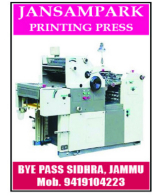




# JINDRAH IMAGES



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## Former Minister, Chairperson Nirbhay Bharat Foundation call on Lt Governor

J1NEWSDESK  
JAMMU, MAR 26

Er. Abdul Ghani Kohli, former minister called on Lieutenant Governor Shri Manoj Sinha at Raj Bhawan today.

The former minister discussed with the Lt Governor various issues of public importance including smooth facilitation of tribal community during their seasonal migration.

Later, Sh Tarun Uppal, Chairperson, Nirbhay Bharat Foundation also met the Lt Governor and discussed with him various issues pertaining to promotion of art, culture and sports.

The Lt Governor assured the former minister and the chairperson Nirbhay Bharat Foundation of appropriate redressal of the genuine issues and demands put forth by them.

## Police arrests 'tantrik' for attempting to rape teacher

J1NEWSDESK  
JAMMU, MAR 26

Police on Sunday arrested one 'tantrik' for allegedly attempting rape on a teacher in Samba district of Jammu and Kashmir. SSP Sanba Benam Tosh said a team led by Additional SP Surinder Choudhary, arrested a "Tantrik" for attempting to commit rape on a private school teacher.

The accused was identified as Pawan Kumar of Dabuj Kaka, tehsil Ramgarh, district Samba. "Upon the written complaint of a private school teacher, a case was registered and investigation is going on," said the officer.

He added that police is seriously dealing with crime against women and all accused, against whom complaints of molestation, attempt to rape and rape are proved after thorough investigation, will be arrested under law.

## Covid-19: Four fatalities recorded in past 24 hours

J1NEWSDESK  
NEW DELHI, MAR 26

Four people lost their lives due to Covid-19 infection during the past 24 hours in the country while active cases increased by 832 in the same period.

According to the data released by Ministry of Health and Family Welfare, with

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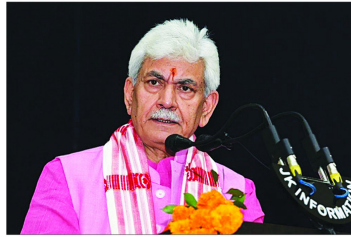
## Land, homes for poor- Law to be enacted very soon in J&K: LG Sinha

J1NEWSDESK  
JAMMU, MAR 26

Lieutenant Governor Shri Manoj Sinha attended the celebration of 450th Prakash Utsav of Goswami Shri Guru Nabha Dass Ji Maharaj today at Teachers Bhawan.

On the auspicious occasion, the Lt Governor extended his heartfelt greetings to the people.

Inspired by Guru Nabha Dass Ji's thoughts, Jammu Kashmir is marching ahead with the spirit of welfare of every section of society & equal opportunities for people's well-being, added



the Lt Governor. "The eternally relevant ideals of Shri Guru Nabha Dass Ji continue to inspire the nation to work for an egalitarian society and to

nurture our composite culture. Let all of us together take a pledge that we shall dedicate ourselves to ensure peace, prosperity and social harmony," said the Lt Governor.

The Lt Governor reiterated the commitment of the government towards the welfare of the last person on the ladder of development and harnessing their potential in building strong, Atmanirbhar Jammu Kashmir.

Under the guidance of Hon'ble Prime Minister Shri Narendra Modi,

CONTINUED ON PAGE 4

## DDC Chairpersons meet Lt Governor

J1NEWSDESK  
JAMMU, MAR 26

Chairpersons of various District Development Councils from Jammu Division met Lieutenant Governor Shri Manoj Sinha at Raj Bhawan, today.

Sh Saraf Singh Nag, DDC Chairperson Reasi; Sh Bharat Bhushan, DDC Chairperson Jammu; Sh Keshav Dutt Sharma, DDC Chairperson Samba; Col. (Rtd) Mahan Singh, DDC Chairperson Kathua; Sh Lal Chand, DDC Chairperson Udhampur and Sh Dharamtar Singh, DDC Chairperson Doda discussed with the Lt Governor various matters pertaining to

CONTINUED ON PAGE 4

## Department formulates a plan to bring AT&C losses down to 20%: CS



J1NEWSDESK  
JAMMU, MAR 26

Chief Secretary, Dr Arun Kumar Mehta, in a high level meeting, impressed upon the officers of the Power Development

Department (PDD) to run large scale campaign to make people aware about the judicious use of electric appliances.

Dr Mehta enjoined upon them to make the masses fully

acquainted about the consumption of electricity by different electric appliances like A.Cs, Water Heaters, Room Heaters and others so that they become aware

CONTINUED ON PAGE 4

## Centre warns officers overstaying deputation, foreign posting of disciplinary action

J1NEWSDESK  
NEW DELHI, MAR 26

The Centre has warned officers overstaying on their deputation, including foreign posting, of disciplinary action. The move comes after the government said it was still receiving proposals for regularisation of the period of overstay beyond the approved term of deputation.

In the latest order, the Department of Personnel and Training (DoPT) has asked all central government ministries and departments to review the status of all the deputation cases and avoid delayed closure of cases involving overstay beyond the approved term of deputation in favour

of delinquent officials. "The deputationist officer, including those who are presently on deputation, would be deemed to have been relieved on the date of expiry of the deputation period unless the competent authority has with requisite approvals, extended the period of deputation, in writing, prior to the date of its expiry," it said.

It will be the responsibility of the immediate superior officer to ensure that the deputationist does not overstay, the order said. "In the event of the officer overstaying for any reason whatsoever, he or she is liable to disciplinary action and other adverse civil

CONTINUED ON PAGE 4

## Weather improves after Rains lashed plains and snow on upper reaches in Kashmir Valley

J1NEWSDESK  
SRINAGAR, MAR 26

Weather has improved on Sunday after upper reaches experienced fresh snowfall and plains lashed by rains during the past few days in Kashmir valley, officials said.

Meteorological Department forecast of mainly dry weather over Kashmir division and very light rain or traces at one or two places over Jammu division during next 24 hours.

Higher reaches of Kashmir valley including ski resort of Gulmarg experienced snowfall while plains were lashed by rains during the past few days resulted in drop in temperature. The day temperature also recorded below normal

all across the Kashmir valley. Met office said.

Sun appeared with a clear sky after days of wet weather in Srinagar. Srinagar recorded the minimum temperature at 5.7 degree Celsius on Sunday against 5.8 degree Celsius the previous night. It was 0.7 degree Celsius above normal for the summer capital of Jammu and Kashmir during this period.

Srinagar also experienced 41mm of rainfall during the past 24hours till 0830hours today.

Qazigund had a low of 5.0 degree Celsius against 4.6 degree Celsius a day ago which was 1.3 degree above normal for the gateway of

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## Chenab River Rail-Bridge is designed for 120 years: Ashwini Vaishnaw



J1NEWSDESK  
JAMMU, MAR 26

Showering praises to the engineers, Union Railways Minister, Ashwini Vaishnaw on Sunday said that the Chenab River train bridge, which is the highest in the world, is designed for 120 years.

The minister, who was on a two days visit to Jammu and Kashmir, this morning inspected the bridge at Reasi district on the second leg of his tour

after visiting Kashmir. "The construction work on this bridge started somewhere around 2005-06 but when the Prime Minister Narendra Modi took over in 2014, he personally reviewed the project, which is very close to his heart and he desired the design of the bridge for more than 100 years."

Vaishnaw told reporters during a press conference after inspecting the bridge in Reasi district.

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## Nari Shakti Playing Huge Role In Realising India's True Potential: PM Modi In 'Mann Ki Baat'

AGENCIES  
NEW DELHI, MAR 26

From 'Elephant Whisperers' to the first woman minister in Nagaland, Prime Minister Narendra Modi pointed out several examples in his monthly radio programme 'Mann Ki Baat', to showcase the role of India's 'Nari Shakti' in realising India's true potential.



In his 99th Mann Ki Baat address, PM Modi said, "Recently, I met those brave daughters who had gone to Turkey

CONTINUED ON PAGE 4

## Will make laws to protect our jobs and land, if voted to power: Ghulam Nabi Azad

J1NEWSDESK  
KATHUA, MAR 26

The Democratic Progressive Azad Party Chairman Ghulam Nabi Azad on Sunday reiterated that the people of Jammu Kashmir have only right over its resources and he will pass the laws in the State Assembly to bar outsiders from purchasing land here and securing jobs if elected to power.

Azad while addressing a public meeting in



CONTINUED ON PAGE 4

## Dr. Jitendra Singh holds 'Public Darbar' with District Administration and PRI representatives at Hiranagar

J1NEWSDESK  
HIRANAGAR (KATHUA) MAR 26

Union Minister of State (Independent Charge) Science & Technology; Minister of State (Independent Charge) Earth Sciences; MoS PMO, Personnel, Public Grievances, Pensions, Atomic Energy and Space, Dr. Jitendra Singh today said, bringing governance at the doorsteps of the people, to the last man in the last queue is possible only under Prime Minister Narendra Modi whose endeavour has been after sworn in as the Prime Minister of India in 2014 to address the people's issues on the spot



through 'Public Darbars' with district administration. Dr. Jitendra Singh said this while attending a 'Public Darbar' at Hiranagar outside district headquarters, Kathua.

During the 'Public Darbar' with district administration, Dr. Jitendra Singh said, the gov-

ernance cannot be restricted to the district headquarters only and a departure from this practice was necessary as has been done yesterday at Ramnagar and today at Hiranagar in order to listen to the people's issues directly so that the same could be addressed on

the spot with district administration.

Saying that the development has been brought to the last man in the queue under PM Narendra Modi, Dr. Jitendra Singh said, the areas which were neglected earlier like

CONTINUED ON PAGE 4

## Shri Mata Vaishno Devi Pracheen Marg Rana for promotion of heritage route

J1NEWSDESK  
NAGROTA MAR 26

Senior BJP leader Mr Devender Singh Rana today said that promotion of the ancient heritage route to Shri Mata Vaishno Devi Shrine from Kol Kandoli Temple in Nagrota will bestow added spiritual bliss to pilgrims thronging from across the country and abroad and give renewed impetus to the Jammu economy.

Flagging off the annual Charri Yatra, being held under the aegis of Shri Mata Vaishno Devi Pracheen Marg Shrine Sanstha, from the historic heritage temple this morning amid Vedic Mantra



and Bhaints of Maata, he said harnessing of the route has immense potential to give big fillip to the 24X7X365 pilgrimage, perhaps one of the biggest in the world.

The event was marked by offering of the 'Mata Ki

Chunri', presented by Lieutenant Governor Mr Manoj Sinha to the Sanastha at the Pratham Puja of the Yatra for the auspicious occasion.

Devender Rana expressed his gratitude to the Lieutenant

CONTINUED ON PAGE 4



## None can defeat BJP in any form of political contest: MP Jugal

**PURNIMA STRESSES FOR STRENGTHENING PARTY'S BASE AT GRASS ROOTS LEVEL**



**JI NEWS SERVICE**

**JAMMU, MAR 26:** Member Parliament Sh Jugal Kishore Sharma has exhorted upon party cadre to strengthen the party's base at grass roots level and seek feedback from the people on various Central Government as well as UI administration schemes.

He was speaking while addressing party workers at Dalpaitan Mohalla under the Booth Sashaktikaran Abhiyan of Booths No 81, 82 83 & 84 in Jammu East constituency.

Addressing party workers, the Member Parliament said that the success of a party in winning the hearts of people and decimating the opposition in polls solely depends on the strength of the party at both level. He categorically said that the onus of party's success lies with the

ground level workers ability to connect with the masses and once this target is achieved and the people got the picture about BJP's public-friendly policies, no power on earth can defeat the party in any form of political contest.

The senior BJP leader asked party workers to set an example in public service and remain available 24x7 to the people right up to the grassroots level. She asked them to work with more dedication for the people especially the tailenders, take stock of their problems and get these addressed at the earliest.

Notably, the Member Parliament visited the aforesaid Booths as a part of Party's one-day Parvas under the Booth Sashaktikaran Abhiyan followed by listening to PM Modi's Maan Ki Baat. Later the Member Parliament

said that it is the prime duty of every member of the party to work vigorously in this direction so that people do not get confused by the propaganda rhetoric of opposition parties. She hoped that BJP will once again win the trust of people in the upcoming polls in Jammu and Kashmir.

Later, the District President Parmod Kapahi made party workers and others aware about Saral App and asked them to give missed call on the dedicated number and also downloaded the Saral App on the occasion.

The proceedings of today's programme were conducted by District Spokesperson Rajesh Gupta.

Purnima Sharma, in her address, asked party cadre to meet more and more people in the area and disseminate information about party's people-centric ideology and the public welfare schemes in vogue so that no soul in the vicinity remains aloof of the benefit of the PM Narendra Modi-led Government's schemes and programmes which are crafted in such a benevolent manner that all sections of society irrespective of their caste, colour or creed fall in their ambit.

The BJP Spokesperson also thanked the Booth Incharges for playing a vital role in strengthening the base of the Party. She

## Slathia calls for inculcating healthy competitive spirit among students

**JI NEWS SERVICE**

**SAMBA, MAR 26:** Jammu and Kashmir Pradesh BJP Vice President and former minister Mr Surjeet Singh Slathia today emphasized the crucial need of inculcating healthy competitive spirit among students, both in academics and extracurricular activities to meet the challenges of the competitive world.

Speaking at separate functions to celebrate annual day events of New Light Higher Secondary School, Balore Samba and Modern Institute of Education, High School Samba in Samba, Mr Slathia said the competitive spirit enables students to grow in a productive atmosphere and places them in good stead, be it entry into careers, career development and sports arenas. He said the parents and teachers can play a proactive role in this regard, adding that frequent interactions could lead to corrective measures wherever necessary.

Slathia said while teachers are to be facilitators, the initiative has to come from the students. As such, greater role is cast upon



parents to mould their children, as home is supposed to be the first school. In this context, he also stressed the need for larger interpersonal relationship between students, teachers and parents, especially at the basic schooling level, as an important component of the learning process.

Slathia, who was chief guest at the Annual Day functions, also highlighted the need for imbuing good moral values and virtues among children from the very beginning so that they grew up as disciplined citizens and contributors towards betterment of society. He said inculcating moral values in curriculum will go a long way in achieving the larger objec-

tive of shaping the destiny of our children.

The former minister lauded the management of the two schools for innovative approach towards learning and other extracurricular activities and said conducive atmosphere is key to motivate students towards sports and extracurricular activities alongside academics. He congratulated the students for taking lead in various activities and hoped this will give them much needed confidence and vigour.

Slathia also complimented the performers of the cultural and sports activities and wished them all the best in their endeavours. On these occasions, the heads of these schools

presented annual reports, highlighting the academic odyssey of their institutions with special mention of extra-curricular activities. The students also presented variety programmes.

While Pawan Singh Slathia, Zonal Education Officer Samba was Guest of Honour at Modern Institute of Education High School Samba, prominent among those present included Chairman Narinder Singh, Principal Jeevan Jyoti, Shiv Charan Singh, Sarpath Sarva Prakash Verma, Baldev Singh, Sardar Singh, Bimla Devi, Surinder Singh, Narinder Singh besides parents and students in large numbers.

**'RAHUL GANDHI VICTIM OF DIRTY POLITICS'**

## Opposition must unite to depose the authoritarian, fascist BJP: Harsh Dev



**JI NEWS SERVICE**

**UDHAMPUR, MAR 26:** Emphasizing the need for unity amongst the various political parties to ensure revival of democracy and rule of law in the country, Mr. Harsh Dev Singh, Former Minister and senior NPP leader said that collective efforts were required to be made to provide an alternative to the present dictatorial regime of BJP. The BJP would continue to harass, humiliate and persecute its rivals and to deprive them of their basic democratic and constitutional rights until and unless the opposition leaders joined hands against the authoritarian and despotic rule, observed Mr. Singh. He said that disqualification of Rahul Gandhi from parliament membership was the cruelest joke in the constitutional history of

the country which would be remembered as one of the darkest chapters in democratic jurisprudence the world over. He said the congress leader was the victim of dirty politics of present rulers who needed to be opposed, exposed and finally deposed. He was addressing a workers' meeting in Udhampur today.

"BJP is hell bent on demolishing the opposition. It wants to establish a one party system. It's breaking opposition parties through money and muscle power. It was further resorting to coercion, threats, intimidation and persecution to bully the opposition leaders and eventually make them fall in line. The opposition leaders are either dubbed as anti-nationals or intimidated and harassed through govt agencies

including ED, NIA and CBI. BJP leaders accused of corrupt practices, land grabbing, dis-proportionate assets and other fishy deals are being given immunity while questioning even the sincere motives of opposition leaders. Those who have the temerity to speak are silenced through coercive apparatus of state. Dissent is bludgeoned through the iron fist of vigilantes and other state bodies. With hardly any scope for individual political parties to make themselves heard, it's the collective pursuit of people's agenda that needs to be the priority concern of all nationalist, pro-people parties, said Harsh.

Singh said that gradual slide of democracy into dictatorship was being clearly discernible in J&K as well. Not only was J&K robbed of its statehood sta-

tus and deprived of a legitimate elected govt but people were being subjected to the most unpopular rule of outside bureaucrats who hardly have any knowledge of J&K and its peculiar problems. The govt is resorting to strong arm methods to evict the poor, indigent masses from their small, marginal land holdings and uprooting their houses, shops and other permanent structures without any qualms of conscience. Unemployment is at its peak and govt jobs are being openly auctioned. The contractuals, daily wagers and other temporary workers are agitating for their rights with none to listen to their shrill cries for justice. Property tax is being imposed without the nod of J&K legislature. The all-round disenchantment is leading to alienation and calls for united fight by opposition parties against the mis-rule and atrocities of the present regime. It's high time therefore that all political parties except BJP having faith in the Indian Constitution and its Flag joined hands to restore justice with dignity to the people of the incarcerated land of J&K, said Mr. Singh.

## IIT Jammu Organises Chemical Engineering Day



**JI NEWS SERVICE**

**JAMMU, MAR 26:** In an unprecedented initiative to bring the giants of the Chemical Engineering academics and industry under one roof, the Chemical Engineering Department of Indian Institute of Technology Jammu (IITJMU) celebrated the Chemical Engineering Day.

Dr HJ Pant, Scientist & Head of Division, Bhabha Atomic Research Centre (BARC); Dr Pranab Rakshit, Chief Manager, Research & Development, Bharat Petroleum Corporation Limited (BPCL); Dr Deepak Kunzru, Dean, Graduate School & Research, Ahmedabad

University; and Prof Sunando Dasgupta, Chemical Engineering Department, Indian Institute of Technology Kharagpur (IITKGP), were the keynote speakers at the event.

At the outset, the event commenced with the lamp lighting ceremony, followed by the facilitation ceremony of the keynote speakers by the Chief Guest, Dr Manoj Singh Gaur, Director (IITJMU).

Dr Manoj appreciated the efforts of the Chemical Department for such a groundbreaking initiative. "Assuming complete ownership of our work has the power to transform the dynamics of any campus," men-

tioned the Director, before concluding his address.

Dr Yojesh M Nimdeo, Head of the Chemical Engineering Department (IITJMU), while expressing his gratitude to the esteemed gathering, gave an overview of the Department's developmental journey thus far and briefly touched upon the future roadmap.

Dr HJ Pant shared his insights about production and application of radioactive isotopes for societal benefits like Healthcare, Agriculture & Food industry, and Water Resource Management. Dr Pranab Rakshit spoke about challenges and way-forward with Green Hydrogen Production and Utilisation of Captured Carbon. Dr Deepak Kunzru talked about Heterogeneous Reactions in Monolith Reactors for Process Intensification, and Prof Sunando Dasgupta talked about Interfacial Processes in Microfluidic Application.

The Idea Pitch Competition among students at the end revealed the extent of their entrepreneurial abilities, showcasing the depth of their talent.

As a result of its innovative initiatives aimed at nation-building, IITJMU is earning accolades from the academic community in the region.

## Balwant Thakur's message on World Theatre Day

**JI NEWS SERVICE**

**JAMMU, MAR 26:** Globally acclaimed eminent playwright and theatre director Balwant Thakur on the eve of 'World Theatre Day' dwelt in detail about the role and responsibility of theatre and it's challenges ahead. In his message to the world, he said that it is an established fact that theatre is one of the most effective medium of education and communication.

Since ages theatre has played an important role in shaping the civilizations. Gone are the days when people used to consider theatre as one of the sources of entertainment. Now theatre has widened its scope and is playing a crucial role in the field of education. It is a proven fact that performing in theatre develops



the focus of the mind, body, and voice. Acting enhances verbal and non-verbal expression of ideas. In addition to the confidence it also improves voice projection, articulation of words and fluency with the language. It magically transforms the personalities. Most aware, updated and intellectually awakened societies are those who perform and participate in theatre. An Irish Playwright and poet once said "I regard the theatre as the greatest of all art forms, the most immediate

way in which a human being can share with another the sense of what it is to be a human being."

