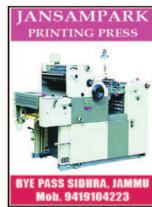




JINDRAH IMAGES



DAILY | JAMMU | VOL NO: 10 | ISSUE NO: 66 | PAGES: 12 | PRICE: Rs 2/- | RNI NO: JKENG/2013/49471 | POSTAL REGD. NO. JK-497/22-24 | dailyjindrahimages.com/Epaper.php | jindrahimages123@gmail.com

LG attends International Day of Forests Event

JNEWS DESK
JAMMU, MAR 21

Lieutenant Governor Manoj Sinha attended the International Day of Forests event organized by Department of Forest, Ecology & Environment at Convention Centre, today.

The Lt Governor called upon the people for sustainable management of forests and the judicious use of resources to combat climate change and to ensure well-being of all.

"Healthy Forests is the key to Healthy living of people and it should be our topmost priority to safeguard these precious natural resources. Every element produced by nature nourishes us. Since time immemorial, the health & well-being of humans, animals & environment around us are interlinked", said the Lt Governor.

The Lt Governor emphasized on striking a perfect balance between society and environment for a healthy ecosystem



and a strong economy. "Nature is a great source of wisdom. The more we learn from nature, the more we understand that forests are not only an integral part of our existence but also essential for our mental, physical health and well-being. A society that is closer to nature is more prosperous", the Lt Governor said.

On this International Day of Forests, let us rededicate ourselves to protect nature and conserve forests with the spirit of "One World, One Health". We must protect and nurture economic, social and environmental

values for the benefit of present and future generations, the Lt Governor observed.

The Lt Governor directed the J&K Rural Livelihoods Mission to launch Van Sakhi Yojana in coordination with Forest Department for the socio-economic empowerment of the women entrepreneurs associated with the sector. The Lt Governor asked the Forests Department and other stakeholders to ensure that policy on 'Sustainable Utilization of Non-timber Forest Produce in J&K' is fully operationalized on ground

CONTINUED ON ► PAGE 4

LG conducts on-site inspection and reviews ongoing work of Jhelum riverfront



JNEWS DESK
SRINAGAR, MAR 21

Lieutenant Governor, Manoj Sinha conducted on-site inspection and reviewed ongoing work of Jhelum Riverfront, today.

The Lt Governor ascertained the progress of the work being carried out at the site, and laid emphasis on the timely completion of the project.

While enquiring about the facilities being made available for the visitors, the Lt Governor instructed the CEO Srinagar Smart City to explore possibilities for developing selfie points at some prominent locations under the project.

CONTINUED ON ► PAGE 4

Status quo maintained with China on LAC in Ladakh: Army Commander

JNEWS DESK
JAMMU, MAR 21

Northern Army Commander Lt Gen Upendra Dwivedi on Tuesday said status quo is maintained with China on the Line of Actual Control (LAC) in Ladakh and talks are going on at different levels, while the situation is under control in Jammu and Kashmir where efforts are on to stop terror incidents completely.

The General Officer Commanding-in-Chief (GoC) of Udhampur-based Northern Command was addressing a mega 'Veterans Sampark' rally which was attended by over 800



veterans and 'veer naris' at a unit of Jammu and Kashmir Rifles at Digiana here.

"The status quo is maintained with China on LAC. Talks are going on at different levels and all our formations are at

a high level of operation preparedness," Lt Gen Dwivedi, who took over the charge of the Army Commander of the Northern Command and the Colonel of the Regiment of Jammu and Kashmir

CONTINUED ON ► PAGE 4

J&K Terrorism Conspiracy Case

NIA names handicrafts dealer and Hizb-ul-Mujahideen worker as 27th accused in fresh charge-sheet

AGENCIES
NEW DELHI, MAR 21

The National Investigation Agency (NIA) has filed the first supplementary charge-sheet against one Over Ground Worker of the proscribed terrorist organisation Hizb-ul-Mujahideen and a handicrafts dealer as a 27th accused in Jammu and Kashmir terrorism conspiracy case.

Identified as Md. Rafi Najar, a resident of Sopore in Jammu and Kashmir, the chargesheeted accused is a close associate of designated terrorist Imtiyaz Kundoo alias Fayaz

Sopore. The accused has been charged under various sections of the Indian Penal Code and the Unlawful Activities (Prevention) Act.

Najar, who is a dealer in handicrafts and was based out of Pokhara in Nepal, was arrested by the NIA earlier during the investigation of the case.

"Najar was found to be channelizing funds for proscribed terrorist organisations in the garb of legitimate trade of Kashmiri handicrafts. The profits acquired from the sale of the handicrafts were then sent to Kashmir valley

through Hawala channels and distributed amongst the terrorists operating in the Valley through another chargesheeted over the ground worker," said the NIA.

The case pertains to the conspiracy hatched by the proscribed terrorist organisations, such as Lashkar-e-Toiba (LeT), Jaish-e-Mohammed (JeM), Hizb-ul-Mujahideen (HM), alongwith their frontal organisations, such as TRF and PAFF and they're Over Ground Workers operating in Jammu and Kashmir to undertake

CONTINUED ON ► PAGE 4

NIA makes first arrest in NGO terror funding case in Kashmir

JNEWS DESK
SRINAGAR, MAR 21

The National Investigation Agency (NIA) has arrested a close associate of a human rights activist in connection with its ongoing investigation into an NGO terror funding case here, an official said on Tuesday.

Irfan Mehraj, a resident of Srinagar, was the first accused arrested following comprehensive investigations into the NGO terror funding case registered in October 2020, a spokesperson of the federal agency said.

"Mehraj was a close associate of (human rights

activist) Khurram Parvez and was working with his organisation, Jammu and Kashmir Coalition of Civil Societies (JKCCS)," he said.

The agency alleged that the investigation revealed that the JKCCS was funding terror activities and had also been propagating a secessionist agenda in the Valley under the garb of the protection of human rights.

"Involvement of some Valley-based NGOs, Trusts and Societies in funding of terror-related activities is being probed in this case," the spokesperson said.

The official said some

Policeman sacked for unauthorised absence from service in Samba

JNEWS DESK
JAMMU, MAR 21

A policeman was dismissed from service for alleged unauthorised absence of over two years in Samba district

of Jammu and Kashmir, police said.

Selection grade constable (SgCt) Varinder Pal Singh is the second policeman removed from service on account of prolonged absence

and gross service misconduct within one month in the district, a police spokesman said.

He said Singh's dismissal was ordered by Senior

CONTINUED ON ► PAGE 4

23 individuals designated as Terrorists under UAPA in last one year

AGENCIES
NEW DELHI, MAR 21

Union Minister of State for Home Affairs Nityanand Rai on Tuesday said 23 individuals have been designated as terrorists under the Unlawful Activities (Prevention) Act in the last one year.

"23 individuals have been designated as terrorists under the Unlawful Activities (Prevention) Act; 1967 during 2022 and 2023 till date," Rai told Lok Sabha in reply to a question by BJP Lok Sabha MP Bhagirath Choudhary. Rai further said their



names have been added to the Fourth Schedule of the Act.

The listed individuals include members of Lashkar-e-Taiba, Jaish-e-Mohammed, Hizb-ul-Mujahideen, Jammu and

Kashmir Islamic Front, Khalistan Tiger Force, Babbar Khalsa International etc.

Rai said these 23 individuals were designated as terrorists under the Unlawful Activities (Prevention) Act, 1967, during 2022 and 2023 till date.

"These wanted terrorists include Hafiz Talha Saeed of Lashkar-e-Taiba (LeT), Mohiuddin Alamgir alias Maktab of Jaish-e-Mohammed (JeM), Ali Kashif Jan alias Jan Ali Kashif of JeM, Mushtaq Ahmed Zargar alias Latram. Al-Umar-Mujahideen

CONTINUED ON ► PAGE 4

Lok Sabha passes budget for union territory of J&K amid ruckus over JPC demand

AGENCIES
NEW DELHI, MAR 21

Lok Sabha on Tuesday passed a Rs 1,185 lakh crore budget for the financial year 2023-24 for the Union Territory of Jammu and Kashmir, amid ruckus by the Opposition over a demand for a Joint Parliamentary Committee probe into the Adani issue.

As soon as the House met again at 2 pm after an adjournment, Rajindra Agrawal, who was chairing the proceedings, asked BJP's Jugal Kishore Sharma to initiate the discussion on the budget for the Union Territory, which is under central rule at present.

Sharma spoke for a minute after which the process to pass the budget was initiated. The budget for Jammu and Kashmir was passed by a voice vote amid din.

Minister of State in the Finance Ministry, Pankaj Chaudhary, moved the proposals related to the

Union Territory's budget on behalf of Finance Minister Nirmla Sitharaman.

The bill, which was introduced on Monday, among other things, provided a thrust on housing in rural areas and water tap connections to 18.36 lakh households in Jammu and Kashmir.

"The total budget estimates for the fiscal is Rs 1,18,500 crore, of which developmental expenditure is of the order of Rs 41,491 crore," Sitharaman had said in the Budget speech tabled in Lok Sabha.

According to the minister, the revenue receipts have been pegged at Rs 1,06,061 crore whereas revenue expenditure was expected to be Rs 77,009 crore, thereby making available revenue surplus for capital expenditure to the tune of Rs 29,052 crore.

"The tax/GDP ratio is projected at 8.82 per cent for 2023-24 which is higher than the

CONTINUED ON ► PAGE 4

SC to hear if pleas challenging electoral bond scheme can be referred to constitution bench

AGENCIES
NEW DELHI, MAR 21

The Supreme Court on Tuesday said it will consider whether the pleas challenging the validity of the electoral bond scheme for political funding of parties can be referred to a constitutional bench for an "authoritative pronouncement".

The top court's observations to decide whether the pleas can be referred to a constitution bench assume significance in



the wake of the claim of an NGO, a PIL petitioner on the issue, that so far Rs 12,000 crore has been paid to political parties through electoral bond and the two-third of the

amount has gone to one major political party and hence, the matter needed to be decided expeditiously prior to the upcoming Karnataka assembly polls.

"We will see whether

the petitions can be referred to a constitution bench on April 11," said the bench comprising Chief Justice D Y Chandrachud and Justice P S Narasimha. Lawyer Shadan Farast, appearing for one of the PIL petitioners, said that the pleas be referred to a constitution bench due to the impact of the electoral bond scheme on the democratic polity and funding of political parties.

Farast said the issue needed an "authoritative

CONTINUED ON ► PAGE 4

Amit Shah to attend various events in four states in next 8 days

AGENCIES
NEW DELHI, MAR 21

Union Home Minister Amit Shah will attend a series of events in next eight days for which he will travel to four states, including twice to Karnataka, officials said on Tuesday.

The home minister will inaugurate the Sharda Dev temple, located in Kupwara district of Jammu and Kashmir, on Wednesday through video confer-



ence. The temple has been built by the Shri Sringeri Math and Seva Sharda Samiti Kashmir.

On Thursday, Shah will inaugurate a vedic heritage portal and virtual museum, based on 64 arts, in New Delhi, officials said.

Army plans to instal green Hydrogen-based power plants along border with China



AGENCIES
NEW DELHI, MAR 21

The Indian Army on Tuesday said it has set in motion a process for installation of a green hydrogen-based micro grid power plant project in the forward areas along the northern borders, a move that comes amid the eastern Ladakh border row with China.

The project is being implemented in forward areas which are not connected by national or state power grids.

The Army said it signed an agreement with the National Thermal Power

Corporation Renewable Energy Limited (NTPC REL) on Tuesday for the initiative.

India on January 4 approved the National Green Hydrogen Mission with an outlay of Rs 19,744 crore to develop a green hydrogen production capacity of five million tonnes a year by 2030.

"In line with 'National Green Hydrogen Mission', the Indian Army has put in motion the process for installation of a green hydrogen based micro grid power plant project in the forward areas along

CONTINUED ON ► PAGE 4

Humming Buds the preschool of Model Academy celebrates Graduation day



JJ NEWS SERVICE

JAMMU, MAR 21: Humming Buds, the preschool of Model Academy, celebrated Graduation Day with great splendour and enthusiasm to mark the culmination of the three years of hard work, and to recognize the first educational milestone in the preschoolers' lives. The chief guest for the event was Mrs. Randeep Wazir, Principal IDPS, Jammu. The programme commenced with the lighting of the lamp by the honourable dignitaries. Principal, Mr. Pramod Srivastava gave an eloquent welcome address and appreciated parent's early involvement with their child's education. He lauded their efforts, perseverance, motivation, and support that contributed to the successful completion of their child's preschool. This was followed by

Saraswati Vandana performed by young students to invoke the blessings of goddess of learning. The cultural programme that followed showcased the buds' wonderful development in the fields of music, dance, drama and language skills. The little toddlers performed a skit based on WHO life skills. Each act was an aesthetic delight, high in scale, with supporting props which made the performance a three-dimensional experience for the audience.

A short film was played that featured highlights and fond memories throughout the graduates' time at the preschool. Parents, students and teachers all joined to reminisce on these precious moments that were shared at the school. The main highlight of the event was sharing of experiences where the young children

shared their memorable experiences and moments in fluent English, impressing everyone with their mastery over the language. Students who are presently studying in grade 12 also shared their educational journey commencing from their first day at Humming Buds. After witnessing the confidence of students the audience burst into waves of applause.

The young graduates received their graduation diplomas wearing graduation caps and gowns. The little children were felicitated with the unique epithets describing their strengths. It was an innate feeling of pride and accomplishment for the teachers as the students walked across the stage to receive their preschool graduation certificates.

The chief guest addressed the audience with her enlightening words. She was thrilled to

see the talents of the tiny tots. She also appreciated the efforts of the parents and school who have given an exposure to the children and taking them to a different era. She complimented the teachers for their dedication and hard work in shaping the students through education and other co-curricular activities. Dr. Adit Gupta, Director, MIER congratulated all the kids and wished them best for their future endeavour. Mrs. Rupa Gupta, Jr. Director, said that graduation ceremony has been organised with the aim of raising the spirits of the students and making them feel like entering the next level. The activities inculcated confidence in the children, helps them to move ahead in life and touch the heights of success.

The graduation ceremony also witnessed a prize distribution function where in winners of SOF Olympiad were awarded with medals and certificates of excellence. The event culminated with a "Thank You" song being sung as an expression of the students' gratitude towards their teachers. The programme was coordinated by the In-Charge of Humming Buds, Mrs. Maneka Khanna and the entire staff.

Balwant Thakur's Hindi play 'JAAL' stages at 3 places in Jammu



JJ NEWS SERVICE

JAMMU, MAR 21: Balwant Thakur's Hindi play 'JAAL' staged here today at three places of Jammu city viz. Deewan-E-Aam, Mulbarakh Mandi, Rani Park, and Nagrota Park under the direction of Neeraj Kant. In a very effective manner this powerful play innovatively showcases as how the Drug-menace is ruining the generations like a rapid fire, crippling the developing nations like India. The youth of the country, the largest energetic and productive human resource of the country, sometimes unknowingly slip into the trap of drug menace. The play was showcased in con-

nection with Nukkad Theatre Festival organised by J&K Academy of Art, Culture and Languages.

The play was not based on one story-line but as an experiment. Balwant Thakur has woven multiple stories in one theme focusing the spread of drug menace like a mesh, this taking the toll of the strongest workforce of the country. In a sequence a young boy is shown struggling for a good company after his passing of the school and entry in the college. He is isolated for not being the consumer of intoxications. All around him treat him like a child which really frustrates him and to prove that he has grown-up as a

young man now, he finds the easiest way and demonstrates his coming of age by consuming a variety of intoxications. In another sequence a rural inhabitant particularly the men-folk is shown drowned in the menace of alcohol. All the miseries of the village like poverty, domestic violence, and ailments are attributed to the constant growth of consumption of alcohol in the village. In a sequence the daily routine of a villager is shown who consumes the whole of his daily earnings seeking alcohol.

Being drunk completely he has loses his way home. By the time a local escorts him to his place

where in the middle of the night this drunken man starts beating his sleeping wife and kids for not receiving him on his arrival. When the escort intervenes to save the poor lady and children, he is blamed for having ill intentions towards his wife. This fight further messes up when a drunken man after losing senses damages his household belongings as well. The play unfolds a series of incidents where people influenced by drugs, alcohol and other intoxications create hell for themselves as well as for others. Many precious lives are being charred in this fire of drug menace which is to be fought unaidedly to bring them out of the mesh of drug menace. Through this play Balwant Thakur has tried to make an appeal to save mankind from this dragon. Actors who outshined in their respective performances and left an impact of their acting included Neeraj Kant, Mahikshit Singh, Aadesh Dhar, Kananpreet Kaur, Gopi Sharma, Sheryaar Salaria, Mihir Gujral, Amit Brahmni and Sumit Bandaral. The shows were coordinated by Mohd. Yaseen, Abhimanyu Choudhary and Palshin Dutta.

Northern Army Commander Felicitates Veterans & Veer Naris during JAK Rifles Veterans Sampark Rally

JJ NEWS SERVICE

JAMMU, MAR 21: The Indian Armed Forces are committed to honour and acknowledge the selfless devotion of our veterans in the service of the nation. A relentless and earnest endeavour is made to organise common interactive platforms on numerous occasions to interact & strengthen the bond between serving soldiers and veterans. To reiterate the resolve of armed forces for well-being of veterans, a Veterans Sampark Rally was organised by Jammu & Kashmir Rifles Regiment at Digiana, Jammu on 21 March 2023.

