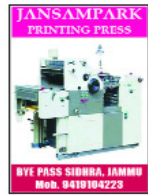




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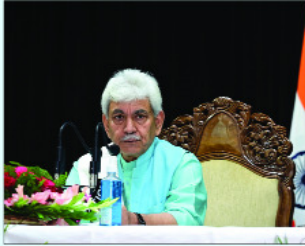
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J&K sees paradigm shift in security situation, development: LG Sinha

JNEWSSERVICE
SRINAGAR, MAR 29

Stating that over 33000 posts have been referred to recruitment agencies in Jammu & Kashmir, Lieutenant Governor Manoj Sinha on Wednesday said that the improved law and order in the union territory has paved way for the highest-ever tourist footfall last year.

Addressing a news conference, he said that the law and order situation in J&K has improved considerably in the last three years bringing a record 1.88 crore tourists to J&K last year. "The situation has improved to an extent that cinemas have opened again, restaurants, hotels, Shikaras and other places are witnessing huge rush of people in the late evening hours. The schools remain open, the shops



remain open," Sinha said.

Claiming that the unemployment rate has reduced marginally in J&K, the LG Governor said that 33426 posts have been referred to recruitment agencies.

He said that after the allegations of irregularities came to the fore in the three recruitment processes, the case was handed over to the CBI for further investigation

Highlights of J&K Budget 2023-24

- Last year J&K has witnessed economic growth of 14.64% and tax revenue has shown growth of 31%.
- The law and order situation has improved appreciably in J&K and this year highest number of 1.88 crore tourists visited J&K.
- The Jammu and Kashmir has been among top performers in the country for implementation of schemes like Pradhan Mantri Gram Sadak Yojana (PMGSY), Amrit Sarovar, SVAMITVA Scheme, Azadi Ka Amrit Mahotsav, Nasha Mukh Abhiyan and Renewable Energy Development. Most of the social security schemes have been saturated in J&K.
- Under "My Youth My Pride, Har Din Khel Har Ek Kay Liye Khel" nearly 50 lakh youth have participated in different sports activities this year.
- Under Digital J&K initiative, 445 online services are being provided through e-UNNAT portal. 225 e-services have been integrated with Rapid Assessment system for real time feedback on quality of service delivery. All the online services have been linked with Public Service Guarantee Act in J&K.
- J&K is the first among States/Union Territories to have District Good Governance Index for assessing the public service delivery

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Global security landscape faced with several challenges, SCO region also affected: NSA Doval

AGENCIES
NEW DELHI, MAR 29

The global security landscape is faced with several challenges on account of development in recent years, affecting the SCO region as well, said Ajit Doval on Wednesday at the National Security Advisors' meeting in Delhi.

"The global security landscape is faced with several challenges on account of development in recent years. The SCO region is also affected by the impact of these challenges. The charter calls upon the member states to have mutual respect for sovereignty, territorial integrity of states, non-use of force or threat of its use in international relations, and seeking no unilateral military superiority in areas, Doval said.

Speaking further, the NSA thanked the top delegates for accepting his invitation to the meeting and said the participation of officials will not only



to maintain and develop relations with other states and international organisations and to cooperate in the prevention of international conflicts.

The Charter calls upon member states to have mutual respect for sovereignty, territorial integrity of states, non-use of force or threat of its use in international relations, and seeking no unilateral military superiority in areas, Doval said.

He added that regional and global security could be highly beneficial as the SCO charter focuses

enrich the discussions but also prepare the ground for a successful summit in a few months' time.

Regarding Connectivity, he said that it remains a key priority for India.

"We stand ready to cooperate on investing in and building connectivity in the region. Expanding connectivity is also important to ensure that such initiatives are constituted," he said.

He further reiterated that connectivity is essential for ensuring that such initiatives respect the territorial integrity and

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Revision of electoral rolls doesn't disturb schedule/conduct of polls: ECI

JNEWSSERVICE
SRINAGAR, MAR 29

Chief Election Commissioner Rajiv Kumar on Wednesday said the revision of electoral rolls in Jammu & Kashmir doesn't disturb schedule or conduct part of polls and the poll-body is aware that there is a vacuum in the Union Territory which needs to be filled.

Addressing a news conference in New Delhi,



as per news agency, the CEC said that revision of electoral rolls in Jammu & Kashmir doesn't disturb schedule or conduct part

The CEC said that they are aware that there is a vacuum in Jammu & Kashmir which needs to be filled.

On fresh revision of electoral rolls in Jammu & Kashmir, the CEC said the process is aimed at bringing the voter list of J&K at par with the rest of the country. "There are four qualifying dates for enrollment of voters. The qualifying date

CONTINUED ON ► PAGE 4

Of 272 km Udhampur-Baramulla rail link, 161 km already commissioned: Union Minister in Lok Sabha

JNEWSSERVICE
SRINAGAR, MAR 29

The Centre on Wednesday said out of the total 272 km Udhampur-Srinagar-Baramulla rail link, 161 km has already been commissioned, while Rs 26,786 crore expenditure has been incurred till March 2022 out of the anticipated cost of Rs 37,012 crore.

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sanctioned in 1994-95. He said the anticipated cost of the project is Rs 37,012/- crore, against which, expenditure of Rs 26,786 crore has been incurred up to March, 2022 on the project. "Out of the total 272 km length of the USBRL project, a length of 161

BJP MP raises issue of development of Housing infra

AGENCIES
NEW DELHI, MAR 29

The Government of Jammu and Kashmir has reported that no housing colonies and commercial sites have been developed by the agencies of the Housing and Urban Development during the past more

CONTINUED ON ► PAGE 4

ECI find excuses to delay elections in J&K: Omar

JNEWSSERVICE
SRINAGAR, MAR 29

National Conference (NC) Vice President and former chief minister Omar Abdullah on Wednesday said that the Election Commission of India seems to be in no hurry to conduct elections, saying

of the polls. "It doesn't disturb the schedule part/conduct part that depends on various other factors," the CEC said.

CONTINUED ON ► PAGE 4

India today the fastest growing major economy, is best advertisement for democracy: PM Modi

AGENCIES
NEW DELHI, MAR 29

Prime Minister Narendra Modi on Wednesday said that India despite the many global challenges is the fastest growing major economy today, and this is the best advertisement for democracy in the world.

In his virtual address at a plenary session of the US' Summit for Democracy, PM Modi cited examples of demo-



cratic processes from the ancient scriptures to say that "India is indeed the mother of democracies". "The idea of elected leaders was a common feature in ancient India

long before the rest of the world. In our ancient epic Mahabharata, the first duty of citizens is described as choosing their own leaders.

"Our sacred Vedas speak of political power being exercised by broad based consultative bodies. There are many historical references to republic states in ancient India, where the rulers were not hereditary. India is indeed the mother of democracies," he said

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"Democracy is not just a structure, it is also a spirit. It is based on the belief, that the needs and aspirations of every human being are equally important; that is why in India our guiding philosophy is Sabka Saath, Sabka Vilas, meaning, Striving Together for Inclusive Growth. Whether it is our effort to fight climate change through lifestyle changes, to conserve water through

CONTINUED ON ► PAGE 4

Credit for peace in J&K after revocation of article 370 goes to the people: Bukhari

JNEWSSERVICE
SRINAGAR, MAR 29

Apni Party president Altaf Bukhari on Wednesday agreed that peace is prevailing in Jammu and Kashmir after the revocation of Article 370.

