger in Boat Pose for an extended period of time, you can opt to do that. However, if you would like to incorporate additional movement and make the exercise a bit easier, Case will sometimes cue a V-style sit-up from Low Boat to Boat Pose.

7 Cardio Habits That Are Destroying Your Body After 50



Cardiovascular training is one of the best things you can do as you age—it boosts your mobility and flexibility, improves your endurance, and helps you sleep better, according to WebMD. Plus, getting in some cardio can even extend your life! But with the good, there's also the bad. Over time, cardio can limit your progress, puts unnecessary wear and tear on your joints, and can even make you feel worse. We've rounded up some of the worst cardio habits that destroy your body after 50, so read on to learn about them—and how to avoid them in order to thrive in your 50s and beyond.

1. You're training through pain or injuries. This is a big no-no. While it's admirable to exercise "no matter what," always play the long-term game with fitness. If you have pain or injuries, take one step back so you can take two steps forward by resting and rehabbing. If you push through problems, however, you might make them much worse, which could lead to an even longer absence from training and worse physical condition.

2. You're not adding low-impact cardio. Running, for example, is great cardio, but if you only run on pavement, it can be tough on your joints and tendons—especially if you're untrained and have poor technique.

Instead, it's far better for your muscles, joints, and overall progress to use a variety of methods to occasionally give your body a break while still improving your conditioning. Add methods like biking, swimming, hiking, or rowing into your weekly routine, and you'll feel the difference.

3. You're training too frequently. It's great to exercise several times a week, but if you push every day—or sometimes twice a day—you're putting way too much stress on your body. As you age, your body recovers slower, so you need to manage your training frequency to give your muscles, joints, and ligaments a chance to recover and rebuild so you can come back feeling 100%.

4. You're too often pushing yourself to exhaustion. You shouldn't push yourself to exhaustion every single time you train. Sure, it's fine to feel fatigued after a long workout, but if you do that every single time, you're putting far more stress on your body than you can recover from.

5. You're skipping warm-ups and cool-downs. When it comes to cardio, many people skip the warm-up and just go straight into the training. The problem, however, is you won't prepare your body to handle the physical activity, and you'll increase your chance of injuries, aches, or just all-around lousy performance.

Always do a thorough warm-up—especially if you're older. Then, when you finish training, stretch your muscles to improve your flexibility, which is critical in your 50s and beyond.

6. You're always using the highest intensity. High-intensity training—pushing toward the highest end of your heart rate—has its value, but if you always train that way, you miss out on plenty more benefits. Low-intensity, long-duration training does wonders for your cardiovascular health without the strain of going all out.

High-intensity cardio, however, can also be very demanding. Only do it once or twice a week, and mix in lower-intensity training so you can improve your full spectrum of conditioning.

7. You're using bad technique. Always use proper technique when doing cardio. Whether you're running or swimming, exercising with bad form can cause overuse injuries because you're putting a lot of repetitive stress on the wrong muscles and joints.

Add Inches to Your Arms With The 5/20 Method

DITCH YOUR ARM DAY FOR THESE 10-MINUTE FINISHERS THAT BUILD MASSIVE BICEPS AND TRICEPS

If you're looking to add inches to your arms, without spending hours in the gym, then switching out your regularly scheduled arm day for one of these sleeve stretching finishers is the way to go.

These quick-fire workouts utilize the "5/20 method"—four movements working from hard and heavy all of the way through to a high-rep burnout, without taking a rest. Although quick and efficient, this method still promises a vicious pump and serious gains, but you're going to have to work for it—if your arms don't feel like they're on fire, you're doing it wrong.

Pull the pin on one (or both) of these at the end of your next upper body workout to throw an anabolic hand grenade into your arm training.

Biceps
Complete three rounds of the following circuit. Rest minimally between movements before taking 90-120 seconds rest between

rounds.

1. Chin-ups x 5

Grab a pull-up bar with your palms facing your body. Lift your feet off the floor and hang freely with straight arms (A). Pull yourself up by flexing your elbows and pinching your shoulders together. When your chin passes the bar, pause (B).

Squeeze your biceps hard before lowering to the starting position, weights, exercise equipment, shoulder, arm, dumbbell, muscle, standing, barbell, sports equipment, biceps curl.

2. Dumbbell Curls x 10

Chin-ups dispatched, grab your bells and stand tall holding them at your sides (A). With minimal momentum, curl both dumbbells, turning your palms inward, until your pinky fingers are near your shoulders (B). Squeeze here and lower under control.

3. Hammer Curl x 15

After your final curl, keep the same dumbbell but switch to



hammer curls to eek out another 15 reps (A). Curl both dumbbells upwards simultaneously, keeping your palms facing each other throughout (B). Lower both bells and immediately repeat. A little bit of help from your body on the way up as fatigue sets in isn't the end of the world, but be sure to control the bells back down.

4. Single Dumbbell Bicep Curl x 20

Finally, half the load by dropping one of your 'bells. Grip the

remaining 'bell with both hands, holding the outer 'heads' palms facing each other (A). With minimal momentum, curl the dumbbell upwards until it's beneath your chin (B). Squeeze here and lower the weight under control, fighting it all of the way. Complete 20-controlled reps while holding back tears.

Complete three rounds of the following circuit. Rest minimally between movements before taking 90-120 seconds rest between

rounds.

1. Tricep Extensions x 5

Stand tall with a heavy barbell locked out overhead (A). Bend at the elbows, slowly lowering the bar towards the back of your head, while keeping your upper arms locked in place. Stop when you feel a deep stretch in your triceps (B) before pressing back up explosively. Repeat.

2. Dips x 10

Jump up to two parallel bars with your palms facing inward and your arms straight (A). Use two boxes or the backs of two sturdy chairs if you're at home. Slowly lower until your elbows are at right angles, ensuring they don't flare outward (B). Drive yourself back up to the top and repeat.

3. Close-grip Press-ups x 15

Drop into a plank position, with your core tight and hands almost touching, below your shoulders (A). Bend your elbows to bring your chest to the floor (B).

103-Year-Old California Woman Is Your Inspiration To Hit The Gym; 5 Easy Exercises

Camarillo resident Teresa Moore is letting everyone know that age is just a number. The 103-year-old is still hitting the gym three to four times a week.

Perhaps this is the secret to her long life. After all, it goes perfectly with her advice "to stay resilient and live life with no regrets." If you have found yourself backing out on your resolution to get fitter this year, this is yet another sign that it is time to hit the gym. However, if you are freaked out by all the intimidating machines, fret not. Here are 5 simple exercises you can begin with. It does not matter whether you are a beginner or returning to a gym after a while.

Bench Press

Lie down on your back on a bench. Grasp the bar with a hand positioning that is slightly wider than the width of your shoulders. It should be such that your hands are directly above your elbows when you reach the lowest point of the exercise. Lower the bar gradually towards your chest while inhaling. While exhaling, push the bar upwards while maintaining a firm grip and fixating your gaze on a point on the ceiling rather than the



bar to ensure that it follows the same trajectory every time.

Benefits of this exercise include improved muscle mass and strength, as well as enhanced endurance for daily activities. You will also have stronger bones. Furthermore, the bench press is a demanding exercise that expends calories.

Pull Ups

While ascending, exhale and raise yourself until your chin is parallel to the bar. Take a brief pause at the top of the movement. Descend, inhaling as you lower yourself until your elbows are fully extended. Repeat the motion without making contact with the ground. Perform the prescribed number of repetitions in your exercise routine.