The 'Veterans Sampark Rally' was attended by over 800 Ex-Servicemen, War Veterans, Veer Naris and Next of Kins of Fallen Heroes hailing from Jammu district of Jammu & Kashmir belonging to the Regiment. The rally was conducted to address problems faced by Ex-Servicemen, Veer Naris and any anomalies in dis-



bursement of pension and other related grievances and to also create awareness about various welfare schemes being run by Indian Army, Central and State Governments. The rally was organised in close coordination with representatives of Records JAK Rifles, Zila Sainik Welfare Office of Jammu.

Lt Gen. Ajendra Divedi, GOC-in-C Northern Command, the Colonel of the Regiment, Jammu and Kashmir Rifles and Ladakh Scouts,

addressed the rally. During his address, the Army Commander recalled invaluable services rendered by the Ex-Servicemen and assured them that they would always remain an inseparable part of the Armed Forces fraternity and their welfare would always be accorded importance and priority.

As a gesture of respect and gratitude, War Veterans, Gallantry Awardees, Veer Naris and Next of Kins were felicitat-

ed in recognition of their contribution in the service of the nation.

The Veterans Sampark Rally served as a bridge between Indian Army, Central and State Governments and the Ex-Servicemen, Veer Naris and Next of Kins and provided a singular platform for redressal of grievances and awareness on welfare schemes, entitlements and benefits. The immaculate conduct of the rally was applauded by the dignitaries & guests.

Purnima, Gopal kick-start development work of slab at Karbala Complex

JAMMU CITY MOVING FAST ON PATH OF DEVELOPMENT: PURNIMA



JJ NEWS SERVICE

JAMMU, MAR 21: Advocate Purnima Sharma, Spokesperson BJP J&K and former Deputy Mayor Jammu, today kick-started development work of a slab at Karbala Complex Jammu in presence of local Corporator Gopal Gupta, eminent journalist Sohail Kazmi and prominent people of the area.

Notably, Purnima Sharma visited Ward No 5 on the request of a local

Corporator Gopal Gupta to start the development work in the area. The funds for development work of a slab of Rs 5.5 lakh was provided by Corporator Gopal Gupta.

Addressing the gathering, Purnima Sharma said that the central dispensation led by Prime Minister Narendra Modi is committed to overall development of the Union Territory of Jammu and Kashmir. She said that Jammu City is moving fast on the path of development

which is evident from the developmental works going on across the City of Temples at an unprecedented scale and pace.

She said that the government is working relentlessly to create state of art modern facilities infrastructure for the people in every nook and corner across Jammu City.

Purnima Sharma also appreciated Corporator Gopal Gupta, who is also the Chairman of Swachh Bharat Committee, JMC, for making relentless efforts in keeping the wheel of development moving at full pace in the Ward where it is roads, sanitation and drinking water or power supply.

She appealed to the people of the area to strengthen the hands of Prime Minister Narendra Modi for equitable development of the Union Territory.

Corporator Gopal Gupta, in his address, said that several development works are in pipeline and soon the same will be taken up shortly in the general interest of people of the ward.

IGP AP/IR Jammu visits CTC Sunjwan; takes stock of infra facilities



JJ NEWS SERVICE

JAMMU, MAR 21: Inspector General of Police Armed/IRP, Jammu Zone, Sh. M.N. Tiwari-IPS accompanied with Smt. Nisha Nathyal-IPS, Deputy Inspector General of Police Armed/IRP Jammu Zone and Smt. Manjeet Kour-JKPS SO to IGP AP/IR Jammu visited CTC Sunjwan to take

stock of the existing infrastructure as well as to foresee the scope of infrastructure upgradation so that more trainees could be accommodated at the training centre and specialized training courses could also be run there.

He was received by Smt. Anita Sharma-JKPS, Commandant IRP-14th Bn. along with Officers/Officials of

IRP-14th Bn. and was presented by Guard of Honour at Quarter Guard.

IGP AP/IR Jammu Zone conducted inspection of the entire campus of CTC Sunjwan.

He interacted with trainees who are presently undergoing one month physical fitness refresher course and discussed the various issues pertaining to the training Centre.

The trainees were briefed about the importance of their ongoing training and were advised to maintain strict discipline and simultaneously to take due care of their health and fitness also.

On the occasion a plantation drive was also organized with IGP AP/IR Jammu Zone and other officers planting saplings of various fruit trees at the orchard maintained at CTC Sunjwan and appreciated Commandant IRP-14th Bn. for the efforts made for maintaining the campus of CTC Sunjwan.

Dr Andrabi lays foundation for Waqf Parking & Musafir Khana

JJ NEWS SERVICE

DODA, MAR 21: Chairperson J&K Waqf Board Dr Darakhshan Andrabi made extensive tour of Chenab valley and reached Distt Doda today. During her visit the Chairperson laid foundation stone of Sarai cum Musafir khana at old Eidgah Doda. It will be appropriate to mention here that Doda Waqf has a chunk of 42 Kanals of land at same place which shall be developed in near future and mega projects shall be started there. Dr Andrabi also inaugurated Waqf parking near Nadeem Memorial Nursing Home Bharat Road Doda. She also visited Shah Mohammad



Farid Ud din Ziyarat at Astan Mohalla Doda where donation point was installed for the first time by Waqf Board unit Doda. The Chairperson appreciated the efforts

made by the Distt Administration and Waqf Unit Doda and directed the entire team to work with more zeal and zest to achieve higher goals in terms of education.

A motivational lecture on "Join the Armed Forces" held

JJ NEWS SERVICE

POONCH, MAR 21: Indian Army organised a lecture to motivate students to join the Armed Forces. The lecture was conducted at Government Girls High School, Ari, Poonch District.

The attendees were educated about various provisions available to join the



Armed Forces through different entry schemes i.e. NDA, OTA, IMA, SSC

(Technical & Non Technical) and NCC as an Officer as well as Agniveer.

Emphasis was laid on the importance of academic performance, personality development, communication skills, co-curricular activities and sports as an essential part of the life in the Armed Forces. An interactive session further clarified all queries of the audience, who exhibited great enthusiasm towards joining the Armed Forces.

NJCA holds one day symbolic protest for restoration of old pension scheme in J&K



J I NEWS SERVICE

JAMMU, MAR 21: On the call given by Comrade Shiv Gopal Mishra, General Secretary, Railways Federation of India and Convener NJCA and Comrade Ganesh Khajuria, Chairman, Jammu Kashmir Teachers Forum and member NJCA, Government employees of various Departments working under NPS Scheme organized one day peaceful protest at Press Club Jammu, on to strengthen the voice for restoration of old pension scheme.

Comrade Ganesh Khajuria speaking on the occasion demanded Govt to restore old pension scheme adding that revival of old pension system would ensure social and financial security of employees. He said under the old pension scheme an employee gets 50% of his/her last drawn salary as monthly pension with the addition of dearness allowance as and when declared by the government. "After the demise

of the retired employee, the nominee gets 50% of the total amount drawn by the retired employee as a family pension," he said. Government employees in J&K recruited on or after January 1, 2010 are not eligible for old pension scheme and come under the new pension scheme.

Khajuria said the new pension scheme does not provide the guarantee of pension and there is no provision of family pension in the new system. "Under the new scheme, employees are required to contribute 10% of their monthly salary, which the government matches and invests in equity shares," he said adding "the new scheme is market linked and hence uncertain." He said employees spend their productive years of life in government service with the hope that post retirement they get guaranteed pension which will give them financial independence in old age when they can't earn. "The employees put in their blood and sweat during

service to cause good governance and government is duty bound to provide them with a sense of security post retirement," he said. Khajuria further said that under the new pension system, the hard-earned retirement fund of employees is subjected to the vagaries of share market which fluctuates at the drop of a hat putting the social security of employees at risk. "An employee cannot work with his full potential and contribute to good governance if his socio-economic security is threatened," he said. "Six of the States including Rajasthan, Chhattisgarh, Jharkhand and Haryana, Himachal Pradesh, Punjab have gone back to old pension scheme and the chorus for restoration is also mounting in other states," he added.

Prominent among those who participated in protest include Surat Singh Toofani, (S.Shamber Singh and J.P Singh from Railways Federation), Darshan Sharma, Rajinder Gupta, Gopal Singh,

J.A.Agah, Ravinder Singh, Raj Singh, Surinder Sharma, Haji Mohd Iqbal, Kuldeep Singh Bandral, Kuldeep Verma, P.D Singh, Gautam Singh, Subash Singh, K.L.Suberwal, Gurnam Singh, Dharmender Singh, Sanjeev Modi, Bharat Bhushan Sharma, Rajeshwar Singh, Subash Sharma, Ravinder Tripathi, Vinod Sharma, Mohd Yasin, Ghani Shyam Sharma, Rashpal Singh, Kuldeep Singh, Narinder Chib, Yash Pal Sharma, Ganesh Dutt, Ajeet Verma, Bishan Sharma, Pawan Sharma, Balraj Singh, Jatinder Singh, Subash Sharma, Shakti Sharma, Kuldeep Sharma, Pushpraj Singh, Ajay Singh, Davinder Singh, Rakesh Singh, Gurbachan Singh, Subash Sharma, Ashwani Sharma, Ravinder Singh, Shiv Sharan Khajuria, Pawann Sharma, Ravinder Sharma, Surinder Choudhary, Ravi Kaith, Ashwani Raina, Manpreet Singh, Bhupesh Choudhary, Sanjeev Sharma, Kapil Sagotra, Parveen Sharma, Ashok Sharma, Vikramjeet Singh, Lakhbir Singh, Gurmeet Singh, Mohd Qayoom, Jagdish Sharma, K.D Manhas, Manjeet Singh, Tirath Choudhary, Vikram Singh, Shanti Savroop Sharma, Rashpal Khajuria, Vikram Singh, Bharat Bhushan Sharma, Ajay Maini, Kanchan Meenia, Anchal Kour, Manju Sawhney, Razul Tak, Menka Sharma, Niranjana Jamwal beside others.

Tiny Scholars school Kathua Celebrate Graduation Ceremony

J I NEWS SERVICE

KATHUA, MAR 21: Graduation - is a time to celebrate new beginnings and say goodbye to everything that has given you a reason to smile. These are warm memories of the past and big dreams for the future.

The year of 2022 has been an unforgettable year in the terms of getting accustomed to the new normal for teaching learning experience. However this has not affected the dedication and hard work of the students and the teachers of Tiny Scholars School in shaping up the students through education and other co-curricular activities throughout the year. To celebrate the progression and development of students of BACHPAN Wing of Tiny Scholars School celebrated Graduation Day and applauded the young enthusiastic learners for their commendable performance in the session 2022-2023. The programme began with a Saraswati vandana presented by the



little students. The tiny tots left everybody spell bound as they danced on tunes of some vibrant music displaying breath taking colours with coordinated movements that also set the tone and mood of the atmosphere at an all time high. Not only this, a month wise school report highlighting the activities that took place all year round was also shared with the audience.

This was followed by the distribution of graduate certificates to the tiny tots in graduation caps and

sash along with the felicitations of the little children with the unique titles describing their strengths. The programme culminated with the vote of thanks by Mrs Reena Khajuria, Principal Tiny Scholars School, Kathua. Chief guest Prof. Ritu Bhagat appreciated the Management, the Principal and the teachers.

The Guest of honour was Mrs Venuu Attri, a social activist who also appreciated the students and the efforts of school management. The Principal of

Bachpan... a play school and Director of Tiny Scholars school congratulated the students and their parents and wished the students best of luck for their bright future.

Programme was coordinated by Mrs Jyoti Sharma, coordinator of Tiny scholars school (junior wing) and Mrs Monika Sharma, coordinator of Bachpan... A play school. It was indeed a memorable experience for the little ones and be blessed as they continue their education in the main stream of the school.

Enrollment drive cum community mobilization awareness program organized

J I NEWS SERVICE

JAMMU, MAR 21: To give an impetus to the enrollment process in government schools and to enlighten the masses about the government-sponsored welfare schemes, the Chief Education Officer Miran Sahib Zone Swarna Devi participated in the enrollment drive cum community mobilization awareness program organized at Govt Middle School Kotli Arjun Singh. ZEO Swarna Devi with her unique style welcomed the guests and gave a detailed introduction to the program. She interacted with the participants and shared some valuable points that can really help in bridging the gap between the community and school.

Addressing a gathering of parents and students, the ZEO said that providing quality education to the students is our top priority. She appealed to all the stakeholders including the



teaching community to participate in the enrollment drive without affecting the school work. She stressed the teachers and others concerned to toil hard for ensuring meaningful enrollment in their respective schools.

ZEO made the gathering aware about the various schemes launched by the GOI under the banner of SAMAGRA Shiksha. She said that in self-reliance and sustainable pro-

gramme, bringing people together, raising people's awareness, assisting in the delivery of resources and services and strengthening community population are the four steps of community mobilization. She explained about the different activities being held by the Directorate of School Education Jammu which focuses on the counseling of the students for the solution of the problems faced by them. DDC Member

Prof Garu Ram (Ex MLA) DDC Member Smt Vidya Mottan, Ex Sarpanch 5 Jagjeet Singh , Sarpanch Panchayat Badyal Brahma Upper Binni Sharma, Sarpanch Panchayat Badyal Brahma Lower Kanta Sharma, Sarpanch Panchayat Kotli Shah Doula Badrinath Sharma, Sarpanch Gazipur Kullian Harbans Lal and other PFI members of 5 Panchayats were present on this occasion.

Yudhvir calls on Tarun Chugh, discusses objectives of J&K Budget



J I NEWS SERVICE

JAMMU, MAR 21: The Jammu and Kashmir Budget for the year 2023-24 presented recently by FM Nirmala Sitharaman is likely to cater to all the aspirations of the people of the Union Territory with special focus on youths, women, and farmers.

This was stated by the Incharge for Jammu and Kashmir and BJP National General Secretary Tarun Chugh during an interaction

with Yudhvir Sethi J&K BJP Vice President here. Vibodh Gupta, General Secretary J&K UT, senior BJP leaders Rajeev Charak, Venuu Khanna, Sanjay Baru, Naresh Singh and Rekha Mahajan were also present in the meeting.

Yudhvir had called on Chugh as a part of Budget Pe Charcha and held threadbare discussion on the possibilities which the current budget would bring in the course of time as meticulous effort has been made

by the stakeholders to make this year's budget best among all the previous ones. Tarun Chugh, while praising the layout of the Budget, said that FM has taken care of every minute aspect in this document and it is likely that every section of society will get benefit of this futuristic plan. He asked Yudhvir to ensure that every bit of this budget reaches out to masses as they should have the idea about how Modi Government is taking pain

to make their lives convenient and progressive. He said, it is the responsibility of the party cadre to explain how this Budget is better than the previous ones and what shall be the implications after this is implemented in the Union Territory.

Responding to Tarun Chugh's assertion, Yudhvir said that under the realms of PM Modi's dispensation, J&K is getting first priority in all aspects and the budget for the UT is testimony to the fact that in coming years, J&K is going to become the best region in the country offering all the modern facilities and world class infra to the people. Yudhvir assured that he will leave no stone unturned to ensure that information about the current budget reaches out to each and every household in J&K and people should have complete knowledge about its main features which ultimately would help in changing their lives for betterment.

Youth Congress organizes membership drive in RS Pura-Jammu South constituency

J I NEWS SERVICE

JAMMU, MAR 21: J&K Pradesh Youth Congress Committee today launched a membership drive in RS Pura Jammu South constituency. The drive was led by Akash Bharat candidate for the post of new PYC President in J&K. In this regard a programme was organized at the residence of Sarpanch and senior Congress leader Badrinath Sharma in presence of Congress senior leader Narinder Sharma and Congress spokesperson Sahil Sharma. Youths from different parts of constituency between the age of 18 - 35 years attended the function in large numbers. Addressing the youths, Akash Bharat requested youth to enroll themselves as members of Indian Youth Congress, the largest Democratic Youth Organization, to strengthen the hands of Rahul Gandhi and the Congress party. He said that the IYC is the frontal organization of Indian National Congress party with the objective of doing social works. He also advocated the youths to join the Indian youth Congress in large number and propagate the policies, ideas and programmes of Congress party amongst the youths at the grassroot level. Bharat also described about the



Youth Congress election process and requested the youths to join the organization. He said that the IYC is fully aligned to the political values of the Indian National Congress and strongly believes in the core idea of India, in which all Indians are equal and deserve equal opportunity and respect. He urged the youth to join the IYC in large number and participate in the nation building process.

Senior Congress leader Badrinath Sharma without naming any party said that Congress party does not believe in "miss-call membership" and it enrolls members by making personal contact to each and every person who believes in the policies and programmes of the Congress party and wants to become a member of the party. He also asked cadre to

enrol maximum women, youth, SC, ST, OBC and minorities as per party constitution. Sharma criticising the Centre said that without an elected government, Jammu and its people were being neglected and overlooked. "Today democracy in J&K is facing onslaught from no other than the ruling party itself. Ideally, political and ideological differences should have been put aside while dealing with the sensitive region," he said. He said that there was total chaos and confusion among the people as BJP leadership had failed to remove people's apprehensions. "On the one hand, there is complete uncertainty in J&K, while on the other hand people are confronting with failure of the administration to solve day today problems," he said.

160 Bn. CRPF organizes free medical camp

J I NEWS SERVICE

JAMMU, MAR 21: 160 Battalion, Central Reserve Police Force Headquarters, Chatta Jammu today organized a free medical camp at Shankar Nagar Ward No. 49, Channi Rama, Jammu as per the guidelines of Inspector General Jammu Sector.