"I agree that peace has prevailed to a great extent and for that people deserve 80 per-



cent credit and 20 per cent credit goes to the administration who did not kill any

CONTINUED ON ► PAGE 4

SIU presents charge sheet against 5 accused persons

JNEWSSERVICE
SRINAGAR, MAR 29

The State Investigation Unit (SIU) Shopian presented a charge sheet against five accused persons on Wednesday.

A statement issued to the news agency, a police spokesman said that the SIU presented a charge sheet in a case FIR number 83/2022 U/S 17,18,20, 23 & 39 U/A (P) Act, 725 L.A. Act of Police Station Kellar before the Court of Special Judge Kulgam (designated under NIA Act), against five (05) accused persons (terrorist associates). "The accused persons include Aaqib Hussain Nanda son of

CONTINUED ON ► PAGE 4

Development of small hydroelectric projects in J&K

JNEWSSERVICE
SRINAGAR, MAR 29

In what could raise questions on J&K Government's capacity to harness water resources, the Comptroller and Auditor General of India has revealed that only 10 micro/mini/small hydroel projects in Jammu and Kashmir, the auditor has revealed that out of 374

(five percent) have been commissioned in Jammu & Kashmir against 374 identified project sites with power generation capacity of 1,725.53 MWs.

In its observations on development on the development of micro/mini/small hydroelectric projects in Jammu and Kashmir, the auditor has revealed that out of 374

identified project sites with a power generation capacity of 1,725.53 MWs, only 10 projects with a capacity of 79.75 MWs (five percent) had been commissioned.

These projects were completed with time overruns ranging between four months and over seven years, the report reveals

"While no action was taken for 225 sites (60 per cent) after their identification, bids were invited for 115 sites (31 per cent) only. No response was received for 70 sites and out of 45 sites awarded for development of hydro power projects, 32 IPPs either failed to fulfill commitments like obtaining

statutory clearances for execution of projects or did not deposit upfront premium or the allotment of projects was terminated due to land issues, slow progress and techno economic viability reasons," reads the report, a copy of which is with news agency.

The audit also pointed out that Jammu & Kash-

mir couldn't avail Rs 2000 crore proposed for the development of small hydroelectric projects under the Prime Minister's Development Pack age announced in 2015.

"For 20 sites proposed under Prime Minister's Development Package (PMDP), Gol had not acceded to the request

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Dogri comedy play "Chitta Singh" staged on National Theatre Festival



JJ NEWS SERVICE

JAMMU, MAR 29: The ongoing national theatre festival being organised by Abhinaya Kala Manch (Regd.) Reasi supported by Ministry of Culture GOI in collaboration with J&K Academy of art, culture and languages on the second day Samoo Theatre presented Dogri adaptation of Hungarian playwright Fritz Karneth's 'The Refund' as the comedy play 'Chitta Singh' Adaptation and directed by Ravinder Sharma.

The play chitta singh was

about that a student who after spending eighteen struggling years in search of suitable job realizes that the so called education has not stood him in good stead here returns to his school to demand refund of the school fee the principal baffled by this unprecedented demand calls an emergency meeting of the teachers who decide to give a mock test to the student with the condition that only if he fails in the test the fee will be refunded personifying the intellectual atrophy of the teaching community who in order to justify their

morbid system ask very silly questions and treat the deliberately given stupid answers by the student as correct with equally convoluted logic thus declaring students as having passed the test and succeeding to wriggle out of the situation the play emerges as universal satire on the modern education system.

The dialogues of the Play laced with colloquial expressions, phrases, and one-liners, alluding to the contemporary scenario of corrupt social practices, commercialization of education and the crises faced

by theatre artists and practitioners of other creative fields were successful in engaging the audience. The young actors presented a combination of farce, satire, and slapstick comedy through fluent body movements, gestures, and voice modulations.

The artists who gave their scintillating performance were Ravinder Sharma as Chitta Singh, Rajat Gupta as Principal, Sandeep Manhas as Receptionist, Jhanvi Sharma as Physics Teacher, Deepika Devi as Geography Teacher, Ajay Tamang as History Teacher, Vinay Sharma as Maths Teacher, Back stage Make-Up by Shami Dhamir, Lights by Avinash & Aditya Bhatt, Choreographer by Rohit Baine.

Dancers Manik Sharma, Hardik, Rafiq, Neetish and Amrita Kour.

Rajinder Degra KAS District Information Udhampur/Reasi was the chief guest on this occasion and appreciated the efforts made by the Abhinaya Kala Manch and initiative by Ministry of Culture, J&K A-C. The play was witnessed and highly appreciated by the audience.

FRA -A KEY LEGISLATION TO EMPOWER TRIBES: JAVAID RAHI

JJ NEWS SERVICE

JAMMU, MAR 29: A day-long workshop with Gujjars and Bakarwals Scheduled Tribe groups was held here today to provide them awareness about Forest Rights Act 2006 and its various provisions. The program was held under the chairmanship of noted Tribal Researcher Dr. Javaid Rahi.

Local PRI members, Forest Right Committee members of different Panchayats took part in the meeting including BDC Chairman Bajalta Chowdhary Rehmat Ali, Sadiq Poodh, Mohammad Shareif Chouhan, Haji Mirza Bokda and Haji Zabeer Bakewals.

During the workshop, Forest Dwelling Scheduled Tribes and Other Traditional Forest Dwellers groups were asked to give inputs about the problem they were facing to get constitutional rights including



Forest Rights so that an assistance could be provided to them in this regard. Speaking on the occasion, Dr. Javaid Rahi stated that Forest Right Act is key legislation that was extended to J&K in 2019 after 14 years of its existence in other states of India. It provides rights to Tribal and Forest Dwellers to Use and Protect Forests to earn their livelihood, he said.

He said that the new J&K Non-Timber Forest Policy was aimed at ensuring sus-

tainable collection and utilization of Non-Timber Forest Produce (NTFP), including medicinal plants, by Tribals and Forest Dwellers which will provide livelihood support to them by promoting sustainable extraction, value addition and development of market linkages.

He also gives details to tribal people about this policy and about "Van Dhan Yojana" and TRIFED which will help the Tribal and other Forest Dwellers

to use the Forest resource and get the benefits.

He called for raising awareness among the community through volunteers besides the liberal distribution of awareness material among the stakeholders.

The participant of the workshop made aware of the role of various institutions like Forest Right Committees, SDLC & DIC in the implementation of the Forest Right Act along with various procedures for getting forest rights

Jagjeet Singh Rissam outshines in the movie 'The Era of 1990'

JJ NEWS SERVICE

JAMMU, MAR 29: Yet another actor brought laurels for the Union Territory of Jammu and Kashmir. This time it is Jagjeet Singh Rissam who has played a lead role in the movie 'The Era of 1990' which will release soon in India and stars Sara Khan, Arjun Manhas and Mir Sarvar.

In the movie he played the role of Sikh Cop in which one can easily see him delivering strong dialogue like "Meri Pagadi Mujhe Jhukana Nahi Sikhaiti," and many more.

Actor Jagjeet Singh Rissam from Jammu and Kashmir, who began his career as a model in 2014 and has participated in numerous fashion shows across India, has made his city proud by winning multiple awards.

Eventually, he discovered his passion for filmmaking and acting, and as a result, he founded his own production company, H.S. Rissam Productions. Under his banner, he produced two major Bollywood films, The Era of 1990 and B Town, which are set to be released in Indian cinemas in coming weeks.

During his modelling days, he also participated in several stage plays to perfect his acting skills, which helped him advance in his acting career.



