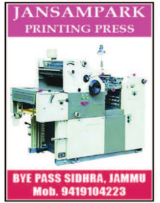


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Saras Aajeevika Mela providing platform for rural self-help groups, Artisans: LG



JI NEWS DESK
SRINAGAR, MAR 20

Jammu and Kashmir Lieutenant Governor Manoj Sinha on Monday said the Saras Aajeevika Mela is providing an excellent platform for rural self-help groups and artisans.

Lt Governor, who attended the Saras Aajeevika Mela at Boulevard road near the iconic Dal Lake in Srinagar, said, the Saras Aajeevika Mela is providing an excellent platform for rural self-help groups and artisans to demonstrate their products, develop ties with buyers and learn about design, packaging and social media advertising.

“Self-help Groups are playing a vital role in the empowerment of women. We have taken several initiatives to help women entrepreneurs to scale up their business and provide opportunities to link with the global market,” he said.

Around 6.27 lakh women associated

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LG Sinha chairs 82nd council meeting of KU



JI NEWS DESK
SRINAGAR, MAR 20

Lieutenant Governor Shri Manoj Sinha chaired the 82nd Council Meeting of the University of Kashmir, at Raj Bhawan today.

The Lt Governor, who is the Chancellor of the University of Kashmir, highlighted the vision of the National Education Policy-2020 in transforming and uplifting the education sector across the country.

“NEP 2020 provides a roadmap to establish India as a knowledge economy. It should be implemented in letter and spirit and it is essential that through this transformation, our higher education institutions contribute to create prosperous society,” the Lt Governor said. The Lt Governor impressed on time-bound

CONTINUED ON ► PAGE 4

Will extend all help to Punjab Police in Amritpal Singh case: J&K DGP



JI NEWS DESK
SRINAGAR, MAR 20

Pro-Khulistan preacher Amritpal Singh’s ‘Waris Punjab De’ outfit procured some weapons from Jammu and Kashmir, and all help will be extended to the Punjab Police in the case, the Union territory’s police chief Dilbag Singh said on Monday.

The Jammu and Kashmir director general of police was speaking to reporters after the closing ceremony of the 71st B N Mullik Memorial All India Police Football Championship at the Bakshi stadium here.

Amarnath Yatra Drones, mine-proof vehicles to be used for top-notch security: ADGP Kashmir

JI NEWS DESK
SRINAGAR, MAR 20

To ensure full-proof security to the Amarnath yatra, drone and mine-proof vehicles will be used, said Jammu and Kashmir Police on Sunday.

“Full-proof security will be provided to Amarnath yatra like last year. Drones and mine-proof vehicles will be used. I am confident that by the time of yatra, the number of terrorists here will be reduced. Right now, the number of local terrorists has come down to 28. It will reduce this further,” said Additional Director General of Police (ADGP) Kashmir Zone Vijay Kumar.

The pilgrimage to the Amarnath Gupha, a holy place for Hindus in Jammu



and Kashmir, is marked by devotion, religious tolerance and brotherhood.

Inside the Amarnath Gupha is an old ‘Linga’ of Lord Shiva. Pilgrims come from all over India to have darshan here. Hindus believe that this was the abode of Lord Shiva, located 168 km from the district headquarters in the Anantnag district.

Located 141 km from the capital Srinagar

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Supreme Court refuses to accept centre’s sealed cover note on payment of OROP dues

JI NEWS DESK
NEW DELHI, MAR 20

The Supreme Court on Monday refused to accept the Centre’s sealed cover note about its views on the payment of One Rank One Pension (OROP) arrears to ex-service personnel.

“We need to put an end to this sealed cover practice in the Supreme Court... This is fundamentally contrary to basic pro-



cess of fair justice,” said a bench of Chief Justice D Y Chandrachud and Justices P S Narasimha and J B Pardiwala.

“I am personally averse to sealed covers. There has to be transparency in court... This is about implementing orders.

What can be secret here,” the CJI said.

The bench is currently hearing the Indian Ex-Servicemen Movement’s (IESM) plea over payment of OROP dues.

The top court, on March 13, came down heavily on the government for “unilaterally” deciding to pay OROP dues in four instalments.

The defence ministry has recently filed an

CONTINUED ON ► PAGE 4

No Terrorist given J&K Govt job, won’t support policy of punishing their kin: Omar Abdullah



JI NEWS DESK
JAMMU, MAR 20

No terrorist was given government jobs by the previous Jammu and Kashmir dispensation,

National Conference vice president Omar Abdullah said Monday, asserting that his party would not support any policy to punish relatives.

CONTINUED ON ► PAGE 4

Police attaches properties of two Terrorist associates in Bandipora

JI NEWS DESK
SRINAGAR, MAR 20

Authorities in Jammu and Kashmir’s Bandipora district on Monday attached properties of two terrorist associates who were arrested last year, officials said.

They said the action was part of ongoing crackdown on harbouring Terrorists and providing logistic support to them.

Police said the double storied residential houses of Abdul Majeed Reshi, father of accused Aijaz Ahmad Reshi alias Doctor at Gundpora Rampura and Mohammad Jamal Malik, father of accused Maqsood Ahmad Malik a resident of Chittreybandey were attached

CONTINUED ON ► PAGE 4

PM Modi held bilateral delegation level talks with Japanese PM

AGENCIES
NEW DELHI, MAR 20

Prime Minister Narendra Modi held bilateral delegation-level

talks with Japanese Prime Minister Kishida Fumio in New Delhi today. In his statement after the talks, Modi said this meeting aims

CONTINUED ON ► PAGE 4

Scattered light, moderate rain likely in J&K in next 24 Hrs: MeT

JI NEWS DESK
SRINAGAR, MAR 20

Weather was inclement in J&K during the last 24 hours. The MeT office said on Monday that scattered light or moderate rain is likely during the next 24 hours.

“Scattered light to moderate rain is likely in J&K during the next 24 hours,” an official of the MeT department said.

Srinagar had 7.2, Pahalgam 2.6 and Gulmarg minus 6 degrees Celsius as the minimum temperature today.

In Ladakh region, Drass town had minus 1.1, Kargil minus 4.2 and Leh minus 1.5 degrees as the minimum temperature.

Jammu had 14.7, Katra 14.1, Batote 6.9, Banihal 6.2 and Bhandarwah 7 as the minimum temperature.

Unite to form a strong government in J&K: Azad

JI NEWS DESK
SRINAGAR, MAR 20

Democratic Progressive Azad Party (DPAP) Chairman Ghulam Nabi Azad on Monday asked the political parties in Jammu and Kashmir to get united so as to ensure a strong government.

Addressing a public rally in south Kashmir’s Anantnag district, Azad stressed upon the political parties not to split into small groups and stressed that the need of the hour was to be united.

He said that the diffi-



culties of the people here were increasing day by day and by remaining disunited chances of a strong government in Jammu and Kashmir diminishes.

“Our efforts should remain to form a strong

government,” he said, adding “there is a big challenge of unemployment in Jammu and Kashmir”.

He urged the government that youth who were not involved in serious military cases should be released ahead of the holy month of Ramadan.

“I am not talking about the people who are involved in militancy,” he said and added “I am too against the militancy but in my regime I had acted against those who were found involved and those who proved innocent were not treated the same way.”

The former Chief Minister of Jammu and Kashmir said there should be a separate strong law for the militants and those who are found innocent should not be booked under Public Safety Act (PSA).

He said the religious leaders who have nothing to do with the militancy and are lodged in jails not for solid reasons such cases create doubts in the minds of the common man.

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Mudslides, Shooting Stones Force Suspension of Traffic On Jammu-Srinagar National Highway

JI NEWS DESK
JAMMU, MAR 20

Traffic on the Jammu-Srinagar national highway was suspended Monday after heavy overnight rains triggered mudslides and shooting of stones at some places in Ramban district, officials said.

No fresh traffic was allowed on the highway, the only all-weather

road linking Kashmir with the rest of the country, this morning, the officials said.

They said the road was blocked by mudslides near Shalgari and Sher Bibi around 5 am, while rains also led to shooting of stones from the hill overlooking the highway at Mehr, Cafeteria Morh and Chamalwas.

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SIU conducts search at Terrorist’s house in Pulwama

JI NEWS DESK
SRINAGAR, MAR 20

The Special Investigation Unit (SIU) of Jammu and Kashmir Police Monday conducted searches at the house of a Lashkar-e-Taiba (LeT) terrorist in Pulwama district in connection with a terror-related case, officials said.

They said searches were conducted at the house of Abdul Aziz Dar, father of active LeT terrorist Riyaz Ahmad Dar in Kalkpora area of the south Kashmir district. The searches were in connection with a terror-related case, they said.

India’s first night sky sanctuary in Ladakh: Dr Jitendra Singh

JI NEWS DESK
NEW DELHI, MAR 20

India’s first Night Sky Sanctuary is being set up in Ladakh, which will give a boost to Astro tourism in the Union Territory and generate revenue as well as livelihood.

This was disclosed here today by Union Minister of State (Inde-

pendent Charge) Science & Technology; Minister of State (Independent Charge) Earth Sciences; MoS PMO, Personnel, Public Grievances, Pensions, Atomic Energy and Space, Dr Jitendra Singh when Chairman, Ladakh Autonomous Hill Development Council (LAHDC), Tashi Gyalson called on him at his



Parliament House office here and discussed wide range of issues pertaining to development of

the region as also the organisational matters pertaining to the Ladakh unit of BJP.

Gyalson was accompanied by BJP Ladakh President Phunchock Stanzin and General Secretary Skaling Dorjey.

Dr Jitendra Singh informed the Ladakh leaders that on behalf of the Department of Sci-

ence & Technology, Govt of India, “we will request Prime Minister Narendra Modi to inaugurate the Night Sky Reserve at his convenient date,” he added.

In December last year, the Ladakh UT Administration notified the proposed Dark Sky Reserve at Hanle

CONTINUED ON ► PAGE 4

Justice Sanjay Dhar, Justice Mohd Akram Chowdhary conduct day long tour of Rajouri

JI NEWS SERVICE

RAJOURI, MAR 20: Justice Sanjay Dhar, Justice Mohammad Akram Chowdhary, Judges of High Court of Jammu and Kashmir, visited Rajouri to inspect proposed site for construction of District Court Complex Rajouri and Munsiff courts.

The Judges were accompanied by the District and Sessions Judge, Kalpana Revo, Additional District and Session Judge Rajouri, Mehmoood Chowdhury, Deputy Commissioner Rajouri, Vikas Kundal, SSP, Mohammad Aslam, CE PWD, PC Tanouj, Chief Architecture Officer Jammu and other judicial officers.

The visit was aimed at assessing the feasibility of the proposed site for construction of District Court Complex in Rajouri.

During the visit, the Judges inspected the site and held discussion with the concerned authorities to gather information about the technical and legal aspects of the project.

The Judges emphasized the importance of having a modern and well-equipped court complex in Rajouri and other Munsiff courts that caters to the needs of the litigants, advocates and judicial officers.

"The construction of a District Court Complex in Rajouri will provide better access to justice for the people of the region and will be a major step towards ensuring the rule of law," said Justice Sanjay Dhar while interacting with the Media. Earlier, during their visit to Rajouri, Justice Sanjay Dhar and Justice



Akram Chowdhary, also inspected the selected site for construction of a Munsiff Court in Sunderbani.

They held discussion with the concerned authorities to assess the feasibility of the proposed site and obtain information about the technical and legal aspects of the project.

In addition to inspection of the proposed sites for the District Court Complex in Rajouri and Munsiff Court in Sunderbani, the Judges also inspected Munsiff Court Thannamandi and held interaction with the Judicial Officers and civil officers to plan out ways for repair and renovation of the existing Courts in the region. Justice Akram Chowdhary chaired a joint meeting of Judicial Officers which was attended by Deputy Commissioner Rajouri, Vikas Kundal, SSP Rajouri, Mohammad Aslam, CE PC Tanouj, Additional DC, Sachin Dev Singh, SE PWD, Kamal Kishore Gupta and other Engineers of PWD.

Detailed deliberations were held with regard to

infrastructure improvements in the judicial infrastructure in the district. Specific points which were raised included the repair and renovation of Munsiff Court Sunderbani/Kalakote, electrification of Munsiff court Nowshera and drinking water supply issues of District Court Complex.

The general issues regarding functioning of Criminal Justice System in the district were discussed threadbare and many instructions were issued to SSP for efficient justice delivery to the public.

Deputy Commissioner assured that the necessary renovation at Sunderbani Munsiff court will be carried out, while the issue of drinking water at District Court Complex will also be addressed through Jal Shakti Department.

Justice Mohammad Akram Chowdhary, who is also the Administrative Judge for district Rajouri, also visited the court complex and interacted with the advocates and judicial officers as well as with prosecution. The Judges

emphasized the importance of having well-equipped and functional Courts that cater to the needs of the litigants, advocates and judicial officers. They stressed the need for timely repair and renovation of the existing Courts, which would not only improve the infrastructure of the judiciary but also facilitate the speedy disposal of cases.

The visit of the Judges to Rajouri is a significant step towards strengthening the judicial infrastructure in the region. "The judiciary remains committed to providing accessible, efficient and effective justice to all citizens. The construction of the District Court Complex in Rajouri is a testament to this commitment and will go a long way in strengthening the judiciary in the region", the Judges maintained. Justice Sanjay Dhar, Justice Mohammad Akram Chowdhary, during day long tour to Rajouri district, also interacted with Bar Association members of Rajouri led by its President, Advocate Qammar Chowdhury.

People across the nation are highly impressed by the Policies of Modi Govt: Sham Lal

JI NEWS SERVICE

JAMMU, MAR 20: BJP OBC Morcha holds Public Meeting in Damsal, Nagrota.

Sham Lal Sharma (Vice President BJP & Prabharri Nagrota Constituency), Nand Kishore Sharma (Prabharri Kissan Morcha) and Sunil Prajapati (State President BJP OBC Morcha) were Present main in the Program.

The Program was organized by Mohd Sadiq (Vice President BJP OBC Morcha) and Nitru Verma (District President OBC Morcha Jammu North).

Prominent among the others who Present are Shamsheer Singh (Mandal President Damsal), Neel Kanth Sharma (Mandal Prabhari), Vijay Verma (Mandal President OBC Morcha). Sham Lal Sharma asserted that People across the nation are highly impressed by the Policies of Prime Minister Narendra Modi



led Government at the Center and this stands Proved by the Fact that more and more People from every nook of the country are joining hands with Bharatiya Janata Party. He said Government has initiated Pro People Policies like Start up India, Make in India, Skill India Mission, Digital India Mission etc which mainly focussing on youth welfare. Nand Kishore Sharma

in his address said the Party Believes in Sab ka Sath and Sab ka Vikas and by this Slogan the Party looking after every Section of the Society.

Sunil Prajapati in his address said that the BJP ideology stresses upon serving the people especially the needy and underprivileged, he asked the OBC People to ensure proper channelization of their talent and vigour

towards nation building.

He said the BJP OBC Morcha workers are serving the people at the grass roots level and are working in determination to leave no stone unturned in ensuring PM's vision of making India Vishwa Guru. He said disposal of the Grass root level are the result of the Party Success at the every Platform in the Country.

'Ashadh Ka Ek Din' staged on last day of Theatre fest "Trikuta Natya Utsav"



JI NEWS SERVICE

JAMMU, MAR 20: Mohan Rakesh's 'Ashadh Ka Ek Din', considered to be the first modern Hindi play, was staged on the concluding day of 'Trikuta Natya Utsav' Festival of Plays, organized by Shri Mata Vishno Devi University, at Matrika Auditorium, here today. Presented by 'The Performers' under the direction of Vijay Goswami, the Hindi drama revolves around Kalidas and the muse Mallika whom he abandons in his quest to find fame and recognition which leads to his disillusionment.

The play is divided into three acts. The first act dwells upon the pleasant union of Mallika and Kalidasa. Out of sheer joy,

she is totally merging her identity with him and craves to settle down with her family. In the second act of the play, Kalidasa leaves his Himalayan village and is going to Ujjain to attain the status of a good poet and be completely involved in stately affairs. In the concluding act, he comes back to Mallika and realizes his mistakes. At the end of the drama, he wanted to marry Mallika but could not fulfill his desire.

Considered an actor's paradise as well as his/her litmus test, today's performance saw competent performances by amateur pedagogs, who despite any age, who provide support, only driven by a passion for theatre have been the backbone of the drama move-

ment in Jammu. Nisha as Mallika impressed with her portrayal of a love-stricken damsel who encourages her lover to leave in search of greater things only to put herself in hardship for the rest of her life. Neha Lahotra exhibited her acting skills in enacting the role of Ambika, Mallika's aging mother as the one on a journey from maturity to a state of withering.

Mohan Bhat as Kalidas with steady dialogue delivery and measured movements was striking in the role of a genius who ultimately comes to realize his folly of being self-centred.

Vijay Goswami as Vilom, who later sires a daughter with Mallika, did bring out the feud between the two poets. In the concluding scene, he seemed to steal

the show upon the off-keyed Kalidas.

Other members of the cast who also gave good performances were Tapeshwar Dutta as Matul, Ravinder Manhas as Dantul, Ashish Sharma as Nikshap, Karishma as Rangini, Saugandhi as Sangini, Ridhim as Priyanganjari, Pradeep Sharma as Anuswar and Gaurav Sharma as Anunasi.

The special effect of the cry of the infant was perfectly timed. But the background score, especially the rendition of the raga could have been more effective in the 'jo' rather than in 'dru'.

Dogri writer and Padma shree awardee Sh. Mohan Singh was the chief guest of the program and Smt. Shashi Rattan and Sh. Lalit Gupta were the guest of the honour. Sh. Gengendra Singh Jammwal JKAS Registrar, deans, directors, faculty, staff and a large number of students witnessed the today's play.