Dr. Manoj Singh (Chief Medical Officer Joint Hospital Bantlab), Dr. Manmohan Meena (Medical Officer 160 Battalion), Dr. Aanchal Gupta (Medical Officer NTAPC Channi Rama), Dr. Niyate Abrol (Medical Officer NTHPC Channi Rama) conducted medical examination of the local citizens and informed them about the prevention of serious diseases as well as diseases caused due to changing lifestyle, including heart disease, diabetes, migraine, fatty liver, etc.



250 citizens for different types of diseases as per the requirement by the Chief Medical Officer.

During the free medical camp, Sh. Hari Om Khare (Commandant) 160 Battalion emphasized that keeping in mind the mantra of 'Peela Sukh Nirogi Kaye', the health of all the citizens has been checked and necessary medicines have also been distributed to them. Such medical camps have

been organized by 160 Battalion CRPF from time to time and our aim is that the local citizens living in our jurisdiction remain safe as well as remain physically and mentally healthy, commandant added.

Shri Banshi Lal Regar, (Assistant Commandant), Shri Amit Kumar (Assistant Commandant) and Dr. Shurdant Lal Fotra were also present on this occasion.

Indian Army organises Sarpanch Ekta Sammelan at Pallanwala

J1 NEWS SERVICE

AKHNOOR, MAR 21: Indian Army organised a Sarpanch Ekta Sammelan at Pallanwala with an aim to enhance cooperation, security and promote bonhomie with population of border villages as part of Nation Building. Sarpanches were briefed on prevailing security situation and were made aware of growing threat of Narco terrorism. Sarpanches also briefed on various Government initiatives and welfare schemes and role of public representatives in promoting and facilitating these schemes. Indian Army Officials assured the gathering of their continued assistance in projection and upliftment of local youth



through skill generation, awareness camps and fitness seminars. Speaking on the issue of role of youth in Nation Building, senior Indian Army officials reiterated that Indian Army being a bridge between locals and Government,

concerted efforts are being made in coordination and close cooperation with local officials to enhance reach of Government schemes. Indian Army officials also sought suggestions and feedback for enhancing welfare of local

populace and alleviating issues concerning them. Sarpanches expressed their gratitude to Indian Army for improved security situation and their continued assistance and positive outlook in prompt redressal of grievances.

2 Day Photo Exhibition on AKAM, G20 & Mission LiFE by CBC concludes



J1 NEWS SERVICE

KISHTWAR, MAR 21: Commanding Officer, Jammu & Kashmir, Armed Police, 22nd Battalion, Sh. Ramesh Angral was the Chief Guest on the valedictory Function of the 2 Day Integrated Outreach & Communication programme organised by Central Bureau of Information & Broadcasting, Government of India, Field Office, Udhampur, under the aegis of 'Azadi Ka Amrit Mahotsav'.

The Outreach Programme was organised with the aim to generate mass awareness regarding the ongoing campaign of Azadi Ka Amrit Mahotsav & Centrally Sponsored Scheme by the Bureau. While delivering address to the gathering at Tourist Reception Center, Kishtwar the Chief Guest said, this Exhibition depicts the long history of Freedom Movement in India and is more appealing in a unique way. While appreciating the efforts of Central Bureau of Communication Sh. Angral said, we must carry forward the spirit behind the Indian Freedom Movement and remember the sacrifices of freedom fighters. Shri Khurshid Yousuf, Field Publicity Officer, CBC, Field Office

Udhampur gave an overview of various IEC activities being carried out by the department in J&K & Ladakh. He highlighted the importance such programmes which play a pivotal role in spreading the awareness of various policies and programmes of the Government.

Speaking on this occasion Sh. Yousuf said, G20 Presidency is a matter of pride for every citizen of India. Giving details of the Exhibition, he was of the view that depicting rearest of the rear photographs of Freedom fighters, unsung Heroes and history of freedom struggle showcasing various mega and important events of Indian Freedom Movement is inspiration for all of us.

Tehsil Social Welfare Officer, Kishtwar, Sh. Babu Ram spoke about the various schemes of Social Welfare Department and achievements on ground.

Ms. Neelam Parihar, from ICDS Kishtwar also spoke on the occasion. On the occasion Open Quiz Competition related to the Indian Freedom Movement and Unsung heroes was also organised and prizes were given away among the winners. M/s Nagani Cultural Troupe also performed the local folk in the Programme.

Issue appointment orders of selected JSAs: BJP



J1 NEWS SERVICE

JAMMU, MAR 21: While conducting grievance redressal at BJP headquarters, Jammu, Ranbir Singh Pathania, former MLA & J&K BJP Spokesperson, called for settling the issue regarding appointment of Selected Junior Statistical Assistants (JSAs).

JSAs have been selected and list confirmed too and CID verifications have also been performed for almost

one year. However, they are not being issued appointment cum posting orders, possibly due to confusion/lack and clarity, Pathania said.

Reaching out to the people who have nil access to offices and officers is the very essence of a grievance redressal exercise.

He focussed on new techniques and best practices as to how we could redress the public issues in a more efficacious way, said Pathania

and added that effort it directed for reaching out to the last man in the last row while dealing with day-to-day issues of the people.

He said that unlimited funds and developmental initiatives have been unleashed by Bharat Sarkar under the dynamic leadership of PM Modi.

We need to ensure that people and rather 'last man in last row' get best out of these schemes/initiatives. Amongst other general

issues pertaining to developmental works in Kulgam, undertaking of public utility works in Greater Kailash area of Jammu, compassionate appointments, extragratia to accident victims of Ghori-firing victims, proper convening of Gram Sabhas in Uri, drinking water, building permissions, staff shortages, proper voltage electricity, NABARD roads were projected by a number of deputations who called on in the BJP office with references and telephone calls to concerned officials.

The Deputation of Rehbar-e-Khel sought to ensure reduction of regularization period and enhancement of honaria.

NYCs called for rolling out a comprehensive regularization policy as an honorarium. Mr Vikas Choudhary, BJP Secretary, remained present and piloted the proceedings.

Artists from across India showcase Kashmir's beauty on canvas at MCSBM Trust's Art Workshop

J1 NEWS SERVICE

SRINAGAR, MAR 21: Artists from across the country today showcased picturesque beauty of Kashmir on canvas at the National Arts Workshop organised by Master Sansar Chand Baru Memorial Charitable Trust under the title 'Kadam Kadam Badhaye Jai'.

Under the ambit of Centre's Azadi Ka Amrit Mahotsav, the weeklong workshop is being organised in collaboration with Centre for Cultural Resources and Training (CCRT), a wing of the Ministry of Culture, Government of India.

The renowned artists including Dr Sonam Sikarwar, Naushad Gaylor, Mohammad Yousaf Bachha, Javid Iqbal, Akram Khan, Azim Hassan and Muneer Khan today depicted the splendour of the Paradise on Earth, giving chance to



the budding artists and art lovers of Valley to experience by themselves the power of art to replicate what the nature has made on canvas through paints and brushes. This was the unique experience for the visitors of the National Art Workshop as Kashmir's picturesque landscapes were reproduced in an artistic manner leaving people spellbound and astonished. Addressing the

gathering, Anuradha Rishi, Trustee of Baru Trust said that the workshop is aimed at giving impetus to the genre of art and to encourage the young artists to explore their hidden talent. She said that the artifacts produced today will inspire the budding artists of Valley to try hand and produce more alluring artifacts in the coming time. Anuradha Rishi said that Kashmir is famous for its

art and culture and the time has come to again involve the young generation into this career which is not only satiating but also capable for bringing good fortune as it used bring in the past, when people from far off places used to come to Valley to appreciate its art and culture. She said that the Baru Trust is dedicated to promote art at various levels and in Kashmir its achievements are numerous because in the last several years many workshops and art camps have been organised under the ambit of this Trust and there are many working artists in the Valley, who took the path of arts after coming in contact with Baru Trust.

Anuradha Rishi assured to continue with this endeavour in the coming times also as the sole aim of the aforesaid Trust is to spread awareness and provide platform to art and artists.

Mega Youth Festival', Youth Engagement initiative held

Youth Engagement, priority of Mission Youth; concerted effort being taken to empower them More-than 10k youth provided employment since last one & half year: CEO Mission Youth



J1 NEWS SERVICE

KULGAM, MARCH 21: The District Administration Kulgam in collaboration with Mission Youth today organised a 'Mega Youth Festival' at the sprawling lawns of mini-secretariat Kulgam.

The event witnessed enthusiastic participation of youth and members from youth clubs, students, civil society members, employees from across the district.

Secretary Tribal Affairs and CEO

Mission Youth, Dr. Shahid Iqbal Choudhary who was Chief Guest on the occasion expressed satisfaction over meticulous arrangements being taken by the Kulgam district administration to engage youth in various activities and congratulated administration for promoting tourist places and showcasing cultural heritage of the district. He said, Kulgam youth have excelled in various fields and youth engagement is tremendous in the district. The District Development Council Chairperson

Kulgam, Mohammad Afzal Parrey also addressed the huge gathering and expressed concern of the magnitude of Social evils, including drug menace and sought pledge from all youth present to be messengers of social change and commit towards the socio-economic betterment of the society.

Earlier, the Deputy Commissioner (DC) Kulgam, Dr. Bilal Mohi-Ud-Din Bhat welcomed all the participants and expressed gratitude for their enthusiastic participation in the programme.

Speaking on the occasion, DC informed that the District Administration is taking all possible measures to popularise the schemes of Mission Youth so that more and more youth can be engaged in productive activities.

He further added that Youth Clubs, comprising more than 800 members in the district have been revitalised which will be equipped with Grants in Aid and Credit Linkage, which will further provide momentum to the campaign of Empowerment of Youth.

The day long festival also marked with Scintillating Cultural performances, Stage Dramas, Nukkad Naatak from famous artists on various issues of concern for Youth including Drug Menace.

SSP Kulgam, Sahil Sarangal, ADC, Showkat Hussain Ratter, ADC, Vikar Ahmad Giri, DDC/ BDC members, Sectoral/ district officers of various departments and officials were also present.

Kishtwar Youth Festival hosts sports hunt activities to identify talent

MARATHON ORGANISED ON THIRD DAY WITH 400 PARTICIPANTS

J1 NEWS SERVICE

KISHTWAR, MARCH 21: As part of the Kishtwar Youth Festival under the Mission Youth initiative, District Administration Kishtwar is hosting sports hunt activities to identify and groom sports talent. On the third day of the festival, a marathon was organised at the district headquarter with about 400 participants.

The marathon was conducted by the Sports Department under the guidance of District Youth Services and Sports Officer, Kharati Lal Sharma and flagged off by Chief Guest, Deputy Commissioner, Dr Devansh Yadav in the presence of DySP Zai-Ul-Haq.

The 8 km marathon followed a route along the Kishtwar-Paddar National Highway before culminating at Airport end of Chowgan ground. Ravi Dass from Udhampur was the winner of the marathon, completing it in 18 minutes and 18 seconds, while Ritik Sharma from Kathua and Akshey Sharma from Udhampur were runners-up. Among girls, Supriya Shan, Priya Rani, Anisa, Anjali and Kum Kum Parihar were among 200 participants who completed.

The chief guest awarded cash prizes of Rs 20 thousand to winner Ravi Dass, Rs 10 thousand to first runner-up Ritik Sharma and Rs 5 thousand to second runner-up Akshey Sharma.

DC Kishtwar encouraged girl participants and school children who completed the marathon successfully.



He emphasised the importance of sports for mental and physical fitness and advised students to stay away from drugs.

A two-day cricket trial and coaching session under mentorship of J&K Ranji team members Akash Choudhary, Sunny Verma

and Shubham Khajuria concluded with over 50 young cricketers identified as having significant potential.

The DC informed that some will be sponsored for formal cricket coaching in academies by District Administration Kishtwar.

Mission Shakti, Indian Red Cross Society Jammu organise health camp for homeless

J1 NEWS SERVICE

JAMMU, MARCH 21: Mission Shakti's District Hub for Empowerment of Women in Jammu organised a health check-up camp in collaboration with the Indian Red Cross Society Jammu. The camp was held for the inmates of Raen Basera, a home for homeless people situated in Bahu Fort. The camp focused on the health check-

up of the inmates with the help of IRC Society Jammu Medical Officer, Kavita Nijohn.

Free medicines and hygiene kits were provided to the inmates and their general problems were also discussed. The camp was inaugurated by Mission Director of Mission Shakti, Department of Social Welfare J&K, Harvinder Kour who emphasised on the welfare of the inmates.

THOUGHT OF THE DAY

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

JINDRAH IMAGES

J&K marching on path of economic growth

A wind of change is apparently blowing in Jammu and Kashmir after the abrogation of Article 370 and restoration of normalcy, to some extent, thereafter. The proposed opening of a mega shopping mall and an IT tower in Kashmir Valley's Srinagar by a UAE-based group is a perfect example of it and it needs to be welcomed by all. It is seen as a confidence-booster for foreign as well as domestic investment in Jammu and Kashmir. It also indicates that strenuous efforts put in by the UT administration to attract investments have started yielding desired results. It has also set the tone for new employment opportunities, an infrastructure upgrade and assimilation of the Union Territory in India's growth story. The announcement of the projects coincided with the India-UAE investors' meet, almost a year after CEOs from several Gulf countries visited the Valley to explore investment opportunities. These representatives of the real estate, hospitality, food processing, agriculture and other sectors were invited to get first-hand experience and allay their concerns over the law and order situation. The credit of it should go to the UT administration, especially Lieutenant Governor who has assured allocation of land within 15 days of the submission of any proposal as the investors feel that J&K has a favourable ecosystem for investors and they can do their businesses without any hindrance. The Jammu and Kashmir administration claims it has received investment proposals from 5,000 domestic and foreign companies within 22 months of implementation of the new industrial policy, with 45 units starting their operations last month. A steel processing plant is coming up at Pulwama in south Kashmir. J&K has also caught attention because of the large discoveries of lithium. India could potentially have the third largest reserves of the prized metal after Chile and Australia. Fuelling economic growth could be the most transformative confidence-building measure in the troubled region, bringing relief to the unemployed youth and giving a fillip to development. A record 1.8 crore tourists visited Jammu and Kashmir in a year; there's been a huge reduction in every kind of violence. It has prompted the opposition parties to raise questions about the delay in conduct of assembly polls in Jammu and Kashmir. They argue that the government should explain to the people as to why the elections have been put on hold if the situation is normal in Jammu and Kashmir. The Union Home Ministry says only the Election Commission has the mandate to take a call with regard to conduct of assembly polls in Jammu and Kashmir. The long wait continues and the government of India should now seriously consider the demand for restoration of democracy in J&K by holding polls without any further delay.

Dissent isn't a conspiracy against the nation

It is high time we began to articulate confidently that a country is not just its ruling party, even if legitimised through the mathematics of electoral democracy. Instead, a country is its people — yes, unknown/ordinary people, and their aspirations, dreams, struggles and resistances. A country consists of all those who might not have won the elections, but are no less concerned about its destiny.

AVIJIT PATHAK

THIS is not about Congress leader Rahul Gandhi's critical remarks on the state of Indian democracy. Instead, as an ordinary citizen, I feel like reflecting on what it ought to mean to truly care for one's own country. Or, for that matter, it is equally important to probe the meaning of 'defaming' the nation.

In fact, at a time when the might of power and associated noise are allowed to replace the spirit of meaningful conversations and dialogue, and the constant flow of non-reflexive and often irresponsible remarks and comments through press conferences, social media and television channels pollute our mental landscape, it is not easy to be thoughtful, contemplative and truly argumentative.

Yet, as I feel, those who refuse to see themselves as passive spectators of this absurd game of lies and propaganda are endowed with a heavy responsibility. They ought to overcome their silence, communicate with the new generation, and inspire them to distinguish the practice of ethically responsible patriotism from the politics of hyper-nationalism, or democratic thinking from the acceptance of everything that narcissistic political bosses prescribe with the arrogance of majoritarianism.

In this context, there are three points that need special emphasis. First, it is high time we began to articulate confidently and convincingly that a country is not just its ruling party, even if legitimised through the mathematics of electoral democracy. Instead, a country is its people — yes, unknown/ordinary people and their aspirations, dreams, struggles and resistances. A country, it should be by no means forgotten, consists of all those who might not have won the elections, but are no less concerned about its destiny. In fact, a country is more than its supreme leader, even if his/her popularity is mind-boggling.

Hence, a responsible and factually/intellectually sound critique of the ruling party, or the policies of the government, can by no means be seen as a conspiracy against the country. To take a contemporary example, if you demand an inquiry into the dramatic rise of industrialist Gautam Adani in the Narendra Modi era and associated tales of corporate malpractices, you are by no means defaming your country. In fact, your critique reveals your genuine concern for the country.

Or, for that matter, if as a teacher, amid the presence of foreign students I evolve a sharp critique of the violence of caste, patriarchy and religious bigotry still prevalent in our country, I am by no means defaming or conspiring against my country; instead, I am serving the dharma of a seeker of truth. However, what goes on these days as loud, non-thinking, demonstrative patriotism (I mean saying 'yes' to everything the ruling



regime does and prescribes, and criminalising all dissenting voices) diminishes the spirit of mature, confident and responsible citizenship. And this indicates the possibility of the ultimate danger: the degeneration of democracy into some sort of electoral autocracy.

Second, let the new generation, intoxicated by demagogues and their loud slogans, be reminded time and again that there is no virtue in the militancy of hyper-nationalism. Instead, it is pathological; it limits our mental horizons and restricts our thinking; it robs us of our creativity; and above all, it fears the liberating power of self-critique. With the madness of hyper-nationalism, we tend to legitimise authoritarianism, militarism, surveillance and the cult of narcissism. It is, therefore, not surprising that the politics of hyper-nationalism fears even the slightest trace of dissent, promotes blind conformity, or moral/intellectual dumbness, and continually breeds conspiracy theories (i.e. the nation is in danger).