Referring to Jammu & Kashmir, Balwant Thakur said that considering the challenges society is facing here, theatre out here can play a pivotal role in the intellectual engagement of the civil society.

There is a dire need to intellectually engage the masses through such mediums. Generations are required to be made aware of the value of their language, culture and their identity. Unfortunately, we are sadistic about our history, culture and our cultural wealth. Here theatre can play the role of a catalyst in sensitizing our generations. Jammu is boasting of becoming a smart city. Smartness cannot be gaged by hoarding and lights.

Smart city requires the engagement and participation of civil society in the activities of art and culture.

Look at the volume of the city which has only one theatre that too is in shambles. On the eve of world theatre day Balwant Thakur appealed all the stake holders to come forward and support the endeavours aimed at upgrading the intellectual identity of the region. Be the government or the civil society, it is our larger social responsibility to preserve, protect and promote our culture in general and theatre in particular. Someone said 'nothing will remain, neither the might of the kings nor the beauty of the of the queens, something that will remain will be the essence of catalyst thoughts which will emerge out of the creative engagements of the times'

## Eduhub Emerging as Leading Educational Institution of Jammu

**JI NEWS SERVICE**

**JAMMU, MAR 26:** EduHUB is a premier Coaching Institute in the heart of the city of Temples, Jammu. Born as a Dream, with a vision to carve the path for students, to serve as a guiding light & give complete whole sole educational assistance to students. EduHUB Institute- The Ultimate destination of Competitive Coaching, Academics and Computer Courses, came into existence on 1st January 2011.

For more than 7 years, EduHUB Institute has been guiding, encouraging and preparing students to excel in their studies as well as



future professional pursuits. Unlike many other professional coaching institutes in Jammu. While speaking to Media, Mr. Rमित said my aim is to provide education to all no matter what section of soci-

ety the student belongs i endeavour to bring equality in education and i am consistently building affordability so that everyone can have easy access of Education.

He added every year i enroll lot of students from poor background and provide them my courses free of cost because i firmly believe that education should not wait and everyone deserves better educational facility.



## Dy Mayor visits GHS Old Satwari, takes stock poor condition of school

JI NEWS SERVICE

JAMMU, MAR 26: Baldev Singh Billawaria, Deputy Mayor Jammu visited the Government High School Old Satwari Jammu and took stock of the poor condition of the school. He found that there are only five classrooms as compared to the eleven rooms that the school should have, along with a library and classroom teachers room that are all housed in the same room.

The Deputy Mayor Jammu Baldev Singh Billawaria expressed his concern over the condition of the school and assured the school authorities that their genuine demands will be addressed soon. He stated that the school should be repaired and upgraded as soon as possible so that the students can get a better learning environment. He also directed the authorities to take necessary steps to ensure that the school is made functional and comfortable for the students.

The Deputy Mayor Jammu Baldev Singh Billawaria discussed the development works with the Principal and other staff of the school. He said that the development of educational infrastructure was a priority for the administration, and that the construction of the new building would provide better facilities to the students.



He said that the school should be repaired and upgraded as soon as possible so that the students can get a better learning environment. He also directed the authorities to take necessary steps to ensure that the school is made functional and comfortable for the students.

The Deputy Mayor Jammu Baldev Singh Billawaria believes that the students of Jammu should have access to quality education and training that will prepare them for future employment opportunities.

He is committed to providing the necessary resources to ensure that the

youth of Jammu have the skills and knowledge that they need to succeed in their chosen fields.

The Deputy Mayor Jammu Baldev Singh Billawaria also stated that he will take up the matter with the concerned authorities and will ensure that the necessary steps are taken for the improvement and upgradation of the school. He also promised to provide all possible support to the school authorities for this purpose.

The Deputy Mayor Jammu Baldev Singh Billawaria assured the school staff of all possible support from the Municipal Corporation and said that the Municipal Corporation would continue to work for the upliftment of the educational infrastructure in the city.

Later, Deputy Mayor Jammu Baldev Singh Billawaria and President

Nat Manch & Incharge Cultural Cell BJYM J&K Tarun Sharma inaugurated a Free Ayurvedic Medical Aid Camp at Lord Mahavira Playway School, Shiv Nagar, Jammu. The camp was organised by Nat Manch in association with Lord Mahavira Playway School in which around 200 people were examined and free medicines were also distributed among the people. Apart from this, a large number of people suffering from other diseases were also examined by Dr Amardeep and Dr Ashia. Prominent among present were Naib Sarpanch Avtar Singh Chib, Panch Parsholam Singh, Bhushan Kumar, Harpal Singh, Panch Mitlesh Kumar, Surinder Sharma chairman Lord Mahavira Playway School, Ranjeet Singh, Ashwani Kumar, Rakesh Chalotra, Seema Anand and others.

## Kesri demands security cover to Hindu leaders working in J&K

JI NEWS SERVICE

JAMMU, MAR 26: Shiv Sena Hindustan J&KUT President Pandit Rajesh Kesri today said that arrest of couple Amrik Singh and his wife Sarabjeet Kou from Kullian area of RS Pura Tehsil for having links with "Waris Punjab De" head and Khalistani preacher Amritpal Singh's mentor Papalpreet Singh has vindicated Sena's stand which has time and again brought into notice of Govt that terrorists like Amritpal in Punjab and Pak sponsored terrorists have been making serious efforts to vitiate peaceful atmosphere in J&K and on several occasions demanded Govt to identify black sheep supporting anti national elements at the behest of terrorists organizations operating from Pakistan and in J&K.

Addressing a press conference at SherChak village of Block RS Pura, Kesri expressed concern over "terror threats" to the



Hindu community and Hindu leaders in Kashmir, and demanded the administration and security establishment ensure their safety and security. He said administration and security establishment must ensure safety and security of people in general and that of the minority communities in particular and we expect them to take visible steps to restore confidence in the community. Recalling the murder of Sudhir Suri in Amritsar, Kesri said that "Punjab

police is one of the best in India. The widespread terrorism in the state was curbed by this police. But because of the useless government, the police have also become useless."

Kesri further claimed that like Suri was killed in Punjab, in the same way we may also be victims of this and requested the government to increase the security in border areas or give security to Hindu organizations including Shiv Sena Hindustan

working in Hiranagar and Samba belts for Hindus which is always disliked by anti-national elements and hence Hindu leaders always remain targets of terrorists organizations. Prominent among those who were present in the press conference include Balveer Kumar, Suresh Kumar, Vijay Luthra, Raj Kumar, Sanjeev Sharma, Balwant Kumar Fauji, Darshana Devi, Jyoti Devi, Anju Bala, Rajni Devi, Brijesh Kumar, Rajesh Handa, Baba Deta.

## Bharat Bhushan for 100 pc utilization of budget in Jammu



JI NEWS SERVICE

JAMMU, MAR 26: DDC Chairman Jammu Bharat Bhushan Bodhi on Sunday exhorted upon Jammu administration to expedite the development works and ensure 100 per cent utilization of the Capex budget.

He also directed the concerned quarters to make concerted efforts for removing the bottlenecks hindering the development in the region. Bharat was chairing a review meeting of the UT Capex Budget here at PWD Guest House Gandhi Nagar. In the meeting, DC Jammu Avny Lavasa, ADDC Jammu Ramesh Kumar, CPO Jammu, sectoral officers of all departments were present.

The meeting was informed that almost 90 per cent of development works under Capex Budget have been completed and rest of the work has been delayed on account of technical staff crunch. Upon this, the DDC asked the DC Jammu to depute adequate number of JEs at Block level to expedite the development works and ensure 100 per cent utilization of Capex Budget in Jammu.

Taking department-wise review, the DDC Chairman expressed concern over the working of Jal Shakti Department. He said mere pipe laying and raising the distribution network will not address the issue of water shortage because

first of all the department should develop the source of water. He asked the concerned officials to focus on developing the sources of water so that pipes laid could be used for the supply. He said that the funds which were earlier received from the centre remained unutilized thus creating a gap between plans and execution. He said that the aforesaid lacunae should be removed henceforth.

Laying stress on promoting religious tourism, the DDC Chairman asked the Tourism Department to focus on this aspect in Jammu region as there is plenty of scope for wooing the devotees to the pilgrimage destinations across the Jammu District like Showa Mata, Budha Amarnath,

Pandav Guffa, Mathwar and many more. He said that promoting tourism based on pilgrimage can help in booming the economy of the region, which is the need of the time. He also asked the Floriculture Department stakeholders to inspire farmers to inspire farmers as this has a lot of scope because already tons of flowers are being imported from other states and even abroad.

He also took up the matter of improper desilting of the canals especially the small canal creating problems for the concerned farmers because the tail ends of these canals face dearth of water leaving the farming community high and dry.

Bharat Bhushan also directed the concerned officials present in the meeting to expedite the construction of roads for providing connectivity in every nook and corner of the district. He also batted for constructing new school buildings where there is a requirement. He asked the officials to take PFI members into confidence before carrying out any work at block level.

## MP Khatana, Purnima attend Iftar Party in Jammu



JI NEWS SERVICE

JAMMU, MAR 26: Muslim United Forum today organized an Iftar Party in view of ongoing Holy month of Ramadan. On the occasion, Member Parliament Gulam Ali Khatana and BJP Spokesperson and former

Deputy Mayor were also joined the Iftar Party.

The socio-religious event was organized by Zahoor ji & Mubarrisi Khan of Muslim United Forum in observance of the holy month of Ramadan's message of spreading love, affection and mutual trust among all and was attended

by people from almost all sections of the society.

In his address, the Member Parliament Gulam Ali Khatana highlighted that the spirit behind organizing the event was to celebrate the core values of our society, epitomized by unity in diversity and universal

brotherhood. He described Ramadan as a month of mercy, during which the soul is purified and the body is cleansed. "This holy month is not only a month of "moral abstinence," it also has the social virtue of creating new bonds of understanding between all classes of people," he added. The member parliament also listened to the issues of members of Muslim brethren and assured to resolve the same at the earliest.

Purnima Sharma, in her address, wished the people happy Ramadhan and prayed for peace and prosperity of Jammu and Kashmir Union Territory.

Among those who were present include Anu Gupta, Adarsh, Hari Om, Rajesh Gupta, Madan Gopal Tony, Vikram Bhasin and Anil Dutta.

## Range Police Hqrs Rajouri organises Run For Unity against drugs



JI NEWS SERVICE

RAJOURI, MAR 26: In order to counter the increasing menace of drugs among the youth and the masses as well as to prevent the abuse and growing drug addiction in the society, RPHQ Rajouri organised a Mega Run for Unity against Drugs at Rajouri today. As a part of the Civic

Action Programme and in order to spread awareness about drug abuse in the society, today on 26th of March, 2023 a march "RUN FOR UNITY" - "AGAINST DRUGS" to spread the message, say "No to drugs & Yes to Life" was organized by RPHQ Rajouri.

Five hundred plus personnel of different security forces, members of Civil

Society, Students of Degree College Rajouri, HEM School, International School, J&K Police Public School and Govt. HSS participated in the event. The march started from DPL Rajouri and culminated at DPL after covering Gujjar Mandi Chowk, Salani Bridge, Old town, City Markets and Panja Chowk. Prominent youth leaders

from different Political parties and Social groups of Rajouri also participated along with their teams/groups in the event.

The march was flagged off by DIG RP Range Dr. Mohd. Haseeb Mughal, IPS in presence of senior officers of the district Police, 2nd IRP and CRPF.

At the culmination, DIG RP Range thanked the participants for exhibiting tremendous enthusiasm and support in spreading this noble message amongst the masses.

This Civic Action Programme is part of a series of efforts under "Nasha Mukta Bharat Abhiyan" to spread awareness about drug abuse and addiction.

The mission of JK Police to end DRUGS will continue.

## Grand cultural Festival 'New Kashmir New Hope - Jashn E Jagti organized



JI NEWS SERVICE

JAMMU, MAR 26: Today a grand cultural Festival was organised in the Govt. Higher Secondary School, Jagti with a huge number of audience in the presence of Mr Suhail Qazmi Hon'ble Member of Wakhpur J&K.

A grand show of Folk Festival (Harano) Roof Dance, Bach-e-Nagmeh, Kashmiri Chakri, Dogri Dance, Punjabi Dance was

presented during the programme which enthralled the audience including the dignitaries. This Festival is organised to promote the Kashmiri pandits, Artist's to showcase their Talent.

Awards were given to Top Five Talented students of Kashmiri pandits, few more Awards to participants information and felicitations were also given away by the Sh. Kavinder Gupta "Formal Deputy Chief minister

J&K" (BJP). While speaking on the occasion Hon'ble Formal Chief Minister of J&K (BJP) reiterated the importance of art & Culture of Kashmir.

He said this is the best cultural festival in Jagti (which is promoted by the Kashmiri pandit Artist's). Further said that the government is working for the betterment of all Artists. He assured for the cultural programs in future, so

that all artists renowned and new talent will get the chance to perform.

Suhail Qazmi Honourable Member Wakhpur J&K (the senior Journalist), Secretary of J&K Art Culture & Languages, Sh. Yuvdeer Sethi vice president of BJP J&K Teachers, other Local Artists, & huge no. Of public were also present. While giving the welcome address Festival Director, Gulzar Ahmed Bhat said that he was overwhelmed with the excitement to have the Hon'ble Formal Deputy Chief minister, the chief guest in the show to the inauguration of this festival.

He further said that he is happy that the current government is keen to support the artists of J&K. He also demanded for a cultural policy that the artists are benefitted. Last but not the least he expressed thanks to the print and electronic media.



Land, homes for...

inclusive growth is the focus of the administration. The historic decision of August 05, 2019 ended the decades-old discrimination against deprived sections of the society, said the Lt Governor.

We are making sure that no individual or no section of society is left behind in the development journey of Jammu Kashmir, the Lt Governor observed.

"With the commitment to Sabka Saath, Sabka Vikas, we have taken various steps to ensure socio-economic development of poor and marginalized persons. The new Industrial revolution, welfare of farmers, laborers & workers, empowerment of youth, women & deprived sections, unprecedented progress in health, education, road, power, infrastructure, agriculture & allied sectors, universal health coverage, e-governance, administrative reforms, entrepreneurship & start-up ecosystem, are reflecting the true picture of new and aspirational Jammu Kashmir", the Lt Governor said.

The Lt Governor urged all the citizens to promote the spirit of brotherhood and to strengthen the fabric of emotional bonds to fulfill the resolve of Ek Bharat Shreshtha Bharat and contribute towards nation building.

Responding to the demands projected by former Minister, Dr DK Manyal, the Lt Governor assured the community members of due consideration of all genuine demands.

"Yanchito ko Yariyata" is the commitment of the central government. Immediate steps will be taken for streamlining of scholarships to wards of SC community, said the Lt Governor.

The Lt Governor observed that service and welfare of the poor has been the top most priority of the administration. He said, there is no law in J&K to provide land to the landless poor families and many of them are facing the difficulty. The administration is committed to resolve this issue and very soon it will come out with a provision to provide land to the landless families so they can have their own house. These houses will be constructed under PMAY, the Lt Governor said while replying to the demand of housing for landless poor families.

The administration will also provide land for building a smriti bhavan in memory of Goswami Shri Guru Nabha Dass ji, said the Lt Governor.

On the occasion, the Lt Governor felicitated the members and youth of the community who have excelled in their fields. Sh. Jugal Kishore Sharma, Member Parliament announced financial assistance of Rs 25 lakh to the Parishad for building the smriti bhavan.

Sh RL Bharti, Member, J&K Socially & Educationally Backward Classes Commission; Sh Sansar Chand Krotra, President of Guru Nabha Dass Samaj Kalyan Parishad, besides a large number of members of the community were present.

Chenab River...

The rail minister said, "taking all fits and bits in mind, the bridge is made in such a way that it is designed for 120 years, which is a big achievement for the entire country. The nation must be proud of our engineers, who transformed the dream into a reality."

There were several engineering challenges, said the minister adding, "but the most important was 'will power' of the leadership. The 'will power' of the leadership matters a lot especially when the PM Modi took the project in his hands with timely reviews, monitoring, discussions that made us more encouraged and determined to accomplish the target. Leadership really makes a difference."

The minister said that among others, foundation design was also one of the major challenges in this project, secondly was construction of tunnels in the young mountains of Himalayas.

"Own method 'Himalayan Tunneling Method' (HTM) was adopted by our engineers to build tunnels in the Himalayas for which special technology was used. Moreover, the issues of gases in the mountains at the time of tunnelling, was also taken under consideration to prevent fire incidents," said the Minister.

Stating that the duration from Jammu to Kashmir will be reduced to 3 to 4 hours after the start of the connectivity, Vaishnav said, "Vande Metro trains from Jammu to Srinagar and vice versa will also start very soon that will actually and practically convert both the cities into one."

Many rail projects into the Himalayan region are under progress and few are coming up, the Minister said that four PM Gati Shakti Cargo Terminals are also coming up in the Kashmir valley (between Banihal to Baramulla) for transportation of Kashmiri items to the rest of the country.

"I met the Jammu and Kashmir Lieutenant Governor Manoj Sinha and discussed the land for Cargo terminals. Land for three is already identified and for the remaining one, the process is in progress," he revealed further adding that Cargo Terminals will be of great help in transporting (Import-Export) the goods in a shorter time and at cheaper transportation cost.

The minister replied to a query that hopefully by December 2023 or by January 2024, Kashmir will be connected to Kolkata as well.

On challenges in the North East, he said, "with challenges viewpoint related to topography, we face some similar challenges but after the completion of this project, the challenges faced in this projects and the lessons learnt can be shared in the North East projects and the similar can be implemented in this region from the eastern parts of the country."

Replying to a query with regard to Jammu-Poonch Rail Link and making Jammu Railway Station a Division, the minister said, "it is a very difficult terrain but very soon new projects will be undertaken. And, special arrangements will also be made and other technicalities will be looked into for converting Jammu into a Division."

Vaishnav also said that with tourism, three spots have been identified from where the bridge is visible and they will be developed as tourist destinations to tap the potential of the region.

He however, on water effects to the nearby villages with the project said, "it is an important aspect and is taken into consideration while a team of WAPCOS (Water and Power Consultancy Services Limited), team is already having a detailed scientific study."

The minister lauded the team of engineers and desired that the HTM papers be published in journals and the technicalities be adopted worldwide. He concluded his media interaction with "Bharat Mata Ki Ja" chants.

Department formulates...

about costs and use these gadgets judiciously. He asked them to use the power of our youth in changing the attitude of people by making them champions of change in the society.

The Chief Secretary stated that losses suffered on power purchases exceed more than Rs 3500 Crore annually with previous liabilities piling up by each passing year. He reiterated that these resources belong to our people and should

optimally be utilized in creation of jobs for youth or other welfare measures for the people of J&K. He observed that people should be sensitized about the same through massive outreach campaign and this gap in power purchase and revenue realization should be minimized for the general good of masses particularly the educated youth of the UT.

The minister added that the overall AT&K losses should be brought down to less than 20% in the UT. He emphasised on having a proper mechanism to redress the grievances related to billing of consumers. He told them to fix Electric Division wise targets for demand side management. He emphasized on enhanced enforcement for reduction of distribution losses and metering of power connections.

The Chief Secretary also emphasized on making the flat rates less attractive so that people prefer switching to metering of their power connections. He observed that most of the people are ready to pay for their consumption. The new mantra should be 100 percent payment and 100 percent electricity. He made out that people who clear their dues regularly deserve to be provided quality power round the clock.

The Chief Secretary further exhorted upon the officers that the smart metering of all the urban areas of the UT should be completed by August this year. He asked them to establish dedicated enforcement teams in each circle to ensure proper monitoring and surveillance of the consumers.

The Principal Secretary, PDD, Rajesh Prasad in his presentation stated that the Department has formulated plan to reduce AT&K losses to 4% from current 49% during the coming financial year which would further be decreased to 20% till financial year 2025-26. He also stated that the gap between Average Cost of Supply (ACS) and Average Revenue Realised (ARR) for the year 2022-23 is Rs 1.79 which is going to be further minimized to Rs 1.60 in the next fiscal and to Rs 0.58 by 2025-26.

He further apprised the meeting that the Department has conducted 16634 inspections in the UT thereby imposing a penalty of Rs 15.03 Cr and making 133534 disconnections of erring customers till February this year. In addition the Department has recovered Rs 45.92 Cr in the shape of arrears from both domestic and commercial consumers.

As far as bringing efficiency in distribution system is concerned, the Department is going to implement the projects worth Rs 5641 Cr sanctioned by Govt under Revamped Distribution Sector Scheme (RDSS) to install the Smart meters to the tune of Rs 104677 Cr and carry out other loss reduction works to the tune of Rs 4595.20 Cr. The completion of these projects are going to greatly reduce the AT&K losses further thereby making additional energy available to Department for providing 24x7 quality power supply to consumers across J&K.

