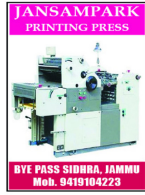




# JINDRAH IMAGES



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## Ramzan Moon not sighted Muslims in India to begin fasting from Friday

J1NEWS DESK  
NEW DELHI, MAR 22

Muslims in India will begin fasting from Friday as the Ramzan moon was not sighted this evening, clerics said. At a meeting of the Ruyat-e-Hilal Committee, Imarate-Shariyah-Hind held at 1, Bahadur Shah Zafar Marg here, it was announced that the moon has not been sighted in Delhi or in any other part of the country, a statement from Jamiat Ulema-e-Hind said. The committee's secretary Maulana Najeebullah Qasmi declared that the

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## 'Ganga-Jamuna Tehzeeb' back to J&K after 370 abrogation: Amit Shah

J1NEWS DESK  
KUPWARA, MAR 22

Union Home Minister Amit Shah on Wednesday said that the abrogation of article 370 has taken Jammu and Kashmir back to its old traditions, culture and 'Ganga-Jamuna Tehzeeb'. As per news agency-Kashmir News Observer (KNO), Home Minister's remarks came after he e-inaugurated the Mata Sharda Devi temple near the Line of Control (LoC) in Karnah sector of the frontier Kupwara district in northern Kashmir. "The opening of the temple was the beginning of the new dawn and quest for reviving



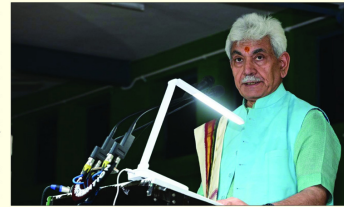
the Sharda culture," he said, adding that the temple opening was made possible by the joint efforts of the people including civil society on both sides of the Line of Control even as he congratulated Save Sharda Committee president Ravinder Pandita and said the centre will try opening Sharda Peeth across the LoC on the lines of the Kartarpur corridor. He further said he will

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## J&K realizing its true potential in sports: Lt Governor Sinha

J1NEWS DESK  
JAMMU, MAR 22

Lieutenant Governor Shri Manoj Sinha felicitated and interacted with players participating in 84th National & Inter State Table Tennis Championship at Gymnasium Hall, University of Jammu, today.



The Lt Governor expressed immense pride in the accomplishments of sports persons at national and international arena. "We truly admire the outstanding skills, courage, sacrifice and dedication of our sports persons and committed to put the needs of the players first, added the Lt Governor. "Big change always starts with a small step, this is what we learn from the sports. The energy of players, glory earned on the field is giving new impetus to development and our Sports persons are playing a major role in social transformation & social inter-

gration", said the Lt Governor. The Lt Governor shared the milestones achieved in transforming the sporting ecosystem in Jammu Kashmir. Under the guidance of Hon'ble Prime Minister Shri Narendra Modi Ji, J&K is realizing its true potential in sports. New sporting icons are emerging in every discipline, all the barriers have been removed & youngsters from small towns & villages are achieving their dreams,

said the Lt Governor. We have been successful in providing state of the art infrastructure, facilities, coaching and opportunities to the young sports persons of J&K to prove their mettle, he added. The Lt Governor asked the young table tennis players to take inspiration from the likes of Sharath Kamal, Mouna Das and Manika Batra and bring laurels to the country in international championships.

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## Devotees throngs to temples on first day of Navratri

J1NEWS DESK  
JAMMU, MAR 22

The nine-day long Hindu festival of Navratri began with much fervour on Wednesday. As per news agency, the Chaitra Navratri festival is dedicated to Goddess Durga and her nine avatars and today marks the first day of the festivity (Kalash or Ghatshapna). The festival is celebrated with much fervour all across the country by Hindus.



Devotees flocked to the Mata Vaishno Devi Mandir atop the Trikuta hills in Jammu and Kashmir's Katra on the first day besides other shrines including Bawe Wali Mata Temple in Bahu Fort, Surkala Devi in Billawar, Kathua, Chichi Mata Mandir Samba, Chanote Mata in Bharderwal, Doda, Pringila Devi in Udhampur etc. The administration has put in place all necessary

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## NGO Terror Funding Case

### Court sends accused Irfan Mehraj to 10-day NIA custody

J1NEWS DESK  
NEW DELHI, MAR 22

A court here on Wednesday granted the National Investigation Agency (NIA) 10 days' custody of a person arrested by the agency from Srinagar in connection with an ongoing investigation into an NGO terror funding case.

Irfan Mehraj, a resident of Srinagar, is the first accused arrested following investigations into the NGO terror funding case registered in

October 2020, the NIA said. He was a close associate of human rights activist Khurram Parvez and was working with his organisation, the Jammu and Kashmir Coalition of Civil Societies (JKCCS), it added. Principal District and Sessions Judge Dharmesh Sharma allowed 10 days of custodial interrogation of Mehraj on the federal agency's plea of 12 days of custody.

After his arrest on Monday, the agency brought

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## SC to hear batch of petitions pertaining to criminalisation of marital Rape on May 9

AGENCIES  
NEW DELHI, MAR 22

The Supreme Court on Wednesday fixed May 9 for a detailed hearing on a batch of petitions pertaining to criminalisation of marital rape. Senior advocate Indira Jaising mentioned the matter before a bench headed by Chief Justice DY Chandrachud.

She told the bench that the order of arguments and common compilation in the case is ready. Solicitor General

Tushar Mehta said the Centre's reply is ready and has to be vetted.

"List this on May 9, 2023," the bench said. The top court on January 16 had sought a response of the Centre on a batch of petitions pertaining to criminalisation of marital rape.

One of the pleas has been filed in relation to the Delhi High Court's split verdict on the issue. This appeal has been filed by Khushboo

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## Perpetrators of Terrorism consumed by Terrorism: Dr Jitendra Singh

J1NEWS DESK  
NEW DELHI, MAR 22

Union Minister Dr. Jitendra Singh said here today that perpetrators of terrorism are finally consumed by terrorism itself.

He said, hailing from a terror affected region, he has been witness to terrorism in all its ramifications and can say with certain amount of confidence that the perpetrator of terror rides the tiger and is finally consumed by the same tiger. Speaking at "Basanti Chola Diwas" to pay homage to Shaheed-e-Azam Bhagat Singh, Rajguru and Sukhdev, the revolutionary leaders who were hanged at the Lahore Central Jail in Lahore on March 23, 1931, Dr Jitendra Singh said, Bharat Singh's crusade against the British oppression was in fact for justice against reign of terror



unleashed by the British. Paying glowing tributes to Shaheed-e-Azam Bhagat Singh, a day ahead of 'Shaheed Diwas' to mark the death anniversary of Bhagat Singh, Rajguru and Sukhdev, the revolutionary leaders who were hanged at the Lahore Central Jail in Lahore on March 23, 1931, Dr Jitendra Singh said, the revolutionary zeal of Bhagat Singh

shook the British Empire and only 16-17 years later British were forced to quit India in 1947. Dr Jitendra Singh said, Bhagat Singh was the first Human Rights Activist of the 20th Century, much ahead of when the concept of Human Rights came into existence. He said, apart from a martyr and freedom fighter, Bhagat

CONTINUED ON ► PAGE 4

## Woman injured as mud house collapses in Poonch

J1NEWS DESK  
JAMMU, MAR 21

A woman suffered 'minor injuries' after a house she was dwelling in collapsed allegedly after last night's earthquake in this district, reports and officials said on Wednesday.

The house at Balnoi village of Mankote Mendhar area in the district collapsed after last night's 6.6 magnitude tremor shook it, leading to minor injuries to a woman identified as Asiya Parveen, wife of Mohammad Bhasharat. A police official said that while the woman suffered minor injuries, claims about the house getting damaged due to the earthquake were being verified.

## Won't contest assembly elections till Article 370 is restored: Mehbooba Mufti

J1NEWS DESK  
SRINAGAR, MAR 22

PDP chief Mehbooba Mufti on Wednesday vowed not to contest assembly elections in Jammu and Kashmir till Article 370 is restored, saying it be might a "foolish" decision, but the issue is an "emotional" one for her.

In an interview with news agency here, the former Jammu and Kashmir chief minister also said that assembly elections are not happening in the Union Territory as long as Article 370 is not restored. Whenever I took oath as a member of the assembly, it was under two Constitutions - the J-K Constitution and the Constitution of India, with two flags at the same time. Maybe it is foolish on my part, but it is a more of an emotional issue



for me," she said. Mehbooba was referring to the separate Constitution and the flag that Jammu and Kashmir had under its special status. On if she would contest parliamentary elections, the People's Democratic Party (PDP) president said she was not sure. "Parliament (elections), I do not know," Mehbooba added. Asked whether the parties in the Peoples Alliance for Gupkar Declaration (PAGD), an amalgam seeking the restoration of Article 370, would contest the assembly elections as an alliance, she said it was too early to say that. "We have never really discussed whether we are going to contest elections together or separately. Unless

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## Army reviews training scenario, situation at LoC

J1NEWS DESK  
JAMMU, MAR 22

General Officer Commanding (GOC), the White Knight Corps (6 Corps), Lieutenant general Sandeep Jain on Wednesday reviewed the integrated operational training infrastructure and operational preparedness along the Line of Control (LoC) in Jammu district.

As per news agency, Lt Gen-

eral Sandeep Jain visited Rakhmuthi, Akhnor to review the integrated operational training infrastructure. Earlier, he visited LoC in Jorian and interacted with the field commanders and soldiers to review the security situation and operational preparedness. He complimented all ranks for maintaining high standards of

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## Army introduces Millets food in daily meal for all ranks

J1NEWS DESK  
JAMMU, MAR 22

Aiming a healthy and protein rich diet for troops, Army authorities have introduced Millets (Bajra, Jawar and Ragdi) in daily meals of the soldiers deployed along North-Kashmir and Ladakh. As per defence spokesperson,

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## 6G initiative shows india's confidence, nation becoming big telecom tech exporter: PM Modi

J1NEWS DESK  
NEW DELHI, MAR 22

Prime Minister Narendra Modi on Wednesday unveiled the 6G vision document of the country and said initiatives around 6G within six months of the 5G rollout show India's confidence. He said from being a mere consumer of telecom technology, India is now moving fast to become a big exporter of that technology. "Within six months of the



5G rollout, today we are talking about 6G. This shows the confidence of India. Today we have brought the vision

document to the fore. This will become a big base for the rollout of 6G," Modi said. The vision document released by Department of Telecom states that while 5G technology promises a speed of 40-100 Mbps with the potential to hit maximum speed of 10,000 Mbps, 6G will offer ultra-low latency with speeds up to 1 terabit per second - which is 1,000 times more than the top speed of 5G. The prime minister at

CONTINUED ON ► PAGE 4

## Himalayan region including J&K vulnerable to earthquakes: Experts

J1NEWS DESK  
SRINAGAR, MAR 22

Stating that Jammu & Kashmir among many areas are highly vulnerable to earthquakes, the experts here on Wednesday said that instead of panicking, there is a need to come up with

earthquake resistant human infrastructure that leads to the loss of lives and damage to the properties. Pertinently, an earthquake measuring 6.6 on the Richter scale occurred on late Tuesday night in Jammu and Kashmir, triggering panic among the people.

Talking to the news agency, a prominent Seismologist, Prof. Ghulam Jeelani (Department of Earth Sciences, University of Kashmir), said that nobody can prevent earthquakes

CONTINUED ON ► PAGE 4

# World Water Day was celebrated in Budhal

J I NEWS SERVICE

**BUDHAL, MAR 22:** World Water Day was celebrated today in Budhal of Rajouri district and discussed the importance of water. On the occasion of World Water Day, Jal Jeevan Mission Budhal Kotranka Coordinator ishfaq Ahmed Budhal Sarpanchs Panchs also participated. Jal Jeevan Mission Budhal Kotranka ishfaq Ahmed addressed the audience and said that keeping the water clean is a responsibility, putting dirt in the water is an irresponsible act due to which the world is suffering from diseases due to water pollution. Water is a great blessing to God gift.

Speaking on the occasion, BDC Chairperson Shamim Akhter, Chief Guest, said that the people of Jammu and Kashmir are using water excessively, while wasting water is also an irresponsible act. Every passing day is a lack of water. BDC Shamim Akhter appealed to the public to keep the water clean and use it as needed. Speaking on the occasion of the World Water Day, Sarpanch Muhammad Farooq Inqalabi said that the World Water Day is being celebrated on March



22 all over the world. The purpose of celebrating World Water Day is to sensitize people's and students about the sustainable management of water resources and how to use and not waste water. Water is the most important and elixir of life. Without it, life cannot survive. In daily life, this water is used for drinking and for various purposes. But many people's are waste water. But there is still world separate places population around the world who do not have access to clean drinking water. According to a report people around the world currently lack clean

drinking water. World Water Day is celebrated every year on March 22 to highlight the importance of clean drinking water and raise awareness of the global water crisis. Sarpanch Muhammad Shabbir Afton said the purpose of this day is to make sustainable. World Water Day is celebrated to make people aware of water related issues like water pollution, water scarcity, lack of sanitation and insufficient water and to make people aware of water. To encourage sustainable management of resources. World Water Day is being celebrated with the theme of accelerat-

ing the campaign for change to solve the water and sanitation crisis. He said it is noteworthy that the World Water Day is organized by the United Nations Water along with its various members and partners such as the World Health Organization (WHO). The initiative to celebrate World Water Day was taken after the adoption of a resolution by the United Nations General Assembly on 22 December 1992. After the resolution, World Water Day was celebrated for the first time on March 22, 1993. Since then it is being celebrated.

# Utilize religious events to promote peace, brotherhood, communal harmony: Purnima

PARTICIPATES IN THIRD CHARRI YATRA OF BRAL MATA AT SURINSAR

J I NEWS SERVICE

**JAMMU, MAR 22:** Advocate Purnima Sharma, Spokesperson BJP Jammu and Kashmir and former Deputy Mayor today participated in the 3rd annual religious Charri Yatra of Bral Mata at village Sagoon in Surinsar area. This is the third Chhari Yatra organised on the first Navratra on Wednesday.

The Yatra commenced from the local temple in village Sagoon and after performing the Parikrama of Devika, the Yatra comprising scores of devotees, the same culminated at the starting point.

Speaking on the occasion, Purnima hoped that this religious pilgrimage would culminate in a



smooth and successful note. She appealed to the people to utilize religious events to promote peace, brotherhood and communal harmony in the society besides satiating their spiritual and religious desires. She said that such events

are quite significant for the younger generation as they get the chance to make a connect with their roots and get firsthand knowledge about their culture and traditions.

Earlier, the Yatra commenced in the presence of

Mahant Rajesh ji. Yatra Committee Members including Parshotam Sharma and Ricky Sharma. Besides, Panchs and Sarpanchs of the area and locals in large numbers also attended the flagging off ceremony.

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



J I NEWS SERVICE

**SRINAGAR, MAR 22:** 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 Ja'.

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 Gayoor, Mohammad Yousaf Bachha, Javaid Iqbal, Akram Khan, Azim Hassan and Muneer Khan today depicted the splendid beauty of the Paradise on Earth, giving chance to the budding artists and art lovers of Valley 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 budding artists 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 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.

# Central Govt failed to stand on aspirations of general public: Uday, Ajaz



J I NEWS SERVICE

**JAMMU, MAR 22:** J&K Pradesh Youth Congress today intensified its ongoing 'Haath Se Haath Jodo' Yatra in Village Thathar, Ward 63 near Bantabal in Jammu to highlight the issues of general public including property tax, price rise, unemployment and other problems faced by people.

The programme was organized by J&K Pradesh Youth Congress in which Uday Chib, President J&KPYC, Ajaz Choudhary, Secretary IYC and other youth leaders and workers of Youth Congress were present. Speaking on the occasion, Uday Chib said that this campaign has been initiated with an aim to reach out to people in the hinter-

lands ahead of the 2024 general elections. This state-level campaign, he said, will strengthen the Congress' prospects and act as an extension of the Kanyakumari to Kashmir 'Bharat Jodo Yatra' that passed through the politically crucial state recently. Uday said the 'Haath Se Haath Jodo' campaign is aimed at apprising people at the grassroots level of

the failures of the central Government.

"The main focus of this programme is to highlight various issues of people like the imposition of property tax, snatching of land from the poor in the name of anti-encroachment drive, unprecedented price hike, record unemployment and other arbitrary orders of government," he said. Ajaz Choudhary said after the successful conclusion of the historic Bharat Jodo Yatra, this campaign is set to bring change and highlight the issues concerning people, which are being ignored by the Modi government in order to hide its failures on all fronts. The campaign has already received an overwhelming response like the Bharat Jodo Yatra received given the Congress Party's constructive role and strenuous efforts to ensure justice for people and bring the country back on the path of prosperity and development.

# Reliance Jio Jammu launches Jio True 5G in Rajouri

J I NEWS SERVICE

**RAJOURI, MAR 22:** Reliance Jio today announced the launch of True 5G services in Rajouri town of Jammu and Kashmir.

Jio users in this town will be invited to the Jio Welcome Offer, to experience Unlimited Data at up to 1 Gbps\* speed, at no additional cost, starting today.