The primary muscle targeted by the pull-up is the latissimus dorsi (lats), a large muscle located behind your arms in your back. However, this exercise also works the majority of

your chest, upper back, and shoulder muscles, and your abs are engaged in stabilizing your body. Strengthening your upper body can aid you in everyday activities and contribute to good posture.

Stand with feet slightly wider than the width of your hips and toes pointed forward. Begin by pushing your hips back, bending your knees and ankles, and gently pushing your knees outward. Descend into a squat position while maintaining contact between your heels and toes with the ground, keeping your chest upright and shoulders retracted. Aim to eventually achieve a parallel position where your knees are bent at a 90-degree angle. Push through your heels and straighten your legs to

return to a standing position.

This exercise confers several benefits to the body, including the strengthening of leg muscles such as the quadriceps, calves, and ham-

strings, as well as the knee joint. It also helps burn fat and promote weight loss, strengthens the lower back, and enhances flexibility in the lower body.

Plank

Lie face down with your forearms and toes touching the ground, with your elbows directly under your shoulders and forearms facing forward. Pull your abdominal muscles towards your spine, keeping your torso straight and rigid, and your body in a straight line from your ears to your toes.

Ensure your shoulders are relaxed and not raised towards your ears. Your heels should be positioned over the balls of your feet. Hold this position for 10 seconds before releasing it

to the ground. Gradually increase the duration of the hold to 30, 45, or 60 seconds with time.

The plank exercise is great for strengthening the core, essential to

WITH HER PERFECTLY COMBED HAIR AND JEWELLERY IN PLACE, TERESA IS NOT LETTING HER AGE GET IN HER WAY OF HITTING THAT TREADMILL AND ENJOYING USING OTHER EXERCISE EQUIPMENT IN HER LOCAL FACILITY.

stabilize, balance, and power the body during other activities. It can help to boost calorie expenditure by engaging a variety of muscles.

Static Lunge

To perform a static lunge, stand with one foot forward and the other back, ensuring your hips are squared and your posture is tall.

Lower your body until your front leg is bent at a 90-degree angle while keeping your back knee 1-2 inches off the ground.

Push off your front foot to stand back up and engage your leg muscles throughout the movement.

Static Lunges can help strengthen leg muscles, improve balance and coordination, and can be done anywhere without any equipment.

Benjamin Netanyahu urges military chief to contain reservist protest

TEL AVIV (Israel): Israeli Prime Minister Benjamin Netanyahu urged the military's chief of staff on Sunday to contain a wave of protest from within the ranks over a contentious government plan to overhaul the judiciary. Netanyahu's remarks come as Israel is embroiled in a major crisis that has sent tens of thousands of people into the streets protesting every week for the last two months. The divide over Netanyahu's plans to change the legal system has not spared the country's military, its most trusted institution, where many reservists have pledged not to show up for duty under what they see as an impending regime change. Starting Sunday, more than 700 elite officers from the Air Force, special forces, and Mossad said they would stop volunteering for duty. The typically taboo talk of refusal to serve in a military that is compulsory for most Jews and is highly respected by the Jewish majority underlines how



deeply the overhaul plan has divided Israel. Netanyahu has rejected a compromise plan proposed by the country's ceremonial president meant to defuse the crisis. He made no mention of reaching an agreement with opponents during the remarks to his Cabinet, instead saying he would not accept "anarchy," listing off demands that his security chiefs bring in road blockages by protesters, incitement against him and his ministers and the refusal to serve by a growing number of reservists. "I expect from the military chief of staff and the

heads of the branches of the security services to aggressively combat the refusal to serve. There's no place for refusal to serve in the public discourse," he said. "A state that wishes to exist can't tolerate such phenomena and we will not tolerate it as well."

The protest from within the military comes as Israel is mired in a year-long round of fighting with the Palestinians, and as Israel's arch-enemy Iran races ahead with its nuclear programme. Israel says Iran is developing a nuclear bomb — a charge that Tehran denies.

Netanyahu said Sunday the legal changes would be carried out responsibly while protecting the basic rights of all Israelis. His government — the country's most right-wing ever — says the overhaul is meant to correct an imbalance that has given the courts too much power and prevented lawmakers from carrying out the voting public's will. Critics say it will upend Israel's delicate system of checks and balances and slide the country toward authoritarianism. They also say it could give Netanyahu a chance to evade conviction in his corruption trial. The military had no immediate comment about Netanyahu's remarks. The military's chief of staff, Lt. Gen. Herzl Halevi, has reportedly warned Netanyahu that the reservists' protest risks harming the military's capabilities. He has pledged to make sure it doesn't and keep the military outside of the public debate on the overhaul.

Magnitude 6.5 earthquake shakes Ecuador, northern Peru

PERU: A strong earthquake shook southern Ecuador and northern Peru on Saturday, killing at least 15 people, trapping others under rubble, and sending rescue teams out into streets littered with debris and fallen power lines.

The US Geological Survey reported the 6.8-magnitude earthquake that was centred just off the Pacific Coast, about 50 miles (80 kilometres) south of Guayaquil, Ecuador's second-largest city. One of the victims died in Peru while 14 others died in Ecuador, where authorities also reported that at least 126 people were injured.

Ecuadorian President Guillermo Lasso told reporters the earthquake had "without a doubt ... generated alarm in the population." Lasso's office in a statement said 11 of the victims died in the coastal state of El Oro and two in the highlands state of Azuay.

In Peru, the earthquake was felt from its northern border with Ecuador to the central Pacific coast. Peruvian Prime Minister Alberto Otárola said a 4-year-old girl died from head trauma she suffered in the collapse of her home in the Tumbes region, on the border with Ecuador.

One of the victims in Azuay was a passenger in a vehicle crushed by rubble from a house in the Andean community of Cuenca, according to the Risk Management Secretariat, Ecuador's emergency response agency.

In El Oro, the agency also reported that several people were trapped under rubble. In the community of Machala, a two-story home collapsed before people could evacuate, a pier gave way and a building's walls cracked, trapping an unknown number of people.

The agency said firefighters worked to rescue people while the National Police assessed the damage, their work



made more difficult by downed lines that interrupted telephone and electricity service.

Machala resident Fabricio Cruz said he was in his third-floor apartment when he felt a strong tremor and saw his television hit the ground. He immediately headed out.

"I heard how my neighbours were shouting and there was a lot of noise," said Cruz, a 34-year-old photographer. He added that when he looked around, he noticed the collapsed roofs of nearby houses.

Ecuador's government also reported damages to healthcare centres and schools. Lasso said he would travel on Saturday to El Oro.

In Guayaquil, about 170 miles (270 kilometres) southwest of the capital, Quito, authorities reported cracks in buildings and homes, as well as some collapsed walls. Authorities ordered the closure of three vehicular tunnels in Guayaquil, which anchors a metro area of over 3 million people.

Videos shared on social media show people gathered on the streets of Guayaquil and nearby communities. People reported objects falling inside their homes.

One video posted online showed

three anchors of a show dart from their studio desk as the set shook. They initially tried to shake it off as a minor quake but soon fled off-camera. One anchor indicated the show would go on a commercial break, while another repeated, "My God, my God."

Luis Tomala was fishing with others when the earthquake struck. He said their boat began moving "like a race horse, we got scared, and when we turned on the radio, we heard about the earthquake." That's when his group, Tomala said, decided to stay at sea fearing a tsunami could develop.

A report from Ecuador's Adverse Events Monitoring Directorate ruled out a tsunami threat.

Peruvian authorities said the old walls of an Army barracks collapsed in Tumbes.