To take some striking illustrations from history, Italian philosopher Antonio Gramsci truly served the struggling masses of Italy, even though hyper-nationalist and authoritarian Benito Mussolini saw him as a threat, and sent him to jail.

Or, for that matter, it is not Russian President Vladimir Putin, but those courageous souls taking an anti-war position and raising their voice who are genuinely serving humanity. Likewise, the US was enriched by Noam Chomsky's critical voice rather than the madness of Trumpism. And who knows that possibly the entire 'tukde-tukde' gang (an abuse coined by the ruling

regime to castigate its critics) is serving Indian people more than the troll army, or those shiny television anchors who are never tired of spreading hatred and divisiveness in the name of 'prime time' debates? Yes, let it be stated boldly: the ethos of pro-people/life-affirming/self-critical patriotism is one thing, and the noise of intellectually dull and spiritually impoverished hyper-nationalism is quite another.

And finally, you do not need a Rahul Gandhi to defame India in foreign countries. In this globally connected world, the concerned citizens of foreign countries know everything about the sad story; say, India's steady decline in the global democracy index. You cannot fool everybody by saying that everything is fine here because the BJP continues to win the elections, and Modi's popularity remains intact.

In fact, it is high time we realised the value of reasoned debate and dialogue in culture, politics and education. We should not forget that this spirit of the freedom struggle was filled with this spirit of debate and dialogue. Rabindranath Tagore didn't hesitate to disagree with Mahatma Gandhi on the efficacy of the non-cooperation movement. And BR Ambedkar didn't spare Gandhi as far as the caste question was concerned. But then, Gandhi, despite his mass appeal and charisma, didn't castigate Tagore or Ambedkar as 'anti-national'.

In fact, the entire nation grew and evolved out of this spirited dialogue.

Who will tell the ruling regime and noisy parliamentarians that they are defaming the country through their refusal to appreciate this basic tenet of democracy?

Xi firmly at the helm amid China's tough times

JAYADEVA RANADE

THE plenary sessions of the 14th National People's Congress (NPC) — China's version of a parliament — and the 14th Chinese People's Political Consultative Conference (CPPCC), China's top political advisory body, which concluded on March 13, were, as anticipated, a success for President Xi Jinping.

The 2,952 NPC deputies unanimously re-elected Xi for a third term as the President of China. In his first speech after the NPC session, Xi exulted that he was honoured to be elected to "the lofty office of President". He also claimed to have lifted the people out of poverty and wiped out the centuries of humiliation they had suffered.

Xi is the first leader to be the head of state of the People's Republic of China (PRC) for so long. Even its 'Great Helmsman' Mao Zedong was Chairman for less than five years. By also endorsing Xi's loyalists as state councillors, members of the Central Military Commission and in all top appointments, the NPC and CPPCC plenums solidified Xi's authority over the party and government apparatus and confirmed that Xi has established himself as the unrivalled pre-eminent leader of the PRC. To reinforce that message, China's official media, including the Global Times,

By endorsing Xi's loyalists as state councillors, members of the Central Military Commission and in all top appointments, the NPC and CPPCC plenums solidified his authority over the party and the government apparatus. The Government Work Report that outgoing Chinese Premier Li Keqiang presented to the NPC expectedly credited Xi's leadership as having surmounted the difficulties of the past few years, such as the Covid pandemic.



acclaimed (March 12): "Xi Jinping's unanimous election as Chairman of the Central Military Commission has greatly inspired and motivated the whole party, the whole army and the whole nation to embark on a new journey."

One key appointment was that of former Shanghai Party Secretary and long-time Xi associate Li Qiang as Premier. Though there were three 'nos' and eight abstentions in his election, this would have been because he complied with Politburo member Sun Chunlan's instructions to implement

the centre's stringent 'zero-Covid' policy and locked down Shanghai for three months. Having been Governor and party secretary of Zhejiang, Jiangsu and Shanghai — three of China's wealthiest provinces — Li Qiang, however, has the credentials for the position of Premier where his primary task will be to revive the country's economy.

Interesting was the appointment of former Politburo Standing Committee member Han Zheng as PRC vice-president in place of Wang Qishan, who retired. Han Zheng has

not been regarded as particularly close to Xi and his elevation may indicate an element of compromise. It may have been a move intended to keep the discontented Jiang Zemin faction from creating complications in the months ahead. In any event, the post of PRC vice-president is not powerful. Chinese observers have suggested that Li Qiang's appointment could also help assuage this group.

Other key appointments show that national security remains a high priority for the Chinese leadership. These are the elevation of Minister of Public Security Wang Xiaohong as a member of the powerful CCP CC Secretariat and promotion and appointment of General Liu Zhenli as Head of the PLA Joint Staff Department. General Zhang Youfa (72) and 65-year-old General He Weidong were also confirmed as Vice-Chairmen of the State Central Military Commission. In addition and because of the apprehensions stemming from China's worsening international environment, the NPC raised the national defence budget by 7.2 per cent. For the past two years, the increase was restricted to under 6.5 per cent. Besides, while reports of a

major reorganisation of the security establishment were persistent, none has been announced. Reports filtering out of Beijing suggest that there are robust differences regarding which departments should come within the purview of the new setup and who should control it. Politburo member and Xi's long-time secretary Ding Xuexiang and the Minister of Public Security Wang Xiaohong — both Xi loyalists — are contenders for the top job in the new setup.

Apart from key personnel appointments, the Government Work Report that outgoing Premier Li Keqiang presented to the NPC on March 4 is important. The 29-page report, which included 14 mentions of Xi, expectedly credited his leadership as having surmounted the difficulties — like the Covid pandemic — of the past few years. In his hour-long speech, Li Keqiang lauded Xi as "the core of the party leadership" seven times stressing that, "We owe our achievements...to the strong leadership of the Party Central Committee with comrade Xi at its core and the sound guidance of Xi Jinping Thought." However, in what many analysts interpret as a note of caution, Li Keqiang conveyed a cryptic message

to his staff: "While people work, heaven watches. Heaven has eyes."

The report outlined the plans for the coming period and indicates the Chinese Communist Party's priorities. It keeps the spotlight on security and development and significant is its emphasis on the 'unpredictable' and 'grim' difficulties that lie ahead for China. Echoing Xi Jinping's warnings of the past some months, it warned of the probability of 'black swan' and 'grey rhinoceros' events. Anticipating problems ahead, Li Keqiang urged China to gear up for tougher times. Another indicator of the economic difficulties was the announcement that the number of central government employees would be reduced by 5 per cent. In his first press conference after the NPC on March 13, the new Premier, Li Qiang, too was cautious about the economy and said achieving the 5 per cent GDP growth target would be difficult as the base was high. The report, which outlines China's goals and priorities for the next five years, made it clear that the economy, security and agriculture would be the priorities. Predictably, all their budgets were increased along with that of science and technology, China's another key priority.

Anubhav Sinha On 'Bheed' Controversy: I Don't Want To Disturb Sanctity Of My Film

There's a sanctity to his film and he would not like to disturb it, says Anubhav Sinha, sidestepping the controversy over the trailer of "Bheed" that landed in controversy for drawing parallels between the lockdown and Partition. The first trailer of the movie was pulled off and re-released with changes, including the omission of a speech by Prime Minister Narendra Modi and a dialogue referencing Partition. "Of course, these changes are obvious. The trailer was off air for two days (and) the changes mentioned are correct. But that reason is the filmmaker's business. "Bheed", a black and white film starring Rajkumar Rao and Bhumi Pednekar, is Sinha's take on the mass migrant movement during the March 2020 lockdown in India. He termed the "lockdown" the trigger for the film. "Sometimes I get attracted by the headlines, or something that has been proba-

bly bothering me for sometime...I don't like being angry but I am angry towards who we have become and who we are becoming." Referring to the controversy over his film's trailer, the director said audiences these days are provoked into talking about gossip surrounding a movie when all they should care about is whether they like it or not. "Unfortunately, these days, they are being provoked into talking about this because it is gossip. And human nature likes gossip, likes sensational news, even if it is untrue. (But) art should be excluded from that. What is important is, did you like the film?" Referring to "Bheed" being labelled 'anti-India' by a section of social media users, he said "... there are enough people thumping their chest and celebrating it, which is great" but someone has to speak up about the issues too. "Those people who thought my film is anti-India, I love them for being



Spotify removes Bollywood songs after renewal of licensing agreement fails



Spotify was forced to remove Zee Music's entire catalog after the renewal of their licensing agreement failed last week. Users have been furious by the move. The music app Spotify was forced to remove the entire catalog of Bollywood songs from Zee Music Company after negotiations for a renewal of their licensing agreement failed to go through last week. Users and fans of Bollywood music have been taking to social media to voice their displeasure over the move. Some have even threatened to cancel their subscription with the app. The soundtrack of Gully Boy was one of many that was taken down from Spotify after the licensing agreement failed with Zee Music. The soundtrack of Gully Boy was one of many that was taken down from Spotify after the licensing agreement failed with Zee Music. Zee Music also did not renew the licensing agreement with the music app Gaana and cut ties with them in 2022. A few months later, Gaana became a subscription-only service. According to a report on Billboard, the music app said in a statement, "Spotify and Zee Music have been unable to reach a licensing agreement. Throughout these negotiations, Spotify has tried to find creative ways to strike a deal with Zee Music and will continue our good faith negotiations in hopes of finding a mutually agreeable solution soon."

Prachee Shah Paandya: OTT Has Changed The Game For Senior Actors

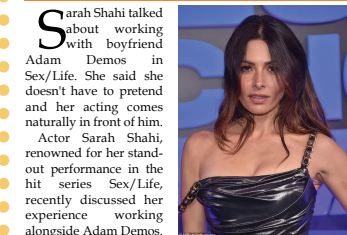
Prachee Shah Paandya, who was recently seen in 'Chhatriwali', has been one of the most popular actresses on television who made a successful transition to films. Despite being massively popular on TV, she moved on and decided to concentrate on films alone. She has been since doing small character roles in films and has received considerable fame even in that. Talking to Prateek Sur, Prachee Shah Paandya speaks up about her work as a senior character artiste, the new-age OTT space, and lots more. Expects: People always feel that it's easy for character artists to get work. Even after being a senior



actor, do you still have to go through auditions to get a role? I wouldn't say it's very difficult and easy for a character actor. I think in today's date it's pretty easy. It's just that there are a lot of platforms and a lot of work out there and of course a lot of actors as well. So yes, at times if there is a particular

look that one has not seen me in. They do ask for look tests or auditions as you call for. And yes, we do have to. I'm okay with giving a look test completely because sometimes a director doesn't know you and would like to see you in a particular get up or that particular role you know. I have no qualms about giving an audition at all. Is there enough work for senior actors? Yes of course. OTT has changed the game for senior actors, there is a lot of work out there and a lot of different roles for different age groups. It's just that I still feel that there are these three demarcated platforms on the larger part that I'm saying where TV actors TV zone is a different zone. Web zone is a different zone. And films are a different zone. So I just feel an actor is an actor. And one should be treated like that. If the actor particularly suits a role. How does it matter whether the actor is coming from TV or films or web? It's not really been difficult. I'm still trying to crack the web zone. I haven't really done anything in 'web'. I'm looking forward to doing something really nice in 2023 which I shall talk about as soon as I can. But otherwise I have been grateful that I have done some really good films and of course a whole lot of television.

Sarah Shahi doesn't have to 'pretend' while working with boyfriend Adam Demos: I just look at him and words become real



Sarah Shahi talking about working with boyfriend Adam Demos in Sex/Life. She said she doesn't have to pretend and her acting comes naturally in front of him. Actor Sarah Shahi, renowned for her stand-out performance in the hit series Sex/Life, recently discussed her experience working alongside Adam Demos. Shahi revealed that she doesn't feel the need to put on an act while sharing the screen with her boyfriend, and considers it a special privilege to star in films with him. Due to their natural off-screen chemistry, Sarah effortlessly delivers authentic portrayals of love scenes and intense fight sequences. Working alongside Adam also makes her job a breeze. Interestingly, the couple also starred together in Sex/Life, which dropped all six episodes of its second season on Netflix for binge-watching since March 2, 2023. She provided a comprehensive explanation of how working with Adam Demos comes naturally to her during an appearance on The Jennifer Hudson Show. She told, "I feel lucky because I kind of take myself out of the situation and I have a big eye view of myself and him working together. It makes my job so much easier because if it's a love scene or it's a fight scene or whatever it is, all I have to do is look at him and the words become real." She called it a privilege to work with her favourite human, and said, "It's almost like an experiment. It's like a privilege to be able to work with the person you love and also, your characters are simulating real-life things as well. It actually makes my job a little bit easier. I don't have to pretend, which is nice." Adam, recently joined PEOPLE in 10 to discuss the second season of the Netflix series. During the interview, He opened up about his girlfriend and co-star, Sarah, and shared three reasons why he loves her. He highlighted that her heart was the most significant factor and expressed this to Makho Ndlovu, the host of the show. Adam also praised Sarah's kindness, which he believes is everything to him.

Braunwyn Windham files for divorce from Sean Burke amid he allegedly emptied joint bank accounts: Had no access to money

Braunwyn Windham chose to file divorce from her husband Sean Burke after he emptied their joint bank accounts. She said she did not have access to her money. The recent spate of high-profile celebrity breakups has been a stark reminder that even the seemingly perfect relationships are not immune to unexpected endings. In a new interview, Braunwyn Windham shed some light on the reasons behind her own separation from Sean Burke. According to her, one day she woke up to find that she was unable to access any of her cards or money as Sean had emptied their joint bank accounts. This revelation by Braunwyn highlighted the importance of trust and transparency in any relationship, especially when it comes to finances. According to an exclusive interview with Page Six from their shared home in Newport Beach, California, Braunwyn Windham-Burke reached a breaking point last year when she discovered that her estranged husband, Sean Burke, had allegedly "emptied" their joint bank accounts. She said, "It's the reason I did file for divorce. When you're still legally married, there's not a lot to protect you."



Ariana Madix confronts ex-boyfriend Tom Sandoval following his betrayal with Raquel Leviss: 'I want you to die'

The breakup of Tom Sandoval and Ariana Madix made headlines, and now fans of Vanderpump Rules will be able to witness the aftermath of the split. In an exclusive mid-season trailer, Bravo gave viewers the first footage of the former couple sitting down to have a conversation on camera. The conversation took place after Ariana discovered that Tom had been cheating on her with their mutual friend and co-star, Raquel Leviss. Ariana's strong reaction to Tom's infidelity, including her comment asking him to 'die' and her declaration that he doesn't deserve her, has generated a significant response from fans of the reality show. In an exclusive premiere of the mid-season trailer for the Bravo show, PEOPLE unveiled the first footage of Tom Sandoval and Ariana Madix sitting down together after news of their split hit the headlines. The former couple had an emotional conversation that was captured by the cameras of Vanderpump Rules. Tom said to her, "I wish we both would have tried harder." With a stoic expression, she rebuffed any indication of sympathy towards his pain, and said bluntly, "You don't deserve one f---ing tear of mine." He also asked



her, "Do you want anything?" She said, "I want you to die." Their video surfaced online and many people dropped their reaction. One person wrote a long message, "I feel that Ariana Madix is so heart broken about Sandoval cheating on her. When she said for Sandoval to die, I feel that she wish she never got involved with him. The heartbreak she is feeling is so unbearable. Especially if she feels she gave her entire self to him including her trust. And he just shattered it to a million pieces. I understand that know one should ever wish someone such hatred, know matter what has happened between them. I would say that know one has a clue what they'll say until that moment comes forth. Which I really hope it doesn't happen to anyone including myself. I really hope that Sandoval and Ariana in their future, can be on good terms. For now Ariana is in total shock and Sandoval is feeling regretful. My thought he should have broken it off a long time ago if he wasn't happy instead of all the cheating scandals." Another person commented, "Well the love was lost somewhere along the way a long time ago and the romance has probably been over."

Suhana Khan looks ravishing in white in new sunlit pics, Karisma Kapoor and Ananya Panday react

SUHANA KHAN'S NEW PICTURES FEATURE HER IN A SHEER WHITE DRESS WITH A THIGH-HIGH SLIT. THEY ARE FROM A RECENT PHOTOSHOOT.

Suhana Rukh Khan and Gauri Khan's daughter Suhana Khan posted new photos from a photoshoot and grabbed the attention of several celebrities instantly. She will be making her acting debut this year. Her biggest cheerleaders Ananya Panday, cousin Alia Chhiba and others have reacted to her photos. The photos feature Suhana in a scenic location. She slipped

into a sheer white maxi dress. She had her hair tied into a messy bun. Her body looked even more radiant under the golden hour. In photos shared by Suhana, she posed leaning against a white wall. Reacting to the pictures, Suhana's best friend Ananya Panday commented, "HELLO" with a heart-eyed emoji face. While new bride Alanna Panday went 'Wow', cousin Alia Chhiba called her name to express happiness in the comments. From Maheep Kapoor to Alavia Jaaferi to Karisma Kapoor and Bhavana Panday and Seema Sajdeh, several celebrities sent her love. Her co-star Tara Sharma Saluja too joined them. Some more pictures from the same photoshoot have also been shared by the creative

team. It has Suhana posing intensely against the sun in the same white dress, which also came with a thigh-high slit. Suhana is the middle child of Shah Rukh and Gauri. She has an older brother, Aryan Khan who is an entrepreneur and also working on his first Bollywood film script. The two also have a younger brother, AbRam, who is currently studying at a Mumbai school. Suhana is known for her sartorial choices and has a strong influence on social media, even before her acting debut. She will be joining Bollywood later this year with filmmaker Zoya Akhtar's The Archies. It will stream on Netflix and is the official Hindi adaptation of the popular American comic book series. It is backed by Zoya's Tiger Baby and Graphic India, The Archies is a coming-of-age musical drama set in the 1960s, focusing on the Anglo-Indian community.



