



JINDRAH IMAGES



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J&K govt issues guidelines for social media engagement by state govt employees

JNEWS DESK
JAMMU, MAR 23

The Jammu and Kashmir Government on Friday directed its employees not to discuss or criticize on social media any policy pursued or action taken, warning them with 'disciplinary action' for non-compliance of the instructions.

In a detailed circular issued here, the government has asked employees not to participate in any such discussion or criticism on social media pages, communities or microblogs.

"No Government employee shall post, tweet or share content that is political or anti-secular and communal in nature or subscribe to pages, communities or twitter

handles and blogs of such nature," the circular said, "Government employee, if it said, shall himself or herself or through any person dependent on him or her for maintenance, or under his care or control, undertake any such activity on social media which is, or tends directly or indirectly to be, subversive of the Government as by law established in the Country on in the Union territory."

"A Government employee may, for the purpose of removing misapprehensions, correcting misstatements, and refuting disloyal and seditious propaganda, defend and explain to the public the policy of Government in his posts and tweets on social media," the circular reads.

Government employees



shall not post on social media, any such content or comments about co-workers or individuals that are vulgar, obscene, threatening, intimidating or that violate the conduct rules or employees, it said.

"No Government employee shall post grievances pertaining to their workplace on social media in the form of videos, posts, tweets or blogs in any other form, but will follow the already established channels of complaint redressal existing in the departments," it reads, adding, "Government employees shall not indulge in sharing/partaking in so-called giveaways and contests on social media platforms, which are actually scams

in disguise, as they could unknowingly spread malware or trick people into giving away sensitive data by sharing it on their profiles." It is, however, clarified that the guidelines are not intended to dissuade employees or departments from using social media for positive and constructive purposes, it said.

"It is accordingly enjoined upon all employees working in various government departments/PSUs/Corporations/Boards/Autonomous Bodies etc. to strictly adhere to the guidelines and legal principles and refrain from indulging in unwarranted debates/discussions and sharing/commenting/posting inappropriate posts/content on social media

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India working to end TB by 2025, 5 yrs ahead of global goal: PM Modi

AGENCIES
VARANASI, MAR 24

Prime Minister Narendra Modi on Friday emphasized on the need for public participation in the total eradication of tuberculosis and said that India is working on the target of ending TB completely by the year 2025 five years before the global target.

Addressing the 'One World TB Summit' at Rudraksh Convention Center here, Modi said that today the number of TB patients in India is decreasing. "Karnataka and Jammu and Kashmir have been conferred with the TB free award. Those who have achieved this success deserve congratulations," he said.

He said that India is now working on the target of ending TB by the year



2025. "The global target to eliminate TB is 2030 but India is working on the target of ending the disease by the year 2025. For this we worked on a new strategy that no TB patient should be left out of treatment. For screening of TB patients, for their treatment, we have linked them to the Ayushman Bharat scheme. We have increased the number of labs across the country for free TB testing," he said.

The PM said that the great thing that India has done in the fight against TB is public participation. "This disease cannot be eradicated without the cooperation of the general public. The government appealed to the people of the country to become 'Nishkaya Mitra' and to join the campaign of 'TB-Mukt Bharat'. Due to this campaign around 10 lakh TB patients have been

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MeT predicts widespread Rain, thunderstorm in plains, snowfall over higher reaches of J&K

JNEWS DESK
SRINAGAR, MAR 24

Meteorological office predicts widespread rain, thunderstorm with snowfall over higher reaches at most places of Jammu and Kashmir during the next 24 hours.

It said thunderstorm may be accompanied by strong gusty winds with possibility of hailstorm in plains from Friday afternoon onwards.

The weather man has also advised orchards to postpone spraying their plants in view of the weather forecast, besides urging the people to get confirmation from the concerned traffic police before taking any travel.

Currently the weather is dry but overcast and cloudy at most places of Jammu and Kashmir.

Srinagar, the summer capital of Jammu and Kashmir, recorded the minimum temperature at 5.3 degree Celsius against 5.2 degree Celsius the previous night. It was 0.3 degree Celsius above

Avalanche warning in several districts of J&K

JNEWS DESK
JAMMU, MAR 24

An avalanche, of low-danger level, is likely to occur over 2,800 to 3,000 meters above sea level over several districts of Jammu and Kashmir, Jammu Kashmir Disaster Management Authority warned on Friday.

The avalanche is likely to occur above sea level over Baramulla, Doda, Ganderbal, Kishtwar, Kupwara, Kupwara, Poonch, Ramban, Reasi, Anantnag, and Kulgam.

The authority advised the people living in these areas to take precautions and avoid venturing into avalanche-prone areas till further orders.

normal during this period. Qazigund on Srinagar-Jammu national highway had a low of 4.0 degree Celsius which was 0.3 degree Celsius above normal against 3.7 degree Celsius for the gateway of Kashmir.

Pahalgam in south Kashmir recorded a low of 0.6 degree Celsius against minus 0.2 degree Celsius and it was 0.2 degree Celsius above normal for

the famous tourist spot in south Kashmir. Kokerbag in south Kashmir recorded a low of 4.0 degree Celsius which was 0.8 degree Celsius above normal of 3.2 degree Celsius while Kupwara had a low of minus 4.0 degree Celsius and it was 0.8 degree Celsius above normal of 3.2 degree Celsius on Friday. Gulmarg in north Kashmir

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10 packets of narcotics seized along LoC in Poonch: Army



JNEWS DESK
POONCH, MAR 24

Army on Friday claimed to have recovered a huge consignment of ten packets of Narcotics during an operation in Poonch Line of Control.

"This is third major catch of narcotics in Poonch district in last two months as earlier two similar massive con-

signments have been recovered in areas along Line of Control with cash running over two and half crores has also been recovered from a house," officials said.

These consignments, comprising of Heroin like substance, are believed to be part of cross LoC smuggling racketeers run with involvement of few people living

close to Line of Control and it is also suspected to be part of narco-terror modules, they told the news agency—Kashmir News Observer (KNO).

In the fresh recovery, as per Indian army, ten packets of Narcotics have been seized during an operation.

The recovery has been made from Doda Battalion area in Poonch sector of Line of Control during an operation of Army Infantry Battalion.

Army said that "Indian Army has foiled yet another attempt of narco-terror smuggling by recovering 10 packets of narcotics near Line of Control in Poonch Sector".

Five Glock pistols, 90 bullets recovered by BSF in Punjab



AGENCIES
CHANDIGARH, MAR 24

Five Austria-made Glock pistols and more than 90 rounds of different calibre bullets dropped by a Pakistani drone were recovered by the Border Security Force (BSF) on Friday from along the

International Border in Punjab, officials said. The dropping of the weapons and ammunition took place in Metla area of Gurdaspur sector around 2:30 am. The "infiltrating rogue" drone was fired upon by our troops and

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Infiltration bid foiled in Karnah, one intruder killed

JNEWS DESK
SRINAGAR, MAR 24

An unidentified intruder was killed by security forces during a foiled infiltration attempt along the Line of Control in Jammu and Kashmir's Kupwara district on Friday, officials said. Alert troops noticed suspicious movement along the Line of Control at Jaldi in the Karnah area in the morning, the officials said.

The security forces challenged the intruders and, in the ensuing gunfight, one infiltrator was killed, they added. One AK rifle and some ammunition was recovered from the scene, the officials said.

SC directs all convicts, undertrials released during pandemic to surrender in 15 days

AGENCIES
NEW DELHI, MAR 24

The Supreme Court on Friday directed that all convicts and undertrial prisoners, who were released during the COVID-19 pandemic in a move to decongest jails, to surrender within 15 days.

A bench of Justices MR Shah and CT Ravikumar said undertrial prisoners, who were released on emergency bail during the pandemic, can move for regular

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Govt's grievance redressal rate crosses 1 lakh per month: Dr Jitendra Singh

AGENCIES
NEW DELHI, MAR 24

Government's Grievance redressal rate has crossed one lakh cases per month and this is for the first time since the inception of CPGRAMS (Centralised Public Grievance Redress and Monitoring System) under the Department of Administrative Reforms and Public Grievances in the Union Ministry of Personnel. This record figure was registered during the course of regular weekly and monthly monitoring of the disposal and redressal of public grievances.

Disclosing this here today, Dr Jitendra Singh said that when Narendra Modi took over as the Prime Minister in 2014, the number of grievances filed per year from across the



country was hardly 2 lakhs which has now crossed 20 lakhs per year and the grievance redressal rate gone up to more than 1 lakh per month. He said, this was possible because under the constant supervision of Prime Minister Narendra Modi, the Ministry of personnel was able to set up a vibrant grievance redressal mechanism, wherein timelines were fixed and written disposal of the grievances/complaints was promptly done and also followed up

with a telephone call by one of the functionaries to the concerned complainant. As a result of this, he said, people of this country gained confidence that there was a government headed by Prime Minister Modi which was prompt and sincere to respond to their grievances and to encourage the citizen participation in the governance. Pertinent to mention that only recently, in reply to a question in the Lok Sabha, Dr Jitendra Singh had informed that in 2022, Ministries/Departments have disposed 1.14 lac Public Grievances (PG) cases in August, 1.17 lac Public Grievances (PG) cases in September, 1.19 lac Public Grievances (PG) cases in October, 1.08 lac Public

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Protesters disrupt forum on Kashmir at national press club in Washington

AGENCIES
WASHINGTON, MAR 24

Youth Leaders from the Kashmir valley were at the National Press Club in Washington DC to talk about the development, peace and prevalence of grass-root democracy in India's Union Territory of Jammu and Kashmir.

The International Center for Peace Studies invited Mir Junaid and Touseef Raina from the valley for a panel discussion titled "Kashmir - From Turmoil to Transformation".

The forum was focused on the developments and the ground situation in Kashmir. Aiming to give a grassroots perspective, Mir Junaid said in his opening remarks, "I can confidently say that Kashmir has been reborn as a



land of peace, prosperity and progress. Jammu and Kashmir have seen many transitions that have taken it from a state of protest to a progressive union territory."

"We have to look beyond the controversial rhetoric now. The countries who are beating the drums on global platforms befooling the world have nothing to do with Kashmir's peace, progress and prosperity. Accept the fact

that Kashmir is an existential problem for them, and that's why they want to keep the POT of violence burning in Kashmir," Junaid asserted by taking a dig at Pakistan.

He asked about the fate of once a well-coordinated formidable separatist conglomerate, the so-called All-Party Hurriyat Conference (APHC) leaders and how the leaders are facing serial reverses, all in

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Central govt committed to develop J&K on all fronts: Ramdas Athawale

JNEWS DESK
JAMMU, MAR 23

Union Minister of State for Social Justice and Empowerment, Ramdas Athawale on Friday said, the Central Government is committed to developing Jammu and Kashmir on all fronts. AIR Correspondent



reports that the Union MoS said Articles 370 and 35A were the obstacles in the development of J&K and were revoked for the welfare of the people of the Union Territory. Athawale said, development, peace and prosperity in J&K are the top priority of

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Mata Baderkali Asthapan celebrates Zang Trai with great Enthusiasm



JJ NEWS SERVICE

JAMMU, MAR 24: Mata Baderkali Asthapan trust Thalwal today on third day of Navratri organised a valedictory function to mark the celebrations of Zang Trai. As a tradition on this day every year special programmes and social functions are held for women.

Prominent spiritual guru Dr Shiv prasad Raina while addressing the session spoke about the rich traditions of Sanatan dharma and the significant role of the women of our society to maintaining our cultural ethos and our centuries old traditions. He appreciated the efforts of the KP samaj especially its women folk

in maintaining their traditions despite living in exile from last more than three decades. MBAT this year celebrated zang traï function at the devangan of newly constructed Mata Baderkali temple which was attended by hundreds of women and children from the displaced KP community who had gathered to participate in an interaction session which included an impressive talk by prominent women KP social worker Santosh shah who spoke at length about the rich traditions and Culture of the KP samaj and the role of the Narishakti to preserve the same. A special session was conducted by Kiran Raina,

Urmila Pandita , Sunita Raina , Sunita Koul , Pooja ji and their group about the essence of "Thal baru " and women headgear known as "Targa" and it was shown to the gathering as to how the same needs to be prepared with a aim to ensure that our traditions remain intact for generations to follow. On the occasion a melodious bhajan recital was presented which made the audience spell bound. The speakers expressed their dismay over the some social evils prevalent in the society and Mata Baderkali Asthapan trust was urged to launch a crusade for their eradication by way of organising seminars and group discussions with the

community members. Prominent social worker Pami Ambarad conducted the session and gave a detailed spiritual and social genesis of Zang Trai. She said Zang Trai is the day of Chandarganta a married goddess. The day was celebrated as a women day by Kashmiri Pandits and perhaps the unique function in the world. She suggested that the women scholars, academicians, writers, scientists be honoured on this day.

Speaking on the occasion President MBAT Dileep Pandita stressed upon change in the socio culture ethos of the community to make the youth conversant with age old traditions and other customs.

Chairman MBAT Ashok Kaw in a brief address exhorted the women of the community to participate in community affairs in a big way. He said Mata Baderkali trust is ready to help any one in distress. Others who attended the session included Surinder Ambarad former BJP MLC , Anil Bhat Bureau chief PTI , Rajeev pandita , ML Bhat , Lakumar Pandita and a large number of prominent people from the KP community

Businessline Campus Connect Lecture held at The Business School, JU



JJ NEWS SERVICE

JAMMU, MAR 24: Businessline campus connect lecture series was held at The Business School, University of Jammu for the students of MBA, PGDPM and Research Scholars. The event was aimed at fostering dialogues and connect between academic and corporate spheres.

Mr. Sunil Mirza, GM North, 'The Hindu', started the event with a lively introduction about 'The Hindu' and its latest financial publication, followed by an enthusiastic greeting to all the participants. Mr. Mirza acknowledged the efforts of The Business School in conducting such fruitful sessions. He also spoke about Businessline's initiative to connect with the students. He explained the Businessline campus connect as a student-industry interface programme where industry and academia come

on the same platform and exchange their thoughts.

Ajoy Shah, Trainer Coach and Mentor at JK Tyre and Industries Ltd. was the keynote speaker of the event. He enlightened the students about the importance of being relevant and adaptable when dealing with change, managing one's expectations, and adhering to principles of integrity, along with the comprehensive list of career do's and don'ts.

He shared the significance of being proactive in life to avoid future shocks. He emphasized about having realistic expectations and gave important pointers to the students regarding the necessary corporate etiquette.

During his interactive session with the audience, he shared his own experiences from his long professional journey.

He concluded his address with an engaging and motivating visual pres-

entation. Anjan Kumar, Divisional Head, IOCL, Jammu, shared insights from his rich industrial experience and made participants aware about the future projects of the IOCL in Jammu and Kashmir.

Prof. Neelu Rohmetra, Professor, The Business School and Director, Directorate of Distance and Online Education, University of Jammu graced the occasion as the chief guest of the event. In her presidential remarks, Prof. Rohmetra shared her life experiences, emphasizing the distinction between a job and a career.

She highlighted the importance of maintaining respect towards others and nurturing relationships for a fulfilling career.

Earlier, Prof. Vinay Chauhan, Director, The Business School, welcomed the esteemed guests and apprised the participants about the salient features of the lecture series. Prof. Chauhan expressed his gratitude to the experts for providing this great opportunity for the students and further stressed upon the industry and academia collaboration.

Dr. Saloni Devi, Assistant Professor, The Business School, presented the formal vote of thanks. The event was coordinated by Dr. Auid Hussain Parrey, Assistant Professor, The Business School, University of Jammu. The event was attended by Prof. Sameer Gupta, Prof. Alka Sharma, Dr. Amisha Gupta, Dr. Komal Nagar, Dr. Rachna and Dr. Farah S Choudhary.

Sri Sri Ravi Shankar addresses KPs on the occasion of Navreh Celebrations



JJ NEWS SERVICE

JAMMU, MAR 24: Global spiritual master and humanitarian leader Gurudev Sri Sri Ravi Shankar virtually blessed the culmination of Navreh celebrations, the New Year of Kashmiri Hindu community.

Gurudev inspired the members of the community to move forward with enthusiasm and positivity and work towards sharing the rich spiritual knowl-

edge found in the ancient texts with roots in Kashmiri Shaivism, a gift from Kashmir to the world. "I hope the coming year is filled with auspiciousness and enthusiasm for Kashmir and Kashmiri Pandits," Gurudev said. "There has been an increase in targeted killings in the last year." Let us pray that peace prevails in the valley. We will not bow down and lose to the wrongful activities being undertaken by

neighboring countries to disrupt the peace here. We will keep moving forward with full enthusiasm because we are on the path of truth and the divine is by our side.

I also request our Kashmiri pandit brothers and sisters to read and make others read and contemplate on the ancient texts that have their origins in Kashmiri Shaivism."

Gurudev shared that he had started traveling and giving commentary on the

Shiva Sutras, a priceless gift of Kashmiri Shaivism to humanity, way back in the 1980s even before he started The Art of Living. Gurudev also shared that the secrets mentioned in the timeless text of Vigyan Bhairav that Gurudev has been unraveling and talking about while traveling across the country is yet another treasure of Kashmiri Shaivism which is highly beneficial for humanity at large. "These scientific techniques that Kashmir has given to the world are not yet known to people," Gurudev said.

Gurudev was invited to virtually bless the Lalitadiya Shaur Divas Navreh celebrations organized by Sanjeevani Sharada Kendra, Jammu.