Ecuador is particularly prone to earthquakes. In 2016, a quake centred further north on the Pacific Coast in a more sparsely populated area of the country killed more than 600 people.

Machala student Katherine Cruz said her home shook so badly that she could not even get up to leave her room and flee to the street.

"It was horrible. I had never felt anything like this in my life," she said.

TWO KILLED, EIGHT WOUNDED IN EASTERN UKRAINE: MAYOR

MOSCOW: Russian strikes killed two people and wounded eight in the eastern Ukrainian city of Kramatorsk on Saturday, the mayor said, accusing Moscow of having used cluster bombs in the attack.



"Russia continues to spread terror," Oleksandr Goncharenko said in a Facebook post. "Consequences of Kramatorsk bombardment with cluster bombs: two people were killed and eight were wounded, three of them seriously."

AFP journalists on the ground heard around 10 explosions go off nearly simultaneously just before 4:00 pm local time (1400 GMT) and saw smoke above a park in the southern part of the city.

A woman died at the scene from her wounds, they saw.

Soon after, another round of explosions was heard in a neighbourhood two kilometres (one mile) away. A woman taxi driver was seriously wounded, according

to journalists. "She came to see me briefly. I told her good-bye, closed the door and a few seconds later, I heard the explosions," said Lena, 46. "I was lucky to be inside with my daughter when all this happened."

A UN treaty backed by most Western countries bans the use and transfer of cluster bombs, which spread dozens of tiny explosives, often posing a threat long after a conflict ends. Russia and Ukraine have

not signed the treaty and the United Nations has voiced alarm over Moscow's alleged use of cluster munitions in populated areas since it invaded Ukraine last year.

The strikes marked the second time Kramatorsk was targeted in a week. On Tuesday, one person died and three people were wounded as a result of a strike on residential buildings.

Kramatorsk is located in

the eastern industrial region of Donetsk, parts of which, including its largest city, have been controlled by Kremlin-backed separatists since 2014.

In April 2022, a missile strike killed some 60 people at the Kramatorsk train station, in one of the deadliest attacks targeting civilians of the invasion.

Moscow has been seeking to capture the entire region after declaring it part of Russia last year.

nounced dead, dispatchers said.

Two other victims were taken to OhioHealth Grant Medical Center and two more to the Ohio State University Wexner Medical

Center, authorities said. There was no immediate word on their conditions. The ages of the victims and other details weren't immediately available. No arrests have been reported.

Nepal's President-elect Ram Chandra Paudel to take oath tomorrow

KATHMANDU: Nepal's President-elect Ram Chandra Paudel will be sworn in on Monday amid a ceremony at the Presidential Residence. Oath of secrecy will be administered by Nepal's Acting Chief Justice, according to information from Nepal's Presidential Office.

Ram Chandra Paudel was on Thursday elected as the new Nepalese President. Paudel secured 33,802 electoral votes while his rival Subash Chandra Nembang secured 15,518 electoral votes, according to Nepal's Election Commission.

Further, according to Nepal's Election Commission, 313 members of the federal parliament took part in the voting while 518 members from the Province assemblies also participated in the electoral process to pick the next president. The voting took place at Nepal's Parliament building in New Baneswar, Kathmandu. The Election Commission in the Himalayan nation had set up two separate polling stations for federal parliamentarians and the Province Assembly members at the Hall. Lawmakers from all provinces arrived in Kathmandu for the election. A total of 884 members make up the Electoral College, includ-



ing 275 members of the House of Representatives, 59 of the National Assembly and 550 of the seven provincial assemblies. Paudel was supported by eight parties while Subash Chandra Nembang, the sole candidate from CPN-UML, was tipped to be backed by independent lawmakers.

Paudel on Thursday said that he has experience in governance and the functioning of state mechanisms which makes him suitable for the new post. In a conversation with Nepal's President-elect, who was also a former house speaker during the monarchy,

he has gained experience in governance and the functioning of state mechanisms. "I have earlier also undertaken various governmental roles. I also have been to the royal palaces during the monarchy, became the house speaker, and used to visit the palace once a week. That's why the role that I will undertake won't be new for me. I also have been in meetings with former Presidents as well and also know the functionalities there. I am not new to the role and duties," Paudel said after casting his vote earlier on Thursday.

Pre-dawn shooting at Ohio nightclub leaves 2 dead, 4 wounded

COLUMBUS: A predawn shooting at a Columbus nightclub left two people dead and four wounded, Ohio authorities said.

Officers responded shortly after 5 a.m. Saturday to an

after-hours club called The Plug on the city's south side, emergency dispatchers said. One person died at the scene and another was dropped off at Nationwide Children's Hospital and was later pro-

nounced dead, dispatchers said. Two other victims were taken to OhioHealth Grant Medical Center and two more to the Ohio State University Wexner Medical

Center, authorities said. There was no immediate word on their conditions. The ages of the victims and other details weren't immediately available. No arrests have been reported.

Pak police register terrorism case against ex-PM Imran Khan, PTI leaders for vandalism in Islamabad

ISLAMABAD: Pakistani police on Sunday registered a terrorism case against Imran Khan and over a dozen PTI leaders for indulging in vandalism, attacking security personnel and creating unrest outside the judicial complex here ahead of a court hearing in a graft case involving the ousted premier.

Clashes erupted outside the Islamabad Judicial Complex on Saturday when Khan arrived in Islamabad from Lahore to attend a much-awaited hearing in the Toshakhana case.

During the confrontation between Pakistan Tehreek-e-Insaf (PTI) workers and police, over 25 security personnel were injured, prompting Additional District and Sessions Judge Zafar Iqbal to defer the court hearing till March 30.

The case was registered against arrested PTI workers and wanted party leaders. About 17 PTI leaders were named in the FIR lodged by the Islamabad Police, Geo News reported.

The FIR states that the workers damaged the police check post and the main gate of the judicial complex, it added.

As many as 18 people were arrested for arson, pelting stones and breaking the judicial complex's building, said the FIR.

"About two police vehicles and seven motorcycles were burned, and the official vehicle of the station house officer (SHO) was damaged," it added.

Khan, 70, arrived in Islamabad from Lahore to appear before the court. He was accompanied by his supporters in a convoy. Soon after he departed for



Islamabad to attend the hearing, over 10,000 armed Punjab police personnel stormed Khan's Zaman Park residence in Lahore and arrested dozens of his party workers. The police personnel, using a power shovel, removed the bar-

ricades and tents at the entrance of the Pakistan Tehreek-e-Insaf (PTI) party chief's residence and evicted hundreds of his supporters camping there to prevent Khan's arrest in the Toshakhana case. They conducted a search at the

house after demolishing its main gate and walls. Punjab Police, whose action ended later, were reportedly met with resistance from PTI workers from inside, resulting in violence. About 10 workers were reportedly injured in the police operation in Lahore.

PTI leader Fawad Chaudhry said on Sunday said the party will get cases registered against police officers involved in the "illegal operations" and violence at Khan's residence.

"Today, a meeting of the legal team has been called. The way in which the police defied the Lahore High Court's decision entering Imran Khan's residence has trampled every rule of the home's sanctity. [things were] stolen. [They] also took away juice boxes. Innocent people were subjected to torture," he

tweeted. "Defying court order is unforgivable. The high court should guard its judgment. Cases are being registered on all police officers who conducted illegal operations and were involved in violence," he said. Earlier, Khan appeared before Lahore High Court on Friday and assured that he was ready to present himself on Saturday before Additional District and Sessions Judge (ADS) Iqbal handling the corruption case against him.