Want to get rid of back fat? Follow these nutrition and workout tips

YOUR SEDENTARY LIFESTYLE COULD BE CONTRIBUTING TO EXCESS FAT ON THE BACK, OR MAYBE IT IS YOUR UNHEALTHY DIET THAT IS THE CULPRIT. HERE ARE TIPS TO GET RID OF BACK FAT FROM AN EXPERT.

While belly fat is easily noticed and literally steals the limelight from back fat, it is no less unhealthy especially if it's stubborn. Your sedentary lifestyle could be contributing to excess fat on the back, or maybe it is your unhealthy diet that is the culprit and adding to all the bulge. For all you know, your faulty posture too could be a factor that is making your back look bulky.

How to get rid of back pain

"While I would love to answer the age-old question of how to get rid of back fat, it's actually impossible to spot-reduce flab. That's not necessarily a bad thing, though. If you are serious about firming up your back, you'll need to decrease your overall body fat, which means you'll look slimmer everywhere," says Mukul Nagpaul, founder of Pmf training and PM's Fit India Movement Ambassador.

One way to reduce body fat is through diet that creates a calorie deficit. A calorie deficit occurs when a person consumes fewer calories than they require to maintain their current body mass.



"A person can create a calorie deficit through a combination of decreasing daily calorie intake through food and drink and expending calorie energy through exercise and other physical activity. A reduced-calorie diet will help you to lose fat all over your body. Unfortunately, you can't decide exactly where the fat loss will occur first. But you can eat a diet that includes plenty of nutrient-dense food and lean protein to promote

muscle growth," says Nagpaul. Nutrient-dense foods include vegetables, including leafy greens, starchy vegetables, and different coloured vegetables fruits, such as apples and berries, lean protein, such as poultry, fish, and lean cuts of meat beans and legumes, nuts and seeds, whole grains, including brown rice, quinoa, and whole grain bread and pasta, healthy fats, such as oily fish, avocados, and olives.

In addition, sugars and saturated fats are to be avoided.

Focus on strengthening exercise to help you shape the muscles in the upper, middle, and lower back. Here are some exercises suggested by Nagpaul to try.

Shoulder strengthening exercises: If you build strong, tight shoulders, the area of your back beneath the shoulders (especially near your bra line) starts to look smaller. Dumbbell

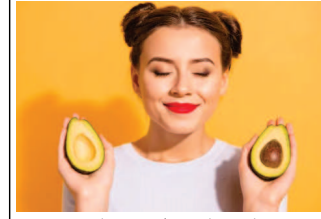
Front raise, Dumbbell Upright row etc will help you to build strong shoulders.

Mid-back exercises: The wing-shaped muscles in the middle of your back are called the latissimus dorsi. If you can make these two muscles tighter and stronger, they give your waist the appearance of being smaller. Chin ups, lat pulldown etc are good exercises to strengthen the lats and create a toned, triangular shape.

Waist exercises: If you want to whittle the back of your waist, try doing exercises that strengthen the obliques and also the erector spinae, the muscles that run along the spine. These muscles help contour the sides of your body and help it bend from side to side. Cable Woodchop will help to taper and strengthen the sides of your body. You can also do Russian twists on the floor to target the oblique abdominals.

Lower back exercises: Slouching makes back fat more noticeable. To stand taller and promote better posture, do lower back exercises to strengthen the core, including the erector spinae. Superman exercise will help to target these trouble spots.

A nutritionist with type 1 diabetes shares the top 5 'food swaps' she eats to manage her blood sugar



More than 11% of Americans have diabetes, which occurs when the pancreas does not produce enough insulin to regulate blood sugar levels.

As a nutritionist who has been living with type 1 diabetes for more than 30 years, I've found that having diabetes doesn't mean you have to completely stop eating what you enjoy. Managing blood sugar is often more about making small food swaps, or adding, rather than eliminating, certain foods.

For example, you can still eat carbs, but you also need to add protein, a small amount of healthy fats and plenty of fiber. Protein, fat and fiber all moderate how quickly food is digested, which is helpful in balancing blood sugar levels.

Here are the foods I eat — and the foods I try to cut back on — to help manage my diabetes:

1. **Bean-based or vegetable pasta** — Wheat-based pasta is mostly carbohydrates, and it can lead to a blood sugar spike if eaten in large portions on its own. Instead, I'll opt for bean-based pasta or a vegetable pasta. Turning

zucchini and sweet potatoes) into noodles using a spiralizer is a great way to increase your fiber and vitamin intake.

If you do choose to eat traditional pasta, whether it's gluten-free or wheat-based, be sure to add lots of protein and fiber to your dish. I recommend poultry, fatty fish like salmon and beans, and vegetables like kale, peppers, onions and broccoli.

2. **Riced broccoli, zucchini or chickpeas** — As a substitute for grain rice, try riced broccoli, mushrooms, zucchini, chickpeas or cauliflower. These are fiber-rich and gentler on blood sugar.

Brown rice is a common substitute for white rice in diabetes diet plans, but the carbohydrate amounts in both are actually pretty similar. And the small amount of additional fiber you get from brown rice isn't typically enough to have a significant impact on blood sugar levels.

3. **Almond, coconut or oat flour** — Instead of using traditional flour when baking or cooking, I'll opt for blood sugar-friendly flour made from almonds, coconuts or oats. One of my favorite

tricks is to use a blend of almond flour and oat flour. The resulting flour is lower in carbohydrates and higher in fiber and protein than wheat flour.

And it's equally tasty: This chocolate chip almond butter breakfast bars recipe is delicious!

4. **Breakfast cereals with protein and fiber** — Breakfast cereals can do a number on your blood sugar if you're not careful. Instead of choosing cereals with large amounts of added sugars, choose brands that have more fiber and protein.

My recommendation for a high-fiber, low-sugar option: bran flakes. With about five grams of fiber per serving, this type of cereal contains 19 grams of net carbs per 3/4th cup serving, making it lower in carbohydrates than many breakfast cereals.

A bonus: The added fiber is beneficial to digestive health, heart health and weight management.

5. **Fruits low in sugar** — Many people with diabetes are told they should avoid fruit. But there's often no reason to eliminate entire food groups, especially something as nutritious and tasty as fruit.

I always go for fruits low in sugar, such as berries, kiwi, melon and citrus. Watermelon is great, too, if consumed in moderation. One cup of diced watermelon has less than 10 grams of sugar. If you want to eat fruits that are higher in sugar like bananas or mangoes, enjoy them with a source of protein, like peanut butter, cheese or plain yogurt.

Stress and fitness - The paradoxical link

The human body works in synchronisation with its parts and everything around it. Even the slightest alterations in the level of coordination can throw it off balance thereby leading to dysfunction. The mind and the body are linked with each other and any effect on mental health will impact physical health both directly and indirectly. Stress is the body's response to overwhelming and emotional distress. While stress is often inevitable due to the fluctuations of quotidian life, its management is essential to ensure physical and mental health. Chronic stress can lead to acne, diabetes, low libido, and other health complications.

Stress and fitness - The link

Stress and fitness are linked to each other and changes in one can affect the other significantly. Stress causes a rise in cortisol, also known as the stress hormone, levels which can cause weight gain, lowered endurance, weakened immunity, rise in blood pressure levels, disrupted circadian cycle, and slowed recovery. This can hamper the fitness goals significantly. We can say that the relationship between them is inversely proportional. This implies that an increase in stress will trigger a decrease in fitness and a decrease in stress will trigger an increase in fitness. However, it is interesting to note that this relationship is also paradoxical in nature. This is because to manage stress, a consistent fitness regime must be followed as exercise can reduce cortisol levels in the body. But at the same time, stress can reduce the efficiency and effectiveness of a fitness regime. So what



can be done to break out of this paradox? The answer is - Working bit by bit every day to reduce stress and enhance fitness.

TIPS TO REDUCE STRESS

Here are some ways in which you can manage stress:

- Meditate to clear your mind and relax your body. Use aromatherapy to calm your body and mind.
- Tune into your favourite music and relax. Take a walk in nature to get a breath of fresh air.
- Opt for counselling, spend time with your family or friends, and do not hesitate to

express and communicate.

TIPS TO ENHANCE FITNESS

These tips can help you elevate your fitness game:

- Alternate between workout routines to eliminate the scope of monotony.
- Set realistic fitness goals to avoid feelings of futility and failure.
- Do not compromise with your diet and make sure that you are staying satiated.
- Do not overexert yourself and take time out for self-care by taking breaks.
- Stay hydrated to ensure that your body stays active and ready for action.

New Research Shows That Eating Omega-3s Can Significantly Boost Cognition—Even in Young People

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

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

Let's get into the nitty-gritty: In this study, middle-aged people whose blood contained more omega-3s—or polyunsaturated fatty acids

characterized by the presence of a double bond—showed larger brain volumes and performed better on reasoning and logic tests compared to those with lower omega-3 levels. "What's more, the results showed benefits with just a little bit of omega-3 consumption. You don't need to eat huge quantities of fish or take high doses of a supplement to get the benefits," says Danahy.

While society tends to conflate brain-targeting diseases like Alzheimer's and dementia with old age, preventing—or slowing—these diseases actually begins at an early age. "We usually associate cognitive decline with older adults and Alzheimer's or dementia, but cognitive decline happens slowly, and you might not fully realize the signs until it's too late. It's important to do all you can to support your brain while you are younger, which will help reduce the risk of problems when you're older," says Danahy. Eating your omega-3s is one simple, everyday way to look after the organ upstairs. In short: No matter how old you are, it's important to make sure you're consuming your daily recommended intake of omega-3s (about 1,100 mg for women and 1,600 mg for men).

5 Ways Vitamin D Critically Supports Heart Health & Function

It's no secret that healthy vitamin D levels help optimize everything from cognitive function and mood support to immune, gut, and hormone health.* Generally speaking, vitamin D sufficiency is critical for whole-body health and well-being.*

The problem? Many people have vitamin D levels well below the optimal level. Indeed, vitamin D deficiency (VDD) is a massive issue in the states and around the world, impacting 29% of U.S. adults and a whopping 30-50% of the general population.

In many scientific studies, VDD has also been associated with cardiovascular concerns. And while scientists are still researching the connection between vitamin D status and heart health issues, the essential vitamin has already been found to support the

cardiovascular system in a few major ways.*

5 ways vitamin D supports heart health.

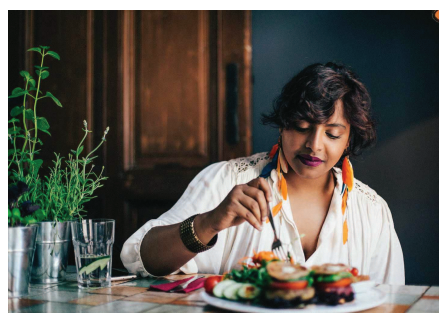
Considering vitamin D receptors are found...well, pretty much everywhere in the body, it's no surprise that this vital nutrient benefits the heart.*

Here are some ways vitamin D supports healthy cardiovascular function.*

It bolsters cardiac muscle function, according to this 2014 *Frontiers* scientific review.

It promotes a healthy lipid profile and supports important components of cardiometabolic health, as outlined in this 2018 review from *BioMed Central*.

It helps regulate healthy blood sugar levels (another important car-



dio-metabolic health biomarker)—which, in turn, helps protect blood vessels and maintain healthy blood pressure.

It supports a healthy inflammatory response, which is absolutely vital for overall cardiovascular health and function.

It increases antioxidant activity, which helps combat oxidative stress and promote heart longevity.

How to reach sufficient vitamin D levels.

Considering heart health is not our strong suit as a nation and almost one-third of the U.S. population is deficient in vitamin D, those concerned about their own cardiovascular function and longevity would be smart to check their vitamin D status.

Thankfully, there's a simple and effective solution that can help raise suboptimal vitamin D levels: A high-quality, daily D3 supplement like mbg's vitamin D3 potency+.*

mula delivers an efficacious dose (5,000 IU) of algal D3 with an organic trio of oils (avocado, flaxseed, and olive) to enhance the fat-soluble vitamin's bioavailability and absorption.*

This premium D3 supplement can help you achieve and sustain a truly healthy vitamin D status—i.e., 25(OH)D serum levels above 50 ng/ml—to promote cardiovascular function and whole-body health.*

The takeaway: Vitamin D promotes universal health and longevity, including cardiovascular function and cardiometabolic health outcomes.*

To holistically support your heart, consider taking a premium vitamin D supplement that can help you reach and maintain healthy vitamin D status (like mbg's vitamin D3 potency+.*).

District Admin Srinagar organises Awareness programme on "World Down Syndrome Day"

THE THEME OF _WITH US NOT FOR US_ SIGNIFIES TEXTURE AND CONTOURS OF HUMANISTIC APPROACH TOWARDS CHILDREN WITH DOWN SYNDROME: DC SRINAGAR

JI NEWS SERVICE

SRINAGAR MARCH 21: In connection with World Down Syndrome Day observed every year on March 21, the District Administration Srinagar today organized a programme here at Bemina.

The programme was conducted on the directions of the Deputy Commissioner (DC) Srinagar, Mohammad Aijaz Asad by District Social Welfare officer in collaboration with Volunteer Medicate Society Srinagar.

Speaking on the occasion, District Social Welfare Officer, Dr Mukhtar Ahmad threw light on importance of the day.

He said on this day, people with Down Syndrome and those who live and work with them throughout the world organise and participate in activities and events to raise public awareness



and create a single global voice advocating for the rights, inclusion and well-being of people with Down syndrome.

DSWO also highlighted the various schemes launched by the Government for inclusiveness of these persons for development of society. The theme for this year is "With Us Not For Us" and is focused on a human rights-based approach to disability - the right to be treated fairly, have the same opportunities as everyone else, and the freedom for people to make their own

choices. We are calling on all supporters and organisations to work #WithUsNotForUs to improve the lives of everyone with Down syndrome. Other speakers also spoke on the occasion and unanimously said that the World Down Syndrome Day is an opportunity to celebrate the diversity among people irrespective of their condition. It's an occasion to raise awareness about the people with Down Syndrome face in their daily lives. It is a reminder that people with Down syndrome

have the right to education, employment, health-care, and social inclusion, and that they can make valuable contributions to society.

Dr Abdul Rashid Consultant Paediatrician from Health Department conveyed views of identification of these and importance of early intervention regarding their health.

Dr Maqbool, President VMS stressed upon role of non Government organisations for betterment of persons with disabilities including down syndrome.

During the programme, a Painting activity was also held by down syndrome children.

Speaking about the programme, the Deputy Commissioner Srinagar said that the theme of _With Us Not For Us_ signifies texture and contours of humanistic approach towards children with Syndrome.

03 days Artisan Workshop inaugurated by NIESBUD Noida at SARAS Mela Srinagar

ARTISAN WORKSHOP HELD FOR FOR SCALING UP BUSINESS ACTIVITIES OF EXISTING ENTERPRISES

JI NEWS SERVICE

SRINAGAR, MARCH 21: National Institute of Entrepreneurship and Small Business Development (NIESBUD), Ministry of Skill Development and Entrepreneurship, Government of India, inaugurated three days Artisan Workshop for existing enterprises for scaling up business activities in SARAS Mela Srinagar.

Additional Director (Regional Directorate of Skill Development and Entrepreneurship), Vinit Kumar Saksena briefed about the importance of such programmes and also the programmes conducted by NIESBUD and NSTI in the UT of Jammu and Kashmir. He also encouraged the participants to work with enthusiasm and ensured further support from NIESBUD in future.

The workshop is organized to support the SHGs and members to aware them about sales and marketing. The three days workshop will cover the areas on e-commerce, market linkages, awareness regarding government schemes, entrepreneurship development, soft and hard skills, product value additions etc. NIESBUD will be providing the basic expertise on how to overcome the challenges facing during marketing packaging.

Dr. Aijaz Mir representing NIESBUD in the UT of J&K thanked the government of J&K for making the workshop a success and also ensured further hand holding and support for SHGs and other aspiring entrepreneurs in future.

JKAACL organises cultural programme at Rajpura



JI NEWS SERVICE

SAMBA, MARCH 21: The Sub Office of Jammu and Kashmir Academy of Art, Culture and Languages in Kathua collaborated with District Information Centre Samba to organise a cultural programme at Rajpura. The event was held under the guidance of Secretary JKAACL, Bharat Singh.

Sarpanch Rajpura, Suresh Basotra was the chief guest on the occasion while Principal Shri Nursing, Vidyapeeth School, Surinder Pal Sharma was the guest of honour.

Suresh Basotra praised Jammu and Kashmir Academy of Art Culture and Languages for bringing cultural events to Rajpura. He appreciated the mesmerising performances by the artists and requested that similar events be organised in future.

The programme began with a performance by Aziz Folk Theatre Group from Kulgam who performed Dhambali Dance.

Other performances included a sufi song by Gulam Nabi Sufi and party from Pulwama; Kashmiri folk by Baba Naseeb u Din Gazi Theatre Group from Kashmir, Sharda Folk Theatre, Wathora Budgam; Dogri Haran Dance by Bodh Raj and party from Damsal; Gojri folk dance by Gojri Music and Dance party Rajouri; Nukkad play by Samooch Theatre Group Jammu; Dogri folk song by Gareeb Dass and party; Dogri Song by Sanjeev Kumar and party and Dogri Bhaakh by Koshalya Devi and party.