As part of the New Year celebrations members of the community, remembering Mother Sharada, Sage Kashyapa and other greats from the Hindu Kashmiri community, took an oath to work towards establishing peace and cultural restoration in Kashmir.

DGPC resents defaming of Sikh Community by the govt agencies and Media

JJ NEWS SERVICE

JAMMU, MAR 24: Today while addressing the press Conference, which was organized on the recent development in Punjab, S Balvinder Singh Vice President, S Surjit Singh Secretary DGPC, S Harjit Singh Incharge Dharam Parchar DGPC, S Tejinder Singh Member DGPC stated that any development happened in Punjab has a direct bearing on the Sikhs living not only in the JKUT but all over the world.

All present in the Press Conference expressed their deep concern and anguish over the way the whole issue has been handled by the State as well as by the central agencies. A deliberate attempt is being made by the government in collision with the so called main stream media to create a fear psychosis among the Community.

Balvinder Singh & Surjit Singh further stated that the law enforcing agencies of the country are capable/fully equipped and



trained to arrest a person if found involved in any sort of unlawful activity, without creating any hype or high profile drama. The way the government agencies are handling the situation and unnecessary hype created by the media shows that a deliberate attempt is being made to defame the whole community and polarize the society for political mileage and can be diversionary tactics to divert the attention of general public from the real issues.

DGPC members further stated that such an attempt made by the govt. shall

further alienate the Sikh youths from the mainstream and can also have far reaching effects on the peace and tranquility of the State as well as of the country. They made fervent appeal particularly to political class and main stream media to be sensitive of the issue and not to hurt the sentiments of the peace loving and most Nationalist Sikh Community and let the law take its own course as per the law of the land.

The insensitivity of political class & Media being displayed in the case is

absolutely undesirable & unacceptable to the Sikh Community.

DGPC members also appealed to the Community to be vigilant & not to fall prey to the tactics of the Power inimical to Panth.

Other prominent persons of the Sikh Community who were present in the 'S Rajinder Singh Retd ZEO, S Janak Singh, S Rajinder Singh Sudan, S Parmajet Singh, S Jasbir Singh, S Ajit Singh, S Avtar Singh, S Gurdeep Singh Reen, S Upkar Singh, S Surinder Singh Wazir, S Satinder pal Singh etc

Health Block Kandi celebrates World Tuberculosis Day



JJ NEWS SERVICE

RAJOURI, MAR 24: The Environment Unit of MIER College of Education in collaboration with the NSS Unit celebrated "World Water Day" by organizing the "Clean Tawi Campaign" at the banks of the Tawiriver in Jammu city. The theme for World Water Day 2023 was "Accelerating the Change to Solve the Water and Sanitation Crisis", which is

in line with the targets of UN Sustainable Development Goal 6. More than 35 students from the UG Department participated in the event. The main aim of this campaign was to raise awareness among the residents regarding pollution of water bodies due to garbage disposal and the need for preserving and conserving the Tawi river, which is a symbol of culture and heritage. In addition, the students

familiarized the residents with the strategies of waste management, segregation, and disposal. They also raised alarm among locals about the repercussions of not keeping our water bodies clean and how we are depriving the future generations of this elixir. The student volunteers cleaned the areas along the bank of the river and also used lime powder for sanitary purposes. Mrs. Suman

Gupta, In-charge Environment Unit, and Dr. Reeta Dwivedi, Programme officer NSS successfully organized the event.

Dr. Adit Gupta, principal MIER College commended the units' efforts and said that World Water Day is an annual United Nations (UN) celebration that emphasizes the value of fresh water.

He was hopeful that the party will bring forward the larger issues related to waste management in the region, and make people aware of what roles they can play to ensure a waste free Jammu and Kashmir. He further motivated the youth to take earnest steps towards making the environment a better place to live and emphasized the importance of rivers in the nation's progress.

Disqualification of Rahul from LS 'murder of democracy': Tony

Debarring Rahul is silencing Opposition voice: Kundal

JJ NEWS SERVICE

JAMMU, MAR 23: Terming the disqualification of Congress leader and MP from Kerala's Wayanad constituency Rahul Gandhi from the Lok Sabha as a cold blooded murder of democracy, 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 urged the entire opposition to unitedly fight the dictatorial rule of BJP in the country as such unlawful actions were unacceptable to one and all.

Tony's assertion was fully endorsed by Yash Pal Kundal, Chairman ST, SC,



OBC Aam Aadmi Party (AAP) Jammu and Kashmir and former minister. He also said that the move to debar Rahul Gandhi from Lok Sabha is highly condemnable and not less than a political conspiracy. In a joint statement issued to media persons, the senior AAP leaders termed the action as undemocratic, unethical, unconstitutional and slaying of democratic values.

They said that the decision has exposed BJP's vindictive policy which is ruining the country day after day. They said that the need of the time is unity of opposition to show the BJP leadership its real face, which is authoritative and draconian. Tony said, it is not the time for the opposition to sit back and watch the injustice by BJP as mute spectators rather the need is for vociferously hitting

back at the unfair political group which is slowly and steadily slaughtering the democracy by such immoral steps to muzzle the voice of its political opponents.

"Today is Rahul Gandhi, tomorrow will be any other, and therefore a strong retort is a must to stop the unjust dispensation from showing stubbornness at all levels", Kundal said, asking the opposition to shun differences and become united as the fight is against draconian power which doesn't believe in fairness, reasonability and graciousness.

Tony and Kundal asked the PM Narendra Modi to intervene by rising above the politics and act as a statesman to end this fiasco.

MoU signed between Ministry of Ayush and Department of ex-servicemen welfare, Ministry of Defence

AGENCIES

NEW DELHI, MAR 24

Ministry of Ayush and Department of Ex-servicemen Welfare/ECHS, Ministry of Defence (ECHS/DoESW) today signed Memorandum of Understanding to integrate Ayurveda in ECHS Polyclinics as an OPD service for five years period. These will be established at 10 polyclinics based at Ambala, Mysore, Ranchi, Nagpur, Bhopal, Bhubaneswar, Chennai, Meerut, Dhanuapur, and Alleppey (Alappuzha). Ayurveda centres are already in place in 37 cantonment Hospitals, 12 military hospitals of AFMC and Ayurveda OPD in AH R&R, AF Hospital Hindan and five ECHS polyclinics.

The MoU was signed on behalf of Ministry of Ayush by Dr. Manoj Nesari, Adviser (Ayurveda), Ministry of Ayush and by Maj Gen N R Indurkar, MD, Ex-



servicemen Contributory Health Scheme in the presence of Sri Pramod Kumar Pathak, Special Secretary, Ministry of Ayush, Brig Jitendra Singh, ECHS, Col AC Nishil, Director (Medical) and other officials of Ayush Ministry.

According to this MoU Ayurveda OPD will be established in 10 ECHS Polyclinics/Dispensaries in various regions of India to cover all ECHS members on voluntary basis. Ministry will provide technical guidance from time to time and will empanel Ayurveda Doctors and

Pharmacists for their engagement and provide list of essential Ayurveda medicines and any other technical support as may be required.

Whereas, Department of Ex-servicemen Welfare/ECHS, Ministry of Defence will provide requisite infrastructure (rooms/furniture/other amenities) at a suitable location in the respective polyclinics, engage with Ayurveda specialists, Ayurveda general duty medical officers and paramedical staff on contractual basis and provide ancillary staff (adminis-

trative, clerical and multi-tasking staff) as required for day to day working.

Both ministries have agreed to form a joint working group (JWG) comprising representatives from Ministry of Ayush and Department of Ex-servicemen Welfare/ECHS, Ministry of Defence to take forward the proposal of establishing OPDs as per the MoU.

Ministry of Ayush and Ministry of Defence has strengthened their association in providing Ayush Health services at various establishments of Ministry of Defence. Through 2019 MoU, Ayurveda OPD was started in Armed Forces Medical Services facilities of AH R&R, AF Hospital Hindan and five (05) ECHS Polyclinics. Later in 2022, two MoUs were signed for starting Ayurveda Centres at 37 Cantonment Hospitals and 12 Military Hospitals of Armed Forces Medical Services (AFMS).

It is mission of PM Modi to make whole nation prosperous and every state progressive: Amit Shah

AGENCIES

NEW DELHI, MAR 24

Union Home Minister and Minister of Cooperation and Minister of Cooperation Shri Amit Shah laid the foundation stone of 'Sahakar Samridhi Soudha' and inaugurated various development works of Karnataka government's Department of Cooperation, worth about Rs.1400 crore in Bengaluru, Karnataka today. Many dignitaries including Chief Minister of Karnataka Shri Basavaraj S. Bommai, former Chief Minister Shri B. S. Yediyurappa and Cooperation Minister of Karnataka, Shri S.T. Somashekhar were also present on the occasion.

In his address, Shri Amit Shah said that Sahakar Samridhi Soudha, a 67-acre market yard for agriculture marketing, a market for flower growers at a cost of Rs.11 crore in Binnipet APMC, Multi-level car parking in Yeshwantpura APMC at a cost of Rs.8 crore are being constructed. He said that under the Karnataka

Milk Federation, different buildings have also been inaugurated today. 100 MW Group Captive Solar Power Plant at a cost of Rs.430 crore, Cattle Feed Plant at Chikballapur and Priyapatna at a cost of Rs.140 crore and about Rs.50 crore respectively, packaging plant at a cost of Rs.95 crore and Hostel for students at Belgaum are being made. Along with this, a new oxygen plant, underground drainage facility of Bangalore Development Authority at a cost of Rs.238 crore, construction of roads at Bangalore's Banashankari Block at a cost of Rs.31 crore and many other development works worth Rs.128 crore are being done in Yeshwantpura. Shri Shah said that under Jeevan Mission, arrangements for drinking water are being made in Panchayats like Kumbalgodu, Ramohalli, Jalahalli, Chikanahalli, Chunchankuppe and Kagalahalli at a cost of Rs.182 crore.

The Union Home Minister and Minister of

Cooperation said that it is the mission of Prime Minister Shri Narendra Modi to make the whole nation prosperous and every state progressive. To fulfil the mantra of 'Sahakar se Samridhi', for the first time after 75 years of independence, Prime Minister Shri Narendra Modi formed the Ministry of Cooperation, through which the way for the welfare of farmers, animal rearers and women across the country was opened. He said that under the Ministry of Cooperation all Primary Agricultural Credit Societies (PACS) have been computerized and made multipurpose. PACS are being made Common Service Centers (CSC) and now PACS will be able to provide services like gas distribution agency, water distribution and running petrol pumps. Shri Shah said that under the leadership of the Prime Minister Shri Narendra Modi, GeM portal has also been opened for all cooperative institutions. Along with this,

huge taxation benefits have also been provided to the cooperatives. Shri Amit Shah said that under the leadership of Prime Minister Shri Narendra Modi, multi-State Cooperative Societies have been formed for seeds, organic products and exports. Along with this, Prime Minister Shri Narendra Modi has taken many initiatives in the field of cooperation, and the government of Karnataka is taking it forward. Shri Shah said that the Government led by Prime Minister Shri Narendra Modi has secured the whole of India by banning PFI. He said that the work of building Ram temple in Ayodhya was stuck for the last 77 years, Prime Minister Shri Narendra Modi laid the foundation stone of Ram temple and very soon, a grand temple will be ready in Ayodhya. He said that by abolishing Article 370 from Kashmir, Prime Minister Shri Narendra Modi has cracked down on terrorism in the entire country.

Korean temple food to be introduced to Indian public, media and local renowned chefs at Korean Cultural Centre India on 25th March by Ven. Jeong Kwan

AGENCIES

NEW DELHI, MAR 24

The National Gallery of Modern Art, Ministry of Culture along with Embassy of the Republic of Korea and Korean Cultural Centre India, together with the Jogye Order of Korean Buddhism, are holding a cultural exchange event in commemoration of the 50th anniversary of diplomatic ties between Korea and India in New Delhi from March 21 to March 25.

To mark the occasion, for the first time Korean temple food will be introduced to the Indian public, media and local renowned chefs through an official event at Korean Cultural Centre India on



this coming 25th March by Ven. Jeong Kwan. The food items will be baked chips made of lotus stem, potato and seaweed, served with lotus flower tea. In accordance with the teachings of Buddha who respected food, Korean temple food has preserved vegetarian food traditionally and it has formed one of the

roots of Korean traditional food. A special exhibition titled "An Encounter with Korean Traditional Buddhist Culture in India, the Land of Buddha" is also being organised. The exhibition will be held for about a month until 30th April and various experience programs such as painting Korean cul-

tural items, experiencing Korean Buddhist scriptures, ink painting, and making lotus lanterns will be held at the exhibition hall till 25th March in this week.

For the first two days, there was an overwhelming response from the teenagers and children by participation in the workshops. There were three sessions on lantern making, woodblock printing, colouring fans, and stringing prayer beads. More than 500 individuals have participated in the last two days.

The opening ceremony of the special exhibition titled "An Encounter with Korean Traditional Buddhist Culture in India, the Land of Buddha" was inaugu-

rated by Shri Kumar Tuhin, Director General, Indian Council for Cultural Relations along with Smt. Tamsunaru Jamir Tripathi, Director, National Gallery of Modern Art, and Korean Ambassador to India Chang Jae Bok on 22nd March (Wednesday) at National Gallery of Modern Art (NGMA New Delhi). The exhibition consists of media art of Buddhist painting scrolls which are called "Gwaee Bul", a symbol of traditional Korean Buddhist rituals; Korean traditional lanterns of 'Yeondeunghoe', a UNESCO Intangible Cultural Heritage of Humanity, and various photo works with the theme of temple stay.

Aatmanirbhar Bharat MoD signs Rs 3,000-crore contract with BEL for electronic warfare systems



AGENCIES

NEW DELHI, MAR 24

Ministry of Defence, on March 24, 2023, signed a contract with Bharat Electronics Limited (BEL), Hyderabad for procurement of two Integrated Electronic Warfare Systems 'Project Himshakti' at an overall cost of approximately Rs

3,000 crore. The project is under the Buy (Indian - IDMM (Indigenously Designed Developed and Manufactured) category comprising contemporary and niche technologies.

'Project Himshakti' will encourage participation of Indian Electronics and associated industries, including MSMEs, which

are sub vendors of BEL. It will generate employment of approximately three lakh man-days over a period of two years. The project is a significant step forward in developing indigenous capabilities making the country 'Aatmanirbhar', in consonance with the Make-in-India initiative of the Government.

From the Front Page...

J&K govt issues...

platforms," the circular reads, adding, "Violation of these guidelines/rules shall tantamount to misconduct and invite disciplinary action against the delinquent official under the relevant rules." All Administrative Secretaries, Deputy Commissioners, Heads of Departments, Managing Directors have been asked to "immediately" proceed against "the employees working in their departments/offices who are found to have violated the guidelines and rules, in terms of the relevant disciplinary framework."

"Further, in case of a violation committed on a group platform, the 'Administrator', if they are serving government/semi-government employees, shall also be liable for disciplinary proceedings," it added.

India working...

"adopted by the common citizens of the country," he said.

He said that the Ni-Kshay Mitra campaign has helped TB patients a lot in tackling a big challenge of the nutrition of TB patients. "Keeping this in mind we announced Direct Benefit Transfer in 2018 and since then Rs 2,000 crore have been directly sent in the bank accounts of TB patients benefiting 75 lakh patients," he said.

He said, "The ideology of India as a country is reflected in the spirit of 'Vasudhaiva Kutumbakam'. This ancient idea is giving integrated solutions to the modern world today. India has also kept the 'One World, One Family, One Future' theme of the G-20 summit. This theme is the resolution of the shared future of the whole world as one family. Recently India has taken the initiative of taking forward the vision of 'One Earth, One Health'. With this One World TB Summit India is fulfilling another resolve of global goals," he said.

Modi said that in the last nine years, India has worked collectively on many fronts in the fight against TB. "For example, public participation, special campaigns for nutrition, new strategies for treatment, full use of technology and campaigns like Fit India, Khelo India and Yoga to promote good health. The biggest work done by India in the fight against TB is people's participation," he said.

He said, "The new thought and approach with which

India started working against TB since 2014 is truly unprecedented. The whole world must know about these efforts of India because it is a new model in the global fight against TB."

The PM said that India is working on the strategy of Trace, Test, Track, Treat and Technology and this strategy is helping a lot in the fight against TB. "There is a big global potential present in the local approach of India which we have to use collectively," he said.

He said that 80 per cent of medicines for treatment of TB are manufactured in India. "The potential of Indian pharma companies is a big strength of the global campaign against TB," he said.

Modi said "I am sure Kashi will give a new energy to our global resolve against a disease like TB. It is a matter of great pleasure for me that 'One World TB Summit' is being held in Kashi. Fortunately, I am also the MP of Kashi. The city of Kashi is the eternal land which has been witness to the efforts and hard work of humanity for thousands of years. Kashi testifies that no matter how big the challenge is, when everyone's effort is there, a new path also emerges." AGENCIES

MeT predicts widespread...

settled at 0.0 degree Celsius for the second consecutive day on Friday and it was 1.6 degree Celsius above normal for the famous ski resort, the MeT office said.

Five Glock pistols...

later during search of the area a packet was recovered from the field, a BSF spokesperson said. Officials said the cache contained five Glock pistols, ten magazines and 91 rounds.

Security agencies suspect the consignment was meant for Khalistani separatist groups in the border state.

The Glock is a sophisticated semi-automatic pistol that is used by counter-terrorists like the National Security Guard (NSG) and other commando teams.