The PTI chief has been in the dock for buying gifts, including an expensive Graff wristwatch, he had received as the premier at a discounted price from the state depository called Toshakhana and selling them for profit. Established in 1974, the

Toshakhana is a department under the administrative control of the Cabinet Division and stores precious gifts given to rulers, parliamentarians, bureaucrats, and officials by heads of other governments and states and foreign dignitaries.

The cricketer-turned-politician was disqualified by the Election Commission of Pakistan (ECP) in October last year for not sharing details of the sales. The top electoral body later filed a complaint with the district court to punish him, under criminal laws, for selling the gifts he had received as prime minister of the country. Khan was ousted from power in April last year after losing a no-confidence vote, becoming the first Pakistani prime minister to be voted out by the National Assembly.

Government of Jammu and Kashmir
Directorate of Sheep Husbandry Jammu
Rail Head Complex, Jammu-180004

Phone: 0191-2470075 Fax: 0191-2470754 Email ID: directorshjammu@gmail.com
No. DSHJ-ESTTGAZ/45/2022/14908-14118 Dated: 15.03.2023

Copy of Notification dated 15.03.2023 issued by the Agriculture Production Department regarding "Tentative Seniority List of Veterinary Assistant Surgeons of Sheep Husbandry Department as it stood on 01.01.2023" forwarded to the:-

- 1. Joint Director (Extension/Farms), Sheep Husbandry Department Jammu.
2. Deputy Director, Govt. Sheep Breeding & Research Farm, Reasi/Billawar.
3. Principal, Sheep & Wool Workers Training Class, Kartholi.
4. District Sheep Husbandry Officer Jammu/Samba/Kathua/Poonch/Rajouri/Reasi/Udhampur/Ramban/Doda/Kishtwar.
5. Assistant Project Officer, Intensive Sheep Development Migratory Project, Jammu/Warwan and Bhaderwah/Hiranagar.
6. Assistant Director, Govt. Sheep Breeding Farm, Thathri/Panthal/ Balmoi/DGF Rajbagh.
7. Research Officer, Disease Investigation Laboratory, Kartholi.
8. Sheep & Wool Development Officer Bani/Kalakote/Mahore/Reasi/Ramnagar/Banihal/Padder/Marwah.
9. Fleece Testing Officer, Sheep Husbandry Department, Kartholi.
10. Concerned Veterinarian.
11. Incharge Website, Directorate of Sheep Husbandry Jammu.

--- for information and necessary action. Any Veterinary Assistant Surgeon aggrieved with his/her position in the tentative seniority list shall file objection(s) along with documentary evidence, within 15 days from the date of issuance of the seniority, to this Directorate. The officers claiming to belong to RBA, ALC and SLC categories shall submit fresh/renewed certificates to claim benefits of the categories.

SD/-
(Krishan Lal) JKAS,
Director,
Sheep Husbandry Department,
Jammu.

Government of Jammu and Kashmir
Agriculture Production Department.
Civil Secretariat, Jammu.

Subject: Tentative Seniority list of Veterinary Assistant Surgeons of Sheep Husbandry Department as it stood on 01.01.2023

NOTIFICATION

Date: 15-03-2023

- 1. Whereas, Final Seniority list of Veterinary Assistant Surgeons of the Sheep Husbandry Department as it stood on 01.01.2022 was issued vide Government Order No. 68-JK(ASH) of 2022 dated 02.05.2022.
2. Whereas, due to retirements and promotion etc, it has become necessary to update seniority list of VASs of Sheep Husbandry Department as it stood on 01.01.2023.
3. Now, therefore, a updated Tentative Seniority list of Veterinary Assistant Surgeons (VAS) of Sheep Husbandry Department as it stood on 01.01.2023 is framed as given in Annexure-"A" appended to this notification and issued for information of all the Members of the service for filling objection(s), if any, within 15 days, after publication of this list. Objections, if any, can be filed in the office of respective Directors of Sheep Husbandry alongwith substantiating documents.
4. Date(s) of Birth and categories recorded against the names of the Veterinarians in the aforesaid Annexure, shall not be taken as authentic and final claims, but shall always be based on actual entries in relevant service records of the officer concerned as per relevant rules regulating the subject.
5. All concerned officers are directed to submit first page of their service book alongwith date of birth certificate to the Administrative Department through concerned Director for verification of relevant entries recorded in the tentative seniority list duly attested by the concerned Drawing & Disbursing Officers.
6. The officers claiming to be belong to "RBA", "ALC" and "SLC" categories shall submit fresh/renewed certificates to claim benefit of the categories.
7. The list is issued without prejudice to outcome of writ petition(s) pending, if any, before the Hon'ble Court(s).

By order of the Government of Jammu and Kashmir.

No:ASHF-SHOGAZ/14/2022-03 (140493)

Dated: 15-03-2023

Sd/-
(Atal Dulloo), IAS
Financial Commissioner
(Additional Chief Secretary)

"ANNEXURE-A" to the Notification dated: 15-03-2023

Table with 5 columns: S. No, Name of the officer, Date of birth, Date of initial appointment, Date of retirement. Contains 10 entries.

Main table with 5 columns: S. No, Name of the officer, Date of birth, Date of initial appointment, Date of retirement. Contains 105 entries.

Main table with 5 columns: S. No, Name of the officer, Date of birth, Date of initial appointment, Date of retirement. Contains 105 entries.

CONT'D FROM PG 11...