Others who were participated in the meeting physically or virtually included the MDs of KPDC and JPDC besides the Chief Engineers and other concerned officers of the Department.

DDC Chairpersons...

the development and strengthening of PRIs. They further apprised the Lt Governor about their District-specific issues and sought his intervention in the early redressal of the same.

The Lt Governor reiterated the government's commitment to empower the Panchayati Raj Institutions, and facilitate cooperation & coordination between the administration and the PRI representatives. He assured the DDC Chairpersons of due consideration of the issues projected during the interaction.

Ms. Mandeep Kaur, Commissioner/Secretary to Government, Department of Rural Development and Panchayati Raj was also present in the meeting.

Nari Shakti Playing...

in the resolute mission after the disastrous earthquake there. They were a part of the NDRF unit. Their courage and efficiency is being talked about in the whole world."

He said that today, India's women are showcasing their valour in all three defence forces.

"Group Captain Shalija Dhani became the first woman air force officer to receive Command Appointment in the Combat Unit. She has a flying experience of close to three thousand hours. Similarly, Captain Shiva Chauhan became the first woman officer to get posted at Slachen. In a region where the temperature falls to minus sixty degrees, Shiva will be posted for three months. India has also appointed a 'Woman only' platoon in the UN Mission" he said.

The Prime Minister also highlighted the two women behind "The Elephant Whisperers", which became the first Indian production to win an Oscar.

"You all would have definitely seen Sureshba Yadav, who became Asia's first loco pilot. She set a precedent by becoming the first woman loco pilot of Vande Bharat Express. In the same month itself, producer Gunvanti Monga, and Director Kaushal Ghosh made the whole nation proud, by winning Oscar for their documentary 'Elephant Whisperers'."

PM Modi added, "In another achievement for the country, Jyotirmayi Mohanti, the scientist of Bhabha Atomic Centre, has won the special IUPAC award in the field of Chemistry and Chemical Engineering. India's women's team also created history by winning the first U-19 T20 World Cup".

He further pointed out that for the first time in history, a woman MLA and minister are holding office in Nagaland. "If you look at politics, a new star has taken place in Nagaland. For the first time in 75 years, two women MLAs have reached the state assembly. One of them was also made the minister. So, the people of Nagaland got their first woman minister," PM Modi said.

For the Prime Minister further pointed out the rising demand for lotus stems in Kashmir, which is known by the local name of 'Nadru'.

"Whenever we talk about Kashmir or Srinagar, the pictures of the mountains and Dal Jheel come in front of us. We all want to enjoy the scenic beauty, but there is one more speciality attached to it. Dal Jheel is also known for its delicious Lotus stems. They are known by different names in the country, and in Kashmir, they are referred to as 'Nadru'," he said.

He added said that looking at the rising demand for Nadru, the farmers have created a Farmers Producer Organisation (FPO), and 250 farmers have become a part of it.

"Today, the farmers are able to export the FPOs to foreign countries. Recently, they sent two sets to UAE. This is not just taking up the name of Kashmir, but also increasing the income of the farmer," he said.

PM Modi also talked about the farmers who have shifted towards growing lavender and the benefits they are receiving through the government's Aroma scheme.

"Another effort by the Kashmiri farmers is spreading the fragrance of its success. Actually, there is a small town Bhardarwah, in the Doda district of Jammu & Kashmir. The farmers there traditionally used to grow maize, but some farmers decided to do something innovative. They shifted towards

floriculture. Under this, around 2,500 farmers are growing lavender. They have also benefited from the Aroma scheme of the government. This has increased their income several times. And today, along with the lavender, the fragrance of their success is also spreading," he added.

The Prime Minister also shared about the events regarding the celebration of the 400th birth anniversary of Vir Lachhi Barbhukan.

"I would like to share a story from Assam, which also promotes the theme of 'Ek Bharat Shreshth Bharat'. You all know that we are celebrating the 400th birth anniversary of Vir Lachhi Barbhukan. He had got Assam free from the cruel rule of the Mughals. Today, the country is getting to know about his value. We also organised an essay writing competition on his life," he said.

PM Modi added, "You all would be surprised to know that we received more than 45,000 essays. This has become a Guinness World Record, and more importantly, these essays were received in 23 different languages". (Agencies)

Centre warns officers...

service consequences which would include the period of unauthorised overstay not being counted as qualifying service for the purpose of pension and that any increment due during the period of unauthorised overstay being deferred with cumulative effect, till the date on which the officer rejoins his parent cadre," the DoPT said, reiterating its earlier directives in this regard.

The government said it is primarily the responsibility of the borrowing organisations to ensure that deputations are not allowed on the date of expiry of their deputation tenure.

"Any proposal for extension of the tenure of deputation under rules should be initiated sufficiently before the expiry of the tenure. Besides, the responsibility rests with the deputationalist and the lending organisations as well, to bring to the notice of the borrowing organisation about the expiry of the deputation tenure," the DoPT said, seeking "strict compliance" with its order dated March 22.

It said the powers to extend the tenure of deputation, where absolutely necessary in the public interest, to the borrowing organisations up to a period not exceeding seven years at a stretch with the approval of the minister of their administrative ministry or department concerned.

Pahaligam in spite of relaxation allowed in the provisions governing tenure of deputation or foreign service, proposals continue to be received in this department for regularisation of the period of overstay beyond the approved term of deputation," the DoPT said. (AGENCIES)

Weather improves...

Srinagar. It also experienced 6.4mm of rainfall during the period.

Pahaligam in south Kashmir recorded a low of 2.0 degree Celsius against minus 0.5 degree Celsius a day ago and it was 1.6 degree Celsius above normal for the famous picnic spot. It also received 2.1mm of rainfall during the period.

Kokernag had a low of 4.1 degree Celsius against 3.8 degree Celsius the previous night and it was 0.8 degree Celsius above normal for the south Kashmir picnic spot. It also received 6.3mm of rainfall during the past 24 hours.

Gulmarg in north Kashmir had a low of minus 1.4 degree Celsius against minus 1.0 degree Celsius 0.2 which was 0.2 degree Celsius above normal for the famous ski resort. It also received 3.8 cm of snowfall and 9.4mm of rainfall during the past 24 hours till 0830hours on Sunday.

Kupwara recorded a low of 3.8 degree Celsius against 3.4 degree Celsius a day ago which was 0.6 degree Celsius above normal. It also received 1.8mm of rainfall during the past 24 hours, the MeT office said.

Will make laws...

Barnoti Kathua said, the present regime despite making tall claims to offer abundant job opportunities to local youth have failed miserably and on the other hand is snatching the land from locals who feed their families from it.

"The land is meant for people and when it is taken away from them what is the use of it. No government has the right to snatch the livelihood of people rather it is bound to offer more economic opportunities," he said. Azad said while the present regime did some good things that benefited the people, all that was washed away after it imposed anti-people decisions like land eviction order, property tax imposition and contracts to outsiders.

He said if his party comes to power, he will ensure jobs and land is protected for the local people. He also criticized the decision of the government for allotting land to 1965 PoK refugees but not granting the ownership rights. Azad said that to improve the economic conditions of people, the government should also provide compensation to farmers who face damage to their crops due to excessive rains.

He will to empower the people of Jammu and Kashmir politically and economically, restoration of statehood is must and he will fight for it as long as it is not restored.

Azad said that DPAP is the only political Party which fights for the issues of people and people have been realizing it with their massive participation in our rallies and meetings. "After seeing the response of people, we have started a membership drive across all districts. By the time elections are held in Jammu and Kashmir, it will be emerging as the largest political party in the Union Territory," he said.

Among others who attended the meeting are G.M.Saroori Vice Chairman, Jagal Kishore Provincial President, Vinod Mishra General Secretary, Davinder Singh Bindu Sr leader DPAP, Brjeshwar Singh Indu Dist President Kathua, Ch Gharu Ram Zonal President Jammu, Subash Gupta Ex MLC Vice President Provincial, Salman Nizami Chief Spokesperson, Ashiq Bashir Naz Secretary, Praba Sabathia Mahila President, Aradhna Andotra Secretary, Parveen Bhagat Zonal VP, Din Chaurman BDC Bani, Gurmeet Kaur Spokesperson, Shaifq Shabnam, Rajiv Gupta, Ashwani Handa, Ashutosh Raina, and others.

Dr. Jitendra Singh...

the border districts under the previous governments have now become the role models for the country, the best example being the border districts of Kathua which considered now the epitome of development and governance in the country.

Dr. Jitendra Singh said, it is for the first time after twenty years that hundreds of acres of border land has been brought under cultivation bringing back the lost smiles on the faces of border dwellers in Kathua which has been possible only under the present government which believes on the mantra 'Sabka Saath, Sabka Vikas' under PM Narendra Modi. Enamurating the various development works done in

Kathua, Dr. Jitendra Singh said, Kathua is now considered as the role model of development in the country as North India's first biotech park, revival of Shahpur-Kandi project after 40 years, North India's first ever Cable-Stayed Bridge Atal Setu, J&K's first inter-State Bridge at Keerian-Gandyal, North India's first Express Road Corridor from Delhi to Kathua with Kathua, the new National Highway from Lakhmupur-Bani-Basohli-Doda via Chhattargala Tunnel, the mega quintal seed processing plants helping in doubling farmers income besides centrally funded Government Medical College, Centrally Funded Engineering Colleges, Degree Colleges etc., have made Kathua the epitome of development in the country.

The PRIs present during the meeting appreciated the work done by Dr Jitendra Singh as a Member of Parliament for the development of his constituency, be that the construction of border roads to the border areas of Kathua district, bringing of border land under cultivation, the construction of highways (Express Corridor) through Kathua district, the establishment of Kendriya Vidyalayas, GMC, Degree Colleges in the district, the various works done under JIM, Rural Development, PWD etc.

During the 'Public Darbar', Dr. Jitendra Singh addressed certain issues on the spot related to the Delhi-Katra Express Highway like the land compensation, crossings at certain points for public convenience raised during the Public Darbar. The Minister directed the top officials of NHAI present during the public Darbar to speed up the work on the Express Highway and also look into the genuine issues raised by the public in a time bound manner.

The others present during the program were DDC Chairman Kathua, Col. Mahan Singh, Deputy Commissioner Kathua, Rahul Pandey, DDC Vice-Chairman Kathua, Raghunandan Singh Bablu, President MC Hiranagar, Adv. Vijay Sharma besides BDC, DDC members, Sarpanchs and the officers of district administration.

Rana for promotion...

Governor, who is also Chairman of Shri Mata Vaishno Devi Shrine Board, for evincing keen interest in the project report prepared by the Jammu Chapter of INTACH for restoration of the Pracheen Marg and passing on instructions to the administration for ensuring smooth arrangements for the yatra.

Devedar Rana appreciated the organizers Mr. Harbans Lal, Mr. Randeep Singh, Pt. Jagdish Raj Sharma and all their team members, saying the effort will go long way in promoting the ancient route, rich with spiritual bliss.

Prominent among those who were present on the occasion included Mr S M Sahni, Convenor INTACH Jammu Chapter, Ms. Sunaina Mehta, Joint Director Tourism, Jammu. Mr. Babu Ram, Tehsilidar Nagrota, Lala Kishore Sarpanch Nagrota, Sukhdev Singh Sarpanch Kanjali, Neelam Sharma Sarpanch Chhibba, Sarpanch Sanjeev Singh, Pt.Rameshwar Dutt, Son Nardh Khajuria, Rekha Langeh, Baba Chanchal Singh, Dharamveer Singh Janwala, Ajay Sharma, Sanjay Sharma, Suresh Singh Gilli, Kartar Chand, Madan Lal, Pandit Harihar Kumar, Pandit Sanjay Kumar, Pandit Vidya Sagar, Pandit Sanju Kumar, Ashok Thakur, Nazir Ahmed, Zamayat Ali, Arjun Sharma, Sanjeev Sharma, Rakesh Kumar, Pt. Ashok Sharma, Rakesh Kumar, Yogesh Sharma, Sanjay Sharma, Balbir, Master Ranjit Singh and many others.

Interacting with the media persons, Mr RANA stressed the need for exploring this route optimally in the backdrop of the INTACH report, prepared after carrying out detailed mapping of all the important heritage assets like step-wells, ponds, Sarais, wells, temples and springs along the trails, which were once used and maintained by the pilgrims. The route starts from Kol Kandoli (Nagrota) on the National Highway 1A and passes through Jagdamba Mata Kheer Bhawani Temple - Jagti, Durga Mata Temple - Pangali, Shiv Temple - Thandapani - Drabi, Shiv Shakti Temple, Raja Mandalek Temple - and Raja Noolgarh Temple - Marh, Drabi, Kali Mata Temple - Gundla Talab, Ram Darbar, Shiv Temple - Bamyal and Oli Temple Chhapanpur-Bamyal. By reviving this route, he said the devotees could go back home after paying obeisance at the Darbar of the Mata with enlightenment they have been searching all their life.

"Apart from spiritual aspect of the yatra, the promotion of Pracheen Marg will bring Jammu under focus and transform the economy of the peripheries from the City up to the cave shrine", he said, adding that the pilgrim tourism has sustained the economy of Jammu and Kashmir in general and this region in particular during most difficult times post independence. Promoting these destinations by ensuring world class infrastructure facilities will prove catalyst for economic boom in this part of the country.

Rana joined thousands of pilgrims to pay obeisance at the Kol Kandoli Temple and other destinations on the route. He prayed for peace, tranquility and universal brotherhood, the essence of the Sanatan Dharma, which believes in the universe to be a single family-Vasudeva Kutumbkam.

The yatra carrying the Holy Jyot was profusely greeted by the people, queued on both sides of the road, with flower petals while chanting Mantras and Shlokas, up to the Oli Temple on the ancient route to Shri Mata Vaishno Devi Shrine on Trikuta Hills.

The residents had made elaborate arrangements of drinking water and refreshment for the devotees. The atmosphere was filled with gaiety and enthusiasm, as the devotees—men, women and children—kept reciting Bhajans in reverence of the Mata on the ongoing Navratras.

Elaborating on the need for proactive approach in execution of various projects related to pilgrim sites, Mr Rana said the ancient route passing through serene environs and spiritual ambience, offers spiritual solace and Darshan of several revered temple which used to pre-require being embarked on the yatra to holy Bhawan on Trikuta Hills over seven decades ago.

He extended Navratra greetings to the devotees. According to the organizers of the Charl Yatra, the Navratra Festival at the Oli Temple will witness Bhajans and other religious programmes during the ongoing Navratras.

Covid-19: Four fatalities...

the increase of 832, total number of active cases has reached 9,433. With four new deaths, two each in Gujarat and Maharashtra cumulative figure of deceased stands at 5,30,831 now. The good news is that 1,051 infected patients have recovered during past 24 hours.

Gujarat saw biggest rise in active cases with the coastal states recorded 238 new active cases, while Maharashtra recorded 193 active cases and Kerala had 125 new cases. Active cases increased by 56 in Himachal Pradesh, 48 in Karnataka, 47 in Delhi, 33 in Tamil Nadu, 32 in Andhra, 14 in UP, 12 in Goa, five in West Bengal, four in Chhattisgarh, two in Sikkim and one in MP.

With 7,955 people vaccinated during last 24 hours, overall 2,20,65,52,279 doses of Covid-19 vaccines have been administered so far.



# GDC Thannamandi Celebrates World Oral Health Week

JI NEWS SERVICE

RAJOURI, MAR 26: The NSS and NCC unit of Government Degree College Thannamandi, in collaboration with the Primary Health Center (PHC) Thannamandi, organized a lecture cum awareness session as a part of the celebration of World Oral Health week on March 25, 2023 with the theme "Be proud of your mouth". The event aimed to raise awareness about the importance of good oral health and hygiene and promote healthy habits among the local community.

The activities of the session included a lecture by Dr. Shabab Mirza, a renowned dental surgeon and Zonal Medical Officer (ZMO) Thannamandi, and a community outreach program led by the NSS and NCC unit of GDC Thannamandi focused on educating the local community about the importance of good oral health and hygiene through street plays, poster presentations, and pamphlet distribution.



Dr. Mirza in his lecture focused on the importance of preventive dental care and the common oral health problems faced by the local community. He stressed upon the need for regular dental check-ups and emphasized that early detection and treatment of dental problems can prevent them from becoming more severe and costly to treat.

The participants, (staff and students) were given an opportunity to ask questions and seek advice on specific dental concerns. The dental team also highlights oral health education, emphasizing the importance of brushing

twice a day, flossing, and visiting the dentist regularly. The community outreach program, led by the NSS and NCC unit of the college.

In the concluding remarks Dr. Mirza thanked Dr. Alther Aziz Raina, NCC Officer and Prof. Muhammad Shokat, NSS Programme Officer, for their support in organizing the event. He expressed his gratitude for their assistance and acknowledged their significant contributions to the success of the event.

The event was considered a significant success in promoting oral health and

hygiene awareness in the region. Dr. Farooq Ahmed, Principal of GDC Thannamandi, expressed his appreciation for the collaborative effort between NSS and NCC unit of GDC Thannamandi and PHC Thannamandi, in organizing the event. He emphasized the importance of such initiatives in promoting health and hygiene in the community and thanked Dr. Mirza for his valuable contribution.

The event served as an excellent platform for dental professionals, staff and students to educate and raise awareness about the importance of good oral health and hygiene.

# Natrang presents Hindi comedy play 'Tauba-Tauba'



JI NEWS SERVICE

JAMMU, MAR 26: To commemorate World Theatre Celebrations, Natrang presented Hindi comedy play 'Tauba-Tauba' written by Rajinder Kumar Sharma and directed by Neeraj Kant here today at Natrang Studio Theatre, Jammu. Coated with humor, the play presented some debatable issues which are faced by many theatre groups because of the lack of commitment of a few artists which spoil the whole movement but still it was more inclined towards comedy than being

didactic.

The play opens at the home of one 'Anokhe Lal' who has converted it as rehearsal space as he is the director of the play which is scheduled to be staged within a few days. The drama erupts as the play proceeds as it appears that no one is serious in doing rehearsal other than the director. The artists who used to plead for a single entry in the play have turned pricy now and come up with different excuses to skip rehearsals. At the top of it, the newly appointed servant adds to the confusion as he comes up

with a new problem every time he enters the room. 'Anokhe Lal' was very much worried about the performance of the play as nothing was going right, actors were forgetting the lines, people were coming late in the rehearsal and on top of it, the tickets of the show had already been sold. The ultimate crisis occurs when the director comes to know that the actor who was doing the role of father of the hero is not doing the play as he has to go out of station for some personal work. Shattered by this untoward news, he decides to prepare his newly appointed servant to do the character of father in the play, who reluctantly agrees but real trouble erupts when the real father of 'Anokhe Lal' arrives to whom the servant introduced himself as the father of 'Anokhe Lal' on which both the servant and Anokhe Lal received a thorough beating from the real father.

Natrang actors who performed in the play included Sheryaar Salaria, Sumit Bandaral, Palshin Dutta, Mihir Gujral, Amit Brahm and Aadesh Dhar. The lights of the play were executed by Neeraj Kant whereas the sound was rendered by Kushal Bhat. The show was coordinated by Mohd. Yaseen.

# GDC Udhampur along with NSSO, conducts awareness program on role of NSSO

JI NEWS SERVICE

JAMMU, MAR 26: In continuation of programs under celebration of India's Presidency of G20 nations and taking forward the torch of Azadi Ka Amrit Mahotsav, the Department of Statistics of the College in Collaboration with National Sample Survey Office (NSSO), Govt. of India organized a QUIZ CONTEST as part of programme on Role of NSSO in India's Planning and Development. The programme was conducted under the patronage of Principal Prof. (Dr.) Romesh Kumar Gupta, guidance of Sh. Kishore Kumar, Deputy Director General, NSSO (FOD) MoSPI, Govt. of India and supervision of HOD Statistics Dr. Ankuish Bhatti and on. On the occasion Prof. Romesh Kumar Atri, HOD Botany and Dr. Romesh Kumar Sharma Coordinator IQAC also graced the occasion.

The programme started with the welcome address by Principal Prof. (Dr.) Romesh Kumar Gupta. Welcoming all present, he applauded the Initiative of Department of the statistics of the college to collaborate with NSSO for the need of the hour Program. He appraised all about the purpose of NSSO for conducting sample surveys, on various socio-economic issues, employment, child care, agricultural production and also conduct an annual survey of Industries.

He strongly appealed for blending the studies, surveys and policy formulation with statistical data at base level for productive outcome of all the surveys conducted. He specially urged the district level planners and administrators to make great use of the economic and social data of the statistical system of the country needs to take care of this requirement, particularly to bring the Amrit-kaal in the country. He also made the students aware about the future of statistics and then emerging field of Data Science for the future jobs.