Dr Rakesh and Dr Kamini from the Board of Cultural Activities (BCA) appreciated the theme of the play. The Theatre festival was dedicated to the memory of Late Kavi Rattan, noted theatre personality and the first graduate from National School of Drama from Jammu region.

CAPEX serving as booster shot for development of PRIs: AJKPC



JI NEWS SERVICE

JAMMU, MAR 20: All Jammu and Kashmir Panchayat Conference (AJKPC), in continuation of its series of block wise programs today conducted three programs in different blocks of district Anantnag of Kashmir Division.

While speaking in one such program in block Kokernag, Anil Sharma President of AJKPC thanked the Union and J & K government for their liberal funding under CAPEX budget and affirmed that CAPEX budget has proved as a booster shot for carrying out developmental activities under all the three tiers of Panchayati Raj Institutions including

Panchayats, Blocks and district development councils.

The AJKPC president said, "give credit where it is due, funding under CAPEX and Panchayat Developmental Fund have helped the PRIs to execute many developmental works and liberal funding by GOI under the leadership of PM Modi deserves all appreciations". However, he also urged the Union Government for enhancing funds under Panchayat Development Fund and said the conditions laid down by the Local officers must be relaxed for utilization of these funds without imposing harsh financial and codal formalities.

The other participating Panches,

Sarpanches, Block Development Chairpersons also addressed the gathering and put forward their feedback to make PRIs more vibrant, development oriented and self reliant. They also reiterated the demand of AJKPC seeking extension of the term of the existing Panchayats till completion of the term of the District Development councils. Concluding the program all the local participants appreciated the role of the AJKPC leadership especially its president in highlighting all the important issues of the society confronting common people of both the districts of Kashmir and Jammu. They also asked the government of J & K to clear its stance on Life Insurance cover if any provided to the Panchayat members.

The prominent AJKPC members who spoke on the occasion include - BDC Parveen akhtar, MC prince sheikh mohammad, Amjad sub Syed Bashrat, Gh Nabi tantry, Manoj Pandita, Shabbir Ahmed, Mohd maqbal, Ab Rashid, Mohd qasim, Dilshad akhtar, Tara akhtar, Roshni akhtar, Gulzar Ahmed, Ab Majid, Nazir Ahmed, Tajkaj, Shabir Ahmed, Farooq Ahmed, Ab Majid dar.

Timelines for construction of transit spaces of Package Employees violated constantly

JI NEWS SERVICE

JAMMU, MAR 20: Former MLC & JK UT spokesperson of BJP Girdhari Lal Raina rued recurrent violation of timelines set for completion of construction work of transit accommodation for PM Package Employees. Taking serious note of published news reporting just half of the 320 flats at the colony for migrant Kashmiri Pandit employees of the Prime Minister's Package in Baramulla district has been completed, GL Raina said ground reports suggest even this is not true as

boundary wall and internal road work is yet to begin.

Recalling repeated assertion of UT administration during the year 2022 that dates set for completion of construction work at Shopian were March 2022 and at Baramulla and Bandipora by November 2022 is nowhere to be met even in March 2023.

Lieutenant Governor Manoj Sinha during a review meeting had also directed officials to take proactive steps to prepare for preponing the targeted timeframe for completion of the on-going construction works.

Timelines need to be adhered to for the completion of construction work of transit accommodations. "Any official found responsible for delays should be taken to task," the Lt Governor had said- recalled Former MLC.

Leave alone advancing dates of completion, work is nowhere near completion even on readjusted dates, regretted BJP spokesperson. EX-MLC painfully reminded that the two-member committee which was tasked to inquire about 'delay' in construction of transit accommodation in District Ganderbal has had no effect.

People's old demand to open Bohri Chowk will be fulfilled soon: Baru

JI NEWS SERVICE

JAMMU, MAR 20: People's old demand to open the Bohri Chowk and widening of main Hazuri Bagh road will be fulfilled soon, stated BJP senior leader and JMC Councillor Sanjay Kumar Baru.

Sanjay Kumar Baru was interacting with the locals during the tour of the area along with director Jammu Smart City Er. Sham Kapoor, AEE Ravi Salgotra, BJP Ward President Ashok Wazir, BJP leaders Jatin Sethi and Brijesh Gupta in Ward no.41

Sanjay Baru, along with other interacted with the locals and inquired about the ongoing construction work. He said that with the completion of the Nallah work, the vicious cycle of filth and the breeding ground for the communicable diseases due to the collection of the dirty water because of absent drainage system would be tackled.

Sanjay Baru, while addressing the



locals said that soon after the Nallah construction work is finished, the early Macadamization of the road would also take place. The process for the same has been initiated, he said and added that under the Modi government, the long pending public issues are being addressed as per the aspirations of people.

Sanjay Baru also disclosed that as per the demand and the aspiration of

the local people, the Bohri Chowk would soon get a makeover. He said that the Chowk will be decongested and will be opened up soon for the ease of the locals and the commuters.

President BSA Sahwney, Payare Lal Mawa, Buseh Sharma, Ashish Mangotra, Bachan Bhagat, Sanjay Sharma, Thoru Ram, S.Parshant Singh and others accompanied Baru during the tour.

GSS holds mammoth Sammelan at Gandhi Nagar, Gujarat

Shun difference, work for strengthening the agenda of GSS: Pritam Singh Saini

JJ NEWS SERVICE

GANDHINAGAR, MAR 20: Gantantrik Samaj Sangathan today organized a mammoth Sammelan at Gandhi Nagar in Gujarat in which heads of the Sangathan from various states and Union Territories participated.

On the occasion, Kamal Singh Saini, Founder Member and President GSS, Pritam Singh Saini, National Vice President GSS and President All Jammu Kashmir Saini Sabha; Ranchoor Singh Saini, National Vice President, Mohan Lal Saini, President Saini Samaj Ahmadabad, Ashok Kumar President GSS, Pawan Saini, President GSS Gujarat, Shiv Dass Mahajan, Retd Justice Pune, SP Singh Retd Railway officer, and Bishnu Bhai Saini, While Tara 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.

Speaking on the occasion, Kamal Singh Saini threw light on the functioning of the Sangathan. He said that the Gantantrik Samaj Sangathan is working like an umbrella for the people of all sections of the society, which will be completely non-political. He informed that at present the Sangathan has reached near about 17 states and is working successfully in bringing the communities under a single platform.

Addressing the gathering, Pritam Singh Saini complimented the organizers for organizing this gala function and bridging the gap by inviting the head of GSS from various parts of the country.

Pritam Singh Saini said that such a campaign is the need of the hour to bring all the Saini communities using



different surnames on a single platform and hoped that its positive results would be visible in the coming times. He said today Saini Samaj has been divided into various communities like Ghelot, Rami, Mali, Kushba, Mahajan, Chohan and many others. He said there is dire need to bring all these communities into one platform. He asked everyone who belonged to the Saini Community to shun differences and come under one platform with an aim to strengthen the working of the Gantantrik Samaj Sangathan. He asked the participants who associated with GSS to work seriously at the grassroots level to implement the action plan for the expansion of the Sangathan at the ground level, the way of working as well as to reach every section of the society.

Pritam Saini laid stress upon bridging the gap between the parents and children. The present generation has changed and the parents are not spending much time with their family due to which there is a gap in the relations between parents and children. He asked parents to spend maximum time with their children by knowing about their day-to-day happenings and aspirations. Such prac-

tice will strengthen the bond of family and the children will always be in touch with their parents, he added. Pritam Singh Saini also raised serious concern over the rising drug activities in the country. "The drug menace has eaten into the vitals of the society especially the children and youth and it is inevitable to make relentless efforts in the direction of keeping the children away from drugs," he added.

Shiv Dass Mahajan, Retd Justice Pune, in his address, said that there is a dire need to pay focused attention to the agenda of Gantantrik Samaj Sangathan for which it has constituted. He said that there is dire need to unite all organizations and committees of the society under a single platform and increasing mutual coordination. He said that multiple awareness programmes need to be organized in this regard in every state across the country with an aim to strengthen community to community bonding which will ultimately to achieve the goal of the community.

Shiv Dass Mahajan said the services of Sangathan are available for everyone and anyone who needs any sort of help, must approach the Sangathan.

No need to quit, better to show door to tainted company Apteck: Tony urges LG Sinha

JJ NEWS SERVICE

JAMMU, MAR 20: Taranjit Singh Tony, Chairman Aam Aadmi Party (AAP) Jammu and Kashmir for Administrative Engagement and Minority Affairs, and District Development Council (DDC) Member Suchetgarh on Monday appealed to LG Manoj Sinha not to quit rather ensure ouster of tainted company Apteck engaged for various recruitments by the J&K Government.

It is pertinent to mention that LG Sinha has avowed to quit if any appointment made during his tenure was found forged or manipulated.

Responding to LG's assertion, Tony said that after the unraveling of the truth about the phony company Apteck by one other than one of the top cops of the Leh Police, the senior AAP leader said that Apteck has



this bogus entity as under the shadow of this company the authenticity of recruitment exams would become dubious.

He was speaking during an interaction with the guardians of students appearing in various state level examinations in Jammu today. Citing the disclosures made by Leh Police, the senior AAP leader said that Apteck has

oustered manpower and infrastructure for conducting examinations in J&K, and the software which the company relied upon is compromised and many machines used during the examinations are so manipulated that parallel screens could be operated remotely to add or delete the entries made by the job aspirants. He said that after such a startling disclosure made

by the Leh police, continuing with the same company would be unwarranted and therefore for the sake of maintaining the sanctity of the exams it is necessary to immediately ensure exit of the Apteck group. Tony asked the LG administration to replace Apteck with a credible agency as it is the matter of the career of hundreds of aspirants hailing from J&K.

Rangshala Theatre Group of Society, Jammu staged "NASHA MUKTI" nukkad natak



JJ NEWS SERVICE

JAMMU, MAR 20: Rangshala Theatre Group of Society, Jammu staged Nukkad Natak "NASHA MUKTI" at Manda Zoo Park, Mubarak Mandi and Rani Park, Jammu. Organised by Jammu and Kashmir Academy of Art, Culture & Languages, Jammu and directed by Madam Veena Dogra Veteran Lady Actor/Director of J&K UT, nukkad natak was written

by Sh. Umesh Singh. Staging of play at three places was a great success, a great applause received by the actors of RTGS from the audience presented at the three venues. Play Nasha Mukti depicts that how consuming of alcohols and other drugs products which are being smuggled into the country is destroying the health of the youngsters. How in a family Grandfather consuming alcohol day and night, his only son is injecting the

banned drugs and more over his Grand Son who is a teenager, also addicted to the drugs and alcohols. Whole family is living a miserable life. Consumption of banned drugs ruins the lives of lakhs of people, one has to understand that alcohol and banned drugs only show the way to GRAVE. In the play it is also depicted not to cut the Green Gold which is essential for human beings. The stress was also given to the noise

pollution which is creating a havoc to the lives of thousands.

We all have to understand that Life is very much precious for our loved ones.

Actors acting in the Nukkad Play got standing ovation from the audience presented at the three venues. Actors participated in the successful performance of Nasha Mukti were Chanchal Dogra, Amarjeet Kour, Nazuk Bhagat, Gautam Singh, Prity Chanjotra, Ashok Kumar, Kart Avya and Umesh Singh. Videography/ Photography of the natak done by Sourav Bhagat, Neeraj Kumar. Madam Chanchal Dogra thanked the audience for sparing their valuable time and she also thanked Secretary, J&K Academy of Art, Culture and Languages, Jammu for giving opportunity to the group to stage such a play which is a lesson for all.

Sarpanch Gandli kick-starts development work of culvert in Village Kool

JJ NEWS SERVICE

JAMMU, MAR 20: State General Secretary of All Jammu & Kashmir Panchayat Conference and Sarpanch of Gandli Panchayat of block RS Pura, Sardar Gurdeep Singh Saini on Monday kick-started the development work of a slab on culvert in Village Kool in Panchayat Gandli.

Naib Sarpanch Pyare Lal and Pawan Singh along with other panchayat representatives and villagers were present on this occasion. Speaking on the occasion, Sarpanch Gurdeep Singh Saini said that due to the narrow bridge built on the canal to go to the village, people had to face a lot of difficulties in movement and even the vehicles



could not pass easily, due to which he took the matter with the authorities concerned. He was demanded that the construction work of a big bridge should be done here, due to which its construction work has started and today the work of laying slab on it has also been started and with the completion of the work soon, along with the

Panchayat, other people passing through will also get a lot of benefit! The Sarpanch said that it has always been his endeavor to provide better basic facilities to the people of the Panchayat and solve the problems being faced by them. He said that development works will pace up in the Panchayat and development works

will be continued in the same way in the coming days. The Sarpanch also thanked the officers of the concerned department and said that by fulfilling their demand, they have solved the problems of the people of the Panchayat. Harjinder Singh, Darshan Singh and other prominent people of the area were also present.

"Waqf Board now takes decisions at ground zero throughout J&K": Dr Darakhshan

JJ NEWS SERVICE

JAMMU, MAR 20: Chairperson J&K Waqf Board did an extensive tour of Kishtwar district today. During her visit the Chairperson visited both the shrines of Shah Mohammad Farid Ud din Baghdadi (RA) and Shah Mohammad Asrar Ud din Baghdadi (RA) and paid obeisance there.

The Chairperson also visited Islamia Fariyada Educational and Research Institute Kishtwar and launched mobile app (School Bee) for all school going children. Dr Andrabi appreciated the efforts made by the Waqf Board Unit Kishtwar and directed the entire team to shift to the digital working system.

The students of Islamia Fariyada Hr Sec School and B.Ed students performed in two brief but impressive functions which were



presided by Dr Andrabi. Besides this the Chairperson also visited Sakhi Shah Zain Ud din Wali (RA) at Rakna Palmar and laid foundation for repair and renovation works for the upgradation of facilities at the Ziyarat. A large No of locals met the Chairperson and raised various issues like beautification of Ziyarat, upgradation of Sakhi Academy and

construction of Sarai for Zairean. The Chairperson assured that all genuine demands shall be fulfilled by Waqf Board. Speaking on the occasion Dr Darakhshan said that Waqf authorities are now continuously working at ground level throughout J&K and for the first time in its history, Waqf Board takes decisions on ground zero

and this approach has helped us too in understanding the basic issues at each location. The Chairperson was accompanied by CEO Waqf Dr Syed Majid Jahangir, Waqf Kishtwar Zakir Hussain Wani, Mudassar Iqbal Administrator Waqf Jammu, DDC Palmar, BDC Palmar besides police and civil Administration.

Whooping foreign investment, Govt support acting as stepping stones for J&K's progress leap: Nitish

LAUDS FIRST FOREIGN DIRECT INVESTMENT OF RS 250 CR IN J&K

JJ NEWS SERVICE

JAMMU, MAR 20: Nitish Mahajan, Co-Incharge of Social Media Department, BJP J&K, said that the whooping foreign investment which J&K has managed and the constant support of the Central Government have formed a strong basis for UT making a big leap in economic growth. In a statement issued to media persons, Nitish said that unprecedented Industrial investment and resultant economic growth of J&K is laying the foundation for a stronger and more prosperous future for the people of Union Territory.

Pertinent to mention here that the Lt Governor Manoj Sinha today laid foundation stone of a mega-mall in Srinagar which will be constructed by Emaar Group of the United Arab Emirates with an estimated cost of Rs. 250 crore. It's the first direct foreign investment project in the Union Territory of Jammu and Kashmir. Emaar will pump a total investment of Rs 500 crore in Jammu and Kashmir in upcoming time.

Giving credit to Prime Minister Narendra Modi for the development which is being seen in J&K, Nitish said that without the foresightedness of the Premier



of the country, J&K would have never embarked on the voyage of progress and prosperity, which it is witnessing today with people enjoying vistas of opportunities and scope to have a better tomorrow.

The senior BJP leader said that PM Modi has already accomplished the groundbreaking ceremony

for projects worth Rs 38,000 crore and the endeavour is still on to bring in more to the UT to make it country's best unit offering so much to its residents that need to venture out to other states is eliminated once and for all. Nitish said that under PM Modi, the situation in J&K has taken a pleasant turn with people's dreams and aspirations taking concrete shapes giving them so many reasons to support BJP Government, which is responsible for the much desired change as people are loving to see colossal development taking place in the UT and bounties which the central schemes are offering day in day out.

'Ashadh Ka Ek Din' staged on last day of Trikuta Natya Utsav

JJ NEWS SERVICE

KATRA, MARCH 20: Mohan Rakesh's 'Ashadh Ka Ek Din', considered to be the first modern Hindi play, was staged on the concluding day of 'Trikuta Natya Utsav' Festival of Plays. The event was organised by Shri Mata Vaishno Devi University at Trikuta Auditorium. The play was presented by 'The Performers' under the direction of Vijay Goswami. It revolves around Kalidas and his muse Mallika whom he abandons in his quest for fame and recognition. Dogri writer and Padma Shri awardee Mohan Singh was the

chief guest while Shashi Rattan and Lalit Gupta were guests of honour on the occasion. The event was attended by Registrar, Nagendra Singh Jamwal, deans, directors, faculty staff and students. The performance saw competent performances by amateur actors who were driven by a passion for theatre. Nisha impressed as Mallika while Naha Lahotra exhibited her acting skills as Ambika. Manoj Bhat gave a striking performance as Kalidas with steady dialogue delivery and measured movements. Vijay Goswami as Vilom brought out the feud between the two poets and stole the show in

the concluding scene. Other members of the cast who gave good performances included Tapeswar Dutta as Matul, Ravinder Manhas as Dantul, Ashish Sharma as Nikshpeh, Karishma as Rangini, Saugandhi as Sangini, Ridhim as Priyangumanjari, Pradeep Sharma as Anuswar and Gaurav Sharma as Anunakis. Dr Rakesh and Dr Kamini from Board of Cultural Activities (BCA) appreciated the theme of the play. The Theatre festival was dedicated to Late Kavi Rattan who was a noted theatre personality and first graduate from National School of Drama from Jammu region.