209.	Dr. Ghulam Ali Malla (K)	06.07.1992	08.07.2019	31.07.2052
210.	Dr. Iqra Farooq (K)	05.08.1994	08.07.2019	31.08.2054
211.	Dr. Sidharath Mahajan (J)	09.12.1994	08.07.2019	31.12.2054
212.	Dr. Imtiaz Ahmad Bhat (J)	16.11.1984	08.07.2019	30.11.2044
213.	Dr. Sajad Ahmed Wani (J)	25.11.1984	08.07.2019	30.11.2044
214.	Dr. Bilal Ahmed Malla (K)	07.02.1986	08.07.2019	28.02.2045
215.	Dr. Khan Idrees Mohd (J)	31.03.1988	08.07.2019	31.03.2048
216.	Dr. Himayun Rashid (K)	03.03.1989	08.07.2019	31.03.2049
217.	Dr. Rafia Maqbool (K)	01.06.1989	08.07.2019	31.05.2049
218.	Dr. Syed Shakeebah Kubra (K)	18.09.1991	08.07.2019	30.09.2051
219.	Dr. Nikitika Singh Jalmeria (J)	28.07.1993	08.07.2019	31.07.2053
220.	Dr. Khalid Qadri (K)	02.09.1993	08.07.2019	30.09.2053
221.	Dr. Insha Farooq (K)	05.08.1994	08.07.2019	31.08.2054
222.	Dr. Aastha Sharma (J)	18.12.1994	08.07.2019	31.12.2054
223.	Dr. Rouf Ul Haq (K)	01.03.1995	08.07.2019	28.02.2055
224.	Dr. Manpreet Singh (J)	22.04.1995	08.07.2019	30.04.2055
225.	Dr. Danish Masood Mir(K)	26.07.1988	08.07.2019	31.07.2048
226.	Dr. Rahul Sharma (RBA) (J)	15.07.1994	08.07.2019	31.07.2054
227.	Dr. Sajjad Hussain Dar (RBA) (K)	10.02.1991	08.07.2019	28.02.2051
228.	Dr. Rayees Habib (SLC) (J)	16.10.1994	08.07.2019	31.10.2054
229.	Dr. Asif Yousuf (RBA) (J)	27.02.1985	08.07.2019	28.02.2045
230.	Dr. Umar Amin (SLC) (K)	22.09.1988	08.07.2019	30.09.2048
231.	Dr. Tariq Ahmed (RBA) (J)	29.05.1991	08.07.2019	31.05.2051
232.	Dr. Peer Mohammad Azhar (RBA) (K)	12.10.1992	08.07.2019	31.10.2052
233.	Dr. Khalid Hussain (ALC) (J)	07.01.1988	08.07.2019	31.01.2048
234.	Dr. Parwaiz Ahmad Dar (RBA) (K)	27.02.1983	08.07.2019	28.02.2043
235.	Dr. Mehmood Ahmed (ST) (J)	10.01.1989	08.07.2019	31.01.2049
236.	Dr. Fayaz Ahmad Dar (RBA)(K)	01.03.1994	08.07.2019	28.02.2054
237.	Dr. Jasleen Kour (RBA)(J)	10.05.1994	08.07.2019	31.05.2054
238.	Dr. Muzamil Mohd Ratter (RBA) (J)	25.08.1994	08.07.2019	31.08.2054
239.	Dr. Rizwana Zargar (RBA)(J)	18.05.1988	08.07.2019	31.05.2048
240.	Dr. Sadam Hussain Keen (RBA) (J)	25.02.1994	08.07.2019	28.02.2054
241.	Dr. Muzaffer Khan (RBA) (J)	17.03.1987	08.07.2019	31.03.2047
242.	Dr. Manzoor Ahmad Kawa (RBA) (J)	01.06.1988	08.07.2019	31.05.2048
243.	Dr. Muzamil Anayat Zarger (RBA) (J)	03.02.1995	08.07.2019	28.02.2055
244.	Dr. Hamid Nazir Dandoo (RBA) (K)	03.09.1984	08.07.2019	30.09.2044
245.	Dr. Sindhu Berian (RBA) (J)	25.08.1988	08.07.2019	31.08.2048
246.	Dr. Zarin Mohd (RBA) (K)	27.07.1990	08.07.2019	31.07.2050
247.	Dr. Inzamin Ul Haq (ALC) (J)	20.03.1994	08.07.2019	31.03.2054
248.	Dr. Mehroon Chowdhary (ST) (J)	15.02.1991	08.07.2019	28.02.2051
249.	Dr. Sumreen Kour (RBA)(J)	27.07.1990	08.07.2019	31.07.2050
250.	Dr. Zahid Rahim Malik (RBA)(K)	17.03.1984	08.07.2019	31.03.2044
251.	Dr. Varun Vaid (RBA) (J)	20.02.1991	08.07.2019	28.02.2051
252.	Dr. Surinder Kumar (SC) (J)	09.01.1987	08.07.2019	31.12.2047
253.	Dr. Ashok Vignan (SC) (J)	07.06.1986	08.07.2019	30.06.2046
254.	Dr. Nahima Shaheen (J)	15.04.1994	28.08.2019	30.04.2054
255.	Dr. Sheikh Moin Ahmad (K)	23.11.1990	15.10.2019	30.11.2050
256.	Dr. Idrees Ahmad Malik (RBA) (J)	30.09.1986	15.10.2019	30.09.2046
257.	Dr. Fakhrun Nisa (J) (PHC)	19.09.1990	24.10.2019	30.09.2050

No place in democracy for those who don't believe in it: BJP president Nadda targets Rahul Gandhi

NEW DELHI: BJP president JP Nadda on Sunday accused Rahul Gandhi of overstepping all bounds of democracy and said he should be sent packing 'lock, stock and barrel' in a democratic manner.

"Those who do not believe in democracy, Nadda said in his address after virtually inaugurating the 'National Youth parliament' of his party's youth wing Bharatiya Janata Yuva Morcha, being held in Chennai.



The Congress has become mentally bankrupt, the BJP chief said while alleging that Gandhi "instigated" foreign powers like the US and European countries to interfere in India's internal affairs by claiming that they were 'oblivious' while democracy was under threat in India.

"Rahul Gandhi has crossed all bounds of democracy," he said.

What kind of statements

he makes, Nadda asked, saying people of India do not listen to him, but merely tolerate him.

"Rahul Gandhi not merely insults the nation by his shameful remarks about the democratic values of India, but also invited the foreign nations to intervene in our country," the BJP president said.

He should be sent packing in a democratic manner, Nadda said.

The Congress, however, has rejected the BJP's charge, with Gandhi seeking permission to speak in Indian democracy were

under attack and there was a 'full-scale assault' on the BJP's institutions.

Gandhi's remarks have triggered a political slugfest, with the BJP accusing him of maligning India on foreign soil and seeking foreign interventions, and the Congress hitting back at the ruling party by citing instances of Prime Minister Narendra Modi raising internal politics abroad.

In his address, Nadda also focussed on the positive changes for the youth the government has brought in the country.

"Under Modi ji's leadership, India has been truly transformed. This is the right time for the youth," he said, citing the rising number of professional educational institutions like IIMs, IITs, medical colleges besides universities.

The BJP president claimed that India was seen by others before 2014 as one of the most 'corrupt' nations which

'crawled on its knees' and followed others. It was marred by policy paralysis, he said.

Under Modi's leadership, it has become a leading country which shows the soil and seeking foreign to the world, with the prime minister pulling the country out of corruption, criminalisation and dynastic rule, and putting it on the path of inclusive development, Nadda said.

"Modi has ensured a huge financial allocation and support for the players to enable them play with the best of their capacity in the upcoming Olympics, Asian Games and many other sports events," he said, adding that the National Air Sport Policy 2022 is another significant development.

It lays out the vision of making India as one of the top sports nations by 2030 by providing a safe, affordable, accessible, enjoyable and sustainable air sports ecosystem in India, he said.

Congress leader Jairam Ramesh slams Delhi Police over visit to Rahul Gandhi's residence



NEW DELHI: Senior Congress leader and Rajya Sabha MP Jairam Ramesh on Sunday hit out at Delhi Police after a team led by Special CP (Law and Order) visited Rahul Gandhi's residence to seek information on the 'sexual harassment' victims that he mentioned in his speech during the Bharat Jodo Yatra.

Talking to ANI, Jairam Ramesh said, "It has been 45 days since Bharat Jodo Yatra ended. They (Delhi police) are going for questioning after 45 days. If they are so much concerned why didn't they go to him in February?"

He also added that Rahul Gandhi's legal team will respond to the matter as per law.

The Special CP Law and Order Sagar Preet Hooda arrived at the residence of Congress MP Rahul Gandhi early on Sunday in connection to a notice served to him by the police to seek information on the alleged sexual harassment victims that he mentioned in his speech during the Bharat Jodo Yatra.

Talking to the media, CP Hooda said, "We've come here to talk to him. Rahul Gandhi gave a statement in Srinagar on Jan

30 that during the Yatra he met several women and they told him that they had been raped. We're trying to get details from him so that justice can be given to victims".

"It is important for us to know whether there was any woman of Delhi who conveyed her message to Rahul Gandhi, this is a serious matter. There might be a possibility of the involvement of minors also," the CP added.

Hooda said, "Earlier on March 15 also we had come to meet Rahul Gandhi but were not able to meet him. Then on the 16th we came to Rahul Gandhi's residence and gave notice that we'll come today".

"It is important for us to know Rahul Gandhi's side so that the victims can get justice," he added.

Congress leader Rahul Gandhi made Delhi Police wait for hours when they went to hand over a notice to the Wayand MP seeking information on the sexual harassment victims that he mentioned in his speech during the Bharat Jodo Yatra in Kashmir in January.