Post this there was the traditional Lighting of the Lamp by the Guests, senior faculty of the college and members of NSSO, followed by the singing Rashtriya Geet.

It was followed by a detailed presentation of the Functioning of NSSO by Sh. Kishore Kumar, Deputy Director General, NSSO (FOD) MoSPI.

He made a power point presentation of the different aspects of NSSO and its functioning vis-a-vis the tasks taken at hand at present. He also appealed to the students of Statistics in particular to crack the competitive examination for NSS and other statistical examination as there is great scope of jobs in the said areas by qualifying CGLE, JSO, UPSC and ISS level examination. He assured the Principal of the college that he will remain proactive and do the hand-

holding for all the initiatives and programs initiated by the college in this regard.

In the open quiz contest on the Role of NSSO in India's Planning and Development, the students of the college showed keen interest and with great enthusiasm participated in the contest, leaving no question unanswered, some of the participants kept on winning the prizes repeatedly. The NSSO had made it sure that no participant went unrewarded. Everyone present was amazed by the live and overwhelming response of the students. Mr. Sunil K. Khar senior statistical officer was the quiz-master on the occasion, who also did the proceedings of the entire programme.

The logistics were done by Dr. Ankuish Bhatti, Ms. Pallavi Dogra. Mr. Vikram Provided the technical support. The Program was witnessed by Prof. Babu Lal Thakur, Dr. Pankaj Sharma, Dr. Ravinder Sharma, Prof. Pooja Dheman, Prof. Sanjeet Singh, Dr. Jyoti Sharma, Dr. Ranjan Sharma, Dr. Sanjay Kumar, and a Number of the staff of NSSO RO Jammu and Udhampur, Cadets of NCC, NSS Volunteers, Members of YSB, as well as a large number of students of statistics, B.Com, BBA and other Disciplines. The programme culminated with the formal vote of thank by Sh. R.K Sharma, SSO Regional Office Jammu.

# NC HOLDS PUBLIC MEETING AT BISHNAH

## Fight for restoring statehood to J&K is first priority of NC: Babu Rampaul

JI NEWS SERVICE

JAMMU, MAR 26: Former Minister and President of National Conference Central Zone (Jammu, Samba & Kathua), Babu Rampaul today reiterated the stand of NC for restoration of statehood to Jammu and Kashmir and said we would continue to raise pitch for same as this issue is directly affecting all its residents.

Babu Rampaul was addressing the gathering of party workers during a public meeting at Bishnah in Jammu district. He was the chief guest on the occasion and Ch. Nareesh Bittu, District President Jammu (Rural-B), presided over the meeting.

Raghubir Singh Manhas District, President Jammu (Rural-A), Dr Vikas Sharma, TR Mandi, Bharat Bushan, Rahul Mahajan, B.D Dalotra, Kuldev Sharma, S.Surjet Singh Sasser, Dr Gourav Bharat were guests of honour.

The public meeting was organized by Mohan Lal Sandhu, which was attended by a large number of people. Babu Rampaul said, "We stand committed for secularism and social equality."

The National Conference has a legacy of serving the poor and weaker sections of the society which was started by Sher-e-Kashmir Sheikh Mohammad Abdullah."

While making comparative study of the regime of J&K especially during the times of Sher-e-Kashmir J.S.Sheikh Mohd.Abdullah, Dr.Farooq Abdullah and Jh.Omar Abdullah in which lots of revolutionary steps in Jammu & Kashmir were initiated to inculcate the spirit of Unity, Integrity, Prosperity as well as brotherhood to work for overall development/welfare of the people of J&K, in general, and especially the downtrodden sections of the society in particular.

But with the obliteration of statehood and downgrading J&K to the level of Union Territory, the suffering of the people got multiplied with the public facing the wrath of inflation and high prices of daily use. The business community, small traders and commoners are all suffering due to

policy paralysis and deep rooted corruption at all levels. Their sufferings can only be redressed by restoring statehood to J&K," he asserted.

"Statehood must be restored to J&K before the announcement of elections so as to restore the confidence of people in democratic system," he said.

Babu Rampaul flayed the UT administration for turning deaf ear to the problems of people residing in villages. He highlighted the issue of old age pension and mentioned that nearly 75 percent applications have not been touched whereas another 25 percent applications are under process and kept pending for want of several documents.

"The poor people are looking for govt support in the shape of an old age pension but the concerned officers are delaying the process in the garb of documents. I demand from the government to discard a long list of documents and make Aadhar Card the sole criteria for approving old-age pension," he said.

He said that growing unemployment was a matter of great concern as the present regime has miserably failed to create job opportunities for the youth.

Babu Rampaul also said that before 5th August 2019 Jammu used to be called as City of temples when people were getting all basic facilities like drinking water, power and clean roads.

But, sadly, after August 5th 2019 Jammu city was painted as Smart City with people now facing tremendous problems with regard to drinking water supply, electricity as even roads connecting streets are in broken conditions. Instead different taxes are being imposed upon the public on the pretext of providing amenities, but there is no one to listen for redressal of public grievances.

Also addressing the gathering, Ch. Nareesh Bittu, District President, Jammu (Rural-B) reiterated his resolve to continue making efforts to consolidate the party in his area of operation. He also said, "We have to take the vision of our party leadership to every nook and corner of

Jammu and Kashmir for its development and benefit of people."

Also speaking on the occasion, Raghubir Singh Manhas, District President Jammu (Rural-A), said NC has many achievements in its kitty and urged the party cadres to narrate them to the young generation so that they may come to know what NC has did for them in the past.

While addressing the mammoth crowd Zonal Secretary Dr Vikas Sharma gave a call to youth of the region to come out of their comfort zones and launch a struggle for their rights under the banner of the National Conference. He mentioned that during the Jenab Omar Abdullah led NC government, jobs were provided to a large number of youth, RTI Act was enacted to eradicate corruption and several other revolutionary steps were taken to push J&K on the path of development. He expressed that NC will bring back the golden era for people of J&K.

Zonal Vice-President Thoru Ram Mandi highlighted that roads are in total dilapidated conditions, public facilities are lacking and people facing difficulties in getting their work done in offices. He warned the administration to come out of their comfort zone and redress public grievances otherwise the NC cadre will launch sustained agitation.

Zonal Secretary Bharat Bushan said that unemployment is at an all time high in the present scenario which is the root cause of depression and anxiety among the young generation following which it is becoming a drug addict.

S.Surjet Singh Sasser Zonal Secretary and Coordinator District Jammu (Rural-B) delivered the welcome address; Sham Lal Sadotra Block President Bishnah was delivering the vote of thanks.

Prominent among others present included, Surinder Atri-Block Present Arnia, Dev Raj-Block Present R.S.Pura, Jatinder Singh Bittu-Block Present Suchetgarh, Balbir gupta, Smt Vimal Kour, Dr Gurdarshan Singh, Prof. Kuldip Singh Koushal, Rasphal and others.

# AAP's wave sweeping villages, urban hamlets across J&K: Tony

## HORDES OF POLITICAL LEADERS, WORKERS JOINED PARTY, MANY MORE WAITING

JI NEWS SERVICE

JAMMU, MAR 26: Aam Aadmi Party (AAP) has become the talk of the town with its wave sweeping cities, towns and villages across the Union Territory of J&K.

This was said by Taranjit Singh Tony, Chairman Aam Aadmi Party (AAP) Jammu and Kashmir for Administrative Engagement and Minority Affairs, and District Development Council (DDC) Member Suchetgarh during a joining programme in Jammu. Darshan Lal Panch Panchayat Talhar, Ward No 7 belonging to BJP joined AAP along with Tilak Raj Sarpanch.

While entering the party fold, Darshan Lal said that he has been fed up with hollow promises of BJP and its leadership, and therefore decided to join AAP, which despite being new political outfit has earned respect of all through its people friendly policies and the best models which



it has set-up in Delhi and Punjab. He said that BJP's development is nothing more than illusion because only media is singing songs of the same but AAP's work can be seen on ground as the case of Delhi and Punjab.

Darshan Lal said that BJP's gifts to people are unemployment, mining mafia, liquor mafia, and that is the reason the genuine members are leaving the saffron party and joining credible party AAP. He said that BJP is boasting

about Indian culture and traditions and the party is solely relying on the name of Lord Rama but on ground it has transformed the City of Temples into Wine City by allowing the liquor mafia to rule the roost.

He assured that many people are waiting to join AAP as they are looking for right time. Darshan said that he will ensure that every single person interested to join AAP shall be entered in the party fold by holding functions and joining events in the coming days. Welcoming Darshan to party fold, Tony said that dreams of BJP leaders in J&K will never become a reality because they are bound to face a big shock as when the election results of upcoming Assembly polls will be out. He said that AAP has become a force to reckon with and BJP leaders know well that they are making castles in the air and soon everything will vanish for them.

# SMVDU student secures top rank in GATE, IIT-JAM exams

JI NEWS SERVICE

KATRA, MARCH 26: Aryan Sawhney, a third-year student of the Integrated BSc (Hons)-MSc (Mathematics) program at Shri Mata Vaishno Devi University, has qualified for the GATE and IIT-JAM Examinations 2023.

He secured an All-India Rank of 43 in the IIT-JAM Examination.



Aryan attributed his success to his

faculty, parents and university. Prof Ravidra Kumar Sinha, Vice Chancellor and Dr Kuldip Raj, Head of the School of Mathematics, congratulated Aryan on his achievements and wished him success in his future endeavours.

Dr Kuldip said that Aryan's success in the GATE and IIT-JAM exams is an inspiration for other students.



## THOUGHT OF THE DAY

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

## JINDRAH IMAGES

## Upgrading infra to meet growing challenge of China

After being granted the status of Union Territory, Ladakh has seen a major push in infrastructural development. A serious effort has been made to match the infrastructure of the arid region with the hostile neighbours. There are not only infrastructure challenges in border areas of Ladakh but poor telecom connectivity has also remained a major issue in the arid region. The habitations are sparsely located that made it difficult for the administration to cover the entire population with mobile connectivity till date. It is a well-known fact that there are still hundreds of villages and hamlets in Ladakh which have remained deprived of mobile facility. These areas in Leh and Kargil districts have not been provided mobile facility till date because private telecom operators remained reluctant to expand their base in the region due to high operational cost and less returns. Consequently, the people in remote areas of Ladakh are still lagging behind in developmental activities. The region also shares its boundaries with two hostile nations — China and Pakistan and two nations have connived together to foment trouble in the otherwise peaceful region. Having said this, it becomes imperative for the government to have better connectivity in Ladakh from a strategic point of view. On Saturday, Union Telecom and Communications Minister Ashwini Vaishnaw said all areas in Ladakh would get 4G and 5G services after the towers are installed. He revealed that the government would install around 500 mobile towers in Ladakh to boost communication and 5G internet services in the region. The announcement is a welcome but much-needed step to defeat the nefarious designs of two hostile neighbours. Strategically, it would help the Government of India to counter China's massive infrastructure move including installation of mobile towers near the Line of Actual Control (LAC). If the local population is to be believed, China has installed multiple mobile towers close to the LAC but Ladakhis are facing mobile and internet connectivity issues. Since 2020, the army has made a massive troop induction in Ladakh region to match the number of Chinese soldiers deployed along the LAC. A protracted stand-off has continued along LAC since May 2020 after the Galwan clashes, in which 20 Indian soldiers were killed in action and several Chinese soldiers were also killed. But the mobile network for locals and troops deployed in various parts of Ladakh has remained a problem. The Government of India should regularly monitor the progress to be made on improving telecom connectivity in Ladakh if it is really serious about dealing with the growing challenge of aggressive China in the region. The neighbouring country has already build a huge infra along the borders with India and it is aggressively moving, though inch by inch, to bring strategically important areas of the region under its control. The need is to stop China from its future misadventures for peace in Asia.

# Love, hate & money, the India-Pak story

In bygone times, brute force was the most decisive factor that governed relationships between nations and people; but now, with intellect accorded supreme status, and physical strength relegated to circuses or sports fields, liquid capital is decisive in relations between people and countries.

ROHIT MAHAJAN

The joyous hugs that Shoaib Akhtar and Harbhajan Singh, Shahid Afridi and Ravi Shastri, Gautam Gambhir and Wasim Akram bestowed upon each other recently in Qatar are a great argument for regular people-to-people interactions between Indians and Pakistanis. Some of them (Gambhir, Afridi) have uttered terrible words about each other in the past; some carry in their minds horrible ideas of a bloody conquest of India, as Akhtar has enunciated in some detail, quoting scripture. But when the former players from the two countries met in Qatar, there was what appeared to be genuine affection among them, with a bit of nostalgia about times when they were young and in their prime and made great memories on the field.

But India won't tour Pakistan for the Asia Cup, it's almost certain, though Sports Minister Anurag Thakur has said that first the Indian board (BCCI) needs to decide about the team's participation. "Then only the Sports Ministry and Home Ministry will decide," he said. The Ministry of Home Affairs' answer is certain to be a big no, and with good reason: Pakistan is being regularly struck by murderous attacks by the Tehreek-e-Taliban Pakistan (TTP) — the 'Bad Taliban', as opposed to the 'Good Taliban' the country uses as part of its foreign policy.

The attacks have become intense in the last few months, and experts believe TTP have been strengthened by the Afghan Taliban taking power in Kabul in August 2021. Pakistan organised the Pakistan Super League recently in four cities — Multan, Karachi, Lahore and Rawalpindi — and the players were provided top-level security. A day after a TTP attack on a Karachi police station, PCB chairman Najam Sethi tweeted to confirm that the tournament was safe. "The TTP have said they will only target state security establishment because various 'deals' have broken down. There is no threat to PSL. It will go on."

Not a confidence-booster of the best kind, and Sethi deleted the post. The tournament did turn out



to be well-secured, though the TTP attacks and encounters have gone unabated.

Pakistan had threatened a boycott of this year's 50-overs World Cup in India if India did not send its team for the Asia Cup. However, now it seems Sethi is reconciled to India not touring Pakistan and the need to move the tournament elsewhere — Sethi knows without India, the Asia Cup revenues would shrink to a fraction. Money rules.

Gambhir and Afridi In bygone times, brute force was the most decisive factor that governed relationships between nations and people; but now, with intellect accorded supreme status, and physical strength relegated to circuses or sports fields, liquid capital is decisive in relations between people and countries.

So we come to the relations between Gambhir and Afridi. To put it bluntly, they've been haters. In 2007, they collided on the cricket field, and Afridi described this encounter thus: "I remember the run-in with Gambhir during the 2007 Asia Cup (actually, it was the Asia Cup but a bilateral series ODI in Kanpur) when he completed his single while running straight into me. The umpires had to finish it off or I would have." Afridi is implying that he would have got into a physical fight with Gambhir.

Then Afridi added some less

than friendly words in his book: "Oh, poor Gautam. He and his attitude problem. He who has no personality. He who is barely a character in the great scheme of cricket. He who has no great records, just a lot of attitude. Gambhir behaves like he's a cross between Don Bradman and James Bond. In Karachi, we call guys like him saryal (surlly person)."

Gambhir reacted on Twitter, suggesting Afridi had mental problems. "Anyway, we are still granting visas to Pakistanis for medical tourism. I will personally take you to a psychiatrist." Afridi answered in the same childish manner: "I think Gautam Gambhir may have some problems. I am working with hospitals and I can get him very good treatment here... I will get a visa arranged so that his treatment can be done here." It can't be argued that the two were young, excitable teens then — Gambhir was 37 then, already a member of the BJP and soon to be elected an MP. Afridi was officially 42 but likely 45-plus. These, then, are the kind of heroes croses of sports fans adore — no intellectual giants by any stretch of imagination.

You'd imagine that men with such rancour between them, and such immature and schoolyard-type attitude, would come to blows when they next meet; but perhaps the two have had a sudden, late spurt of mental growth, or perhaps

it's the money on offer, but they did not bite each other when they played in the Legends League Cricket Masters, a T20 tournament for retired players, in Qatar recently. Talking about Gambhir, Afridi said: "We are both ambassadors of our respective countries. If you live in the past, you won't be able to live. We are enjoying in our present... I have spent two to three days with him and it has been amazing." Indeed. Things have come to pretty pass when Afridi, a bit of a loose cannon, begins to speak like a statesman. Afridi's team won the tournament, while Gambhir was in fine form — good for a retired player who's been an MP for nearly four years. His playing in the tournament — as captain of an all-Indian team that included men such as Harbhajan Singh, Irfan Pathan and Suresh Raina — against an 'Asian' team, which included seven Pakistani players, does raise interesting questions about Gambhir. The MP from Delhi has regularly argued that the Indian cricket team must not play against the Pakistani team anywhere — even in ICC tournaments such as the World Cup. Is it not hypocritical of him, then, to play in a T20 tournament against a team led by a Pakistan and comprising several Pakistani players? Especially since he's a particularly intense nationalist and should be doing what he preaches? Then again, money matters.

## Journey of many firsts

SUREKHA YADAV

There was an atmosphere of joy at the Chhatrapati Shivaji Maharaj Terminus (CSMT) in Mumbai on March 13 as the train ground to a halt. I was felicitated at Platform No. 8 upon the conclusion of our 455-km journey on the semi-high speed Vande Bharat Express train between the Solapur station and the CSMT. It is a matter of pride for me that I got to operate the train just a month after it was launched by the Prime Minister on February 10.

Just days earlier, on the occasion of International Women's Day, I had the opportunity to drive the Mumbai-Pune Deccan Queen Express with an all-women crew. However, this was not the first time I had successfully completed the feat. It was on March 8, 2011, when I became the first woman train driver to run the Deccan Queen from Pune to the CSMT. In 2017, I drove a ladies' special suburban train on Women's Day. Then, in 2018, I ran the Deccan Queen from Mumbai to Pune. In 2020, an all-women crew, including myself, piloted the Mumbai-Lucknow Pushpak Express on Women's Day.

But it was in 1989 that I first scripted history by becoming the first female train driver in India. In the beginning, I was not even aware that no other woman had done that before. I just call it my good fortune

that I got to become the first one. If it would not have been me, it would be someone else. It might have taken some more years, but some woman had to do it one day anyway. After all, back in the day, women were already flying planes. So, why not trains?

I had undergone training for operating the newly introduced Vande Bharat at ZEC-Vadodara in Gujarat in February this year. Be it a goods train, a suburban train or a mail train, we are always trained beforehand. We are familiarised with the electrical, mechanical and electronic equipment, among other things. We are taught how to operate the locomotive. One has to be alert at all times. Signal observation is a key and indispensable part of the job. Be it inclement weather or a thick layer of fog, you must be very alert when it comes to the signal. The Vande Bharat Express is just like a local train. In trains such as the Deccan Queen and Pushpak Express, the locomotive is coupled with the rake, and the train is then ready to leave the station. But everything is in that same rake in Vande Bharat.

I was the first in whatever I did. As a goods train driver, I was the first. As a motor woman also, I was the first to drive a suburban train. In Asia, I drove the first local train.

I believe that no field is male-dominated if only we women choose to set foot in that field. It is not like some-



one has said that we women are not welcome in a particular profession. The buck stops with us women. It is up to us to take that step and explore that field. I did not venture into this profession worrying about the possibility of facing discrimination. In fact, I have never faced discrimination throughout my career. Once I have my work cut out, I just focus on making sure that it is done.

Notably, the number of women drivers has also been on the rise. Currently, there are about 1,500 women drivers in India. And in our Mumbai division of Central Railways alone, there are 50 women, myself included.

I must admit that as a child who hailed from Satara in western Maharashtra, I never had any dream of becoming a loco pilot. Even though

I had a thing for trains as a child, I never aspired to become a train driver myself. I had planned to pursue higher education in mathematics and a BEd degree as I wanted to become a teacher. But as fate would have it, I chanced upon an advertisement by the Indian Railways for the recruitment of an assistant loco pilot in 1986.

**I CALL IT MY GOOD FORTUNE THAT I GOT TO BECOME THE FIRST FEMALE TRAIN DRIVER IN INDIA. BUT IF IT WOULD NOT HAVE BEEN ME, IT WOULD BE SOMEONE ELSE. IT MIGHT HAVE TAKEN SOME MORE YEARS, BUT SOME WOMAN HAD TO DO IT ONE DAY ANYWAY. AFTER ALL, BACK IN THE DAY, WOMEN WERE ALREADY FLYING PLANES. SO, WHY NOT TRAINS?**

It was accompanied by a short note that read: 'Ladies can apply'. So, why not apply? I had just finished my education — a diploma in electrical engineering — from Government Polytechnic College in Karad.

In order to be eligible, one had to be at least 18 years of age and have a diploma. As I fulfilled the criteria, I applied for the post. I appeared for the exam in 1987. Much to my delight, in 1988, I cleared the viva.

I underwent training at the Motorman Training School in Kalyan for six months. After 13, 1989, as an assistant driver, there has been no looking back.