Dr Mansukh Mandaviya addresses Global Conference on Digital Health themed 'Taking Universal Health Coverage to the last Citizen'

AGENCIES

NEW DELHI, MAR 20

"Digital solutions hold the capacity to revolutionize the healthcare delivery systems. Under the visionary leadership of Hon'ble Prime Minister, India aims to launch a global initiative on digital health as an institutional framework. This framework aims to converge the global efforts for digital health and scale up digital solutions with use of cutting-edge technologies. It is time to move from 'Silos to Systems' with collaboration of all countries for enhanced coverage and quality of healthcare services." This was stated by Dr. Mansukh Mandaviya, Union Minister for Health & Family Welfare as he virtually addressed the "Global Conference on Digital Health - Taking Universal Health Coverage to the Last Citizen" a co-branded event under

India's G20 Presidency organised by WHO - South-East Asia Region in collaboration with Ministry of Health & Family Welfare, Government of India.

Highlighting the importance of digital health, Dr. Mandaviya stated "Digital health is a great enabler in delivery of healthcare services and has the potential to support overall universal health coverage targets." He further added that national health policies proved instrumental in various path-breaking digital health interventions ensuring availability, accessibility and affordability, and equity of health services.

Dr. Mandaviya elaborated that through this initiative, "we are building consensus on promotion of digital public goods as a key enabler in achieving universal health coverage targets through customization and democratization of technologies."

Addressing the challenges in universalization of digital health and enabling of equitable access to healthcare services across the world, particularly for low- and middle-income countries, the Health Minister added that "Aligned with the ethos of Vasudhaiva Kutumbakam, India provided Co-Win, E-sanjevani, and Arogya Setu applications as digital public goods exemplifying our commitment to global health and our role in driving equitable access to critical health solutions".

Reiterating India's commitment towards Universal Health Coverage, the Health Minister cited digital interventions have become the foundations of many crucial health programs such as reproductive child healthcare, Ni-kshay, TB control program, integrated disease surveillance system, hospital information system among many others. He



further added that India's adoption of digital health as a critical intervention from the onset of the pandemic became a defining juncture as it enabled healthcare services to a wide range of services with ease, reaching the innermost regions of the nation. Citing the examples of e-Sanjevani, a tele-consultation platform which has crossed 100 million teleconsultations, the vaccine

management drive achieving administration of more than 2.2 billion doses, and of Prime Minister Arogya Yojana (PMJAY) that provides health insurance to 500 million citizens free of cost in a cashless and paperless manner, Dr. Mandaviya emphasized that "implementation of digital technology has forever changed the dynamics of healthcare delivery". "While Governments

around the world are already making significant investments to leverage technology successfully to improve health outcomes, there is still a long way to go in order to achieve sustainable and scalable outcomes. India accordingly under its G20 Presidency has prioritized Digital Health as a specific priority in its Health Working Group namely - "Digital Health Innovation and Solutions to aid UHC and improve Healthcare Service Delivery". It aims to align, support, and converge efforts, investments and promotes the concept of digital public health goods to aid Universal Health Coverage", he further added.

Union Health Secretary, Shri Rajesh Bhushan explained various digital health solutions, which India has adopted during the pandemic - Arogya Setu, E-Sanjevani, iGot Digital platform and

Co-WIN. He noted that digital health with its transforming potential can not only improve service delivery but can also help continuity of care across primary, secondary and tertiary levels through creation of longitudinal electronic health record of the citizens. "Digital Health interventions are supporting the acceleration of health transformation and have a huge potential for supporting Universal Health Coverage (UHC). The effective implementation of digital technologies in health can support in terms of establishing efficient, well-functioning health systems, and empowering patients", he added.

Accentuating the role of India in leading Global Digital Health Agenda, Shri Lav Aggarwal, Additional Secretary informed that India introduced World Health Assembly Resolution on Digital Health at

its 71st session in Geneva which was successfully adopted by countries and spurred global action on the agenda of digital health. Post creation of a Department of Digital Health & Innovation at WHO, a Global Strategy on Digital Health 2020-25 in line with the 2030 Agenda for Sustainable Development has also been developed, he informed.

Dr. Poonam Khetrapal Singh, Regional Director, WHO-SEARO applauded India's E-Sanjevani, digital health solution which helped more than 100 million teleconsultations. She said that digital health solutions ensure democratisation of health services & innovations with specific focus on low and low-middle income countries (LMICs). She also suggested to establish digital health infrastructure, build on institutional platform and citizen-driven digital health ecosystem.

From the Front Page...

Saras Aajeevika Mela...

with more than 78,000 SHGs in J&K have transformed the rural economy, creating jobs and some have also shown the potential to become bigger enterprises, he added.

The Lt Governor called upon the women entrepreneurs and members of Self-Help Groups to lead the socio-economic change taking place in Jammu Kashmir.

Under the guidance of Prime Minister, our efforts in the last three years have ensured equal opportunities to women in every sector and enabled them to be equal partners in realizing the goal of developed and Atmanirbhar J&K, he added.

The Lt Governor congratulated the Department of Rural Development & Panchayati Raj and J&K Rural Livelihoods Mission for their endeavours in securing the livelihood of the rural women and giving them proper training and other assistance for their entrepreneurial journey.

Our aim is women-led development. It is being ensured that the women entrepreneurs in urban, rural and remote areas get all the financial assistance and necessary handholding in packaging, branding, licensing, skilling and marketing, the Lt Governor said.

On the occasion, the Lt Governor released a publication of Rural Livelihoods Mission. Earlier, the Lt Governor inspected various stalls displaying unique products, traditional cuisines from J&K and across the country and also interacted with the Artisans, women entrepreneurs and members of Self-Help Groups.

LG Sinha chairs...

completion of various academic and research programmes and award of degrees to the students.

The Lt Governor called for enhanced research activities on local problems and issues by the University. Enhanced research activities will provide solutions to local problems and will create relevant knowledge wealth that will be the key factor in all-round development. He said many industries are coming up in J&K and there is a need to put special focus on skill development and capacity building.

"The University should build a strong eco-system for nurturing innovation and start-ups and the government will provide all the required assistance," the Lt Governor said.

The University Council approved the proposal related to introduction of several new courses at the main and satellite campuses of the University to cater to the growing needs of the students.

These new courses include PG in Artificial Intelligence; Bachelor's course in Economics, BBA-LLB and Medical Lab Technology programmes at South Campus, Anantnag; Integrated BSc-MSc Botany at North Campus, Baramulla and Integrated UG-PG programme in Arabic at Kupwara Campus.

The Council resolved to run all courses strictly as per the guidelines and rules of the relevant statutory/regulatory bodies like UGC, AICTE, MCI etc.

The University Council also held detailed deliberations on several academic, administrative and research-related matters aimed to bring further qualitative improvement in the higher education sector of Jammu Kashmir.

Earlier, Prof Nilofar Khan, Vice-Chancellor University of Kashmir gave a detailed power-point presentation on the growth and progression of the University in areas of academics, research, extension education and extracurricular activities.

Highlighting the University's noteworthy rankings in NAAC, NIRF and QS, Prof Nilofar informed the Council that the University of Kashmir is holding the Y20 event in May 2023 as part of the country's G20 Presidency, while all departments are presently holding programmes to spread the country's G20 message among the masses.

The meeting was informed about the achievements made by the University in key sectors like innovations and incubations, multidisciplinary research promotion, faculty and student exchange programmes and important MOUs signed by the University with various local and national institutions of importance.

Rajeev Rai Bhatnagar, Advisor to Lt Governor; Dr Mandeep Kumar Bhandari, Principal Secretary to Lt Governor; Alok Kumar, Principal Secretary to Government, Higher Education Department; other Council

members and senior officials attended the meeting, in person and through virtual mode.

Will extend all...

"Wherever Punjab Police needs us, the Jammu and Kashmir Police will extend all help to them. Some cases have come to the fore where some weapons were issued from here to the people there. We have taken cognizance of such cases. A couple of cases have been registered and we will help the Punjab Police wherever they need," Singh said.

The Punjab Police on Saturday launched a major crackdown against Amritpal Singh and members of his outfit 'Waris Punjab De'.

The elusive preacher, however, gave police the slip and escaped their dragnet when his cavalcade was intercepted in Jalandhar district.

The J-K police chief said militancy numbers in the UT were low and youngsters were taking to sports.

"Today, there is an atmosphere of peace in schools and colleges, and everywhere, students are focussed on their studies and are also participating in sports activities.

"They are also doing well in different competitive exams. We want to strengthen the atmosphere of peace so that the youth continue their studies without any hurdles and build their lives and take care of their parents and the society," Singh said.

Drones, mine-proof...

at an altitude of 12,756 feet above sea level, Gupha lies in the Ladar Valley, which is covered by glaciers, and snow-capped mountains for most of the year.

Common pilgrims are allowed to come here for darshan only for a limited time in summer. There are two main routes to reach here, one is beyond the town of Pahalgam and the other is the route to Baltal via Sonawar, a popular tourist spot in the Ganderbal district.

A 43-km hill trek starts from Chandiwadi and Noonan base camps in Pahalgam. Some people also avail the option to go on horses or palanquins to cover the trek. The shortest route is from Bal Tal which is 16 km but that's more challenging.

Prior to 1990, the pilgrimage was very exclusive and available to only sadhus and saints to visit. In 1995, the pilgrimage was held for 20 days. From 2004 to 2009, its duration was increased to two months. The pilgrimage now lasts for 40 to 45 days between July and August. (Agencies)

Supreme Court refuses...

affidavit and a compliance note in the top court, giving the time schedule for payment of the arrears of Rs 28,000 crore to ex-servicemen for years 2019-22.

No Terrorist given...

of terrorists as it is against natural justice. Interacting with reporters after addressing a public rally - his first in the city after the abrogation of Article 370 - Omar Abdullah also raised the issue of "misuse of police against the civilian population".

"No terrorist was given a (government) job but we did not punish people because they were relatives of terrorists. Is it fair for me to punish you for the crime committed by your father or a son? Tomorrow, if God forbid a close relative of (Lt Governor) Manoj Sinha Sahab commits a crime, should he be sent to jail?" the former chief minister said.

He was responding to a question on Sinha's recent allegations that previous governments in Jammu and Kashmir provided jobs to terrorists and their families and facilitated one lakh backdoor appointments.

"Natural justice is not that relatives are punished for the crimes of someone else. Nobody is advocating that hardcore militants should be given government jobs but it is also wrong to punish somebody just because they have the misfortune of being related to a terrorist," he said.

"This is not the way to win the hearts and minds of the people. This is not something we will ever support." On Sinha's statement that 47 employees were dismissed for anti-national activities, Omar Abdullah said, "I am not going into a war of words... If for lakhs of

appointments, all you can find is a list of 47 then that is next to nothing."

Accusing the Jammu and Kashmir administration of playing with the future of job aspirants by engaging a tainted company to conduct recruitment examinations, he said, "We want an inquiry how APTECH, which is blacklisted across the country, was given a contract and where the seams had taken place."

"We heard the contract was cancelled but the youth are still not happy. You (L-G) need to reassure the youth," the former chief minister said, alleging that the Jammu and Kashmir administration is not making any attempt to resolve the issues of the people.

About reports that the administration is going to conduct CID verification of all contractors, Omar said he had no such knowledge.

However, he alleged that this administration likes to misuse the police. "Blacklisted companies are brought here but honest and efficient contractors are subjected to harassment. Attempts should be made to give contracts to those who are honest and who can work without giving or taking a commission. The extra-ordinary use of police against civilians is bad," Omar Abdullah said. (Agencies)

Police attaches...

on Monday in presence of Executive Magistrate. "Accordingly, process for attachment of property belonging to the above accused falling within the ambit proceeds of terrorism was initiated u/s 25 of UA(P) Act by the order of Divisional Commissioner Kashmir vide order No. DIVCOM-K/Rtn/05/2023 dated 10-02-2023," police said.

According to the notice, the owner of these houses have been restrained to 'transfer, lease out, dispose-off, change its nature or deal with the said property in any manner without the permission of designated authority.' "Any violation will attract penal provision of law," the notice said.

Last year in May, Jammu and Kashmir police said that they have busted a module of the Lashkar-e-Taiba (LeT) outfit by arresting three Terrorists and four associates including Ajiaz and Maqsood in Bandipora district.

Unite to form...

"To book a person and send him to jail on any doubt would never be a good sign for the state, neither that it would pave way for better days, nor in the interest of democracy and peace," Azad said.

The central government has taken up some good initiatives and has been able to contain the militancy to a large extent, he said.

"Strikes are not being observed and stone pelting has come down. But in the meantime a religious person who has nothing to do with militancy is being sent to jail, which raises doubts among the people," he said.

He said that the authorities are sometimes taking such initiatives which are diluting their good work also.

Mudslides, Shooting...

Road clearance agencies are on the job to make the highway traffic-worthy, the officials said.

Traffic police has asked the people to confirm the status of the highway before leaving for their journey.

India's first night...

village in Eastern Ladakh. Spread over 1,073 square kilometers, the Night Sky Reserve is located within the Changthang Wildlife Sanctuary and adjacent to the Indian Astronomical Observatory, the second-highest optical telescope in the world, of Indian Institute of Astrophysics at Hanle at an elevation of 4500 meters.

"This Dark Sky Reserve is among only 15 or 16 of its kind in the world that will offer a spectacular view of the night sky. Because of its altitude and location across the Himalayas in the rain shadow area, this Night Sky Reserve is the ideal place for star gazers almost throughout the year," said Dr Jitendra Singh when a delegation led by Tashi Gyalsen, Chairman, LAHDC, Leh, called on him in New Delhi today.

"On behalf of the Department of Science & Technology and CSIR, we will request the Prime Minister Narendra Modi to inaugurate the Night Sky Reserve at

an early date," he added.

The Night Sky Reserve aims to promote Livelihood through eco-friendly activities of Astro tourism, spread awareness about astronomy and astro scientific research with reduction of artificial light and wildlife conservation.

Dr Jitendra Singh said projects are afoot on developing food products from Leh Berry, the nutritionally rich and exotic fruit of the region.

Dr Jitendra Singh thanked the Ladakh Administration for taking a decision to start the commercial plantation of "Leh Berry" from last year. The Council of Scientific and Industrial Research (CSIR) under the aegis of the Union Ministry of Science & Technology is promoting "Leh Berry" which is an exclusive food product of the cold desert and also a means of wide-ranging entrepreneurship as well as self-livelihood.

Dr Jitendra Singh referred to PM Modi's visit to Ladakh in May 2018, wherein the PM had strongly advised for widespread cultivation of sea buckthorn, which is the source of "Leh Berry". He said, CSIR is also developing the harvesting machinery to be used by local farmers and Self-Help Groups, as currently only 10% of berry is being extracted from the wild sea buckthorn plant.

Tashi Gyalsen, Chairman, LAHDC-Leh complimented Dr Jitendra Singh for approving the setting up of an exclusive Examination Centre at Leh for conducting the Civil Services Examination by the DoPT. "This brings huge relief for students who were compelled to incur huge expenses travelling to other Centres like Srinagar or Chandigarh," he said.

Dr Jitendra Singh said PM Modi accords highest priority to Ladakh and other remote regions of the country.

"For the first time under the Modi government, Ladakh has been granted a University and an Engineering College and the Medical College has also started academic sessions since last year," he said.

The delegation also discussed strategic issues in the border region and local administrative matters.

PM Modi held...

to give a voice to the global South and strengthen the India-Japan relationship. He highlighted that an important pillar of India's G20 leadership is voicing the priorities of the Global South. He added that the culture that believes in Vasudhaiva Kutumbakam believes in taking everyone along.

Modi emphasized that this year is unique as India and Japan will hold the presidency of G20 and G7 respectively. He said it is a great opportunity to work together with common interests and priorities. In 2019, the India-Japan Competitiveness Partnership was established.

Prime Minister said that under this, both countries have focused on logistics, food processing issues, and MSMEs. He expressed hope that the series of discussions and consultations between the two countries will continue and India-Japan ties will reach new heights. The theme for Tourism Exchange Year 2023 between India and Japan is "Connecting the Himalayas with Mount Fuji".

Modi said the India-Japan Special Strategic and Global Partnership is based on shared democratic values and respect for the rule of law in the international arena. He pointed out that strengthening India-Japan Special Strategic and Global Partnership is important for both India and Japan as partners. He said this partnership promotes peace, prosperity and stability in the Indo-Pacific region.

Prime Minister Modi thanked Mr. Kishida for inviting him to the G7 Summit to be held in Japan later this year.

During the meeting, both sides discussed regional and global issues of mutual interest, including the role of the India-Japan partnership in fostering peace, prosperity, and stability in the Indo-Pacific region. There was a wide-ranging agenda on the table with a focus on cooperation in economy and commerce, climate and energy, defence and security, and skill development.

The theme for Tourism Exchange Year 2023 between India and Japan is "Connecting the Himalayas with Mount Fuji". The Japanese Prime Minister arrived in New Delhi this morning for a two-day visit to India. He was welcomed by Minister of State for Electronics and IT, Rajeev Chandrashekar on arrival. This is his second visit to India as Prime Minister. He paid floral tributes to Mahatma Gandhi at Raighat in the morning. He will give the 41st Sapru House Lecture later today.(CNS)

Community mobilization programme under SAMAGHRA Shiksha organized



JI NEWS SERVICE

JAMMU, MAR 20: A community mobilization cum sensitization programme under SAMAGHRA Shiksha was organised at Govt Middle School Rattian. The programme was organised by Zonal Education Officer Zone Miran Sahib Swarna Devi on the directions of Chief Education Officer Jammu. The programme was presided over by Headmaster GMS Rattian. The Programme was attended by the

SMC/SMDC members of schools of Zone Miran Sahib, Sarpanches, Panches, other PRIs, Parents, prominent citizens and Heads of nearest schools. Headmasters GH5 Simbal, Suman Sharma, BHS Simbal Kailash Devi, BHS Bri Nagar Anuradha Sharma, BHS Bri Nagar, H S Phinder Shah Fawaz, H S Gobind Singh Pura Subash Chander, J/C Middle School Jagdish Sharma, Subash Sharma, Amarjeet Kour, Narinder Kour, Reva

Bakshi, Pawan Bala, Jyoti Sharma, Chanchal Sharma, Management committee members Juzar Singh, Mohan Singh, Pawan Kumar, Surinder Kumar, Nisha Mahajan, Rabia Akther, Ashwani Kumar were present on the occasion. While addressing the gathering, Zonal Education Officer Miran Sahib Swarna Devi highlighted the role of community in attaining the goal of quality education. She discussed the various initiatives of SAMAGHRA Shiksha. She

also elaborated the role and responsibilities of School Management Committee.