Jagjeet established a platform for himself by launching his own production company, and he also acted in the two projects he produced, The Era of 1990 and B Town. Afterwards, he appeared in a number of films on OTT platforms such as Netflix, Start Gold, and others.

Speaking at the outset Sikh actor Jagjeet Singh Rissam shares, "With my turban, I will build an identity for myself in Bollywood. For us Sikh men, the turban is our crown, it is a sign of our self-respect, our pride," he continues. I'm sticking to my ideals. My father also advised me to carry the turban with pride and to make

your community proud in whatever profession I choose.

"I am an actor and a passionate filmmaker, and I have always been captivated with the cinema universe," says actor Jagjeet Singh. I came from a business family that is highly progressive and successful by God's grace. Yet, I was destined to become an actor and make films. Bollywood is a creative industry, and everyone is seeking to make a name for themselves in their respective fields.

Similarly, my love of acting and filmmaking has brought me here, and I am extremely happy for the release of my upcoming film 'The Era of 1990'. I also have a significant role in the film and have learned a lot from my co-stars.

Every day is a learning experience for me, and I hope to make a name for myself in this industry while making my community proud. I'd like to thank my Director and friend Shahid Kazmi in particular for his support and assistance in learning the nuances of my character. I hope that my performance will allow me to carve out a place in the hearts of the audience, and I am confident that my production's ambitious movie 'The Era of 1990' will garner a favourable response from the audience.

'BJP RULE FOLLOWING TWO SETS OF LAWS' Estate Bungalows, govt vehicles, public properties in J&K, usurped by saffron leaders: Harsh Dev



JJ NEWS SERVICE

JAMMU, MAR 29: Alleging conferment of multifarious facilities by the present regime to Ex-MLAs/Ex-Ministers of BJP to the exclusion of all other political parties, Mr. Harsh Dev Singh, former Minister and senior JK NPP leader said that J&K continued to witness two sets of laws even after the abrogation of its special status.

He said that while Rahul Gandhi was asked to vacate the govt bungalow immediately after his disqualification, as MP, the Ex-MLAs of BJP had been allowed to retain palatial govt mansions in J&K even after around five years of dissolution of legislative Assembly. He said that double standards and patronized corruption had become the hallmark of BJP rule with the present govt openly conferring benefits upon saffron leaders while

victimizing and harassing the opposition leaders. He expressed his dismay over the open violation of SOPs and guidelines in the matter of allotment of government accommodation so as to confer undue and illegitimate benefits upon the political persons owing allegiance to saffron party and its allies.

It was shocking to note that BJP leaders who were not holding any position in government and fell in common man's category were occupying not only 'special type', 'A-type' Estates mansions but many of them were still living in Ministerial Bungalows. He said that while JK NPP office was sealed in Jammu, the Apni Party and People Conference were allowed to retain govt bungalows as their political offices. And while the other opposition leaders including Ex-Ministers and heads of recognized political parties

He said that the heads of recognized political parties has also been divested of

their due security by withdrawing their escorts, vehicles as well as security PSOs. The security agencies had withdrawn the security cover of majority of opposition leaders and allotted the same to even the work of time lower rung workers of BJP. He reminded that a report had been made public in the past that a BJP worker of Kashmir had been provided as many as ten PSOs. Similarly Kiran Patel Gujjarati conman was not only treated as state guest but provided highest security only for the reason that he was associated with BJP. Likewise many other insignificant people had been provided high security at public expense in the most arbitrary manner purely on the whims and fancies of the helmsmen.

Seeking a high level probe into the whole gamut of bungalows and security allotment, Mr. Singh called for punitive action against the officers who were acting more as BJP servants than public servants.

He said that non adherence to any set of norms and differential treatment of political parties by abusing of public exchequer and conferring benefits upon favourites was not only a crime but a financial scam which needed due attention of the vigilante Bodies and Comptroller General of India.

Care for you holds Drug De-addiction camp/ workshop in Majalta



JJ NEWS SERVICE

JAMMU, MAR 29: Care for you, a philanthropic organization held drug De-addiction camp at Majalta jammu to aware the people about the menace of drugs

that's spreading fast in the society.

The counselors in the programme held a thread-bare discussion on the ill effects of drug addiction, its consequential spread and connective crimes that

affect the life of people especially the younger generation. The participants put forth their views and said that drug menace is fast spreading in the society and many people are becoming its victims.

The participants suggested their ideas how to curb the spread of drug abuse, cut down its supply chain mechanism, reporting it to the law enforcing agencies and coordinate among the civil society to jointly fight this social disease. The programme was attended by BDC chairman Nagrota, DDC Nagrota, sarpanches, Nambardars, chowkidar, religious heads and other prominent citizens of the area. In the concluding ceremony, an oath was taken by the participants and vowed to jointly fight this menace at all platforms and make jammu and Kashmir and india a drug free state.

10 Vehicles seized and 70 challaned for traffic rules violation in Rajouri

JJ NEWS SERVICE

RAJOURI, MAR 29: Traffic Police established naka at different locations in Rajouri against Traffic rules violators in Rajouri. The vehicles seized including two wheelers private vehicles, commercial vehicles and the vehicles which were being driven by under age. They asked parents of such minors to keep check on their children. The naka was established at Panja Chowk, Jawahar Nagar, Bus stand, Gujjar Mandi and NH.

The team was led by DTI Rajouri



Ajair Mirza and he is regularly conducting such drives in different areas of Rajouri. In today's naka 10 vehi-

cles including vehicles of different types seized and others were challaned for violation of traffic rules.

Udhampur: Chairperson DDC inaugurates District Court Post Office

JJ NEWS SERVICE

UDHAMPUR, MARCH 29: The District Court Udhampur Post Office, which falls under Udhampur Postal Division, was inaugurated today by District Development Council Chairman, Lal Chand and Deputy Commissioner, Kritika Jyotsna. The Chairperson of the District

Development Council said that the post office will now serve customers in a better way and provide a customer-friendly atmosphere. The general public of the area was congratulated for the opening of the post office. The District Court Udhampur Post Office was temporarily shifted to the Udhampur Head Post Office Complex some years back due to non-

availability of accommodation. With the help of the district administration, the post office has been made functional at its original place.

The District Administration provided all support, including rent-free accommodation. The nearby public and offices will benefit immensely from the different services provided by the post office.

Ravinder Raina inaugurates Mass bhandara at Ware House on Durga Ashtami



J I NEWS SERVICE

JAMMU, MAR 29: A mass bhandara was organized at Ware House-Nehru Market Jammu today on the occasion of Durga Ashtami, wherein a large number of people including all traders participated with great enthusiasm.

Sh. Ravinder Raina, President BJP JKUT unit inaugurated the bhandara in the presence of Sh. Baldev Singh, Dy. Mayor JMC, Former Minister Sh. Sat Sharma, Former MLC Sh. Yudhvir Sethi and BJP Leader Vinay Kumar.

All the office bearers of bazaar Associations of Jammu City and office bearers of Chamber of Commerce and Industry Jammu also graced the occasion.

Sh. Deepak Gupta, President of the Traders Federation Ware House-Nehru Market Jammu and other office bearers honoured the guests by presenting Churni to them. The bhandara was opened

for all. A large number of people and commuters took 'parsad' in the Bhandara.

While speaking on the occasion, Sh. Deepak Gupta, highlighted various welfare activities organized by the Federation for the poor and downtrodden. He also exhorted the well off people to come forward and be a part of this initiative taken by the Federation. Raising the issue of GST, Deepak Gupta said that when the GST was not being implemented in Jammu and Kashmir, the traders of Jammu came on roads demanding its implementation.