I started driving goods' trains in 1996, and went on to drive local trains when I was promoted as a motor-woman in 2000. I was appointed as a Ghat driver in 2010, and was elevated as an Express Mail driver the following year. I also earned the distinction of becoming the first loco pilot of a ladies' special local train for Central

Railways in 2000. I have also served as a senior instructor at the Motorman Training School.

I have had the honour of bagging many state and national-level awards over the years, including the much-coveted First Ladies Award. This one was special as it was given away by then President Ram Nath Kovind at Rashtrapati Bhavan in 2018.

Having completed 34 years of service, I can proudly say that I still maintain an immaculate record. I am set to hang up my boots in 2025. To all the youngsters out there, I would just say this: if you are passionate about something, you must not be afraid to pursue it.



# BHOJPURI ACTRESS AKANKSHA DUBEY ENDS LIFE IN VARANASI HOTEL

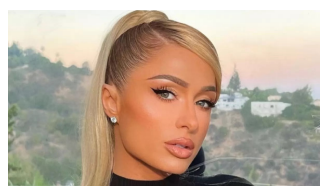
**BHOJPURI ACTRESS AKANKSHA DUBEY COMMITTED SUICIDE IN A HOTEL ROOM IN VARANASI ON SUNDAY.**

**B**hojpuri actress Akanksha Dubey committed suicide in a hotel room in Varanasi on Sunday. She was found hanging in her hotel room in Sarnath area. She was in Varanasi for shooting of a film. The police have informed her family of the incident. Akanksha was born on October 21, 1997, in Mirzapur, Uttar Pradesh. She was fond of dancing and acting from a young age, and so she began her acting career on TikTok and

Instagram by sharing her short dancing and acting videos. Even on Saturday night, she shared a video on her Instagram account. Almost a month ago, the actress was in the news as she had taken to social media to make her relationship Instagram official on Valentine's Day. She had shared photos with co-star Samar Singh. She had written, 'Happy Valentine's Day.' Further details are awaited and police officials refused to comment on the incident.



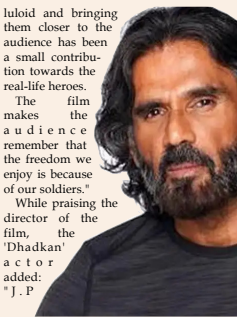
# Paris Hilton Doesn't Want Son To Pursue Career In Showbiz



**S**ocialite Paris Hilton doesn't want her son to be 'in the spotlight.' The 42-year-old star - who's a mother to a two-month-old baby boy called Phoenix - says that she'd prefer her son to pursue a different kind of career, reports [aceshowbiz.com](#). "I'm never going to stop my son from doing what he wants to do in life. I'm just hoping he doesn't want to be in the spotlight," she told *The Independent*. Paris enjoyed huge success during her own career, but the 'Stars Are Blind' hitmaker insists she doesn't take herself or her public persona too seriously. She explained, "I can laugh at myself and have fun with the character and play into it. I didn't mind doing that. I feel like that's just a part of me - that character. It's the fun, playful side. But now everyone realises that I'm not a dumb blonde, I'm just very good at pretending to be one." Paris created her persona during her teens, and it's helped her to deal with criticism over the years. The heiress shared, "I'd say to myself, 'They're not talking about you, they're talking about the character.' It'd make it hurt less." Earlier this month, Paris revealed that she's loving her experience of motherhood. The reality star and her husband Carter Reum welcomed their first child in January via surrogate, and Paris revealed that she's relished the challenge so far.

# Suniel Shetty Reminisces About His Shooting Days For 'Border'

**B**ollywood actor Suniel Shetty remembered his shooting experience in the 1997 film 'Border', which was based on the Indo-Pakistani War of 1971, directed by JP Dutta. It featured Sunny Deol, Jackie Shroff, Suniel Shetty, Akshaye Khanna, Sudesh Berry, Puneet Issar, and Kulbhushan Kharbanda, Tabu, Raakhee, Pooja Bhatt, and Sharbani Mukherjee. Suniel said that for him the movie is all about real characters and while portraying them it always felt as if something is missing or justice is not being done to them. He said: "For me, the film 'Border' didn't have reel characters. They are real-life characters. I feel we can never do justice to those characters and that uniform. But somewhere, I feel that portraying them on cel-



luloid and bringing them closer to the audience has been a small contribution towards the real-life heroes. The film makes the audience remember that the freedom we enjoy is because of our soldiers." While praising the director of the film, the 'Dhadkan' actor added: "J. P. Dutta is an absolute genius as that man never looked at the monitor or through the camera, he just knew exactly where to put the block and he would just instruct the cameraman. He always knew what the frame would be. I feel we need more such directors in today's time. He is also very spontaneous, he would improvise scenes on the spot." Suniel made an appearance on the singing reality show 'Indian Idol 13' along with music composer duo Salim-Sulaiman who will be promoting their most anticipated musical 'Disco Dancer-The Musical', and he got nostalgic after listening to Chirag's performance on an emotional and romantic track, 'Toh Chalun' from the movie 'Border'. He shared: "Chirag's performance took me back on the sets, you know straight back to the 90s. Both the songs are my favourites, especially 'Toh Chalun' from my film 'Border'. Chirag made the song his own and the honesty his voice embodies is very evident in his performance. He seems to be a very honest person by the way he expresses himself while singing." 'Indian Idol 13' airs on Sony Entertainment Television.

# Aniruddh Dave Mourns Nilu Kohli's Husband's Demise: He Always Used To Meet Me With So Much Excitement



**P**opular television actress Nilu Kohli's husband Harminder Singh Kohli passed away on March 24. The incident took place in the afternoon and it was a sudden death. Nilu's colleagues from the industry have offered condolences. Actor Aniruddh Dave has also mourned Nilu Kohli's husband's death. He spoke about his association with Nilu Kohli. He said, "Nilu Kohli is very renowned, polite and a wonderful woman. She's always been very supportive and the one who motivates you. I know her since more than a decade. I keep on meeting her and her husband on many occasions and mostly we used to meet at our common friends' place. She has always been a very kind-hearted person. No one can trust time and can't believe how things change so easily." Aniruddh also mourned the demise of Harminder Singh as he said, "You meet some people that make an occasion the most remembered occasion. He was very fun-loving. And always used to say 'ek hi toh life hai, haste rabe aur muskurate raho'. The Patiala Babes actor said, "it's very saddening" as he heard the news in the morning. He also spoke about how he met Nilu's husband. "There was a show in which I had met Neelu ji in 2010 and he always used to meet me with so much excitement. We always used to talk about cars," said Aniruddh. He added, "It is very saddening to hear about Nilu ji's husband, god give her and her family a lot of strength." For the unversed, Nilu works in both films and TV shows. She appeared in films like Dil Kya Kare, Housefull 2, Hindi Medium, Patiala House and Jogi among others. She starred in TV shows like Sangam, Mere Angne Mein, Choti Sardarni, Maddam Sir, Yeh Jhuki Jhuki Si Nazar, etc.

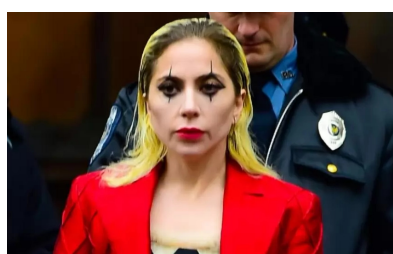
# I Would Love To Do A Good OTT Project: Rannddeep Rai



**T**V actor Rannddeep R Rai says that unlike many others, he is not running after the digital platform and will only take up something after looking at the quality of work. "I think it depends completely on the actor's mindset. Mine is neutral for work. Be it anything, if I feel it's a good project, lead role or not, or on any platform, I don't mind doing it. And yes, everyone wants to do OTT because OTT is the future. But if you ask me, I don't have that mindset. I'm happy with the way my career is going. If I get a chance, I would, of course, love to do a good OTT project on a good platform. But again, I believe in destiny. Jab hona hoga tab ho jayega. I'm just working hard on myself and on my craft and, for me, that's more important," he says. Rannddeep has been part of a number of TV shows including 'Yeh Un Dinon Ki Baat Hai', 'Balika Vadhu 2' and 'Bade Achhe Lagte Hain 2'. Talking about the kind of shows being made today, he says: "Makers make content according to the demand of the audience, so I have no comment on it."

# Lady Gaga's Harley Quinn Costume Unveiled In 'Joker: Folie A Deux' Set Photos

**N**ew photographs have emerged from the production, unveiling singer-actress Lady Gaga's costume and make-up for the upcoming film 'Joker: Folie A Deux'. The photographs appear to showcase a large crowd scene, with Gotham police officers escorting Gaga's character into a government building. Extras dressed as protesters gather around the star, holding signs with messages such as "Free Joker", "Justice 4 Joker", "Joker Marry Me" and "No Justice Not Guilty Not Joking". Among the crowd are a smattering of colourful wigs and clown masks, of course, reports 'Variety'.



Gaga's costume by Oscar-nominated Arianne Phillips cuts between the heightened sensibility of the comic book source material and the gritty aesthetic of the first 'Joker' film. While it has yet to be officially confirmed that Gaga is playing Harley Quinn, the scarlet jacket and diamond-print blouse certainly would suggest that, not to mention the romantic messaging among the protesters and the clown makeup on Gaga's face.

This isn't the first look at Gaga from the set of 'Joker: Folie A Deux'. On Valentine's Day, director Todd Phillips shared an image of Gaga and Phoenix locked in a romantic embrace. That official image was a tight close-up, while these new photographs feature a different look at Gaga's character. Phillips' original 'Joker' was a commercial smash, becoming the highest-grossing R-rated film ever. At the 2020 Academy Awards, the film earned two wins - Phoenix for best actor and Hildur Guonadottir for best original score - among a whopping 11 nominations. Speculation around a sequel quickly took hold. Although the landscape of DC Comics has dramatically shifted in recent months, 'Joker 2' has remained largely untouched by the newly formed DC Studios and its co-chiefs James Gunn and Peter Safran. The 'Joker' sequel will not play a role in the narrative continuity of other upcoming DC films. Warner Bros. will release 'Joker: Folie A Deux' in theaters on October 9, 2024.

# O- World Theatre Day, Zee Theatre Bri- gs You Ni- e E- grossi- g Stories Evoki- g The Navarasas

**A**niruddh Dave Mourns Nilu Kohli's Husband's Demise: He Always Used To Meet Me With So Much Excitement The nine rasas or the Navarasas were first articulated in the Natyashastra (written sometime between 200 BCE and 200 CE) and since then the nine elemental emotions have formed the core of Indian performing arts. March 27 marks World Theatre Day. So, on the occasion, Zee Theatre brings you nine teleplays soaked in the emotions of 'Aadhuta' (wonder), 'Hasya' (mirth), 'Raudra' (fury),

'Karuna' (compassion), 'Beebhatsa' (disgust), 'Bhayanaka' (horror), 'Shringara' (love), 'Shanta' (serenity), and 'Veera' (valour). **Koi Baat Chal: 'Mammad Bhai' and 'Ek Film Katha'** In Zee Theatre's literary anthology of dramatic readings, Mani's 'Mammad Bhai' and Harishankar Parsai's 'Ek Film Katha' are crafted around the emotion of 'Aadhuta' or wonder. Directed by Seema Pahwa, 'Mammad Bhai' revolves around a Robin Hood-like gangster who loses his prized dagger and moustache while

'Ek Film Katha' is a satirical comment on the run-of-the-mill Hindi movies of the 70s, 80s, and early 90s. The twists and turns in Mammad Bhai's life will leave the audience wonderstruck while 'Ek Film Katha' will also evoke surprise at the way the hackneyed story of a hero (Rakesh) saving the heroine (Ranjana) from the goons and battling the villain (Dhakar Suraj Singh) unfolds. 'Mammad Bhai' is narrated by Vineet Kumar while Gopal Dutt narrates 'Ek Film Katha'. The dramatic readings will be aired on Tata Play Theatre on March

19th. **World Theatre Day: Is Theatre Dying?** This Samta Sagar and Sourabh Shrivastava directorial deals with colourism and the tyranny of beauty norms in a light-hearted way that evokes 'Hasya' or mirth. The protagonist of the play, Gudiya (Shweta Basu Prasad) loses her eyebrows on the eve of her wedding by mistaking a hair remover for a fairness cream and this creates a furore in the family. She is unfazed by the confusion and judgment around her and continues to hold on to her self-belief with a

large helping of humour, indirectly questioning patriarchal beliefs about what a woman should look like. The play, to be aired on Tata Play Theatre on March 20th, stars Virendra Saxena, Samta Sagar, Ishiyak Khan, Saroj Sharma, Neha Saraf, Vikram Kochhar, and Anveshi Jain. **Shireen Shah:** The emotion of 'Raudra' or rage is well explored in the play, 'Shireen Shah', jointly directed by Sourabh Shrivastava, Kalyani Hiwale, and Manesh Sharma. The story is set against the backdrop of the 2002 Gujarat riots



and delves into the wounded psyche of the protagonist, Astha who accidentally meets her tormentor after years and is overcome by fury over what she was put through. Will Astha take revenge or forgive the man who she believes has taken away her sense of self from her? 'Shireen Shah' will be aired on Tata Play Theatre on March 21st and stars Dilnaz Irani, Harsh Khurana, and Joy Sengupta. **Rudali:** The classic Mahasweta Devi story 'Rudali' (professional mourner), explores 'Karuna' and emotions of empathy, sorrow, loss, grief and healing. Through the journey of its protagonist Sanchari, a resilient Dalit widow, 'Rudali' also highlights the stark realities of marginalised women who exist on the fringes of caste and class privilege.



# 6 Best Exercises for Men To Lose Belly Fat Without Equipment



Losing belly fat is a must for men who want a shredded set of abs instead of an ever-growing "dad belly." Unfortunately, belly fat tends to be the most stubborn form of fat, requiring a combination of a disciplined diet for fat loss as well as the best exercises to kick your metabolism into high gear, build some muscle, and add an extra torch to your fat-burning machine. We've done the hard work for you and put together six stellar exercises for men to lose belly fat without equipment.

Generally speaking, some form of resistance training is a must to have the best shot at losing your belly fat. However, if

you don't have a gym membership or equipment, you're certainly not out of luck. There are plenty of great exercises available that do not require equipment and give a serious boost to your fat-burning potential.

**Home Equipment: Exercise Bands**

The following are six of the best exercises for men to lose belly fat without equipment. Perform each exercise for 30 seconds at a moderate pace. Rest for 30 seconds, then move to the next exercise. Work up to at least five rounds of the circuit.

**Jumping Jacks:** The jumping jack is a good light plyometric activity that burns calories and warms your body up. You can

add speed and rhythm to boost the metabolic benefits of jumping jacks. While jumping jacks alone are insufficient as a workout, they are a great addition to an overall fat-loss circuit.

**Begin standing with your arms by your sides. Jump up, and spread your legs apart as you reach your hands out to the side and upward. Land with your arms overhead and your feet wide. Quickly bounce out of the position, and return to the starting position. Repeat as quickly as possible while maintaining an effective rhythm.**

**Sprints:** Most people do not think of sprinting as a form of resistance exercise. While running and jogging in general are

not adequate stimuli for muscle growth or major post-exercise metabolism boosting, sprinting is different.

Sprints are an all-out effort to

## THIS BELLY FAT-MELTING CIRCUIT IS EXACTLY WHAT YOU NEED.

run for shorter distances and then rest. The goal is less about getting "cardio" and more about maximally exerting your muscles with speed, which pushes your body into using anaerobic energy. This level of intensity provides post-exercise calorie burning and builds skeletal muscle in itself.

When doing sprints, lift your knees as high as possible on the stride leg while pushing off with the planted foot. Press your foot down into the ground as opposed to reaching with the front leg. Aim for a high stride rate, do not focus on increasing the distance between each stride. As part of the circuit, perform three 50-meter sprints with 10 seconds between each sprint, then move to the next exercise.

**Squats:** Next up in our top exercises for men to lose belly fat is the squat. Whether you have access to equipment or not, you need to include squats in your workout program. Perform your bodyweight squats with a rhythm for the 30-second interval. Begin with your feet wider than shoulder-width apart. Sit back and bend by hinging at the waist and bending your knees.

Push through both feet to return to the starting position. If bodyweight squats are too easy, add a jump at the top of each repetition. If you burn out on jump regular squats.

**Pushups:** There's a reason why pushups have been included in virtually every military fitness training regimen created. Requiring little to no equipment, pushups work your entire anterior chain. Most of the focus goes into the chest and shoulders. However, your core and lower body muscles must contract isometrically to keep your hips from sagging. This adds a little bonus training to those areas even though you are focusing on the upper body.

Begin this exercise in a plank position with your hands under your shoulders. Lower your whole body to the floor, keeping a tight plank position the whole time. When your chest, abdomen, and hips are just above the floor, push through your hands to return to the starting position.

**Burpees:** If you need a full-body metabolic blast without equipment, burpees are your best choice. The combination of movements in a burpee results in a total-body conditioning workout as well as increasing your explosive power.

## Stay Strong During Fasting: 5 Foods To Stay Away From



If you're observing fasts for Ramadan or Navaratri, it's important to keep yourself energized throughout the day without compromising your health. According to Consultant Nutritionist Rupali Datta, incorporating nutritious meals into your diet is crucial. However, some foods can lead to bloating and digestive discomfort on an empty stomach. Although we often associate fasting with fried, sweet, and carb-heavy meals, these are not the best foods to consume during fasts. To help plan your meals, we've listed down some foods you should avoid while fasting. Here are 5 Foods You Should Avoid While Fasting: Carbohydrates. After fasting, your body may struggle to digest carbohydrates, so it's best to avoid foods like fried pooris, french fries, potato chips, refined flour, rice, and other carb-rich foods. If you must eat these foods, be sure to consume them in moderation. Canned Food. Canned foods may seem like a quick and easy meal option, but they're often packed with preservatives and sugar to extend their shelf life. These foods are also low in nutrition and offer few health benefits, so it's best to avoid them during your fast.

Carbonated Drinks. Soda and other fizzy drinks can cause bloating and stomach discomfort, especially when consumed on an empty stomach. These drinks also contain high levels of gas that can increase pressure in your stomach, so it's best to avoid them during your fast. Sugary Foods. Sweets like gulab jamuns, laddoos, kheer, and other desserts may be tempting, but consuming too much sugar after fasting can cause a sudden spike in your blood sugar levels, which can be harmful to your health. It's best to limit your sugar intake and choose healthier alternatives instead. Highly Salty Foods. While some salt in your diet is necessary, consuming excessive amounts of salt can increase your risk of high blood pressure. It's best to avoid highly salty foods during your fast and to keep your sodium intake in moderation.

## Millet cultivation in India: History and trends

India is the largest producer of millet as of 2021, with a total share of 41%, followed by Niger (~12%) and China (~8%). India also ranks 12th among those countries that produce high yields of millet. Millets have been an integral part of our diet for centuries. They offer a plethora of health benefits and are also good for the environment with low water & input requirements for production. With the aim to create awareness and increase production & consumption of millets, the United Nations, at the behest of the Government of India, declared 2023 as the "International Year of the Millet". This month on ID's data dialogue, we're exploring India's trends in major millets, their area, production & yield, along with comparisons to rice and wheat.

**Nutrient composition of Millets**  
Millets are cereals, similar to rice and wheat, but are more nutritious in terms of proteins, minerals and vitamins. India's major millets include Sorghum, Pearl millet, and Finger millet, which are more commonly known as Jowar, Bajra, and Ragi, respectively. They are a natural source of iron, zinc, calcium and other nutrients. And have higher content of folic acid, calcium, iron, potassium, magnesium, and zinc than rice and wheat. Finger millet being the richest source of calcium (300-370 mg/100 g).

**Trends of Millet Farming in India (since 1966)**  
The estimated millet yield in India has more than doubled since 1966. India's average yield in Millet farming (2021-22) is 1208 kgs per hectare.

## 3 Hollow Hold Variations for Runners to Build a Stronger Core

THE HOLLOW HOLD (AND A BONUS THREE VARIATIONS) CAN BE THE KEY TO SOME OF YOUR CORE'S MOST IMPORTANT FUNCTIONS.

IF YOU'RE A serious runner, you're probably not doing core workouts to better prepare your body to shoulder heavy weights or hone six-pack abs as your ultimate goal. Your aim is more likely to build up the rest of your body to support your high-mileage habit. But you're not going to be able to do that with some half-hearted situps and planks after you come in from your long run; you'll need some more involved ab training to build the type of core you want.

Men's Health and Runner's World have teamed up to give you the ultimate workout program. 20-Minute Functional Core (available through Men's Health MVP Premium), which provides you with ab-



training knowledge that borrows some weight room techniques so your cross-training can be as effective as possible.

Men's Health fitness director Ebenezer Samuel, C.S.C.S. and Runner's World coach Jess Movold lead you through the

workouts—and they have a super effective movement you can use immediately to work your abs, lower back muscles, and obliques: the hollow hold.