With the launch of Jio True 5G services in Rajouri, the total number of towns in Jammu and Kashmir that have been connected to this service has gone up to 8. Jio customers in Srinagar, Jammu, Anantnag, Kathua, Baramulla and Sopore are already enjoying the benefits of Jio True 5G.

Though Jio is rapidly rolling out its advanced True 5G services, being a



customer-obsessed organization, it extends True 5G to a new city only when the city is substantially covered by its True 5G network, to ensure the best customer experience. Jio True 5G is already

the most advanced 5G network globally. Commenting on the launch, Jio Spokesperson said, "We are thrilled to witness the rapid uptake of Jio True 5G by millions of users across the nation, and we believe that the transformative power of our network will uplift their lives through multiple digital touchpoints. Jio is expanding its True-5G reach at a rapid pace and has already rolled out a large portion of the planned True-5G network in this country. Covering majority of the nation is a matter of immense pride for us. We want every Indian to enjoy the transformational benefits of Jio True 5G technology in 2023. We continue to remain grateful to the State Governments and Administrators for their support to digitize their regions."

# 29th Charri Yatra concludes successfully, Dharmarth Trust made adequate arrangements for devotees

TRUSTEE VIKRAMADITYA SINGH DONATES BLANKETS FOR WELFARE OF DEVOTEES

J I NEWS SERVICE

**JAMMU, MAR 22:** The three-day long 29th Charri Yatra concluded successfully. The Yatra was taken out by Dharmarth Trust J&K in collaboration with Lakshmi Narayan Mandir Trust.

The Charri Yatra commenced from Shri Ranbireswar Temple Jammu in presence of Gulchain Singh Charak, Chairman Lakshmi Narayan Mandir Trust, Senior Advocate Ajay Gandotra, President Dharmarth Trust, Secretary Ashok Kumar Sharma S.S.P. (Retd), Mahant Rishi Ban, Sadhu Samaj and prominent people of Jammu City.

Prior to the start of the Charri Yatra, Pooja Archan was performed at Shri Ranbireswar Mandir and Shri Raghunath Ji Mandir Jammu. The Charri Yatra after passing through, City Chowk, Raghunath Mandir, Durga Temple, Mahadev Temple Gandhi Nagar, Narasing Temple, Birpur, Dala Ranpal Dev Ji Temple, Birpur and Khara Madan finally reached its destination Purmandal.



The Trust has also installed a decorated a gate at the Purmandal Bus stand to welcome the Yatra.

On the occasion, Trustee Vikramaditya Singh donated 40 blankets through the Secretary for the welfare of devotees accompanying the Chhari Yatra. Ajay Gandotra, President Dharmarth Trust said that Dharmarth Trust always remains instrumental in organizing religious programmes as it is an over hundred years old institution taking care of temples

and shrines in J&K.

He informed that the Trust has made adequate arrangements including meals and night stay to ensure comfort and convenience of the participants of the Yatra. Secretary Ashok Kumar Sharma said that the aforesaid Yatra was first started by Hon'ble Chairman Trustee, Dr Karan Singh Ji since the commencement of the Yatra. He said that since that time the Trust has been organizing this Yatra successfully. He said that

such events showcase the cultural vibrance of J&K and the rich traditions of the Duggar land as religious Yatras and ceremonies always remained part and parcel of the lives of the people in this part of the country.

Gulchain Singh Charak assured that Lakshmi Narayan Temple Trust will continue to accomplish religious programmes in J&K and will act as the guiding force for the people having undaunted faith in religion.

## World Water Day-2023: DC Kishtwar flags-off the awareness rally at GHSS Boys

JJ NEWS SERVICE

**KISHTWAR, MAR 22:** The Deputy Commissioner (DC) Kishtwar Dr. Devansh Yadav, (IAS) in presence of Chief Education Officer Kishtwar Sudarshan Sharma, Executive Engineer Jal Shakti department (PHE) Sunil Sharma, AE Jal Shakti Dewan Chand, IEC Coordinator JJM/Senior Lecturer DIET Riaz Ahmed Butt and others today flagged off an awareness rally here at Govt. Model Higher Secondary School Boys Kishtwar as part of the World Water Day Celebration 2023.

Besides, Staff members of Jal Shakti (PHE), DPMU, officers/officials from Education department and students of GHSS Boys Kishtwar, GHSS Girls, Higher Secondary School Islamia Faridia and teachers of Zone Kishtwar also remained present on the occasion. About 200 students of Govt & Private institutions took part in the rally which was taken out from HSS Boys to other prominent locations with heavy footfall in the main town wherein the participants reverberated the slogan of Jal Jeevan Mission to raise the awareness among people about the importance of water conservation and other various Government schemes that are in place to ensure pure



drinking water that adequate to the households under Jal Jeevan Mission. Speaking on the occasion, the Deputy Commissioner Kishtwar threw light on the significance of celebration of this Day and urged upon the students, teachers and others present on the occasion for greater participation and enthusiasm in order to sensitize the public and the officers alike regarding the importance of water conservation. Terming students as ambassadors, he urged upon the students to play an important role in the dissemination of awareness among masses about the preservation, conservation and restoration of water. DC Kishtwar also appealed people of the town and rural areas as well to play a constructive

role in water conservation and preservation by avoiding the habit of wastage of water. He said that several initiatives are being taken to provide potable drinking water to every household and made a reference of centrally sponsored Jal Jeevan Mission, which aims to provide the potable neat and clean adequate drinking water to every rural household.

DC Kishtwar appreciated the staff members of education department across the district who officiated and ensured participation of Students in awareness rally during today's celebration despite being holiday and festivals around. Earlier, the awareness speeches were made by Officers and Lecturers on the world Water Day and its significance besides

on spot demonstration on the usage of water testing Kit for testing the suitability & quality of drinking water was also performed for the students by PHE officials.

Similar, awareness rallies of school children, theme based debate, symposium, drawing competition and poem recitations were conducted in the Schools across the district Kishtwar to commemorate the celebration of World Water Day.

All the educational institutions along with their staff members celebrated World Water Day with great enthusiasm and the awareness about "HAR GHAR JAL" was made possible in all rural areas.

The other stakeholders like RDD, Social welfare Department etc to celebrated world Water day at Panchayat levels along with Pani Simitis and PRI members. Pertinent to mention that District Administration Kishtwar under the overall supervision of DC Kishtwar and in collaboration with other stakeholders have chalked out plan to conduct series of Information, Education and Communication activities across the district Kishtwar for spreading the awareness based on this year's WWD theme "Accelerating the change to solve the water and sanitation crisis."

## Six shows Series of Balwant Thakur's Hindi play 'JAAL' concludes

JJ NEWS SERVICE

**JAMMU, MAR 22:** Six shows Series of Balwant Thakur's Hindi play 'JAAL' concluded here today at Municipal Park, Resham Ghar Colony, Jammu. Supported by J&K Academy of Art, Culture and Languages, Natrang started this series from Deewan-E-Aam, Mubarak Mandi and then travelled with this highly socially relevant production production to other parts of Jammu city including Rani Park, Nagrota Park, Diwan Mandir, Maharaja Hari Singh Park and Municipal Park, Resham Ghar Colony, Jammu. Large crowds witnessed this stimulating engaging performance which was brought to the public to sensitize them about the menace of drugs. Each sequence of the play was repeatedly applauded by the audiences and appreciated the work of Natrang being done for the larger welfare of the society.

In a very effective manner this powerful play innovatively showcases 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 connection 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 untidely to bring them out of the mesh of drugs menace. Through this play Balwant Thakur has tried to make an appeal to save mankind from this dragnet.

Actors who outshined in their respective performances and left an impact of their acting included Neeraj Kant, Mahishkhit Singh, Brijesh Avtar Sharma, Aadesh Dhar, Kanapreet Kaur, Gopi Sharma, Sheryaar Salaria, Mihir Gujral, Amit Brahm and Sumit Bhandari. The shows were coordinated by Mohd. Yaseen, Abhinaynu Choudhary and Palshin Dutta.

## NYK Rajouri organised 2 days district level sports tournament at sports stadium Rajouri



JJ NEWS SERVICE

**RAJOURI, MAR 22:** Nehru Yuva Kendra Rajouri under the Ministry of Youth Affairs and Sports Govt of India had organised 2 days district level sports tournament at sports stadium Rajouri.

The objective of this programme was to provide opportunities to rural youth in order to exhibit their talent and to promote sports culture, sportsmanship, fitness and competitive spirit among the youth and sustain the regional sports of the area. In the tournament, a total of 25 teams from different blocks took part in different categories of sports viz Kabaddi, Volleyball, Carrom, Kho-Kho and Chess.

During this programme,

Mohd. ARIF Jatt (Chairman Municipal Council Rajouri) was the Chief Guest whereas Bashir Ahmed Bakshi (Manager Sports Stadium Rajouri) and Chanchal Singh (DySP) remained as Special Guest and Guest of Honour respectively. The event also had the presence of Vikrant Sharma (State Level Resource Person of NYKS). While addressing the audience, Chief Guest (Mohd. Arif Jatt) stressed upon the fact that the youth should develop sports culture in the villages so that youth can be weaned away from bad habits such as drugs and other crimes. He requested the youth to come forward and contribute in national building and adopt sports for their mental and physical health.

Speaking on the occasion, Chanchal Singh (DySP) asked the youth to make their career in sports and contribute their part in the national and international level events. He appreciated NYKS for providing right platform for the development of sportsmanship among youth. Bashir Ahmed Bakshi, while addressing highlighted the various programmes undertaken by NYKS for youth development. He appreciated the youth for showing their performance and hoped for the same dedication in the future. I appreciate the youth of area and hoped that NYK would continue to organise such programmes in future, he added. Vikrant Sharma (resource person of NYKS) while speaking said that

NYKS is the largest grass-root level youth organization and it directs the power of youth in the positive direction. The core strength of NYKS lies in its network of youth clubs and youth clubs are village based organisations working for overall development and youth empowerment, he added.

Farooq Choudhary (youth club President) while addressing, congratulated the participants for their unmatched performance and thanked the sports lover for making this event a grand success. He assured the audience to bring more opportunities for youth in the near future.

As per the results, Choudhary Volleyball Club Dodasan Balla beat the opposite team to clinch the title. Block Budhal won Kabaddi match. Block Plangar and Block Manjokote won Kho-Kho and Chess respectively. The tournament was carried out by a team comprising Jameel Hussain (Physical Teacher), Maqbool Hussain (Physical Teacher) and Mohd. Qayoom.

The event was organised successfully by Farooq Choudhary, President of Youth Club and NYKS under the supervision of DYO Mr. Nitin Hangloo. All the participants were given rewards in the concluding session.

## DOM hold 6th Round Table Conference, passes resolution for protection of Constitution & Democracy

JJ NEWS SERVICE

**JAMMU, MAR 22:** DOM organised 6th Round Table Conference at Jaurian, passes resolution for protection of Constitution & Democracy, Permanent revenue entry to poor land allottees & naming New Parliament Building as Dr Ambedkar Parliament House.

Dalit OBC Minorities, a wing of All India Confederation of SC/ST/OBC Organisations J&K organised a 6th round table conference at Jaurian-Bomal for protection of Constitution & Democracy under the slogan of "Sath Chalo, Milkar Lado". Ajay Shivgotra, President Guru Ravidas Sabha Jaurian-Bomal, organised the conference wherein people belonging to SC/ST/OBC/minorities from Jaurian and Khour tehsil participated.

RK Kalsotra, President Confederation and DOM, while addressing said that many such conferences to be held across the J&K. The agenda of such conferences is to educate and make people aware about the threats the Constitution and democracy are facing.

Retd principal Suraj Prakash supported the need for round table conferences being conducted by DOM as the rights of underprivileged are being constantly curbed. He further mentioned that right to speech is fundamental right and should not be curbed in any form.

Dr Ramesh Kaithi further supported the agenda and appealed all to join

in to save the fundamental rights and constitution. He further mentioned that privatisation is on the rise and more public sectors are being privatised which will hurt not only the minorities and downtrodden but also the general people.

S. Kuldeep Giani talked about the importance of equality enshrined in the Constitution. But lately this is being compromised and this is changing the character of the Constitution which is against the interest of common people.

Further Kalsotra said that three major resolutions were passed at the conference. One was to demand new Parliament House as Dr BR Ambedkar Parliament House, 2nd was to focus on safeguarding the Constitution and the democracy, 3rd was to have Permanent revenue entry to poor land allottees.

Various other issues also highlighted. These include issues with Reservation, Prohibition on privatisation, ban EVM, Reservation in higher judiciary, reservation in promotion, Reservation in private sector, Stoppage of Collegium System, To implement all the recommendations of the Mandal Commission, Caste Census, Reinstatement on backlog posts, Reservation in contract-lease, Prohibition on Dalit oppression.

Opposing the inclusion of forward castes in ST, OBC, among others and also included cancellation of land allotment of poor, property taxes, issues related to health, unemployment, privatisation of education etc.

& reservation to Salit Christian Kalsotra mentioned that BR Ambedkar had participated in three round table conferences on 1930,1931,1932 during the Colonial Era to fight for the rights of downtrodden. He participated in them to promote the rights of Dalits. Only after this provisions for the Dalits were added in the constitution of India. But now they are under threat and thus, Confederation and DOM has taken upon itself to revive these rights and stop their further dilution. It can be continued with continuous support from the people and hence, their participation in such functions is duly appreciated and necessary.

Further he mentioned that there have been 105 amendments to the Constitution and it is changing the basic structure of the Constitution. Thus, in order to save the rights, Constitution should be saved importantly.

Others who spoke were Ajay Shivgotra, Panch Niya Devi, Panch Vijay Thapa, Panch Gora Devi, Ex Sarpanch Gopal Dass, Madan Lal, Shankar Chand, Moti Lal, Suram Chand, Ratan Lal, Ajeet Lal, Pandit Ashok, Bishan Dass, Sunan Lata, Janak Raj. All of them said that these conferences should be converted into a revolution for social justice. And more places should be reached where we can hold these conferences and start a conversation around how we can continue Dr BR Ambedkar's legacy. They unanimously supported the resolution passed at the conference.

## Sat Sharma, Ashwani Sharma listens to the public grievances

JJ NEWS SERVICE

**JAMMU, MAR 22:** Sat Sharma, former BJP President & former Minister, along with Ashwani Sharma, former MLA, listened to the public grievances at BJP Headquarters Trikuta Nagar, Jammu.

J&K BJP Office Secretary Tilak Raj Gupta, spokesperson Abhishek Jasrotia, Media Secretary & Media Department Incharge Dr. Pardeep Mahotra were also present during the camp proceedings.

During the camp, people from different parts of Jammu & Kashmir visited the party office in the form of deputations to represent the issues of their respective areas as well as their individual concerns before the senior party leadership.



Main issues presented were related to the installation of electric poles, streetlights, repair of lanes/ roads, job issues etc.

Sat Sharma reiterated the party's commitment to resolve the public issues at the earliest. He said that the Modi Government believes in the holistic development of our society and country. To ensure this goal the

party is organizing these grievances camps to augment the effort, he added.

Ashwani Sharma said that going by the spirit to serve the masses the party leaders have tried sincerely to provide them the best possible solutions presented by masses.

Tilak Raj Gupta conducted the proceedings of grievances camp.

## Album Song Tere Bina released

JJ NEWS SERVICE

**JAMMU, MAR 22:** An Album song named "TERE BINA" which expresses Bollywood Love throughout the song. It had been recently released on 22nd of March 2023 on the Channel of RGZ WORLDZ OF DANCE & on all the Digital Platform (Spotify / Amazon Music / Resso / JioSavaan and more ) on



the special occasion of Gudipudam. It is Directed by Prathamesh Naik and Produced by RGZ World Entertainment & Praaikh Entertainment featuring Akash Godbole and Komal Rand. The music and lyrics are of Rohit Valvi and song is sung by Prianca RA in

her beautiful voice. It is Choreographed by Prathamesh Naik with the assistant choreographer Samipata Singh.



## Govt working on simultaneous projects to change J&K's development profile: Kavinder

PAYS OBEISANCE AT MAHA KALI TEMPLE BAHU FORT ON FIRST NAVRATRA



JJ NEWS SERVICE

JAMMU, MAR 22: BJP Government led by Prime Minister Narendra Modi has been working on simultaneous projects in J&K to change its development profile and provide all the required amenities to the people at their doorsteps.

This was stated by senior BJP leader and former Deputy Chief Minister Kavinder Gupta after inaugurating lane and drain at Jammu Cantonment falling in under Ward No. 5.

Speaking on the occasion, the BJP stalwart leader said with the construction of this civic edifice in the area, the people will get respite from the prob-

lems being faced by them, particularly in the rainy season. He said this was a long pending demand of the area which has been fulfilled today.

Lauding the role played by Vice Chairman Bharat Bhushan in carrying out this development work, the senior BJP functionary said not only this ward but Bharat is proactive in realizing development in all the seven wards falling under his jurisdiction.