He said that warehouse traders pay Rs 200 crore tax annually, but today the GST department is harassing them the most. Traders being fined lakhs of rupees for small clerical mistakes. Deepak Gupta also raised the demand to give ownership rights of shops to the shopkeepers of the warehouse and Nehru Market

and also to provide suitable land for godowns. While raising the issue of notices served to Channi Himmat plot allottees, Deepak Gupta said that the department is harassing the allottees by asking them to construct 1000 Sq. Ft. area failing it the plots allotments will be cancelled. He said this is a dictatorship which is not acceptable.

On this occasion, BJP President Ravinder Raina assured the traders of Jammu that he will arrange their meeting with Amnistration very soon to solve all their problems they are facing regarding GST. Raina said that BJP has always stood with the traders and will walk shoulder to shoulder with the traders in future also.

Those who were present on this occasion include Sh. Munish Mahajan, Sr. Vc. President, Sh. Abhimanyu Gupta, Vc. President, Sh. Vishal Gupta, Secretary, Sh. Amit Gupta, Cashier of the Federation, Sh. Rattan Lal Gupta, Former

President Traders Federation Ware House Nehru Market, Sh. Yashpal Gupta, President Retailers Association, Sh. Ramesh Gupta, President Jammu Central Mahajan Sabha, Sh. Kirti Gupta, President Daal Merchant Association, Sh. Rajesh bhagotra, President Sugar Association, Sh. Ajay Gupta, President Potato Onion Association, Sh. Happy Singh, President Yuva Rajput Sabha, Sh. Anoop Mittal, President Kanak Mandi Traders Association, Sh. Sanjay Gupta, President Bazaar Businessmen Association, Sh. Krishan Lal Gupta, Chairman Rajinder Bazar Association, Sh. Rajinder Gupta, President Link Road Association, Sh. Anil Kohli, President Apsara Road, Sh. Rajesh Dewan President Hari Market, Mrs. Pooja Kapoor, President Residency Road Association, Sh. Neeraj Gupta, President Chamber of Traders Federation and his team members, Sh. Anil Gupta President Karyana Association, Sh. Kullbushan Anand, Chairman Swarnak Sang, Sh. Arun Sethi, President Upper Jain Bazar Association, Sh. Vishwantra Gupta, President Shiv Market Railway Station Association, Sh. Anil Gupta, President Bahu Plaza Association, Sh. Rajesh Verma, President Upper Dhonthali Bazar Association and Sh. Arun Gupta, President Chamber of Commerce and Industry Jammu and his team members were prominent

LIC employees demand OPS for all; increase in family pension to 30% of basic pay

J I NEWS SERVICE

JAMMU, MAR 29: LIC employees under the banner of Northern Zone Insurance Employees' Association led by Divisional Secretary, Comrade Pawan Gupta and President- Com. Fayaz Ah Gul held massive demonstrations across LIC offices of Jammu & Kashmir in support of LIC-GIC pensioners Dharma (represented by All India Insurance Pensioners' Association) at Jantar Mantar N Delhi today on 29 March 2023 to demand old pension scheme and increase in family pension to 30% of basic pay. Speaking on the occasion at D.O. Cell Jammu, Com.

Pawan Gupta lambasted on the central Govt. for not increasing the family pension to 30% of Basic pay, in spite of the fact that the LIC Board has already recommended it since more than three years. It is the gross injustice to the widows of the deceased employees because all other institutions like Banks, Govt employees are already getting the family pension at rate of 30%; while in LIC and GIC, Widows are getting



at merely 15% of Basic pay. It was also demanded strongly to scrap the NPS and implement Old Pension Scheme for all, as the OPS gives social security in old age; and it is the duty of the government to provide social security.

The demand of updation of pension was also raised forcefully by the demonstration. It was also stressed that, in case of Defined Contribution Pension Scheme, the employers' contribution should be raised to 14%. Others who spoke-Rajesh Gupta-Joint

Secretary, Raj Kumar Sharma- Joint Secretary, Dinesh Kumar Sharma-Vice President, Rajesh Kumar-Treasurer, Raj Kumar, Dharminder Kumar, Nanak Chand, Kishore Lal, Priya Sharma, and others. Programme in Srinagar was led by President- Com. Fayaz Ahmad Gul, Jt. Sec. Syed Aadil Inam, Vice President Amarjeet Singh, Treasurer Ajaz Ahmad Dar, Com. Javed Ahmad Bukhari, Gulshan Singh. LIC employees on this occasion resolved to fight tooth and nail to protect LIC and

against any move of its privatisation.

The programme was organised at Sapore by S.D.PEER, Srinagar-2 by Nadeem, Srinagar-2 by Irfan Javed Baba, Srinagar-3 by Gh. Nabi Mir, Pulwama by Stanzin Sherap, and Anantnag by Shakoor Ah. Dar, Jammu-2 by R.P. Singh, Doda by Ram Raj, Poonch by Raj Kumar, Rajouri by Vikas Sharma and Vinod Sharma, Kathua by Vijay Verma and Mohan Lal, Samba by Surat Singh, R.S. Pura by Jagdish, Udhampur by Moti Ram.

JKNPP Thrust for public outreach appoints new office bearers

J I NEWS SERVICE

JAMMU, MAR 29: To strengthen the party at all levels JKNPP leadership under Sh. P. K. Ganju, Working President has elevated Capt Anil Gour as JKNPP Vice President from the post of Provincial Secretary. JKNPP is also organising a Baisakhi Mela @Baba Sahib Ambedkar Jayanti on 14 April 2023 in RS Pura. In this connection preparations have commenced from today by strengthening JKNPP at the grass root level and make it broad based in Jammu Kashmir & Ladakh to reach every doorstep of the erstwhile state of Jammu Kashmir & Ladakh. The venue will be



announced shortly to the public. Jammu Kashmir National Panthers party is grateful to the public for making the Celebrations of our 41st Foundation Day at Dogra Sadder Sabha Hall Jammu on 23 March 2023 a resounding success. This day was also the Martyrdom Day of 3 National Patriots, Sardar Bhagat Singh Ji, Ramji Kajguru, Shaheed Sukhdev & floral tributes were also paid to them. We

also received love, support and full-hearted blessing form the public for our Revolutionary Leader and Founder President JKNPP, Professor Bhim Singh, Barrister at Law, popular Jurist, Human rights Crusader, and the commoners honest Leader. JKNPP urges upon the Hon'ble President of India, Mrs. Draupadi Murmu Ji to order Restoration of Statehood to J&K and holding of assembly

elections in the state at the earliest so that the common masses can approach their leaders for redressal of their problems. JKNPP also reiterates our earnest demand before Hon'ble LG Manoj Sinha Ji to recommend Conferring of highest National Award to Prof Bhim Singh Ji as a recognition of Contribution for Unity and togetherness of Jammu Kashmir & Ladakh by this Dogra Son of Soil.

BJP SC Morcha committed to alleviate problems of marginalized sections: Langeh



J I NEWS SERVICE

JAMMU, MAR 29: BJP SC Morcha President J&K and Former legislator Neelam Lungeh on Wednesday asserted that BJP SC Morcha is committed to mitigate the problems of

the marginalized sections of society and for achieving this goal, no stone will be left unturned.