The key to the hollow hold is bracing, a function of your core that helps to support the spine. "It's

going to make us that much better at all our lifts—and it's going to make us that sturdier and that much more resilient when we're running, too," says Samuel.

**How to Do the Hollow Hold**

Lie on the ground (preferably on a yoga mat). Get into an "egg" shape—raise your feet off the floor and hug your knees to your chest, lifting your shoulders off the floor.

Drive your lower back into the floor. This is key for the duration of the movement.

Extend your legs out as far as you can, straightening the knees and keeping your feet raised a few inches off the floor. Extend your arms out behind your head, keeping your shoulders raised off the floor.

Squeeze your abs and glutes to create full body tension. Hold this position, keeping your lower back planted on the floor.

You can work up to longer static holds in this position, giving your core a tough isometric challenge. Once you can hold for a minute with solid form, give these variations a try.

**3 Hollow Hold Variations for Runners**  
Perform each exercise for 40 seconds, then rest for 20 seconds. Repeat for two to three total rounds.

**Advertisement - Continue Reading Below**

**Tipping Hollow Rock**  
This will train anti-rotation, another key function of the core.

Start in a strong hollow hold position. Without losing tension

or lifting your arms or legs, shift your weight to your right glute and shoulder blade.

Hold for two seconds and balance.

After the hold, shift to the left side. Repeat, alternating sides for the duration of the set.

**Hollow Rock**  
Start in a strong hollow hold position.

Lift your legs up to create some momentum, then begin rocking back and forth.

As you rock, keep your lower back on the ground. Maintain tension in your abs and glutes.

**Anti-Rotation Hollow Rock**  
As the name implies, this variation also hones anti-rotation. You'll fight against gravity to keep your position from shifting.

# Heart Health Benefits of Walnuts Likely Come From

The heart-healthy benefits of eating walnuts could come from changes to the gut microbes.

That's according to research presented today at DiscoverBMB—the annual meeting of the American Society for Biochemistry and Molecular Biology.

The study, which was funded by the California Walnut Commission, hasn't been published yet in a peer-reviewed journal.

Researchers at Texas Tech University used metatranscriptomics, the study of gene expressions of gut microbes, to monitor changes that might occur when someone alters their diet.

Specifically, the scientists looked at how cardiovascular health could be affected.

Their findings indicated that eating walnuts could alter the gut microbiome by increasing the body's production of the amino acid L-homarginine. In turn, this might lower the risk of developing heart disease.

How the walnut study was conducted

The researchers used samples from

a previously performed controlled-feeding study.

There were 35 participants with a high risk of cardiovascular disease.

Participants were put on a two-week standard Western diet and then were randomly assigned to one of three study diets:

A diet that incorporated whole walnuts.

A diet that included the same amount of omega-3 fatty acids and polyunsaturated fatty acids as the walnut diet but without walnuts.

A diet that partially substituted the fatty acid, oleic acid, for the same amount that would be derived from walnuts, but the diet did not include walnuts.

Participants followed each diet for six weeks, with a break in between.

How walnuts help heart health

The diets were designed to explain how walnuts affect cardiovascular

health due to bioactive compounds, alpha-linolenic acid, or ALA, content, or whether walnut ALA could substitute for dietary saturated fats.

The researchers collected fecal samples shortly before the participants completed a diet.

Those on a diet of whole walnuts had higher levels of:

Gordonibacter bacteria in their gut—metabolites that exert anti-inflammatory activity

Gene expressions for the increase of the body's production of the amino acid L-homarginine

The researchers concluded that changes to the gut microbiome induced beneficial pathways that could reduce cardiovascular risk factors. They noted that further research

is needed to confirm their observations.

"This study suggests that walnuts might promote positive changes in the gut microbiome (friendly bacte-

ria) that can help your body absorb and use certain antioxidants linked to reduced heart disease risk," said Anne Danahy, a Scottsdale, Arizona-based registered dietitian and integrative nutritionist specializing in the Mediterranean diet and healthy aging. "It's a small study, and the participants were at risk for heart disease, so it's impossible to say whether larger groups of healthy people would have the same benefit."

"It's always important to consider bias with industry-funded research, but there's also a substantial body of evidence that supports various health benefits of walnuts," Danahy told Healthline. "And many of the studies

have not been industry-funded. Hopefully, small industry-funded studies like this will open the door for much larger, high-quality, independent studies in the future."

What you need to know about walnuts  
Past research has indicated that walnuts are a healthy addition to diets. They contain omega-3 fats and antioxidants and are high in fiber. A one-ounce serving of walnuts has about seven whole walnuts (the study used a diet with about 28 walnuts per day).

A one-ounce serving of walnuts contains about 185 calories as well as the following nutrients:

43 grams of protein  
39 grams of carbohydrates  
0.74 grams of sugar  
1.9 grams of fiber  
18.5 grams of fat  
Despite walnuts being high in fat

and calories, researchers in one study Trusted Source reported they did not significantly increase weight or obesity risk. "Walnuts are particularly high in fiber and omega-3 fatty

acids—two nutrients that we know already have a positive influence on cardiovascular disease risk," said Caroline Thomason, RD, CDCES, a Virginia-based dietitian who helps women stop dieting and find confidence with food. "Fiber is associated with decreasing cholesterol, and omega-3s are associated with many disease processes that reduce inflammation." "The serving size tested in the study is 2 to 3 ounces of walnuts per day over six weeks," Thomason told Healthline. "This is a large serving of walnuts—about 28 halves—but you could incorporate one serving for your morning snack and one in the afternoon."

Previous research has indicated that daily consumption of walnuts can boost heart health. Now, researchers are saying those benefits are likely the result of changes in the gut microbe that walnuts produce. They note that walnuts contain omega-3 fats, antioxidants, and protein.



# Centre to set up panel to improve pension scheme

NEW DELHI, MAR 26 : The central government has decided to set up a committee to recommend changes to make the politically-sensitive National Pension System (NPS), Union finance minister Nirmala Sitharaman said on Friday, amid widespread opposition to the new pension savings system that is seen to have cost the Bharatiya Janata Party (BJP) popularity.

The decision came as several opposition-ruled states started reverting to the Old Pension Scheme (OPS) and making it a poll issue after several employee organisations sought the system to be rolled back for better financial security after retirement.

"Representations have been received that the National Pension System for government employees needs to be improved. I propose to set up a committee under the finance secretary to look into this issue... and evolve an approach which addresses the needs of employees while maintaining fiscal prudence to protect the common citizens. The approach will be designed for adoption by both central and state governments," Sitharaman told the Lok Sabha while moving the Finance Bill 2023 for consideration and passage.

States that have asked the Centre to revert to OPS include Rajasthan, Chhattisgarh, Jharkhand, Punjab and Himachal Pradesh and are demanding a refund of the corpus accumulated under the NPS.

The OPS was a financially extrava-



gant but politically popular scheme. The move comes with just a year left for the Lok Sabha election.

Among those supporting its return is Maharashtra CM Eknath Shinde, a BJP ally, who announced last month that his government would consider shifting to the Old Pension Scheme.

In the budget session last year, the Union government told the Lok Sabha there is "no proposal" being considered to restore OPS. In a written reply to Parliament, the government also clarified there are no provisions to refund the contribution in the NPS, along with accruals, back to the state governments.

Decades after all states migrated to the National Pension System (NPS), the Congress-ruled states of Rajasthan and Chhattisgarh, AAP-ruled Punjab and JMM-led

Jharkhand announced they will go back to the old way of providing for pensions, which is essentially a "pay as you go" scheme.

The NPS was brought during Atal Bihari Vajpayee's government and rolled out on January 1, 2004. When the Narendra Modi government came to power, it offered tax benefits on the scheme to make it popular.

At the heart of the old "pay as you go" scheme, operational till 2004, lay an intergenerational disparity, according to analysts. Under it, contributions from the current generation of workers were used to pay for pensions of current pensioners, making it an unfunded pension scheme because it represented a direct transfer of resources from the current generation of taxpayers to fund the pensions.

# Savarkar Our Idol, Won't Tolerate His Insult: Uddhav Tells Rahul; Urges Him To Fight Unitedly For Democracy



MUMBAI, MARCH 26: Shiv Sena (UBT) chief Uddhav Thackeray on Sunday said he considers Hindutva ideologue V D Savarkar as his "idol", and asked Congress leader Rahul Gandhi to refrain from "insulting" him.

He said the Maha Vikas Aghadi (MVA) alliance of three parties - Sena (UBT), Congress and Nationalist Congress Party (NCP) - was formed to protect democracy and it was necessary to work unitedly for it.

Addressing a rally in the Muslim-dominated textile town of Malegaon in Nashik district of north Maharashtra, Thackeray also said that deliberate attempts were on to provoke Rahul Gandhi.

"Savarkar is our idol and his insult will not be tolerated if we have to fight together to protect our democracy. Savarkar suffered unimaginable torture in the Andaman cellular jail for 14 years. We can only read the sufferings. It is a form of sacrifice," he said.

"I want to tell Rahul Gandhi that we have come together to save our country's democracy and its Constitution. But you are deliberately being provoked. If we allow this time

to get wasted, then democracy will cease to exist. 2024 will be the last election," he added.

Gandhi was disqualified from the Lok Sabha on Friday, a day after a court in Gujarat's Surat convicted him in a 2019 defamation case. Addressing a press conference in Delhi over his disqualification, Rahul Gandhi on Saturday said, "My name is not Savarkar, my name is Gandhi and Gandhi does not offer an apology to anyone".

Thackeray said he supported Gandhi for his Bharat Jodo Yatra. "Rahul Gandhi spoke well at his press conference yesterday. He raised valid questions about whom does Rs 20,000 crore belong. But the government doesn't want to answer," he said. During his press conference on Saturday, Gandhi said the moot questions remain that who invested Rs 20,000 crore in Adani shell firms and what is the businessman's relationship with the prime minister.

Targeting the ruling Bharatiya Janata Party (BJP), Thackeray alleged that those who have no connection with the country's freedom movement were attempting to finish off democracy. Thackeray, who was

addressing his second rally here after Khed in Ratnagiri district since losing the party name and symbol to Chief Minister Eknath Shinde, said he was fighting to save democracy and freedom.

"The fight is not about me becoming the chief minister again," he said.

Thackeray also said NCP leader Anil Deshmukh's six-year-old granddaughter was questioned by probe agencies and even Lulu Prasad Yadav's pregnant daughter-in-law was quizzed till she fainted.

"If you criticise those in power, police will be after you," he said.

"Modi is not India. Did our freedom fighters lay down their lives for this?" he asked.

The former CM wondered how good and honest people in the BJP were tolerating the corrupt people brought into their fold from other parties.

Hitting out at CM Shinde, Thackeray said he doesn't regret losing the chief minister's post, but a government doing good work was shamelessly toppled.

"Farmers are facing a lot of hardships and the Shinde government is doing nothing to ease their problems," he alleged. Thackeray said he has been robbed of his party's name and symbol, but traitors can never rob him of the love and affection of the people.

He said his government has taken several steps for the development of the textile sector in Malegaon and farmers and during the COVID-19 pandemic.

"During the pandemic, I had spoken to the religious heads in Malegaon and everyone here cooperated with the government initiatives to control the spread of the virus," he said.

# Swara Bhasker asks how Pragya Thakur still MP; 'Mother of democracy killing...'

NEW DELHI, mar 26 : Amid the strong voice of protest against Rahul Gandhi's disqualification from the Lok Sabha following his conviction by a Surat court in a 2019 defamation case, Bollywood actor Swara Bhasker wondered how come Pragya Singh Thakur, Sadhvi Pragya, a key accused in the Malegaon blast case is still a member of Parliament.



"Ache din is when a terror-accused has the full freedom to incite arson and violence," Swara Bhasker tweeted.

Once such news that an opposition leader has been disqualified from Parliament came from Russia Turkey, the actor said, "Today India is one of those countries where a democratically elected government and its system is destroying democracy itself," Swara Bhasker

wrote. "Hello World! Mother of Democracy is killing her own child," Swara tweeted.

A Surat court on Thursday convicted Rahul Gandhi and sentenced him to two years' imprisonment in the 2019 defamation case. The sentence was suspended for 30 days allowing Rahul Gandhi to appeal against the order to higher courts. On Friday, Rahul Gandhi was disqual-

ified from the Lok Sabha triggering a massive political row. All opposition parties condemned the decision while the Congress plans to launch a country-wide protest. Arvind Kejriwal, Mamata Banerjee, K Chandrashekar Rao, MK Stalin, Hemant Soren, Sharad Yadav, Akhilesh Yadav, Uddhav Thackeray extended support to Rahul Gandhi. The BJP, on the other hand, said

the suspension has been according to the law. "In all these years as an MP he participated in only 21 debates.

He never even brought a single private member's bill, but openly teased the ordinance of his own government by calling it nonsense. Rahul Gandhi considers himself above the parliament, the government, the judicial system and the country," said

# Coast Guard helicopter crashes soon after takeoff at CIAL, pilot's 'presence of mind' saves three on board

KOCHI, MARCH 26: The chopper's rotors and airframe have been damaged, and an inquiry has been ordered to ascertain the cause of the crash.

Coast Guard helicopter crashes soon after takeoff at CIAL, pilot's 'presence of mind' saves three on board



A Coast Guard ALH helicopter crashed just after takeoff from Cochin International Airport Limited (CIAL) in Kochi, Sunday, March 26, 2023. PI

One person was injured when a Coast Guard helicopter crashed on Sunday just after takeoff from its enclave at the Cochin International Airport Limited (CIAL) here, but the "presence of mind" of the pilot saved the lives of three persons onboard, a release said.

The Indian Coast Guard (ICG) said the ALH Mk III chopper CG 855, based in Kochi, took off from the enclave located inside CIAL complex at about 12.25 pm for "inflight checks after fitment of control rods" on the aircraft.

It said the chopper lost control when it was about 30-40 ft above the ground. However, the pilot showed "exemplary professionalism and presence of mind" with bare mini-

mum controls and manoeuvred the aircraft away from blocking the main runway of the international airport, the ICG statement said. "Prior to the inflight checks, HAL (Hindustan Aeronautics Limited) and ICG team had carried out extensive and satisfactory ground trials," the ICG said.

"Immediately after takeoff, when CG 855 was at about 30-40 ft above ground, the cyclic controls (which controls longitudinal and lateral movement of aircraft) did not respond." The pilot "cushioned the landing to the extent possible" in order to save the three persons on board, it added. One person has a

minor injury in his hand, sources told agencies.

The chopper's rotors and airframe have been damaged, and an inquiry has been ordered to ascertain the cause of the crash.

Meanwhile, CIAL said airport operations were suspended for two hours after the Advanced Light Helicopter of the Coast Guard met with the accident.

"The ALH was removed from the operational area around 2 PM and the runway has been cleared substantially after safety inspections, and flight operations have been resumed," CIAL said in a statement.

# Sonowal Welcomes AFSPA Withdrawal From More Parts Of Northeast

Union minister Sarbananda Sonowal on Sunday welcomed the lifting of AFSPA from more parts of the Northeast, maintaining it will ensure further growth of the region.

He also maintained that militants are leaving the path of violence and joining nation-building efforts in the northeastern states.

"Further relaxation of Armed Forces (Special Powers) Act, 1958 or AFSPA from many areas of Assam, Nagaland and Manipur is another welcome step by the Modi govt," Sonowal said in a statement here.

He said sustained and conscious efforts by Prime Minister Narendra Modi have resulted in permanent

peace in the region.

"On behalf of all the people of the region, I extend my heartfelt gratitude to Prime Minister Narendra Modi and Union Home Minister Amit Shah," the former Assam chief minister said.

Sonowal maintained that "dark days of violence, disturbance and insurgency during the Congress government" are now things of the past.

"The insurgents have chosen to reject the road of violence as they join the movement of nation-building under the visionary leadership of Prime Minister Narendra Modi. I am sure this decision will further accelerate the development in the region

in a peaceful environment," he added. Shah had on Saturday announced that as a result of significant improvement in the security situation, the Act will be in force in eight districts of Assam instead of nine from April 1.

In Manipur, AFSPA has been withdrawn from four more police stations, which meant 19 police stations in seven districts of the state have been removed from the disturbed area notification so far, officials said.

The Act was in force in the entire state, except for Imphal municipality area, since 2004. But from April last year, it was withdrawn from 15 police station areas in six districts.

# Nursing Big Ego With Small Understanding Despite Disqualification: Nadda Taunts Rahul Gandhi

NEW DELHI, MARCH 26: Bharatiya Janata Party (BJP) President JP Nadda on Sunday took a veiled swipe at disqualified MP Rahul Gandhi saying the Congress leader is nursing a big ego with small understanding.

Addressing BJP members who head polling booths in Bhopal and neighbouring Narmadapuram district of Madhya Pradesh, Nadda said Congress was synonymous with "corruption, commission, divisiveness, nepotism and dynasty politics".

He also questioned the "satyagraha" protest organised by the Grand Old Party, saying



the real "satyagraha" was done by Mahatma Gandhi for India's respect and pride.

"What is the condition of Congress? I don't want to name any leader. He (Rahul) is nursing a big ego with a small understanding. He is saying

Congress will do 'satyagraha' nationwide. Satyagraha was that which was done by Mahatma Gandhi for India's respect, pride, and Indianisation," the BJP chief said.

Raising the pitch against the BJP over Rahul Gandhi's disqualification from Lok Sabha, Congress leaders and workers held "Satyagraha Sankalp" protests across the country on Sunday.

"What is the purpose of your satyagraha? You don't have faith in the law. You hurl caste abuse. The court says to tender an apology but you have an ego, you don't (apologise). Your

membership (of Parliament) is gone but your ego remains," Nadda said.

A Surat court on Thursday convicted Rahul Gandhi of criminal defamation over his 2019 "Modi surname" remark and sentenced him to two years in jail. A day later Lok Sabha secretariat issued a notice disqualifying Rahul Gandhi as Wayanad MP.

"You (Rahul) say you are not afraid of anyone. Fear the Constitution and law, but you won't. People of the country won't forgive you," Nadda said.

A day earlier, a combative Rahul Gandhi had said he would continue to defend

democracy in the country even if he is disqualified from Parliament for life or jailed.

"Congress means corruption, commission, divisiveness, nepotism and dynasty politics whereas BJP means a mission, social work, social and women empowerment. Its culture is walking the talk," the BJP chief said, adding that Congress's job is to pitch a brother against a brother, a religion against another, a caste against another caste, and a village against another village. "They do vote bank politics. On the other hand, the BJP does clean and fact-based and issue-based politics," he added.

Nadda also said the BJP has "nice" offices in 290 districts in the country while 115 offices are being constructed.

"Land has been acquired for the speedy construction of 123 offices after Prime Minister Narendra Modi asked to take a resolve to open a good office in every district of the country," he added. He said the BJP has set the target to win more than 200 out of 230 seats in the upcoming Assembly elections in Madhya Pradesh. In 230-member Madhya Pradesh Assembly, the BJP has 127 MLAs, Congress 96, Bahujan Samaj Party 2, Samajwadi Party 1, and Independents 4.



# MI beat DC by 7 wickets to lift WPL trophy

MUMBAI, MAR 26: Mumbai Indians beat Delhi Capitals by seven wickets in the final to lift the inaugural Women's Premier League trophy here on Sunday.

MI first restricted DC to 131 for 9 and then returned to overhaul the target with three balls to spare.

Nat Sciver-Brunt smashed an unbeaten 55-ball 60, while skipper Harmanpreet Kaur made a 39-ball 37 as MI reached 134 for 3 in 19.3 overs.

Earlier, skipper Meg Lanning (35 off 29 balls) was the top-scorer for DC after she won the toss and elected to bat at the Brabourne stadium here.

Shabali Verma (11) and Marizanne Kapf (18) also reached double figures but couldn't capitalise on as DC were looking down the barrel at 79 for 9 in 16 overs.

Shikha Pandey (27 not out) and Radha Yadav (27 not out) then added 52 runs off just 24 balls to take DC to a competitive score.

Hayley Matthews returned with incredible figures of 4-2-5-3, while Issy Wong (3/42) continued her sensational run, claiming three more wickets and Melie Kerr (2/18) was the other wicket taker for MI.

Natalie Sciver-Brunt was batting on 7 when she stepped down to Rajeshwari Gayakwad and misused one. The ball looped to her England teammate Sophie Ecclestone at mid-off and it seemed as if Mumbai Indians would be reduced to 46/2 at the end of the 20-year-old right-hander hit nine fours and two sixes in her knock, pulling the ball with power and stepping out to drive with authority. Fittingly, she ended the MI innings with a six, after crucial contributions from Amelia Kerr (29 off 19) and Pooja Vastrakar (11\* off 4). Mumbai scored 66 runs in the last five overs.