Later, Kavinder also interacted with the locals and listened to area's development issues. He said the government has launched several development works to improve the overall condition of lanes and drains, link roads, and other amenities in neglect-

ed areas and it is now matter of days when the localities in the vicinity would become models for others to follow.

He mentioned that development works more than Rs 1 crore has been carried in all the seven wards falling under Cantonment Zone.

Kavinder Gupta asked locals to identify developmental needs of their respective areas so that the works can be enlisted for execution by the Government on priority. He assured that all pending development works in the area including macadamization of inner roads, repairing and construction of lanes and drains and other development works of the area would be fulfilled in a phased manner. He further assured that no compromise shall be made on quality of construction and asked people to act as ears and eyes of the government to keep an eye on the things.

The senior BJP leader also stressed upon locals to avail benefits under various flagship welfare schemes and programmes launched by the UT and central governments.

Meanwhile, Kavinder also paid obeisance at the Bahu Temple on the auspicious occasion of first Navratra. He prayed for peace, progress and prosperity of J&K and the entire country.

Among those who were present include senior BJP leaders Vinay Gupta, Suraj Rana, Hansraj Narinder and prominent people of the area were present.

## Upload property details of all JKSSB officers on website: Amit Kapoor



JJ NEWS SERVICE

JAMMU, MAR 22: Aam Aadmi Party's Jammu Province Vice President Amit Kapoor has demanded Lieutenant Governor Manoj Sinha to address the genuine grievances of the youth agitating against JKSSB. He said on Wednesday that all necessary steps should be taken to resolve these ambitious youth and their concerns amicably.

He also demanded that JKSSB

should be more transparent in its conduct and immediately put the details of assets of Chairman and all other officers and employees of JKSSB on its website for the sake of transparency. He raised this demand while addressing a press conference in Jammu. Extending his full support to the agitating youth, he said that the government should address the genuine demands of these youth.

He justified the demand of the interested candidates to delist the

blacklisted firm and said that there should not be any doubt in the recruitment process.

He also demanded the Lieutenant Governor to direct the JKSSB chairman to issue a white paper on the entire episode of JKSSB controversy regarding hiring a private blacklisted firm for recruitment and make public the names of all those involved who were involved in finalizing the controversial tender of this blacklisted firm.

He demanded that the asset details of all the officers of JKSSB should be made available on the website of JKSSB so that there is no doubt in the minds of the youth and it further enhances the trust between the citizens and the government. He also said that the CBI and ACB should carefully probe the role of each JKSSB employee, irrespective of one's position, in the recruitment scams.

## 'World Forest Day' celebrations organised

JJ NEWS SERVICE

RAJOURI, MAR 22: World Forest Day celebrations were organised at Middle School, Kotli, in District Rajouri (J&K).

The gathering was educated on the

background and importance of this day. They were also informed about the significance of Forests, which are an essential and indispensable part of our lives.

During the event, a plantation drive was conducted, wherein different

saplings of fruit bearing trees were sown.

The gathering further exchanged their views and ideas on protecting the forest cover in the region by involving Govt agencies and other self-help groups.

## Religious festivals unite India the land of diversities: Tony

JJ NEWS SERVICE

JAMMU, MAR 22: Taranjit Singh Tony, Chairman Aam Aadmi Party (AAP) Jammu and Kashmir for Administrative Engagement and Minority Affairs, and District Development Council (DDC) Member Suchetgarh has asserted that festivals are an expressive way to celebrate glorious heritage, culture and traditions and religious festivals play the most significant role in uniting India the land of cultural and religious diversities. While these play an important role to add structure to our social lives, and connect us not only with our families but also with the people of other communities who participate in these festivals.

He expressed this after paying obeisance at a temple in Langaryal on the auspicious occasion of 1st Navratra here today. He visited the temple along with many Sarpanchs where he was accorded



warm welcome by the people present on the occasion.

He was also felicitated on the occasion by the Temple Committee President Rajesh Khanna.

The senior AAP leader said that religious festivals strengthen our sense of community integration. Moreover, these help us to teach principles and ethics to our next generations besides bringing the same message of love, tolerance and understanding, he asserted. They connect us as a people of a nation, he added. Tony appealed to the people to maintain

communal harmony and universal brotherhood at all costs as these are the hallmark of Jammu and Kashmir's culture and heritage. While praying for peace and prosperity of the people of Jammu and Kashmir, he urged them to rise above the party politics irrespective of their caste, creed and religious affiliations and work together for the betterment of Jammu and Kashmir.

Meanwhile, Tony prayed that God give sense to the people at the helm of affairs in BJP Govt so that they restore statehood to

## BJP Swachh Bharat Abhiyaan team conducts cleanliness drive at Bawe Wali Mata temple



JJ NEWS SERVICE

JAMMU, MAR 22: Today on the first Navratra, a cleanliness drive was conducted by the BJP Swachh Bharat team under PMS

Swachh Bharat Abhiyaan at Bawe wali Mata to alert the general public to keep the surroundings neat and clean. The Swachh Bharat Abhiyaan was conducted by cleaning the surround-

ings by the newly nominated Incharge Swachh Bharat Abhiyaan JKUT Er. Dil Bahadur Singh Janwal, co Incharge Swachh Bharat Abhiyaan JKUT Er. T. K Sharma, Co incharge

swachh Bharat Abhiyaan head quarter Sahil Sharma, and the whole team of Swachh Bharat abhiyaan

The mission of today's program was to spread awareness in the masses to keep Jammu neat and clean during the ensuing Navratra festival. The general public was requested through the media not to dump polythene in river Tawi during Shakh purwah karyakram. Others who participated in the awareness campaign includes Randeep Parihar co-convenor Kathua Udhampur, Bharat Bhushan Sharma co convenor Jammu South, Er V.K Gupta co convenor Jammu East, Sawtanter Singh co convenor Jammu North besides large no of public.

## Passing of J&K Budget by LS a Milestone for JKUT's Development: Vibodh

JJ NEWS SERVICE

JAMMU, MAR 22: BJP J&K general secretary and former MLC Vibodh Gupta today addressed a meeting at Booth No. 26 Flora Nagmani in Marh constituency in Jammu.

While addressing the meeting, Vibodh appreciated the historic passing Rs. 1.18 lakh crore budget for Jammu & Kashmir by Lok Sabha.

This he said is a momentous occasion for not only for the UT of J&K but for the entire nation. Vibodh thanked PM Modi and his team for this and said that this budget reflects the aspirations of youth, poor and marginalised and weaker sections of the society. This budget besides fast tracking the recruitment process will also ensure the welfare of migrants.

Giving further details about the budget, Vibodh



said that this passing of budget is a significant step towards strengthening the development and progress of the region.

The budget will enable the LG administration to allocate funds for various developmental projects and schemes in different sectors like health, education, infrastructure, and tourism among others.

The budget allocation will help in creating new job opportunities, improving the living standards of

people and will boost the economic growth of the UT, Vibodh added.

In his address BJP District President Jammu North Oni Khajuria said that this substantial budget allocation will ensure that people of Jammu and Kashmir get the benefits of various schemes and initiatives launched by the Government. These meetings were also addressed by Vandana Kumari, District Vice President and Sarpanch who said that

today through panchayats Modi Government has empowered a three tier democratic functioning of the Government. This she said has given tremendous empowerment to the women who are part of every decision making process today.

Prominent among others who were present in the meeting included Master Mulkh Raj, Raju Janwal, Vinay Sharma and local Shakti Kendra Purnmukh of BJP.

## Area combing cum domination exercise undertaken in Ghambir Mughlan-Behrote



JJ NEWS SERVICE

RAJOURI, MAR 22: In order to restore confidence in the General Public and to carry out area combing cum domination exercise in the area of the Ghambir Mughlan to Behrote Gali in Rajouri.

A joint domination patrol and drone surveillance of the area was carried out under the command of

DIG Rajouri-Poonch Range Dr. Haseeb Mughal, IPS, DySP PC Shri Shivender Singh Jamwal, SDO Manjakote Shri Zaffer Iqbal, AC Amit Kumar of CRPF, CAPT Parmodh Joshi of 48 RR, SHO Manjakote Insp. Zaffer Amin and I/C BPP Post Ghambir Mughlan SI Mohd Afzal Khan also actively participated in the exercise.

The forces which took part were of

SOG Rajouri, PS Manjakot, BPP Ghambir Mughlan, CRPF 72 BN, Army 48RR Manjakote. The domination patrol was carried out in the area BPP Ghambir Mughlan and Behrote Gali. The domination of the area and patrol started at about 1130 hours and culminated at about 1500 hours.

A general coordination security meeting of Security forces and interaction with Javans was also chaired by DIG RP Range at Border Police Post Ghambir Mughlan, PS Manjakote.

All the forces taking part in domination patrol showed proper discipline, coordination and synergy. The officers also interacted with the General Public during the domination drive of the area, who also appreciated the role of the Jammu and Kashmir Police and Security forces in maintaining peace and tranquility in border areas of Rajouri.

## GCOE celebrates World Water Day

JJ NEWS SERVICE

JAMMU, MAR 22: A poster making Competition on Clean Water and Sanitation was organized by IIC (Institution Innovation Cell) in collaboration with Nature Club, NSS unit and G20 club of Government College of Education under the patronage of worthy Principal Government College of Education, Jammu Prof. Aekta Gupta.

The event was conducted as a part of ongoing G20 activities. Principal Prof. Aekta Gupta appreciated the efforts of student volunteers and encouraged them to conserve water. Dr. Shalini Sharma, Convenor nature club highlighted the importance of Sanitation and preserving clean water.

This year's theme for World Water Day is Accelerating Change to solve



the water and Sanitation Crisis. The poster making Competition was judged by the Prof. Anju Bala, Dr. Rajinder Kour and Prof. Radika Mahajan.

The Poster Competition is enthusiastically organized by IIC in collaboration with Nature Club, NSS and G20 Club. Prof. Anju Bala, Dr. Rajinder Kour, Prof. Radika Mahajan,

Dr. Shalini Sharma, Dr. Shubhra Janwal, Prof. Sarita Dogra, Prof. Neezar Verma, Prof. Shapia Shameem, Prof. Vinay Lata, Prof. Rubina Yasmeen, Prof. Sunita Devi, Dr. Tahira Shah, Dr. Maansi Sharma, Prof. Anuradha Choudhary and Dr. Anuradha Seth were also present on the occasion and appreciated the efforts of students.

THOUGHT OF THE DAY

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

## JINDRAH IMAGES

## Build renewable energy project in specified time

It is an open fact now that the Union Territory of Ladakh has performed poorly on account of exploiting rich and vast solar power potential. Against a potential of over 100GW, Ladakh has just 7.8 MW installed solar capacity and no serious efforts have been made so far to achieve something big with regard to generation of electricity from solar energy. Having said this, the Centre has shown some seriousness to exploit solar power potential of Ladakh and it has now planned to set up a mega Hybrid Renewable Energy Park having a capacity of 13 Gigawatts (GW) on sprawling deserts of 250 square kilometer across Pang, Debring and Kharnak areas of Ladakh. The mega project is seen as an important move of the Union government to exploit the rich solar potential of Ladakh. Ladakh is considered as the solar capital of the country. Going by the media reports, the union ministry of new and renewable energy has suggested that the hybrid renewable energy project will have solar, wind and battery energy storage system and it will require High Voltage Direct Current based Inter-State Transmission System (ISTS) line of an estimated length of 713 km from Pang (Ladakh) to Kaithal (Haryana) for power evacuation and grid integration. The total land requirement for the project is estimated to be around 250 sq km. As reported by Power Grid Corporation of India (PGCIL), for the power evacuation and grid integration with the proposed Park, the HVDC based Inter-State Transmission System (ISTS) line of an estimated length of 713 km would be needed from Pang (Ladakh) to Kaithal (Haryana), passing through the States of Himachal Pradesh and Punjab. The land requirement for setting up HVDC terminal stations at Pang (Leh) and Kaithal (Haryana) is estimated at around 300 acres and 200 acres respectively. All these observations have been made by the concerned ministry in the ongoing Parliament session. The erstwhile state of Jammu and Kashmir (now two UTs of J&K and Ladakh) has a solar power potential of 111.05 GW and it is the second highest in the country after Rajasthan which has the solar energy potential of 142 GW. Ladakh has not generated even single additional Megawatt electricity during the last one year despite the fact that it has a large potential of 100GW solar energy alone, therefore failing to contribute to the country's total installed capacity. Two major projects with potential of generating 7500 MW of solar power (now revised to 10,000 MW) had been sanctioned for the region about eight years ago. The need of the hour is that the Government of India should ensure implementation of its projects with regard to harnessing solar power potential in a time-bound manner. It will help to make Ladakh, the land of high passes, self-reliant.

# REGULATORY FAILURE BEHIND SVB COLLAPSE

The cumulative lesson is that the authorities have to keep a close watch not only on tech startups burning venture capital cash merrily but also their bankers that host funds which are in one day and out the next. This implies close regulatory oversight and intervention, direct or indirect.

SUBIR ROY

THE collapse of Silicon Valley Bank (SVB), one of the 20 largest banks in the US, has sent ripples around the world, with the financial sector and stock markets in major economies getting jittery. More than the event itself, it's the recall of the global financial crisis of 2008 during which Lehman Brothers collapsed that has made financial players spend restless nights.

By all accounts, the crisis seems to have been contained, preventing a contagion, and the jitters should be dying down. While that is a matter of enormous relief, what is needed now is to determine who did what wrong in taking things to the brink and who did what right in pulling things back from the brink. The right lessons learnt are likely to prevent a recurrence.

Fingers are being pointed at SVB for doing little other than only one kind of specialised lending — focusing on tech entrepreneurs and their startups. This is a risky corner of the financial world as you can find and large banks typically have a very small portion of their portfolio assigned to such businesses so as to spread the risk. As to why the SVB chose to step in nevertheless, this is what likely happened. It chose to rely only on walk-in businesses. Tech entrepreneurs with billions of dollars in venture capital funding parked these with the likes of SVB which in turn put them in bonds. Is there a risk in this? Who could tell you? The chief risk officer of the bank. A startling fact has now come to light: The SVB failed to replace its retired chief risk officer for eight months.

But then came the tech slowdown, drying up of venture capital (VC) funding and rising inflation as the Ukraine war took hold. In response, the US Federal Reserve raised interest rates, bond prices fell and SVB had to suffer huge notional losses in marking them to market. When word of the losses got around, its depositors rushed to withdraw their cash and the bank had to sell the bonds, make huge losses in the process and eventually go under.

Another question that needs answering and intrinsically points to the list of don'ts for the future is why so many entrepreneurs put so much of their money in one bank and why the venture capitalists who gave the funding in the first place did not advise the borrowers to spread out their deposits. A startup considered arguably the most dynamic in the world in its field appears to have been very careless with its money.

If we can agree that high risk-taking is a part of the overall Silicon Valley culture, what explains the trouble that the giant Credit Suisse, larger-than-life banking name in intrinsically conservative Switzerland, got into and which has now led to its takeover. Surely its work style should have been marked by a conventional ethos and solidity. As it happens, Credit Suisse has been in trouble for quite some time prelat-

ing the present crisis with management financial sectors in which the kind of financial changes, having to book huge losses and lack of freewheeling that the SVB went in for would not



a proper turnaround strategy. The last few months have been marked by withdrawal of funds, huge losses and a fruitless search for investors. Then when the SVB headwinds came, the giant with the feet of clay toppled over.

All this brings us to the question as to what kind of a role regulators have played in the run-up to the current crisis. It would be known to any regulator which has its ears close to the ground (that is its job) that the likes of the SVB were heading for trouble. It would also be known that the trouble began with the steady upping of interest rates by the Fed. It is a no-brainer that when there is a pronounced inflationary trend in place, the central bank has to step in and start hiking interest rates, which the Fed did. The big question is: could it have done otherwise? In the present instance, the inflationary bout set in not because of too much money chasing a given basket of goods and creating additional demand, but a fall in the basket of goods available because of global disruption in the supply of commodities, particularly energy, as a result of the Ukraine war. There is an alternative course of action which the Fed could have taken. It could have let inflation ride and wait for the rising prices to dampen demand. If it had done that, then bond prices would not have played havoc with the portfolios of bondholders and created the crisis in financial institutions that led to the collapse of the SVB and the selling of Credit Suisse.

In contrast to the US, several large economies like India, China and Japan appeared to have been able to step aside from the global headwinds which emanated from the SVB collapse. Importantly, all have fairly highly-regulated

been allowed. This is because of two reasons. Both India and China have been through trouble in recent years — China through its shadow-banking bubble and India through the travails of cooperative banks (Punjab and Maharashtra Cooperative Bank) and even the odd private bank (Yes Bank). This made them good for regulatory reform which has now stood them in good stead.

As for Japan, its Finance Ministry has historically kept its financial sector on a short leash in a way which other developed free market economies would not. All this has helped the three economies avoid the headwinds coming from across the oceans.