He was addressing a meeting here at party headquarters to discuss the preparations for celebration of Bhim Rao

Ambedkar Jayanti falling on April 14. National Executive Member, Mohan Thapa, Jagdish Bhagat, Col-Incharge Jeet Angral, General Secretaries Adarsh and Gulshan were present in the meeting. Lungeh that Baba Sahab

was India's crusader for human rights and was known as the father of the Indian Constitution.

The senior BJP leader said that BJP SC Morcha has envisaged a number of events to hold glittering functions to mark the Jayanti of Bhim Rao Ambedkar.

Lungeh said that SC Morcha is bound to uplift the marginalized sections of the society and for this, every single activist of the Morcha has the moral duty to fulfil this responsibility with due care. He said that the BJP SC Morcha is committed to act as a beacon of light to guide the unprivileged sections to avail all the benefits of centrally sponsored schemes and lead a life full of dignity and pride.

J&K Admin promoting alcoholism, NC worried about youth's future: R L Gupta

J I NEWS SERVICE

JAMMU, MAR 29: Rattan Lal Gupta, Provincial President Jammu and Kashmir National Conference (JKNC), Jammu while expressing serious concern over the rising drug menace across Jammu and Kashmir has slammed the Administration for opening of new liquor shops in every nook and corner of Jammu.

In a statement issued to media here today, Rattan Lal Gupta while quoting Lok Sabha data said that more than 10 lakh people stand affected due to drug menace in J&K including 1 lakh women. He questioned the Govt for opening 26 new wine shops in J&K and its decision to allow sale of beer at general stores just to earn revenue, least bothering about the children and youth of this region.

The senior National Conference leader said that one fails to understand as to what path the incumbent Govt of J&K is treading upon. He lamented that already the J&K tops so far as unemployment across the



nation is concerned and in such a situation making alcohol easily and abundantly available in Jammu is bound to lure the youth and children into drugs.

Rattan Lal said that in such a situation National Conference is highly worried about the future of J&K youth and even children who are the future citizenry of this Union Territory as well as that of the nation. He said that on one hand the Govt is clamoring a lot about the schemes rolled out by it like Beti Badao Beti Bachao, Make in India, StartUp schemes, etc but on the other hand

these schemes of the Union Govt will prove absolutely futile in J&K where the Administration is following the policy of promoting and facilitating alcoholism.

Accusing the BJP Govt at the Centre of being wholly and solely responsible for the chaotic situation of J&K, Rattan Lal Gupta said that the J&K Administration being a non-democratic and non-representative dispensation has failed to address the woes of the people here and the only solution left is to immediately announce the election schedule for the J&K Assembly so that the democracy is restored with people getting their elected representatives to the seat of Government.

Meanwhile the senior NC leader stressed to the NC cadre to strengthened the party at grass root level and made the people understand that regarding the drug abuses for the better future of their children and also condemned the policies of the LG administration for promoting and facilitating alcoholism in J&K.

JioCinema Unveils a Galaxy of Superstars for the 2023 TATA IPL

J I NEWS SERVICE

JAMMU, MAR 29: After roping in cricket legends Sachin Tendulkar, India's most celebrated captain MS Dhoni and World No. 1 T20 batsman Suryakumar Yadav to excite and engage viewers, JioCinema today announced a galaxy of superstars on their Expert Panel for the 2023 TATA Indian Premier League. India's favourite sporting carnival will be brought to fans and viewers on JioCinema for free in 12 languages, English, Hindi, Marathi, Gujarati, Bhojpuri, Punjabi, Oriya, Bengali, Tamil, Telugu, Malayalam, and Kannada.

Indian Premier League champions, title-winning mentors, all-time stats leaders and future hall-of-famers like Suresh Raina, Chris Gayle, AB de Villiers, Anil Kumble, Robin Uthappa, RP Singh, Eoin Morgan, Parthiv Patel and Scott Styris will headline JioCinema's star-studded expert panel bringing fans the most comprehensive, immersive, and in-depth coverage of the 2023 edition across 16 feeds. Joining them would be a battery of superstars including Zaheer Khan, Brett Lee, Graeme Smith, Graeme Swann among others. The panel includes four of top-ten

TATA IPL run-getters of all time in Raina (5228), DeVilliers (5162) Gayle (4965), and Robin Uthappa (4952). Gayle and ABD are No. 1 & No. 2 respectively in Most Sixes list of the TATA IPL with Raina at eight and Uthappa at 10. Gayle also wears the crown of highest individual score with his unbeaten 175 and sits atop in the list of most centuries ever in the TATA IPL. Raina and Uthappa also have been part of multiple TATA IPL-winning campaigns.

Kumble and Jhulan Goswami will bring in tales and anecdotes from their championship-winning experience, albeit as mentors with Mumbai Indians. IPL winners Patel and Kedar Jadhav will give viewers their insights in Hindi and Marathi respectively. In Styris, the panel has an expert who's been a champion with multiple franchisees including Deccan Chargers and Chennai Super Kings. One of the world's fastest bowlers ever and championship winner with Kolkata Knight Riders, Lee will be joined by World Cup winning captain Morgan and country mate Swann.

Adding further teeth to the line-up will be Smith, commissioner of SA20 and former IPL player and one of the world's most respected leaders the

game has ever seen.

"The grand assortment of experts and record number of feeds for the TATA IPL this year lends to our commitment to present the league like never before.

They will bring viewers all things around the league, sport and beyond in one place, making JioCinema a one-stop shop for their favourite sports extravaganza," said Vicecom18 Sports Head of Content Siddharth Sharma. "Fans are at the heart of our offerings and this panel will enhance the rich and engaging experience that JioCinema offers, reflecting the excitement and passion of this world-class event."

Giving viewers a new way to enjoy their favourite sport, IPL's Official Digital Streaming Partner will offer four additional feeds including The Insiders feed, Lifestyle feed, Fantasy feed and Fanzone feed.

The Insiders feed is built on JioCinema's core proposition of making the TATA IPL's entertainment more accessible to viewers by giving them a peek into unheard tales, anecdotes, and conversations from dressing rooms, narrated by JioCinema's iconic empaneled experts who until recently rubbed shoulders with current players across different teams.

Kapoor starts hunger strike against children not getting admission in first class under NEP

JI NEWS SERVICE

JAMMU, MAR 29: Amit Kapoor, president of All Jammu Parents Association, sat on a hunger strike outside Hari Singh Park today, angry over the denial of admission to children in the first class under the new education policy. On this occasion, he was accompanied by parents and children of a large number of victims. During this, he shouted slogans against the private schools and the director of the education department who were doing arbitrary. Expressing his views on this occasion, Amit Kapoor said that on the one hand, the Directorate of School Education is saying that no notification has been issued by the Directorate in this regard, while the private schools do not allow children below the age of 6 years. Not giving admission in first class. They are talking about keeping these children in UKG again. There is still a state of confusion regarding this whole matter as no clarification has been given by the LG administration so far. Amit Kapoor said that under the new education policy suggested to

implement 3 years ago from nursery class this year and 6 years ago for first class from 2025-26 like Goa Govt. He said that the way the Haryana government has given exemption to children, the same should be done in the case of Jammu and Kashmir UT or a decision should be taken like the Goa government. He said that at present there is a state of apni dafli aap raag regarding this issue, due to which a situation of confusion has prevailed and the future of lakhs of children is hanging in balance. He also strongly criticized the LG administration and said that due to the apathetic attitude of the school education department, the future of young children, who are called the future of the country, is hanging in the balance. He demanded LG Manoj Sinha to take immediate concrete steps to rein in the mafia operating in the education department and the nexus between the education department and private schools could save the parents from being robbed. Amit Kapoor accused the officials of the education department of indulging in commissions and said that they have a nexus with private

schools. That's why they are not taking any action in this matter. He said that the commissioner secretary of the education department should also intervene in the matter. At the same time, on this occasion, Amit Kapoor suggested to the government that he welcomes the new education policy but implement it from nursery to three years norm like Goa government and 6 years norm for first class like Goa government. Implement from 2026. He further said that either the children should be exempted like the Haryana government because by this the children who are studying at present will be allowed to take admission in the first class and they will not be wasted in future. He said that with this the new education policy will also be implemented and the future of the children who are currently enrolled will also be saved from being affected. Amit Kapoor warned that if their demands were not accepted, they would take even bigger steps against it and the government would be solely responsible for the situation arising out of it.