"On March 15, a team of Delhi Police team waited for three hours to give notice to Rahul Gandhi on his statement made in Srinagar regarding an alleged sexual assault with women. Even after waiting for three hours, Rahul Gandhi did not meet the police team," sources told agencies.

Senior officers of the Delhi Police again visited his residence on March 16 to give notice to him which was personally received by him after one-and-a-half hours," they added.

Health ministry mulls introducing central recruitment at all AIIMS to address shortage of faculty

NEW DELHI: The Union health ministry is examining the possibility of introducing a centralised recruitment for faculty and non-faculty at various AIIMS (All India Institutes of Medical Sciences) across India to address the shortage of personnel at these premier health institutes. A committee comprising Dr V K Paul, Member (Health) NITI Aayog; Additional Secretary, PMSBY, Ministry of Health and Director, AIIMS, New Delhi, has been constituted in this regard.

"Following the Central Institute Body (CIB) meeting held on January 8 at AIIMS, Bhubaneswar, with a view to strengthen the process of recruitment of faculty and non-faculty in various AIIMS, including examining the possibility of introducing centralised recruitment, the committee is constituted," an order issued on February 28 said.

Around 44 per cent of the faculty posts are lying vacant in 18 new AIIMS, with AIIMS Rajkot having the lowest with just 40 faculties out

of the sanctioned 183 posts, the ministry had told the Lok Sabha last year.

AIIMS Rajkot is followed by AIIMS Vijaypur and AIIMS Gorakhpur having the lowest number of faculties as against the number of sanctioned posts.

Adequate faculty posts have been sanctioned by the government for all newly-created AIIMS for teaching MBBS students, the ministry had said.

"The central recruitment system will make the appointment process of faculties and non-faculties more transparent and smooth. Besides, it will also facilitate their easy transfer from one AIIMS to another. Currently, these individual AIIMS recruit their own personnel. It has been seen that talented doctors are reluctant for positions outside their states where they are based or in hard to reach areas," an official source explained.

According to the ministry's data, of the sanctioned posts of 4,026,

only 2,259 posts have been filled in the 18 new AIIMS.

Listing the provisions which have been facilitated for augmenting faculty strength in the newly set up AIIMS, the ministry in its reply had stated that a Standing Selection Committee (SSC) has been constituted in each new AIIMS to facilitate expeditious filling up of vacancies and the upper age limit for direct recruitment against the posts of Professor and Additional Professor has been raised from 50 years to 58 years.

Permission has also been granted for taking serving faculty from government medical colleges/institutes on deputation basis, contractual engagement of retired faculty of government medical colleges/institutes up to 70 years of age has also been allowed and overseas Citizen of India (OCI) card holders have been allowed to be appointed on faculty positions.

Besides, a visiting faculty scheme has been formulated to allow

national and international faculty to work in the newly set up AIIMS for teaching and academic purposes. Temporary diversion of faculty posts has been allowed on loan basis from one department to another, which can be filled up on contractual basis and advertisement for recruitment with one-year validity has been put in place to fast track the process of filling up vacancies.

Besides, AIIMS Delhi, six new AIIMS - Bihar (Patna), Chhattisgarh (Raipur), Madhya Pradesh (Bhopal), Odisha (Bhubaneswar), Rajasthan (Jodhpur) and Uttarakhand (Rishikesh) - were approved under phase 1 of the Pradhan Mantri Swasthya Suraksha Yojana (PMSY) and are fully functional.

Out of the 16 AIIMS established between 2015 and 2022, MBBS classes and outpatient department services have been started in 10 institutes, while only MBBS classes have been started in another two. The remaining four institutes are at different stages of development.

AAP leader Saurabh Bhardwaj demands apology from Kiren Rijiju for 'anti-India' remark

NEW DELHI: Delhi Health Minister Saurabh Bhardwaj on Sunday said that Union Law minister Kiren Rijiju should apologise over his remarks for calling some of the retired judges 'anti-India'.

While speaking to ANI, Saurabh Bhardwaj said, "Now for him to say that judges are anti-India, it is very shameful. Kiren Rijiju should apologise to the whole country that he is calling the Supreme Court judges anti-India."

"Kiren Rijiju should not cross the 'Lakshman Rekha'. It is unfortunate that despite being a Law Minister, he crossed this 'Lakshman Rekha'. Today the country is proud of its Supreme Court. Get a survey done all over the country, today there is only one institution in which people have faith, and that is the Supreme Court," he said.

Earlier Union Law minister Kiren Rijiju made the remark at a public event. "A few retired judges have now become activists and are part



of the anti-India gang where they are trying to turn the judiciary against the government," he had said. Saurabh Bhardwaj further stated that Kiren Rijiju and BJP ministers should learn from Chief Justice of India DY Chandrachud on how to speak about institutions on public platforms. "Kiren Rijiju and the ministers of the central government should learn something from Mr Chandrachud. It is not the job of a judge to do public speaking, but

still, the kind of balanced speech Mr Chandrachud is giving on the public forum, all the ministers and especially Kiren Rijiju should learn from him on how can you follow the limits," he said.

"I have a lot of respect for the Chief Justice. Despite repeated provocations, the Chief Justice is not getting agitated and is keeping his point in front of the people in a simple way," he added.

Saurabh Bhardwaj also pointed

out how can central government appoint judges.

He said, "Today, the governors of the central government are troubling the state governments, Adani's case is there so how can the central government appoint a judge in such cases, Central Government is a party in these court matters".

Saurabh Bhardwaj further stated that the BJP party is unnecessarily getting involved with the Chief Justice of India over conservative matters. "I want to know whether the sexual orientation of the people who are given tickets by the BJP, made ministers, is checked. It is nonsense that even while making a judge, sexual orientation will be seen. The country is being taken away in a cheap debate. People who will be listening to this talk of ours abroad will laugh at the central government and the central ministers. These people are getting entangled with the Chief Justice of India in conservative matters," he added.

No need to panic, but precautions needed: Experts on rising H3N2 cases

NEW DELHI: As the influenza H3N2 cases have started to rise rapidly in the country after Covid cases dipped, experts are of the opinion that people need to be careful, but there is no need to panic if precautions are taken on time.

Talking about the symptoms of the virus, Dr Anupam Sibal, a senior doctor of Delhi's Apollo Hospital, told ANI that the symptoms are similar to Covid but are staying for longer periods of time.

"From time to time, changes are seen in the virus. The symptoms of the influenza virus are appearing after corona, although its symptoms are almost similar to corona. The common symptoms are cough, cold and fever. But in this virus, it is seen that patients are having the symptom for a long time due to which it is spreading rapidly," he said.

He added, "In such a situation, it is necessary that the precautions, we were following during Corona, the habits we started,

should be followed. Wearing a mask, and keeping hands clean person, then it is very important to avoid coming in contact with that person".

Pediatrician Dr Sibal, Apollo Hospital has emphasised that children should be taken special care of against the virus.

"The parents should keep in mind that if they are sending children to school or for playing outside, they should make sure they are not suffering from cough and cold. There should be no symptoms like fever and if any child has such symptoms, then other children should not come in contact with him. Special focus should be laid towards cleanliness because, through cleanliness and good eating habits, you can stay away from this type of virus. Send children to school only wearing masks, and keep their hands clean," he said.

Neurologist Dr Aditya Bhati of Apollo Hospital believes that these types of viruses are also high affecting people neurologically.