In India's case, there is an additional reason for the absence of any kind of depositor panic. Over half the deposits are with public sector banks which by definition cannot fail. Besides, there is an implicit guarantee in the way in which private banks in trouble have been dealt with, as in the case of Yes Bank, which was rescued by a group of banks led by the State Bank of India, obviously at the behest of the Reserve Bank of India. The cumulative lesson from all this is that the authorities have to keep a close watch not only on tech startups burning venture capital cash merrily but also their bankers which host funds that are in one day and out the next. This implies close regulatory oversight and intervention, direct or indirect, in case of need. This is in contrast to the space the US allows for innovative new businesses to come up and take the US and global economy forward. The dilemma is that systems cannot afford depositor panic even as they need creativity to evolve new businesses.

## Centre, states must join hands to ease water woes

SK SARKAR

THE theme of this year's World Water Day is 'Accelerating change'. The broad goal of this day is to create awareness among water users about sustainable and accelerated water management. The world is not on track to achieve the UN Sustainable Development Goal 6 — ensuring access to clean water and sanitation for all by 2030. To achieve this target, world organisations and other institutions have to come together in partnership and cooperation with policymakers and stakeholders.

About 2.2 billion people are living globally without access to safe water; by 2050, the worldwide water demand is expected to increase by more than 50 per cent. In view of global warming, sea levels are rising and the cryosphere is melting. Resultantly, floods, heatwaves, droughts and storms are occurring rapidly. UN-Water indicated that between 2001 and 2018, 74 per cent of natural disasters were related to floods and droughts. Thus, there is a need to change our approach towards early warnings in order to make citizens aware of water-related hazards due to global warming. If global warming is restricted to 1.5°C above the pre-industrial level, water stress caused by climate change can be reduced up to 50 per cent.

According to a NITI Aayog report

In the absence of reforms in India's water sector, the existing 256 water-stressed districts out of 766 in the country will tend to be water-scarce in the coming years, and more districts will fall in the water-stressed category. Every citizen must become a change agent regarding the way he or she consumes and manages water. The preparation of a climate-resilient water agenda has to be expedited; it should then be implemented urgently.



(2019), by 2030, the water demand in India will be double its supply. Economic growth, rapid urbanisation, population growth and lifestyle changes will increase the demand for water use in various sectors. India is a water-stressed country, and will become water-scarce in the near future. Per capita water availability has been decreasing over the years.

The UN Sustainable Development Goal 6 spells out the need for expansion of institutional cooperation and capacity-building support in water-related activities and programmes,

including water harvesting, desalination, water-use efficiency, wastewater treatment, recycling and reuse technologies. There is also a need to support and strengthen the partnership between local communities, including women, to improve water management.

Water is a state subject in India, with the role of the Centre only in regulation and development of interstate rivers. The state is mandated to undertake projects pertaining to water supply, irrigation and canals, embankments, water storage and

water power, but these do not match 21st-century requirements such as integrated water resource management, environmental flows, basin management, water markets, conjunctive water use and water footprint for virtual water trade. There are many institutions working in the water sector without a common vision. A systematic change of approach towards handling the sector is necessary.

Water programmes are often initiated by the Centre, but their implementation is within the domain of the states. There is a need for cooperation among Central and state governments for the success of various programmes. The Prime Minister, while highlighting 'Water Vision 2047' during the Bhopal conference in January, had emphasised that "water should be a subject of cooperation and coordination between states and the Centre and their respective departments should act as one entity with clarity and common vision on water security".

India can accelerate change in the existing water sector management in many ways. For example, increasing water-use efficiency (WUE), treating and reusing of wastewater and arti-

ficial recharge of groundwater are some of the areas of immediate importance.

In India, about 70 per cent of water is used in the agriculture sector, but WUE (about 30-35 per cent) is very low compared to international standards. If WUE is increased substantially at a quick pace, water will be saved; it could then be reallocated to industrial and domestic sectors. It is essential to ensure sustainable availability of water to households under Jal Jeevan Mission and to industries under 'Make in India' programme of the Union Government.

According to a Central Pollution Control Board report (2020-21), 72,368 million litres per day (MLD) of sewage is generated, out of which only 20,236 MLD (28 per cent) is effectively treated. The rest goes to rivers, lakes and open drains, and contaminates these sources. This trend should be arrested by accelerating the use of existing technology for wastewater treatment, and by the use of advanced technology such as nanotechnology in combination with advanced oxidation process as early as possible.

Groundwater extraction in India is the highest in the world, according to

an article in ScienceDirect. More than 15 per cent of the groundwater assessment units are overexploited as annual extraction of water exceeds recharge of aquifers. Irrigation wells in India increased more than three-fold during the period from 1986-87 to 2013-14, leading to a decline in groundwater levels across the country. Irrigation is responsible for more than 90 per cent groundwater extraction. Artificial recharge is a process which increases infiltration. The water source for artificial recharge can be rainwater (harvested on the surface) or other sources such as treated wastewater and canals. Artificial recharge has to be accelerated, as it is accepted worldwide as a major intervention to augment groundwater resources.

Political commitment at all levels for undertaking 'accelerated change' in water management is a must in the coming years. The current century's challenges in the water sector are vastly different from those of the pre-Independence era when only engineering solutions to water management were the norm. The need for adopting sustainable fresh ideas with speedy execution should be recognised.

# TWINKLE KHANNA REVISITS TIME WHEN SHE SAID 'MY WHOLE LIFE IS A JOKE', THANKS KARAN JOHAR: 'SOME THINGS DON'T CHANGE'

Actor-turned-author Twinkle Khanna took walk down memory lane with a vintage video clip from her 20s. Taking to her Instagram handle, she posted the same and talked about how a few things will never change for her. She also praised her hairstyle in the video, which was quite popular in the 90s. Also read: Twinkle gives tip on how to love the same person all your life.

In the video, Twinkle said, "I'm not a very serious person. I am actually...always clumsy and bumbling around. I think my whole life is a joke, so I like doing comedy (films)." When asked to elaborate about her life being a joke, she laughed and added, "I think a lot of funny things happen to me or at least I look at them as very funny. So I prefer portraying that side of me. I'm not a very serious person. I also look like a very delicate girl but I am not."

Sharing the video from Lehren which was found by her friend Karan Johar, Twinkle wrote in the caption of the post, "Some things don't change. This was in my twenties and close to fifty, I am still not a very serious person and am tougher than I look. Also have to love the hairstyle. Like me had you figured out you what you were really like in your twenties? Thank you @karanjohar for digging this up and making my morning."

Meanwhile, the old video of Twinkle has left fans nostalgic as she doesn't appear in films anymore. One of them commented, "I really admire you. You are a true beauty with brains. Although belonging to a hardcore film background you are way different and sophisticated than your colleagues. I wish you the best for your future success." "You



## Hombale Films announce writing for second part of Kantara has begun on Ugadi

The producers of Kantara, 2022's surprise Kannada blockbuster film, have revealed on the occasion of Ugadi and New Year that they have begun work on the script. Earlier this year, Hombale Films and writer-director Rishab Shetty had shared there was much to explore still in the world of Kantara. The second part of the film won't be a sequel, but instead it will be a prequel that will explore the events first introduced in Kantara. On Twitter, the official handle of Hombale Films wrote, "On this auspicious occasion of Ugadi & New Year, we are delighted to announce that the writing for the second part of #Kantara has begun. We can't wait to bring you another captivating story that showcases our relationship with nature. Stay tuned for more updates."

The film is set in the forests of Karnataka in a village where they worship the deity Panjuri Daiva. However, a king takes the stone to which the villagers pray in exchange for land. Years later, his greedy successors try to usurp the land back from the villagers. Rishab also stars in Kantara as Shiva whose father is a Bhoota Kola performer. The angry young man has several tussles with Muralidhar, the forest officer who is tasked to turn the same land into a forest reserve.

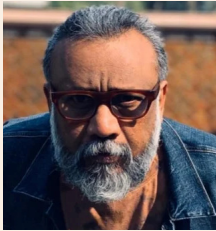
The Kannada version was released on September 30, 2022 and the Hindi version released on October 14, 2022. Produced by Vijay Kiragandur and Chaluvu Gowda, Kantara also stars Saphami Gowda, and Kishore Kumar K. Kantara has grossed over 7400 crore globally.

In February, Rishab had stated at an event, "We thank the audience for their immense love and support for Kantara. With the blessing of almighty Daiva, the film has successfully completed 100 days and I would like to take this opportunity to announce the prequel of the film."

As per a report by Pinkvilla, he had added, "What you have seen is actually Part 2, Part 1 will come next year. The idea came to my mind while I was shooting for Kantara."

# ANUBHAV SINHA REVEALS WHY BHEED TRAILER WAS DELETED AND RE-RELEASED LATER

Filmmaker Anubhav Sinha recently opened up about the trailer of his upcoming film Bheed, which was initially pulled down upon release. The trailer was re-released with some modifications only after a few days. The trailer received mixed reactions after release as it compared the 2020 lockdown to what India faced during the 1947 partition. Also read: Anubhav Sinha says being labelled 'anti-national' doesn't surprise him



Bheed stars Rajkumar Rao, Bhumi Pednekar, Pankaj Kapur, Dia Mirza, Kritika Kamra and Ashutosh Rana. The film highlights the struggles of migrant workers in India during the COVID-19 lockdown in 2020. The trailer was re-

released after chopping off a speech by Prime Minister Narendra Modi and a

line referencing partition. When asked about it, Anubhav told news agency during an interview, "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. There is a sanctity to the film and I would not like to disturb it." Bheed has also been called 'anti-India' film by a section of people on social media. Meanwhile, reports also suggest Bhushan Kumar's T-Series who was co-producing the film has now distanced themselves from Bheed. Talking about it, the director called Bhushan his friend and asserted that they will continue working on future projects. "These are difficult films. In terms of

making as well as in terms of taking it to you, but still, it is our responsibility to make these films and more importantly, that you watch these films," Anubhav said. He also added, "Need one more help. Please don't think about how it was censored, how it will be released, why the trailer was removed from T-series channel, why Bhushan's (Kumar) name was removed... These are all the battles of the filmmaker. We are fighting, we will fight." Bheed is a black-and-white film. It is now backed by Anubhav's Benaras Mediaworks and is slated to release on March 24. The director's last film was Ayushmann Khurrana-starrer Anek, which couldn't perform well at the box office.

## Aishwarya Rajinikanth's domestic staff held for stealing gold, silver jewellery from Chennai home



Aishwarya Rajinikanth's maid and driver were arrested on Tuesday for stealing gold, silver and diamond jewellery. She had filed a police complaint on Monday.

The domestic help and driver of Aishwarya Rajinikanth were arrested for stealing gold, silver and diamond jewellery from her Chennai home, on Tuesday. A day before, Aishwarya had filed a police complaint stating gold and diamond jewellery worth 23.60 lakh was missing from her locker at home. She is the older daughter of Tamil actor Rajinikanth and his wife Latha Rajinikanth.

The filmmaker's maid Easwari took help of the driver Venkatesan to steal the items. According to a report by the Press Trust of India (PTI), Easwari stole around 100 coverings of gold jewellery, 30 grams of diamond jewellery and four kilograms of silver articles. She sold the items to buy a house and also purchase some other articles, a release from the police stated.

Easwari, had been working as a maid for 18 years and knew the ins and outs of Aishwarya's household. She stole the items by opening the locker multiple times, over several days. She also had access to the locker's key. The stolen items were seized from the maid's home, as were the documents related to the purchase of a house property by her.

According to the FIR she filed on Monday, Aishwarya had stated that she last wore the jewellery for her younger sister Soundarya's wedding in 2019. Since then, it was kept in a locker which reportedly has been moved around from houses, including her ex-husband Dhanush's apartment in 2021 and later to her father Rajinikanth's residence. The keys to the locker remained in Aishwarya's flat. She was busy with the shoot of her latest film Lal Salaam when the theft occurred.

## Odisha Waives Entertainment Tax On 'ZWIGATO'



The Odisha government on Wednesday announced exemption from entertainment tax for Bollywood film 'Zwigato', which was shot in Bhubaneswar.

After attending a special screening of the film, Chief Minister Naveen Patnaik has approved a proposal in this regard on Wednesday.

The movie, directed by Nandita Das, stars Kapil Sharma and Sahana Goswami in the lead roles and depicts the life of a food delivery boy and his struggle.

The Odisha government is promoting the state as a destination for film shooting through proactive policies. This will promote tourism potential and provide employment opportunities for talented youth, an official said. The Chief Minister appreciated the efforts of Nandita Das for promoting Odisha as a destination for shooting commercial movies.

# Saumya Saraswat: It's my dream to open a dance school

Dancer-actor Saumya Saraswat calls her journey from being a background dancer to making it as an actor, "overwhelming." "It's not an easy task when your heart is into something but due to certain reasons you must make a transition. I loved dancing and trained rigorously for it. I joined the Vaibhavi Merchant dance group and did numerous film songs as a background dancer, then tried choreographing stage acts too. But I had the realisation that things were nowhere near what I aimed for. It was getting stagnant creatively as well. That's when I thought of auditioning for acting and I got a breakthrough with a TV daily," says the Pishachini actor. Saraswat still enjoys her regular dance practise and dreams to stay con-



nected with the art. "It was and is my dream to come up with my own dance school where I can prepare aspiring dancers to follow their passion for the craft. It's not an easy road. I know. There are dancing schools already producing and training numerous dancers, but to be honest, there are no takers for them. There is a large number of youngsters in

the field but many lack the required finesse, and are not fully prepared to take up challenges in the future," she said. "I remember how tough it was for me though I got to learn a lot in the process. It's not as simple as it seems. Thank God, acting gave me a footing in the industry and now I feel, sooner or later, I will be able to do something more in dance as well,"

Saraswat said. Currently, the young actor is busy with another TV daily. "After my last show, I got a very interesting character in the show Imlie and for now that's my focus. Along with that I shot for an item number for an untitled Telugu film slated for this year. Also, things are looking up in the OTT space as well, so let's see."

# RASHMIKA MANDANNA SAYS SHE TOUCHES HER HOUSE HELP'S FEET

RASHMIKA MANDANNA HAS SAID THAT SHE RESPECTS EVERYONE AND SO TOUCHES HER HOUSE HELP'S FEET AS WELL. SHE ALSO SPOKE ABOUT HER PARENTS.

Actor Rashmika Mandanna has said that when she goes back to her family, she touches everyone's feet out of respect. In a new interview, Rashmika also said that she touches the feet of her house help as she doesn't 'want to differentiate'. Rashmika is the daughter of Suman and Madan Mandanna. Rashmika made her debut with Kirik Party in 2016. She

has also featured in several movies such as Anjani Putra (2017), Geetha Govindam (2018), Vajamana (2019), Sarileru Neekevuru (2020), Bheeshma (2020), Pogaru (2021), Pushpa: The Rise (2021), Sita Ramam and Goodbye (2022) and Varisu (2023).

In an interview with Bazaar India, Rashmika said, "Little things matter to me. I wake up and spend time with my pets

and meet my friends—it makes me happy. Words are really powerful and they can make or break a person, which is why when someone says something, it matters to me. I jot down the tiniest details in my diary... Back home, I have a habit of touching everyone's feet out of respect. I also touch our house help's feet, because I don't want to differentiate. I respect everyone...it is who I

am as a person." When asked if her parents feel 'extremely proud' of her, she said, "Not really, because my family is disconnected from the film industry, and they don't realise what their daughter is doing. But when I win an award, they feel proud. Perhaps I need to accomplish a lot more to make them truly proud of me. My parents have raised me without any qualms,

they provided me with everything a child could ask for, and I am grateful for that. And it is now my turn to take care of them..."

Rashmika was last seen in Mission Majnu, directed by Shaantnu Bagchi and produced by Ronnie Screwvala, Amar Butala and Garima Mehta. The film also stars Sidharth Malhotra, Parmeet Sethi, Sharib Hashmi, Kumud Mishra, and Rajit Kapur among others. Fans will now see Rashmika in Pushpa: The Rule along with Allu Arjun.



# Navratri: Sip on these 5 delicious drinks that will keep you full and energized!

Part of your fasts! Here are 5 Navratri drinks to keep you full all day.

### NAVRATRI DRINKS

Navratri is the time for fasting, prayer, and reflection, and many people choose to observe a strict dietary regimen during this peri-

od. While fasting, it is important to stay hydrated and nourished, and what better way to do that than with some delicious and nutritious Navratri drinks? Here are 5 Navratri drinks that will help keep you full and energized during this festive season.

1. **Lassi:** Lassi is made using yogurt, which is a good source of protein and calcium. Protein is known to be more satiating than carbohydrates or fats, which means that it can help you feel full for longer periods. Additionally, the high calcium content in yogurt can help promote feelings of fullness and

reduce appetite. You can have your lassi sweet or salty. It also helps to cool down our internal body system and help with digestion.

2. **Badam sharbat:** Badam sharbat: To make this drink, blend some soaked almonds along with kewra, cardamom, milk and sugar. Badam sharbat can be a good Navratri drink to keep you full due to its combination of protein, fiber, healthy fats, and spices, along with its hydrating properties. It can provide us with instant energy.