Door to Door Enrollment drive Community Mobilization Program continue in Zone Thannamandi on Day 2

JI NEWS SERVICE

RAJOURI, MAR 29: As per direction of Director School Education Jammu Dr Ravi Shankar Sharma and Chief Education Officer Rajouri Sultana Kouser Enrollment Drive Community Mobilization continue in Zone Thannamandi on second Day to aware public about different schemes of Government for the children in this regard. Zonal Education Officer Thannamandi Parvaiz Akhter have passed direction to all the Primary and Middle schools to conduct the drive in every Panchayat for community mobilisation enrollment drive in this regard today the Zones was organised in different Panchayat of Zone Thannamandi in which special rallies were also organised and staff visited Door to Door for the drive. Today Mobilization program /Enrollment Drive organised by HSS Dodasan HSS Behrota HS Chowatta, MS Chamruti PS Pattian, MS Kalas, PS Lah Dhok PS Hill and others school in the Zone. In these areas special meetings were also organised and staff started Door to Door campaign in the areas. A large no of PRI's Sarpanches, panches, Prominent citizens of area

Parents of students, Teachers and students attended the program at various places. During the program it was told to general public to admit their children in nearby Government school as now pre primary classes started in Government school as a lot of beneficial schemes launched by Government are given to students in Govt schools such as MDM Free uniforms, Text books Scholarships Special KG rooms are made in some schools having in which all the facilities are provided to student as special grants were allotted to schools for KG Classes. It was told to them that student can play games in their schools as all the Government schools are equipped with sports Infrastructure and latest facilities like ICI, CAL centres etc. Moreover well qualified and experienced staff is available in schools. Besides these a no of platforms are provided to student of Government Schools to excel in the area of interest. During the program some others local including PRI's also took locals to admit their children in the school and avail all the facilities of government for the students. Enrollment Drive received good response from locals in different areas.

Abrogation of Article 370 has unified the hearts of people in J&K: Vibodh

JI NEWS SERVICE

JAMMU, MAR 29: Bharatiya Janata Party (BJP) held a "Booth Shaktikaran" review meeting of Gandhi Nagar and Trikuta Nagar Mandals respectively of Bahu Constituency as an important part of Jammu District South which was attended by party senior leaders at the party office, Trikuta Nagar Jammu. Former MLC and BJP General Secretary Vibodh Gupta chiefly addressed the meeting which was also addressed by Munish Sharma Incharge Booth Sashaktikaran Abhyaan and BJP District President Jammu South Rekha Mahajan. District General Secretary Pushpinder Singh, Mandal Presidents Bharat Bhushan Gupta, and Neeraj Puri, senior leaders of BJP hailing from the Jammu District south Alp Vistaraks, Shakti Kendra pramukhs, ward presidents participated in the important meeting. The meeting saw three-hour discussions on various issues related to Booth Sashaktikaran. Vibodh Gupta shared his valuable experience while guiding the party cadres and asked them to bolster the party activities at the grass root level to further enhance the party activities. He emphasized workers will also do door-to-door campaigning in every booth of respective Mandals of Bahu



Constituency falls under Jammu District South. Vibodh Gupta hails the decision of Lieutenant Governor Manoj Sinha announced that the Government is making a law to give land and houses to the poor people of Jammu and Kashmir. Vibodh Gupta said that the J&K administration will soon make a provision to provide land and homes to poor families. There is no law in J&K to provide land to the landless poor families and many of them are facing difficulty, Vibodh Gupta said. He also appreciated the historical efforts of LG Manoj Sinha in favor of the upliftment of the poor class living in J&K for so many decades. Vibodh said the abrogation of Article 370 has unified the hearts of people from Jammu and Kashmir with the rest of the country. He said J-K broke the shackles of Article 370 and is now progressing towards wholesome development with the rest of India. Munish Sharma stressed the importance of the role of BJP grass-root level cadres and focussed on the BJP's ideology, the party's

five principles, and history. He said that BJP is an ideology-based party that strives to serve the nation and society. Similarly, addressing the BJP cadres in his interaction with party workers he reportedly asked workers to make house-to-house visits a practice to propagate the initiatives taken by Prime Minister Narendra Modi. Munish wanted 'karyakartas' to be active in their wards and blocks and constantly interact with voters he added. In her presidential address, Rekha Mahajan clarified that BJP has been organizing review meetings at the Mandals level in the past and recently it has started holding such meetings at the Booth levels also. Various sessions were held in these meetings which included "History and Growth of BJP over the years, vision and ideology of BJP and landmarks in the past decades, future challenges and election strategies". She explained the main motto of the meeting of the bahu constituency is held periodically to review the ongoing development and party works and to have direct interaction with ground-level party workers. While addressing the party leaders and activists, Rekha said that for the effective functioning of the party and to maintain its cadre-based structure these periodic meetings are held from the very Central level to the very basic level of the organization. She said that after the National, State, and District level, the Mandal level review meetings are organized so that every public-related issue of the activists including messages from the top leadership of the organization can be transmitted to the target. Rekha acknowledged the focus on strengthening booth shaktikaran by forming effective booth committees while concentrating on every single booth keeping a focus on each vote, the leader said. All Mandal Presidents of Bahu Constituency presented a report card on booth empowerment, and organizational and political activities in their respective Mandals. Pushpinder Singh conducted the proceedings of the program.

'Sufi teachings of Islam lead us to spiritual excellence and universal peace': Darakhshan

JI NEWS SERVICE

RAJOURI, MAR 29: Chairperson J&K Dr Darakhshan Andrabi today participated in programme 'Ramzan-e-Karam Sufi Conferences' organised by the NGO 'Awaam Ki Awaaz' at townhall in Pulwama. The theme of the conference was 'Faith Towards Brotherhood & Harmony'. Dr Andrabi was the Chief Guest on the occasion. The keynote and welcome address was presented by the founder of the NGO Arshad Bhat who emphasized on the need for propagation of brotherhood and tolerance for a peaceful society of coexistence and harmony. He said that Awaam Ki Awaaz Organisation is doing continuous efforts to reach out to the people especially the youth and is taking many



initiatives for the social, economic, political & other moral empowerment of the young minds of the society. Chairperson J&K Waqf Board addressed the gathering and said that we need to teach and preach the inclusiveness and peace as taught to us by Islam "The

sufi order of Kashmir has always bridged the gaps and emphasized on the harmonious synthesis of faiths in Kashmir. We need to return to our spiritual past where a just society is guaranteed", said Dr Andrabi. She stressed upon the youth of Kashmir to take

advantage of the peaceful condition and try to make a society which is economically sound, spiritually strong, morally high. "High dreams and a universal vision can lead us to a future where we can lead the society and the country to bigger heights", said Waqf Board Chairperson.