The programme was conducted by Janak Bhardwaj and coordinated by Shokat Naseem.

150 deodar saplings planted at GMC Doda

JI NEWS SERVICE

DODA, MARCH 21: On the occasion of International Day of Forests, Government Medical College Doda collaborated with J&K Forest Department to conduct a mega plantation drive at the GMC campus.

Students and staff of GMC Doda participated in the event with great enthusiasm and planted 150 deodar saplings. A plea was made for a greener environment with a focus on taking care of the planted trees.

Among those present were the CAO GMC, DIO Doda, heads of various departments and staff members including Range Officer and his staff.

The event was supervised by Principal Government Medical College Doda, Puja Vimesh.

Chairman DDC Budgam inaugurates mega plantation drive at Budgam

JI NEWS SERVICE

BUDGAM, MARCH 21: The Department of Social Forestry SGR range Budgam today organized a mega plantation drive at TR Memorial college Of Engineering and Research Hayatpora Budgam.

The drive was kick-started by Charman, District Development Council (DDC) Budgam, Nazir Ahmad Khan and Regional Forestry Director, Mehraj Din.

The drive was attended by DFO Tanveer Ahmad, Mushtaq Ahmad Gojri, Range Forestry Officer, Social Forestry Range Budgam; Abdul Majeed Paray, President JK Trade Union Council; Mehraj ud Din Dar, Alasma Education institute Budgam International Islamic School Budgam.

Principal Al-Asama educational Institute alongwith the staff and other officials of Forest Department. In this plantation drive focus was laid on importance of plants in our lives and preservation of green gold.

Int'l day of Forests: DC Kick starts Mega Forest drive at GDC Kulgam

Booklet 'Let us Conserve Biodiversity' released



JI NEWS SERVICE

KULGAM, MARCH 21: On the eve of International Day of Forests being celebrated every year on 21st of March, mega Plantation drive was today organized by Forest division Kulgam at Government Degree College (GDC) Kulgam.

This year the day is being celebrated with the theme, "FORESTS AND HEALTH".

The Plantation drive was kick-started by the Deputy Commissioner (DC) Kulgam, Dr. Bilal Mohi-Ud-Din Bhat by planting a sapling of cedrus deodara within the premises of GDC Kulgam.

The programme was attend by College faculty, Officers from Social Forestry, Forest Protection Force, members of NSS volunteers, NGOs, media fraternity and students of GDC Kulgam.

The DC in his address highlighted the role of forests in providing abundance of Ecosystem services and thereby promoting healthy lives.

World Planting Day: DC Pulwama holds plantation drive in district

Urges people to plant more and more trees for protection of environment

JI NEWS SERVICE

PULWAMA, MARCH 21: In connection with the celebration of World Planting Day, a plantation drive was today organised by Deputy Commissioner (DC) Pulwama, Baseer-Ul-Haq Choudhary, here.

On the occasion, the DC planted trees within the premises of the District Hospital Pulwama and kick-started the plantation drive in presence of District Floriculture Officer Pulwama.

Speaking at the occasion, the DC said that the aim of celebrating World Planting Day is to generate awareness among the people for the importance of planting trees. He emphasized the role of trees in protection of the environment and human survival and urged upon all stakeholders including the general public to plant more and more trees in this plantation season.

The DC said that the campaign has been started with the purpose to increase the green cover in the district and in coming

days more such plantation drives will be initiated in other panchayats of the District. This day is dedicated to planting whatever you possibly can, from trees, flowers to vegetables, but also spreading awareness of the importance of plants, DC added.

Choudhary said that Plants and trees provide food for all terrestrial organisms, supply oxygen, control soil erosion, and are used to make medi-

cines. He also directed the concerned officers for involvement of Youth Clubs in plantation drive.

On the occasion, trees were planted on the road dividers among the main roads of the district.

The DC said that planting trees on the road dividers will add to the green cover, besides purifying the environment, absorbing the dust and making the roads greener and cleaner in the district.

Distt Admin Kupwara finalises arrangements for inauguration of Sharda Yatra Temple & Gurudwara

JI NEWS SERVICE

TEETWAL (KUPWARA), MARCH 21: All arrangements are in place for inaugural function of Sharda Temple and Gurudwara at Teetwal situated close to line of control in Kupwara district. The inauguration of Sharda Yatra Temple and Gurudwara is being held tomorrow on March 22. The District Administration Kupwara has made elaborate arrangements for the inaugural function. Meanwhile Deputy Commissioner (DC) Kupwara, Dr. Doifode Sagar Dattatray today took a detailed review of arrangements with the concerned officers which was joined by SDM Karnah Dr. Gulzar Ahmad Rather and other officers of Tehsil administration Karnah via virtual mode from Teetwal.

and also the new court complex.

Justice Moksha Kazmi also interacted with District Administration Deputy Commissioner Ganderbal, SSP Ganderbal and all the Judicial Officers of District Ganderbal and lawyers.

TAKES STOCK OF INFRASTRUCTURE & FUNCTIONING OF DISTRICT, MUNSIFF COURT

JI NEWS SERVICE

GANDERBAL, MARCH 21: Justice Moksha Khajuria Kazmi, Judge High Court of Jammu & Kashmir and Ladakh, who is also Administrative Judge of District Ganderbal, today visited various courts of District Ganderbal.

She was welcomed in District Court Ganderbal by accord of guard of Honor.

Justice Moksha Kazmi took stock of the difficulties faced by litigants, lawyers, staff as well as the judicial officers.

Principal District and Sessions Judge Ritesh Kumar Dubey briefed the Justice Moksha about the ongoing construction projects in District Ganderbal for developing infrastructure.

Justice Moksha Kazmi



passed instructions on the spot to Deputy Commissioner and Executive Engineer Public Works Department of District Ganderbal to expedite the process of construction of court building for the court of Additional District and Sessions Judge Ganderbal

and also the new court complex.

Justice Moksha Kazmi also interacted with District Administration Deputy Commissioner Ganderbal, SSP Ganderbal and all the Judicial Officers of District Ganderbal and lawyers.

were passed by her Ladyship for not only developing the infrastructure but also disposal of the cases pending before the courts.

Specific instructions were given on the spot to develop digital library facility for lawyers and also for building lawyers

chambers in the existing court complex of District Court Ganderbal.

On this occasion, Chairman Municipal Council Ganderbal, Altaf Ahmad assured the Administrative Judge that he will construct Lawyers Chambers including court canteen, litigants shed, washrooms etc. in the court complex Ganderbal.

Justice Moksha Kazmi on spot approved the proposal of the Chairman Municipal Council and instructed him to complete the work as quickly as possible. The lawyers appreciated the Judicial Officers in their dispensation of justice and conveyed their gratitude to High Court for posting a capable and dedicated judicial team in District Ganderbal.

Justice Moksha Kazmi recorded satisfaction for the performance of the

World Down Syndrome Day observed at SDH Baderwah

JI NEWS SERVICE

DODA, MARCH 21: An awareness programme was held at Subdivision Hospital Baderwah to observe World Down Syndrome Day. The event was organised by the District Health Society Doda and was presided over by CMO Doda, Dr AH Zargar.

BMO Baderwah Dr Mohd Ashraf Kuchay,

Medical Officers and Paramedical Staff of the block were also present.

During the programme, Dr Zargar spoke about Down Syndrome and its causes.

He explained that it is a genetic condition that is beyond medical intervention. He called for empathy towards individuals with Down Syndrome and for their rights to be safeguarded.

Another speaker discussed how children with Down Syndrome may have differences in facial appearance but emphasized that all children are equal and have equal rights.

The event also included interactions with individuals with Down Syndrome led by Dr Zargar to show them that they are treated equally with dignity and respect.

At the event doctors emphasised raising awareness about Down Syndrome and creating a more inclusive society. They highlighted early detection and intervention strategies to support individuals with Down Syndrome and their families.

speakers explained that World Down Syndrome Day was adopted to raise awareness about Down Syndrome and to advocate for the rights, inclusion and well-being of people with Down Syndrome. Down Syndrome is a genetic condition that affects millions worldwide. Individuals with Down Syndrome may experience cognitive delays, speech difficulties and other health issues but with support can lead fulfilling lives.

At the event doctors emphasised raising awareness about Down Syndrome and creating a more inclusive society. They highlighted early detection and intervention strategies to support individuals with Down Syndrome and their families.

speakers explained that World Down Syndrome Day was adopted to raise awareness about Down Syndrome and to advocate for the rights, inclusion and well-being of people with Down Syndrome. Down Syndrome is a genetic condition that affects millions worldwide. Individuals with Down Syndrome may experience cognitive delays, speech difficulties and other health issues but with support can lead fulfilling lives.

At the event doctors emphasised raising awareness about Down Syndrome and creating a more inclusive society. They highlighted early detection and intervention strategies to support individuals with Down Syndrome and their families.

speakers explained that World Down Syndrome Day was adopted to raise awareness about Down Syndrome and to advocate for the rights, inclusion and well-being of people with Down Syndrome. Down Syndrome is a genetic condition that affects millions worldwide. Individuals with Down Syndrome may experience cognitive delays, speech difficulties and other health issues but with support can lead fulfilling lives.

At the event doctors emphasised raising awareness about Down Syndrome and creating a more inclusive society. They highlighted early detection and intervention strategies to support individuals with Down Syndrome and their families.

Chairman, KVIC distributes 1200 Bee Boxes to Farmer Clusters of Pulwama, Budgam, Shopian & Ramban districts

JJ NEWS SERVICE

PULWAMA, MARCH 21: The Khadi and Village Industries Commission (KVIC) jointly with Field Station Pulwama of CSIR Indian Institute of Indian Medicine, J&K today organised an event wherein 1200 honey bee boxes, bee colonies and equipment were distributed to 120 farmers from districts Ramban, Banihal, Shopian, Pulwama and Budgam of Jammu and Kashmir UT at Field Station Pulwama.

Manoj Kumar, Chairman KVIC was chief guest at the event.

Others present at the programme were J.K. Gupta, Deputy CEO North Zone, KVIC, Dr Shahid Rasool, Nodal Scientist CSIR Floriculture Mission and Scientist Incharge, Field Station Pulwama, S. P. Khandelwal, State Director KVIC, J&K, Ritesh Shrivastava, Deputy Director, KVIC, New Delhi, Anil Kumar Sharma, Principal, PMTC, KVIC, Pampore, officers of KVIC, PMTC, CSIR-IIIM and eminent citizens of the valley.

In his presidential address at the event, Chairman KVIC stated that beekeeping as an enterprise can be a significant step for

boosting the income and livelihood opportunities for farmers including landless farmers.

Considering the huge area under horticultural crops like apple and other fruit crops in the UT, keeping bee hives in the crop fields can increase pollination efficiency and improve the crop yield and quality. In addition to the quality honey, beekeeping can also produce other valuable substances such as beeswax, bee propolis, and bee venom. To further encourage the beneficiaries, Chairman KVIC motivated them to run their beekeeping activities successfully and take advantage of the Prime Minister's Employment Generation Program (PMEGP) scheme to increase their business. Speaking about the opportunities through PMEGP scheme in providing employment opportunities to unemployed youth in rural and urban areas, he informed that entrepreneurs can set up a unit up to Rs 50 lakh in the manufacturing sector and up to Rs 20 lakh in the service sector. The government provides 15% to 25% of the entire project cost as a grant to beneficiaries in urban areas and 25% to 35% in rural areas. Free entrepreneurship

development training is also provided to beneficiaries after loan approval to make them successful entrepreneurs.

Appreciating the efforts of CSIR IIIM in empowering farmers and rural prosperity, he emphasized for its stronger coherence and collaboration in implementation of various initiatives of KVIC. In conformity with the clarion call of Prime Minister for self-reliant India, he mentioned that the Prime Minister has globalized Khadi. The abundant opportunities in Jammu and Kashmir can make it an epicentre for Prime Minister's vision of Aatma Nirbhar Bharat. Earlier, Dr Shahid Rasool in his welcome address informed the chief guest and others about the importance of the event and the various initiatives and mission programmes being implemented in the region by CSIR IIIM for benefit of farmers, society and industry.

Highlighting the importance of honey bee rearing in enhancing the income of farmers through quality honey production and ecological services provided by honey bees for achieving sustainable and quality crop yields, he informed that CSIR under its mission on Floriculture is providing handholding to the farmer clusters

through capacity building and honey production through integration of existing orchards and nectar bearing crops with apiculture.

Complimenting State office KVIC, Jammu and PMTC, KVIC, Pampore, he apprised the chief guest that the farmer beneficiaries registered under CSIR Floriculture Mission have been provided trainings and the physical infrastructure with their active support and coordination. Mentioning about Purple revolution through cultivation of Lavender by the farmers of J&K, he informed that the educated youth of the region have exhibited greater inclination for agritech startups and are significantly contributing towards economic growth and prosperity of the country. Speaking at the event, S. P. Khandelwal informed about various schemes being implemented in J&K and exhorted the participants to benefit from such schemes. State Office, KVIC Jammu and PMTC Pampore has been untiringly working towards the successful implementation of the KVIC schemes for providing necessary financial assistance and incubation to the unemployed artisans of J&K, he informed.

NSS team of GDC Beerwah organises Blood Donation Camp

JJ NEWS SERVICE

BUDGAM, MARCH 21: A blood donation camp was today organized by NSS team of the Government Degree College (GDC) Beerwah within the college Campus.

The camp was held under proper medical care and hygiene. A team of doctors and nurses from government District Hospital Budgam and Sub-district Hospital Beerwah.

Principal of the college, Prof. Syed Ifat Ara, Dr. Firdous Ahmad Dar NSS Program Officer Unit-I and Dr. Sajid Hussain Rather NSS Program Officer-II along staff and NSS Volunteers were present on the occasion.

About 20 units of blood were collected from donors. The chief medical officer and the principal of the college expressed their appreciation for the donors and the entire team for their dedication and commitment towards the humanitarian cause.

The response of the students was deemed satisfactory and encouraging.

SWD Shopian commemorates World Down Syndrome Day



SHOPIAN, MARCH 21: On the eve of World Down Syndrome Day, a series of events were organized by the District Social Welfare office at the Old DC Office Complex in Shopian.

The event was presided over by Dr. Mohammad Yusuf, Block Medical Officer, Shopian.

On the occasion, experts raised awareness about Down Syndrome.

They informed that Down Syndrome is a genetic condition that affects millions of people worldwide. Individuals with Down Syndrome often experience cognitive delays, speech and language difficulties, and other health issues. However, with the right support and care, people with Down Syndrome can lead fulfilling lives.

At the event, doctors and experts emphasized the importance of raising awareness about Down Syndrome and creating a more inclusive society.

The speakers highlighted the need for early detection and intervention, and discussed various strategies to support individuals with Down Syndrome and their families.

The event was an effort to promote the rights and well-being of persons with disabilities.

DIC Shopian conducts Debate on Water Conservation at CCI Shopian

Awards, Stationary Kits distributed among participants

JJ NEWS SERVICE

SHOPIAN, MARCH 21: The District Information Centre (DIC) Shopian in collaboration with Mission Vatsalya, Shopian today conducted a debate on Water Conservation at Child Care Institute (CCI) Shopian.

Students from various schools participated in the debate and deliberated on Water Conservation and its Judicious Use. District Information Officer, Showkat Hussain Ganie presided over the function. Staff of Mission Vatsalya and Information department were also present on the occasion.

Abid Saki from Mission Vatsalya acted as anchor. DIO, while speaking on the occasion evoked upon students to work hard in their studies so that they have great careers in varied fields of their choice.

He also raised awareness among students about the significance of conduct of debate on water conservation.

Organisers, participants pledged to use the water judiciously and to desist from polluting water bodies.

After the conclusion of the competition, position holders were felicitated with Awards, and all other participating students were provided stationary kits.

AHD Pulwama distributes 30 crossbreed dairy cows to ST beneficiaries



JJ NEWS SERVICE

PULWAMA, MARCH 21: Under the supervision of Deputy Commissioner Pulwama, the Animal Husbandry Department Pulwama distributed 30 crossbreed dairy cows among 30 Schedule Tribe beneficiaries under TSP Phase 2nd for establishment of Milk Village at Sangerwani.

Besides, dairy utensils and hand driven chaff cutters were also distributed among the beneficiaries who had been selected by the Committee of officers consisting of DDC, BDC and PRI members of the said village.

"This will boost milk production in the district and will improve the socio economic status of poor ST families", said an official.

Sports Council Cricket Academy girls beat Women's College Cricket team in "Khelo India-10 Ka Dum"



JJ NEWS SERVICE

SRINAGAR, MARCH 21: Khelo India 10 Ka Dum events continued with a friendly cricket match played between Sports Council Cricket Academy girls and Women's College Cricket team at TRC Cricket Academy ground, Srinagar.

Earlier winning the toss Women's College invited Cricket Academy to bat, a decision which looked quite good initially as fielding team drew first blood by sending the opener Bisma and one down batter Ummat back to pavilion without troubling score card much.



However, Snowber, Insha and Arwin steered the team well with their individual contributions of 44, 25 and 26 runs respectively while Saba was pick of the bowlers for the Women's College claiming 3 wickets.

In response Women's College team suffered early jolt losing both openers with scoreboard yet to cross double figure mark.

The middle order assault led by Nazia and Saba added quickfire runs to the total and team very well looked to chase the target at ease however, which was not the case to be. Insha struck a vital blow sending

Saba back to dugout with her individual score of 23 runs and batters that followed were all in tatters.