3. **Coconut water:** Coconut water: It is a natural electrolyte and a great source of hydration. It is low in calories and fat but high in nutrients like potassium, magnesium, and calcium. Coconut water also has a natural sweetness that can help to satisfy



sugar cravings without consuming added sugars. This makes it a healthier option than many other sugary drinks.

4. **Fruit smoothie:** Fruit smoothie: These are typically made with fresh fruits, which are a good source of fiber. Fiber is essential for digestion, and it can help you feel full for longer periods,

reducing the urge to snack between meals. They are also a great source of hydration, which is especially important during Navratri when people are fasting.

5. **Lemon juice:** Lemon juice in this drink is a good source of vitamin C, which is an antioxidant that can help support the immune system. It can also help to regulate blood sugar levels and reduce the risk of overeating.

**IT'S NAVRATRI AND YOU ARE STAYING AWAY FROM ALL SORTS OF GRAIN BUT DRINKS CAN BE A PART OF YOUR FASTS! HERE ARE 5 NAVRATRI DRINKS TO KEEP YOU FULL ALL DAY.**

## Strengthening bone, not muscle, is the reason to lift weights

The average person loses about 1% of their bone mass each year after age forty. For 3 million Americans each year, this decay results in a condition called osteoporosis, in which their bones become extremely brittle and susceptible to fracture.

**B**uilding buffness. Getting tipped. Toning up. No matter what it's called, becoming more muscular is generally top-of-the-mind for any young person who regularly visits the weight room. Less thought that is another key benefit, one that's not as easily seen but is more long-lasting and consequential: weight training is the best way to strengthen bones.

Remember the milk mustache? For a long time, conventional wisdom, put in place by omnipresent marketing, heralded calcium intake as the key to strong bones. Recent large studies, however, show that supplementation of the mineral, often found in meat and dairy products, only has a modest effect on bone density, and doesn't reduce fractures at all.

Lifting weights, however, does. The stress placed on bones by squatting, pressing, deadlifting, pulling, or doing pretty much any motion with added

resistance kicks bone-synthesizing cells called osteoblasts into high gear. They start producing collagen, other specialized proteins, and hydroxyapatite — the bone mineral — and forming these raw materials into more bone for your spine, femur, tibia, and any other bones that are bearing the added weight. The result is a stronger skeleton, one more resistant to fracture.

As your skeleton is literally the foundational structure of your body, that's a big deal. The average person loses about 1% of their bone mass each year after age forty. For about three million Americans each year, this decline eventually results in a potentially debilitating condition called osteoporosis, in which bones become so weak and brittle that a fall or even a mild stressor like bending over or coughing can cause them to crack. Two million osteoporosis-related fractures occur each year, sometimes resulting in permanent enfeeblement.



ment. According to Harvard Medical School, "six out of 10 people who break a hip never fully regain their former level of independence".

Aerobic activities like walking, jogging, swimming, and cycling are all fantastic forms of exercise. Easily accessible and often recommended to older adults, they

offer myriad health benefits. However, none come close to building bone like weight training does. And some, particularly walking, jogging, and cycling, can put older adults at risk of falls.

Strengthen the skeleton A measured weight training program, starting at two days

per week of exercises targeting the entire body, broken down into eight to twelve repetitions of two sets per exercise at a manageable resistance on fixed machines, and gradually building up to greater loads with fewer repetitions performed using free-moving weights, can put anyone on the path to more durable, buffer bones.

This skeletal strengthening occurs at any age, but it is most pronounced early in life. In fact, the (understandably) superficial young people referenced at the beginning of the article might want to take note of something a team of endocrinologists wrote in 2018: "While there is no clear evidence from life-long studies, it is suggested that adaptations to mechanical loading in youth are translated to greater bone strength over a lifetime. Bones become less sensitive to mechanical loading after skeletal maturity is reached at 18 to 25 years of age."

## Drinking Coffee May Help With Weight Loss, Reduce Type 2 Diabetes Risk, Suggests Study



Drinking coffee, a rich source of caffeine may help curb the amount of body fat and reduce the risk of developing Type 2 diabetes, suggests a recent study.

Researchers from the Imperial College London found that people who carry genetic variants associated with slower caffeine metabolism drink, on average, drink less coffee, yet have higher levels of caffeine in their blood than people who metabolise it quickly to reach or retain the levels required for its stimulant effects.

The research published in the journal *BMJ Medicine* concluded that the speed at which the body metabolises coffee might impact weight.

To arrive at this conclusion, scientists looked at the role of two common genetic variants of the CYP1A2 and AHR genes in nearly 10,000 people of predominantly European ancestry. The CYP1A2 and AHR genes are associated with the speed of caffeine metabolism in the body. The analysis showed that people with higher plasma caffeine levels enjoyed a lower body mass index (BMI) and body fat, alongside a lower risk of developing type two diabetes. "95% of your caffeine is metabolised by an enzyme," Dipender Gill, a clinical scientist at the Imperial, told *Independent.co.uk*. "Two genes — CYP1A2 and AHR — affect the function and level of that enzyme."

Using these genetic variants, the team found that slower metabolisers have higher plasma (blood) caffeine levels, and those with higher plasma levels have a lower BMI and risk of diabetes, Gill said.

## Dos and don'ts to keep in mind when you start hitting the gym

**S**tarting a gym routine is a fantastic way to improve your health, fitness, and overall well-being. It can be an excellent opportunity to challenge yourself physically, increase your strength, and build your confidence. However, it's important to remember that starting a gym routine can be overwhelming, especially if you're new to exercising or haven't been physically active in a while. There are several dos and don'ts to keep in mind to ensure that you have a safe and effective workout experience. Whether you're a beginner or a seasoned gym-goer, these tips will help you get the most out of your workouts and achieve your fitness goals.

Rihana Qureshi, Certified Nutritionist and Strength Training Coach, shared with HT Lifestyle, some important dos and don'ts you should keep in mind when starting your gym routine.

1. Start with cardio
2. Move on to weight training
3. Next, gradually add some bodyweight exercises like knee push-ups, squats, and assisted pull-ups. When you can do 2-3 sets of 10-15 reps of these, then start with weight training. It is very important to start light and gradually increase the intensity to avoid injury.

# Chaitra Navratri 2023: 8 easy ways to stay energetic as you focus on fasting and celebrations

**H**ome How To Chaitra Navratri 2023: 8 easy ways to stay energetic as you focus on fasting and celebrations

Chaitra Navratri 2023: So many will be busy with praying, fasting and celebrating. Watch your diet and other lifestyle habits so that your energy doesn't drop during the festivities.

As you gear up for Chaitra Navratri 2023, which is from March 22 to March 30 this year, you need to prioritise your health as well. The nine-day Hindu festival, which is dedicated to the nine avatars of Goddess Durga, is a time of fasting, prayers, and celebrations. While religious devotees fast for nine days, there are many who use this time for rejuvenation and healing. So, fasting may be seen by some as a process of detoxification. As you do fasting, your energy levels will go down. But you can stay energised during Navratri by following easy tips.

HealthShots connected with Neha Pathania, Chief Dietician, Paras



Hospital, Gurugram, to find out how to keep energy levels high during Chaitra Navratri 2023.

1. Eat small and frequent meals
2. Most of the days, you must be eating three large meals. During Navratri, opt for five or six small meals throughout the day. Pathania says that this will help in maintaining blood sugar levels and avoid the feeling of lethargy. Also, using sendha

namak (rock salt) while cooking is an excellent way to maintain optimal blood pressure during long hours of fasting. Also, rotis and pooris made out of kuttu (buckwheat flour) are good alternatives to avoid hunger pangs.

always make up for this by consuming protein-rich foods such as nuts, milk, yogurt and paneer.

3. Stay hydrated
4. As you do fasting, drink plenty of sweetened foods

4. Avoid oily, fried, and artificially sweetened foods Fried and oily foods are not energy-boosting foods, as they are difficult to digest and can make you feel sluggish. Go for healthier options such as baked or grilled foods, suggests Pathania. Artificial sugars should be avoided during this time as well, and

go for jaggery or honey instead. Raisins may also be considered a healthier alternative.

5. Include more fruits and vegetables in your diet
6. Exercise regularly
7. Get adequate sleep

self, but it does definitely mean that physical exercises should be done in moderation to avoid over-exertion and fatigue.

8. Practice stress-reducing techniques Stress can drain your energy levels, so practice meditation, deep breathing, or other stress-reducing techniques to stay calm and energised, suggests Pathania.

**CHAITRA NAVRATRI 2023: SO MANY WILL BE BUSY WITH PRAYING, FASTING AND CELEBRATING. WATCH YOUR DIET AND OTHER LIFESTYLE HABITS SO THAT YOUR ENERGY DOESN'T DROP DURING THE FESTIVITIES.**

water and natural fruit juices to stay hydrated. It helps to detoxify the body and aids in digestion too, says the expert. Another healthy option is to drink coconut water, which can keep your body energised and active during fasting sessions.

Fruits and vegetables are all good sources of fiber as well as vitamins, and minerals. They also provide essential nutrients to the body and keep you feeling full. So, go for bananas, apples, sweet potatoes, sabudana (tapioca), makhana (fox nuts), tomatoes, cabbage and capsicum while fasting during Navratri.

It is essential to get enough sleep during Navratri to maintain your energy levels, so aim for at least 7 to 8 hours of sleep per night. Taking short 15-20 minute naps also help to recharge the body during active fasting and keeping energy levels balanced. You can also try out tricks to help you sleep better at night.



# World Water Day celebrated across Kashmir Division

## DCS STRESS ON ACCELERATING THE CHANGE TO SOLVE WATER & SANITATION CRISIS

JI NEWS SERVICE

**SRINAGAR, MAR 22:** On the occasion of World Water Day (WWD), a series of programmes were conducted across the districts of Kashmir division by district administrations to emphasise on the need to conserve water, harvest rain water and to solve water and sanitation crisis.

In Ganderbal, World Water Day was celebrated across the district while the main function was organized at JKDC Cafeteria Mammur which was presided over by Deputy Commissioner Ganderbal, Shtyambir.

Speaking on the occasion, the DC highlighted the purpose of celebrating World Water Day and emphasized on keeping cleanliness of water bodies and advised the participants to refrain from throwing garbage into water bodies which are the source of freshwater.

He also complemented the Jal Shakti Department Ganderbal for organizing programmes in the district and urged them to generate massive awareness among the masses about the importance of freshwater and how to make judicious use of this precious gift of nature.

Executive Engineer Jalshakti, Samiullah Beigh highlighted the initiatives taken to provide clean and treated portable water supply to all the households of the district. The event was attended by Executive Engineer Jal Shakti, PRI members, officials of Jal Shakti Department Ganderbal and locals.

In Bandipora, the district administration on Wednesday organised "Water Conference" at Mini Secretariat under the theme "Accelerating the change to solve water & sanitation crisis" to celebrate the World Water Day.

The conference was chaired by Deputy Commissioner Bandipora and attended by ADDC Ali Afsar Khan, Nodal Officer-Coordination/Assistant Commissioner Development Mohd Ashraf Hakak, Joint Director Planning Imtiaz Ahmad, Assistant Commissioner Panchayat, Executive Engineer Jal Shakti, Bandipora/ Sopore, District Information Officer Jahangir Akhoun and other senior officers of the district besides PRI members, Pani Samiti Members, Members of Youth Clubs, School children, and field staff of Jal Shakti Rural Development departments. The members of Panchayat Pani Samitis and Youth Clubs Members actively participated in the conference.

Deputy Commissioner Bandipora Dr Owais said the district had conducted a survey under JJM to assess the situation at ground level regarding the availability of potable water. He said that after the administration got the real picture of the situation, an action plan was framed to ensure the



supply of pure drinking water.

On the occasion JIM Director Planning briefed the conference about several initiatives being taken by the administration to provide potable drinking water to every household and made a reference to the centrally sponsored Jal Jeevan Mission, which aims to provide potable drinking water to every rural household.

The speakers were informed that the district administration has proposed to lay a network of 1970 kilometers of pipeline under 121 different schemes, including construction of 38 rapid sand filtration plants and 91 Grounded Service Reservoirs.

Officers informed that 29738 households have been provided pure drinking water so far, while the completion of proposed projects will ensure pure water supply to 17611 households.

It was given out that Mission Amrit Sarovar is under execution in the district that aims to preserve water bodies in every Panchayat.

Officers informed that 94 sites were proposed under the Amrit Sarovar Mission MGNERA, out of which 92 sites were taken and 91 sites have been completed. Under UT Capex Budget, out of 06 projects, five are under execution, and one has been completed.

DFO Bandipora Mudasir Mahmood discussed measures to preserve wet lands and briefed the audience about restoration of Wullar lake to its original shape, de-silting, and quality dredging of Wullar lake.

Dr Owais also gave away appreciation certificates among the best student speakers during the conference besides felicitating media persons, officers, and officials for playing their role to ensure water security in the district. DC Bandipora also felicitated best performing students of painting competitions held across the schools of the district on various themes of water.

ADD Bandipora, Ali Afsar Khan while speaking at the event, said that the aim of organizing the conference was to sensitize the public and the officers alike regarding the importance of water conservation and bring all the stakeholders

together to discuss the issue. A ceremonial plantation drive was also launched at the conclusion of the conference.

Deputy Commissioner Bandipora, at the end of the event, also inspected JIM Lab Testing Stall and Wall Paintings in the premises of Mini-Secretariat Bandipora.

In Baramulla, March 22: The district administration Baramulla in active collaboration with other departments including Jal Jeevan Mission, Forest, Education, R&B, Housing and Urban Development and Information today organised a grand function at Dak Banglow here to mark its celebration under theme "Accelerating the Change to Solve the Water and Sanitation Crisis".

Additional District Development Commissioner Baramulla, Aijaz Abdullah Saraf presided over the function as the chief guest while the officers from several departments, school children and other prominent citizens also participated in the programme.

Meanwhile, on the directions of Deputy Commissioner Baramulla, Dr Syed Sehrihs several theme based lectures and paintings were also organised by the students wherein the best performing students were felicitated by the dignitaries. Stalls and Banners were also installed by the departments showing the achievement under Amrit Sarovars, Jal Jeevan Mission and afforestation.

Speaking on the occasion, ADDC underlined the objectives of celebrating the programme and said that water is a valuable but a scarce resource and every effort should be made to ensure its productive utilisation.

In his address, the ADDC highlighted the theme of the programme and said that several techniques and methods should be adopted for water conservation with special focus on rainwater harvesting. He reiterated its commitment of providing potable drinking water to every household under the centrally sponsored Jal Jeevan Mission within the set timeline.

Meanwhile, an oath was administered during which the

participants pledged to conserve water and use it in our daily lives productively.

In Shopian, the "World Water Day" was observed across the district today with the purpose of highlighting the importance of water and raising awareness about the water crisis that the world faces. To strengthen water conservation efforts in the district, functions were held by the Department of Jal Shakti Shopian.

Addressing the participants, speakers reiterated that the aim and objective of celebrating world water day is 'to save water to save generation'. They said our motive shall be to preserve and prevent its misuse. During the proceedings a skit was presented and performed by students, demonstrating captions relating to today's theme. On the conclusion, Department of Jal Shakti felicitated the participants and women achievers.

The event was attended by the officials of Jal Shakti, Teachers, PRIs, AWWs, Asha Workers, locals besides students of various schools of the district.

Various students also spoke on the occasion and highlighted the need for conservation of water resources and judicial usage of drinking water.

In Srinagar, the Institution of Engineers (India), Jammu & Kashmir State Centre celebrated World Water Day by organizing a seminar on the theme "Accelerating Change".

The seminar was held at the IEI Auditorium at Church Lane, Sonwarbagh Srinagar, and was attended by a diverse group of participants including Corporate Members of IEI, Students, Research Scholars, and other dignitaries.

The seminar was attended by Prof. (Dr) Rakesh Sehgal, Director IIT Srinagar, who was also the Chief Guest of the event.

The Guests of Honour were Er. Rashid Ahmad Dar Chief Engineer, MED Kashmir and Er. Basharat Jeelani Kaowosa Chief Engineer, Jal Shakti Department.

The event witnessed an insightful PowerPoint presentation on the topic of water conservation and management by Mohammad Irfan Shah,

Student, SSM College of Engineering, Toiba Shafat Koul, Student, SSM College of Engineering, and Mehraj Bhat, Member, The Institution of Engineers (India).

They highlighted the urgent need to accelerate change in the field of water conservation and management. Er. Ferdous Ahad Bhat, MIE (Honorary Secretary), coordinated the event, welcomed the participants & presented the vote of thanks.

In his speech, he emphasized the importance of water conservation and management and the role of the engineering community in accelerating change in this area.

The seminar provided a platform for participants to exchange ideas and explore innovative solutions to address the challenges faced by the water sector.

The seminar has contributed to raising awareness and accelerating change in the field of water conservation and management.

In Budgam, World Water Day was today celebrated by District administration Budgam in collaboration with Jal Shakti Department Budgam, with District Development Commissioner, (DDC) S F Hamid in Chair, and GH.Nabi Itoo MD JIM as special Guest.