It is used for close-quarter battle scenario and VIP protection duties as it has a range of 35-50 metres. It is manufactured in Austria and the USA. AGENCIES

Central govt committed...

the Union Government which is evident now with

the beginning of investment of thousands of crores in different sectors in J&K for the welfare of the people.

The MoS further said, in the last many years, the gates of development have opened for J&K which is evident from the fact that all the centrally sponsored schemes and programmes like Pradhan Mantri Awas Yojana, Jan Dhan Yojana, MUDRA, PM Ujjwala Yojana, Scholarship Schemes for Students, Welfare Schemes for Scheduled Castes, Scheduled Tribes and Other Backward Classes are now implemented in J&K.

He also said that hundred per cent implementation of many central schemes in J&K is the outcome of the steadfast approach of Government of India to provide social stability at all fronts be housing, livelihood etc. to the people of J&K. The Union MoS was interacting with the media during a press briefing at Jammu.

SC directs all...

baill before complete courts after their surrender. "All the convicts who were released during COVID-19 pandemic after their surrender can move competent courts for suspension of their sentence", the bench said.

Several convicts and undertrial prisoners, mostly those who were booked for non-heinous offences, were released during the pandemic in various states on the recommendations of high-powered committee set up in pursuant to directions of the apex court. AGENCIES

Govt's grievance redressal...

Governments (PG) cases in November, 1.27 lac Public Grievances (PG) cases in December, 2022 and 1.25 lac Public Grievances (PG) cases in January, 2023. This is the first time since inception of CPGRAMS that PG case redressal has crossed 1 lac cases/month.

Elaborating before the media, Dr Jitendra Singh said that the Government has taken several initiatives to improve quality of grievance redressal and reduce timeliness of disposal. In 2022, the Government implemented the 10-step reforms of CPGRAMS, the Centralised Public Grievance Redress and Monitoring System. The reforms included Universalization of CPGRAMS 7.0, Technological Enhancements using AI/ML, Language Translation of CPGRAMS portal into 22 Scheduled languages, operationalization of Grievance Redressal Index, operationalization of a Feedback Call

Centre, One Nation One Portal by integration of State Portal/Other Grievance Portals of Government of India with CPGRAMS, inclusivity and outreach with availability of CPGRAMS in all Common Service Centres, Training and Capacity Building of Grievance Redressal Officers under Sevottam scheme, publishing monthly reports for Central Ministries/Departments and States/UT's and establishment of a Data Strategy Unit for data analytics.

The Minister further added that the average disposal time of Central Ministries/Departments has decreased from 32 days in 2021 to 27 days in 2022 to 19 days in January 2023. The 2022 Feedback Call Centre report indicated 2,51,495 successful calls, of which 57,486 had excellent and very good feedback and 73,817 calls where citizens expressed satisfaction. In case of poor rating the option of appeal to higher officers is provided to the citizen. Nodal and Sub-Nodal Appellate Authorities have been operationalised in all Ministries/Departments.

Protesters disrupt forum...

quick succession, in Jammu and Kashmir. Junaid said, "they are facing the law of the land, the rule of the land, "which resulted in the collapse of the Hurriyat Conference in Kashmir."

Just then a handful of protesters interrupted the Kashmiri activist and disrupted the forum. One protester yelled in response "Shame on you." After being heckled by security personnel when asked to leave the room the protesters visibly lost their temper and were seen retorting with abuses.

"The whole audience has seen your real face today. What we have seen in Kashmir we saw in Washington today and thank you for showing the world how cruel how indecent these people are," said Junaid as he hit back in response to the disruption.

All of this was caught on camera and the video grabbed headlines. Mir Junaid is the president of the Jammu and Kashmir Workers Party (JKWP). He is a writer and a law graduate from the University of Kashmir. He tweets at @MirJunaidJKWP.

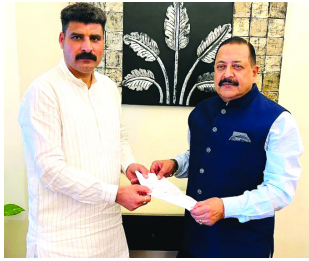
"You have seen it all and this is what they did initially, what they are doing, they tried to silence me with the barrel of AK 47 if you gave them the 47 they will shoot us dead here right away. That's because they don't want to face the truth." Junaid added. AGENCIES

Pawan Khajuria meets Dr. Jitendra Singh to discuss issues of Udhampur

JI NEWS SERVICE

NEW DELHI, MAR 24: Pawan Khajuria, J&K BJP Vice President today met Minister (Independent Charge) Udhampur/Doda Parliamentary Constituency Dr. Jitendra Singh in PMO and discussed in detail about different problems of Udhampur.

Pawan Khajuria discussed the problems faced by the students of Jammu and Kashmir studying in Delhi through scholarship in front of Dr. Jitendra Singh. Khajuria said that our students have to face many problems. The students have to leave their studies in the middle and come back due to no hostel arrangement for them. He urged them to make a JK hostel for the students of Jammu and Kashmir in Delhi so that these students can complete their studies by staying in the hostels. He further informed that around 3000 students of



Jammu region are doing M.Sc in Environmental Science in IGNOU. There is no IGNOU Study Center for M.Sc Environmental Science in the Jammu region. M.Sc Environmental Science students from Jammu region have to travel long distances to reach Kashmir Division for doing practicals, which is a great inconvenience to them. Keeping the above points in mind, he is requested to kindly take up the matter with the concerned department to start M.Sc Environmental Science in IGNOU Study Center of District Udhampur. It is the central point and is easily accessible to all the students. Pawan Khajuria further said that the National Law University for Jammu was sanctioned in 2010-11 but its classes have not started yet. Apart from this, approval was given for Sampark Kranti Train from Delhi to Udhampur, later it

was taken up by Katra. However, it stops at Udhampur only for 2 minutes, due to which many people miss the train due to overcrowding. Placing the demand of the people of Udhampur in front of Dr. Jitendra Singh ji, he said that the stay time of this train should be extended, so that the local people can reach their destination on time.

Further, he also put other problems of Udhampur in front of him, in which he gave information about water, road and sewerage projects going on in Udhampur.

Showing keen interest to address the issues raised by Pawan Khajuria, Dr. Jitendra Singh immediately talked to the concerned ministries and asked them to solve these problems soon. Lamenting the sewerage project, Dr. Singh asked the concerned authorities to complete this work as soon as possible and asked to visit Udhampur soon.

Sham, Priya, Munish listen to public grievances at BJP headquarter

JI NEWS SERVICE

JAMMU, MAR 24: J&K BJP Vice-President & former Minister Sham Choudhary, BJP NEM & former Minister Priya Sethi and BJP former General Secretary & senior leader Munish Sharma listened to public grievances and took up with concerned officials for early solutions at BJP headquarter, Jammu. Numerous individuals and deputations visited the BJP office to meet the party leaders and narrate their woes & problems. The issues presented by common masses before the senior party leaders were related to PHE, PWD, Rural Development, Revenue, Irrigation & Flood Control, Education, Agriculture, etc. BJP leaders took up the presented issues with the heads of



concerned departments pressing for their early solutions. Sham Choudhary, speaking on the occasion, said that BJP is committed to the welfare of common masses and their issues. He said that all the senior functionaries of

BJP are daily available at the party office to listen to the public grievances.

Priya Sethi said that BJP leaders have sincerely tried to start a communication bridge between masses, administration. Masses must avail benefit.

a very positive mindset that their issues would be resolved soon. Munish Sharma said that the BJP leaders have sincerely tried to start a communication bridge between masses, administration. Masses must avail benefit.

Congressmen hold strong silent protest in Jammu



JI NEWS SERVICE

JAMMU, MAR 24: Congress held a strong silent protest Dharma in Jammu today against the politics of vendetta and suppression of the voice of dissent and opposition especially the congress party.

A large number of congress workers and top leadership of the party led by PCC President Vikar Rasool Wani and accompanied by Working President Raman Bhatta, Yogesh Sawhney, Ravinder Sharma, Th. Mannohan Singh, Th. Balwan Singh, Balbir Singh, T.S. Bajwa, Shabir Ahmed Khan, Indu Pawar, Hari Singh Chib, Krishan Chander Bhagat and several other prominent leaders held a silent protest dharna at Shaheed Chowk Jammu outside party HQ Jammu to

express solidarity with congress leader Shri Rahul Gandhi and lodged protest against the politics of vendetta and suppression of the voice of the opposition in the country.

The senior leaders and activists wore black badges and masks to convey a message of denial of right to speak and express views, as guaranteed by the constitution in a democracy under the Modi regime and the politics of vendetta through different agencies against the opposition leaders especially the Congress party. The silent protesters sent a strong message of solidarity to their leader Shri Rahul Gandhi and the determination of the congress party to fight against such politics of Modi Govt.

Reacting to the disqualification of Shri Rahul Gandhi from the Lok

Sabha, today JK PCC Chief said that Rahul Gandhi was the voice of poor, youths and common man in the Lok Sabha which shall be missing. He used to fearlessly raise the voice of the common man, especially the poor, youth and women and against those who have been looting the taxpayers money. He has been punished for speaking the truth and the voice of the common people in this country. We stand in solidarity with our leader.

Prominent others who sat on silent dharna include Shiv Kumar Sharma (INTUC), Corporators Dwarika Choudhary & Rajinder Singh Jamwal, Pawan Raina, Shashi Sharma, Narinder Gupta, Narinder Sharma, Krishan Lal Gupta, H.S Mehta, Sanjeev Panda, Babal Gupta, Thomas Khokhar, Sahil Sharma, Suresh

Dogra, Bhavishya Sudan, Rajinder Singh Nathu, Sandeep Dogra, Dr. Ramakant Khajuria, Pawan Dev Singh, Michael Wazir, Pawan Dev Singh, Uttam Singh, Vijay Shastri, Rajan Sharma, Bhushan Dogra, Subash Bhagat, Jatun Raina, Bhupinder Singh Manhas, Ram Magotra, Gurneet Singh, Chander Shekhar, Atul Sharma, Anil Kumar, Santosh Manhas Chander Prabha, Asha Chandan, Anuradha Sharma,

Later talking to media persons PCC President Vikar Rasool Wani said that Congress party shall not be cowed down by such tactics and the politics of vendetta by the BJP and Modi Govt. and would fight for the freedom of speech and expression available to the citizens under the constitution.

He said that Congress party stands guarantee to the freedom attained by the countrymen under the leadership of the congress party, of which freedom of speech and expression is the most fundamental right. He said that BJP Govt. wants to crush the voice of opposition and wants to deter them from raising voice against Modi Govt. which is very dangerous and the congress party shall continue to fight against such politics to protect and safeguard the rights of the citizens.

Strengthening BJP at booth level to guarantee party's victory in all corners: Purnima



JI NEWS SERVICE

JAMMU, MAR 24: Advocate Purnima Sharma, Spokesperson BJP J&K and former deputy Mayor Jammu on Friday said that strong BJP at booth level is guarantee for party's victory in all political contests and in every sphere across the Union Territory.

The senior BJP leader

was speaking while chairing a meeting convened to nominate Booth Samiti and Panna Parmukh in Ward No.1. This initiative was part of party's Booth Sashaktikaran Campaign as large number of party activist attended the meeting. The Party's Spokesperson laid stress on strengthening BJP at Booth level to make sure the decimation of all opponents in

the upcoming political battles. She said that strong booths of the party are guarantee for its stunning victory.

Purnima urged the party leadership to pay attention to this fact that a strong booth is a must for the success of the party and therefore every single party leader should go out fully to make BJP strong at booths and rope in all the

resources to convince and contact the people to join this movement led by the nationalist people to steer the country to new heights of progress surmounting all the bottlenecks created by the failures of the successive governments which never bothered to care for the country and its population rather were busy looting the resources for their petty vested interests.

The senior BJP leader asserted that without any iota of doubt, BJP is the best option before the people and at any cost the next government in J&K needs to be solely led by party leadership with both CM and deputy CM belonging to BJP.

Others who were present in the meeting included Kar Sharma, District Vice President, Somnath Booth President, Naresh Abrol, Shakti Kendra Parmukh, OBC State Secretary Gopal, Neeru Anand and Ram Saroop Khajuria.

DSRS JU organizes Second G20 Public Lecture on "India's Policy towards Neighbourhood"



JI NEWS SERVICE

JAMMU, MAR 24: The Department of Strategic and Regional Studies (DSRS), University of Jammu organized the Second G20 Public Lecture on "India's Policy towards Neighbourhood" in the seminar hall of the Department of Strategic and Regional Studies (DSRS).

Prof. Naresh Padha, Dean Academic Affairs, University of Jammu, the Chief Guest on the occasion introduced the theme of the Public Lecture and invited Prof. Thapliyal to deliver the lecture.

Prof. Sangeta Thapliyal, Chairperson, Centre for Inner Asian Studies, JNU, New Delhi emphasized on an important shift in India's policy

towards neighbours when Prime Minister Narendra Modi invited all the state heads of South Asia in his swearing-in ceremony of 2014. The speaker placed her lecture in the backdrop of India's global ascendance and how it impacts India's neighbours.

Prof. Thapliyal stressed that South Asian countries have to cooperate with each other on the issue of economic development, non-traditional threats, and calamities. Interestingly, India did focus on these sectors with neighbouring countries; a recent example is the Covid-19 pandemic. Under Prime Minister Modi, India's political interests are guiding the country's foreign policy. She maintained that India's neighbouring

states will improve when they show willingness in this direction, as India, Nepal and Butan have shown remarkable progress at the sub-regional level. Prof. Thapliyal acknowledged that India was indeed a factor of domestic politics in Bangladesh and Nepal, but now India is trying to manage a shift in the neighbourhood by focusing more on the sectors of electricity, roadways, railways, airways etc. Prof. Thapliyal further underlined that India's paradigm shift with development in focus is bringing dynamic change in the neighbourhood. Earlier, Prof. Virender Koundal, Director, Department of Strategic and Regional Studies formally welcomed the Chief Guest, Prof. Naresh Padha and the Speaker Prof. Sangeta Thapliyal, and other dignitaries. Dr. Mohd. Monir Alam presented the vote of thanks.

Ms. Vasundra Raje conducted the proceeding of the seminar in a graceful manner. This public lecture was attended by Dr. Surinder Mohan, Dr. Rajesh Chib, Dr. Ganesh Malhotra, Dr. Nilharika Subash, Dr. Bhanu Pratap, Dr. Tirath Pratap, Dr. Ashwani, Dr. Tarsem Singh, many eminent academicians, journalists, member of the civil society research scholars and PG students of the department.

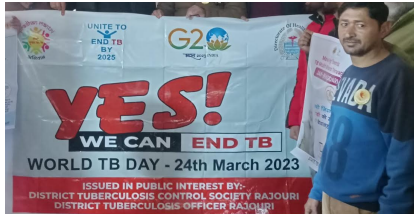
7- Day Annual NSS Camp of GDC Kotranka concludes

JI NEWS SERVICE

RAJOURI, MAR 24: A week long NSS camp that had commenced on 17th of March 2023 concluded today with a valedictory function organized in the college. The camp was organized under the overall supervision of Principal of the College Dr Rajinder Singh. Chief guest on the occasion was Mr. Javed Iqbal Chowdhary, chairperson Block Development Council Kotranka. A large number of students of the college along with NSS volunteers and faculty members attended the programme.

The event today commenced with the recitation of Naat by Mohd Shabbir of 4th semester.

Presenting the detailed report of the events and activities organized during the seven-day long camp, NSS Programme Officer Dr. Mohd Mushtaq said that the camp was inaugurated by the principal of the college on 17th of March and after that a large number of activities like debate competition on Ek Bharat Shreshtha Bharat, Environmental Pollution and its causes, lecture on



Media Literacy, awareness on HIV/AIDS and drug abuse, role of youth in nation building etc. were held. Students also carried out cleanliness drive of college campus and some water spring baolis of Kotranka village.

A survey was also conducted by the NSS volunteers in the adopted village Hubbi during which volunteers interacted with the public and collected the data on unemployment in the said village. Dr Mushtaq added that, beside these all activities, students also learned a lot during community service.

Expressing her views, Miss Rahila Anjum, one of the NSS volunteers said that she has reinvented herself during the community service and has learned more than expected via this camp. Another student, Mohd Ashraf said that he had never felt that level of happiness in his life which he felt after drinking a Bowl.

Speaking on the occasion, Principal of the college Dr Rajinder Singh said that it was a historic moment for the college as we have conducted our 1st NSS camp.

Tarun Sharma felicitates Braham Jyot Satti on being appointed as Prabhari BJP OBC Morcha Jammu Kashmir

JI NEWS SERVICE

JAMMU, MAR 24: Tarun Sharma, Incharge Cultural Cell Bhartiya Janta Yuva Morcha Felicitated Braham Jyot Satti by presenting him Portrait of 'Bawe Wali Mata' as token of appreciation. A couple of days ago Braham

Jyot Satti was appointed as Incharge (Prabhari) of BJP OBC Morcha Jammu Kashmir, so in this regard Tarun Sharma Congratulated Braham Jyot and appreciated his hard work and wished him bright future ahead. He said Braham Jyot is great mass leader who is always available

for the upliftment of public and he has done commendable work in past.

He said BJP has vested interest in Braham Jyot and appointed him as Prabhari BJP OBC Morcha Jammu Kashmir again and definitely Braham Jyot will shine again in his new assignment.