During the programme, community members were informed about the roles and responsibilities of SMCs/SMDCs/VECs and PRI members in the development of government schools. They were encouraged to come forward and help revive the education system for the future of children. They were also made aware of government schemes such as the MDM programme, free textbooks, free uniforms for classes 1st to 8th, scholarship schemes for SC/ST/OBC/disabled students and National Means cum Merit Scholarship (NMMMS). Community members were urged to promote enrolment by encouraging the general public to send their children to government schools to receive quality education from highly qualified teachers and avail a range of facilities.

J&K Budget 2023-24 meticulously planned strategic tool to bring unprecedented transformation: Kavinder, Sat



JI NEWS SERVICE

JAMMU, MAR 20: Kavinder Gupta, senior BJP leader and former Dy Chief Minister of Jammu and Kashmir, while terming the Union Budget 2023-24 as the most outstanding fiscal management by the Finance Minister Nirmala Sitharaman, has asserted that this budget is going to help continue the pace of development in the Union Territory as necessary provisions have been ensured by the concerned minister to realize the dream of PM Narendra Modi to usher in era of peace and progress in the region.

The senior BJP leader was addressing an august gathering during a seminar on 'Budget pe Charcha' held at the BJP Headquarters in Trikuta Nagar here today. It is pertinent to mention here that Kavinder Gupta was the chief Guest on the occasion. Prominent among others present on the occasion were DDC Chairpersons Bharat Bhusan, Keshav Sharma, Saraf Singh Nag and Col Mahan Singh; Chandar Mohan Gupta ex Mayor, Deputy Mayor Baldev

Billoria; Spokesperson BJP Jammu and Kashmir, Purnima Sharma; Sat Sharma, Rakesh Mahajan Convener All Cells BJP, Abhijit Jasrotia, Pawan Singh, Surjeet Singh and Ved Sharma Co-Convener besides members of Local Bodies Cell And Panchayati Raj Cell. Prominent business persons including traders and industrialists were also present at the event.

Kavinder Gupta said that this budget is futuristic and a ray of hope for one and all as it addresses the aspirations of the people belonging to every section of the society. He said the Budget component appropriated to the Union Territory of Jammu and Kashmir is all the more meticulously planned strategic tool to bring unprecedented transformation in the region.

Kavinder said that the J&K Budget in brief can be said to be a people's Budget full of all the niceties and it is for the party workers especially the members of ULBs and Panchayati Raj Cells to make the people aware about the highlights of the budget that are aimed at

prosperity and overall welfare of the people of Jammu and Kashmir.

Stressing that the members of ULBs and Panchayati Raj Cells (PRCs) have direct connect with the people at grass roots level, the senior BJP leader said that these members have to play a vital role in creating awareness about the benefits of J&K Budget 2023-24. He said that it is solemn duty of all party cadres to spread awareness about the resounding features of the aforesaid budget so that people can have the idea about Modi Government's plans to steer J&K to new heights of progress and prosperity.

Sat Sharma, in his address, said that this year's Budget focuses on poor, women, labourers, middle class, youth, farmers, SC, ST, OBC and every section of society. While enumerating the major points from the Budget 2023-24, he said that in order to provide financial support to farmers, Rs. 20 lakh crore have been provided for Kissan credit. This major step will largely help small and marginal farmers. For MSME, Rs. 2

lakh crore MSME guarantee scheme without collateral loans with less interest rates is yet another major step, Sharma added.

Rakesh Mahajan, Convener All Cells BJP, while speaking at the seminar, highlighted that 80 crore poor will get free ration for next one year and Priority households will get free ration under this budget for which Rs. 2 lakh crore have been allocated.

Abhijit Jasrotia said Modi government is committed to empower youth and lakhs of youth will be trained in the internet of things, Artificial Intelligence, 3D printing, etc, under a skill development initiative. He further explained that over 47 lakh youth will be part of this initiative and they would also receive a stipend.

Pawan Singh said that PM Modi is marching ahead to realize the dream of a developed India and Naya Jammu and Kashmir and the budget has all the provisions required to realize this dream. Surjeet Singh said Budget 2023-24 for J&K is a well calculated plan framed by the Finance Minister to help the Union Territory of J&K to move on a sturdy path of development taking along all the sections including farmers, youth, women, etc.

Ved Sharma Co-Convener in his address during the seminar said that the budget is going to help continue the pace of development in the Union Territory as necessary provisions have been ensured by the Finance Minister to realize the dream of PM Narendra Modi to usher in era of peace and progress in the region.

Fulfil our demands or face action, warns NRMU leader Shamber Singh

JI NEWS SERVICE

JAMMU, MAR 20: Highlighting their demands, the Northern Railways Men's Union (NRMU) Running Staff on Monday warned the government to address their grievances otherwise be ready to face action. Protesting outside the Jammu Tawi Railway Station, the NRMU Running Staff members headed by its Jammu Branch Secretary, Comrade Shamber Singh appealed to the government with a final warning to come to the logistic conclusion and address their long pending issues. "It is high time now and the government must address our issues and if they fail to address them and do not come to any logistic conclusion, then we will be compelled to intensify our agitation for which the government will be responsible and have to face the repercussions," said Comrade Singh. He said that it is also the duty of the railway officials in chair and the authorities at the helm of affairs to take up their matter with the government at the highest level and get them resolved at the earliest. "Union will not spare any such element that will not be taking up our issues at the right quarters."



The officials have to pay the price for turning a blind eye if the grievances are not addressed," he stated.

Other members comprising Comrade S V Das, Comrade J P Singh, Vice President, Ram Pal Singh, Comrade Paswan, Comrade Kerni, Drain Manager Anil Sharma, Arun Sharma, Comrade Brij Mohan, Comrade Rajesh, Comrade Somnath in one voice asserted that the government must stop imposing anti-running staff policies and start thinking for their welfare and betterment. Loco pilots and other members of running

staff were also present on the occasion. "The staff has to stay united to fight for the cause and if no heed is paid to our genuine concerns, we will adopt iron hands if needed to press the government to fulfil our demands," they stated. "Due to shortage of staff in the mechanical, running staff is being engaged for washing and cleaning in the yards.

If you are breathing and are alive then we have to show our strength to the government otherwise our voices will be suppressed forever," said the NRMU protesting members.

Govt must focus on providing adequate sports facilities to budding players: Uday Chib

JI NEWS SERVICE

JAMMU, MAR 20: Ankush Sharma, Coach of Adimurai today met Uday Chib, President J&K Pradesh Youth Congress with regard to upcoming 5th National Varma Adimurai Championship which is scheduled to be held at CSI Hall Kanyakumari Tamilnadu from 25th to 27th. Ankush Sharma informed Uday Chib that about nine players from Jammu and Kashmir are going to participate in this championship.

Notably, Adimurai is a Tamil martial art originating in modern-day Kanyakumari, the southernmost region in India. It was traditionally practiced in the Kanyakumari district of Tamil Nadu as well as nearby areas in southeastern Kerala. Its preliminary



empty-hand techniques are called Adithada and application of vital points are called Varma Adi, although these terms are sometimes interchangeably used to refer to the martial art itself. Uday, while wishing a best to the participating players, hoped that our budding players will

bring laurels to the Jammu and Kashmir. He said that J&K has no dearth of talent but there is a need to identify the talented lot and providing them the best available coaching so that they find their rightful place in the national and international events. J&KPYC Chief asked the

J&K Sports Council to be proactively involved in promoting sports for which it must focus on providing adequate sports facilities, diet and sponsorship to sports aspirants on the pattern of other states so that our sports persons will be able to bring more medals for J&K.

Dr. Nirmal, Rajeev, Anuradha, listens to the public grievances



JI NEWS SERVICE

JAMMU, MAR 20: Dr. Nirmal Singh, former Dy. Chief Minister accompanied by Rajeev Sharma, former MLA and BJP Vice-President Anuradha Charak, listened to the public grievances at BJP headquarters, Trikuta Nagar, Jammu.

Numerous people, individually as well in the form of deputations, visited the BJP office to discuss their respective issues with the senior party leaders. Various issues represented contained matters of individual concerns as well as development oriented related to their respective areas. Besides various per-

sonal issues, other main issues presented related to PHE, PDD, roads, lanes, drains etc. Dr. Nirmal Singh and Rajeev Sharma listened to all the individuals and the deputations took up the matters with the concerned departmental officials telephonically as well as issued letters for

Rajeev Sharma laid stress on the commitment of the party workers to serve the society.

He said that BJP workers have only single focus that how they can be of use to the Nation and the society. Anuradha Charak diarized all the issues and conducted the proceedings of the grievance camp.

Indian Army organises Veterinary Aid & Rural Development Camp

JI NEWS SERVICE

UDHAMPUR, MAR 20: Veterinary Aid and Rural Development Camp was organised by Indian Army at Village Gunni Talab, Block-Sewna in Udhampur District on 20 Mar 2023.

The camp organised under the aegis of Udhampur Sub Area by Advance Field Veterinary Hospital with active co-operation of Chief Animal Husbandry Officer, Udhampur.

The camp included free veterinary treatment to the animals, mass deworming, examination of animals for systemic diseases, conduct of minor surgeries, gynaecological examination for pregnancy diagnosis & infertility, anti-rabies vaccination of dogs and distribution of feed sup-



plement/mineral mixture. Local farmers were advised/educated on scientific aspects of animal management practices to improve the productivity of their livestock.

People were also provided with a single window opportunity where

they could interact with representatives of District Rural Development Agencies viz departments of agriculture, horticulture, sheep husbandry and rural development banks and gained information about various schemes run by these agencies.

Indian Army Trained Youth for CEE on Agnipath Scheme

JI NEWS SERVICE

JAMMU, MAR 20: With an aim to educate, spread awareness and motivate the youth to take up Armed Forces as a profession, Indian Army organises a Training for Common Entrance Exam on Agnipath Scheme to youths of Kijai region of Kishtwar District. The training encompasses

on encouraging the locals, specially youth and providing them detailed information about Indian Army. They were also informed about Indian Army initiatives for the Awaam. They were also informed about the enrollment procedure through different type of entries and also briefed about the various opportunities available for them to join Indian Army.

They were also briefed about the organisation and various challenges faced by the soldiers. A large No of youth attended the training.

The event was a unique, unforgettable and motivational experience for the youth and general public. The training was an effort to intrigue the senses of our youngsters and motivate them to join Indian Army.

THOUGHT OF THE DAY

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

JINDRAH IMAGES

Only tangible measures to address unemployment issue

Growing joblessness has become a major cause of concern for all governments and societies. Though serious measures have been taken to address this issue over the years, it is yet to deliver the positive outcome. When it comes to Jammu and Kashmir, it appears to be getting harder to obtain a government job. A report recently suggested that only 25,450 candidates managed to get through selection processes for their employment in different government departments since 2019. Comparatively, around 12 lakh students, including women, had been enrolled in higher education of Jammu and Kashmir (including Ladakh) during the last three years (from 2018-19 to 2020-21). Importantly, a good number of graduates and post-graduate degree holders also applied for low paying government jobs that had an eligibility of either Class V or a junior assistant. If one looks at the statistics, it could be safely assumed that the level of unemployment has reached alarming proportions and there was a need to make the private sector more lucrative to address this gigantic problem in the Union Territory. On the other hand, the government claims that the unemployment rate has improved significantly in 2021-22 in comparison to earlier years. The report revealed that the data relating to employment indicators published in Periodic Labour Force Survey (PLFS) was published by the Ministry of Statistics and Programme Implementation (MoSPI) shows the estimated unemployment rate (in percent) in Jammu and Kashmir for the age group 15-29 years during the years 2019-20, 2020-21 and 2021-22 are 18.3 percent, 18.3 percent and 14.4 percent respectively. The unemployment rate has improved significantly in 2021-22 in comparison to earlier years. The data shows that 6,235 candidates were selected for government jobs in Jammu and Kashmir during the year 2019, while this number was 2,793, 11,434 and 4,988 for the next three years (2020, 2021 and 2022) respectively. It further reveals that the student enrolment including youths and women in Higher Education in Jammu and Kashmir had been increasing over the last three years. As per the All India Survey on Higher Education (AISHE), 2020-21, student Enrollment in Higher Education of Jammu and Kashmir during last 3 years was around 12 lakh. As many as 3,94,009 students were enrolled in higher education during the year 2018-2019, while this number further went up to 3,98,313 in the year 2019-20 (figures of Ladakh have been included for comparability, as the enrolment of 2018-19 was of undivided Jammu and Kashmir inclusive of Ladakh) and 4,02,001 in the year 2020-21. The need of the hour is to make our academic courses job-oriented. The government should further step up its efforts to give a boost to the private sector as it will help the administration to tackle the problem of unemployment.

Premature release not absolute right of convicts

STRICT VETTING BY THE STATE IS REQUIRED BEFORE TAKING A DECISION ON THE RELEASE OF CONVICTS WHO ARE INVOLVED IN SENSATIONAL CRIMES, KEEPING IN VIEW NATIONAL SECURITY AND PUBLIC SAFETY. STRATEGIC STATE AND PUBLIC INTEREST PROSCRIBE THAT DECISIONS ON SUCH CLEMENCY MATTERS SHOULD REMAIN UNDER THE VEIL OF SECRECY AND THE STATE SHOULD NOT BE COMPELLED TO TAKE A CALL IN HASTE.

KP SINGH

PROTESTERS laid siege to the Chandigarh-Punjab border in Mohali last month to press for the release of certain Sikh prisoners, arguing that they had spent more than 14 years in prison and, hence, had served their full sentence of life imprisonment. These prisoners include convicts involved in the assassination of former Punjab CM Beant Singh in 1995. A petition demanding the release of one of the assassins is pending in the Supreme Court.

According to Section 45 of the IPC, read with Section 55, life imprisonment entails incarceration till natural life of a person, unless the appropriate government uses its discretion to order premature release by commuting life imprisonment to the sentence already undergone. Such release is governed by a policy to avoid arbitrariness, and is subject to an eligibility criterion. According to the prison rules, it is mandatory for a jail superintendent to present for consideration of the appropriate government the premature release case of every convict who has spent 14 years in jail.

In that respect, the Sikh prisoners in question have earned the right to be considered for premature release. Normally, a disciplined life convict in a not very sensational case is released from jail after 14 years of incarceration. The protesters say the Sikh prisoners have spent far more than 14 years in jail and should be released. They fail to realise that the eligibility for consideration for release is different from the right to be released. In addition to eligibility, premature release is a sine qua non of several other considerations, including the prisoner's persistent good conduct and disciplined life inside prison, the gravity and nature of the offence, public safety and national security concerns, capacity to commit crime in future, respect for the law of the land, custody period and the age and physical health of the convict.

Former US President Abraham Lincoln once said, "I have always found that mercy bears richer fruits than strict justice." In the case of Epru Sudhakar (2006), the SC had observed, "Premature release does not amount to overturning of judgment of conviction; it is mitigating the punishment." Justice Krishna Iyer, in the All India Judges' Association case (1992), observed, "Law and justice are distant neighbours, sometimes even strange hostiles."

Premature release is a means to adjusting the scale of justice to make law and justice good neighbours. Accordingly, clemency is an essential ingredient of 'correctional justice', deeply embedded in the constitutional and legal schemes in India; though it is not an absolute right of all convicts.

The President and governors have been conferred powers to grant pardon and suspend,



remit or commute sentences in certain cases as per the provisions of Articles 72 and 161 of the Constitution of India, respectively.

Montesquieu, a French legal luminary, justifies clemency power as an act of grace and humanity and the defining attribute of any sovereign to correct possible judicial errors. Even the SC has recognised the relevancy of these provisions in order to relieve the convicts from a sentence which is mistaken, harsh or disproportionate to the crime committed.

The Central and state governments also have powers to remit and suspend the sentence of a convict as per Section 432 of the CrPc and even suo motu commute sentence of a convict under Section 433 of the CrPc. All such premature release orders should conform to the premature release policy and are justiciable. The premature release of life convicts in the Bilkis Bano case of rape and murder by the Gujarat Government is already under the scrutiny of the SC.

On the other hand, the SC has released long-incarcerated prisoners after they failed to get clemency from the state. In the Shatrughan Chauhan case (2014), the SC ordered the commutation of death penalty to life imprisonment of all convicts who were awaiting execution for long, justifying that Article 21 of Constitution does not end with the pronouncement of sentence but extends to the stage of the execution of the sentence.

Life-term convicts in the Rajiv Gandhi assassination case, incarcerated for about three decades, were set free last year by the apex court, exercising its powers to do 'complete justice' under Article 142. Only time would tell

how the SC approaches the matter of the similarly circumstanced Sikh prisoners.

Legal luminaries, however, don't want the Supreme Court to invoke extraordinary jurisdiction under Article 142 and release the dreaded criminals. They argue that the judiciary cannot revolt against the Constitution. Another question is being asked: If all cases of life sentence and capital punishment are to be commuted on a pretext or the other, what is the purpose of having these forms of punishment on the statute book? How can a life, taken away by the procedure established by law, be 'restored' to proven dreaded criminals, it is argued.