"Although the virus affects all organs of a human being, but more effects are being seen on the brain, in cases like brain stroke, and brain haemorrhage. The virus can vasculate anywhere in the whole body. Because of this, our nerves become thin and then the virus starts building in the brain as well. In the last few years, such cases have come to the fore, although their number is not high".

He said that the reason why this type of virus has more effect on people's minds is that today but people are under a lot of stress.



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Lt Governor attends opening ceremony of Asia's largest Tulip Garden at Srinagar

JI NEWS SERVICE

SRINAGAR, MARCH 19: Lieutenant Governor Shri Manoj Sinha attended the opening ceremony of Asia's largest Tulip Garden at Srinagar.

The Lt Governor invited people from all over the world to visit J&K and discover the mesmerising beauty of 16 Lakh tulip flowers and enjoy the warm hospitality of the people of Jammu Kashmir. The Lt Governor acknowledged the efforts of hundreds of gardeners and workers engaged in the tulip garden.

Last year, an unprecedented 3.60 lakh tourists visited the Tulip Garden, and I believe the number will further increase this year, he noted. The Lt Governor directed the Vice Chancellor of SKUAST Kashmir to make arrangement for growing Tulip's planting material in J&K instead of relying



on imports. The effort will ensure that J&K is able to tap the Rs 400 Cr market of Tulips in the country, he said.

The Lt Governor also shared the transformational journey of Jammu Kashmir over the past three years. Administrative Reforms, increased Industrial investments, accelerated pace of project completion, seamless access to government services, better facilities for the people of

J&K, and the increased number of tourists, empowerment of youth, women and common man have laid the solid foundation for the socio-economic development of Jammu Kashmir. "Hon'ble Prime Minister has always shown us the path to work for the common man and not for the select few. I want to tell those who have amassed wealth for their generations through wrongful means that the time has changed. Today,

VC SKUAST KASHMIR TO MAKE ARRANGEMENT FOR GROWING TULIP'S PLANTING MATERIAL IN J&K INSTEAD OF RELYING ON IMPORTS. THE EFFORT WILL ENSURE THAT J&K IS ABLE TO TAP THE RS 400 CR MARKET OF TULIPS IN THE COUNTRY: LG

THE STATE LAND RETRIEVED FROM THE ILLEGAL OCCUPANTS WILL BE UTILIZED FOR PUBLIC USE, BUILDING SCHOOLS, HOSPITALS, PLAY-FIELDS, INDUSTRIES AND BURIAL GROUNDS: LG SINHA

the government is working towards the welfare of the people and safeguarding the interest of the common man," said the Lt Governor.

Government land belongs to the government only and not to any individual. The state land retrieved from the illegal occupants will be utilized for public use, building schools, hospitals, playfields, industries and burial grounds, added the Lt Governor. A record 1.88 crore tourists visited Jammu Kashmir last year. This year, in the first two months 3.70

lakh tourists came to J&K which benefitted lakhs of families associated with the tourism sector. Sanasar Tulip Garden with 275 lakh tulip bulbs of 25 varieties will also welcome the tourists coming to the region, said the Lt Governor.

On the occasion, the Lt Governor inaugurated 175 meters long extension of water channel at the 4th and 5th terrace of Tulip Garden extending the existing 300-meter water channel to 475 meters, and a high-rise fountain at 5th terrace.

One-day CME held at SDH Baderwah

JI NEWS SERVICE

DODA, MARCH 19: A one-day Continuing Medical Education event was held yesterday at Baderwah Sub District Hospital. The goal was to improve the skills, knowledge and performance of healthcare professionals.

Chief Medical Officer Doda Dr Ab Hamid Zargar presided over the programme and played a pivotal role in organising such programmes in the district. The programme was attended by Consultants SDH Baderwah besides Medical Officers and Paramedical Staff of peripheral health institutions of the block.

In his welcome address, BMO Baderwah, Dr Mohd Ashraf Kuchay presented an overview of the workshop and said that its main aim was to strengthen the basic knowledge of health staff so that they could easily deal with emergencies while discharging their duties. He thanked CMO Doda for organising the programme in their block and hoped that staff would benefit from it.

CMO Doda, Dr Zargar stressed upon all participants to actively participate in such programmes organised by the department for improving their skills and basic knowledge. He said that similar programmes were being organised in every block of the district on different subjects with the objective that every health staff gets familiar with his/her job profile. Dr Zargar further said that such programmes would surely enhance and equip healthcare professionals with the latest innovations in order to make a difference in their patients' lives with accurate diagnosis and better treatment.

Guest speakers on the occasion included Consultant Gynecologist, Dr Versha Kotwal, Consultant Paediatrician, Dr Sangita and Sanitary Inspector, Alka Rani who imparted training to participants on different topics assigned to them. The proceedings of the programme were conducted by Dr Deep Mala.

LG's Special Governance Camp for PoJK displaced persons held in Kathua

YOUTH AWARENESS CAMP UNDER MISSION YOUTH WITNESSES ENTHUSIASTIC RESPONSE FROM LOCAL YOUTH

JI NEWS SERVICE

KATHUA, MARCH 19: The Kathua edition of LG's Special Governance Camp for displaced persons of PoJK was held at GMS Chak Sheikhan in the district headquarters where community members turned up in large numbers. The camp aimed to address issues concerning the displaced from PoJK and provide them with necessary support and assistance in availing various government schemes.

Vice Chairman DDC Kathua, Raghunandan Singh formally inaugurated the special camp. ADDC, Ankur Mahajan, CPO, Uttam Singh, ACR, Vishav Pratap Singh, Member PoJK DP Welfare Association, Damanjeet Singh and other members of the



community were present on the occasion.

Raghunandan Singh said that the initiative was a great platform to deliberate upon issues related to DPs of PoJK where both administration and com-

munity members could come together to find solutions to long-pending problems. He appreciated the district administration for successfully organising a Special Governance cum Youth Awareness Camp of this

scale which he said would open an array of opportunities for DPs of PoJK and youth of the district. During the camp, district officers disseminated information about various government schemes and attendees appreciated the efforts of the LG-led government for addressing the grievances of displaced persons.

Earlier, deputations from various communities submitted a memorandum of demands to ADDC and urged the administration to ensure resolution of their demands and grievances. ADDC Kathua informed that the district administration would come up with similar camps at DDC and tehsil levels to provide doorstep public service delivery to blocks and carry out proper hand-holding to uplift their

socio-economic conditions.

On the occasion, stalls were set up by different departments exhibiting their schemes and programmes.

Special stalls for self-employment opportunities were set up as part of revitalisation of youth clubs under Mission Youth. Sports activities were also held where youth from the district participated enthusiastically exhibiting team spirit and sportsmanship.

Later, community members of DPs were given sanctioned letters for pensions, wheelchairs & hearing aids, tabs, sports kits, Ladli Beti passbooks, PMMVY cards and disbursement letters under Tejaswini Scheme of Mission Youth to eligible beneficiaries.

Pritam Singh Saini receives rousing reception at Gandhi Nagar Airport



JI NEWS SERVICE

AHMEDABAD: Pritam Singh Saini, National Vice President Gantantrik Samaj Sangathan today received a rousing reception on his arrival at the Gandhi Nagar Airport Ahmedabad.

Pritam Singh Saini was received by Mohan Lal Saini, President Saini Samaj Ahmedabad, Ashok Kumar President GSS, Pawan Saini, President GSS Gujarat, Shiv Dass Mahajan, Retd Justice Poona, Ranshoor Singh Saini, National Vice President and Bishnu Bhat Saini.