While Sciver-Brunt starred with the bat, her compatriot Issy Wong stole the show with the ball by bagging the first hat-trick of the WPL.



The right-arm pacer dismissed Kiran Navgire, Simran Shaikh and Ecclestone off consecutive deliveries in her third over to blow the roof off a near-packed DY Patil Stadium.

Asked to bat first in the eliminator, MI posted a mammoth total of 182/4 before bowling-out UPW for 110 in 17.4 overs.

It was a statement win by Harmanpreet Kaur and Co to set up the final against Delhi Capitals. At one stage in the tournament, they seemed destined to qualify directly for the final before being pipped by DC. But on Friday, they were dominant from start to finish.

Sciver-Brunt had started the tournament in fine form, scoring 182 runs in the first five games, but struggled in the last three games. In the eliminator, though, she was at her fluent best and showed why she went as the joint most expensive overseas player at the auction.

The 30-year-old right-hander hit nine fours and two sixes in her knock, pulling the ball with power and stepping out to drive with authority. Fittingly, she ended the MI innings with a six, after crucial contributions from Amelia Kerr (29 off 19) and Pooja Vastrakar (11\* off 4). Mumbai scored 66 runs in the last five overs.

Ecclestone having an off day was

one of the main reasons for UP Warriorz's struggle. Apart from handling that extremely costly reprieve to Sciver-Brunt, the top-ranked bowler in both ODIs and T20Is leaked 39 runs in her four overs. She showed her class by cleaning up Harmanpreet, but UPW needed a lot more from their star bowler.

With the bat, UPW picked up eight runs in the first over of the chase. But things turned dramatically in MI's favour from there on.

Shweta Sehrawat, India's top scorer at their triumphant Under-19 World Cup campaign, faced five consecutive dot balls before getting caught at cover. It was a masterful wicket-keeping by left-arm spinner Saika Ishaque, one of the finders of the tournament, and set the tone for a forgettable chase by the Warriorz.

Two balls after Sehrawat was dismissed, UPW were dealt a massive blow as Wong got rid of skipper Alyssa Healy. It was a wonderful delivery by the right-arm pacer, angling in and straightening to get Healy's leading edge. Harmanpreet's animated reaction after taking the catch at mid-on said it all.

The Warriorz needed the in-form Australian duo of Tahlia McGrath and Grace Harris to dig

in but that didn't happen either. While McGrath was run-out after some sensational work by Amanjot Kaur and Yastika Bhatia, Harris was sent packing by Sciver-Brunt as she hit one straight to long-on.

Navgire, who had had a quiet tournament, struck some lusty blows and raced her way to 43 off 25.

With UPW at 84/4 after 12 overs at that point, MI were in the driver's seat anyway. But then came that Wong over and it killed the contest completely.

It was a stunning spell of fast bowling by the 20-year-old as she swung the ball at pace, held a consistent line and length and returned with memorable figures of 4/15.

Mumbai Indians will be heading to the final on a high after their comprehensive win over UP Warriorz in the eliminator. And with the army of home fans in the stadium, they'll be fancying their chances of going all the way.

Put to bat first, Mumbai Indians started their innings with a cracking four on the very first ball of the evening over. MI openers Yastika Bhatia and Hayley Matthews rotated the strike brilliantly, not allowing the UP bowlers to settle down while whacking the loose ball on offer.

Yastika was the aggressor, smashing boundaries regularly. However, Yastika could not stand long at the crease as she was dismissed by Anjali Sarvani after scoring 21 runs off 18 deliveries. Right-hander Nat Sciver-Brunt then came out to bat. The duo of Brunt and Matthews played cautiously, slamming boundaries at regular intervals.

Matthews's enterprising knock was cut short after 16-year-old Parshvi Chopra produced a stunning delivery to send back the Mumbai batter. She scored 26.

## 'I got back from practice at 2 AM...': Sarfaraz reacts to Gavaskar's 'go to fashion show' remark

NEW DELHI, MAR 26:

Sarfaraz Khan remains a rare oddity in Indian cricket. Despite piling a mountain of runs, he continues to be ignored from a place in the Indian team. Clamours for Sarfaraz's inclusions have been growing ever since he missed out on a place in Team India's Test squad for the four-match Border-Gavaskar Trophy and the likes of Ishan Kishan and Suryakumar Yadav were granted their maiden Test call-up. Former cricketers such as Venkatesh Prasad and Sunil Gavaskar were the most vocal on Twitter and through their columns respectively.

Gavaskar in particular, was a tad harsh after the BCCI selectors repeatedly ignored Sarfaraz. The former India captain had taken a dig at Chetan Sharma and backed Sarfaraz with a stern reply to those questioning his fitness. This is after Sarfaraz had slammed 556 runs in 6 matches three centuries.

"If you are looking for only slim and trim guys, then might as well go to a fashion show and find some other models and give a bat and ball in their hands and then improve them. That's not the way



say. See fitness is obviously important, and I try my best. When our last Ranji Trophy match got over, I got back home at 2AM in the night and at 5AM was back on the ground. So my ground fitness is up to the mark and when it comes to running and all, I try and get the moA DC recently conducted a fitness camp in Delhi for 14 days. Whatever we have in our hand, we do it," Sarfaraz told SportsYahi.

The 25-year-old spoke about his wait for an India call-up saying he is happy to bide his time. For Sarfaraz continuing his good form matters more than playing for India. Not too long ago, a player had similar made his much-awaited India debut after a long wait and inside two years rose to the top of the ICC rankings - Suryakumar Yadav - and Sarfaraz does not mind following the footsteps of his good friend.

## Nikhat crowned world champion for second straight year at Women's World Boxing Championships

NEW DELHI, MAR 26:

Becoming only the second Indian female to have two World Championships gold medals to her name, India's star pugilist Nikhat Zareen capped off an outstanding campaign at the Mahabirika IBA Women's World Boxing Championships with a stunning victory in the finals at the Indira Gandhi Sports Complex here on Sunday.

Living up to her name, the tenacious Nikhat (50kg) oozed class in her rampant display against the two-time Asian champion Nguyen Thi Tam of Vietnam and secured a thumping 5-0 win. The reigning World Champion asserted her dominance in the bout from the word go by landing accurate punches and using her quick feet to dodge the Vietnamese's attacks.

The Indian's breath-taking performance saw her prevail in the first round with a 5-0 scoreline before Nguyen bounced back in the second round with a 3-2 scoreline to set up a grand slam finish. In the final round, Nikhat maintained her composure and proved why she's one of the best in the business with a sensational attacking display that helped her seal the win by unanimous decision.



With this victory, Nikhat became only the second Indian female pugilist to win two golds at the World Championships alongside the boxing legend Mary Kom who has claimed a record six gold medals in the competition.

"I am extremely delighted to become World Champion for the second time especially in a different category. Today's bout was my toughest in the entire tournament and since this was the last match of the tournament I wanted to utilize my energy completely and leave everything in the ring. It was a rollercoaster of a bout with both of us getting warnings as well as close counts and it was very close. My strategy in the last round was to go all out and attack and I felt very happy when my hand was lifted as

the winner. This medal is for India and for everyone who have supported us throughout the tournament," said Nikhat after her bout.

Despite shifting to light flyweight from lightweight for this year's tournament, the 26-year-old pugilist from Telangana adjusted extremely well to her new weight category and performed at the highest of levels throughout the tournament. She notably pulled the top seed and the reigning African champ Roumaysa Boualoul of Algeria, two-time World Championships bronze medalist Chuthamat Rakasat of Thailand and the Rio Olympics bronze medalist Ingrid Valencia of Colombia.

Commenting on Nikhat's victory, Ajay Singh,

President of the Boxing Federation of India said, "Congratulations to Nikhat on becoming the World Champion for a second year in a row. I am sure that she will be a shining example for young girls all around the country to win gold medals for the country. She is going to be a champion for years to come and we will see an Olympics medal from here in 2024 for sure."

Following Nikhat's triumph, India now have a total of three golds in their kitty at the tournament after the 2022 Commonwealth Games medalist Nitu Chhangthas (48kg) and three-time Asian medalist Saweety Borda (81kg) also won gold for the hosts on Saturday.

Later tonight, the Tokyo Olympics bronze medalist Lovlina Borgohain will look to add a fourth gold medal to India's tally when she takes to the ring to face the two-time Commonwealth Games medalist Caitlin Parker of Australia in her final bout.

In the 54kg category, Tokyo Olympics bronze medalist Huang Hsiao-Wen of Chinese Taipei defeated Ariana Castañeda Yeni Marcela of Colombia with a 5-0 scoreline and secured her second World Championships gold.

## Mohd Nabi shines as Afghanistan script historic win against Pakistan in 1st T20I

SHARJAH, MAR 26:

Afghanistan defeated Pakistan in a Twenty20 for the first time on Friday after the latter was restricted to 92-9 Pakistan, without a five wicket frontline players including captain Babar Azam, struggled on a slow and low pitch at Sharjah Cricket Stadium against the Afghans, whose six bowlers shared all nine wickets. Afghanistan overcame falling to 45-4 in the 10th over to cruise home at 98-4 and win by six wickets with more than two overs to spare. Mohammad Nabi raised Afghanistan's first victory over Pakistan in five attempts over the past decade with a straight six over long off.

"Pleasure to win, as we've always lost against them by small margins," Afghanistan skipper Rashid Khan said.

Wearing Afghanistan colours and leading the team in a win is a proud achievement. We never know the wicket... (but the) mindset was... to adjust accordingly." Afghanistan has a chance at a first series win in the remaining two T20Is on Sunday and Monday.

None of the Pakistan batters could accelerate on a two-paced pitch and mostly fell to soft dismissals.

## Swiss Open 2023: Satwiksairaj Rankireddy-Chirag Shetty Crowned Men's Doubles Champions In Basel

NEW DELHI, MAR 26:

Indian men's doubles pair of Satwiksairaj Rankireddy and Chirag Shetty capped off their impressive campaign with a title win, beating China's Ren Xiang Yu and Tan Qiang in the final of the Swiss Open Super 300 badminton tournament in Basel on Sunday. (More Badminton News) The second-seeded Indian pair, the 2022 World Championships bronze medalist, was solid in defence and dished out an attacking game to outwit the world No. 21 pair 21-19, 24-22 in 54 minutes. It was the first title of the season for India with Satwik and Chirag putting to rest the disappointment of last week's All England Championships where they had exited in the second round. Overall, it was the fifth career world tour title for the Indian pair, who had claimed the India Open and French Open last year, besides securing the Thailand Open in 2019 and Hyderabad Open in 2018. Satwik and Chirag had also won the Commonwealth Games gold in 2022.

The title run also meant India continued its love affair with the Swiss Open, with IV Sindhu (2022), Saina Nehwal (2011, 2012), Kidambi Srikanth (2015) and HS Prannoy (2016) claiming the crown in the past.

The two pairs had contracting march to the final with Satwik and Chirag playing three three-game matches on their way to the summit clash, while Tan and Ren didn't drop a game.

Tan had forged a world No. 10 pairing with He Jiting in 2019, winning the 2021 World Championships silver medal, while Ren had been ranked as high as 16 with his former partner Ou Xuanyi.

Playing the Chinese pair for the first

time, Satwik and Chirag turned up the heat at the right moments, displayed their attacking prowess and steely nerves to come out victorious.

A service error from Chirag was a dampener but India managed to lead 3-1 early on before the Chinese drew parity at 6-6. There was another service error for height from Satwik before the Indians entered the break with a three-point cushion.

The Indians tried to keep the rallies flat and short and it worked, as they led 15-10 and then 18-13.

However, Tan and Ren soon narrowed down the gap to 17-18.

But, a precise smash from Chirag, which bisected the court, gave India two game points. Satwik sailed one long before sealing the game with a winner to take the first advantage.

The second game was an extremely close affair as the rivals fought tooth and nail. After trailing 2-4 early, Chirag went on the attack from the front court to draw level. The Chinese pair kept fighting and clawed back at 8-8 with Tan finding a winner at the forecourt with a drop.

Satwik smashed one into the net before the Chinese made a service error to have a two-point advantage to the Indians at the mid-game interval.

The Indian duo quickly extended the lead to 14-11 with Satwik producing a powerful smash. Tan and Chirag then engaged in a terrific rally, but the latter went long as the Chinese kept breathing down the neck of the Indian pair.

With Satwik erring twice, China was back on level par at 16-16. In the end, a straight smash from Chirag earned India two championship points.

## Delhi Capitals bank on Prithvi Shaw and David Warner show

new delhi, mar 26

As far as build-ups go, it hasn't exactly been smooth sailing for Delhi Capitals ahead of IPL 2023. The biggest jolt, of course, was the car accident to star wicketkeeper-batter and captain Rishabh Pant last December, ruling the 25-year-old out of action for at least the first six months of this year. As a result, the IPL franchise has been compelled to turn to Australia's David Warner to take up the mantle of captaincy. Given that the opening batter

captained Sunrisers Hyderabad for many seasons and led them to the IPL title in 2016, the Capitals will not be fretting about the 36-year-old's leadership skills.

"David brings a lot of passion, skill and experience. His experience with Sunrisers will hold us in good stead this year. You look at the most successful IPL teams and they have always had good, strong and experienced leaders. That's what we will have at DC this year with Warner taking over," said Delhi

Capitals head coach Ricky Ponting during a media interaction on Friday.

While Warner's years of wisdom will come in handy as skipper, Pant's absence leaves a gaping void in the middle order. He was also the only specialist Indian wicketkeeper in the squad.

The situation has forced the Capitals to ask batter Sarfaraz Khan to practice his wicket-keeping skills in recent months. Capitals have also summoned four domestic keepers to their

training camp, with the decision on Pant's replacement set to be taken after their second practice game on March 28. It will be a replacement only in theory according to Ponting though, for it is impossible to find a player who brings as much to the table as Pant.

"Obviously, Pant is a huge loss. Irrespective of who we bring into that role, you are going to still miss Rishabh. Keepers in the world, to try and replace him is going to be pretty much impos-

sible," Ponting said. "I am hoping that I can have Pant sit beside me in the dugout during our home games. We want to try and involve him as much as we can around Delhi Capitals. We may also look to have his shirt number on the players' jerseys or caps."

In Pant's absence, Ponting picked out 26-year-old Aman Khan, who was traded from Kolkata Knight Riders in exchange for Shardul Thakur, as someone who has the potential to tend fireproof to the

middle-order. "What we have tried at DC is to make sure we have the best young talent available and then work on them. We have Sarfaraz, Yash Dhull and Lalit Yadav. Aman Khan is someone who has really impressed. His last couple of days at training have been enthralling special," Ponting enthused. "When you talk about losing some power in the middle order, if you add someone like Aman Khan, Rovman Powell and even Axar's batting has improved a lot over the past 12

months, we will find a way to cover for Rishabh. You are not going to get the same quality there, but we think we can have as good a middle order as any team in the tournament."

Ponting has big expectations from Prithvi Shaw too. The Mumbai opener has been crippled by inconsistency and off-field troubles in his young career, but the Australian — who also batted the pitfalls of early stardom during his career — is backing Shaw to turn the corner for good.



# Pakistan PM Shehbaz Sharif Accuses President Arif Alvi Of Being Partisan

MUMBAI, MAR 26: Prime Minister Shehbaz Sharif on Sunday hit back at President Arif Alvi, accusing him of being partisan and following the dictates of his Pakistan Tehreek-e-Insaf party instead of remaining neutral as the head of the state.

His comments came two days after President Alvi in a letter on Friday accused the premier of using disproportionate force against politicians, political workers and journalists in recent clashes with former prime minister Imran Khan's PTI.

The president, who was a member of Khan's party before assuming the office, had also asked Sharif to direct all authorities to assist the Election Commission of Pakistan (ECP) in holding the Punjab and Khyber Pakhtunkhwa elections as per the orders of the Supreme Court.

In his five-page letter to President Alvi, Sharif said that he was writing to "set the record of the government straight" and bring the latter's "partisan attitude" on record.

He said Alvi's communication in parts read like "a press release of the opposition political party PTI whose one-sided, anti-government views you continue to openly espouse, notwithstanding your constitutional oath of office of President". He said that the presi-



dent on several occasions violated his oath, including the order of the dissolution of the National Assembly in April last year on direction of then prime minister Imran Khan, and also his failure to discharge his constitutional duty to give oath to Sharif on his election as the prime minister.

"Despite the foregoing and several other instances, where you actively worked towards undermining a constitutionally elected government, I have made all-out efforts to maintain a good working relationship with you. However, the contents of your letter, its tone, and language have compelled me to respond to it," he stated in the letter.

Sharif said that actions by the law enforcement agencies were in accordance with the law.

"Regrettably and ostensibly due to your party allegiance, you have failed to note the sheer violation of laws, contumacious disregard of court orders, attacking the law enforcement agencies, damaging public property, attempts to create chaos, civil and political unrest, and in short, to bring the country to the brink of economic default and civil war by PTI," he said.

He said the agencies' complete disregard of law tarnished the image of Pakistan in the international community and cast negative repercussions on the future of democracy and state of human

rights. He also complained that Alvi as president had not once said anything regarding the conduct of Khan for his "aggressive, rather militant, attitude of a political order in complete defiance of court orders".

"Regrettably again, you never raised your voice or shared your concerns in the manner that you have in your letter, in the past while the PTI was in power," he said.

He further stated that Alvi's reference regarding meaningful consultation between the president and prime minister was "out of place".

"Mr President, in the exercise of your functions, you must act on and in accordance with the advice of the Cabinet or the Prime Minister under clause (1) of Article 48," he wrote.

Talking about the election in Punjab and Khyber-Pakhtunkhwa, he said that the federal government provided every support to the ECP which is an autonomous body and free to decide about election. Sharif also said that he was "fully aware" of his duties, asserting that his government was fully committed to preserving, protecting and defending the Constitution but would not allow anyone to violate the law or create unrest.

# Israeli Group Asks Court To Punish PM Benjamin Netanyahu Over Legal Plan

An Israeli good government group on Sunday asked the country's Supreme Court to punish Prime Minister Benjamin Netanyahu for allegedly violating a conflict of interest agreement meant to prevent him from dealing with the country's judiciary while he is on trial for corruption. The request by the Movement for Quality Government in Israel intensifies a brewing showdown between Netanyahu's government and the judiciary, which it is trying to overhaul in a contentious plan that has sparked widespread opposition.

The Movement for Quality Government in Israel, a fierce opponent of the overhaul, asked the court to force Netanyahu to obey the law and sanction him either with a fine or prison time for not doing so, saying he was not above the law.

"A prime minister who doesn't obey the court and the provisions of the law is privileged and an anarchist," said Eilat Shrago, the head of the group, echoing language used by Netanyahu and his allies against protesting opponents of the overhaul.

"The prime minister will be forced to bow his head before the law and comply with the provisions of the law," Netanyahu is barred by the country's attorney general from dealing with his government's plan to overhaul the judiciary, based on a conflict of interest agreement he is bound to, and which the Supreme Court acknowledged in a ruling over Netanyahu's fitness to serve while on trial for corruption.

But on Thursday, after parliament passed a law making it harder to remove a sitting prime minister, Netanyahu said he was unshaken by the attorney general's decision and vowed to wade into the crisis and "mend the rift" in the nation.

That declaration prompted the attorney general, Gali Baharav-Miara, to warn that Netanyahu was breaking his conflict of interest agreement by entering the fray.

The fast-paced legal and political developments have catapulted Israel into uncharted territory and to a burgeoning constitutional crisis, said Guy Lurie, a research fellow at the Israel Democracy Institute, a Jerusalem think tank.

"We are at the start of a constitutional crisis in the sense that there is a disagreement over the source of authority and legitimacy of different governing bodies," he said.

If Netanyahu continues to intervene in the overhaul as he promised, Baharav-Miara could launch an investigation into whether he violated the conflict of interest agreement, which could lead to additional charges against him, Lurie said.

He added that the uncertainty of the events made him unsure of how they were likely to unfold.

It is also unclear how the court, which is at the centre of the divide surrounding the overhaul, will treat the request to sanction Netanyahu.

Netanyahu is on trial for charges of fraud, breach of trust and accepting bribes in three separate affairs involving wealthy associates and powerful media moguls.

He denies wrongdoing and dismisses critics who say he will try to seek an escape route from the charges through the legal overhaul.

The overhaul will give the government control in these separate affairs and limit judicial review over government decisions and legislation.

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He denies wrongdoing and dismisses critics who say he will try to seek an escape route from the charges through the legal overhaul.

# US President Joe Biden Declares Emergency For Mississippi Due To Tornado Damage

NEW YORK: President Joe Biden early on Sunday issued an emergency declaration for Mississippi, making federal funding available to Carroll, Humphreys, Monroe and Sharkey counties, the areas hardest hit Friday night by a deadly tornado that ripped through the Mississippi Delta, one of the poorest regions of the US.