With regularly losing wickets at the other end, Nazia tried single handedly to keep scoreboard ticking but her dream run was halted by a peach of a delivery from Saba who clean bowled the top scorer just short of what could have been the first fifty of the match but she was left short of six runs, with her individual score card reading 44 and Insha was back in the pavilion.

Rest of the batters fell like a pack of cards and the innings folded at 94 runs.

For Sports Council Cricket Academy Arwin-I and Samia bagged a wicket each and winning the match for the team by 37 runs.

Secretary J&K Sports Council, Nuzhat Gull in her message to the female cricketers asked them to remain all geared up as Sports Council is planning to organize Women's Cricket Tournament this summer and teams drawn from all the districts of the union territory shall participate in the event.

International Day of Forests: SFD Kupwara, GDC Sogam organise mass plantation drive at Dardpora Lolab

JJ NEWS SERVICE

KUPWARA, MARCH 21: On the eve of International Day of Forests, Social Forestry Division (SFD) Kupwara in collaboration with NSS unit and Eco-Club of Government Degree College (GDC) Sogam today organized a mass plantation drive at Muqam Dardpora Lolab. The programme was presided by Prof Mehbooba Bano, Vice Principal G.D.C. Sogam and D.F.O Social Forestry Division Kupwara, Dr. Fayaz Ahmad Bhat.

On the occasion, 65 NSS volunteers along with NSS Programme Officer Qaiser Bashir, HOD Botany, Dr. Mukhtar Ahmad, H.O.D Economics, Muhammad Rafi and Range Officer Social Forestry, Sajid Mehboob and employees from Social Forestry Department participated in the event.

The programme was started by plantation of Chinar saplings by Vice Principal and D.F.O. Social Forestry followed by plantation drive by volunteers and Social Forestry staff.

More than 500 saplings of different species including Conifers, NRs, Poplar and fruit plants were planted during the said event. The programme concluded with the distribution of mementos to D.F.O. Social Forestry Dr. Fayaz Ahmad Bhat and Range Officer Social Forestry Sajid Mehboob for their extraordinary contribution in organizing the said event as well as for their afforestation efforts in the area.

J&K Bank observes World Plantation Day

JJ NEWS SERVICE

SRINAGAR, MARCH 21: As part of observing World Plantation Day, J&K Bank today conducted a plantation drive wherein saplings comprising of various species were planted at various places in the valley.

MD & CEO, J&K Bank, Baldev Prakash led the drive by planting a fruit sapling in the lawn of Bank's corporate headquarters



with General Managers, DGMs and other senior officers present on the occasion. General Managers and DGMs also plant-

ed different trees in the lawn.

Speaking on the occasion, MD and CEO said, "Planting of these saplings here is a symbolic gesture to celebrate the World Plantation Day."

The idea is to communicate bank's commitment towards environmental awareness and the noble cause of attaining ecological well-being." Similar plantation drives were held in collaboration with Rahim Greens at National Institute of Technology (NIT) Hazratbal and Srinagar Women's College Zakura. GM & Divisional Head (Kashmir) Syed Shafiq Hussain, Director NIT Professor Rakesh Sehgal, Registrar NIT Professor Kaiser Bukhari, Bank's Deputy General Manager Ashok Gupta besides Deans and HoDs of various NIT departments planted various tree saplings at Hazratbal campus of NIT Srinagar.

World Poetry Day: Cultural Unit Kashmir of DIPR organises Mushaira at Khumriyal, Lolab



JJ NEWS SERVICE

SRINAGAR, MARCH 21: On the occasion of World Poetry Day, Cultural Unit Kashmir of Department of Information and Public Relations J&K in collaboration with Anjuman-e-Adab wa Saqafat Lolab today organised a Mushaira at picturesque tourist spot Khumriyal in Lolab.

Rashid Shaheen in his presidential address said that the mesmerizing and magical scenery of Wadi e Lolab inspires to write. He further said that the youth

expressions. Earlier, AECO Cultural Unit Kashmir, Syed Shakeel in his inaugural address said that poetry is a form of art and literature that brings out a beautiful amalgamation of culture, history, and study. World Poetry Day is celebrated every year on March 21 in order to honour the poets to continue to instill the tradition in newer generations he added.

Poets who participated in Mushaira from different places of Kupwara District include Mohammad Sultan Shaug, Abdul Ahad Hami, Mushtaq Sempuri, Irshad Ibn-e-Mukhtar, Ilyas Arman, Adil Tariq Lolabi, Shabnam Lolabi, G.N Shaker, Khurshid Qureshi, Rashid Shaheen, Dilbar Fayaz, Zameer Ahmed, M. Aamir, Rashid Jowher, Nazir Shahbaz, Altaf Ariz, Aftab Tariq, Mir Mehran and Nasir Ahmad.

Udhampur Forest Division celebrates International Day of Forests



JJ NEWS SERVICE

UDHAMPUR, MARCH 21: Udhampur Forest Division celebrated International Day of Forests with great enthusiasm and fervour at DFO Complex Udhampur.

On the occasion, DDC Chairman, Lal Chand and President Municipal Council, Dr Yogeshwar Gupta recognised the outstanding contributions of Gram Panchayat Latti-A Sarpanch, Kasturi Lal and

Educational Institution Saraswati Vidhya Mandir School Mand towards afforestation and promoting environmental awareness.

Gram Panchayat Latti-A was honoured with an award of Rs 20 thousand and Sarwati Vidhya Mandir School Mand was awarded Rs 10 thousand. The awards were given as recognition of their significant contributions to preserving and promoting the importance of forests

and their ecological significance.

DDC Chairman, Lal Chand and Municipal Council President, Dr Yogeshwar Gupta emphasised the importance of preserving forests for human survival and called upon everyone to play their part in promoting sustainable forest management practices.

DFO Udhampur, Rusal Garg highlighted the diverse forest types of Udhampur. "The district is home to 42 different forest types- highest in the country- including alpine, moist temperate, dry temperate, sub-tropical etc.

This diverse range provides a unique habitat for various flora and fauna and is an important source of livelihood for many communities in the region," he said.

"Out Of The Box Thinking Needed To Unclutter System": Supreme Court

NEW DELHI: Some "out of the box thinking" is needed to save judicial time and unclutter the system, the Supreme Court Tuesday said while asking the Centre to apprise it of the developments on the suggestion to look into the issue of accused who are in custody for long time pending trial for a single incident.



In August last year, the Supreme Court had observed when the country is celebrating 75th year of 'Azadi Ka Amrit Mahotsav', it is an appropriate time to explore and look into the issue of accused, who have been incarcerated for a long period of time or who may be from weaker economic and social sections of society with a single incident involved, as to what administrative orders can be issued in such a scenario to give relief to them.

In its last year's order, the top court had said, "We consider it appropriate to put it to the Government of India, for that matter for discussion with the States as to whether in offences

where period in custody has exceeded a certain percentage of the maximum sentence, it is an appropriate time to explore and look into the issue of accused, who have been incarcerated for a long period of time or who may be from weaker economic and social sections of society with a single incident involved, as to what administrative orders can be issued in such a scenario to give relief to them.

In its last year's order, the top court had said, "We consider it appropriate to put it to the Government of India, for that matter for discussion with the States as to whether in offences

where period in custody has exceeded a certain percentage of the maximum sentence, it is an appropriate time to explore and look into the issue of accused, who have been incarcerated for a long period of time or who may be from weaker economic and social sections of society with a single incident involved, as to what administrative orders can be issued in such a scenario to give relief to them.

In its last year's order, the top court had said, "We consider it appropriate to put it to the Government of India, for that matter for discussion with the States as to whether in offences

heinous cases. What happens is that the volume is so large that it never ends," Justice Kaul observed, adding, an "out of the box thinking" is needed to unclutter the judicial system.

"You are supposed to hold discussions. The states are also overburdened," the bench said.

Nataraj told the bench that the matter, in which the top court had passed the order in August last year, was not listed today and he would get instructions on the issue.

The bench told him to find out about the developments on this issue.

It said thereafter, the court master could be informed so that the matter could be listed for hearing.

In its August last year order, the apex court had observed that clogging of the courts by the criminal matters on "all hues of various vintages is an important aspect". The bench had passed the order while hearing matters relating to the pendency of appeals in criminal cases for a long time.

Delhi Assembly Passes Resolution Against Officials For Delay In Budget

NEW DELHI: The Delhi Assembly passed a resolution on Tuesday for a probe by the privileges committee into the alleged role of Chief Secretary Nareesh Kumar, Finance Secretary A C Verma and other officials in causing a delay in the presentation of the budget.



AAP leaders alleged that the officers sat on a communication from the Ministry of Home Affairs (MHA) raising certain queries on the budget proposals and did not inform the minister concerned, leading to a delay in the presentation of the budget for 2023-24, originally scheduled for Tuesday.

The motion seeking a probe was tabled by AAP MLA Sanjay Jha.

"Chief secretary, finance secretary and other officials in nexus with the office of the lieutenant governor (LG) and the Centre suppressed an important communication of MHA regarding the budget. I recommend a probe by the privileges committee into their role in it causing delay in tabling of the budget in the House," Mr Jha said.

Assembly Speaker Ram Niwas Goyal called for a voice vote and thereafter the matter was referred to the privileges committee.

Finance Minister Kailash Gehlot told the Assembly that he learnt around 2 pm on Monday that the MHA had raised some queries.

"I asked the chief secretary and the finance secretary several times and finally around 6 pm, I saw the file and

it was sent to the LG after the chief minister's approval," Mr Gahlot said. He said he was unaware of the MHA's communication which had arrived at 5:30 pm on March 17 through e-mail. Mr Gahlot said the chief secretary should have immediately brought the objection to the notice of the finance minister and the Delhi government. He added that nothing can be more unconstitutional and demanded a probe into the matter. Sources in the MHA had said earlier that the ministry sought clarifications from the AAP government as its budget proposals had high allocation for advertisement and relatively low funding for infrastructure and other development initiatives.

Speaking on the motion, Chief

Minister Arvind Kejriwal said that officials should be held accountable for the delay.

"LG does not have the right to write on the file. What is the role of those who have been elected if only LG has to run the government? MHA orders (officials) to sit on the budget (communication) for three days. On March 20, the officials inform that the query has come. Action should be taken against the officials," Mr Kejriwal said.

Earlier in the day, Mr Gahlot said the budget file has been sent to the MHA for approval.

The MHA approved it and conveyed it to the AAP dispensation, sources in the lieutenant governor's office said.

Post-Partition India Is 'Hindu Rashtra', Says BJP General Secretary In Indore

INDORE: Bharatiya Janata Party (BJP) general secretary Kailash Vijayvargiya on Tuesday said post-independence and Partition in 1947, whatever was left of India constituted a "Hindu Rashtra". Asked about the demand from a section of religious leaders to declare India a Hindu Rashtra, Kailash Vijayvargiya told reporters in Indore, "When India was divided, it was on this issue (on religious lines).

After Partition, Pakistan was formed and the remaining country is a

Hindu nation." The former state cabinet minister claimed a Muslim friend of his living in Bhopal recites the Hanuman Chalisa every day and also visits a Shiva temple.

"I asked my Muslim friend how he was inspired to worship Lord Hanuman and Lord Shiva. My friend replied that when he read the history of his family, he came to know that his ancestors were Rajputs of Rajasthan and some of his relatives are still Rajputs who live in Rajasthan and also in Uttar Pradesh," he said without revealing the

Indian banks are on safer ground but there cannot be complacency

new delhi: Even as Western regulators devise unconventional rescue packages for their tottering banks, Reserve Bank of India Governor Shaktikanta Das has underlined regulatory changes in India in recent years that have imparted stability and resilience to its financial system. These range from a prudential asset-liability management framework for domestic banks and curbs on total leverage to the systematic plugging of regulatory arbitrage between banks and other financial entities.

There are good reasons why Indian banks appear less vulnerable at this juncture to risks that toppled a SVB or a Credit Suisse.

with a spike in deposit outflows — an 18.5 per cent Statutory Liquidity Ratio (SLR) requirement, a 4 per cent Cash Reserve Ratio (CRR) and LCR (Liquidity Coverage Ratio) covering 30 days' withdrawals.

Three, while the earlier Trump administration signed a law exempting US banks with under \$250 billion in assets from stress testing, the RBI has remained meticulous about subjecting not just commercial banks but also co-operative banks and NBFCs to macro stress-testing every six months. The latest stress test in December 2022 estimated that accounting for unrealised losses on HTM books from a 250-basis point spike in yields, no commercial bank would see its capital fall below regulatory norms, though seven co-operative banks could fall short. Interest rates in India were never at near-zero levels and have risen by 250 basis points in a year, while US Fed has raised rates by nearly 475 basis points in nine months.

National Anthem "Disrespect" Case: Mamata Banerjee Approaches Bombay High Court

MUMBAI: West Bengal Chief Minister Mamata Banerjee on Tuesday approached the Bombay High Court against a special court's order directing a magistrate to decide afresh a plea seeking the registration of a First Information Report (FIR) against her for allegedly disrespecting the national anthem.

A metropolitan magistrate's court had in March 2022 issued a summons to Ms Banerjee on a complaint filed by local BJP office-bearer Vivekanand Gupta. Mr Gupta signed a law exempting US banks with under \$250 billion in assets from stress testing, the RBI has remained meticulous about subjecting not just commercial banks but also co-operative banks and NBFCs to macro stress-testing every six months. The latest stress test in December 2022 estimated that accounting for unrealised losses on HTM books from a 250-basis point spike in yields, no commercial bank would see its capital fall below regulatory norms, though seven co-operative banks could fall short. Interest rates in India were never at near-zero levels and have risen by 250 basis points in a year, while US Fed has raised rates by nearly 475 basis points in nine months.

Mamata Banerjee on Tuesday approached the Bombay High Court against a special court's order directing a magistrate to decide afresh a plea seeking the registration of a First Information Report (FIR) against her for allegedly disrespecting the national anthem.

A metropolitan magistrate's court had in March 2022 issued a summons to Ms Banerjee on a complaint filed by local BJP office-bearer Vivekanand Gupta. Mr Gupta signed a law exempting US banks with under \$250 billion in assets from stress testing, the RBI has remained meticulous about subjecting not just commercial banks but also co-operative banks and NBFCs to macro stress-testing every six months. The latest stress test in December 2022 estimated that accounting for unrealised losses on HTM books from a 250-basis point spike in yields, no commercial bank would see its capital fall below regulatory norms, though seven co-operative banks could fall short. Interest rates in India were never at near-zero levels and have risen by 250 basis points in a year, while US Fed has raised rates by nearly 475 basis points in nine months.

Cash, Weapons Recovered From Gangster-Politician Atiq Ahmed's Office In UP

PRAYAGRAJ: Uttar Pradesh Police recovered an undisclosed amount of cash and about a dozen illegal weapons from a demolished office of mafia-turned-politician Atiq Ahmed in Chakia area here today, officials said.

They said the front part of the office had been already demolished by authorities using a bulldozer.

On Tuesday, a search was carried out at the site amid a heavy police deployment

and a huge amount of cash and about a dozen illegal weapons were found from the former MP's office, officials said. Ahmed is the main accused in the 2005 killing of BSP MLA Raju Pal.

He was recently booked in connection with the killing of Umesh Pal, the key witness in the Raju Pal murder case. Umesh Pal and his police security guard Sandeep Nishad were shot dead in Dhoomanganj area of Prayagraj on February 24.



"Serious Shortcomings": CBI Wants Red Notice Against Mehul Choksi Restored

NEW DELHI: The CBI has asked an Interpol body to restore the Red Notice against fugitive diamondaire Mehul Choksi, saying its decision to drop his name from the list was based on mere "imaginary conjunctures and unproven surmises" and had serious shortcomings, overreach of mandate and mistakes.

Red Notice is the highest level of alert by the 195-member strong International Police cooperation organisation Interpol to locate and provisionally arrest a fugitive pending extradition, surrender, or similar legal action.

In a statement on Tuesday, the Central Bureau of Investigation (CBI) said the Commission for Control of Interpol's Files (CCF) removed Mr Choksi's name from the Red Notice list in November 2022. The removal of the notice means Mr Choksi can freely travel out of Antigua and Barbuda where he is holed up after fleeing from India in 2018. The statement was issued by the CBI a day after the media reported the CCF decision that

innocence of Choksi" for crimes he remains charged in India, the agency added.

The CCF which had removed Mr Choksi's name from the list of fugitives based on his appeal last year is a separate Interpol body which is "not under the control" of the Interpol Secretariat and is mainly staffed by elected lawyers from different countries where people can challenge decisions to declare them fugitives, the CBI statement said.

The Congress hit out at the Union government over the CCF decision, saying while the Opposition was being targeted by the Enforcement Directorate (ED) and the CBI, its "friend" was being let off. Congress president Mallikarjun Kharge said talk of patriotism by those giving "protection" to such people is a "joke".

In a tweet, former Congress chief Rahul Gandhi said, "Vipaksh ko ED, CBI, Mitir ko rihai" (ED, CBI for the Opposition, let off for friend). "They are doing things to divert attention from real issues. Our

embassies are being attacked. People who have run away with money from banks, Mehul Choksi, those giving protection to such people talk about patriotism, it is a joke." Mr Kharge told reporters. "We will ask the government to clarify on this." The Aam Aadmi Party (AAP) also accused the government of trying to save Choksi. AAP Rajya Sabha MP and spokesperson Raghav Chadha claimed that Mr Choksi's name was removed from the Interpol's Red Notices as Indian probe agencies failed to provide "concrete evidence" of the charges slapped on him.