Therefore, strict security vetting by the state is required before taking a decision on the release of convicts who are involved in sensational crimes, keeping in view national security and public safety. Strategic state and public interest proscribe that decisions on such clemency matters should remain under the veil of secrecy and the state should not be compelled to take a call in haste.

Praying for mercy is a solemn affair and granting of it a huge responsibility. The state cannot afford to — and should not — succumb to pressure tactics adopted to demand the release of dreaded offenders; it would be worthwhile, though, to watch how the Central Government responds to the demand for the release of Sikh convicts. It is yet to be seen how the Supreme Court will strike a balance between the so-called demand for justice by the petitioners and the possible strategic reluctance of the state to react to it instantly in the prevailing circumstances.

Ukraine war looking bleak from West's standpoint

NIRAJ SRIVASTAVA

THE Ukraine war has entered a crucial phase with the Russian army on the verge of a breakthrough in the eastern province of Donetsk. At present, only half of the province is under Russian control.

Media reports suggest that soldiers from the Russian mercenary, Wagner Group, and the Russian army have surrounded the strategically important city of Bakhmut in Donetsk. Some reports claim that eastern Bakhmut has already fallen to the Russians, and it is a matter of time before the western part of the city also slips out of the hands of Ukrainian President Volodymyr Zelenskyy's forces.

Even American newspapers such as The New York Times and The Washington Post have lately changed their tone, admitting the possibility of significant advances by the Russian army, including the takeover of Bakhmut in the foreseeable future.

If that happens — and there is a fair chance it might — important Ukrainian towns and supply lines would be exposed to the Russian army, in addition to the Russian takeover of Donbas. After that, the Russians, who already control around 20 per cent of the eastern and southern Ukraine, will likely try to take whatever they consider important for their security, possibly including

Once again, as in Afghanistan and Iraq, the western gamble seems to have failed. But this time, the consequences of the war may not stay confined to Ukraine; they will affect the prosperous countries of the West, such as Germany and France. In addition to the problems of millions of Ukrainian refugees and the cost of rebuilding the country, western Europe will also face long-term threats to its security, caused by a failed state in Eurasia



Odesa, and establish a large demilitarised zone in central Ukraine.

The US, NATO and Zelenskyy would then likely come to the negotiating table, but without many chips in their hands. On the other hand, the Russians would have achieved most of their war aims, including a land corridor to Crimea and a sufficiently large buffer zone between them and the rump state of Ukraine. The declared aim of their 'special military operation' — the demilitarisation and denazification of Ukraine — would also be achieved.

Nobody can guarantee that the above scenario would necessarily materialise, but it has to be assessed in the context of reports, including the one in The Wall Street Journal dated February 25, that European leaders, including France's President Emmanuel Macron and Germany's Chancellor Olaf Scholz, have advised Zelenskyy to explore negotiations with Moscow because Europe cannot indefinitely support Ukraine in a war which is looking increasingly bleak from the West's standpoint.

Moreover, the war is ruining their

economies and causing hardships to their people, whose anger against their governments is becoming increasingly visible. Instead of a regime change in Moscow, the same could happen in Europe, where the sanctions have backfired, causing widespread inflation, recession, energy shortages and unemployment.

A facade of western solidarity in the war barely hides its weak foundations, which may not survive further blows by the Russians, whose resolve to win the war has hardened in the face of western intransigence. No wonder they put their foot down at the G20 foreign ministers' conference recently in New Delhi, blocking the issue of a joint statement, something they had not done at the G20 summit in Bali last year.

Russia is not only slowly but surely grinding down the Ukrainian military, but has also withstood the impact of western sanctions much better than expected. Contrary to expectations, the rouble has strengthened rather than collapsed, and the Russian economy has contracted much less than predicted. According to an International Monetary Fund report, while the Russian economy contracted by 2.2 per cent in 2022,

Ukraine's shrunk by over 35 per cent despite getting \$46 billion (economic) and \$67 billion (military) aid from the US.

Politically, Russia retains the support of many important countries, including China and India, which together represent almost one-third of the world's population. For this reason, the US, much to its chagrin, is unable to prevent them and the others from continuing to do business with Russia.

Again, while the West has been spreading disinformation about Russia running out of weapons, it is Ukraine that seems to be in that situation. So far, the US and Europe have pumped weapons worth billions of dollars into Ukraine, but that has merely prolonged the war, and not significantly changed its course. A good deal of them are reportedly finding their way on the black market for weapons, which could pose a headache for Europe.

American desperation to harm Europe's relations with Russia is also reflected, among other things, in its shameful act of sabotaging the Nord Stream gas pipeline from Russia to Germany last September, which was exposed by US journalist Seymour

Hersh last month. This revelation has further alienated the people of Europe, and possibly Macron and Scholz too, who are finding it difficult to explain it to their people. The official denial of complicity in the act by the US has fooled no one.

Therefore, as things stand, it is Russia which looks better placed to achieve its objectives in Ukraine, rather than the US. How the West can help Ukraine recover the territory lost to the Russians is unclear. On the other hand, Russia appears to be gaining the upper hand in the war. That is not surprising, because it is an existential war for the Russians in contrast to the West, for which it is simply a game of global domination, in which it indulges from time to time. The West also seems to have forgotten the lessons from 1945 and 1815, when Russia withstood assaults from Hitler and Napoleon, ultimately causing the defeat of Germany and France.

Once again, as in Afghanistan and Iraq, the western gamble seems to have failed. But this time, the consequences of the war may not stay confined to Ukraine; they will affect the prosperous countries of the West, such as Germany and France.

Demi Moore Shares Glimpses Of Bruce Willis' Birthday Celebration With Family

Hollywood star Bruce Willis' family wished the actor a happy 68th birthday in separate Instagram posts. He was diagnosed with a form of dementia called frontotemporal dementia, or FTD, last month.

His ex-wife Demi Moore posted a video of Willis celebrating with her, his current wife Emma Heming Willis, his daughters and other family members, reported The Hollywood Reporter.

The video shows the family singing "Happy Birthday" to Willis followed by him blowing out candles on a pie.

Moore captioned the video: "Happy birthday, BW! So glad we could celebrate you today. Love you and love our family. Thank you to everyone for the love and warm wishes, we all feel them." Willis has three grown daughters with Moore (Rumer, Scout and Tallulah) and two with his current wife Emma (Mabel and Evelyn). Separately, she posted a photo of her as a young girl sitting

on her dad's shoulders, appearing to be sleeping. Calling Bruce "one of my best friends, the Pisces king, the master of duality, both action hero icon and gentle girl dad," she said it's been "a privilege" to have him as her father.

However, she admitted that the entire day wasn't completely celebratory.

"Today is not necessarily an easy day, because it's a day full of so deep love, and our grief really does show us the depth of our loving for someone," she wrote. "So I'm trying to be with both today. Grief is a price I'll always pay to know what it is to feel such love. I'm sending my love to anyone who has ever felt their capacity stretched by the enormity of love and the humanness of grief. I love you."

Meanwhile, Emma also posted two separate videos on Instagram marking Willis' birthday. In the first, she opened up about dealing with feelings of grief and sadness everyday. In her video, Emma noted that she'd been crying that morning.



The art matters, not medium: Angira Dhar

Actor Angira Dhar is happy dabbling in different mediums and feels blessed on getting opportunities to act in varied projects. Last seen in film Runway 34 and recently in a single, the actor, on her recent visit to Lucknow, says, "I only feel blessed that I get all these opportunities and I am able to do it."



Dhar feels that working across mediums will give her more success and help her move up in life. "I don't want to give one thing preference over another. Ultimately, as an artiste, it's not about the medium, it's the art that matters. So, I look forward to continue doing everything."

The actor further adds, "As an actor, one thing that is common among all mediums is that it's all about emoting. Be it TV, films, series, film or even advertisement, ultimately you are doing an honest job. I approach everything as a challenge and try to do it with full honesty."

Talking about shooting her first music video Bairyia, she says, "The best thing is that it has the mesmerising voice of Arijit Singh. It was a very exciting and new experience for me. Though the music video is a very different medium but things are done just like a film."

She will be next seen on OTT. "I have shot for a web series directed by Homi Adajania," says the actor. The series is tentatively titled Saas Bahu aur Cocaine.

'The way he looks at you....', Fans react to 'favourite couple' Jesse Sullivan and Francesca Farago's mushy pics

Francesca Farago, who gained popularity as a participant on the widely watched dating program, Perfect Match, recently shared a series of affectionate photographs featuring her boyfriend, Jesse Sullivan, a well-known YouTuber. In a few of the snapshots, the duo can be seen wearing matching black outfits, exuding the aura of a dynamic duo. Jesse appeared to be completely smitten with his girlfriend. In another collection of images, the couple applied a face mask to augment their natural beauty and posed gleefully

for the camera in their restroom. Numerous admirers and celebrity acquaintances hurriedly left comments in the comment section, expressing their fondness for the lovely pair.

One of the snapshots showcased Jesse and Francesca striking a natural pose. Francesca donned a trendy black top, complemented by a leather jacket and a mini-skirt. She accessorized her outfit with minimal makeup and black high heels. Jesse, on the other hand, opted for an all-black look, pairing a silver-lined, full-sleeved T-shirt with an olive pair of loose-fitting pants and black shoes. He

held Francesca's hand, and in another shot, he gazed at her adoringly. Additionally, Francesca shared a couple of images featuring the duo applying face mud to maintain healthy and radiant skin. Jesse even planted a kiss on Francesca's cheek, and they both looked straight into the camera while capturing a selfie.

Sharing the pictures on Instagram, Francesca wrote, "Us 10% of the time vs 90% of the time." Jesse commented, "Me looking at you like (drooling emoji)" and "Hysm (black heart emoji)." Kariselle wrote, "FAVOURITE COUPLE."

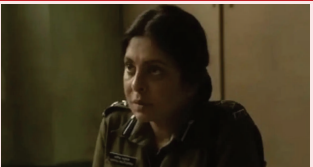
Chrishell commented, "Both 10s (fire emojis)." Kayla Rich wrote, "Love birds." Digital Creator Angel Merino commented, "Too mucg fire on one photo!!!" Sophia Pierson wrote, "Couple goals (fire and smiling face with red heart eyes emojis)."

Reacting to the mushy pictures, one of Francesca's fans commented, "The way he looks at you (red heart eyes emoji). I love the way you look at each other." Another fan asked, "Hi I wanted to ask you, did all the bikinis you wore on perfect match are from your line? I loved a black one you wore." Other fan wrote, "Couple

goals." "You two are so cute together", added one. "Love you guys", wrote other.

Francesca, a former participant of the dating reality program, Perfect Match, expressed her dissatisfaction with the producers while appearing on Nick Viall's podcast, Viall Files. During the first episode of the show, which premiered on February 14 and required the contestants to live with men, Francesca admitted to feeling uneasy. She also revealed that many of the other participants were also uncomfortable and unaware of the living arrangements during filming.

Ahead of 4th anniversary of 'Delhi Crime 1', Shefali Shah Says DCP Vartika Will Never Leave Her



Actress Shefali Shah, who plays the role of DCP Vartika Chaturvedi in the streaming show 'Delhi Crime', was convinced about playing the character from the word 'Go'. The actress made the revelation ahead of the fourth anniversary of the first season of the show. The first season of 'Delhi Crime', which won an International Emmy for Best Drama Series, followed the events of the 2012 Delhi gang-rape case.

Season 1 depicted the hunt for the perpetrators of the infamous case which led to the Indian legislation of The Criminal Law (Amendment) Act, 2013 (The Nirbhaya Act). Ahead of season one's fourth anniversary, Shefali said: "I feel extremely proud seeing Delhi Crime doing so well, four years down the line after it first premiered. This show was extremely special to me from the word go. When I read the script for the first time, I knew I wanted to be DCP Vartika and I knew I wanted to tell this story because it was that powerful and it felt so important that I just wanted to be the character immediately."

Here's what Selena Gomez wants to do after crossing 400 million followers on Instagram

Singer Selena Gomez hit a big milestone on Instagram on Saturday. She is now followed by 400 million followers on the image, video and audio-sharing website. She became the first ever woman to have such a big fan base in the history of social media platform weeks after surpassing Kylie Jenner. She took to Instagram and expressed her heartfelt gratitude to her fans for their immense support and love. She shared a carousel of pictures from her concert and stated one desire. (Also read: Selena Gomez hits 400 million followers on Instagram amid Kylie Jenner and Hailey Bieber drama)

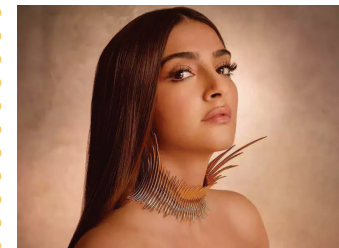


In one of the pictures, she gave warm hugs to her little fans. In another, she stood on the stage and posed with her hundreds of fans gathered to witness her concert. In other, she posed with a bunch of female fans. One of the females held a banner, it read, "Can't keep our excitement to ourselves!" At the end, she flashed her radiant smile as she stood with her fans. One of the group there held, "We love Selena" poster. The pictures showed Selena's happy moments

with her people. Sharing the appreciation post for fans, Selena wrote, "Wishing I could hug all 400 million of you (white heart emoji)." Actor Anushka Sen dropped pink heart emoji. Ray Murray commented, "On behalf of the 400 million people I volunteer as tribute to receive this hug." Deepiti Chandok commented, "Hermosa you rock." Reacting to Selena's achievement, one of her

fans wrote, "Hailey can't post like this because she doesn't have 400 M followers (laughing emojis)." Another fan commented, "It's my DREAM to hug you one day. I love you so much Sel!! You deserve all the love and support in the world." Other fan wrote, "You are just love for us & a fire woman with full of inspirations." "Lmao she's using old photos of herself where she's more attractive. Girl you haven't looked like that in yearssss", added one. Recently, she took to Instagram to share glimpses of her family, which includes her stepfather Brian Teefy and younger sister Gracie Elliot Teefey. This refreshing change from the Kylie and Hailey controversy featured photos and videos of the trio enjoying a fishing trip under a serene blue sky. The sun-kissed adventure allowed Selena and her loved ones to make cherished memories together. Referring to herself as a 'Cali girl', She expressed gratitude for her blessings. Selena first gained fame as a child actor in the hit television series Wizards of Waverly Place and later transitioned to a successful music career.

Step inside Sonam Kapoor's London home decorated with flowers, candles, balloons for 'chic' dinner party



Sonam Kapoor's London home is dominated by large paintings, eye-catching furniture in bright colours like green and red as well as designer wallpapers and antique decor pieces. The actor recently returned to London with businessman-husband Anand Ahuja and their son Yayu Kapoor Ahuja, who was born in August last year. On Sunday, Sonam gave fans a peek inside her first Mother's Day at home with Yavu. Mother's Day was celebrated on March 19 in the UK. Also read: Sonam Kapoor says Anand Ahuja 'has outdone himself' as he decorates London home with balloons, gifts

On Monday, Sonam Kapoor shared photos from her dinner party at her London home on Instagram Stories. A beautiful tablespace with yellow taper candles and lots of tiny and huge vases with colourful flowers was seen in one of the photos. The dinner table was also decorated with glass candles, and green and red crockery. A special menu for the night was curated by Sonam and Anand. There was pan-seared fish, roasted hispi cabbage and a chicken dish on the menu.

One of Sonam's guests shared a photo of the beautifully laid table on Instagram Stories, and wrote, "Unexpected Sunday eve, so chic. Sonam Kapoor and Anand Ahuja taking Mother's Day to another level!"

Earlier on Sunday, Anand had surprised Sonam with balloons and books as his Mother's Day gift for her. Sonam shared a video of her room decorated with silver foil balloons, as well as the books Anand gifted her on the special occasion.

BEN AFFLECK SHARES WHICH OF HIS MOVIES HIS KIDS LOVE TO WATCH: 'THEY CAN MAKE FUN OF ME'

BEN AFFLECK REVEALED THAT HE SHOWED HIS THREE CHILDREN A FILM FROM HIS EARLY YEARS, ARMAGEDDON (1998). THEY ENJOYED SEEING THEIR FATHER IN THE FUN SCI-FI FILM.

Ben Affleck revealed that he showed his three children a film from his early years, Armageddon (1998). They enjoyed seeing their father in the fun sci-fi film.

Ben Affleck is back in the director's chair for his next, the Prime Video film, Air. While promoting the film, the actor also spoke about showing his three children his films now that they are older. He and his

ex-wife, actor Jennifer Garner, have two daughters, 17-year-old Violet, 14-year-old Seraphina, and one son, 11-year-old Samuel. The actor revealed that they enjoyed Armageddon (1998) from his early days as an actor because they enjoyed making fun of him in it.

In 1997, Ben and his best friend Matt Damon burst on the Hollywood scene with their

film Good Will Hunting. The two friends co-wrote the script and starred in the film. They went on to win the Academy Award for Best Original Screenplay. The actor shared that he wanted to show his children the movies he's been in, and was eager to know their opinion on Good Will Hunting.

Speaking to The Hollywood Reporter, the actor shared, "The first movie of mine that

my kids actually sat through together was Armageddon because they like movies where they can make fun of me and they really like the idea that I was an astronaut or an oil driller or they just found the whole thing kind of preposterous but they loved it. They loved the fun of it.

He went on to say, "But the first movie that I cared about and [was] really interested in

what my children thought was Good Will Hunting, which I watched with two of my now three kids. It was interesting for me to watch them watch the movie and see how different their childhood is from what my childhood looked like. They were engaged and interested and that was on an artistic level, probably the most gratifying experience of my life."



10 bad habits that are making you less productive in the morning

Mornings mark the beginning of the day and usher in fresh optimism. However, because of our fast-paced lives, many among us end up adopting some bad morning habits. So much so that despite knowing they harm us, we are reluctant to change our ways as long as they help us remain ahead of others. Although they might not have an immediate impact on us, these bad morning habits adversely affect our physical and mental well-being. Therefore, we must consider recognising and changing them.