THOUGHT OF THE DAY

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

JINDRAH IMAGES

Covid-19: Anxiety and Itching

The scare of people died due to Coronavirus is still fresh in the minds of the people and the resurgence of this virus, which had claimed a heavy toll on human life and rattled country's economy, in several states continues to create fear among the people and shows that that the novel coronavirus is not yet a thing of the past in India. The reports suggest that there are incidents of resurgence of this virus as the daily caseload has reached 1,300 – the highest in over four months. Recently, the Prime Minister chaired a high-level review meeting, which happened to be the third anniversary of 'Janata Curfew' – the precursor to the stringent nationwide lockdown of 2020. During the meeting, the Prime Minister stressed the need to enhance genome sequencing and maintain Covid-appropriate behaviour, even as the Ministry of Health and Family Welfare has asked all states and UTs to ensure the availability of drugs for influenza and Covid. The ministry has also stated that mock drills will soon be held across the country to assess Covid preparedness. The Health experts suggest the fresh spike in cases is not a harbinger of a new wave. They have asserted that there is no need to panic as the fatality rate and the number of hospitalisations is not increasing significantly. This reassurance should suffice to rule out any drastic step to curb the movement of people. The key takeaway from the Covid-induced restrictions imposed in the past three years is that they have merely delayed the inevitable. The lockdown of 2020 proved disastrous for the Indian economy, with millions of people losing their jobs. The country witnessed a devastating Covid wave in April-May 2021, but the situation has been under control after that, thanks to the country's commendable vaccination programme. The havoc wreaked by the zero-Covid policy, which China had to withdraw after nationwide protests, gives India another reason to not make any self-defeating move. The current surge is being attributed to Omicron XBB sub-variants. A recent US study says that vaccines and boosters are effective against these highly transmissible strains. The five-fold strategy – test-track-treat-vaccination-Covid-appropriate behaviour – should be continued in earnest as it has proved to be a success. An area of concern is the booster dose coverage, which has remained below par. Authorities should also need to revitalise the immunisation campaign and urge people to shed vaccine hesitancy. Covid is far from over, but if we get the basics right, things should be fine. At the same time, the need of the hour is that the people should not get complacent to the situation and precautions should be taken to keep this virus away.

When society is held hostage to fundamentalism

A political discourse that foregrounds the interests of the majority and denigrates the minorities on the basis of religion forgets that religion escapes any attempt to use it instrumentally as a means of retaining power. Why, after all these years, has the bogey of Khalistan resurfaced in the political arena? Is it because the politics of Hindutva has legitimised the subordination of politics to religion?

NEERA CHANDHOKA

The claim that India is distinguished by pluralism and tolerance has now achieved the dubious status of a platitude – a statement that is repeated so often that it has lost meaning and become insipid. The proposition that India is constituted as a plural society does not lead to the proposition that the ruling class values pluralism. From the late 1980s to the 1990s, literature on the need to respect multiculturalism came to us from largely immigrant societies – Canada, the US and Australia. India has been historically constituted as a plural society, but the literature gained traction in academia.

Towards the end of the 1990s, a number of political theorists recognised that it is not enough to posit multiculturalism, for minority cultures will always be at risk in a society dominated by one community, its language, its vision of what is good and its goals. The notion of multiculturalism, or the idea that one political community contains within its boundaries a number of different faiths, was thereon buttressed by the idea of minority rights.

The theoretical exercise was redundant for India, where the notion of minority rights had been incorporated into the vision of the leaders of the freedom struggle, and the authors of our Constitution. The moment the Hindutva movement began to consolidate around the objective of destroying the Babri Masjid, the issue of the rights of minorities came in the forefront of academic agendas. At the same time, it was submerged by the rush of majoritarianism.

We learnt that plural societies are often divided societies. The division is not only between different conceptions of the good. They get divided when communities/political parties disagree on the norms that can arbitrate/regulate different conceptions of the good. Secularism provides one such norm: in the public sphere, no religion shall be advantaged and no religion shall be disadvantaged. But we live in strange times. Right-wingers believe that the majority religion should domi-



nate the lives of all religious communities. The vocal supporters of Hindutva fail to recognise the distinction between religion as a faith and religion as a form of power politics. Hinduism is a complex creed. It has nothing to do with Hindutva, which has reduced a sophisticated system of faith to garish temples and rituals. I wish worship at temples and genuflections before the Brahmanical caste could wipe out hunger and want, eradicate inequality, teach its devotees respect for other religions, and, thus, deliver to all people a secure life led with dignity. But sadly, this has not happened in history. So, we have to look for other ways to hold a multi-religious community together.

One such way, perhaps, is to recreate a political discourse that is neutral to different notions of the good. A political discourse is always public, and public discourses are based upon shared understandings. A democratic political discourse has to ensure that all interests are accommodated: the right to freedom of conscience, the right to practise one's religion, and, above all, the obligation to allow others to do so.

A political discourse that fore-

grounds the interests of the majority and denigrates as well as demeans the minorities on the basis of religion forgets that religion escapes any attempt to use it instrumentally as a means of retaining power.

Why, after all these years, has the bogey of Khalistan resurfaced in the political arena? Why is that, once again, this 'failed project' poses a potent threat to the unity of the country? Is it because the politics of Hindutva has legitimised the subordination of politics to religion? Our rulers fail to recognise that the instrumental use of religious violence is invariably replicated in different forms. They have learnt nothing from the processes of competitive religious mobilisation that led to the partition of India? And have citizens not understood that religious violence does not hurt the powerful who barricade themselves with iron fences? It does not harm politicians protected by cavalcades against the ravages generated by their cynical politics. Religious violence harms ordinary people, they die in bomb blasts on buses and trains, they die because they are lynched by mobs and they die because of political mobilisation anchored in the most

vulgarised forms of religion.

Statesmen learn to hold their plural society together through political inventiveness and compassion for the people who have elected them to power. Politicians who possess inferior sensibilities divide us – we, who have learnt to live together, speak the same language, worship at dargahs of Sufi saints, share folk music and rituals, and who collectively dream of better futures for our children. Our future is at stake when once again the Indian society is held hostage to fundamentalism of any kind, whether by the merchants of Hindutva or those of Khalistan.

For too long we have seen spectators of violence against our own people by our own people. It is time to reflect on what violence has done to us, and what we have done to encourage it. In 1867, defender of freedom John Stuart Mill had said in his inaugural address at the University of St Andrews: "He is not a good man who, without a protest, allows a wrong to be committed in his name, and with the means which he helps to supply, because he will not take the trouble himself to use his mind on the subject." This is exactly what is happening in India.

Japan, Australia strengthening ties with India

GURJIT SINGH

THE Quad and Indo-Pacific, with specific reference to India, have been in the spotlight recently. Japanese Prime Minister Fumio Kishida visited India on March 19-20; the highlight of his trip was his elucidation of the new Japanese policy for a free and open Indo-Pacific region.

Earlier, Australian Prime Minister Anthony Albanese was in India for the first India-Australia annual summit on March 10. Out of its three Quad partners, India now has annual summits with Japan and Australia.

Overall, the Quad partners with India are now consistent in grasping several opportunities to meet during the year beyond their annual summits. The G7 summit in Hiroshima, the Quad summit in Sydney and the G20 summit in New Delhi in the next six months will provide ample opportunities for the Quad leadership to meet. The Quad foreign ministers recently met in New Delhi. They may well meet at the UN General Assembly in September too.

The context needs to be seen in a wider sense in the region. Japan and South Korea made up after a long hiatus of a tense relationship. Australia, the UK and the US (AUKUS) announced their plan to deploy nuclear-powered submarines in Australia for countering China. The Ministers of Defence of Japan, the UK



and Italy met in Tokyo and decided to develop a next-generation fighter jet by 2035, confirming a plan initially discussed in 2022. German Chancellor Olaf Scholz visited Tokyo a week earlier and among other things discussed closer defence cooperation with the Indo-Pacific which he discussed earlier in India.

After the Australian PM visited India, the AUKUS announcement came and prior to the Kishida visit, Japan for the first time introduced its military missile detachments to the distant islands within the Senkaku chain which will defend the Senkakus in the East China Sea and also have a

bearing on the Taiwan crisis if it erupts. Thus, much is happening in the Indo-Pacific mainly to counter China.

The visit of Chinese President Xi Jinping to Moscow recently enlarged the multifaceted partnership with Russia amid its continuing conflict with Ukraine. The problem of the Ukraine crisis for India is that it brings expectation that India would side with the G7 and NATO-led approach of criticising Russia, whereas as India, which is critical of Russian action, has been more muted in its public display of unhappiness.

India does not want the precedent

of the Ukraine crisis to be used in other situations and is wary of China on its northern borders. If China creates a crisis in Taiwan, India will have to expend a lot of effort in diplomacy. India, for its development, requires a peaceful and stable world.

Constraining China and its aggressive intent in the Indo-Pacific is a shared approach that India follows with Japan, Australia and the US as well as with other countries in the region, who are less vocal in their criticism of China.

Therefore, the enunciation by PM Kishida of the revitalised free and open Indo-Pacific was important. Thirty years ago, Japan did not consider India a part of its Asia-Pacific policy. With the Indo-Pacific policy covering a wider reach, India is a linchpin. Kishida was clear in saying that India was indispensable to the Indo-Pacific. At the same time, he mentioned a large number of countries with whom the free and open Indo-Pacific could engage to keep a rules-based order on maritime security. Albanese, while in India, had a symbolic visit to aircraft carrier INS Vikrant. Australia will host the Malabar maritime exercise for the first time this year. Their joint adherence to the Quad principles and mutual support to India in the Indo-Pacific was palpable during the visit.

India has initiated the Indo-Pacific Oceans Initiative (IPOI). Japan and

Australia are among the countries, besides Singapore, Italy, France and Indonesia, who are partnering with India in some of the pillars of cooperation of the IPOI. But Kishida did not mention the IPOI in his free and open Indo-Pacific elaboration. With Australia, this found clear resonance in the joint statement.

Kishida announced several pillars of cooperation under the free and open Indo-Pacific venture. These are the principles for peace and rules for prosperity, including a free, fair and just economic order. This also covers quality infrastructure investment and transparent development finance. The second pillar is addressing the challenges in an 'Indo-Pacific way'. The global commons approach will be used to deal with climate, environment, public health and cyberspace. Multi-layered connectivity is the third pillar. Here, the emphasis is on diversifying reliance on single countries to avoid vulnerabilities.

In this context, Kishida mentioned India, especially its North-East, ASEAN and the Pacific islands as important focal areas for such connectivity. The fourth pillar aims to increase knowledge and human resource development. The ASEAN and the Pacific islands are areas where Australia, too, is willing to collaborate with India.

Japan is seemingly ready to revise its development cooperation charter

to use its official development assistance (ODA) more imaginatively, mobilise private capital and deal more conclusively with socio-economic challenges. Japan's appetite for public funds to be invested for the ODA alone is diminishing and it wants to increase its private sector FDI. By adding all this, Japan proposes the mobilisation of about \$75 billion in the Indo-Pacific region by 2030 for developing infrastructure, connectivity and the like. In this, Australia is ready to harness more capital, though it is not as big a capital-surplus country as Japan is.

Both Japan and Australia recognise that India, as the largest democracy in the world, is respected for its diversity and development. They seem connected to India in a natural way and believe that despite their diversity, there is ample understanding among them to find the best way forward so that the impact on the Indo-Pacific is positive and peaceful and for the betterment of humankind.

Kishida sees India as a partner of responsibility for maintaining and strengthening the free and open Indo-Pacific, based on the rule of law. Albanese had similar thoughts. The coordination between G7 President Japan and G20 Chair India was, perhaps, fruitful to the extent that other than Ukraine, there is a broad commonality of views on how to make the world a better place.

Exclusive: Parineeti Chopra finds love in Raghav Chadha

After being spotted together for dinner and lunch this week, actor Parineeti Chopra and politician leader Raghav Chadha have left their fans wondering if they are dating. Now, a source confirms that they are indeed in a relationship and it is going strong.

They were first spotted on a dinner outing in Mumbai on Wednesday. They both wore white shirts. They were again spotted on Thursday on a lunch date. They even posed for paparazzi pictures.

"Yes, Parineeti and Raghav are dating, and they couldn't be happier about it. They have known each other for quite a long time, and it was only recently their bond bloomed into this relationship," says a source.

The insider reveals that they connected over a lot of things, with the main being "desire to live life fullest".

"They connected over travel and food," shares the source, adding, "They are in a very safe space when it comes to their relationship which is why they are bothered about stepping out together. They are really enjoying

this new phase of their life".

Chadha, who is a member of Aam Aadmi Party, is the youngest member of the Parliament. He hails from New Delhi and has studied abroad at the London School of Economics. Meanwhile, sometime back, in an interview to HT, she expressed her desire to get married soon. "In terms of my personal life, I would love to get married and I would love to have children in my life. That is also important. I want to have a great balanced career which is full of highs and lows. I welcome both equally. I want to be healthy, I want to be happy with my family and my friends," she says, adding, "The day I find my person and I fall in love with my person, I will want to marry him".

She also confessed that she was single at that moment. "Right now, there is no one in my life. I haven't found my special one yet," she said. However, it is clear that it has changed now. On the work front, Chopra is busy with two projects based on real-life stories in the works - Chamkila and Capsule Gill.



'Tu Jhoothi Main Makkaar' To 'Chhichhore' To 'Ek Villain' - Shraddha Kapoor Is The New Queen Of Rs 100 Crore Films



Shraddha Kapoor has worked in some of the most successful films. While the actress never leaves a chance to win the hearts of the audience, her films are some of the top grossers that have made their place in the Rs 100 Crore club. Whether she is the solo heroine or it's an ensemble cast, she has always managed to pull in the crowds to the theatres.

Currently, 'Tu Jhoothi Main Makkaar' is showing a phenomenal run at the box-office and has recently crossed the mark of Rs 100 Crore which makes it Shraddha Kapoor's 6th film to enter the coveted Rs 100 Crore club. Not many actresses of today's generation can boast of having that many Rs 100 Crore plus films in their kitty. So, let us have a look at the top highest grossers of Shraddha Kapoor that has registered its name in the Rs 100 Crore Club: 'Chhichhore': Shraddha Kapoor truly won the hearts of the masses with her amazing performance in 'Chhichhore'. While the film was immensely loved by the audience, it has booked a phenomenal success at the box-office with a collection of 153.09 Crore across India.

By Heart review: Behind the scenes with Isabelle Huppert, Fabrice Luchini

Isabelle Huppert is one of the most revered actors working in the film industry right now. She is also, quite possibly, the most inscrutable. In a roundtable for actresses conducted a few years ago, the French actor spent no extra second to say that none of the characters she has played in her career has changed her thinking about life. Her performances over the years are markedly playful yet never the same: always revealing in that disinguard for conformation. (Also read: All That Breathes review: This Oscar nominee from India is visually stunning doc on need to co-exist)

In Benoit Jacquot's modest new documentary By Heart (Par

Coeurs), the camera catches Huppert beyond the context of her art. Here, she is clearly aware of the camera waiting to catch her off-guard, but will she reveal a little more than she chooses in plain sight? This exercise in documenting an actor behind the scenes, in her most private moments of preparation fuels this smart little film that played at the 2023 Copenhagen International Documentary Film Festival. Alongside Isabelle Huppert, By Heart also observes the renowned French stage and film actor Fabrice Luchini, as he recites Nietzsche and then leaves backstage- creating a double bill of an actor's encounter with the text in the

process. Both of them are there for the productions at Festival D'Avignon in 2021. It's fascinating to witness.

The stage is set at Avignon in the summer of 2021, where Huppert is on her way for a production of Chekov's The Cherry Orchard. In the car, she is warming up to the screenplay. Yet there is one line in the text that she can't seem to process and move forward. "The disaster is so unbelievable, I know longer what to think," she repeats impulsively in French. "I'm all at sea." She says that it has never happened so that she has been stuck in one line in the text like this, unable to fathom how to navigate its position in her head. Sharp and exacting in

her words, Huppert walks around with a hidden sense of enquiry into the place, people and the character. We see her settle in a makeshift space behind the stage, take a quick nap in between, and get ready along with her castmates- constantly making sure she has got her lines down by heart.

In contrast, there's Fabrice Luchini with whom Jacquot's lens stays for a long sequence when he reads out Nietzsche with a full swing in his voice, always engulfing the meaning and subtext is his astounding delivery. His reading is commanding and passionate. Even when he is not reciting those lines, Luchini is thinking about them- always in his performa-

tive element, tirelessly talking about the question of acting, the importance of Alceste's anger and the process of submission to the text. "The sentence is not a sentence. The sentence is a state to reach," he implores. Jacquot's camera throws light on this all-encapsulating need and hunger of an artist who is always striving to perform with a startling sense of truth. There's discipline and discomfort that keeps the actor going. Moving ahead with an unadorned, breezy pace with handheld camera movements, By Heart offers a rewarding treat for cinema lovers acquainted with the work of these two thespians of their craft, as they bring a sense of individualism into every part they take on.

Aly Goni: I Am Going To Offer Umrah This Ramzan Along With Asim Riaz



Aly Goni considers himself very lucky to have got the opportunity to go offer Umrah, in Saudi Arabia, during this ongoing month of Ramzan. The actor says that he has been wanting to do this for a long time now.

"I have been wanting to offer Umrah for many years. Finally, I have planned and am going along with my childhood friend Asim Riaz. I am going for a week. Last year, my parents went. I believe in the blessings of my parents as well as Allah's. Life is good," he says.