The CCF which had rejected two previous appeals of Mr Choksi — in 2018, to not publish his name on the Red Notice list and in 2020, to remove his name from the list — agreed with his fresh plea in 2022, a year after an alleged abduction attempt from Antigua and Barbuda, the agency said. Before arriving at any decision, the CCF hears the agencies that have sought an absconder's fugitive status. The CBI was also

asked to provide its input on Mr Choksi's appeal.

"It was clarified (by the CBI) that the desperately wanted criminal Mehul Chinnubhai Choksi has been making all possible attempts to derail ongoing extradition proceedings in Antigua and Barbuda, to evade the process of law in India. However, based on mere imaginary conjunctures and unproven surmises, a five-member CCF chamber has taken a decision on the deletion of Red Notice, communicated in November 2022," the CBI said.

The CCF has also reiterated that "it has not established factual certainties and there is no factual finding in their decision that Mehul Chinnubhai Choksi will not have fair trial", it added.

Mr Choksi had fled from India in the first week of January 2018, days before the ₹ 13,000 crore fraud in the PNB was detected. At the request of the CBI and the ED, Interpol included his name in the list of most wanted fugitives called Red Notice in December 2018.

NORTHERN RAILWAY			
ESTENDER NOTICE			
Tender Notice No- 770-W/169/WA-1/FZR/14-2022-23-ADEN-LH, 475-2022-23-ADEN-LH, 476-2022-23-ADEN-LH-FZR, 477-2022-23-ADEN-LH, 478-2022-23-ADEN-LH & 479-2022-23-ADEN-LH, acting for and on behalf of The President of India invites open tenders (E-Tenders) against the below listed tenders and available on www.reps.gov.in with closing date-06.04.2023 up to 15:00 Hrs. Bidders will be able to submit their original/revvised bids up to closing date and time only. Manual offers are not allowed against these tenders, and any such manual offer received shall be ignored. Contractors are allowed to make payments against the tender towards tender document cost and earnest money only through only payment modes available on (REPS portal like net banking, debit card, credit card etc. Manual payments through Demand draft, Banker cheque, Deposit receipts, FDR etc. are not allowed.			
Tender Type	Tendering System	Bidding System	
Open	Works	Single Bid System	
Date of Uploading Tenders	Bid Starting Date	Single Bidding Date/Time	
14.03.2023	23.03.2023	06.04.2023	
S.No	Tender No	Details of tender	
1	474-2022-23-ADEN-LH	Work in connection with maintenance of track, cess and Deep screening of track c.w. TRR-40/343 Km in various yard lines at Dandhari Kalan, Goraya, Ladhawal, Ludhiana, Phagwara, Phillaur & Sanehal stations & CTR (S) 3.966 Km by Manual PSC seeding & various works in Ludhiana yard & TRR(S) 5.618 Km c.w. TRR(S) 5.618 & CTR (S) 16.211 in various lines of LDD, LDD, PHR & PCIV yards with 52 Kg 90 UTS rails (LWR) or PSC-6 (SH) sleepers (1540 nos.) Km with elastic fastenings on SNL- JUC section in the jurisdiction of ADEN-LH	
	47010533.79	60 Days	12 Months
2	475-2022-23-ADEN-LH	Providing of Diverging Tolerals, Entry path 50 m covered path and Drinking water booths for Diverging stations under ADEN-LH	
	19971382.30	60 Days	06 Months
3	476-2022-23-ADEN-LH-FZR	Repair to wharf area by providing unsecurable Sleepers 02 stations at FZA&FZP in the section of ADEN-LH-FZR	
	23391987.78	60 Days	06 Months
4	477-2022-23-ADEN-LH	Misc. Work in connection with provision of New RGM/TIM strings at DDL, Misc. Track works and CTR of existing TTRWGM sidings at LDD & PHR stations & Through Filling renewal (53.13 Km) of the existing 52 kg/60kg PSC sleepers at Km 1.039 to 47.69, 48.266 to 52.70 on PGW-NSS-JJU section & 401.29 to 402.245 (DN line) on SNo-JUC section under ADEN-LH.	
	22860243.79	60 Days	03 Months
5	478-2022-23-ADEN-LH	Crossing of 600 mm dia RCC water supply pipeline passing through 1200 mm dia MS heavy duty casing pipe under the railway track near Bo no 217 at Km 661-2 on PGW-NSS-JJU section	
	4750726.04	60 Days	03 Months
6	479-2022-23-ADEN-LH	Crossing of 600 mm dia RCC water supply pipeline passing through 1200 mm dia MS heavy duty casing pipe under the railway track near Bo no 216 at Km 648-9 on PGW-NSS-JJU section	
	6888467.75	60 Days	04 Months

Advisor Bhatnagar inaugurates 14th Tribal Youth Exchange Programme at Jammu

JI NEWS SERVICE

JAMMU, MARCH 21: Advisor to Lieutenant Governor, Rajeev Rai Bhatnagar, today inaugurated the seven day Tribal Youth Exchange Programme at Teachers Bhawan here.

The programme is being organized by Nehru Yuva Kendra Sangathan (NYKS) and is sponsored by Union Ministry of Home Affairs with an aim of empowering tribal students by providing them with exposure to diverse cultures, education, and skills training across the country.

Addressing the participants during the inaugural ceremony, Advisor Bhatnagar said that the Tribal Youth Exchange Programme is a step towards providing our tribal students with opportunities to explore new horizons, expand their knowledge and skills, and help them realize their full potential. He added that the programme will open new doors in the life of tribal youth as it will acquaint them with diverse culture of this place and help them know different aspects of way of life here



and its associated customs and rituals. Advisor further said that our country, India is progressing rapidly and so are our Tribal communities who are integral for the development of our Nation. He added that with the help of these Youth Exchange Programmes, the Tribal Youth are being made aware of the best practices of development process and the scientific as well as technological advancements happening in different fields across our country. These programmes will expose our youth to technological and industrial advancements,

socio-economic and other diversities of our nation.

Advisor, on the occasion, asked the participants to take due benefit of this program as it will make them part of mainstream developmental process besides enabling them learn about different cultures and lifestyles, and gain valuable insights into education and career opportunities available to them. He assured them that the Government of Jammu and Kashmir will provide them all assistance during their stay. "We are committed to providing you with a supportive environment here that enables you to achieve your goals and aspirations", Advisor said.

Director NYKS JK & Ladakh, Nisar Ahmad Bhat, in his welcome address enlightened the youth regarding the programmes and schemes of government of India sponsored through different ministries and implemented by NYKS.

President Gandhi Global Family Jammu and Kashmir, Padmashri Dr SP Verma and President J&K Ex Services

League, Lieutenant General Rakesh Sharma (retd) also addressed the participants during the inaugural session and enlightened the participants about the core benefits of this programme on their lives.

Advisor Bhatnagar also distributed sports kits among the Youth Clubs of Jammu region.

During the inaugural ceremony, the participants from Chattisgarh, Jharkhand, Maharashtra and Madhya Pradesh presented colourful cultural performances highlighting the unique tribal culture and customs of their respective states. Notably, 220 youth from four tribal States including Chattisgarh, Jharkhand, Maharashtra and Madhya Pradesh are participating in the programme. These participants will be engaged in multiple activities like educational tours, awareness sessions, debates, seminars, group discussions, sports and cultural activities focused on unity and integrity of the nation during this seven day Tribal Youth Exchange Programme.

Lt Governor's Sinha Navratri Greetings

JI NEWS SERVICE

JAMMU, MARCH 21: Lieutenant Governor Shri Manoj Sinha has extended his greetings on the beginning of auspicious days of Navratri.

In a message, the Lt Governor said: On the auspicious occasion of Navratri, I extend warm greetings to all the citizens, especially Kashmiri Pandit brothers & sisters, who are celebrating Navratri.

Navratri symbolises the spiritual joy and the triumph of good over evil. It is an occasion to pray for strength, courage, determination and to promote goodwill, brotherhood, peace, harmony and to remind ourselves of our rich spiritual heritage, said the Lt Governor.

"May Navratri festivities bring peace, happiness, prosperity and a brighter future to all," the Lt Governor prayed.

Advisor Bhatnagar extends Navratri greetings

JI NEWS SERVICE

JAMMU, MARCH 21: Advisor to Lieutenant Governor, Rajeev Rai Bhatnagar has extended his warm greetings to the people of Jammu and Kashmir on the auspicious occasion of Navratri.

In his greetings, Advisor Bhatnagar said that this nine-day long festival, dedicated to Goddess Durga, is one of the most significant festivals in the country as it symbolizes the victory of good over evil, and the celebrations of the triumph of righteousness over wrongdoing.

Advisor noted that Navratri is a time for reflection and renewal, and an opportunity to come together as a nation to celebrate our shared cultural heritage.

"It is a time for us to come together as a community, to celebrate our shared traditions and values, and to rededicate ourselves to the principles of justice, equality, and peace", Advisor said.

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

Two-Day Cultural Festival concludes at Bani

JI NEWS SERVICE

KATHUA, MARCH 21: On the concluding day of the Two-Day Cultural Festival organised by J&K Academy of Art, Culture and Languages sub-office in Kathua, seasonal artists showcased scintillating performances that enthralled the large gathering. The event was aimed at celebrating Baisakhi Mela in scenic Bani valley and proved to be a crowd-puller. Sub District Magistrate Bani, Satish Sharma was the chief guest on the occasion. He congratulated JKAACL for their efforts and requested that such events be made an annual occurrence to preserve Bani's craft and culture. The programme began with a Dogri song by Pankle Kumar and Party of Bani. This was followed by performances including Pahari Geet by Rajeev Herellu; Kud by Yudhishtir and Party; Gaddi Dance by Gorakh Nath and Party; Suhagh & Goorian by Revi Devi and Party; Gojri Dance by Noosheen Bani; Dogri Folk Dance Phoomiyani by Vipin Kumar and Party; Kud Dance by Devinder Singh and Party; Pahari Dance by Tushar Cultural Club; Geetru by Kasturi Lal and Party and a Nukkad Natak on the theme of drugs by Saraswati Sangeet and Drama Group.

SOCA, JKAACL Sub-Office, Kathua, Sanjeev Gupta shared that their goal is to take culture to every household so young people can learn about their roots. He thanked SDM Bani, media outlets, and police department for their support.

NDRF conducts mock earthquake, landslide exercise in Rajouri

JI NEWS SERVICE

RAJOURI, MARCH 21: 13 BN NDRF organised a district-level mock exercise on earthquake and landslide at DPL Ground Rajouri today. The objective of the exercise was to raise awareness among the community and demonstrate the readiness of the National Disaster Response Force (NDRF) to respond quickly in case of any natural disaster.

The event was attended by Deputy Commissioner Rajouri Vikas Khandel as chief guest, SSP Rajouri, Mohd Aslam and DySP SDRF Civil Defence, Jabson.

During the exercise, NDRF personnel conducted a mock rescue and relief operation which included rapid deployment of rescue teams, search and rescue operations, medical aid, evacuation of stranded people and first aid.

The exercise provided all stakeholders with an opportunity to assess their state of preparedness and response mechanism in a simulated setting. It also helped instill public confidence that help will reach them promptly in case of a disaster.

The exercise was successful in creating awareness among the community about NDRF's preparedness and response capability in case of natural disasters.

In his address to the event, Vikas Khandel urged the NDRF team to remain vigilant and be well-prepared to effectively handle any disaster-related issues. He emphasised on prompt response to disasters to minimise their impact on affected populations.

The Deputy Commissioner also highlighted the need for local communities to be aware of possible disasters that could occur in their region. He urged them to take necessary precautions and be prepared. He emphasised on building community resilience for effective disaster management and stressed on active participation from all stakeholders.

KCCI Delegation calls on J&K Bank MD & CEO



JI NEWS SERVICE

SRINAGAR, MARCH 21: A delegation of Kashmir Chamber of Commerce and Industries (KCCI) today called upon MD & CEO J&K Bank, Baldev Prakash at Corporate Headquarters. During the introductory meeting, MD & CEO felicitated the newly elected members of KCCI executive body led by President Javed Ahmed Tenga.

Bank's General Managers Ashutosh Sareen, Syed Rais Maqbool, Syed Shujaat Hussain, Divisional Head (Kashmir) Syed Shafat Hussain, Zonal Head (Srinagar) Shabir Ahmad along with

DGMs were also present at the meeting besides senior KCCI office-bearers Ashaq Hussain Shangloo, Fayaz Ahmad Punjabi, Faiz Ahmad Bakshi and others.

Speaking on the occasion, MD & CEO Baldev Prakash dwelt upon the long-standing relationship between the chamber and the Bank saying, "J&K Bank is your Bank, which has always supported businesses in a very pro-active manner. While carrying forward the rich legacy spanning over decades of mutual progress, we plan to take this association to another level in coming times."

"Whatever is required to further

strengthen the relationship will be done within the regulatory guidelines, for I truly believe that our progress is interlinked with your growth. And we need to join forces to accelerate the socio-economic development of this place", he added.

Earlier, the members thanked the Bank for its continued financial support especially to ensure continuity and revival of businesses during difficult times like 2014 floods, Covid19 etc.

The delegation also put on record its appreciation of the management for recently taken measures especially rolling out One Time

DDC Doda discusses District Good Governance Index, Aspirational Panchayats Development Programme

JI NEWS SERVICE

DODA, MARCH 21: District Development Commissioner Vishesh Mahajan chaired a meeting with district and sectoral officers to discuss the District Good Governance Index in Jammu & Kashmir. It was informed that the index is being monitored by the Government of Jammu & Kashmir to improve efficiency across UT districts. For 2022-23, 58 indicators and 116 data items have been finalised and approved by the government.

The data furnished by all concerned district and sectoral officers was discussed in detail. While reviewing progress made by respective sectors, the DDC said that agriculture and allied sectors are priority sectors that must be focused on for maximum benefit to farmers. Human resource management was reviewed and the Chief Education Officer was directed to make efforts to bring school dropouts back into school. Health, social welfare, public infrastructure, and other sectors were also reviewed. DDC Doda also discussed the Aspirational Panchayat Development Programme (APDP) during the meeting. The APDP initiative aims to develop aspirational panchayats through convergence of various ongoing district/UT schemes and centrally sponsored schemes/programmes.

On analogy with Aspirational Block Development Programme (ABDP), Jammu & Kashmir has rolled out APDP with aim to ensure expeditious improvement in socio-economic status of most backward panchayats across Jammu & Kashmir.

A total of 100 measurable indicators have been identified across 9 sectors including agriculture and allied activities; health and nutrition; education, rural development and sanitation; beneficiary-oriented schemes, skill development, basic infrastructure, environment and good governance.

Mega Youth Carnival commences in Reasi

JI NEWS SERVICE

REASI, MARCH 21: Mega Youth Carnival was inaugurated by Deputy Commissioner Babila Rakwal at Rama Kunda in Thuroo today. The event witnessed a large gathering of youth, officers from

the Indian Army and Police, and the general public.

The festival provided a platform for the youth of Reasi district to showcase their talents and skills in cultural and sports activities. The day's events included Kabaddi, Tug of

War, Volleyball, horse riding, and other cultural activities.

The Deputy Commissioner emphasised the significance of the event, stating that it would encourage sports and cultural activities in the district.

She urged the organisers to create more opportunities for youth to showcase their talents and skills and to support their growth and development. She also advised the youth to make these activities as part of their day-to-day lives.

School of Biotechnology, SMVDU celebrate World Water Day at Mansar

JI NEWS SERVICE

JAMMU, MARCH 21: School of Biotechnology, Shri Mata Vaishno Devi University celebrated World Water Day 2023 at Mansar here today. Mansar Lake is a world renowned Ramsar Site and is home to aquatic and avian biodiversity.

The event commenced with a keynote lecture delivered by Vice Chancellor of SMVDU, Padma Shri Prof Ravindra Kumar Sinha. Prof Sinha underscored the necessity for implementing robust measures to combat water pollution, including the establishment of sewage treatment plants in urban areas and effluent treatment plants for industrial units. He expounded upon the cultural, religious and spiritual significance of Mansar Lake and its vital role in providing drinking water, micro-irrigation, nutrient exchange and biodiversity preservation. Prof. Sinha advocated for the implementation of a Lake Management plan for Surinsar and Mansar lakes to promote sustainable eco-friendly tourism.



Head of the School of Biotechnology, Dr Ratna Chandra emphasised the significance of sacred water bodies such as Surinsar-Mansar Lakes in sustaining livelihoods and educating students about the environment. She advocated for an increase in field visits to enhance student awareness. She further underscored the importance of raising awareness about

critical issues such as depleting groundwater and excessive use of chemicals in agriculture. Heritage expert Kirpal Singh expounded upon the importance of water bodies in the Jammu region and their significance within Dogra culture. He elucidated how bawlis, step wells, sacred river sites (Bhed), springs (Nags), Nagra temples, folklore, legends and traditions are

intimately associated with Dogra respect for water bodies.

The programme commenced with a welcome address by event coordinator Dr Shafaq Rasool.

Registrar SMVDU, Nagendra Singh Jamwal, interacted with students and emphasised the need for eco-tourism and local stakeholder awareness and responsibility in preserving water bodies.

A special attraction was a Nukkad Natak staged by acclaimed theatre group Rangyug. The event was attended by over 150 student participants from SMVDU. Students from SoBT participated in a poster-making competition related to the World Water Day theme: "Accelerating Change" and winners were awarded cash prizes and certificates.

A lake walk around Mansar Lake was undertaken by faculty members, research scholars and students from the SMVDU School of Biotechnology. The event concluded with a formal vote of thanks presented by event co-coordinator Dr Indu Bhushan.