Here is a list of bad morning habits that make us less productive

Checking your phone as soon as you wake up

Technology has enslaved us. This is more evident in our constant need for checking our phones. Many among us are prey to this habit as we wake up and instantly start scrolling through social media on our smartphones.

Even experts advise against going through social media first thing in the morning, as it can leave us feeling stressed and worried depending on what we read.

Ideally, the first thing to do every morning is meditation. Spending a good 10-15 minutes doing this is one of the best ways to kick-start our day. This helps us maintain inner peace and calm.



One of the worst morning habits adversely impacting productivity and health is hitting the snooze button of the alarm clock. It reduces the time we should be spending on preparing psychologically and getting ready for the day, which adds to our stress.

Additionally, by doing so, we miss out on important things in life which we should use to focus on. Hitting snooze disturbs our sleep inertia as well. Instead, we should either sleep early or set an alarm for a realistic time at which we can wake up and feel fresh. We should also try to improve our sleep cycle by resisting the habit of snoozing the alarm.

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Being hungry for so long impacts our health in the long run. So, first thing in the morning, we should consume whole foods and increase our intake of fruits and veggies. Consider morning meal planning if you don't have the time to whip up healthy dishes every day.

Having a goal or listing things to do every day is very important. This is because the list enables our subconscious mind to keep track of the schedule even while we are asleep and prepares us to wake up the first time the alarm rings. This makes our mornings easy, and we never feel the urge to keep lazing in bed. A to-do list helps complete all tasks planned for the day. Although making our bed may seem like something that is only associated with the look of our home, it truly helps us prepare for a productive day. How, you ask? It readies us psychologically – the room looks fresh and systemic as opposed to an

unmade bed, which makes us feel sleepy and lethargic. Contrary to popular belief, starting the day with news is not ideally a good morning habit, as it can take a toll on our mental health. Reading negative reports and articles first thing in the morning may dampen your positivity from the get go, and this is the major reason why experts advise against starting our day by reading the news. It negatively impacts our mindset, which hinders productivity.

However, catching up on news and knowing what is happening around us is necessary, so try to do so only after completing our morning routine or just read headlines to filter the news to focus on.

Adding to the list of bad morning habits is having no morning exercise routine, and its effects might not show up while we are young. Making exercise part of our morning regime is one of the best things we can do for ourselves. A morning sweat session for just 15-30 minutes increases physical and mental productivity. Additionally, morning workouts can help boost metabolism which keeps us fit. One of the most essential morning routines that many people fail to even consider is monitoring our body's water. Drinking sufficient water first thing in the morning and staying hydrated throughout the day can promote a healthy gut and metabolism. Hydrating our-

selves in the morning can also strengthen the immune system, and prevent bad breath and bladder infections. In order to be healthy and productive, start cultivating the habit of starting your day with lots of water and detoxifying drinks.

Yes, drinking coffee in the morning counts among the list of bad morning habits, and it's not a good idea to do so before 9:30 a.m. According to research, our body naturally creates more cortisol, a stress hormone that regulates energy between the hours of eight and nine in the morning. Consuming coffee during this time can confuse our natural cortisol monitoring system. However, having a regular cup of coffee at noon is considered an ideal time. While making a cup of coffee, make sure to have a glass of water to remain hydrated.

Always consider having breakfast staples in the morning before having any kind of dessert. This is because consuming dessert on an empty stomach increases blood sugar levels, which can result in sugar spikes in the short run, and even diabetes in the long run. Having a healthy, hearty breakfast stabilises the sugar content in the food consumed and keeps the gut healthy, without making us feel bloated. Also, experts suggest consuming foods which promote better metabolism and are easily digestible in the morning.

Two recent studies published by the Journal of the American Medical Association (JAMA), also show that walking between 2,000 to 10,000 steps each day reduces the risk of heart disease and cancer, and decreases the likelihood of a premature death by at least 10%. The added beauty of such benefits is that they aren't hard to come by. "Walking is a low-impact exercise that is easy on the joints, making it a great option for people with knee, ankle, or hip problems," says Austin "Ozzie" Gontang, PhD, a licensed psychotherapist and the director of the San Diego Marathon Clinic. Gontang adds that because walking requires no special equipment, gym membership or training, it's "accessible to all and easy to incorporate into your daily routine."

What are the other benefits of walking?

Beyond getting one's heart rate up and the cardiovascular benefits that come from walking, the practice has also been shown to boost one's metabolism, improve cholesterol levels, reduce the risk of stroke, strengthen bones and increase one's energy levels. "Because walking helps strengthen muscles in your lower body, it can also improve knee and hip arthritis pain," says Michael Fredericson, MD, director of the Physical Medicine and Rehabilitation division of Stanford University. The JAMA research also shows that walking about 10,000 steps a day reduces the risk of dementia by a staggering 50%. "Walking can also reduce the risk of other chronic diseases such as diabetes," adds Gontang. On top of such physical benefits, "walking has also been shown to improve cognition, sleep and mental health including mood and self-esteem," says Shelby Johnson, MD, a physical medicine and rehabilitation specialist at Mayo Clinic, Rochester.

Is walking enough exercise?

"While walking isn't going to give you as much aerobic exercise as running does, it has been proven to elevate your heart rate considerably enough to count as meaningful exercise," says Fredericson. The Centers for Disease Control and Prevention (CDC) recommends participating in a "moderate-intensity aerobic activity such as brisk walking for 150 minutes every week" - the equivalent of 30 minutes each weekday.

And if a more demanding workout is desired, "walking can always be made more challenging by adding in intervals of higher intensity walking or including hills or inclines," suggests Johnson.

Can walking help you lose weight?

There's also good news for walkers hoping to shed a few pounds. "As walking increases your heart rate and helps you work multiple muscle groups at the same time, you absolutely burn calories and will lose weight if you do so often," says Fredericson. "And remember, even if you don't work up a sweat, you're still burning calories," he adds.

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Include These Five Nutritious Dishes In Your Meals To Aid Weight Loss

A SUBTLE TWEAK, LIKE INTRODUCING A HIGH-PROTEIN AND FIBRE-RICH DIET AND REDUCING THE INTAKE OF CARBOHYDRATES, CAN HELP IN LOSING WEIGHT

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

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

Here are 5 nutritious meals that may aid in weight loss:

A veggie and hummus sandwich makes a great fibre-rich lunch. Hummus is a spread or a



dip that is made from cooked and mashed chickpeas blended with tahini, garlic, olive oil, lemon juice and salt. You can

pair it with any kind of bread or use it in sandwiches. Take a few slices of multi-grain bread and spread the hummus on all the

slices. Add the vegetables like bell pepper, cucumber, lettuce, onion, and tomato slices to make a delicious sandwich.

Oats Khichdi

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

Upma

Upma is a flavourful and healthy dish that you can cook in a jiffy. It is a perfect meal option made of lightly roasted semolina, green peas, carrot and onions and lightly tempered with mus-

tard seeds and curry leaves. Green Peas are high in protein content and low in calories. It is loaded with vitamins K and C, manganese and fibre.

Oats dosa

Switch the rice ingredient with oats and you can cut down on your carbs intake. Unlike typical dosa, oats do not need to be soaked.

You can add soaked urad dal in a small quantity with oats for binding. Make a batter blending the urad dal and oats together. Let it ferment for 10-12 hours. You can make oats dosas and pair it with sambar and coconut chutney.

Besan Chilla

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

Simple ways you could lose weight without dieting or

Controlling one's body weight is a proven way to living a healthy life. But in today's world most people struggle to control their weight because they find it difficult to stick to a healthy diet and exercise plan. Many simple lifestyle habits can help you lose weight. Some have nothing to do with conventional diet or exercise plans.

Health experts have come up with several proven methods through which one could lose weight without having to sweat it out or starving oneself.

When you chew your food thoroughly you automatically eat slowly which is associated with reduced food intake, increased fullness and smaller portions of food. It is also said that if you eat faster then you are more likely to gain weight than those who eat slowly. Research says that those who eat faster are also much more likely to become obese. Therefore, eating slowly is a simple way to lose weight.

Eat smaller portions of unhealthy foods

In today's time it is impossible to stay away from unhealthy food com-

pletely especially since they are so addictive and appealing. Therefore, the other thing one could do was to eat smaller portions of unhealthy food as and when you can. It will certainly help you control your weight. Smaller portions of unhealthy food can trick your brain into thinking you're eating more than you actually are. Therefore, it's smart to consume unhealthy foods in smaller portions.

Consume plenty of protein

Protein is said to have had a powerful effect on our appetite. It can increase feelings of fullness, reduce hunger and help you eat fewer calories. This is because protein affects several hormones that play a role in hunger and fullness, including ghrelin and GLP-1. One study found that increasing protein intake from 15% to 30% of calories helped people eat 441 fewer calories per day and lose 11 pounds over 12 weeks, on average, without intentionally restricting any foods. Some examples of protein-rich foods include chicken breasts, fish, Greek yogurt, lentils, quinoa and almonds. Adding protein to your diet has been linked to weight loss, even without exercise or conscious calorie

restriction.

Store unhealthy foods out of sight

Eating is as much a physical activity as it is a psychological one. Storing unhealthy foods away where you can't see them may increase hunger and cravings for them causing you to eat them more. One recent study found that wherever high-calorie foods are more visible in the house, residents are more likely to gain weight more than people who keep only say a bowl of fruit visible. If you keep unhealthy foods on your counter, you are more likely to have an



unplanned snack. This is linked to increased weight and obesity.

Eat fibre-rich foods

Eating fibre-rich foods increases satiety, which in turn helps you feel fuller for a longer period of time. Studies show that one kind of fiber, viscous fiber, is particularly helpful for weight loss, as it increases fullness and reduces food intake. Viscous fiber forms a gel when it comes in contact with water. This gel increases nutrient absorption time and slows down the emptying of your stomach. Viscous fiber is only found in plant

foods, like beans, oat cereals, Brussels sprouts, asparagus, oranges and flax seeds. A weight loss supplement called glucomannan is also very high in viscous fiber. Therefore, viscous fiber in particular helps in reducing appetite and food intake. This fiber forms gel that slows down the digestion process.

Drink water regularly

Drinking water can help you eat less and lose weight, especially if you drink it before a meal. One study in adults found that drinking half a liter (17 ounces) of water about 30 minutes before meals reduced hunger and lessened calorie intake.

Ear smaller portions of food

When people tend to consume large portions of food it increases the size of their stomach which makes them want to eat more food, which naturally increases one's weight. Larger portions encourage people to eat more and have been linked to an increase in weight gain and obesity. Therefore, one should try to eat smaller portions of food.

Eat without electronic distractions

People who eat while they're watching TV or working on their

computers may lose track of how much they have eaten. This, in turn, can lead to overeating and over time an increase in one's weight. Studies found that people who were distracted while eating ate about 10% more at one time. Additionally, absent-mindedness during a meal has an even greater influence on your intake later in the day. People who were distracted at a meal ate 25% more calories at later meals than those who were present.

Take enough sleep and avoid stress

In today's stressful times people often ignore taking enough sleep which only adds to their stress. Both, in fact, have powerful effects on your appetite and weight.

Lack of sleep may disrupt the appetite-regulating hormones leptin and ghrelin. Another hormone, cortisol, becomes elevated when you're stressed. Fluctuations in these hormones can increase your hunger and cravings for food particularly unhealthy food leading to higher calorie intake. What's more, chronic sleep deprivation and stress may increase your risk of several diseases, including type 2 diabetes and obesity.

Is walking actually good exercise? Experts weigh in on the benefits.



America is on a fitness kick. Gyms are overcrowded, 5K races and marathons are selling out in record time and the fitness app market is expected to reach \$0 billion by the end of the decade. Despite such elevated levels of health consciousness, the aerobic exercise that rarely gets due credit is walking.

The reality is that walking provides many of the same mental and physical health benefits as other aerobic exercises - but with less effort and strain on one's body. Walking is considered an important form of exercise for many reasons, but its primary benefit is that it's good for the heart. Its cardiovascular advantages include better circulation, which lowers blood pressure and one's heart rate, and improved cardiac output - the heart's ability to pump blood throughout the body.

Is walking good for you?

Two recent studies published by the Journal of the American Medical Association (JAMA), also show that walking between 2,000 to 10,000 steps each day reduces the risk of heart disease and cancer, and decreases the likelihood of a premature death by at least 10%. The added beauty of such benefits is that they aren't hard to come by. "Walking is a low-impact exercise that is easy on the joints, making it a great option for people with knee, ankle, or hip problems," says Austin "Ozzie" Gontang, PhD, a licensed psychotherapist and the director of the San Diego Marathon Clinic. Gontang adds that because walking requires no special equipment, gym membership or training, it's "accessible to all and easy to incorporate into your daily routine."

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CS e-inaugurates Divisional level Mega Job Fair at Sgr Exhibition Ground

3000 JOBS ON OFFER BY 110 PRIVATE COMPANIES; 542 PLACEMENTS MADE ONSPOT

JJ NEWS SERVICE

SRINAGAR, MARCH 20: Thousands of young jobseekers today flocked to Kashmir Haat to register themselves for different jobs in the Divisional level Mega Job Fair organized by the Department of Labour and Employment here at Exhibition Ground.



The Mega Job Fair was e-inaugurated by Chief Secretary, Dr. Arun Kumar Mehta.

While addressing the event, the Chief Secretary, complimented the Department for organizing the event. He said that the administration is determined to provide job opportunities to youth for gainful employment. He further stated that in order to tide over the problem of unemployment Government is saturating the self employment and wage employment besides attracting the private sector to provide jobs to educated youth. He also maintained that during

the last few years, the LG administration has made sustained efforts in establishing skill institutes for benefit of youth. It is the endeavor of the Government to provide all the assistance and support so that they are able to earn their livelihood respectably. He highlighted that many initiatives like Mission Youth, NRLM, Back to Village, My Town My Pride, Tourism Policy, Film Policy coupled with many other initiatives taken by individual departments are aimed at creat-

ing thousands of employment opportunities for our youth. Dr Mehta also interacted with the job providers and seekers who were offered placement letters on spot. He encouraged the participants to make best out of these opportunities as it benefits both in terms of attracting best talent and multiple opportunities to each of the applicant. Moreover the need for organizing job fairs on regular intervals was also emphasized upon by the Chief Secretary.

Divisional Commissioner Kashmir, Vijay Kumar Bidhuri also graced the event and inspected stalls set up by different job providers, from Health, Education, Insurance, Banking, Automobile, IT, skilling, and other sectors. Different Departments of Govt. had also installed stalls showcasing self employment schemes for potential entrepreneurs in the event.

Deputy Commissioner Srinagar, Mohammed Aijaz Asad; Labour Commissioner, Mr G.N War; Director Handloom & Handicrafts, Mehmooh Ahmad Shah; and reputed industrialists and businessmen were present in this fair.

Speaking on the occasion, Divisional Commissioner, Kashmir said government is facilitating the youth to get employment in various sectors. "Handloom & Handicrafts has huge potential to provide Employment to youth" "They have an option to become entrepreneurs by taking advantage of schemes", he said.

Director Employment Department, Nisar Ahmad Wani highlighted the importance of the event. He also deliberated upon the various departmental activities including mini job fairs that are being conducted across all the districts. He also assured that the skill gaps identified in the event will be taken up with higher education department and other skill imparting institutions. The fair aimed at bridging the gap between the job providers in different sectors and the unemployed youth of the UT. He further stated that a platform is being provided to private companies to exhibit their vacancies and skill set requirements and make on spot recruitments. While the unemployed youth will get an opportunity to interact with companies, learn about skills in demand and secure employment for themselves.

Advisor Bhatnagar extends Navroz greetings

JJ NEWS SERVICE

JAMMU, MARCH 20: Advisor to Lieutenant Governor, Rajeev Rai Bhatnagar has extended his warm greetings to the people of Jammu and Kashmir on the auspicious occasion of Navroz.

In his message, Advisor Bhatnagar said that Navroz marks the onset of Spring season and is a festival which reminds us of the values of peace, harmony, and diversity. He hoped that this auspicious day would foster the spirit of harmony and togetherness amongst the people.

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

Buyer-seller meet organised in Samba

JJ NEWS SERVICE

SAMBA, MARCH 20: The district administration organised its first buyer-seller meet at Supwal here today. The event provided a platform for interaction between small businesses, entrepreneurs, artisans, handicraft workers, self-help groups and co-operatives from the district and industrialists and women entrepreneurs from Samba and Jammu.

More than 20 sellers and 30 buyers participated in the event. It included guidance on marketing and other business aspects as well as handholding and tie-ups between buyers and sellers.

Deputy Commissioner, Anuradha Gupta spoke at the event and shared that the objective was to expand the business activity of participating sellers through handholding or buy-back agreements. She emphasised that the meet would give local artisans and growers exposure to market potential in different sectors. She hoped that it would culminate in better working relationships between buyers and sellers.

The event was organised by Kaushal Sangam's Skill Development & Self-employment Cell headed by PO ICDS, Joginder Jasrotia.

Other attendees included CPO, Sukhleen Kour; DSWO, AD Handicrafts, DIO, AD Employment, Sanjai MC Fellow (Nabard), CAO among other officers.

Secy Tourism inaugurates Spring Festival at iconic Badamwari park



JJ NEWS SERVICE

SRINAGAR, MARCH 20: Secretary Tourism, Dr. Syed Abid Rasheed Shah today inaugurated the Spring festival, "marking onset of Spring" at iconic Badamwari park here.

Speaking on the occasion, the Secretary expressed his delight at the start of the festival, stating that the Spring Festival is an opportunity for people to come together and celebrate the arrival of this beautiful season. He added that this season is

a time to enjoy the outdoors, experience local traditions, and connect with our communities.