At least 25 people were killed and dozens of others were injured in Mississippi as the massive storm ripped through several towns on its hour-long path. One man was killed after his trailer home flipped several times in Alabama. Search and recovery crews on Sunday resumed the daunting task of digging through the debris of flattened and battered homes, commercial buildings and municipal offices after hundreds of people were displaced.

Federal Emergency Management Agency Administrator Deanne Criswell was scheduled to visit the state on Sunday to evaluate the destruction. FEMA Coordinating Officer John Boyle has been appointed to oversee federal recovery operations.

Following Biden's declaration, federal funding can be used for recovery efforts including temporary housing, home repairs, loans covering uninsured property losses and other individual and business programs, the White House said in a statement. The twister flattened entire blocks, obliterated houses, ripped a steeply off a church and toppled a municipal water tower.

Even with recovery just starting, the National Weather Service warned of a risk of more severe weather Sunday - including high winds, large hail and possible tornadoes - in eastern Louisiana, south central Mississippi and south central Alabama. Based on early data, the tornado received a preliminary EF-4 rating, the National Weather

Service office in Jackson said late Saturday in a tweet. An EF-4 tornado has top wind gusts between 166 mph and 200 mph (265 kph and 320 kph), according to the service. The Jackson office cautioned it was still gathering information on the tornado.

The Friday night tornado devastated a swath of the 2,000-person town of Rolling Fork, reducing homes to piles of rubble, flipping cars on their sides and toppling the town's water tower. Other parts of the Deep South were digging out from damage caused by other suspected twisters. One man died in Morgan County, Alabama, the sheriff's department there said in a tweet.

"How anybody survived is unknown by me," said Rodney Porter, who lives 20 miles (32 kilometers) south of Rolling Fork. When the storm hit Friday night, he immediately drove there to assist in any way he could. Porter arrived to find "total devastation" and said he smelled natural gas and heard people screaming for help in the dark. "Houses are gone, houses stacked on top of houses with vehicles on top of that," he said.

Annette Bivler drove to the hard-hit town of Silver City from nearby Belzoni to survey the damage. She said she was feeling "blessed" because her own home was not destroyed, but other people she knows lost everything. "Cried last night, cried this morning," she said, looking around at flattened homes. "They said you need to take cover, but it happened so fast a lot of people didn't even get a chance to take cover."

Storm survivors walked around Saturday, many dazed and in shock, as they broke through thickly clustered debris and fallen trees with chain saws, searching for survivors. Power lines were pinned under decades-old oaks, their roots torn from the ground. Mississippi Gov.

**NORTHERN RAILWAY**  
E-Tender Notice

Sr.DEN/VFZR 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 17.04.2023 upto 15.00 Hrs. & 18.04.2023 upto 15.00 Hrs. Bidders will be able to submit their original/revised bids up to closing date and time only. Manual offers are not allowed against this tender, and any such manual offer shall be ignored. Contractors are allowed to make payments against this tender towards tender document cost and earnest money only through only 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 login to www.irps.gov.in

Tender Type	Section	Bidding System	Date of Uploading Tenders	Bid Starting Date	Bid Closing Date/Time
Open	Works	Single Bid System	23.03.2023, 23.03.2023	03.04.2023 04.04.2023	17.04.2023/15:00 Hrs. 18.04.2023/15:00 Hrs.

S.N. Tender No. Details of Tender

- 492-2022-23-BGDM-DRM-FZR  
Revised of water treatment plant and providing of RCC Jacketing, cement plaster of 02 No Pre Setting Tank and other allied works at BDGM on BAHL-BRML section.  
Advertised Value (Rs.) 3,00,5,051.42/-  
Earnest money 60,100/-  
Validity of Offer 60 Days  
Period of Completion 6 Months  
Similar Nature of work: "Nil"
- 492-2022-23-BGDM-DRM-FZR  
Raising and Extension of high level platform no 1 and platform no 2 at Railway Station SDUA, BJA, PJGM, KTRP and HMC on BAHL-BRML section under ADE/ENBGM.  
Advertised Value (Rs.) 11,32,89,333.48/-  
Earnest money 7,16,500/-  
Validity of Offer 90 Days  
Period of Completion 12 Months  
Similar Nature of work: "Any civil work other than track work."
- 493-2022-23-BGDM-DRM-FZR  
Construction of rail level goods goods platform with covered shed, merchant room, approach road at Pampore (PMPF) Railway station and other allied works on BAHL-BRML section under ADE/ENBGM.  
Advertised Value (Rs.) 12,30,43,778.66/-  
Earnest money 7,85,200/-  
Validity of Offer 90 Days  
Period of Completion 12 Months  
Similar Nature of work: "Any civil work other than track work."

Note1. Before bidding, bidders to check for any corrigendum issued against tender.  
Tender Notice No: 773-W1169/WAFZR/2022-23 Date: 24.03.2023  
931/2023

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E-mail ID - medicalsuperintendentent@rediffmail.com Tel. Fax No.-0191-2430041  
ghgandhinagar@gmail.com Telephone: 0191-2469300  
Website: www.gandhinagarhospital.in

### AUCTION NOTICE

For and on the behalf of the Lt. Governor Union Territory of Jammu & Kashmir, the Medical Superintendent Govt. Hospital Gandhi Nagar, Jammu Re-invites online E- Auction through Gem Portal from interested parties to participate in the Auction of unserviceable/ Obsolete Articles & BER Machines & Equipments lying at Govt. Hospital Gandhi Nagar, Jammu.

**CRITICAL DATES:**  
Date of issuance of Notice Inviting Auction Bid Submission Start Date Available online  
Last Date & Time of Submission of Bid Date & Time of Opening of Bid  
Name & Designation of Authority Inviting Auction

- Online Bid must be accompanied by an Earnest money of Rs.50,000/- (Rupees Fifty Thousand Only) of the value of all lots in form of Demand Draft in favour of Medical Superintendent Govt. Hospital Gandhi Nagar, Jammu.
- Auction submitted without accompanying requisite cost of Auction document and earnest money bid will be treated as invalid and will be summarily rejected.
- Bidders must have a registered firm/company and have a valid GST registration No., PAN, Aadhar/Address Proof, Bank A/c details etc. which are required to be uploaded.
- Any other information can be obtained from the consignee office, Medical Superintendent Govt. Hospital Gandhi Nagar, Jammu on any working day through Mob. No. 990072515 upto the last date of submission of bids. The inspection of materials as per list by the prospective bidders or their representatives is allowed in this premises only after presenting valid ID Proof/Authority letter (if applicable).
- Incomplete bids conforming strictly in the manner prescribed/offer shall not be considered and shall be summarily rejected.
- Conditional Auction will summarily reject and EMO will be forfeited.
- The location specified in the Auction cannot be changed at any stage under any circumstances.
- The offers submitted would be governed by all the terms & conditions as laid down in the Prescribed Auction Form in addition to the terms & conditions indicated therein. There would be no post auction negotiation.
- The Earnest money would be refundable to un-successful bidder on finalization of the Auction and shall carry no interest whatsoever.
- Rest terms & conditions for e-Auction are available online on Gem portal.

No.-SNH/J/Auction-1e-34J  
Dated:- 16-03-2023  
DIP/J-16936/22  
SD/ MEDICAL SUPERINTENDENT GOVT. HOSPITAL GANDHI NAGAR JAMMU

# What Are Tactical Nuclear Weapons, Why Is Russia Stationing Them In Belarus Amid Ukraine War?

MOSCOW: In a fresh challenge to Ukraine and its Western partners, Russian President Vladimir Putin on Saturday announced that Russia would station tactical nuclear weapons in neighbouring Belarus.

Belarus is one of the closest Russian allies. The country also served as a staging ground of the Russian invasion of Ukraine in February 2022. Initially, one of the Russian attacking forces entered Ukraine from Belarus.

Stationing nuclear weapons in Belarus would mean that Russian weapons would be next door to three North Atlantic Treaty Organization (NATO) countries as Belarus shares borders with the NATO countries of Latvia, Lithuania, and Poland.

Putin's announcement comes at a time when the West has stepped up its support to Ukraine. Poland and fellow NATO member Slovakia have announced they would send MiG-29 fighter jets to Ukraine and United Kingdom announced earlier this to provide Ukraine with armour-piercing rounds containing depleted uranium.

Here we explain what are tactical nuclear weapons, what Putin said about nuclear weapons, and how West would respond to a Russian nuclear attack. What did Putin say? Russian President Vladimir



Putin said that Russian placement of nuclear weapons in Belarus is perfectly fine and compliant to international norms.

Putin also compared the stationing of Russian nuclear weapons in Ukraine to US deployment of weapons in military bases in ally countries.

However, the immediate reason cited by Putin for stationing nuclear weapons in Belarus was the UK's decision this week to provide Ukraine with armour-piercing rounds containing depleted uranium. He falsely claimed that the rounds have nuclear components. Putin argued that by deploying its tactical nuclear weapons in Belarus, Russia was following the lead of the United States, noting that the US weapons are based in Belgium, Germany, Greece, Italy, the Netherlands, and Turkey. He said, "We are doing

weapons that have bigger objectives, such as destroying cities or larger targets with larger war-waging objectives in mind. Tactical weapons, on the other hand, are limited in their scope and the intention behind their use is limited to arriving at a particular battle-fied outcome.

For example, an example of a tactical nuclear weapon would be its use to stop adversary's progress in a particular theatre. On the contrary, strategic nuclear weapons would likely be used to bring the enemy to its knees entirely with a massive strike like the United States did in World War II when its nuclear weapons forced Japan into surrender.

This would mean that the two types would have different yields - or power - as they would produce vastly different results. Therefore, strategic and tactical nuclear weapons are classified such as per their intent, yield, and range. More formally, tactical nuclear weapons are called "non-strategic nuclear weapons".

"Tactical (non-strategic) nuclear weapons (TNWs) typically refer to short-range weapons, including land-based missiles with a range of less than 500 km (about 300 miles) and air- and sea-launched weapons with a range of less than 600 km (about 400 miles). In some respects, TNWs are more dangerous than strategic weapons.

What are tactical nuclear weapons? Nuclear weapons, just like other weapons, can be categorised into two types - strategic and tactical. Strategic weapons refer to



# DIPR releases 13th Episode of "Inspire Gen Z" with former Indian, international cricketer Suresh Raina

EPISODE WITH SURESH RAINA AVAILABLE ON ALL SOCIAL MEDIA PLATFORMS OF DIPR

JJ NEWS SERVICE

JAMMU, MARCH 26: Adding another inspirational story of the change makers in the "Inspire Gen Z" programme, the 13th episode with the former Indian and international cricketer, Suresh Raina has been released on Department of Information and Public Relation's (DIPR) all Social Media Handles and its official website.

"Inspire Gen Z" is a digital show created by the Department of Information and Public Relations (DIPR) to engage, entertain and inspire the youth of J&K.

## CO IRP 11th Bn. sanctions welfare loan of Rs 6.5 Lakhs

JJ NEWS SERVICE

ANANTNAG, MARCH 26: In order to meet out the emergent expenses of officers/officials as well as welfare measure, Commandant IRP XI Bn. Anantnag sanctioned Rs 6.5 lakhs welfare loan in favour of the personnel of the Battalion. A meeting of the Battalion welfare Committee was held on under the chairmanship of Commandant IRP XI Bn, Sandeep Mehta for sanctioning the welfare loans for the year 2022-2023. A total of 21 applications were received and welfare loans sanctioned in favour of 19 eligible personnel.

A loan of Rs. 40000 each was sanctioned in favour of two personnel for their self marriage and a loan of Rs.40000 each in favour of five personnel for marriage of their dependants.

An amount of Rs 30000 to 40000 each was sanctioned in favour of nine personnel for treatment of their dependants / self treatment. One Case pertaining to higher education of the ward of an employee was also approved with the sanction of Rs 30000.

In addition to the above an amount of Rs 15000 each was sanctioned in favour of two personnel for meeting social obligations.

At the outset, the CO expressed satisfaction on the timely disbursal of the welfare loans as it helps in meeting such expenses of jawans without facing any difficulty.



view with the host of the show Rashid Andrabi, has shared his experiences as a cricketer, his journey and emotional connection with Jammu & Kashmir, Suresh Raina was born and brought up in Lucknow but his

family belongs to Rainawari area of Kashmir.

In the conversation, Suresh Raina talked about his areas of interest and said that he loves singing, cooking and spending time with the kids. While talking

about the bad phase of his life after he got knee injury in 2005, Raina said that the one year of rehab period after his surgery was the toughest part of my cricketer life. I remained positive and learnt a lot from my father and successfully came out of that difficult phase.

My father was my coach, friend and much more to me, he guided me throughout this difficult time, Raina added.

Calling Jammu & Kashmir as the most beautiful place in the world, Suresh Raina said the hospitality of the people of J&K is excellent and have spent long time in Kashmir with family and friends.

Talking about his writing pas-

sion and recently launched book 'Believe: What Life and Cricket Taught Me' along with cricketer writer Bharat Sundaresan, he said that the motive behind this book was to tell my story to everyone how a small town boy realized his dream of being a successful cricketer and people must learn from my journey. I am really thankful to the people that they liked my book.

As a message to the budding cricketers and other sports-persons, Suresh Raina advised them to only do hard work as there is no shortcut in the life. If you seriously want to achieve your dreams, just follow your passion and believe in yourself, he added.

# 874 ASHAS APPEARED IN ALL INDIA NIOS CERTIFICATION EXAM ACROSS J&K

JJ NEWS SERVICE

JAMMU/GRINAGAR, MARCH 26: A total of 874 ASHAs (Accredited Social Health Activists) of NHM, across J&K appeared in NIOS Theory Examination for Certification by National Institute of Open Schooling (NIOS), which was conducted at all India Level today.

The theory Examination was conducted by NIOS in seven districts of J&K Jammu, Kathua, Udhampur, Anantnag, Budgam, Kulgam and Kupwara in the designated Centres.

In the UT of J&K, 61% ASHAs of J&K have been certified by NIOS, which is proportionately the highest in the country. MD, NHM J&K, Ayushi Sudan, while giving details informed that the certification of ASHAs has been envisaged to provide a legal and administrative framework within which the ASHA would be eligible and responsible for providing community level care for a range of illnesses. This would enhance the competency and professional credibility of ASHAs, allow her to use a set of drugs and point of care diagnostics appropriate to that level of care and also



provide an assurance to the community on the quality of services being provided by the ASHA. Above all, it would promote a sense of self recognition and worth within the ASHA, Ayushi added. She informed that at present, about 11263 ASHAs have been trained in all modules and about 70% of these trained ASHAs are NIOS certified. The remaining ASHAs are being trained in all the modules and further shall be certified in a phased manner. Since NIOS has started online registrations now and eased the registration process, the department is targeting that 1000-1500 ASHAs get trained during every session for

appearing in the All India Level ASHA Certification Examination by National Institute of Open Schooling (NIOS) so that every ASHA gets certified. The focus is that after 2024, no trained ASHA is left uncertified in the Union Territory of Jammu and Kashmir.

Pertinent to mention that ASHAs being engaged by NHM, J&K are working as abridge between Health Department and the community. All the health schemes of NHM/ J&K Govt. are being implemented by ASHAs at the grass root level. ASHA is a link through which the health care needs of the people are being catered. Viewing their importance for Health care delivery at ground

level, NHM has started the project of certification of all ASHAs.

ASHA certification project is a Govt. of India initiative and third party accreditation for stabilizing level of quality in ASHA & their cadres as they deal with all the National Health Programmes for Pregnant ladies, vaccinations, communicable diseases, Tuberculosis, Leprosy etc. There is a tripartite arrangement between the Ministry of Health and Family Welfare (MoHFW), National Health Systems Resource Centre (NHSRC) and the National Institute of Open Schooling (NIOS) to undertake the process of certification of ASHAs. ASHAs undergo ten days' rigorous residential training schedule at district training sites along with practical and skill tests for appearing in final theory examination for certification at All India Level. This flagship project is very closely monitored and reviewed strictly and periodically by Bhupinder Kumar, Secretary, Health & Medical Education, and Ayushi Sudan, Mission Director, NHM, J&K and has a direct and active support of Chairperson, NIOS, Prof. T.N Giri & Regional Incharge, NIOS Paramod Tripathi.

## World TB Day 2023: GMC Doda hosts awareness lecture, poster competition

JJ NEWS SERVICE

DODA, MARCH 26: World Tuberculosis Day 2023 was commemorated at Government Medical College Doda with an awareness lecture and poster-making competition among MBBS students.

The event was organised by the Department of Community Medicine under the guidance of Head of Department, Dr



Suresh K Kotwal. The event aimed to raise public awareness about the socio-economic consequences of TB and to step up efforts to eradicate the global TB epidemic. Dr

Waliid K Balwan delivered a brief note on tuberculosis, its symptoms, treatment and steps to eliminate TB.

The event was judged by Principal GMC Doda, Dr Pooja Vimesh; Head of Department, Dr Suresh Kotwal; Medical Superintendent, Dr Yudhvir Kotwal; Chief Administrative Officer, Mohd Iqbal; Senior Resident, Dr Waliid K Balwan and Junior

Resident, Dr Arjun Singh. Winners were awarded certificates of achievement and refreshments were provided to participants.

# Tribal Youth Exchange Programme in Jammu concludes with cultural exchange and learning

JJ NEWS SERVICE

JAMMU, MARCH 26: The 14th Tribal Youth Exchange Programme, sponsored by the Union Ministry of Home Affairs concluded today with a plantation drive organised by Nehru Yuva Kendra Jammu.

The closing ceremony was attended by Additional District Development Commissioner Jammu, Ramesh Chander, as the chief guest and DDC Member Phallaina Mandal, Geeta Aulakh as the guest of honour.

During the ceremony, the ADCs spoke about the opportunities provided by the Tribal Youth Exchange Programme for tribal youth to learn about the rich culture and traditions of Jammu. He also mentioned



the government's focus on promoting self-employment and entrepreneurship.

Slate Director Nehru Yuva Kendra Sangathan for Jammu and Kashmir and Ladakh, Nisar Ahmed Bud highlighted the various activities undertaken during the seven-day event,

including awareness sessions, cultural events, speech contests and educational tours.

President of Tawi Welfare Society, Kavi Raj spoke about the work of Tawi Welfare Society in improving the social and economic status of local communities.

District Youth Officer Rajouri-Poonch, Nitin Hangloo motivated the tribal youth to take their experiences from the programme as a long-lasting memory and act as ambassadors for their region. He also encouraged them to pursue self-employment and entrepreneurship.

A plantation drive and cleanliness drive were also held as part of the closing ceremony. Cultural performances were presented by participants from different states who shared their experiences from the seven-day youth exchange programme.

The programme was attended by 220 tribal youth including escorting staff from paramilitary forces.

At the end of the ceremony, all participants received certificates of participation and a group photograph as a souvenir.

The proceedings were successfully conducted by Samir Salbia. Among others, General Secretary, Yashpal Mangotra was also present at the occasion.

## District Admin Ganderbal hosts grand Iftar party



JJ NEWS SERVICE

GANDERBA, MARCH 26: An Iftar party was organised by the district administration Ganderbal here in the laws of Mini Secretariat Ganderbal on Saturday.

The party was graced by the Deputy Commissioner Ganderbal, Shyambr along with SSP Ganderbal, Nikhil Borkar, Vice-Chairperson DDC Ganderbal, Bilal Ahmad, Additional District Development Commissioner, Mushtaq Ahmad Simmani, ASP, Feroz Yehya and other district and sectoral officers.

The district administration had invited over five hundred people including civil and police officers, PRI members, Prominent citizens and media persons of the district.

The DC expressed gratitude to the participants and conveyed his best wishes to whole Muslim community on the holy month which is celebrated as a sacred festival with devotion and dedication towards the Almighty.

The participants also lauded the District Administration with great applause for hosting Iftar party.

## Kishtwar Youth Festival: 30 volunteers head to IIM Jammu for leadership course



JJ NEWS SERVICE

KISHOTWAR, MARCH 26: As part of the ongoing Youth Festival celebration in the district under the Mission Youth initiative, Deputy Commissioner, Dr Devansh Yadav flagged off a contingent of 30 youth

volunteers today for a Community Leadership Executive Course to be held at the Indian Institute of Management (IIM) Jammu. The course is being conducted in collaboration with the District Administration, Mission Youth and Govt Polytechnic College Kishtwar from 27th to 31st March 2023 at IIM Jammu. The youth volunteers were overwhelmed by this

initiative of the District Administration Kishtwar under the Mission Youth initiative. Dr Devansh Yadav informed that the course aims to empower young people to become effective leaders and agents of change in their communities.

The course is designed for aspiring youth leaders who want to gain the skills and knowledge necessary to create positive change in their communities. Topics covered will include community development, project planning and management, public speaking and effective communication. Field visits will also be conducted in the Jammu-Udhampur area for practical learning.

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