Meanwhile, Aly Goni is on the lookout for some meaty roles on the work front. "I am open to substantial work on OTT. I haven't taken up work on TV consciously. If some great interesting offer comes from TV, only then I will consider it. I believe in living in present. A perfect balance in personal and professional life is important. I pray for peace for everyone including my fans who shower love unconditionally on me," he concludes.

Sara Ali Khan confesses she'd use divorce to guilt trip Saif Ali Khan: 'Abba, you don't live with us'

Sara Ali Khan, while promoting her new film Gaslight, has confessed that she and her younger brother, Ibrahim Ali Khan, have played up being children of divorced parents and tried to play victims against them. She shared that she and Ibrahim have asked for things from their parents, Saif Ali Khan and Amrita Singh, when they were younger, knowing they might feel guilty about the divorce. She also joked that she still does it sometimes at her current age as well. Saif and Amrita tied the knot in January 1991 and divorced in 2004 after 13 years of marriage. Sara was born on August 12, 1995 and Ibrahim on March 5, 2001. Saif married actor Kareena Kapoor in 2012 and they have two children, six-year-old Taimur Ali



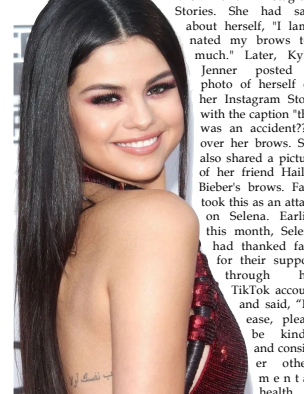
Khan, and two-year-old Jehangir Ali Khan. During an interview with Bollywood Bubble for her upcoming Disney+ Hotstar film, Sara was posed the question if she and her brother have ever gaslit their parents. The young actor admitted that she had. She said, "Sometimes, we played the victim card. Like the obvious way, in my family dynamic. Like, 'Abba is not here mummy, give this to us' at the age of 11, or, 'Abba, you don't live with us, give this to us' at the age of 15." Sara also joked that

sometimes she has done even now. She laughed and said, "Replace 11 and 15 with 26." After the divorce, she and her brother were brought up by their mother. In a 2021 interview, she had commented, "Even at the age of nine-year-old, I think I had the maturity to see that these two people living together in our home were not happy. And suddenly, they were much happier living in two new homes. For instance, my mom, who I don't think had laughed in 10 years, was suddenly happy, beautiful, and excited, like she deserves to be. Why would I be unhappy if I have two happy homes?" In Pawan Kripalani's Gaslight, Sara plays a young woman who comes back home to find her father missing. She suspects foul play but no one seems to believe her.

Selena Gomez says Hailey Bieber told her she's getting death threats, asks fans to end the attacks

On Friday, Selena Gomez came out to defend Hailey Bieber and asked fans to stop speculating about the two and their alleged feud. She also revealed on her Instagram Story that Hailey had gotten in touch with her and posted a message that Hailey had been receiving death threats over this. She asked fans to stop with the negativity and bullying and stressed that this isn't what she stands for.

With a simple but forceful statement, Selena wrote, "Hailey Bieber reached out to me and let me know that she has been receiving death threats and such hateful negativity. This isn't what I stand for. No one should have to experience hate or bullying. I've always advocated for kindness and really want this all to stop. (red heart emoji)" Hailey is married to Selena's ex-boyfriend, singer Justin Bieber. Over the past few weeks, social media users especially those on TikTok have claimed that Hailey is a "mean girl" and she and her friends haven't always treated Selena kindly. After Selena had posted some self-deprecating videos of herself on TikTok and Instagram Stories. She had said about herself, "I laminated my brows too much." Later, Kylie Jenner posted a photo of herself on her Instagram Story with the caption "this was an accident???" over her brows. She also shared a picture of her friend Hailey Bieber's brows. Fans took this as an attack on Selena. Earlier this month, Selena had thanked fans for their support through her TikTok account and said, "Please, please be kinder and consider others m e n t a l health."



Discover the world of Mashle: Magic and Muscles - Everything you need to know about the upcoming show - anime

Are you ready for the ultimate magical shonen experience? Look no further than Mashle: Magic and Muscles, the upcoming anime adaptation of the popular manga series. With a unique twist on the magical world trope and a cast of talented voice actors and production staff, Mashle is sure to captivate audiences when it airs on April 7, 2023. Here's everything you need to know about the series before it premieres. Join Mash at Easton Magic Academy - Can he keep up the

facade and outwit his magical peers? In a world where magic is everything, Mash stands out as an anomaly. He is unable to use magic but makes up for it with his incredible physical strength and combat abilities. When he and his adoptive father are threatened by those who despise non-magic users, Mash must enrol in a school similar to Harry Potter's Hogwarts, Easton Magic Academy and pose as a Divine Visionary to protect his family and achieve peace. But can he

keep up the facade and outwit his magical peers? Meet the star-studded cast and production team behind Mashle: Magic And Muscles. Mashle: Magic And Muscles boasts an impressive cast of voice actors and production staff. Yuuki Kaji, known for his role as Eren in Attack on Titan, joins the series as Rayne Ames, one of the Divine Visionaries at Easton Magic Academy. Yuichiro Umehara, who played Mars in Black Clover and the titular character in Goblin Slayer, voices Abel

Walker, the leader of the school's secret organization Magia Lupus. Hironi Naniami, who portrayed Asakura Houu in Shaman King, voices Abyss Razor, another member of Magia Lupus. (Also Read: Spring 2023 anime season is here - Checkout Crunchyroll's complete April lineup) The anime is directed by Tomonari Tanaka of A-1 Pictures, who has previously worked on Bungo Stray Dogs, Hunter X Hunter, and Cyberpunk Edgerunners. The script is written by Yousuke

Kuroda, whose impressive resume includes Honey and Clover and Mobile Suit Gundam 00. Finally, Masaru Yokoyama, who composed the music for Fruits Basket, Astra Lost in Space, and Your Lie in April, will lend his talents to the series. The official trailer promises an action-packed thrill ride. The official trailer for Mashle: Magic And Muscles promises a thrilling ride, with Mash showing off his combat skills against a variety of magical foes.



Can the sit-to-stand test really predict how long you'll live? Experts weigh in

If it sounds a little sketchy to you, you're on the right track. The so-called sit-to-stand—or sitting-rising—test has made headlines off and on for roughly a decade, with some claiming it can inform you of how likely you are to die in the next several years.

The basis for these claims: a 2012 study in the *European Journal of Preventive Cardiology* that called the test a "significant predictor of mortality" among those ages 51 to 80, over a span of six years. Those with a low score—compiled from repeated tests, with tips on how to improve given in between—were five to six times more likely to die over that period than those with a score in the reference range.

How the sit-stand works: Participants are told to stand barefoot, then sit on the floor and attempt to rise "using the minimum support that you believe is needed," according to the study. Each participant starts with five points, and one point is subtracted for each support utilized, like a hand, forearm, knee, or side of the leg. After the test is repeated multiple times, a final score is calculated.

But the test isn't a true predictor of mortality, Jennifer Triplin, associate director for the Center of Healthy Aging at the National Council on Aging, tells *Fortune*. "It is simply an indicator, and



poor results are associated with poor health," she says, adding that other factors like genetics and body composition play into longevity.

Drew Contreras, vice president of clinician integration and innovation at the American Physical Therapy Association, agrees. "One's overall health should be taken into context when thinking of predictors of mortality," he says.

"One could be overall healthy, but have undergone a recent surgery, which would make this exercise difficult," he tells *Fortune*. "There are many factors to consider."

The test isn't worthless, though. For adults of all ages, it's a good indicator of strength, balance, and flexibility—skills that are all the more important for older adults, who are more prone to falls.

Unfortunately, doctors usually don't perform the test unless someone is at an increased risk of falls or complains of muscle weakness, Triplin says. But it's a test you can easily do yourself at home. How to perform the sit-to-stand test at home:

Triplin recommends a slightly different version of the test: the U.S. Centers for Disease Control and Prevention's 30-Second Chair Stand assessment.

Count the number of times you can do this in 30 seconds. If you're more than halfway to standing when the timer goes off, count it as a stand.

Below average scores are correlated with an increased risk of falls, the CDC says. Here's how to tell where you stand—figuratively: Whether or not you can rise from a chair may seem trivial, but it's not. Those who can't get up without support risk becoming more inactive and, thus, having their mobility further impaired," Triplin says.

What's more, a low score on the test indicates an increased

risk of falls—and falls are the leading cause of injury and injury-related death in older adults.

How to improve your score on the sit-to-stand test

The good news: "Strength, balance, and flexibility can be improved, no matter your age or your score," Triplin says. Not in love with yours?

Here are a few things you can do to improve it, according to Triplin:

"Get moving and stay moving" with a regular exercise program—but check with your doctor or physical therapist first.

"Enjoy and find purpose in exercise." Maybe you don't enjoy strength training—but you do enjoy picking up your grandkids or hobbies like gardening, which require strength.

Lower leg strength can be improved by Tai Chi.

The chair rise exercise, specifically, can improve your score. The CDC offers instructions here.

Above all, Triplin sees the sit-to-stand test as "an opportunity to know your current level of strength and flexibility and take steps to improve," she says.

"It's well known that having high levels of flexibility, muscle strength, and balance are not only good for performing daily activities, but have a positive association with life expectancy," she adds.

A Fitness Hack That Will Take Your Breath Away



Oxygen is so essential to human life that just four minutes without it can result in irreparable brain damage—and a further four can kill you. So what madness is the growing trend of intermittent hypoxic training (IHT), a form of exercise that involves deliberately denying yourself the amount of oxygen you need?

Sometimes, less really is more. Many top-flight athletes subject themselves to environmental stress to earn a competitive advantage; boxers, for instance, often train inside low-oxygen tents.

A study in *High Altitude Medicine & Biology* found that IHT boosts performance by increasing levels of the hormone erythropoietin, related to the production of red blood cells.

In essence, restricting oxygen while training helps you process it better under normal conditions, which can enhance your sprints, endurance and the recruitment of fast-twitch muscle fibers.

But what if you don't have access to a hypoxic chamber? Well, a separate study suggests a zero-cost solution. Over eight sessions, athletes were asked to exhale and hold their breath before running for six seconds at a time; after that, they exhaled again to get rid of carbon dioxide accumulated in their lungs, before breathing normally to recover (that last bit's pretty crucial if you don't fancy fainting in the park). The scientists posit that performance gains could be attributed to improved muscle reoxygenation, better muscle recruitment and reduced fatigue.

This can be hard going, so only try it under the watchful gaze of a fitness professional. Master it, though, and you could see some breathtaking results...

01/ UP IN ARMS: Far from wasting energy, purposefully pumping your arms back and forth as you run will boost both the metabolic benefits and efficiency of your efforts. Swing and you're winning.

THE 5 BEST BODYWEIGHT EXERCISES FOR IMPROVED CARDIO

WHEN YOU DON'T HAVE EQUIPMENT, TURN YOUR BODY INTO A FAT-BURNING MACHINE.

Cardio machines like the treadmill, rowing, elliptical and stationary cycling are convenient and practical tools to enhance cardiovascular strength and endurance. You set the duration and intensity, and off you go. But they are not the only machines to get your heart rate up and work up a sweat. You are an effective cardiovascular machine. Bodyweight cardio is a fantastic alternative to traditional machine-based cardio when you don't have access to a gym or are looking for new methods to improve your cardio.

Here we'll get into the benefits of bodyweight cardio training and five bodyweight cardio exercises to get you sweating and smiling.

3 BENEFITS OF BODYWEIGHT CARDIO

One vital benefit overlooked in a rush to get to the rowing machine is that bodyweight cardio training will simultaneously improve cardiovascular endurance and muscular



strength. You'll improve your relative strength, which is what you can lift in comparison to your body weight. Here are a few other significant benefits of including bodyweight cardio in your routine.

Better Recovery Between Strength Training Workouts: When you improve your aerobic system, you improve the body's effectiveness of clearing away the waste products of exercise for enhanced recovery. Plus, the extra blood flow to your muscles helps heal the damage caused by

resistance training. Reduced Heart Disease Risk: Regular cardio reduces heart disease risk factors like high blood pressure and high cholesterol by lowering LDL (bad cholesterol) and increasing HDL (good cholesterol).

Increased Work Capacity: Improving your aerobic system through regular cardio boosts your aerobic system as it becomes more efficient. It improves your ability to do more work in the gym or the sporting field because of the

improved efficiency of your cardio-respiratory system.

The two main types of cardio are high-intensity and steady-state cardio. There are a few subtypes, but let's stick to these. HIIT (High-Intensity Interval Training) is short, sweet, intense, and steady state is longer and less intense. HIIT is thought to be better for fat loss than steady-state training, but both have been proven equally effective. With both being good for health and fat loss, choose on time and preference.

For steady state training, use the five exercises above for 30 seconds of work and 30 seconds of rest for one or two 10-minute blocks. Four rounds should have you feeling the burn.

For HIIT purposes, pick one exercise above and use the following work rest periods and repeat for six to eight rounds. Or you could pick three exercises below and choose the time and the reps and keep the reps the same as the time.

An example would be 10 min-

utes (and as many rounds as possible) of:

1A. High Knee Skips 10 reps on both sides.

1B. Bear Crawl 10 steps forward and backward.

1C. Ice skaters 10 reps on both sides.

The bear crawl is an excellent exercise that trains many muscle groups, including the shoulders, glutes, hip flexors, abs, calves, chest, forearms, groin, hamstrings, triceps, and lats, to name a few. Not only will bear crawls get your heart rate up, but they will also improve your coordination between your upper and lower body and give you real-world core strength.

How to do it:

1. Start on all fours, hands under your shoulders, and knees under your hips.

2. Press your hands into the ground, and pick up your knees, so they are just above the ground.

3. Then get your back in neutral and get your head up.

4. Crawl forward by taking small steps with your left arm and right leg, then your right and left leg.



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

When I head to Alyssa Case's "We Flow Hard" yoga class at Y7, there's one thing I'm anticipating throughout the 60-minute practice, and that's her final "3-minute push." It comes after we rest in Child's Pose, a place in the practice where Case always reminds us to steady our inhaled and exhaled remember our breath and tap into our power. As I begin to transition out of

that resting position, I already know what's coming next—and it's the most challenging physical moment of my day.

The conclusion to her class always consists of an intense sequence of poses or movements designed to well, push you. While the section can include any physical challenge, such as leg strengthening movements or intense balancing poses, in my mind, Case is most famous for her brutal (but, oh, so good) core work. It's in those practice where Case always reminds us to steady our inhaled and exhaled remember our breath and tap into our power. As I begin to transition out of

What to Keep in Mind During This Core Sequence The 3-minute push can be more of a mental challenge than a physical one. When you get to a tough point in a pose, Case recommends you close your eyes (if it feels comfortable to do so) and focus your attention on your

"That portion is meant to be the final physical and emotional peak of class, where self-imposed barriers are broken down and transformation can happen," Case says. "There's also a dharma piece of connecting it back to the emotional or physical theme of class."

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

What to Keep in Mind During This Core Sequence

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

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

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

3 Exercise Options to Strengthen Your Core

Case typically spends the 3-minute period focusing on two to three different movements. She times each exercise or pose to last approximately 1 minute. Even though the session is just a few minutes long, it'll likely feel longer than your typical core sequence (I speak from personal experience). If you need to rest for a second or take a modification, do that.

1. Mountain Climbers When Case focuses much of her

class on twisting poses, such as Revolved Side Angle Pose or Revolved Triangle Pose, she'll continue to use them in the 3-minute push by opting for mountain climbers, since they engage some of the same muscles. She lets students select how they want to approach this intense exercise. For example, if someone wants to slowly rotate through the movement, they can do that, but she also leaves the option for them to go faster. Students typically spend between 30 and 60 seconds in this exercise.

2. Plank Pose/Forearm Plank

Case enjoys incorporating static holds into the last push and often includes Plank Pose. When you're holding a position for a length of time, you're unable to distract yourself with physical movement, leaving just your mind and your breath to help guide you through the moment, she says. "It pushes students to break out of their comfort zone and find

their edge," Case says. That may mean resting your knees on the mat for a few seconds before lifting them back up.

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

3. Boat Pose

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

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

BJP desperate to silence Opposition's voice as Rahul Gandhi disqualified as MP Lok Sabha: Sawhney

JJ NEWS SERVICE

JAMMU, Mar 24: Former Minister J&K and senior Congress leader J&K Yogesh Sawhney in a statement on Friday severely criticised the Union Govt after disqualification of party leader Rahul Gandhi as an MP after he was sentenced for two years of imprisonment by a Surat Court, calling it as a "Black Day for Democracy" in India. Sawhney said that people are furious about the BJP's politics which is stooping to new lows. They are targeting the Congress leadership to weaken the party. He further stated that the disqualification of Rahul Gandhi is unconstitutional and illegitimate as Lok Sabha secretariat cannot disqualify an MP. The President has to do it in consultation with the Election Commission. Lashing out at BJP, Sawhney expressed great disappointment at the current state of affairs, saying only BJP has the freedom of speech in the country. They want to jail and punish everyone else for speaking against them, or speaking the truth.