The Secretary further highlighted that such kind of festivals are aimed at promoting tourism and showcasing the diversity and beauty of many unexplored destinations. He added that the department will organise such kind of events across the length and breadth of the UT to tap the potential of virgin tourist destinations here. Dr. Abid on the occasion also highlighted the government's commitment to develop-

ing the tourism sector, with initiatives aimed at improving infrastructure, enhancing tourism services, and promoting sustainable tourism practices. Speaking on the occasion, Director Tourism Kashmir, Faz Lul Haseeb said that the department has lined up series of activities at different tourist destinations across Kashmir division to give people and visitors maximum avenues for recreation. He added that the department is providing all possible assistance to the tourists and visitors want to visit Kashmir and experience its enthralling scenery and beauty. Remarkably, during the festival, traditional and historical arrangements were made for the visitors. Cultural events and performances by renowned artists from Kashmir also enthralled the audiences during the festival. The Festival features range of activities, like food fairs, arts and crafts exhibitions, among other activities. Visitors can experience the local traditions, taste the unique cuisine, and explore the natural beauty of the historical Badamwari park.

DDC Poonch reviews implementation of PCPNDT Act in district

JJ NEWS SERVICE

JAMMU, MARCH 20: District Development Commissioner, Inder Jeet reviewed the Pre-conception and Pre-Natal Diagnostic Techniques (Prohibition Of Sex Selection) Act, 1994 in a meeting with the members of District Advisory Committee here today.

Chief Medical Officer, Dr. Anis Altaf Nabi gave a presentation on district-wise status of implementation of provisions of PCPNDT Act. DDC emphasised that gender bias and sex determination is a critical public health concern which can be regulated through effective implementation of PCPNDT Act. He instructed CMO to form a committee comprising medical and administrative officials to conduct an assessment of all registered ultrasound clinics for conformity to PCPNDT Act. He directed CMO to submit a compliance report and overall status of ultrasound clinics in the district within 10 days. DDC also emphasised on creating awareness among public on female foeticide and legal consequences of illegal termination of pregnancy through ICT activities. He asked CMO to consider cancellation of entities found deficient in terms of any provision of the Act. The meeting was attended by Medical Superintendent, District Hospital Poonch, Dr. Zulfkar Ahmed; District Information Officer, Vishaldeep Chandan; District Social Welfare Officer, Mohinder Pal; District Programme Manager, Nigat Khawaja; Sr. Paediatrician, Dr. Zakir Hussain; Gynecologist, Dr. Palvi; Legal Advisor, Iftikar Bazmi; NGO President Shri Guru Ramdas Seva Society Anmol Singh besides other officials.

Forest Division Udhampur seizes 82 planks of deodar at Sira Morh Latti



JJ NEWS SERVICE

UDHAMPUR, MARCH 20: In a major crackdown on illegal smuggling of timber, a team of Udhampur Forest Division seized 82 planks of deodar, a Tata 207 vehicle bearing registration no. JK14H-2999 used for smuggling, banned chainsaw and axe from Swami Raj S/o Krishan Lal R/o Sira Morh Latti here today.

The raid was carried out for 6 hours under the supervision of DFO Udhampur, Roshal Garg, who acted on specific input and rushed to the spot along with Range Officer Dudu, Ayush Gupta and personnel from Territorial Forest Division Udhampur, J&K Police and Forest Protection Force, Udhampur executed the raid. The timber smuggler, Swami Raj, who is a habitual offender, has been arrested.

DFO stated that the Dudu-Latti area is being promoted for eco-tourism, and any notorious element trying to destroy the beauty of the pristine forests in the area by smuggling green gold deodar would not be spared.

This successful operation sends a clear message to the smugglers that the J&K Forest Department is committed to protecting the forest and its natural resources. The J&K Forest Department appeals to the public to support its efforts in preserving the ecological balance of the region.

Poshan Pakhwada 2023 held at Reasi

JJ NEWS SERVICE

REASI, MARCH 20: Poshan Pakhwada 2023 was inaugurated by Programme Officer POSHAN, Mohammad Anwar Bhanday in the district here today.

At the inauguration ceremony, Medical Officers from the Health Department delivered lectures on "Swasth BalakSpardha" and the nutritional value of millets. Supervisors and Anganwadi Workers from Reasi also shared ideas to promote the popularisation of Shree Anna/Millets for nutritional well-being.

Programme Officer, POSHAN Reasi appealed to the public to join hands with POSHAN and the Health Department in spreading the message. He emphasised that public involvement at the grassroots level can prove beneficial in achieving the objectives of these schemes in a time-bound manner and building a healthy India.

He also mentioned that data shows children are severely malnourished and collective efforts are needed to eradicate it in a time-bound manner. He appealed to field workers to take up the challenge of eradicating malnutrition from these projects as a mission.

SPORTS COUNCIL CELEBRATE INTERNATIONAL WOMEN'S DAY AT INDOOR SPORTS COMPLEX SAMBA

JJ NEWS SERVICE

SAMBA, MARCH 20: Deputy Commissioner Samba Anuradha Gupta was the Chief Guest at the International Women's Day celebration held at the Indoor Sports Complex here today. Women representing different departments, coaches, players and their parents were present to witness

the celebration.

The highlight of the day was performances by female athletes in table tennis, judo, korfbal and kabaddi from different villages in the district.

The welcome address was presented by Divisional Sports Officer Jammu, Ashok Singh who highlighted the achievements of female achievers in sports.

The Chief Guest said that nothing is impossible for women with hard work and dedication.

Secretary Sports Council, Nuzhat Gul delivered a message to players saying that women are capable of anything when they realise their inner power.

She encouraged more women to adopt sports as a career to achieve their goals in life.

The Chief Guest said that nothing is impossible for women with hard work and dedication.

In korfbal, Khelo India Centre Samba defeated BBN School Vijaypur.

In kabaddi, girls from Nav Vidhya Hr. Sec. School and BBN School Vijaypur shared runner-up and winner trophies. In judo Tamana Devi, Tanya Hansa, Jiya and Nishka Sandotra won their bouts while Muskan Badyal, Haminka Badyal and Radhika won 1st, 2nd and 3rd place respectively in table tennis.

Principal Magistrate JJB Kishtwar reviews child protection in Kishtwar

DIRECTS POLICE NOT TO KEEP BIOMETRIC RECORDS OF CHILDREN



JJ NEWS SERVICE

KISHTWAR, MARCH 20: Principal Magistrate of Juvenile Justice Board Kishtwar, Mahmud Anwar Alinasir called a meeting for a periodical review for the effective implementation of the Juvenile Justice Act today. The meeting was held at the conference hall in the District Court Complex Kishtwar.

The Principal Magistrate addressed participants and emphasised that all stakeholders must work in close

social workers from DCPU.

He took note of expenses for dietary and non-dietary items including travel charges for escorts to be borne by Mission Vatsalya without fail. He also directed that a standing medical board be constituted by the Medical Superintendent for age determination, psychological assessment and counselling.

The Principal Magistrate emphasised that inter-departmental coordination and an integrated approach were essential for proper legislation and delivery of justice.

He impressed upon police officers to issue character rolls without directions passed by JJB in the case of CCLs. He also directed that no biometric records or photographs of CCLs be kept in police records.

ADC Jammu reviews preparations for Bahu Fort Navratra Festival



JJ NEWS SERVICE

JAMMU, MARCH 20: Additional Deputy Commissioner, Sandeep Seointra convened a meeting with officers from various departments to review arrangements for the Navratra festival to be held at Bahu Fort Temple.

Discussions were held on issues including sanitation, electricity, drinking water, security arrangements, traffic

management, medical facilities and food quality.

The ADC emphasised the importance of maintaining cleanliness and hygiene in and around the temple. He directed departments to promote messages on sanitation and install dustbins. He also called for awareness against single-use plastic and initiatives to make the temple area a 'no plastic zone'.

The ADC asked police authorities to provide adequate security

arrangements and called for interdepartmental coordination. He instructed the PHE Department to ensure uninterrupted water supply and the Power Department to ensure proper lighting arrangements. The Traffic authorities were directed to manage traffic during the event and place proper signboards for devotees' convenience. The Health Department was directed to keep sufficient provision for medicare for visitors.

Justice Sanjay Dhar, Justice Mohd Akram Chowdhary conduct day long tour of Rajouri

JJ NEWS SERVICE

RAJOURI, MARCH 20: Justice Sanjay Dhar, Justice Mohammad Akram Chowdhary, Judges of High Court of Jammu and Kashmir, visited Rajouri to inspect proposed site for construction of District Court Complex Rajouri and Munsiff courts.

The Judges were accompanied by the District and Sessions Judge, Kalpana Revo, Additional District and Session Judge Rajouri, Mehmood Chowdhury, Deputy Commissioner Rajouri, Vikas Kundal, SSP, Mohammad Aslam, CE PWD, PC Tanouj, Chief Architecture Officer Jammu and other judicial officers.

The visit was aimed at assessing the feasibility of the proposed site for construction of District Court Complex in Rajouri. During the visit, the Judges inspected the site and held discussion with the concerned authorities to gather information about the technical and legal aspects of the project.

The Judges emphasized the importance of having a modern and well-equipped

court complex in Rajouri and other Munsiff courts that caters to the needs of the litigants, advocates and judicial officers.

"The construction of a District Court Complex in Rajouri will provide better access to justice for the people of the region and will be a major step towards ensuring the rule of law," said Justice Sanjay Dhar while interacting with the Media. Earlier, during their visit to Rajouri, Justice Sanjay Dhar and Justice Akram Chowdhary, also inspected the selected site for construction of a Munsiff Court in Sunderbani.

They held discussion with the concerned authorities to assess the feasibility of the proposed site and obtain information about the technical and legal aspects of the project.

In addition to inspection of the proposed sites for the District Court Complex in Rajouri and Munsiff Court in Sunderbani, the Judges also inspected Munsiff Court Thannamandi and held interaction with the Judicial Officers and civil officers to plan out ways for repair and renovation

of the existing Courts in the region. Justice Akram Chowdhary chaired a joint meeting of Judicial Officers which was attended by Deputy Commissioner Rajouri, Vikas Kundal, SSP Rajouri, Mohammad Aslam, CE PC Tanouj, Additional DC, Sachin Dev Singh, SE PWD, Kamal Kishore Gupta and other Engineers of PWD.

Detailed deliberations were held with regard to infrastructure improvements in the judicial infrastructure in the district. Specific points which were raised included the repair and renovation of Munsiff Court Sunderbani/Kalakote, electrification of Munsiff court Nowshera and drinking water supply issues of District Court Complex.

The general issues regarding functioning of Criminal Justice System in the district were discussed there and many instructions were issued to SSP for efficient justice delivery to the public. Deputy Commissioner assured that the necessary renovation at Sunderbani Munsiff court will be carried out, while the issue of drinking water at District

Court Complex will also be addressed through Jal Shakti Department. Justice Mohammad Akram Chowdhary, who is also the Administrative Judge for district Rajouri, also visited the court complex and interacted with the advocates and judicial officers as well as with prosecution.

The Judges emphasized the importance of having well-equipped and functional Courts that cater to the needs of the litigants, advocates and judicial officers. They stressed the need for timely repair and renovation of the existing Courts, which would not only improve the infrastructure of the judiciary but also facilitate the speedy disposal of cases.

The visit of the Judges to Rajouri is a significant step towards strengthening the judicial infrastructure in the region.

"The judiciary remains committed to providing accessible, efficient and effective justice to all citizens. The construction of the District Court Complex in Rajouri is a testament to this commitment and will go a long way in strengthening the judiciary in the region", the Judges maintained.

Samba Administration launches Youth Club revitalisation programme



JJ NEWS SERVICE

SAMBA, MARCH 20: District Administration Samba in collaboration with the Mission Youth has started a week-long series of programs to revitalise youth clubs in rural blocks and wards under municipalities. In this regard, a programme was held at the CFC Centre in Supwal where youth club members from panchayats in Block Samba participated along with youths and PRI members.

The programme aimed to create awareness about various initiatives of Mission Youth J&K with a special focus on livelihood schemes like MUMKIN, Tejaswini, Spurring Entrepreneurship and Arise Together among others. Counselling sessions on drug de-addiction were also organised by the Health and Social Welfare Departments.

On-the-spot registration for government-sponsored self-employment schemes was done by officials from the District Employment & Counselling Centre Samba.

Assistant Director Employment Samba, BDO Samba and officials from the Social Welfare and Health Departments were present at the event.

DC Kishtwar inaugurates 2-day photo exhibition of CBC



JJ NEWS SERVICE

KISHTWAR, MARCH 20: Deputy Commissioner, Dr Devansh Yadav inaugurated a photo exhibition on Azadi Ka Amrit Mahotsav, G20 Presidency and Mission LiFE-Conservation of water at TRC Kishtwar today. The exhibition was organised by the Central Bureau of Communication (CBC), Ministry of Information and Broadcasting, Government of India's Field Office in Udhampur.

The two-day exhibition showcases India's freedom struggle through a series of photo exhibits. It aims to generate awareness about the vari-

ous initiatives and welfare programmes of the Government of India and familiarise people with the objectives and vision behind Amrit Mahotsav.

In his address, Dr Yadav appreciated CBC J&K's efforts in organising the exhibition and urged people to visit it. He also encouraged students to visit for an insight into India's freedom struggle. He also mentioned various self-employment initiatives for livelihood in Kishtwar district and urged unemployed youth to take advantage of these schemes through proper awareness.

Joint Director, CBC Jammu, Ghulam Abbas welcomed guests

and gave an overview of CBC's functioning, structure and working in Jammu & Kashmir and Ladakh UTs. He also briefed the audience about various outreach activities that will be organised during the event. The Joint Director said that these programmes are being organised to disseminate information so that people can benefit from various public welfare schemes of the government. Expert lectures from representatives of Agriculture, Horticulture and Fisheries on the implementation of Central Sponsored Schemes were also conducted during the inaugural day. The event was attended by Field Publicity Officer, Khurshid Yousof; Principal ITI Kishtwar, Mandep Dogra; Line Officer, Sunil Kumar and locals including students from Government ITI College and J&K Armed Personnel.

Activities such as an open quiz competition and cultural programmes were also conducted. In the run-up to the exhibition, CBC organised a pre-publicity programme at Jawahar Navodaya Vidyalaya Kishtwar to inform students and staff about its activities.

JKAACL organises Folk Music Fest at GDC Darhal



JJ NEWS SERVICE

RAJOURI, MARCH 20: The Jammu & Kashmir Academy of Art, Culture & Languages organised a Music Fest at the Auditorium Hall of Government Degree College Darhal today.

The event was organised under the supervision of Secretary JKAACL, Bharat Singh and with the active support of Principal GDC Darhal. The event was presided over jointly by Prof Ahsan ul Rehman Qazi and Prof Makhdoom Ahmad. It began with the National Anthem followed by folk singing, folk music and folk lores.

Prof Qazi appreciated the work of JKAACL Rajouri Poonch in his address and emphasised that such activities are important for the new generation to be aware of their traditions, customs, culture and ethnicity. He underlined that without cultural awareness, younger generations risk losing their regional languages, moral values, folk music, dances and lore.

Hundreds of people from the locality, college staff and students enjoyed the presentation of folk music parties.

Rajouri: Dr Rubia Bukhari awarded Outstanding Faculty Award

JJ NEWS SERVICE

RAJOURI, MARCH 20: Dr Rubia Bukhari, lecturer from Poonch Campus of Jammu University, has been awarded the Outstanding Faculty Award by Government Degree College Darhal for her distinguished research in sericulture.

The award was presented during a two-day multidisciplinary national conference on recent trends in science, humanity and literature organised by the college.

In addition to her role as a lecturer in the Department of Sericulture, Dr Bukhari is also responsible for overseeing the development and promotion of Poonch Campus. During the second day of the conference, she presented a detailed paper on novel breeding techniques to enhance mulberry (Morus alba L).

Teaching Assistant, Department of Sericulture, Kalpana Sudan also presented a paper on sericulture. She outlined how sericulture offers an opportunity to improve rural livelihoods and was awarded for best paper presentation.

The organisers praised Dr Bukhari's efforts to introduce latest techniques in twin border districts of Rajouri and Poonch. In her acceptance speech, Dr Bukhari expressed gratitude towards the organisers and pledged to continue working for promotion of sericulture.

District Consumer Disputes Redressal Commission re-established in Jammu

JJ NEWS SERVICE

JAMMU, MARCH 20: The District Consumer Disputes Redressal Commission in Jammu has been re-established under the Consumer Protection Act of 2019 and has resumed its operations. Starting from March 27, 2023, the commission will hear cases on a regular basis.

The commission will take up cases that were pending before the earlier District Consumer Forum, which was wound up in October 2019. Litigating parties and members of the public are advised to approach the commission for any pending cases.

A list of pending cases and their next scheduled dates is available on the notice board of the commission.

The re-establishment of the commission provides an avenue for consumers to seek redress for their grievances and ensures that their rights are protected under the law.

NYK organises district level Neighbourhood Youth Parliament at GDC Doda

JJ NEWS SERVICE

DODA, MARCH 20: The Nehru Yuva Kendra Doda, organised a District Level Neighbourhood Youth Parliament in collaboration with the NSS Unit of Government Degree College Doda today. The event was held at GDC Doda and aimed to celebrate India's G20 Presidency as well as the International Year of Millets and Mission LiFE.

Deputy Commissioner, Vishesh Paul Mahajan attended the event as Chief Guest while DIO Doda, Ashraf Wani was the Guest of Honour. Incharge Principal, Dr Ajaz Ahmed Wani was also present as a special guest.

In his welcome address, District Youth Officer, NYK Doda, Khushal Gupta, briefed attendees on the objectives of organising the event while Dr Ajaz Wani gave an awareness lecture on G20 and its importance to India's presidency.