Speaking on the occasion, the DDC made the people aware about the importance of freshwater and the need to save the precious gift of nature and by using it judiciously but without wasting even a single drop of water. He further said that it is the responsibility of all to save and preserve the water in letter and spirit as it is essential for our life.

He said that under the Jal Jeevan Mission every household would get tap supply in the district and for this save several measures are being taken. The day witnessed a massive campaign on water conservation.

MD JIM, speaking on the occasion, highlighted the ongoing schemes of JIM and role of people in maintaining both environment and water resources. He said, how climate is affecting water and its global impact and the need to take several measures are being taken. The day witnessed a massive campaign on water conservation.

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He further said that it is the responsibility of all to save and preserve the water in letter and spirit as it is essential for our life.

Earlier, a painting competition was organised in the District on world water conservation day in which students of different students participated.

During the seminar, meritorious students of painting competition were felicitated.

Later on, the DC Budgam and MD JIM took joint review of ongoing water supply schemes in the District.

The DC directed all the officers to complete all the ongoing schemes within a fixed timeline. He said not a single household should be left out without portable tap connections. DC

stressed on many issues including forest clearance issue, fire Training of females, improvement of FHCS, water quality testing etc..

Besides, Mission director JIM, Chief Engineer PHE Kashmir, Technical advisor JIM, Superintending engineer hydraulic circle Budgam, Executive engineers PHE division Budgam and Chadoora, DPMU unit Budgam and other members were present on the occasion.

In Pulwama, District Administration organised a grand event to celebrate the World Water Day at Govt Boys Degree College and commemorated the Day Long functions organised to create awareness at grass root level regarding the importance of water.

Additional District Development Commissioner Pulwama Dr Sheikh Abdul Aziz was the chief guest on the occasion while ACP Pulwama, Superintending Engineer PHE, District and Sectoral Officers, students, Asha workers and Anganwari workers were also present on the occasion.

The ADDC, while speaking on the occasion, highlighted the importance of sustainable management of fresh water resources.

He said it is a collective cause and requires equal efforts from the government and public. The aim of celebrating the water day is to sensitize the public and the officers alike regarding the importance of water conservation, he added.

Addressing the gathering, the ADDC reiterated that the aim and objective of celebrating world water day is to save water to save generation. He said our motive shall be to preserve and prevent its misuse. He enjoined upon the officers to adopt sustainable practices in the district and for this save several measures are being taken. The day witnessed a massive campaign on water conservation.

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He said that several initiatives are being taken to provide potable drinking water to every household and made a reference to the centrally sponsored Jal Jeevan Mission, which aims to provide potable drinking water to every rural household.

ADD Bandipora, Ali Afsar Khan while speaking at the event, said that the aim of organizing the conference was to sensitize the public and the officers alike regarding the importance of water conservation and bring all the stakeholders

together to discuss the issue. A ceremonial plantation drive was also launched at the conclusion of the conference. Deputy Commissioner Bandipora, at the end of the event, also inspected JIM Lab Testing Stall and Wall Paintings in the premises of Mini-Secretariat Bandipora.

In Baramulla, March 22: The district administration Baramulla in active collaboration with other departments including Jal Jeevan Mission, Forest, Education, R&B, Housing and Urban Development and Information today organised a grand function at Dak Banglow here to mark its celebration under theme "Accelerating the Change to Solve the Water and Sanitation Crisis".

students who shared their valuable information regarding the importance of saving water through painting and lectures.

He stressed upon everyone to understand the importance of celebrating World Water Day adding that it is the responsibility of this generation to conserve water so that the future generation have a good life.

During the function, a series of theme based programs were held like debates, painting competitions and cultural events.

In Kulgam: The "World Water Day" was celebrated across the district today. The main colourful function was held. Mini-Secretariat Kulgam, organized by District Administration in collaboration with District Jal Jeevan Mission Kulgam (DJJM). The programme was inaugurated by flagging-off a rally of students and a Prachar vahan (IEC Van) by the Deputy Commissioner Kulgam Dr.Bilal Mohi-Ud-Din-Bhat.

While addressing on the occasion, the Deputy Commissioner Dr.Bilal-Mohi-Ud-Din-Bhat calls for judicious use of water and conservation of water bodies. He sought pledge from all participants for their commitment in using water optimally, and save the precious gift of nature from wilful wastage.

He added that through Jal Jeevan Mission, all the households will get piped water before June 2023 while informing that under the ambitious Mission, 140 schemes consisting of 240 works will be dedicated at an estimated cost of 467 crore.

Addressing the gathering, the DDC Chairperson Mohammad Afzal Parrey reiterated that the aim and objective of celebrating world water day is to save water to save generations. He said, there is an urgent need to stop misusing water.

Executive Engineer Jal Shakti Division Kulgam, Nawaz Ahmed highlighted achievements of the department and implementation status of Jal Jeevan Mission in the district.

During the proceedings colourful cultural programmes, Skits and painting Competitions were also organised.

DDC member Kulgam, Gh Mohi Ud Din and DDC member Frisal Anaya Ullah Rather, PRI members, members of pani Samities and a large gathering of people and students participated in the programme.

ADC Viqar Ahmed Giri, ACP Shurjeel Ali, Tehsilard HQ and other officers also attended the programme.

Similar functions was also held at Sub Division D.H.Pora where SDM D.H.Pora Noorabad, Bashir UI Hassan highlighted the importance of water and urged people to save water resources.

A rally was also organized which was attended by students from various schools to make the masses aware about the importance of conservation of water bodies.

# World Water Day celebrated at GDC Kishtwar Great staff response results in over-subscription of J&K Bank ESPS -2023

JI NEWS SERVICE

**KISHTWAR, MARCH 22:** Eco Club of Government Degree College Kishtwar collaborated with District Jal Jeevan Mission to organise a symposium on World Water Day at GDC Kishtwar.

Principal GDC Kishtwar, Dr Jyoti Parihar was the chief guest on the occasion, while Chief Education Officer, Sudershan Kumar was the guest of honour. AE Jal Shakti Department, Dewan Chand was special guest whereas District Coordinator IEC, JIM Kishtwar, Riaz Ahmad Butt was the resource person. Nearly 100 students participated in the event,



and many spoke on topics concerning water conservation, sanitation and general wellness.

Dr Jyoti Parihar emphasised the role of individuals in saving water and highlighted the unprecedented water crisis faced by the world. She stressed that on World Water Day it is essential to reflect on the state of the world's water resources and take action

to ensure a sustainable future for all. She appreciated the efforts of the Eco-club and District JIM Kishtwar in organising the event and praised participants for their speeches.

CEO Sudershan Kumar addressed the gathering and raised awareness about the importance of freshwater and the need for sustainable management. He urged participants to recognise that water is an essential resource for all living organisms and its availability is critical for human well-being, economic development and the environment.

The programme was led by Dr Sehrihs Gazal who highlighted the importance of natural water bodies and the ecosystem services they provide.

JI NEWS SERVICE

**SRINAGAR, MARCH 22:** Receiving an over-whelming response from the staff, J&K Bank's Employees Stock Purchase Scheme (ESPS-2023) has got over-subscribed by more than 32 per cent. The issue was opened on 14th March and closed yesterday at 5 PM.

Commenting on the immense staff response, the Bank's MD & CEO Baldev Prakash said, "From the day one, you have never failed to amaze me with your profound sense of commitment and belief in the bright future of this wonderful Bank. I am truly over-whelmed by your brisk and whole-hearted participation in the scheme that led to the over-subscription in first three days of the issue." "I am sure that the over-sub-

scription shall boost stakeholders perception especially that of investors about our strong belief and requisite will to script a new chapter of glory towards making J&K Bank one of the best and most successful financial institutions in the country", he added. With a view to share with the employees' the value created by them, the Bank launched its Employees Stock Purchase Scheme (ESPS -2023) to promote and increase their direct ownership and participation in the institution.

Members of the staff associations thanked the Bank's board and management for providing employees such great opportunity to invest and increase their stakes further in the institution. And with this kind of staff-response, we have deepened our

emotional equity further while exhibiting our belief in the unrealized potentialities of the Bank that rides and rises steadily on 85-year-old legacy of public-trust and profitability, they said in unison.

Notably, under the ESPS-2023, the Bank has received applications for subscription of over 9.27 Cr shares amounting to around Rs 364 Cr.

Perficularly, the Bank's Board had approved to offer up to 7 Cr new equity shares under the scheme to the employees thereby enabling them to subscribe to Bank's equity at a decently discounted price against the market value as per SEBI approved formula. The number of Bank's equity shares shall, however, be allotted proportionately to the staff as per the laid-down eligibility criteria.

## DCDRC Baramulla organises Introductory Cum Awareness Meeting at Uri



JI NEWS SERVICE

BARAMULLA, MARCH 22: In order to create awareness among general public with regard to their rights and responsibilities as a consumer, District Consumer Disputes Redressal Commission Baramulla in collaboration with Food Civil Supplies and Consumer Affairs Department Baramulla today organised an introductory cum awareness meeting at Dak Banglow Uri.

The camp was presided over by the President Consumer Disputes Redressal Commission Baramulla, Peerzada Qosar Hussain and attend by the Assistant Director

Food Baramulla Tariq Ahmad, Member of the Commission Miss Nyla Yaseen, Tehsil Supply Officers of Uri and other Officials of the department.

The President while speaking on the occasion said that the interest of the general consumers stands our first and foremost priority and emphasised that the objective of this meeting is to Create awareness among the officials in particular and the Public in general regarding their rights and responsibilities as a consumer.

While highlighting the importance of consumer rights, President DCDRC said the empowerment of

the consumers has been accorded the highest priority by the government by enacting the Consumer Protection Act 2019, to protect against the marketing of products that are hazardous to life and property.

He also underlined that since consumer awareness is essential to help the Consumers to exercise their rights, the Govt, in this regard, has been conducting a wide multimedia awareness campaign titled Jago Grahak Jago through which Consumers can learn about the fraudulent practices and how to tackle them.

AD Food during the introductory meeting pointed out some major issues and problems faced by the consumers, while reiterating the rights as responsibilities of the consumers, emphasised that in case any of the consumer feels dissatisfaction about the purchase of any of the products or notices any unfair trade practices, they should approach the District Consumer Disputes Redressal Commission Baramulla for redressal of these grievances, as not to have accept substandard quality of products.

Other speakers also deliberated on the subject and said that the consumer needs to be informed about the quality, quantity, standard, purity

## World Water Day observed at Ramban

JI NEWS SERVICE

RAMBAN, MARCH 22: On World Water Day, the District Project Management Unit Ramban of Jal Jeevan Mission organised a function to promote water conservation efforts.

The event was presided over by Additional Deputy Commissioner, Harbans Lal, President Municipal Committee, Sunita Sumbria and DDC Member, Renuka Katoch. Sarpanches, other PRI members, students and the general public were in attendance.

Harbans Lal emphasised the importance of achieving the goal of providing tap water to all households within the projected timeline. He instructed officers to increase their efforts to achieve this target.

Sunita Sumbria urged participants to take a pledge to conserve, preserve and save water. She stressed that it is everyone's responsibility to save water for themselves and their society.

Executive Engineer, Sudheer Kumar encouraged stakeholders to make the "Catch the Rain" mission successful by restoring rainwater harvesting campaigns and conserving other water resources for future generations. Sudheer Kumar also informed attendees that the department has organised various informative programmes to spread awareness about the Jal Jeevan Mission. A total of 88 schemes will provide 33,800 households with tap connections across the district.

The District Coordinator of National Education Society and Social Welfare (NESSWO) Organisation, an implementation support agency for JJM, briefed participants on the achievements of the mission in the district. AEs and JEs of Jal Shakti, as well as other officials and citizens, were present.

The department also organised a painting and debate competition for students. Water samples were tested during the event and certificates and prizes were distributed to student participants.

## GDC Ukhral organises seminar on World Water Day



JI NEWS SERVICE

RAMBAN, MARCH 22: To mark World Water Day, Government Degree College Ukhral, Ramsu organised a seminar on the theme "Accelerating the Change to Solve the Water and Sanitation Crisis". The seminar aimed to raise awareness about the importance of water conservation among students and the general public.

The seminar was opened by Prof Zakir Hussain Naik, Head of the Political Science Department, who welcomed attendees and explained the purpose of the event. Major JS Hanpal was the chief guest, while Dr Akhtar Rasool, a renowned scholar from Kashmir, was the resource person. The seminar was presided over by Principal of the College Dr Ashok Kumar Sharma.

Dr Sharma emphasised the importance of water conservation and encouraged students to educate others about ways to conserve water. Dr Rasool discussed factors that degrade and pollute water and stressed the need for immediate action to preserve safe drinking water. He also highlighted that fresh water makes up only 1% of all water in the world.

The chief guest praised the college administration for organising a seminar on such an important topic. Several students presented papers on water conservation, including Sohan Singh, Sanksha Devi and Pritum Singh. The event was compered by Akash Verma, Head of Computer Applications and concluded with a vote of thanks from Prof Itikhar Hussain Lone, Head of the English Department. Participants received certificates and refreshments.

## DC Kishtwar holds public grievance redressal camp in block Mughal Maidan



JI NEWS SERVICE

KISHTWAR, MARCH 22: To address the concerns of local residents, Deputy Commissioner, Dr Devansh Yadav visited panchayat Tagood of block Mughal Maidan and held a public grievance redressal camp today. At the camp, local residents and representatives raised issues related to infrastructure, health and education, as well as land compensation.

Dr Yadav inaugurated a passenger shed at Ramleela Ground Tagood, which was constructed by the Rural Development Department. He listened to the concerns of the residents and resolved many of them on the spot. He

also forwarded necessary directions to relevant departments for prompt resolution of remaining grievances. In response to a request to upgrade High School Tagood into a higher secondary school, Dr Yadav said that he would take up the matter with relevant authorities. Regarding pending land compensation, he informed landowners that their documents had been submitted and compensation would be disbursed soon. Dr Yadav also mentioned that the bottleneck on Tagood road had been cleared and work would be tendered out by April 2023. During his visit to Tagood panchayat, Dr Devansh Yadav also dedicated a 1KW solar power

backup to the local panchayat building and a Khidmat Center by the Agriculture Department. He announced that electricity and water supply at NTPHC Tagood would be addressed under District Capex 2023-24.

Dr Yadav urged panchayat members to identify a local youth who would be provided with a Community Leadership Executive course at IIM Jammu. This initiative is part of a collaboration between the District Administration Kishtwar and other stakeholders under Mission Youth Initiative for Youth Club Members across District Kishtwar. The training programme aims to equip young people with the skills needed to effectively implement and monitor community-level development schemes.

Later, Dr Yadav and other officials inspected the ongoing construction of High School Tagood and gave directions to expedite the work and complete its completion within the stipulated time without compromising on quality.

## Dir Fisheries reviews preparation for rolling out HADP

JI NEWS SERVICE

KULGAM, MARCH 22: In order to review the preparations for roll out of Holistic Agriculture Development Plan (HADP), Director Fisheries, Mohammad Farooq Dar (JKAS), also holding the charge of Mission Director HADP visited District Kulgam and interacted with the officers & officials at ongoing training programmes under HADP at Govt Degree College Kulgam.

The Mission Director highlighted the importance of the Holistic Development Plan of agriculture and allied sectors in the UT for economic growth and prosperity of the farming community. He stressed upon the officers to take advantage of the training programmes for efficient implementation of the Development plan on ground.

Director Fisheries later conducted extensive tour of District Kulgam to review the Developmental activities of Fisheries sector being taken under var-



ious schemes. He was accompanied by Joint Director Fisheries Kashmir and other officers of the Department.

During visit to Trout Fish Farm at Chancer, Director interacted with fish farmers and also distributed fish farming equipments among the fish farmers covered under PMSYS Scheme. The fish farmers were advised to transform their units on modern scientific lines to enhance their production.

The fishermen on the occasion raised their concern regarding various welfare schemes being implemented by the Department of Fisheries and social Welfare

Department.

The adverse impact of unscientific mining on fish and fisheries was also reviewed and the Director assured that all the demands of fish farmers and fishers will be addressed in a time bound manner.

Director Fisheries also inspected the Trout Hatcheries and Medium RAS being established in Private sector under PMSYS Scheme.

The officials also paid a visit to Trout Feed Mill which is first of its kind in the UT established in private sector. The entrepreneur was advised to supply quality feed to the farmers at reasonable prices.

## Inaugural ceremony of Sharda Yatra Temple Teetwal

DISTRICT ADMINISTRATION KUPWARA FACILITATES LIVE STREAMING OF EVENT

JI NEWS SERVICE

TEETWAL(KUPWARA), MARCH 22: On the occasion of inaugural ceremony of Sharda Yatra Temple at Teetwal, situated on the banks of River Kishanganga, District Administration Kupwara arranged live streaming of the event to facilitate the devotees to view live address of Home Minister, Shri Amit Shah, Lieutenant Governor, Shri Manoj Sinha and Member Parliament, Shri Tajvesri Suriya.