They are desperate to silence any and all voices against them, and remove all opposition. This is the kind of totalitarian regime BJP is turning India into. For years, BJP leaders have blatantly mocked Congress leadership, especially



Rahul Gandhi, and have run a brutal media campaign against the party, and ironically have brought defamatory charges upon Congress. The undue disqualification from Membership of the parliament is an extreme and desperate measure by the BJP to eliminate threats to their power, said Sawhney. This all is happening because Rahul Gandhi questioned industrialist and capitalist friends of BJP. He was demanding JPC. Who is the BJP trying to protect? Are they trying to protect their billionaire friends from being exposed for their scams? Neerav Modi scam, Lalit Modi scam, Meh Chowsky Scam and many can be listed and BJP wants to hide these. Their fear of truth can be clearly seen. This is a reaction to Rahul Gandhi raising his voice against corruption by the rich, said Sawhney. He further added that opposition

leaders have become the prime target of BJP. While BJP leaders with criminal antecedents are inducted into the cabinet, Opposition leaders are disqualified for their speeches. Today, we have witnessed a new low for our constitutional democracy, he said. It was because Rahul Gandhi raised questions against the PM, the BJP government and his capitalist friends, that this type of conspiracy was started to silence him. It's a clear example of anti-democratic, dictator-ship attitude of BJP govt. The BJP's act is highly vindictive and shameful and we must not stand by it. The party will fight this battle legally, and constitutionally and will not stand to watch silently as BJP robs India of its fundamental democratic ideals. Prominent others include S/Shri Pawan Dev Singh, Virender Singh Manhas, Narinder Gupta, Narinder Sharma, Dr. Ramakant Khajuria, Romesh Sharma, Ram Magotra, Gurmeet Singh, Chander Shekhar, Anil Kumar, Uttam Singh, Ravi Pahotra, Surinder Kumar Jagjish, Rakesh Kumar Sharma Pardeep Bhalla, Satish Sharma, Dev Chand, Udal Sharma, Jugal Kishore Sharma, Ajay Sharma, Rishu Kumar Raj Kumar Meena, Sat pal Sapolia, Shafaq Khokhar, Vijay Mathotra, H.S Bagri, Manmeet Singh, Ajay Kumar. Etc

Atal Dulloo holds meeting on strategizing, planning formation of FPOs under HADP in J&K

JJ NEWS SERVICE



JAMMU, MARCH 24: Additional Chief Secretary (ACS), Agricultural Production Department, Atal Dulloo, today convened a meeting on strategizing and planning formation of Farmer Producer Organizations (FPOs) under Holistic Agricultural development Programme (HADP) in J&K.

A comprehensive power point presentation was presented by Rajeshwari, S M (Agribusiness expert) in which detailed deliberations were held regarding formation of about 300 FPOs as envisioned in HADP.

Atal Dulloo termed this project as being a heart and soul of HADP which is directly related with farmers income.

He also informed about formation of Resource Persons at block level, Institutional framework for these FPOs for training purposes and a window for FPOs in UT dashboard of HADP with involvement of Department of Rural Development and Panchayati Raj to make this project successful at the grassroots level. Registrar Cooperative J&K, Director General Sheep Husbandry department, Director Animal Husbandry Jammu/Kashmir, Director Horticulture Jammu /Kashmir, Director Horticulture (Planning & marketing) J&K, MD JKHPMC, J&K, Director Fisheries J&K, Director Sheep Husbandry Jammu, Director Agriculture Jammu/Kashmir and Technical Officers were present in the meeting both physically and virtually.

Srinagar Admin conducts intensified markets checking across District

Fine of Rs 89000 imposed on erring shopkeepers, rotten vegetables, fruits destroyed

JJ NEWS SERVICE

SRINAGAR MARCH 24:- On the directions of the Deputy Commissioner Srinagar (DC), Mohammad Aijaz Asad the special Market Checking teams of District Administration Srinagar today conducted market checking in various markets of Srinagar City to prevent any kind of profiteering and black marketing by business establishments and to ensure all essential commodities are sold at Government approved rates as per the quality standards.

The checking squads headed by Tehsiladars of Eidgah, South, Shalteng, Panthachowk, North, Chanapora and Khanyar Tehsil conducted intensive market checking in Lal Chowk, Rajbagh, Jawahar Nagar, Soura, Eidgah, Lalbagh, Khanyar, Nowhatta, Hazratbal, Shalimar, Panthachowk, Zewan, Sanat Nagar, Chanapora, Hyderpora and other adjoining markets of the City.

During the drive dozens of food business units were inspected, while several erring shopkeepers were also booked and found failing to maintain the quality of food items, not displaying rate lists of essential commodities, selling expiry products, besides indulging in practices of illegal profiteering.

A fine to the tune of 89000/= was also imposed on the erring shopkeepers for violating different provisions of Acts.

During the market checking huge quantities of rotten vegetables, fruits and other food items were also destroyed on the spot.

Meanwhile, the Deputy Commissioner has asked the Market Checking teams to continue the drive to ensure all essential commodities are sold at Government approved rates as per the quality standards with sufficient availability of consumables in wake of ongoing Holy month of Ramzan.

50K saplings planted in Kupwara; Lemon, orange saplings planted in Teetwal, Seemari villages

JJ NEWS SERVICE

KUPWARA, MARCH 24: Over 50000 saplings of different trees were planted in different blocks of Kupwara district by Rural Development Department & Panchayat Raj under MGNREGA in convergence with the Forest department to increase the green cover in the district.

Working on the vision of Deputy Commissioner Kupwara, Dr. Doifode Sagar Dattatray, RDD planted around 5000 plant and tree saplings in two days in all the blocks of Kupwara district.

These saplings included hybrid walnut, Plum, Deodar, Kail, Apricot, and male (cotton-free) poplars.

A good number of Lemon and orange saplings were planted in Seemari, Teetwal and other panchayats of sub division Karnah where environment and temperature is conducive for the cultivation of orange and Lemon.

The main objective of this drive was to ensure sustainable development, increase the green cover, make citizens aware and to inspire them to work towards betterment of nature.

"By this vision and initiative of Deputy Commissioner Kupwara, tree cover will increase and farmer's income can be supplemented" said ACD Kupwara, Hilar Ahmad Mir.

These saplings were planted on barren lands, private agricultural lands, parks, road sides, community lands and mini-forests.

Bandipora admin distributes Food Kits among destitute families

JJ NEWS SERVICE

BANDIPORA, MARCH 24: Bandipora district administration on Friday distributed Food items among destitute families of the district.

The food kits were arranged by Elfa International- a non governmental organisation (NGO) and handed over to 52 deserving families at mini Secretariat Bandipora.

Mohammad Ashraf Hakak District Programme officer/Nodal officer coordination who is also holding the charge of Assistant Commissioner Development supervised the whole process of distribution on behalf of administration.

The food kit comprise of essentials including Rice, Atta, Sugar, Cooking oil, Spices, Tea and other items.

Hakak said the families were selected after a proper survey and most deserving poor families were provided the essential items with the aim to reach out to poor and destitute families and to lend a helping hand to meet out the daily requirements.

Hakak said lending a helping hand to the needy people is the collective responsibility of all and hailed the NGO for remembering the needy people during the holy month.

MVD Shopian fine traffic violators; seize 05 motorcycles

JJ NEWS SERVICE

SHOPIAN, MARCH 24: In an ongoing drive against traffic violators in the district, more than 50 vehicles were challaned and a fine of Rs 60 thousand was realised over the past few days, as per data provided by ARTO Shopian.

Five (05) modified motorcycles were also seized during checking and showcause notice for suspension of registration certificates were issued to the owners of modified motor cycles.

The MVD department has been regularly conducting the drives and have appealed to people to adhere to the traffic rules for their own safety.

Udhampur: GDC Neeli Nallah organises awareness rally on water conservation

JJ NEWS SERVICE

UDHAMPUR, MARCH 24: NSS Unit of Government Degree College Neeli Nallah, Udhampur today organised Poster Making and Slogan Writing Competition on "World Water Day" under the mission G20 Awareness on the theme "Accelerating the Climate Change to Solve the Water and Sanitation Crisis".

The competition was followed by an awareness rally on Water Conservation which started from college premises and after passing through Village Neeli Nallah and finally culminated at the college premises.

About 100 students participated in the rally whereas 15 students participated in the poster making and slogan writing competition depicting their ideas on the theme through the medium of posters and slogans.

Simran Roy, student of Semester 4th scored first position while Roopali Rajput (Semester 4th) and Nittan Sharma (Semester 4th) occupied 2nd and 3rd position in poster making.

In slogan writing, Neha Sharma (Semester 4th), Suruchi Raina (Semester 6th) and Riya Khajuria (Semester 6th) secured 1st, 2nd and 3rd position respectively. While speaking on the occasion, Principal of the college,

Prof Hans Raj, talked about the importance of water resources and immense values associated with them. He motivated the students to come forward to aware the society to adopt optimum measures for water conservation. He also lauded the efforts of committee members for organising such programs. The whole event was co-ordinated by Dr Radha Rani, NSS PO Unit. Prof Swati Dutt, Prof Shaista Yasmeen and Manisha Kancharu were the members of the organising committee. Among others, Dr Intiaz Bhatti, Dr Ranjeeta Langeh, Shailu Jamoria, Dr Parul Chhibber and Pratibha Heer.

DC Reasi launches cyclothon, anti-drug rally to promote fitness, discourage drug abuse

JJ NEWS SERVICE

REASI, MARCH 24: Deputy Commissioner, Babila Rakwal flagged off a cyclothon drug de-addiction rally under Fit India. The event aimed to promote walking, cycling and running while discouraging drug abuse. The Deputy Commissioner stated that the objective was to revive daily physical fitness programmes and engage students in sports activities for their physical and mental well-being. She advised students to participate in sports and games for all round development and

to spread the message of fitness in society.

Later, an Anti-Drug Rally was flagged off from the DC Office Complex in Reasi with students from different schools participating. During the rally, students carried placards and raised slogans to raise awareness about staying away from drugs. The Deputy Commissioner said that the Nasha Mukht Bharat Abhiyan has been launched to provide institutional support and facilitate community outreach programmes to make society free from harmful addictions such as alcohol and drug abuse. She

emphasised the need for joint efforts to break the supply chain and bring perpetrators of drug abuse to justice.

The district administration is committed to weaning youth away from drugs, and participants were urged to disseminate awareness about the ill effects of drugs in villages and nearby schools.

Among those present were ADDC Jyoti Salathia, CPO Sunita Kanchan, ACD Anirudh Rai, CMO, CEO, DIO Rajinder Digra, DSWO Pallvi Sharma, DTO and other district officers along with various officers.

Awareness programme on self-employment schemes held at GDC Ramnagar

JJ NEWS SERVICE

RAMNAGAR, MARCH 24: Career Counselling and Placement Cell of GDC Ramnagar collaborated with the District Employment Office Udhampur to organise an awareness programme on employment schemes and self-employment services. The event was guided by the college principal, Dr Udhay Bhanu.

The programme began with a welcome address by Prof Swarna Devi, convener of the Career Counselling and Placement Cell. Navdeep Kour, Career Counselling Officer from the Employment Office in Udhampur, then gave a lecture informing students about various self-employment schemes such as MUMKIN and TEJASVINI.



NI. She also discussed online registration for job seekers and providers on the employment portal and job fairs/ placement

activities. Deputy Director of the Employment Office Udhampur, Anshuman Singh, spoke about the implementation of the Mission Youth Scheme.

The college principal emphasised the need for proper guidance for students in choosing their careers and congratulated the Career Counselling and Placement Cell for organising such an informative event.

DDC Poonch reviews performance of district banks

JJ NEWS SERVICE



POONCH, MARCH 24: District Development Commissioner,INDER JEET chaired a meeting to review the performance of banks in achieving their annual credit targets for the October to December quarter.

Lead District Manager Ashutosh Raj Koul reported that banks have disbursed 77% of the annual target, with 40% achieved in the priority sector and 21% in the non-priority sector. The total deposits and advances in the district

showed a growth of 1.36% and 13.31% respectively compared to the previous year. An amount of Rs. 70.39 Cr was disbursed among 3101 beneficiaries under various self-employment schemes, generating employment for 5752 people. The Chairman urged stakeholders to create an environment where youth can pursue self-employment and advised participants to guide unemployed youth towards prosperity and self-sufficiency through credit facilities tailored to their entrepreneurial aspirations.

The Chairman directed stakeholders to improve performance in priority sector lending to achieve visible results. The meeting was attended by LDO RBL, Navjot Singh; Deputy Director Employment, Mohd. Rafiq; Cluster Head JK Bank Poonch, AKS Bagege; Director JK Bank RSEI, Vijay Singh Jasrotia; Regional Manager JKGB, Gagandeep Singh; District Coordinators of all banks and concerned district officers from different departments.

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Mission Director reviews implementation of NHM in Kathua

ASSESSES ONGOING WORKS AT GOVT MEDICAL COLLEGE

JJ NEWS SERVICE

KATHUA, MARCH 24: Mission Director J&K National Health Mission, Ayushi Sudan, today visited Kathua and convened review meeting with Chief Medical Officer, all BMOs, DPMU and BPMU officials regarding the physical and financial status of various schemes of NHM being implemented in the district including infrastructure development.

She took stock of all health indicators and directed the CMO, BMOs and management staff to ensure enhanced coordination at all levels for effective implementation of NHM in the district. She asked for conducting regular field visits for better implementation of healthcare schemes.



MD also participated in celebration of World TB Day at GMC Kathua and distributed mementos and the participants. She also congratulated the District TB Team for getting bronze medal under NTEP. Later, LAM had an inspection tour of various ongoing works at Associated Hospital GMC Kathua including status of Cancer Institute. She directed the concerned for ensuring timely completion of all ongoing works. The visit concluded with a brief meeting with

Deputy Commissioner Kathua, Rahul Pandey, regarding the Mission implementation in the district. Principal GMC Kathua Dr. Surinder Atri, CMO Dr. Rakesh Magotra, State Nodal officer NQAS, State Cancer Institute and DNB Programme, Dr. Jatinder Mehta, Dr. Sangita Afrawat, Medical Superintendent AH GMC Kathua, Programme Manager Dr. Parvesh Chalotra and other officers from State Health Society were present.

GOVERNMENT OF JAMMU AND KASHMIR
GENERAL ADMINISTRATION DEPARTMENT
Civil Secretariat, J&K

Subject: Use of social media by the Government Employees of Union territory of Jammu and Kashmir – Regarding.

Circular No. 09-JK(GAD) of 2023
Dated:24-03-2023

An elaborate set of guidelines regarding use of social media by government employees have been notified for strict adherence/compliance vide Government Order No. 1646-JK(GAD) of 2017 dated 26.12.2017. Further, the provisions relating to the issue incorporated in the Jammu and Kashmir Employees Conduct Rules, 1971, are excerpted herein:

(i) Sub-rule (3) of Rule 13:

"(3) No Government employee shall, by any utterance, writing or otherwise discuss or criticize in public or in any meeting of any association or body any policy pursued or action taken by the Government nor shall he in any manner participate in any such discussion or criticism.

(ii) Rule-18:

18. Criticism of Government. - No Government employee shall, in any radio broadcast or in any document published in his own name or anonymously, pseudonymously or in the name of any other person or in any communication to the press or in any public utterance make any statement of fact or opinion:

(i) which has the effect of an adverse criticism of any current or recent policy or action of the Government of India, Government of Jammu and Kashmir or any other State Government;

(ii) which is capable of embarrassing the relations between the Government of Jammu and Kashmir and the Government of India or the Government of any other State in India; or

(iii) which is capable of embarrassing the relations between the Government of India or the Government of Jammu and Kashmir and the Government of any foreign State:

Provided that nothing in this rule shall apply to any statements made or views expressed by a Government employee in his official capacity or in due performance of the duties assigned to him.

Besides, the relevant legal framework that governs the social media users in general and conduct rules which over-see the employees' conduct in personal and professional life are enumerated as under:

(1) Article 19(2) of the Constitution of India, which deals with the right to freedom of speech, also imposes reasonable restrictions, reproduced as under:

"Nothing in sub clause (a) of clause (1) shall affect the operation of any existing law, or prevent the State from making any law, in so far as such law imposes reasonable restrictions on the exercise of the right conferred by the said sub clause in the interests of the sovereignty and integrity of India, the security of the State, friendly relations with foreign States, public order, decency or morality or in relation to contempt of court, defamation or incitement to an offence."

(2) The Information Technology Act:

The Information Technology Act, enacted in the year 2000, categorically makes users liable, should they post any incriminating or illegal content or material on social media. The law recognizes social media users as network service providers and, hence, intermediaries under the law.

Section 66-A:

Punishment for sending offensive messages through communication service. etc. (Introduced vide ITAA 2008):

Any person who sends, by means of a computer resource or a communication device:

(a) any information that is grossly offensive or has menacing character; or

(b) any information which he knows to be false, but for the purpose of causing annoyance, inconvenience, danger, obstruction, insult, injury,

criminal intimidation, enmity, hatred, or ill will, persistently makes by making use of such computer resource or a communication device,

(c) any electronic mail or electronic mail message for the purpose of causing annoyance or inconvenience or to deceive or to mislead the addressee or recipient about the origin of such messages (Inserted vide ITAA 2008) shall be punishable with imprisonment for a term which may extend to three years and with fine.

(3) The Jammu and Kashmir Government Employees (Conduct) Rules, 1971:

These rules are applicable to all the Government employees of the State of Jammu and Kashmir and give details on the conduct that is expected of the employees in their personal as well as professional life. The rules list out the activities that are not to be carried out by the employees and violation of the conduct rules can be punished under rule 30 of the Jammu and Kashmir Civil Services (Classification, Control and Appeal) Rules, 1956.

256.