Pritam Singh Saini visited Gandhi Nagar to address a Maha Sammelan being organized by the Gantantrik Samaj Sangathan at Gandhi Nagar Ahmedabad. Taran Chand Saini, President GSS J&K, Sukhdev Singh Saini, Vice President GSS J&K, Mahesh Chand Saini General Secretary GSS J&K accompanied the National Vice President from Jammu and Kashmir Union Territory. In the Maha Sammelan, heads of the Sangathan from various states and Union Territories are going to participate with an aim to strengthen the agenda of the Sangathan. The Gantantrik Samaj Sangathan is working like an umbrella for the people of all sections of the society, which will be completely non-political. At present, the Sangathan has reached near about 17 states and is working successfully in bringing the communities under a single platform.

Rajouri: LG's Special Governance Camp for PoJK displaced held in Lamberi

JI NEWS SERVICE

RAJOURI, MARCH 19: A special camp for displaced persons from Pakistan-occupied Jammu and Kashmir (PoJK) was held at Lamberi in Rajouri today. The event was well-attended and received high praise from participants. It provided a platform for addressing grievances and allowed displaced persons to register for various government schemes including skill development, self-employment, social assistance, studies, sports and financial inclusion.

Deputy Commissioner, Vikas Kundal was the chief guest at the event. He toured stalls displaying information about different schemes and instructed officers to disseminate information about them. Kundal emphasised the government's commitment to providing all possible assistance to PoJK displaced persons and assured them that their grievances would be addressed in a timely manner.

Kundal urged all eligible PoJK residents to take advantage of this opportunity and register for government welfare schemes. He also encouraged them to avail themselves of self-employment schemes and participate in skill development activities for livelihood generation. He highlighted the need to empower them economically and socially so that they can become financially independent.

Later on, the DC distributed sanction letters among beneficiaries of the Prime Minister Employment Guarantee Programme (PMEGP), which will help them set up their own business ventures with financial aid from the government.

Samba: LG's Special Governance Camp for PoJK displaced held at Ramgarh

JI NEWS SERVICE

SAMBA, MARCH 19: District Administration Samba organised a special governance camp for displaced persons of Pakistan occupied Jammu and Kashmir (PoJK) at Tara Palace, zero-line border village Ramloo, Ramgarh of District Samba, which received a massive turnout of the beneficiaries. The LG's Special Governance Camp aimed to address the issues faced by the displaced from PoJK and provide them with necessary support and assistance in availing various government schemes. District Development Council Samba Chairman, Kishav Dutt, was the Chief Guest during the event. DDC Chairman Samba said the camp aimed to saturate centrally sponsored and UT schemes for all households, especially displaced persons from PoJK. Officers provided information on government schemes and encouraged locals to avail benefits for 100% saturation. DC Samba highlighted the camp's objective and stressed the UT Government's commitment to assisting displaced persons from PoJK. She

assured their grievances would be addressed promptly. The LG's special camp provided an opportunity for displaced persons to voice concerns and access government schemes such as skill development and financial inclusion.

Members of the PoJK Displaced Persons Committee shared experiences and struggles faced by their forefathers during partition.

Speakers thanked the Central Government and LG administration for this initiative.

Beneficiaries received benefits including hearing aids, wheelchairs, land passbooks, sports kits and PMAY house keys. A calendar was inaugurated, and sports events were held under Nasha Mukht Bharat Abhiyan. Locals visited departmental stalls including social welfare, industries, horticulture and agriculture to avail government services at their doorsteps. DDC Vice Chairman, Balwan Singh, BDC Chairman, Darshan Singh, other DDC members, ADDC, Rajinder Singh, ADC, Rakesh Dubey, Sarpanches, Panches and local people were also present on the occasion.

Revitalisation of Youth Clubs: DC Ramban inaugurates Youth Festival at Patnitop

JI NEWS SERVICE

RAMBAN, MARCH 19: Deputy Commissioner, Musarrat Islam inaugurated Ramban Festival of Youth, Run for Fun 1.0 - a marathon and cultural event organised today. The event was organised by the District Employment & Counselling Centre in collaboration with District Administration Ramban and Patnitop Development Authority (PDA) as part of Revitalisation of Youth Clubs under Mission Youth at Patnitop.

Among others present on the occasion were BDC Chairperson Rajeshwar Kumar, DDC Batote Jagvir Dass, CEO PDA Thakur Sher Singh, CMO Dr Kamal Zadu, Tehsildar Batote Vijay Kumar, AD Employment & Counselling, Centre Shushant Mahajan and DFO Kuldeep Singh. The event witnessed a huge footfall of visitors to Patnitop. The marathon 'Run for Fun 1.0' started from JKTDC Reception Centre to Padora and was flagged off by the Deputy Commissioner along with BDC Chairman Rajeshwar Kumar, DDC Member, Jagbeer and CEO PDA, Thakur Sher Singh.

Earlier, the DC and other dignitaries including students planted saplings of 80 different pine trees in Forest Park at Patnitop organised by the Forest department.

The main attraction of the programme was thrilling performances by famous local singers from



Ramban district Komal Rakwal, Omar Wani, Ronak Singh and Jit Singh as well as flute player Surjit Singh and Thali dancers Dharminder and Dara Singh who enthralled the audience with their performances. While educating the youth, Deputy Commissioner Ramban stated that drug abuse is a serious problem that affects not only individuals but also families and communities. He emphasised the importance of tackling the issue from multiple perspectives including deterrence, treatment and enforcement. The DC reiterated that District Administration Ramban is committed to creating a drug-free environment in the district and will continue to take all necessary steps to achieve this goal. He emphasised the importance of creating awareness and spreading knowledge on these topics to prevent drug abuse and promote sustainable livelihood adding that the government is committed to their hand-holding under

Mission Youth Programme.

The programme aimed to educate youth about self-employment opportunities available through different livelihood generating schemes rolled out by the government for aspiring youth besides educating individuals particularly youth about associated dangers of drug abuse. During the programme CMO Dr Kamal Zadu spoke on physical psychological mental and behavioural signs for early detection of drug abuse and steps to help prevent drug misuse in children and teenagers. A large number of tourists from various parts of India thronged Padora at Patnitop to enjoy the events. Speaking on the occasion Deputy Commissioner appealed to unemployed youth to become self-employed entrepreneurs to generate livelihood for themselves and others adding that the government is committed to their hand-holding under Mission Youth Programme.

JKBOSE Annual exams: DC Kishtwar inspects Examination Centres at GHSS (Girls) Kishtwar; takes on spot

NO TOLERANCE TO CHEATING IN EXAMS, SAYS DC KISHTWAR

JI NEWS SERVICE

KISHTWAR, MARCH 19: Deputy Commissioner, Dr Devansh Yadav inspected examination centres at Government Model Higher Secondary School

(Girls) Kishtwar to oversee arrangements for JK BOSE board exams. He assessed seating, drinking water and other facilities and expressed satisfaction with the arrangements. The DC directed school

authorities and invigilators to ensure smooth conduct of exams and urged them to discharge their duties with sincerity and transparency. He stressed on fair conduct of exams and directed concerned parties to ensure a

peaceful atmosphere for examinees without compromising education quality. Heads, Superintendents and invigilators were present during the inspection. The DC also inspected ongoing works on a model physics laboratory and indoor sports stadium at GHSS

Girls Kishtwar and instructed officials to expedite work for timely completion.

During his visit to Kishtwar Reading Hub 24*7 Library at GHSS (Girls) Kishtwar, he enquired about visitor numbers and instructed officials to ensure smooth functioning.