BJP State President, Ravinder Raina was present at the event.

The Brigade Commander 104 Infantry Brigade, Tangdar, N K Dhas; Deputy Commissioner, Kupwara, Dr Doifode Sagar Dattatray; SSP Kupwara Yougal Manhas; ADC Kupwara, Ghulam Nabi Bhat; SDM Karnah, Dr Gulzar Ahmad Rather, officers and functionaries from District Administration Kupwara/ Tehsil administration Karnah were present at the occasion, besides other dignitaries and a large number of devotees.

On the occasion the Convener, Save Sharda Committee Kashmir, Ravinder Pandita and other members of the committee including Surinder Mirza appreciated the efforts of Deputy Commissioner Kupwara Dr. Doifode Sagar Dattatray in making the event successful.

## DC Srinagar visits Sharika Devi Temple on the auspicious occasion of Navreh Festival

EXTENDS GREETINGS TO THE COMMUNITY MEMBERS AND DEVOTEES



JI NEWS SERVICE

SRINAGAR, MARCH 22:- Deputy Commissioner Srinagar, Mohammad Ajaz Asad today visited Sharika Devi Temple atop Hari Parbat to inspect the arrangements made on the eve of Navreh festival, a festival celebrated on New Year as per Hindu calendar and beginning of Navratra celebrations. During his visit, the Deputy Commissioner was accompanied by the members of Kashmir Pandit community and senior officers from Administration.

On the occasion, the Deputy Commissioner extended his greetings and best Wishes to the devotees at the Temple, besides other members of the community present there. They performed several pious ceremonies in presence of Deputy Commissioner including paying obeisance to the holy goddess. All the devotees prayed for peace, positivity and prosperity in the society. While interacting with the management Committee of the Sharika Devi Temple, the DC took first hand appraisal of the arrangements made at the venue and expressed satisfaction with the efforts put in by various Departments. On the occasion, the members of the management committee thanked the Deputy Commissioner on paying a personal visit and making satisfactory arrangements on Navreh festival by the District Administration Srinagar.

## Block Diwas is a platform to connect with to people to address their issues: DC Pulwama

JI NEWS SERVICE

PULWAMA, MARCH 22: Basera Ul Haq Choudhary, District Development Commissioner (DDC) Pulwama Wednesday said that Public outreach program is a trajectory to reinforce connection with people. He made these remarks while speaking to a gathering of people assembled at Govt Model Higher Secondary School Gulzarpora, Awantipora as part of Youm Block Diwas.

The programme witnessed overwhelming response of people from Gulzarpora, Tokuna and other villages who apprised the DC about their issue and grievances for early redressal.

DDC Pulwama spent the whole day in Tehsil Awantipora and redressed hundreds of grievances on the spot.

The visiting delegations of public and the PRIs demanded construction an overhead water tank and a filtration plant in the

village, upgradation of PHC to CHC, Nayabat for the area, upgradation of Govt Middle school to Govt girls High school, replacement of wornout HT/LT lines from habitation to main road, development/ macadamization of interior roads, establishment of veterinary centre in the village, establishment of agri/ horsti store and KVK Depot, establishment of timber depot, SRTC bus service from Gulzarpora to Pulwama, among many others.

The DDC gave patient hearing to the grievances raised and assured quality disposal of genuine issues in a time bound manner. He also gave spot directions for redressal of many issues of urgent nature.

The DDC further added that District Administration is ensuring to provide all facilities to the people at their doorsteps and in this regard necessary instructions are already given to line departments.

He was accompanied by the Additional Deputy Commissioner Awantipora Zaffar Ahmad; PRIs, Ex-En R&B, Ex-En KPDCI, Ex-En Irrigation, Tehsilidar Awantipora, BDO Awantipora and all other District officers.

On the occasion, DDC said that such Public Outreach Programmes are a regular feature now and appealed to people to become active participants so that the issues of daily importance are redressed in the minimum possible time.

He highlighted the objectives of the various governmental programmes informing the public that these schemes, campaigns are aimed at reaching out to the people for redressal of their grievances and addressing developmental issues.

The DDC directed the concerned Officers to exert for completion of ongoing projects, Roads, & bridges. He urged upon officers to complete the

works within the shortest possible time. The DDC also directed the concerned Officers to be proactive and remain accessible to the people so that the purpose of the initiative is fulfilled. He impressed upon the concerned to conduct awareness programmes in the areas to sensitize youth about various self-employment and other beneficiary oriented schemes.

He stressed that Public participation is must for the holistic development of society.

He advised the people to make education their main motto so that their children will become officers. He also briefed about the works taken up under various centrally sponsored schemes in the area by the Rural Development Department.

During the Public hearing various delegations, individuals, deputations from Panchayats apprised the DDC about the issues pertaining to the different departments including Health,

Education, Horticulture, Agriculture, Jal Sakti, RDD, R&B, Power Deptt, Social Welfare, ICDS and other sectors.

The DC assured the people that all their issues shall be resolved in the shortest possible time.

He further said that such public outreach sessions will also be held in other far flung areas of the district as such programmes provide ample opportunity to the administration to have on spot appraisal and status of grievances/problems the population of these areas are going through. He said our aim and objective is to address most of the issues on the spot, avoiding unnecessary prolonging the stress on redressal of grievances.

Speaking on the occasion, officers/ officials from various departments raised awareness among the general public about the various government sponsored schemes and urged people to take benefits from them.

## Loss of seniority of candidates recommended earlier a matter of grave concern: SC Collegium

**NEW DELHI, MAR 22 :** The Supreme Court Collegium has voiced concern over the Centre withholding or overlooking the names recommended for appointment as judges, saying this disturbs the seniority of the candidates, and asked the government to take "necessary action" for elevation of those recommended earlier.



The collegium, headed by Chief Justice DY Chandrachud, said a notification for the elevation of persons recommended earlier in point of time should be issued at the earliest. The collegium voiced its concern in a resolution dated March 21 in which it recommended the names of four district judges for appointment as judges of the Madras High Court. The collegium, which comprises Justices Sanjay Kishan Kaul and KM Joseph, recommended the

names of R Sakthivel, P Dhanabal, Chinnamasamy Kumarappan, and K Rajasekar. By its resolution dated 17 January 2023, the Collegium of the Supreme Court recommended the appointment of Shri Ramaswamy Neelakandan, advocate practising before the Madras High Court, as a judge of the high court. As on March 31, 2023, Shri Ramaswamy Neelakandan was 48.07 years of age while Shri K Rajasekar on that date was 47.09 years of age. "Shri Neelakandan,

his appointment should be notified after the appointment of Neelakandan is notified. "The collegium is of the considered view that necessary action for the issuance of a notification for the elevation of persons who have been recommended earlier in point of time should be taken at the earliest including the name of Shri R John Sathyan which has been reiterated by this collegium on 17 January 2023.

"The names which have been recommended earlier in point of time including the reiterated names ought not to be withheld or overlooked as this disturbs their seniority whereas those recommended later steal march on them. Loss of seniority of candidates recommended earlier in point of time has been noted by the collegium and is a matter of grave concern," the collegium stated.

## No Diplomatic Breakthrough On Ukraine Achieved In Putin-Xi Summit

**MOSCOW:** Xi Jinping and Vladimir Putin emerged from two days of talks on Tuesday with warm words of friendship between China and Russia and joint criticism of the West, but no sign of a diplomatic breakthrough over Ukraine.

Xi's visit to Moscow - long touted by the Kremlin as a show of support from its most powerful friend - featured plenty of demonstrative bonhomie. The two leaders referred to each other as dear friends, promised economic cooperation and described their countries' relations as the best they have ever been.

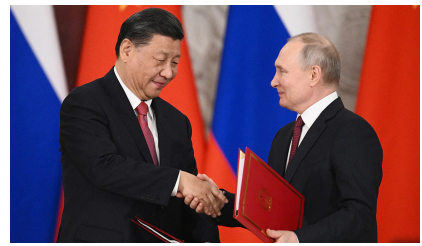
A joint statement included familiar accusations against the West - that Washington was undermining global stability and NATO bargaining in the Asia-Pacific region. On Ukraine, Putin praised Xi for a peace plan he proposed last month, and blamed Kyiv and the West for rejecting it.

"We believe that many of the provisions of the peace plan put forward by China are consonant with Russian approaches and can be taken as the basis for a peaceful settlement when they are ready for that in the West and in Kyiv. However, so far we see no such readiness from their side," Putin said.

Xi barely mentioned the conflict at all, saying that China had an "impartial position" on it.

Responding to the meeting, the White House said China's position was not impartial, and urged Beijing to pressure Russia to withdraw from Ukraine's sovereign territory to end the war.

The summit, Putin's biggest display of diplomacy since he ordered his invasion of Ukraine a year ago, was partly staged in Kyiv, where Japan's Prime Minister Fumio Kishida made an unannounced visit and met President Volodymyr Zelenskyy. The latest world leader to make the gruelling overland journey to show solidarity with Ukraine, Kishida toured Bucha on the capital's outskirts, left littered with dead last year by fleeing Russian troops. He lay a wreath by a church before observing a moment



of silence and bowing. "The world was astonished to see innocent civilians in Bucha killed one year ago. I really feel great anger at the atrocity upon visiting that very place here," Kishida said.

"NO LIMITS"

Putin and Xi signed a "no limits" partnership agreement last year just weeks before Russia invaded Ukraine. Beijing has since declined to blame Moscow for the war and condemned Western sanctions on Russia, even as China has profited by securing discounts for oil and gas Russia no longer sells to Europe. The West has largely dismissed Xi's peace plan for Ukraine as at best too vague to make a difference, and at worst a ploy to buy time for Putin to rebuild his forces.

But Kyiv, perhaps hoping to keep China neutral, has been more circumspect, cautiously welcoming the plan when China unveiled it last month. At his news conference with Kishida, Zelenskyy said Kyiv had invited China to sign on to Ukraine's own proposed peace plan but had received no reply. Zelenskyy has repeatedly called on Xi to speak to him.

Kyiv says there can be no peace talks with Russia unless it withdraws its troops. Moscow says Kyiv must accept territorial "realities" - a reference to its claim to have annexed nearly a fifth of Ukraine.

White House national security spokesperson John Kirby said a ceasefire right now would freeze

battle lines where they are - meaning Ukraine effectively ceding parts of its territory to the Russian invasion.

Washington has sided over the past month that it is worried that Beijing could arm Russia, which China denies.

QUEUING FOR FOOD, WATER

On the ground, bursts of incoming and outgoing artillery fire could be heard in the town of Chasiv Yar just west of Bakhmut, a small eastern city that has been the focus of intense fighting for months.

Between apartment blocks in Chasiv Yar, mainly elderly residents queued for water and food delivered by a team from the State Emergency Service.

Oleksii Stepanov said he had been in Bakhmut until five days ago but was evacuated when his house was destroyed by a missile.

"We were in the kitchen and the missile came through the roof. The kitchen was all that was left standing," said the 54-year-old.

Moscow has launched a massive winter offensive using hundreds of thousands of freshly called-up reservists and convicts recruited as mercenaries for a jail.

Despite the bloodiest fighting of the war, which both sides describe as a meat grinder, the front line has barely moved for four months except in Bakhmut where Russian forces made gains in January and February. Kyiv decided this month not to pull its forces out of the city.

## Awareness programmes mock drills being conducted to minimise earthquake damage: Officials

**NEW DELHI, MAR 22 :** As strong tremors jolted Delhi-NCR and other parts of northern India, officials on Wednesday said awareness programmes and mock drills are some of the measures being taken by the government to minimise earthquake damage.

O P Mishra, the director at the Ministry of Earth Sciences' National Centre for Seismology (NCS), said earthquake risk mitigation awareness programmes are being held and mock drills are also being conducted in order to educate people about the dos and don'ts during an earthquake.

"Earthquake cannot be stopped but its impact can be minimised by various measures. The National Disaster Management Authority (NDMA) is the nodal agency to conduct the mock drills in coordination with other institutes and such drills are conducted at regular intervals," Mishra told PTI.

Strong tremors jolted large swathes of north India, including Delhi-NCR, on Tuesday night as an earthquake of magnitude 6.6 struck the Hindu Kush region in Afghanistan. Mild tremors were felt in Delhi-NCR again on Wednesday, as an earthquake of 2.7 magnitude hit the region at 4:42 pm,

according to NCS. Mishra said that the Centre has tried using the new building design code for earthquake risk resilience in which seismic microzonation is done.

"If we see the seismic hazard zonation of the country especially from zone 2 to zone 5, the government of India tried to use the new building design code for the earthquake risk resilience. Seismic microzonation has already been completed in many cities, but cities having the population of five lakh and more, microzonation will be done in a detailed way," he said.

He further said the NCS has the mandate of monitoring earthquakes round the clock.

"Sophisticated equipment helps us monitor earthquakes not only in India but also the adjoining regions," he added.

A senior Delhi government official from Southwest district said that a meeting was held on Tuesday, following the directions of the Delhi Disaster Management Authority (DDMA) to discuss about the disaster preparedness and that 'Aapda Mitra' volunteers will be appointed who will act as first responders in case of

any disaster.

"We have been conducting mock drills to review the preparedness and they will continue. Meanwhile, we will also be appointing 'Aapda Mitra' volunteers who will act as first responders in case of disasters. The volunteers will be common citizens, but they will be trained and given special kits," the government official told PTI.

"We will also assess the buildings, carry out retrofitting and identify staging areas where officials can work," he added.

On Saturday (March 18), Delhi Lieutenant Governor V K Saxena had asked the DDMA officials to start work on the retrofitting of all schools, hospitals, police stations and other vulnerable buildings in the city to prevent damage in case of earthquakes.

The DDMA meeting was also attended by Chief Minister Arvind Kejriwal and it was held in the wake of recent disastrous earthquakes in Turkey and Syria, as the national capital falls in the "High Damage Risk Zone IV" on India's seismic map.

## Standoff over Right to Health Bill continues between private doctors and Rajasthan govt

**JAIPUR, MAR 22:** The standoff between the private doctors agitating against the Rajasthan Right to Health bill passed in the assembly a day ago and the state government continued on Wednesday with the health ministers outrightly rejecting the demand to withdraw it.



The bill was passed in the Rajasthan Assembly with amendments made according to the report of the select committee of the House, which also incorporated the suggestions given by the doctors.

According to the provisions of the Rajasthan Right to Health Bill, 2022, every resident will have the right to emergency treatment and care "without prepayment" at any "public health institution, health care establishment and designated health care centres". There are total 20 rights mentioned in the bill.

Health Minister Parasadi Lal Meena on Tuesday said Raj Meena is the first state in the country where such a bill has been passed after consultation with the select committee in which suggestions of doctors were also incorporated but now private doctors are demanding its withdrawal which is totally unjustified.

Following apprehensions from MLAs, the bill was referred to the select committee after it was introduced in September

last year. The amendments were made and the bill was passed accordingly post a detailed discussion by the select committee.

"There is not a single suggestion of the doctors which was not considered by the committee. We have incorporated all of their suggestions but later they started demanding the complete withdrawal of the bill which is not justified," the minister told reporters Wednesday. He said BJP members also gave suggestions regarding the bill which was passed with the consent of all. "There are several differences between the bill which was originally introduced and the bill which was passed. One-to-one meetings with the doctors took place, chief secretary, and health secretary individually talked to the doctors and sought their suggestions. The government has already considered their suggestion but despite that, they are agitating," he said.

The minister categorically said that the bill will not be withdrawn and its rules will be framed soon to provide the right to health to the people. BJP leader and Deputy Leader of Opposition (LoP) Rajendra Rathore urged the Congress-led government to only define multi-specialty hospitals as having at least 50 beds as designated hospitals in the bill to enable doctors to handle emergencies properly. During a debate on the bill Tuesday, the minister responded to the suggestions and said Rathore's advice would be added while framing the rules. On this, the LoP said, "It should have been included in the draft of the bill itself."

On the other hand, the agitating doctors said they will intensify their protest.

"The demand was the complete withdrawal of the bill which will increase bureaucratic interference in the functioning of the private hospitals. This bill is not in the interest of the public and our agitation will continue," Dr Vijay

Kapoor, secretary of the Private Hospitals and Nursing Home Society, said.

Before the bill was amended following recommendations by the committee, any health care provider, establishment or facility, including private provider, establishment or facility, public health institution, health care establishment and designated health care centres, qualified."

The select committee replaced this with "public health institution, health care establishment and designated health care centres". According to the amended bill that was passed, "designated health care centres" means health care centres as prescribed in the rules. The bill defines a "health care establishment" as the whole or any part of a public or private institution, facility, building or place operated to provide health care. If a patient does not pay the charges after emergency care, stabilisation and referral, the government will reimburse the health care provider.

The health minister said as per the Chiranjeevi scheme, under which free treatment upto Rs 10 lakh (at present) is provided in empanelled hospitals, the state government reimburses the amount to the hospitals within 21 days.