1) The Jammu and Kashmir Civil Services (Classification, Control and Appeal) Rules, 1956:

Rule 30: Punishment

The following penalties may, for good and sufficient reason and as hereinafter provided, be imposed upon members of a service, namely

1) Censure;

2) fine not exceeding one month's pay;

3) withholding of increments and/or promotion;

4) reduction to a lower post and/or a lower time-scale and/or to a lower age in time-scale;

5) recovery from pay of the whole or part of any pecuniary loss caused to the Government by negligence or breach of orders;

6) Premature retirement on proportionate pension other than that specified in rule 226 (2) of Jammu and Kashmir Civil Service Regulations.

(vii) removal from the service of the State which does not disqualify from future employment;

(viii) dismissal from the service of the State which ordinarily disqualifies from future employment.

Despite the aforementioned elaborate guidelines and governing legal framework, it has been observed that government servants often engage themselves with social media in a manner which is in contravention to these rules. While using different social media platforms like Facebook, Twitter, Instagram, etc. or Instant Messaging applications like WhatsApp, Telegram etc., employees have been seen to air disparaging views on subjects that they are expressly barred under rules to comment upon. Employees have been seen to comment or act or behave in a manner that does not conform to the acceptable standards of official conduct, as envisaged in the aforementioned guidelines and the rules.

Such actions range from unauthorised communication of official information and/or dissemination of patently wrong or misleading information, airing of political or communal views etc. under their real or assumed identities.

In view of the foregoing, it has been felt expedient to reiterate the main features of guidelines already notified regarding use of social media for compliance by the government employees:

i. Employees, directly or indirectly, shall not publish, post or release any information on social media that is considered confidential or that is not meant for public dissemination, nor shall they pass any official document or any part thereof to any Government employee or any such person to whom he is not authorized to communicate such document or information.

ii. No Government employee shall, through any post, tweet or otherwise, discuss or criticize on social media, any policy pursued or action taken by the Government, nor shall he/she, in any manner, participate in any such discussion or criticism on social media pages/communities/microblogs.

iii. No Government employee shall post, tweet or share content that is political or anti-secular and communal in nature or subscribe to pages, communities or twitter handles and blogs of such nature.

iv. No Government employee shall himself/herself or through any person dependent on him/her for maintenance, or under his care or control, undertake any such activity on social media which is, or tends directly or indirectly to be, subversive of the Government as by law established in the Country on in the Union territory.

v. A Government employee may, for the purpose of removing misapprehensions, correcting mis-statements, and refuting disloyal and seditious propaganda, defend and explain to the public the policy of Government in his posts and tweets on social media.

vi. Government employees shall not post on social media, any such content or comments about co-workers or individuals, that are vulgar, obscene, threatening, intimidating or that violate the conduct rules or employees.

vii. No Government employee shall post grievances pertaining to their workplace on social media in the form of videos, posts, tweets or blogs or in any other form, but will follow the already established channels of complaint redressal existing in the departments.

viii. Government employees shall not indulge in sharing/partaking in so-called giveaways and contests on social media platforms, which are actually scams in disguise, as they could unknowingly spread malware or trick people into giving away sensitive data by sharing it on their profiles.

It is, however, clarified that the above guidelines are not intended to dissuade employees/departments from using social media for positive and constructive purposes.

It is accordingly enjoined upon all employees working in various government departments/PSUs/Corporations/Boards/Autonomous Bodies etc. to strictly adhere to the guidelines and legal principles reproduced herein above and issued vide Government Order ibid., and refrain from indulging in unwarranted debates/discussions and sharing/commenting/posting inappropriate posts/content on social media platforms. Violation of these guidelines/rules shall tantamount to misconduct and invite disciplinary action against the delinquent official under the relevant rules.

All Administrative Secretaries/Deputy Commissioners/Heads of Departments/Managing Directors shall immediately proceed against the employees working in their departments/offices who are found to have violated the aforesaid guidelines and rules, in terms of the relevant disciplinary framework. Further, in case of a violation committed on a group platform, the 'Administrator', if they are serving government/semi-government employees, shall also be liable for disciplinary proceedings.

Sd/-
No. GAD-ADM011/28/2023-09-GAD
Dated:24.03.2023

(Sanjeev Verma) IAS
Commissioner/Secretary to the Government

CHC Katra conducts awareness programme on TB

JI NEWS SERVICE

Ravinder Manhas.

At CHC Katra, Chest Physician SMVD-NH, Dr Shamen delivered an awareness lecture to patients, attendants and staff. Consultant Physician, Dr Kavita Sharma; Consultant Paediatrician, Dr Preeti Sharma and Consultant Anaesthetist, Dr Prmila elaborated on the causes and consequences of tuberculosis and a multi-sectoral approach to combat the epidemic. A skit regarding causes of tuberculosis like under-nourishment, unhygienic conditions and poor living and working conditions was presented by students of SMVDCON. The play also highlighted the social stigma resulting from the disease and its effects on mental and social life.

The programme was held under the direction of Director Health Services - Jammu. Dr Saleem ur Rehman and supervision of Chief Medical Officer Reasi, Dr

CMO Samba conducts awareness programme for TB-free Samba

JI NEWS SERVICE

SAMBA, MARCH 24: An awareness event was held today at District Hospital Samba to mark World TB Day. Chief Medical Officer, Dr Vidhi Bhatial emphasised the importance of screening and sampling all suspected cases to make District Samba TB-free. Medical Superintendent Dr Mohinder praised the efforts of medical staff for their prompt tracking and treatment of TB patients in the district.

DHO, Dr Anuja provided information about the role and responsibilities of Nikshay Mitra. Nodal Officer Dr Sandeep Rangroo also urged those present to raise awareness about TB in their homes and neighbourhoods. Additionally, 10 TB patients were given Nikshay Poshan, which includes millets, cereals, oil, multivitamins and milk by Nikshay Mitras. The Nikshay Mitras attending the event included DIO, Dr Anju, Dr Sandeep, Dr Chander Reshmi and others.

Kathua administration observes World TB Day



JI NEWS SERVICE

KATHUA, MARCH 24: The district administration hosted awareness events to mark World Tuberculosis Day. The main event was held at the DC Office complex where Deputy Commissioner Rahul Pandey flagged off a student rally that culminated at the District Tuberculosis Centre.

Speaking on the occasion, Pandey said that tuberculosis is a serious public health issue that requires collective efforts to prevent and treat. He praised the enthusiastic participation of doctors, students and community members in raising awareness about the disease and urged everyone to work together to eradicate TB from society.

At the District Tuberculosis Centre, speeches were given by ANMT students and lecturers were delivered by District Immunisation Officer Dr Vasna and District Tuberculosis Officer, Dr Radha Krishan.

DTO Kathua briefed the public about TB causes, symptoms and prevention. He informed them about the provision of supplementary nutritional support of Rs 500 per month through DBT to TB patients under the Nikshay Poshan Yojana. He also discussed the Pradhan Mantri TB Mukti Bharat Abhiyan, under which nutritional support is given to TB patients by Nikshay Mitras during their treatment.

Programme Associate NCPJ Baljeet Kumar and Peer Member (Subhiksha Plus) Ravinder Kumar were also present at the event. ANMT school students were honoured with mementos for their participation in the programme.

DC Kathua reviews progress of various projects under power sector

JI NEWS SERVICE

KATHUA, MARCH 24: Deputy Commissioner, Rahul Pandey convened a meeting at the DC Office Complex to review the progress of ongoing works in the power sector for the current fiscal year. Superintendent Engineer, JPDCL updated him on the physical and financial progress achieved under different schemes for the district.

The DC reviewed the progress of PDD sector schemes under District CAPEX, languishing, DDC, BDC and PRI grants. He directed officials to clear financial liabilities and accelerate execution to ensure timely completion of all works before March 2023.

CS launches auto appeal system for the vital services of Revenue Department

Asks for integrating it for the designated 43 services till 31st March; speeding it up for all the 105 PSGA services

J1 NEWS SERVICE

JAMMU, MARCH 24: Chief Secretary, Dr Arun Kumar Mehta today launched the PSGA auto-appeal feature for the 105 online services offered by the Revenue Departments. The feature is going to auto escalate the appeals in case the services are not provided to the applicant within the time limit set under the Public Services Guarantee Act (PSGA).



Designated 43 online services feature for all the 105 services specified under the Public Services Guarantee Act (PSGA) at the earliest.

Dr Mehta called this step revolutionary. He applauded the IT Department for integrating this feature in the vital digital services offered by the Revenue Department to the citizens. He directed for integrating this auto-appeal feature for all the

The Chief Secretary stated that these services form the bulk of the applications of citizens. He called that making the auto-appeal feature active for services related to everyday life of the people like availing of documents like income, domicile, legal heir, Marriage, Unemployment, Character and Category certificates are very pivotal in furthering the career or securing jobs for the youth and therefore have been prioritized for inclusion in the Auto-appeal system.

He made out that the benefits like old age, widow pensions besides scholarships under various social security schemes etc should also be included in the system

with. He observed that this feature would act as a turning point in maintaining the transparency and accountability in services to the public and eradicating corruption. He stated that auto escalation feature of online services is going to put an end to malpractices besides promoting fairness, a priority set by the current dispensation in all of its affairs including offering of government employment and public contracts to its citizens on the basis of merit alone.

On the occasion it was brought out that the delivery of services through online mode has greatly reduced the waiting period for processing of applications. It was revealed that the bulk of applications in the Revenue Department pertains to such applications and it is going to benefit many of the applicants. It was also apprised that the feature like auto-appeal is going to bring a greater transparency in these services in future as these would ensure their delivery as per the time-frame set for them under PSGA and fixing of responsibility on part of any officer/official for any undue delay.

Those who were present includes Commissioner Secretary, IT; Secretary, GAD; SIO, NIC; Scientists from the IT Department besides other concerned officers of these Departments.

Smart Classrooms, tinkering labs and more await students of govt schools in Jammu: DSEJ



J1 NEWS SERVICE

JAMMU, MARCH 24: The Directorate of School Education Jammu has launched an enrollment drive across all ten districts of the Jammu division to enroll more students in government schools and achieve universal enrollment and retention.

As part of this drive, Director of School Education Jammu, Dr Ravi Shankar Sharma, inaugurated a mega enrollment drive at Government Girls High School Gandhi Nagar, Jammu. Ten students were enrolled on the spot and received educational kits and other daily use articles. A colourful rally was also held to raise awareness about the importance of education and enrolling out-of-school children back into mainstream education.

While speaking at the event, Dr Ravi Shankar Sharma called on CEOs, heads of institutions and teachers to inform the public about the various schemes, facilities and benefits provided by government schools. These include highly qualified staff, smart classrooms, CAL Labs, ATal Tinkering Labs, free textbooks and learning materials, mid-day meals, counselling cells, happiness zones and sports infrastructure with expert coaching.

Dr Sharma said that the Directorate is continuously looking for new ways to ensure quality education for all and assured cooperation and autonomy for improving school infrastructure.

DDC Kishtwar flags off awareness rally on World TB Day



J1 NEWS SERVICE

KISHTWAR MARCH: On World Tuberculosis Day, an impressive rally was flagged off by District Development Commissioner, Dr Devansh Yadav from the DC Office today.

An awareness campaign called "TB Harega Desh Jeetega" was promoted through an ambulance leading the rally. Students from various schools and colleges participated in the event along with teachers, police

officials and staff members of DTC Kishtwar.

District Tuberculosis Officer, Dr Guljabeen Ara delivered a brief note on tuberculosis, its treatment and eradication. She discussed the importance of DOTS, MDR treatment, XDR treatment, sputum examination, X-ray findings and nutrition support under Nikshay Poshan Yojana (NTEP).

Additional District Development Commissioner, Sham Lal; Chief

Medical Officer, Dr Yaqoob Mir and District Tuberculosis Officer Kishtwar Dr Guljabeen Ara were also present at the occasion.

Power shutdown

J1 NEWS SERVICE

JAMMU, MARCH 24: Chief Engineer (Distribution) JPDC, Jammu has informed that the power supply to Kullian, Simbal and adjoining areas shall remain affected on March 25 from 10 am to 12 noon.

Similarly, the power supply to Bathindi, Vidhata Nagar, Kargil Colony, Sunjwan and adjoining areas shall remain affected on March 25 from 10 am to 1 pm.

Likewise, the power supply to Lambri, Bagwoti, Narian, Chwki-Jangher, Qila, Darhal, Lam, Laroka, Dabbar, Dharat, Gagrote, Nowshera Thon and adjoining areas shall remain affected on March 25 from 9 am to 4 pm.

One day Women Food Security awareness camp organised at Ligri Paddar



J1 NEWS SERVICE

KISHTWAR, MARCH 24: A Women Food Security awareness camp was held at Panchayat Ligri in Zone Massu of block Paddar. The event was part of a series of farmer's awareness camps and aimed to educate progressive women farmers about the latest technical know-how for Kharif crops and the different schemes available from the department for the farming community. During the camp, Kharif vegetable seeds were distributed to women farmers on a 100% subsidy under the Women Food Security Scheme. More than 25 progressive women farmers from village Ligri participated in the event. Agriculture Extension Officer, Manoj Kumar Sharma spoke about soil health, KCC, organic farming and other schemes from the Agriculture Department. He also encouraged participants to welcome the upcoming Holistic Agriculture Development Program with enthusiasm.

Udhampur hosts drug abuse detection, management training for students

J1 NEWS SERVICE

UDHAMPUR, MARCH-24: A training programme for early detection of drug abuse and post-detection management was held in Udhampur. The event was sponsored by Mission Youth in collaboration with the District Administration and organised by the



Department of Social Welfare.

150 students from vari-

ous colleges and educational institutions participated in the programme. Resource persons including Additional SP, Anwar-ul-Haq, Dr Anil Saloch and Sr. Lecturer, Renu Kotwal delivered motivational lectures about the ill effects of narcotic drugs. The ASP also discussed the overall scenario of drug abuse in Udhampur and advised participants on how to remain alert against drug traffickers and report suspicious activity to the district police.

District Social Welfare Officer, Kanika Gupta spoke about why youth fall prey to drug abuse and the various remedies and treatments available to help them reintegrate into society.

DHS Doda celebrates World TB Day

J1 NEWS SERVICE

DODA, MARCH 24: District Health Society Doda celebrated World Tuberculosis Day at Community Hall Doda with a programme to raise awareness about the need to fight and eliminate tuberculosis from society.

The programme included awareness lectures, debates, a pledge, speeches and a skit by students of AMT School Doda and some practitioners. District Tuberculosis Officer/ District Immunisation Officer Doda, Dr Varsha Sharma gave a detailed presentation on the government's initiatives through NTEP and steps taken by the District Administration. She informed that various facilities for TB diagnosis are available in hospitals and urged people not to take symptoms lightly. Medicines and diagnostic tests are free.

Deputy Commissioner, Vishesh Mahajan, who is also Chairman of the District Tuberculosis Control Society, suggested creating more awareness, surveillance and testing of suspects in the district to fight against TB. He appealed to people to cooperate with the health department to eradicate TB as per the government's target to make India TB-free by 2025. He urged patients with symptoms not to hesitate and come forward for free and timely treatment in government hospitals.

Later on, certificates were distributed among the best performing health practitioners and students who participated in the programme. Some medicine kits were also distributed among patients.

The programme was attended by ADC Doda, Dr R K Bhatti; SE JPDCI, Bishan Das; CMO, Dr Hamid Zargar; CAO, Anil Gupta; DIO DIPR Doda, Mohd Ashraf Wani;

DSWO, Tariq Qazi; MS Associated Hospital GMC Doda, Dr Yudhvir; Dy CMO, Dr Om Kumar, doctors, health workers and students of AMT School Doda.

The programme was managed by CMO Doda, Dr Hamid Zargar along with DTO/ DIO, Dr Varsha Sharma and her team.

ITI Kishtwar concludes solar panel installation course for Marwah youth

J1 NEWS SERVICE

KISHTWAR, MARCH 24: The six-day training programme on "Technician Solar Panel Installation and Battery Maintenance" concluded at ITI Kishtwar today. The programme was conducted by District Skill Committee Kishtwar under the supervision of District Development

Commissioner, Dr Devansh Yadav and Mission Youth.

19 youths from Marwah tehsil were trained in the installation and maintenance of solar panels and batteries. During the course of the training programme, interactive sessions with resourceful persons were conducted to address various issues related to solar panel systems. The

trainees were also provided with study material for follow-up at their respective places in case of any faults arising in solar panel systems. In the concluding session, Principal ITI Kishtwar, Mandeep Dogra hosted an interactive session for the trainees who underwent the training programme and received their experiences and feedback.

UT GOVT OF JAMMU AND KASHMIR
OFFICE OF THE EXECUTIVE ENGINEER
ELECTRIC DIVISION-1, PARADE, JPDCI-JAMMU
E-Mail: xeneel1power@gmail.com
Phone/Fax No: 0191-244088

No. EDJ/1999-12002
Date: 23.03.2023

CANCELLATION

Due to poor response, Tender No EDJ-e-NIT/05 of 2023-24 and tender ID 2023_PJD_204289_1 dated - 06.02.2023 for Rate contract for replacement of damaged distribution transformers ranging from 25KVA to 630KVA at various Sub Divisions - I, II, III, & IV falling under the jurisdiction of JPDCI Electric Div-1, Parade, Jammu by means of mechanical mobile cranes during the Financial Year 2023-24" is hereby cancelled and will be re-tendered.

Sd/-
EXECUTIVE ENGINEER,
ELECTRIC DIVISION-1 JPDCI,
JAMMU.