NIC Sciences performs 'MitraClip' procedure on Pak woman with Mitral regurgitation for 27 years

JI NEWS SERVICE

JAMMU, MAR 29: A 43-year-old woman- Arifa Bano traveled a long way from Pakistan to India to access much-needed care for her cardiac condition. She needed heart valve surgery as she was suffering from Mitral regurgitation (leakage of the heart) for over 27 years. She could have had traditional surgery at home, but she was told by family and friends to visit India where Cardiac specialists Narayana Institute of Cardiac Sciences could fix her valve with the most advanced procedure without pain or prolonged hospitalization. After evaluation at NH, she underwent a 'MitraClip' implantation procedure which is performed only at a few centers by specially skilled and experienced interventional cardiologists. The patient's trust in Indian doctors was fully justified by the highly experienced team at Narayana Hrudayalaya (NH) at its flagship center in Bengaluru known for excellence in Cardiac Care. After successfully performing the 'MitraClip' Implantation, the patient was mobilized without any symptoms within 24 hours and discharged from the hospital within only 72 hours of the procedure. "The patient was diagnosed with Mitral regurgitation at the age of 16 and had been advised to undergo valve surgery by repair or replacement, which typically requires open heart surgery. She had been experiencing breathlessness for over a decade and her condition had gradually worsened over the last 1.5 years, significantly affecting her daily routine. We performed the MitraClip procedure at NH negating her need for open heart surgery. The procedure was completed with

in one hour and she was hospitalized for post-procedure observation for only 72 hours. On March 11, she was discharged from the hospital in a normal and active condition," said Dr. Uday Khanolkar, Senior Consultant, Interventional Cardiology, who has been trained for performing 'MitraClip' procedures at Cedar Sinai Hospital in Los Angeles, USA. "The 'MitraClip' procedure, which involves inserting a clip into the heart via a small puncture in the groin, has emerged as a non-surgical alternative to open heart surgery in recent years. The 'MitraClip' procedure is available in only select hospitals across the world. Narayana Hrudayalaya is one of the leading centers for minimally invasive and non-surgical cardiac treatments and the team of doctors from Narayana Hrudayalaya has extensive experience in performing the procedure even in complex cases. We are now performing the procedure at our hospitals across India. Those who are suffering from similar problems can visit any of our hospitals" added Dr Sanjay Mehrotra, Senior Consultant - Interventional Cardiology. Prior to the procedure, the surgical options were reviewed by a team of surgeons led by Dr. Devi Shetty, Cardiothoracic Surgeon and Chairman of Narayana Health. After the review, the non-surgical 'MitraClip' procedure was performed by a team of experienced doctors led by Dr. Uday Khanolkar - Senior Consultant, Interventional Cardiology, Dr. Sanjay Mehrotra - Senior Consultant, Interventional Cardiology, Dr. Satish Govind, Senior Consultant - Non-Invasive Cardiology, and Dr. Bagirath Raghuraman, Senior Consultant, Interventional Cardiology. Narayana Hrudayalaya continues to

be at the forefront of providing advanced and minimally invasive treatments for various heart conditions, and the successful MitraClip procedure on this patient from Pakistan is a testament to their expertise and commitment to patient care. "I had a very traumatic heart condition for the past 27 years and in the last two years, it deteriorated further. I was hopeless and very scared for undergoing open heart valve replacement surgery. A family friend who was well aware of the experience and expertise of Indian cardiac specialists at Narayana Health saved my life by referring me to safe hands. We express deep gratitude towards them and the Hospital," said Arifa Bano. The family is now all set to fly back home. The credit for these advancements goes to the dedicated healthcare professionals and medical institutions who have been working tirelessly to improve cardiac care in the country. Their efforts have not only saved countless lives but have also established India as a leading destination for cardiac surgeries. Congratulating the team, the Chairman of NH, Dr. Devi Shetty said, "India has made significant advancements in treatment of cardiac ailments in recent years. With the advancements in technology and medical expertise, India has become a hub for advanced cardiac care, including minimally invasive procedures and complex procedures like 'MitraClip'. These advancements have not only helped improve the outcomes of cardiac treatments but have also made them more accessible to patients in India and abroad. Our surgeons' and cardiologists' expertise and dedication to providing advanced cardiac care are truly commendable.

Fight against drug addiction possible with community participation: Manjit Singh

JI NEWS SERVICE

JAMMU, MAR 29: Apni Party Provincial President Jammu, and Former Minister, S. Manjit Singh has demanded community participation and strict curbs against drug addiction in Jammu and Kashmir. As per the press release, the Former Minister chaired a meeting at Mean Sarkar area in Bari Brahmna where he met scores of young people, most of them unemployed and discussed with them the challenges they were facing. He said that the youth were concerned about the growing drug addiction and poor changes of employment in Govt as well as private sector. He said that the youth want to contribute to nation building by serving the country, but the Govt has no vision with regard to the issues of the youth.

He said that "The unemployment is growing and the industrial sector which has enough potential to provide employment has also failed to do the needful." He further said that "The menace of drug addiction is spreading fast and it has consumed the future generation's life even as the authorities claimed to have put strict curbs." He said that "The drug addiction cannot stop unless the community is not involved to stop the menace with the involvement of families, youth and the members of civil society." He further emphasized on encouraging sportsmanship among the youth and providing them infrastructure to play at the village level. He said that the youth must be provided sports infrastructure and coaching free of cost in the villages so that they come on the right track.

He also demanded that the youth in villages should be provided training courses to get recruitment in defence, police and paramilitary forces. "Mostly the youth from the border villages prefer joining Defence Forces, but they do not have proper knowledge about how to prepare for physical as well as written tests," he added. He said that the civil administration and retired defence personnel can play an important role to guide the youth with regard to the joining of defence forces. **NSS SMVDU organized Shramdaan activity in Sirah Village**

JI NEWS SERVICE

JAMMU, MAR 29: NSS SMVDU organized shramdaan activity in Sirah village with main focus on cleanliness drive. The event started with an awareness rally in the market area of the village with the message "Say No To Single Use Plastic". Afterwards, a cleanliness drive was organized in the market area for around 2 hours. During the drive mainly single use plastic waste was collected. More than 100 volunteers participated enthusiastically and collected 112 Kg of plastic waste during the said drive. Wall painting was also done by 10 volunteers during the Shramdaan activity. NSS Programme coordinator & co-coordinator Dr. Rajiv Kumar and Dr. kamaldeep also participated in the drive. Vice Chancellor, Prof. R. K. Sinha appreciated the efforts of the NSS volunteers.