In his address to students at GDC Doda, the Deputy Commissioner emphasised that youth are the future and soldiers in fighting against societal evils such as drug abuse, social taboos and terrorism. He praised India's leadership in providing an eco-sustainable model of development and highlighted its success in vaccinating over 100 crore people against Covid-19. He urged all to fight against drug abuse, promote cleanliness and contribute their ideas to make Doda truly 'Aadbbu'. Head of Department, Environmental Science at GDC Doda, Dr Sumit Kotwal, spoke about the International Year of Millets and Mission LiFE. He emphasised the theme 'One Earth, One Family, One Future' and encouraged attendees to keep their environment clean and green.

Aapda Mitra Volunteers Trained in Disaster Management in Jammu

JJ NEWS SERVICE

JAMMU, MARCH 20: A group of 182 volunteers in Jammu have completed practical training as part of the 12th batch of "Aapda Mitra" volunteers under the Government of India sponsored scheme "Upscaling of Aapda Mitra". The training was conducted at SDRF 2nd Battalion Headquarters in Gandhi Nagar

and included demonstrations on fire-fighting, flood rope crossing, rappelling, climbing and rescue from higher buildings.

Deputy Director, Disaster Management, Relief, Rehabilitation & Reconstruction (DMRR&R), Lalit Bhat was the chief guest at the event. He praised the trainees for their active participation and involvement in the training and

announced that the target set by the Government of India for imparting training to Aapda Mitra volunteers had been successfully achieved by J&K (UT). He also appreciated the role of SDRF J&K in making the training successful.

SPS Commandant, SDRF 2nd Battalion Jammu, Atul Sharma, elaborated that during these trainings, volunteers were sensi-

tised about different aspects of disaster management including water rescue and mountaineering rescue. Resource persons from SDRF, experts from Fire & Emergency Services Department and Police MRTI team provided instruction.

Deputy SP Principal CTI HG/CD Jammu, Dev Raj and Deputy SP (Training) SDRF 2nd Battalion, Mohinder Pal high-

lighted activities undertaken by Aapda Mitra volunteers during the training programme and distributed certificates to participants.

Deputy SP, Arvinder Kotwal and Daljit Singh, Inspectors Sanjeev Kalsi, Vishal Dubey and Sunil Sharma along with Instructors Kuldeep Singh and Aman Singh were also present at the event.

DC Srinagar reviews Power scenario, Water Supply and stock position for forthcoming Holy month of Ramadan

ALSO FINALIZES ARRANGEMENTS FOR SMOOTH OBSERVANCE OF NAVROZ AND NAVRATRA FESTIVALS

JJ NEWS SERVICE

SRINAGAR MARCH 20: In connection with forthcoming Holy month of Ramzaan, the Deputy Commissioner (DC) Srinagar, Mohammad Aijaz Asad on Monday chaired a meeting here at Meeting Hall of DC Office Complex in order to take review of the preparations/arrangements being made by all line Departments for ensuring all basic amenities and supplies during the blessed month.

The Deputy Commissioner also finalized the arrangements for observance of upcoming Festivals of Navroz and Navratra being celebrated on March 21 and March 22 respectively. At the outset, the DC sought a detailed action plan from concerned Departments regarding the arrangements being put in place during Holy month of Ramadan related to electricity, water sup-

ply, cleanliness, transport, parking and medical facilities etc.

The DC directed the Department of PDD to ensure uninterrupted power supply during the month, particularly during Sehri and Ifitari times. He asked the PIHE Department to make proactive arrangements for adequate supply of drinking water in all areas of the District.

Similarly, the department of FCS&CA was asked to ensure adequate supply of essentials including Ration, LPG supply and availability of all essentials at Government approved rates.

He also stressed on deploying special teams under the supervision of SDM, East and SDM West from tomorrow to carry out market checking in order to curb profiteering, hoarding of essentials in the market, in addition to maintain quality and standard of the food items.

The DC also directed AD fish-

eries/AD FCS&CA/Food Analyst/Tehsildars to check quality of fishes/Chicken/Meat and other daily consumable food items so that no adulteration exists in the markets of Srinagar.

The SMC authorities were directed to conduct sanitation and cleanliness drives in all areas to ensure proper cleanliness, besides instructions were given that all defunct street lights be restored on war footing in all areas.

With regard to repairs of roads and filling of pot holes, the DC asked the concerned Departments to identify the spots which required immediate repairing and immediately take up works so that roads/venues leading towards main venues of religious congregations. In order to ensure smooth observance of upcoming Festivals of Navroz and Navratra being celebrated on March 21 and March 22

respectively, the Deputy Commissioner asked the Officers of all line Departments to ensure special arrangements for pious days of Navroz and Navratra of religious significance.

The DC asked the authorities to ensure adequate water supply and sanitation facilities in Shia dominated areas/Shrines and Temples including Sheetal Nath Mandir, Sharika Devi and Hariparbat so that devotees do not face any inconvenience.

Similarly, the PDD Officers were asked to ensure uninterrupted power supply during the auspicious days and keep proper power backup to tackle any power breakdown.

The DC also directed the SMC officials to deploy sufficient men and machinery at the venues as per past practice to ensure proper cleanliness in and around the Shrine/temples.

The Health authorities were

asked to set up a Medical camps with adequate number of Doctors and Paramedics, besides an ambulance service and other first aid facilities as per past practice at temples during the festival to provide medical facilities. Also the DC directed RTO Kashmir to ensure availability of sufficient number of buses on the routes already finalized throughout the District to facilitate the devotees. During the meeting, the Deputy Commissioner was apprised about the arrangements being made by the J&K Wakf Board for smooth observance religious obligations during the Holy month of Ramzaan during which thousands of people are expected to visit Shrines.

Meanwhile, the Deputy Commissioner Srinagar has extended his greetings to the people on the auspicious occasion of the Navroz and Navratra festivities.

Lt Governor Sinha attends closing ceremony of 71st BN Mullik Memorial All India Police Football Championship at Srinagar

Congratulates all participants and winners | It is an honour for J&K to host the Championship: LG Sinha

J I NEWS SERVICE

SRINAGAR, MARCH 20: Lieutenant Governor Shri Manoj Sinha attended the closing ceremony of 71st BN Mullik Memorial All India Police Football Championship today. Congratulating all the participants and winners, the Lt Governor said it is indeed an honour for J&K to host the Championship.

Speaking on the occasion, the Lt Governor paid tributes to Shri B N Mullik and said this tournament which saw participation of



players from around the country is a befitting tribute to him for his exemplary service to the nation.

The teams from various states and CAPFs have strengthened the spirit of unity in diversity and Ek Bharat Shreshtha Bharat, said the Lt Governor.

The leadership, discipline, enthusiasm, valor & sacrifice of our brave soldiers & officers of the police & CAPF is an inspiration to the society and people, he added. The Lt Governor further said that we are continuously working to establish an environment that is conducive to stability, security and economic development of the region. The Lt

Governor shared the development journey of J&K since the last three years. He highlighted the rapid industrial development taking place in J&K and observed that a new industrial revolution has started in the Union Territory. The final was played between Mizoram won by 1-0. Sh. Dilbag Singh, DGP, officers of Civil and Police Administration, players, coaches, managers of the State Police and Central Security Forces teams were present.

All J&K Govt. Pharmacists Association call on Lt Governor



J I NEWS SERVICE

SRINAGAR, MARCH 20: A delegation of All J&K Government Pharmacists Association called on Lieutenant Governor Shri Manoj Sinha at Raj Bhavan, today.

The members of the delegation headed by Sh Sheikh Mehraj-Ud-Din expressed gratitude to the Lt Governor-led UT Administration for taking effective measures in resolving their long pending issues. They also apprised the Lt Governor of their other concerning issues.

The Lt Governor assured the delegation that the issues presented during the interaction would be taken up meticulously for their early redressal.

Lt Governor's greetings on Navroz

J I NEWS SERVICE

JAMMU, MARCH 20: Lieutenant Governor Shri Manoj Sinha has extended his warm greetings to the people, especially the members of the Parsi community, on the occasion of Navroz, the Parsi New Year.

In his message, the Lt Governor said that the auspicious occasion of Navroz symbolizes new beginnings and celebration of seasons.

"May the festival bring happiness, health and prosperity to all," the Lt Governor said.

J&K Transport Deptt awarded at NRTI Summit



J I NEWS SERVICE

JAMMU, MARCH 20: The Transport department of Jammu and Kashmir was today awarded at National Railway and Transportation Innovation (NRTI) Summit, held in Kochi, Kerala.

The J&K Transport department was represented by Transport Commissioner and Additional Secretary, Transport Department during the Summit.

The Award was conferred to J&K along with Tamil Nadu by the Minister of State, Ministry of Housing and Urban Affairs, GoI.

The officers from J&K also participated in the panel discussions and other technical sessions during the Summit.

INTACH organises Heritage Volunteer Training Workshop



J I NEWS SERVICE

KATRA, MARCH 20: A one-day workshop was organised by Indian Trust for Art Culture and Heritage (INTACH) in collaboration with Shri Mata Vaishno Devi University (SMVDU) to create awareness among youth. The workshop aimed at training volunteers for awareness, conservation and protection of tangible and intangible heritage.

The workshop was inaugurated by Prof VK Bhat, Dean Faculty of Humanities and Chief Guest. Other attendees included Purmina Dutt, Principal Director of INTACH; SM Sahni, Convener of Jammu Chapter of INTACH; Nagendra Singh Janwal, Registrar SMVDU; and Arvind Kotwal, Coordinator Heritage Tourism INTACH.

In her keynote address, Purmina Dutt gave an overview on Indian culture and heritage. She emphasised the need to preserve cultural heritage through young heritage volunteers. Prof VK Bhat stressed on involving students in heritage awareness and thanked INTACH for collaborating with SMVDU.

Arvind Kotwal elaborated on the built heritage of Jammu while Kripal Singh spoke about rural art. Dr Deepika Sathia delivered a lecture on natural heritage while Dr Sudhir Singh spoke about intangible heritage. Abhishek Das from Heritage Education & Communication Service discussed volunteerism.

Dr Lalit Gupta stressed the need for involving youth in spreading awareness about heritage. He mentioned that a modern museum is needed in Jammu region to display artifacts, handlooms, crafts and rare paintings. The proceedings were conducted by Dr Rakesh Kumar and Dr Kamni Pathania.

"Revolutionary measures underway to tap J&K's huge potential for exports": Atal Dulloo



J I NEWS SERVICE

JAMMU, MARCH 20: The Department of Horticulture Planning & Marketing, today organized a mega Export Conclave at Jammu, which was participated by exporters from across the country dealing in export of Agricultural and Horticultural produce. The participants shared their rich experience and valuable inputs enabling J&K to further expand its export prospects. Various key agencies involved in Exports Promotion including APEDA, DGFT, Federation of Indian Exporters Organizations (FIEO), Export Credit Guarantee Corporation of India (ECGC) and Indian Postal Department shared the mandatory requirements for a successful export trade besides policies and pro-

grammes of the government. Additional Chief Secretary (ACS), Agriculture Production Department, Atal Dulloo, who chaired the conclave, elaborated the current policy and government plans to evolve an export promotion policy for betterment of the farmers and other stakeholders from Jammu & Kashmir.

He emphasized that the government is fully committed to explore all possibilities for more proactively and effectively supporting the farmers, FPOs, Cooperatives, Traders and exporter community of J&K. "Valuing over Rs 5000 crore projects have been conceptualized and meticulously prepared under Holistic Agriculture Development Programme embarked by the J&K UT, he informed. Agriculture Branding Centers, Rural Service and

HORTICULTURE PLANNING & MARKETING DEPARTMENT ORGANIZES MEGA EXPORT CONCLAVE AT JAMMU

Business Hubs, Augmentation of CA Stores and Markets, Composting Plants, Creation of Market Intelligence Cells are some of the areas to be focused in the stated project, he further informed. He added that a massive capacity development programme is underway to train and sensitize all the stakeholders in respect of provisions of the Projects."

He stated that the government is expeditiously moving to widen its bucket of GI products and has already constituted an Apex committee headed by Dr. Mangla Rai for Export Promotion Roadmap for J&K and active consultations with all stakeholders in this regard are underway.

Vikas Sharma, Director Horticulture Planning and Marketing, in his welcome address, said that the department has taken up many steps to give a fillip to the marketing infrastructure in the region. The department has also organized Buyer-Seller Meets at Kolkata and Jammu in the recent past which benefitted the growers of the U.T., he informed.

District Employment and Counselling Centre Jammu organizes 'Job Fair cum Placement Drive'

J I NEWS SERVICE

JAMMU, MARCH 20: District Employment and Counselling Centre Jammu today organized 'Job Fair cum Placement Drive' at Employment Complex Tophsherkhania, Jammu.

Speaking on the Occasion Deputy Director Employment, Dr. Manisha Koul raised the concerns of unemployed youth and laid stress on various challenges faced by the youth in seeking jobs & urged the companies to engage maximum youth in order to provide them access to various Career options.

The Participating Companies in the Job Fair included Innov Solutions Ltd, Paytm, Saraswati Agro Chemicals, Life Insurance Corporation, and Jaanbaaz Securities Pvt. Ltd. The Companies focused on hiring 10th Pass, 12th Pass, Graduates, ITI Pass out Candidates. Dushant Singh, Career Counselling Officer interacted with the Job Seekers and guided them regarding the Companies requirement and Interview Process. He encouraged the Job Seekers to put in their best effort for the Interview Process.

Shivali Choudhary, Employment Officer guided them about various activities of the department like Online Registration on Department's Portal (jakempnc.in), Career Counselling, Awareness on Self Employment Schemes of the Government etc.

DECC Jammu aims at providing a platform to the unemployed youth of District Jammu through various Job Opportunities and Self Employment Avenues. It focuses on enhancing the employability skills of youth and providing various services via online mode.

An overwhelming response was received from the candidates participating in the Job Fair.

The Job fair was attended by more than 200 Job Seekers and 40 candidates were shortlisted.

Ahead of Navroz, District Admin Srinagar launches Market checking drive in various City parts

Several erring traders booked, fine imposed for violating norms

J I NEWS SERVICE

SRINAGAR, MARCH 20: Ahead of Navroz Festival, the special teams of District Administration Srinagar Monday launched an intensified Market checking drive in various parts of the City in order to curb profiteering, hoarding of essentials in the market, besides to maintain

quality and standard of the food items.

The drive was conducted on the directions of Deputy Commissioner Srinagar, Mohammad Aijaz Asad by the checking squads headed by SDM West Mr Primroz Bashir along with team from Food safety department.

The Teams conducted intensive market checking in differ-

ent parts of Srinagar City including Shalting, Parimpora, Qamerwari, Bemina, Zadibal, Hawal, Soura, Lalbazar areas of the District and booked several erring shopkeepers found failing to maintain the quality of food items, not displaying rate lists of essential commodities, selling expiry products, besides indulging in practices of illegal profiteering and sale of under-

weight products.

During the market checking, a fine of about Rs 28000 was also imposed on the erring shopkeepers and rotten vegetables and other items were destroyed on the spot.

Meanwhile, a team of District Administration Srinagar headed by Sub Divisional Magistrate West, Primroz Bashir also visited prominent religious places

including Imambara, Zadibal and Shrine of Mir Shams-ud-Din Muhammad Araqi and reviewed arrangements in view of Navroz festival.

The members of Imambara and Shrine and other eminent citizen of the area were present on the occasion who also brought some issues before the authorities which were redressed on the spot.

J&K Bank signs corporate agency agreement with Bajaj Allianz Life Insurance

J I NEWS SERVICE

SRINAGAR, MARCH 20: Jammu and Kashmir Bank today entered into a corporate agency agreement with Bajaj Allianz Life Insurance Company - one of the country's leading insurance providers. The agreement has paved way for the Bank to sell the life insurance products of Bajaj Allianz from 1st April, 2023.

General Manager & Vertical Head (Cross Selling) Narjay Gupta signed the agreement on representing J&K Bank, while as, Chief Distribution Officer (Institutional Business) Dheeraj Sehgal put in his signatures on behalf of Bajaj Allianz Life Insurance Company in presence of Bank's Executive Director Sudhir Gupta. Bank's General Manager & Vertical Head (Business Support Division) Syed Rais Maqbool, Bajaj Allianz Business Heads Varghese Chacko and Zeeshan Andleeb besides other senior officials of the Bank and Bajaj Allianz Life also attended the signing ceremony at corporate headquarters.



Commenting upon the Bank's efforts to expand the choice-canvas for its growing and varied customer-base across the country, MD & CEO Baldev Prakash said, "Signing of the corporate agency agreement with insurance giant LIC of India and Bajaj Allianz Life in quick succession - with 1st April, 2023 as date for commencing operations - clearly exhibits our customer-centric policy approach, thrust on swift implementation and commitment to widen the range of products,

services for our clients."

Executive Director Sudhir Gupta hailed the Bank's business relations with Bajaj Allianz. On the occasion, he said, "Through this agreement we have further strengthened our relationship with Bajaj Allianz. With both organisations being reputed brands in their field of operations, I am sure this partnership will help us achieve our business goals successfully." Lauding the Bank's systemic importance in J&K and Ladakh besides strategic

presence in rest of the country, CDO Dheeraj Sehgal said after signing the document, "We are thankful to J&K Bank for this opportunity and are eager to put our best foot forward in serving the people here by providing them an array of life insurance products to cover and secure their life goals."

"We believe collaboration with J&K Bank will surely bring solutions to life insurance needs of huge population J&K Bank serves with great pride and professionalism", Dheeraj Added.

"Bank's reach especially in J&K, Ladakh and range of Bajaj Allianz products makes the tie-up beneficial not only for the customers but a win-win for both the institutions", commented General Manager Narjay Gupta.

"J&K Bank & Bajaj have strong brand value and rich legacy of serving people", said General Manager Syed Rais Maqbool adding that the agreement will facilitate the Bank's customers besides enabling both the companies to leverage the strengths of each other.