NORTHERN RAILWAY E-AUCTION
The Senior Divisional Commercial Manager, Northern Railway, Firozpur for and on behalf of President of India invites E-Auction for lot over Firozpur Division as per detail given below:

Name of Work	Allotment for Parking Contract at Moga Railway Stations over Firozpur Division for the period of three years.
Auction Catalog No.	EA-FZR-PARKG-23-9
Auction Start	06-04-23, 11:00 hours
Lot No.	Station Name
PARKING-FZR-MOGA-MX-97-23-1 MOGA	

Only registered VENDORS can participate. For other details please visit Railway website www.irps.gov.in

NORTHERN RAILWAY E-AUCTION NOTICE
The Senior Divisional Commercial Manager, Northern Railway, Firozpur for and on behalf of President of India invites E-Auction for leasing of SLR space in various trains originating from various stations over Firozpur Division having carrying capacity of 3,944 tonnes for a period of two years. The details are as under:

Admin Unit/Zone	FEROZPUR DIVISION COMMERCIAL/NORTHERN RLY
Catalogue Published on	22/03/2023
Auction Catalogue No.	FZRPARCEL28
Auction Start (All Lots)	06-04-2023 11:00 Hrs.
Auction closed Date/Time	06-04-2023 12:50 Hrs.
Auction type	Closed Ended
Website particulars where complete details of auction can be seen by registered bidder	E-Auction Module of www.irps.gov.in
Lot No./Category	12238-SLR-F1-JAT-BSB-22-1 (Parcel-SLR) 11058-SLR-F2-ASR-CSMT-22-1 (Parcel-SLR) 19326-SLR-F1-ASR-INDB-22-1 (Parcel-SLR) 12238-SLR-F2-JAT-BSB-22-1 (Parcel-SLR) 11058-SLR-F1-ASR-CSMT-22-1 (Parcel-SLR) 11058-SLR-R1-ASR-CSMT-23-1 (Parcel-SLR) 14674-SLR-F1-ASR-JYG-22-1 (Parcel-SLR) 12238-SLR-R1-JAT-BSB-22-1 (Parcel-SLR) 18104-SLR-F1-ASR-TATA-22-2 (Parcel-SLR)

NORTHERN RAILWAY E-TENDER NOTICE
Sr.DEN/HRZR acting for and on behalf of The President of India invites open tenders (E-Tenders) against below listed tenders and available on www.irps.gov.in with closing date 13.04.2023 up to 15:00 hrs. Bidders will be able to submit their original/bidder bids up to closing date and time only. Manual offers are not allowed against these tenders, and any such manual offer received shall be ignored. Contractors are allowed to make payments against this tender towards tender document cost and earnest money only through online payment modes available on www.irps.gov.in portal like net banking, debit card, credit card etc. Manual payments through Demand Draft/Banker cheque, Deposit receipts, FDR etc. are not allowed. For more information log on to www.irps.gov.in

Tender Type	Open	Tendering Section	Works	Bidding System	Single Bid
Date of Uploading tenders	22.03.2023	Bid Starting Date/Time	30.03.2023	Bid Closing Date/Time	13.04.2023 15:00 hrs.
Sr. No./ Tender No.	Details of Tender				
1.	490-2022-23-ADEN-1-ASR	Provision of pipeline from STP to nearby toilets and sewerage pipe from existing nearby toilets to STP for treatment in workshop at Amritsar.			
Advertised Value	Earnest Money	Validity of offer	Period of Completion		
₹66,22,981.73	₹1,32,500/-	60 Days	04 Months		
Similar Nature of work: "Any Civil work other than track work"					
2.	491-2022-23-ADEN-1-ASR	Providing Model Running Room of 100 bed Capacity for (Driver & Guard) at Amritsar under ADEN-1/ASR.			
Advertised Value	Earnest Money	Validity of offer	Period of Completion		
₹2,44,91,319.19	₹2,72,500/-	60 Days	12 Months		
Similar Nature of work: Construction of building quarters.					

Note: 1. Before bidding, bidders to check for any corrigendum issued against tender. No.: 776-W16/04/WA-FZRB/04 & 891-2022-23-ADEN-1-ASR. Last Date: 23.03.2023

Dulloo reviews Distric Wise Orientation Plan for farmers under HADP

EMPHASIZES WORKSHOPS AT PANCHAYAT LEVEL FOR MASSIVE AWARENESS ON PROGRAMME

JI NEWS SERVICE

JAMMU, MARCH 24: Additional Chief Secretary (ACS), Agriculture Production Department, Atal Dulloo, chaired the first meeting of District Nodal officers to review launch of District Wise Orientation Plan for farmers under the Holistic Agriculture Development Plan (HADP) at Civil Secretariat here today.

Secretary Tourism, Dr Syed Abid Rashid Shah; Director Agriculture Jammu/ Kashmir; Director Horticulture Jammu/ Kashmir; Director Animal Husbandry Jammu/ Kashmir; Director Sheep Husbandry



Jammu/ Kashmir, all Districts Officer of Agriculture, Horticulture, Animal and Sheep Husbandry besides Technical Officer of Agriculture attended the meeting in person and through virtual mode.

farmers' community about the 29 projects and other central sponsored schemes of different sectors of agriculture at the panchayat level. He stressed upon the need to conduct workshops at the panchayat level so that maximum farmers can get information about the schemes of HADP.

Dulloo directed the officers to focus on six tools while conducting awareness programmes on various schemes. These six tools, which form base of workshops, included providing knowledge by video, conducting question-answer sessions with farmers, involving PRIs, conducting baseline surveys to collect data, mak-

ing farmers aware of Pradhan Mantri Fasal Yojna and providing information on Kissan Credit Card. He also said that officers should conduct on spot visits without any excuse as per the final calendar. ACS said that a minimum of three awareness programmes should be conducted in every panchayat.

He said that the launch of the District Wise Orientation Plan for farmers under HADP will help farmers get adequate knowledge about various schemes and projects launched by the government, which will ultimately help in development of agricultural sector in the Union Territory.

Training cum Orientation Prog on "Formulation of 300 FPOs under HADP" held in Srinagar

JI NEWS SERVICE

SRINAGAR, MARCH 24: District Level Training cum orientation programme on the "Formulation of 300 FPOs" (Farmers Producers Organization) under holistic agriculture development programme (HADP) was held at Agriculture complex Lalmandi Srinagar.

The programme was inaugurated by the Director Agriculture, Kashmir Chowdhury Mohammad Iqbal.

Addressing the inaugural session of District Level training programme Director highlighted the importance of FPOs for small farmers. He said that small holders constitute a vast majority of farmers in the UT of J&K, in addition small holders are especially vulnerable to climate change aggregated weather events, like untimely rain, severe drought and floods, hailstorm and pest infestation any of which could wipe out their crops, therefore the FPOs farmers producer organization play an important role and enables farmers to get the benefit of economics of scale.

FPO's help farmers to get benefit from shared resources, get better access to the markets and latest technologies, he said and added.

Director agriculture emphasized upon product based approach in formulation of FPOs for holistic development of agriculture and allied sectors.

Director asked the participants & officers of the allied departments to work in coordination for the successful implementation of the projects under holistic development of agriculture and allied sectors programme. He underlined the importance of collaborative approach for achieving the set targets under different projects.

The Training programme was attended by joint Director Apiculture and Mushroom Nodal Officer for holistic development training) Tabasum Naz, Senior scientist KYK Srinagar, District level officers of agriculture and department, Resource persons, Sub divisional level and Zonal level officers of agriculture and allied departments.

NEWS DIGEST

Intensive market checking held at D.H.Pora, Rs 2600 fine recovered from Violators

JI NEWS SERVICE

KULGAM, MARCH 24: Following the directions of Deputy Commissioner Kulgam, SDM Noorabab Bashir ul Hassan led a joint market checking team which carried out intensive checking in D.H.Pora market today.

He was accompanied by SHO, D H Pora Dr. Showkat Ahmed, BMO, TSO and other officers.

During the market checking an amount of Rs 2600 fine was recovered from violators, while one shop was also sealed.

DC Ramban reviews public health facilities for sterilisation services

JI NEWS SERVICE

RAMBAN, MARCH 24: Deputy Commissioner Ramban Mussarat Islam chaired a meeting with concerned officers regarding female and male sterilisation services in his office today. The objective of the meeting was to review the specific requirements and facilities for public health currently available at District Hospital Ramban and to assess the quality for improvement of health standards through service provision, patient rights, inputs, support services, clinical care, infection control, quality management and outcome. Deputy Commissioner instructed the officers to follow standard operating protocols and processes for maintaining quality at public health centres.

CBC organises photo exhibition at GDC Reasi

JI NEWS SERVICE

REASI, MARCH 24: Deputy Commissioner, Babla Rakwal inaugurated a photo exhibition today on Azadi Ka Amrit Mahotsav, G20 Presidency and Mission LIFE-Conservation of Water at Government Degree College Reasi.

The 2-day long exhibition has been organised by Central Bureau of Communication (CBC), Ministry of Information and Broadcasting, Government of India, Field Office, Udhampur showcasing the freedom struggle of India through a series of photo exhibits. The exhibition aims to generate awareness among the masses regarding various initiatives and welfare programmes of the Government of India and is part of various outreach activities being organised by CBC in Jammu & Kashmir and Ladakh. In her address, Deputy Commissioner Reasi appreciated the efforts of CBC in organising the exhibition and urged people to visit it. She also exhorted youth, especially students to visit for an insight into India's freedom struggle. Speaking about Mission LIFE, she said that welfare schemes live in mission mode so that people can get connected with them. Field Publicity Officer CBC Udhampur, Khurshedd Younsuf gave



a detailed overview of CBC's functioning and working in Jammu & Kashmir and Ladakh. He also briefed the audience about various outreach activities that will be organised during the event.

Kumar Gaurav from Agriculture, Ashish Sharma from Handloom and Sham Lal from Fisheries departments spoke about employment generation schemes of the government and encouraged everyone to take advantage of them.

Others present during the event included In charge Principal, Dr Samrit Agarwal, HoD Prof Anchal Sharma, officials from various departments, faculty members of GDC Reasi and students from various institutions. During the day-long programme, an open quiz competition and cultural programmes were conducted. The programme was moderated by Prof Palvinder Kumari from GDC Reasi.

In run-up to the exhibition, CBC organised a pre-publicity programme at 126 Battalion CRPF Reasi to mobilise and raise awareness about the activities being organised by CBC during the photo exhibition. During the pre-event 2nd in Command, Tasleema Khan accompanied with Deputy Commandant, Balbir Singh and Assistant Commandant, N Sarvana presided over the function.

The exhibition is open to the public until 25th March 2023 during which people may visit it participate in an open quiz competition and enjoy cultural programmes.

CMO G'bal launched TB Mukti Panchayat programme

JI NEWS SERVICE

GANDERBAL, MARCH 24: As per the directions from higher authorities CMO Ganderbal Dr Afroz Shah today launched TB Mukti Panchayat programme on the eve of World TB day from Wangath, the remote panchayat of Block Kangan, District Ganderbal.

DCC Wangath along with other PRIs also attended the event in which local inhabitants took part.

On this occasion CMO Ganderbal laid stress on the motto of observing this day with the slogan "TB Harega ore Dosh Jeetega".

She emphasized the roles and responsibilities of all the stakeholders in eliminating the diseases on mission mode as per the PM's directions.

On this occasion many suspected and vulnerable population were screened by the team of doctors and paramedical staff and their sputum samples were taken for testing purpose.

Directorate of H&H Kashmir gets sanction for marketing of Raw Wool, Pashmina Wool

JI NEWS SERVICE

SRINAGAR, MARCH 24: The Central Wool Development Board, Ministry of Textiles, Government of India has sanctioned two projects for marketing of Raw Wool and Pashmina with the project cost of Rs. 51 Lakh and 200 Lakh respectively.

The project aims in recognizing the economic and cultural importance of Wool and Pashmina in providing livelihood opportunities to the lakhs of herders, artisans and traders across Kashmir and Ladakh regions.

Jammu and Kashmir is the

largest producer of fine wool in the country with the production of 7.6 million Kgs of wool in 2020-21 held a share of 19% in the total wool production in the country.

"In absence of wool processing facilities, almost the entire quantity of wool produced in Jammu and Kashmir is exported to neighboring states for processing and value addition which, thereafter, is imported back into J&K at enhanced rates", said an official spokesperson.

The project proposes to create much needed Wool Bank in the Kashmir besides it aims to provide critical marketing support

for stakeholders associated with the production and processing of wool by making it readily available at standard prices, he stated. Similarly, despite pashmina's superior quality, the low market share and general market fluctuations render it difficult and less profitable to compete in international market.

The project will streamline the value chain of pure Pashmina products, identify suitable technologies for better value addition and development of diversified products from Pashmina fiber, he added.

Citing the sanction of projects

as a major achievement, the Director H&H Kashmir said that the projects are anticipated to increase in high value products, increase in artisans taking up Pashmina and Wool as their livelihood besides there will be round the year accessibility to raw material processing facilities for artisans and other stakeholders at the domestic level.

The Directorate of Handicrafts and Handloom Kashmir has been scrupulously following the projects and had several discussions with the Central Wool Development Board which lead to the materialization of the projects.

Advisor Bhatnagar chairs 86th BoDs meet of JKRTC

JI NEWS SERVICE

JAMMU, MARCH 24: Advisor to Lieutenant Governor, Rajeev Rai Bhatnagar, today chaired the 86th Board of Directors (BoDs) meeting of Jammu and Kashmir Road Transport Corporation (JKRTC) at Civil Secretariat here.

The meeting was attended by Principal Secretary, PWD, Shailendra Kumar; Secretary Transport Department, Prasanna Ramaswamy G; DG Codes, Managing Director, JKRTC, Chief Engineer MED and other concerned officers both in person and through video conferencing.

During the meeting, the Board of Directors discussed various issues related to functioning of the Corporation including maintenance of the fleet, improvement of services, and expansion of corporation's operations. The board also reviewed financial performance of the Corporation and suggested measures to improve its profitability.

Addressing the officers during

LAUNCHES STARBUS WEB PORTAL, PATHIK TRAVELER MOBILE APP

the meeting, Advisor Bhatnagar emphasized upon the management of Corporation for optimal use of its fleet (Buses/Trucks) besides exploring other possible avenues for generation of non operational revenue. He highlighted that the Corporation plays a vital role in providing reliable transport services to people of Jammu and Kashmir and therefore its imperative upon the corporation to keep evolving with the modern transportation system.

Advisor, who is also the Chairman of the Board, impressed upon the management of Corporation to implement the latest technological advancements in the corporation so that best facilities are provided to general public. He also stressed on the importance of ensuring the safety and comfort of passengers using the corporation's services.

During the meeting, the Board



took some significant decisions for improving the overall health and performance of the Corporation.

The Board appreciated the Corporation for implementation first phase of ITMS and asked them to make it fully functional within a period of one month so that general public and commuters are benefitted by online ticketing facility.

The Board also directed the Corporation to devolve other means of earning non opera-

tional revenue. The Board asked them to utilise the spaces inside and outside the buses for advertisement purposes and prepare a thorough plan for the same in consultation with information department and other departments.

The Board also asked the Corporation to organise skill upgrading training programme for employees of Corporation in collaboration with IIM Jammu and IIT Jammu.

During the meeting, Managing

Director, JKRTC, gave a detailed presentation on performance and functioning of the Corporation.

Meanwhile, Advisor Bhatnagar also launched the Starbus web portal (<https://starbus.jk.gov.in>) and Pathik Traveler Mobile App of JKRTC on the occasion.

These IT initiatives are an end to end work flow based solution for complete automation of processes related to operation, management and maintenance of bus operations of the Corporation.

These initiatives will also provide Automatic Fare Generation System, Station, Route and Service Management System, Fleet Management, Depot Automation, Work Shop Automation, among other end to end solutions to the corporation.

The initiatives will also provide easy to use online ticket booking system for travelers, equipped with search and booking facility in four easy steps.

World TB Day: DC Rajouri calls for united fight

PLEDGES TO MAKE ALL PANCHAYATS TB-FREE BY 2025

JI NEWS SERVICE

RAJOURI, MARCH 24: World Tuberculosis Day was observed at the office of Chief Medical Officer today.

Deputy Commissioner Vikas Kunal was the chief guest on the event organised to generate awareness about tuberculosis and its impact on the community.

Chief Medical Officer Rajouri spoke about the global fight against the disease and the importance of diagnosing and treating it early. He also highlighted the need for better access to health care and improved hygiene practices and emphasised the importance of preventive efforts.

The importance of continued collaboration among stakeholders to eliminate TB was stressed. Increased public awareness about this infectious disease and its preventative measures was advocated to ensure that everyone had access to quality healthcare.

During the event, the Deputy Commissioner of Rajouri emphasised the importance of creating awareness about tuberculosis and urged everyone to play their part in eliminating TB by 2025. He stressed the need for increased efforts to identify and treat people with TB, particularly in vulnerable communities. He also highlighted the role of Nikshay Mitras, community volunteers who identify and refer people with TB for treatment.

The Deputy Commissioner asked students present at the event to act as messengers in raising awareness against TB and encouraged them to spread the word about TB screening and treatment in their communities.

The event concluded with the start of an awareness rally of students who will walk through the busy market of Jawhar Nagar to raise awareness about Tuberculosis among communities.

CMO, Dr Rajinder Kumar; Dy CMO, Dr Manohar Rana; DIO, Dr Khalid Mansoor; District Information Officer, Narinder Kumar and other officers were present on the occasion.

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