## Covid Place order on compensation claim of kin of deceased cop before GoM : HC asks Delhi govt

**NEW DELHI, MAR 22:** The Delhi High Court Wednesday asked the city government to place before the new group of ministers (GoM) an order relating to payment of Rs 1 crore compensation to the family of a police constable who died due to COVID-19 while performing his duty.

The Delhi government informed the court that the GoM is being re-constituted following changes in the cabinet and sought some time to place its decision on the issue of compensation.

The high court was hearing a petition by a woman whose husband passed away on May 5, 2020 when she was expecting a child. The deceased, a young Delhi Police constable, was posted at Deep Chand Bandhu Hospital to ensure adherence to Covid-induced lockdown measures.

In February, the high court had said the Delhi government's decision to keep on hold the family's case for Rs 1 crore compensation was "not tenable".

On Wednesday, Justice Prathiba M Singh said if authorities do not take a decision, the court will



have to pass an order regarding the compensation. "The order of February 23 and today's order be placed before the GoM so that a decision is taken within one month," the court said.

Petitioner's counsel said the authorities have been delaying the matter for no reason. To this, the judge said the GoM will have to be re-constituted as they cannot keep all the matter pending for long.

The high court listed the matter for further hearing on May 8 while making it clear that no further time will be granted considering the background of the case.

On March 2, Delhi's Deputy Chief Minister Manish Sisodia and jailed minister Satyendar Jain tendered their resignations which were accepted by

the President. In their place, two new ministers have been inducted in the cabinet - Atishi Marlena and Saubh Bhardwaj.

In December 2022, the high court had asked the authorities to take a decision on payment of Rs 1 crore compensation to the family of the constable who died due to COVID-19 and said the city government ought not to resile from the clear announcement made for ex-gratia payment.

The high court had earlier said there was a "clear communication" by the authorities as well as press clippings which left no doubt that an ex-gratia amount of Rs 1 crore was announced for the deceased's family by the Delhi government.

The petitioner has said

the orders issued by the Delhi government during the pandemic required Delhi Police personnel to be posted for COVID-19 duty across the city and therefore it cannot be argued by the respondents that the deceased was not on COVID-19 duty.

In the petition, the deceased constable's wife has submitted that she ran from pillar to post to secure the compensation promised by Chief Minister Arvind Kejriwal in a tweet on May 7, 2020 after the death of her husband who was the family's sole breadwinner.

The plea referred to Kejriwal's tweet stating, "Amiiti (the constable) did not care for his life and kept serving Delhi people. He got infected with corona and passed away. I pay homage to him on behalf of all the Delhiites. His family shall be given an ex-gratia of Rs 1 crore."

The woman has said her husband was the first person from the police force to succumb to COVID-19 and that she was pregnant at the time of his death and has two children to look after.

NORTHERN RAILWAY						
E-Tender Notice						
Sr. DEE/GFZR acting for and on behalf of The President of India invites E-Tenders ( <a href="http://www.reps.gov.in">www.reps.gov.in</a> ) against below listed Tenders. Bidders will be able to submit their original/revised bids up to closing date and time only.						
Tender No.	Name of work	App. Cost. (in Rs.)	Earnest Money (in Rs.)	Completion period	Opening of tender	Website Particulars
251-Elect-T-37/2022-23	Electrical Work for new washing line and dug well in C/w providing complete facilities at Shri Mata Vaishno Devi Katra Station.	58,64,627.68	1,17,300.00	06 Months	12.04.2023 after 15:00 Hrs.	<a href="http://www.reps.gov.in">www.reps.gov.in</a>
251-Elect/T/Notice No. 29-Elect/2022-23 Dated: 22.03.2023						
SERVING CUSTOMERS WITH A SMILE						

FIRST TIME, VASAKNAG FESTIVAL HELD AT KULGAM

# Vasaknag to be developed as tourist hotspot: DC

JJ NEWS SERVICE

**KULGAM, MARCH 22:** In order to boost tourist activity in the Kund block of district Kulgam and to showcase rich cultural heritage, the District Administration today organised the First ever Vasaknag Festival.

The area which hosted the festival is popular for the Spring of Vasaknag which is a seasonal spring which remains brimmed with waters only for 6 months.

The function organised for Vasaknag Festival was presided by Deputy Commissioner, Kulgam, Dr. Bilal Mohi-Ud-din Bhat.

DDC Chairperson,

Mohammad Afzal Parrey was Guest of Honour on the occasion.

ADD, Showkat Ahmad Rather, DDC member, Gulzar Ahmad Shiekh, BDC member Kund, ACR, ACD, DIO, DYSSO, Tehsildar, BDO, ZEO and other districts and tehsil level officers were present on the occasion besides hundreds of senior citizens, women, youth and school children.

During the festival the departments of RDD & PR, Revenue, Education, Information & PR, YSE&S, Forest and local Ataf committee worked in collaboration to presented an impressive function.

Children of various schools presented skits, stage dramas, and cultural performances on a variety of themes including brotherhood, drug abuse, sanitation, water conservation and other themes.

Multiple cultural performances, including local tribal items were also presented.

Addressing the gathering, DC expressed satisfaction over the conduct of the novel fest and said he is impressed seeing the talent of the youth which they showed in drama, skits, painting and essay competition.

He said, district administration is committed towards the development of serene tourist

spots including harnessing the scenic, religious tourist potential of the area.

He added that against drugs will continue to take this mission to the logical end and strict action is being taken to tackle drug traffickers.

While speaking about the ongoing enrollment drives, DC sought cooperation for making 100 percent enrollment so that no one should be out of school.

Plantation drives are going on in the area, he said, while participating in one such plantation drive cum distribution function.

He also said that a community hall has been constructed in the block which was a demand

of people.

He stated that Tourist infra shall be put in place at Vasaknag to develop the area as a tourist hotspot.

DDC Chairperson while speaking on the occasion said, he will be duty bound to lend any sort of support to district administration in developing the far off Kund block.

DDC member, Kund, Gulzar Ahmad Shiekh during, his speech expressed gratitude towards district administration for organising the First ever Fest in the Kund Valley and said the area has witnessed appreciable development under the tenure of DC Kulgam.

# JKPTO participated in INDIA FASHION TEX 2023, New Delhi

"J&K Pavilion" was major attraction in the event"



JJ NEWS SERVICE

**JAMMU, MARCH 22:** Jammu and Kashmir Trade Promotion Organization (JKPTO) under the aegis of Department of Industries and Commerce participated in INDIA FASHION TEX 2023, New Delhi. The three-day exhibition cum Reverse Buyers Sellers Meet attended by more than 200 international buyers from various countries like US, European Union, Scandinavia, UK, Australia, Japan, Middle East, Vietnam, Sri Lanka and other domestic buying/sourcing agents.

including Yarn & fabrics apparel, clothing knitwear, hosiery goods, pashmina shawls or stoles, Scarves, mufflers, blankets, carpets, blazers and home textiles crafted by Indian weavers and artisans.

The exhibitors from J&K showcased unique and world-famous Handloom products including GI tagged products like Kani Shawls, Stoles, Pashmina shawls, chain stitch, silk carpets etc of Jammu and Kashmir. The meet provided opportunities to network and create business leads with potential clients, understand actual requirements, quality, new fashion trends in international markets so that they can compete and excel at global level.

The event witnessed Business meetings with overseas buyers/Sourcing agents/buying houses, Launch of new products, and exclusive Fashion Show. J&K's products especially Pashmina and Kani shawls were major attractions in the fashion show. During the event an drive for onboarding on Open Network for Digital Commerce (ONDC) for the participating exhibitors from J&K was also organised by JKPTO and ONDC.

## 5G Jio service launched in Rajouri

JJ NEWS SERVICE

**RAJOURI, MARCH 22:** On the occasion of Navratri, J&K Bank today established a Special Counter at its Business Unit in Shri Mata Vaishno Devi Bhawan (SMVDB) to offer fresh cash currency and note exchange facility to the devotees visiting the famous shrine.

CEO SMVDB Anshul Garg and Bank's Executive Director Sudhir Gupta inaugurated the Fresh Cash/Note Exchange Counter in presence of Zonal Head (Udhampur) Rajesh Gupta, SDM (Bhawan) Sudhir Bali, Tehsildar Anil Charak, Manager Bhawan Pardeep Janwal, DSP Bhisam Dabey, Head Pandit Gopal Sharma, Branch Manager Vishal Sharma and other officers of the Bank besides devotees from different corners of the country.

Speaking on the occasion CEO SMVDB lauded the efforts of J&K Bank in conducting such programs for the pilgrims and also for providing all banking services to SMVD Board and its employees. He also appreciated the bank's role in providing latest banking services all along the route for the pilgrims.

Earlier, while welcoming the dignitaries Executive Director Sudhir Gupta thanked the Shrine Board for its continuous patronage and support to the bank and assured of best services to the SMVD Board, devotees and public at large.

Functioning at the Bhawan since the constitution of the SMVD Board, our branch remains dedicated to serve the shrine board, business establishments at the Bhawan and people working here besides all the devotees visiting the famous shrine.

A team of dedicated officials has also been placed for full time assistance to the board for management of cash that is received as public offering at the shrine", Sudhir Gupta said, adding that the bank has established

## Jal Shakti Department celebrates World Water Day at GHSS Doda

JJ NEWS SERVICE

**DODA, MARCH 22:** World Water Day was celebrated with great enthusiasm by the Jal Shakti Department Doda at Government Higher Secondary School for Boys Doda here today. District Development Commissioner Doda Vishesh Mahajan was the chief guest, while SSP Doda Abdul Qayoom attended as the guest of honour. A painting competition on the theme of water conservation was organised by District Jal Jeevan Mission. A street play was also presented on the occasion.

The event was also attended by Superintendent Engineer Jal Shakti Hydraulic Circle Doda, Executive Engineer JSD Doda, officers and officials of Jal Shakti Department, teachers from different schools and students.

# J&K Bank establishes Special Counter at SMVD Bhawan on Navratri

JJ NEWS SERVICE

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A team of dedicated officials has also been placed for full time assistance to the board for management of cash that is received as public offering at the shrine", Sudhir Gupta said, adding that the bank has established



lished three branches and installed nine ATMs from Katra to the Bhawan to provide easily accessible banking services to the devotees visiting the shrine from different parts of the country besides facilitating fresh cash and exchange of notes on special occasions like Navratri.

Notably, prior to inauguration of facility Executive Director Sudhir Gupta performed Pooja within the branch premises along with Zonal Head Udhampur and all the staff members of the Bank.

The function concluded with vote of thanks from Zonal Head (Udhampur) Rajesh Gupta who thanked all the dignitaries present on the occasion.

# World Water Day observed in Shahzadpur Samba

JJ NEWS SERVICE

**SAMBA, MARCH 22:** World Water Day was celebrated with enthusiasm at Shahzadpur village in Gho-Brahmana Panchayat today. The event was attended by ADDC Samba, Rajinder Singh besides Executive Engineer of Jal Shakti Department Samba.

ADDJ Rajinder Singh spoke about World Water Day and encouraged villagers to take full advantage of the scheme. The programme began with a lecture on World Water Day and the importance of fresh water and sustainable management of resources by lecturers from the higher education department. A Nukkad Natak and awareness programme for Jal Jeevan Mission was also organised by an Implementation Support Agency. A Paani Samiti was formed at the event and female members were provided with field testing kits to check water quality parameters.

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department. A Nukkad Natak and awareness programme for Jal Jeevan Mission was also organised by an Implementation Support Agency.

A Paani Samiti was formed at the event and female members were provided with field testing kits to check water quality parameters in their village. AEE Jal Shakti Vijaypur gave a brief overview of Jal Jeevan Mission and its status in the district.

Other government officers, as well as members of Implementation Support Agencies for Jal Jeevan Mission were also present on the occasion.

# Dr Zabeer Ahmed takes over as Director CSIR-IJIM Jammu

JJ NEWS SERVICE

**JAMMU, MARCH 22:** Chief Scientist, CSIR-IJIM Jammu Dr Zabeer Ahmed, has been appointed as Director of CSIR - Indian Institute of Integrative Medicine Jammu. Dr Ahmed, native of district Poonch, was appointed for a tenure of six years following recommendations from a search-committee.

After taking over as Director of CSIR-IJIM Jammu, he held review meetings with scientific and administrative staff and encouraged them to take the institute to the next level of growth and excellence. Dr Ahmed completed his



undergraduate and postgraduate studies in Zoology at Jammu University and received his PhD in Zoology from Kashmir

University. His areas of specialisation include pre-clinical drug development, diabetes and obesity research, rheumatoid arthritis and inflammatory disorders. He began his career at CSIR-IJIM in 1997 and held various positions before being promoted to Chief Scientist in 2021. Dr Ahmed has received several awards for his contributions to science and society, including the prestigious Knowledge Partnership Award from CSIR. He has published over 70 peer-reviewed research papers and has five patents to his credit. He has also authored three books and guided seven Ph.D. and 35 postgraduate students.

During his 25-year career, Dr Ahmed has established research frontiers in metabolic disorders and rheumatoid arthritis and identified many potent leads for diabetes mellitus and rheumatoid arthritis that are currently under clinical development.

He is also leading several social programmes and extension projects at CSIR-IJIM Jammu and has been credited with securing various grants-in-aid and collaborative projects. Dr Ahmed has held many important positions, including Head of CSIR-IJIM Srinagar Branch Laboratory and Engineering Wing of CSIR-IJIM Jammu.

# DC Kishtwar listens to the grievances in block Drabshalla

JJ NEWS SERVICE

**KISHTWAR, MARCH 22:** District Development Commissioner, Dr Devansh Yadav presided over the Block Divas proceedings at block headquarters Drabshalla. He listened to grievances from locals regarding the upgrading of infrastructure and public service delivery by various departments.

A delegation of locals led by PRIs informed Dr Devansh Yadav about their grievances related to infrastructure upgrading and public service delivery by various departments. They also highlighted the issue of prioritising local employment in the Rattle Hydroelectric Power Project.

Dr Devansh Yadav assured locals that their genuine demands and grievances would be



addressed in a timely manner. Many issues were resolved on the spot with the help of concerned officers present at a recent event. Necessary directions were also forwarded to relevant officers for immediate redressal.

In response to concerns about dust and noise pollution caused by power project activities, ALC Kishtwar was directed to ensure that the Divisional Pollution Control Board Report is implemented within one month.

Dr Yadav also addressed the issue of left-out Project Affected Families in the Rehabilitation and

Resettlement (RR) Plan and delays in compensation disbursement for some PAFs of Rattle Hydroelectric Power Projects. He informed locals that genuine left-out PAFs would be covered under the RR plan and necessary directions have been given to ALC Kishtwar

and Tehsildar Drabshalla. Compensation under the RR plan has been revised according to new guidelines and will soon be sanctioned to genuine Affected Families after approval by the UT Level Committee. Local employment will be done through a transparent mechanism devised by ALC in coordination with project authorities. Dr Devansh Yadav and Executive Engineer of PMGSY Division Kishtwar inspected the ongoing Kandni-Ohli road under PMGSY Part II. He directed executing agencies to complete the road within a specific time frame by mobilising men and machinery. He visited the project site and interacted with Labour Union members and Principal Employers, listening to their grievances and assuring them that their issues

would be resolved amicably with coordination from Principal Employers.

He urged all parties to foster a positive and friendly working environment at the work site so that progress on the project is not affected and it can be completed within a specific time frame.

The event was attended by DDC members Ashok Kumar and Hans Raj, Additional Deputy Commissioner, Kishtwar Lal Sharma, ACD, Atul Dutt Sharma, Assistant Labour Commissioner, Idrees Ahmed Lone; Tehsildar, Irshad Ahmed Butt and Block Development Officer, Tariq Sayeed Suharwardy. Executive Engineer of PMGSY, Mohinder Kumar and other concerned officers, as well as locals and PRI representatives also participated.

# World Water Day-2023: DC Kishtwar flags-off the awareness rally at GHSS Boys Kishtwar

JJ NEWS SERVICE

**KISHTWAR, MARCH 22:** As part of World Water Day Celebration 2023, Deputy Commissioner of Kishtwar Dr Devansh Yadav flagged off an awareness rally at Government Model Higher Secondary School for Boys here today.

Dr Devansh Yadav spoke about the importance of celebrating World Water Day and encouraged students, teachers and others to participate enthusiastically in raising awareness about water conservation. He urged students to play an important role in disseminating information about preserving, conserving and restoring water.

Dr Yadav appealed to people in both urban and rural areas to play a constructive role in water conservation and preservation

by avoiding wastage. He mentioned the centrally sponsored Jal Jeevan Mission, which aims to provide potable drinking water to every rural household.

He also appreciated the staff members of the education department who ensured student participation in the awareness rally despite it being a holiday. Officers and lecturers gave speeches on World Water Day and its significance. PHE officials demonstrated how to use a water testing kit to check the suitability and quality of drinking water.

The event was attended by Chief Education Officer, Sudaman Sharma and from Jal Shakti Department, Executive Engineer, Sunil Sharma, AEC, Dewan Chand; IEC Coordinator, Senior Lecturer DIET, Riaz Ahmed Butt besides others.