THOUGHT OF THE DAY

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

JINDRAH IMAGES

Rahul Gandhi's disqualification triggers political slugfest

Two arch rivals—BJP and Congress—have entered into a bitter fight that had now reached its crescendo after the disqualification of Congress leader and Gandhi family's scion, Rahul Gandhi from the Lok Sabha. It has also triggered raging politics over the controversial defamation law. The conviction and sentencing of Rahul Gandhi by a Surat court is purely a legal matter and no opposition parties should avoid casting aspersions on judicial decisions. Rahul Gandhi has been found guilty of defaming the entire 'Modi community' on a complaint lodged by former Gujarat minister and BJP MLA Purmesh Modi. The court awarded the harshest punishment under Section 500 of the IPC—two-year imprisonment with a fine—even as the sentence has been suspended for 30 days to enable Rahul to challenge the verdict in a higher court. Congress, in an attempt to gain sympathy at national level keeping in view Lok Sabha elections scheduled for next year, has started nation-wide protests and even called for Satyagraha at Mahatma Gandhi's memorial. The Saffron party, in a counter-attack, questioned the Congress leadership as to who against whom they have resorted to Satyagraha—against OBCs, against courts, against law or for Gandhi? Amid this political slugfest, questions are now being asked about whether the trial court followed the due process while proceeding against an accused outside its territorial jurisdiction. Opposition parties believe that name-calling and mudslinging are par for the course during electioneering in India. It is not a new phenomenon that most politicians have no qualms about making below-the-belt and controversial remarks against their opponents. During his speech at an election rally in Karnataka in April 2019, Rahul Gandhi insinuated that “every Modi was a thief”. The comment deserves to be condemned in the strongest terms, but if one looks at the quantum of punishment, it is quite disproportionate to his offence. A written apology would have served the cause of justice. Legal experts opined that the trial court should have taken a cue from Delhi Chief Minister Arvind Kejriwal's apology spree of 2018, when he had expressed regret for his statements against rival politicians such as Nitin Gadkari, Kapil Sibal and Bikram Singh Majithia. For political reasons, Rahul Gandhi has even refused to tender an apology for his recent remarks on Cambridge. There is no doubt that defamation laws are being misused in India and abroad to stifle free speech and settle scores. It had observed last year that ‘the global campaign to decriminalise defamation, which was gaining traction a decade ago, was now facing a setback’. Whatever be the outcome of this political slugfest, there is need to respect rule of law and the court verdicts. Bringing judicial decisions under the lens of suspicion will set a wrong precedent which is not a good sign for free and fair judiciary.

Manipur fighting uphill battle against drugs

From 2018 till March 3 this year, 217 people have been convicted in 636 cases. But those convicted are mules or couriers; no kingpins have been convicted due to shoddy investigation. The conviction rate is poor, with many officials authorised to seize drugs and make arrests under the NDPS Act not being very familiar with the processes involved in seizures. The public and the Centre should support the state government to win the war against drugs.

RK NIMAI

Manipur, which shares a 398-km border with Myanmar, is combating the menace of illicit drugs on two fronts — cultivation of poppy and ganja and conversion of opium into heroin, and smuggling of drugs from Myanmar.

The problem of hard drugs is now so serious that people are no longer bothered about soft drugs like ganja, except for seizures by the police and excise personnel.

Replying to a question in the House recently, Manipur Chief Minister N Biren Singh said 11 categories of illicit drugs had been seized in the state, including heroin in powder (74 kg in 2022; 12 kg in 2023), brown sugar (500 kg; 35 kg), opium (496 kg; 49 kg), ganja (929 kg; 108 kg), ICE (9 kg; nil), MY tablets (346 kg; 66 kg), N10 tablets (151; 1,911), pseudoephedrine (118 kg; 33 kg), poppy seeds (23kg; 2.9 kg), SP capsules (34 kg; 200 gm) and cough syrup (39,952 bottles; 410).

Opium and ganja are mainly produced within the state, while heroin is either manufactured locally or brought from across the border. The rest all are smuggled from across the border. As the border is not patrolled and is loosely guarded, it is easy to cross it. Drives are conducted on a regular basis to seize illicit contraband, but the seizures are limited as illicit drugs, which originate from Manipur, are seized in neighbouring states such as Nagaland, Assam and Meghalaya. All security agencies have been empowered under the NDPS Act to seize illicit drugs and make arrests.

According to the CM, the number of cases registered under the NDPS Act in 2022 was 500 and this year it's 120 so far. As many as 625 people were arrested in 2022 and 99 in 2023. From 2018 till March 3 this year, 217 have been convicted in 636 cases. But those convicted are mules or couriers; no kingpins have been convicted due to shoddy investigation. The conviction rate is poor, with many officials authorised to seize drugs and make arrests under the NDPS Act not being very familiar with the processes involved in seizures.



Another important dimension is the increase in the cultivation of poppy to harvest opium, which is converted into heroin hydrochloride or heroin No. 4 or brown sugar (heroin No. 3). In the early 1980s, small patches of poppy fields were cultivated in a few villages in the hills to cater to local opium addicts. This continued for a few decades till around 2017 when there was a sudden rise in the acreage. Poppy plantation seems to have shot up after the Myanmar Government refused to grant citizenship to the Rohingyas. Many of them entered Manipur illegally and were forced to work as labourers as they had no other source of income.

Though a little over 300 illegal immigrants have been apprehended, it is believed that around 10,000 have crossed the border and settled in Manipur. The Manipur Government claims that since 2019, the acreage has been around 8,000 acres; the figure is disputed as many claim that it is over 40,000 acres. There are limited avenues to verify the figures as the plantations are located in difficult terrain in the hills. Since 2022, the government has started using drones to map the area, but the penetration is limited and the only option could be real-time satellite imagery. Many community leaders had promised to abstain from poppy plantation within their area last year, but

unfortunately the area under this illicit crop has not diminished, forcing the CM to order the arrest of the village chiefs and others and filing of criminal charges under the NDPS Act against them.

Less than 10 per cent of the Manipur-Myanmar border is fenced and thus it serves as the transit route for illegal drugs to the North-East from Golden Triangle, the tri-junction of Myanmar, Laos and Thailand borders.

Manipur DGP P. Doungel, at a press conference in January, said from January 1, 2017, till January 17, 2023, his department had arrested 2,817 people and 2,243 cases had been registered under the NDPS Act. He added that during this period, poppy plantation on 15,642 acres was destroyed, including 777 acres this year. He said the state's 'War on drugs 2.0' was a serious effort to destroy poppy cultivation.

In a reply to another question, the Chief Minister stated that till February, poppy plantation on 18,500 acres had been destroyed. From January 1 to 17, the total area of poppy plantation destroyed was 777 acres, which would have yielded about 9,324 kg of opium at an average yield of 12 kg per acre, which can be converted into 373 kg of pure heroin hydrochloride. The value of 375 kg of pure heroin is around Rs 1,500 crore in the coun-

try, though it is far lesser in Manipur. The total area destroyed till February is 18,500 acres. The effort has curbed the harvest of 2,22,000 kg of opium or production of 8,800 kg of pure heroin, valued at Rs 35,529 crore — which is equivalent to the state Budget for 2023-24.

To curb the menace of poppy cultivation, the state government has taken recourse to spraying of herbicides using drones, though the herbicide used — 2,4-D — is opposed by many people as it is volatile and can affect nearby plants. Switching over to a combination of paraquat and diquat, both contact herbicides that are non-volatile, has been recommended. Paraquat and diquat are costlier. Cutting down the poppy plants physically is still the preferred method, though a huge manpower is required for it.

Drones are also used to identify poppy plantations and efforts are being made to analyse real-time satellite imagery to identify these plantations in the hills.

CM Biren Singh has said that children as young as 16 years are getting hooked to drugs. He has stated that drug users should not be stigmatised; they should be brought to rehab centres for treatment and if necessary the number of government-run rehab centres would be increased.

Ensuring stability in energy supplies vital

SUSHMA RAMACHANDRAN

The manmade equivalent of a natural disaster is shaking the global banking system. For a change, the impact on India is not adverse. The oil markets are reflecting concerns over the banking crisis by pushing prices downwards. So, after a year of high rates, the benchmark Brent crude is now ruling at \$75-78 per barrel. This is roughly the same level as before the Ukraine conflict broke out last February. It is unalloyed good news for an chequerer that has had to cope with a rising import bill for the 2022-23 fiscal.

What is even more encouraging is that predictions for 2023-24 are now moderating from earlier forecasts of \$100 per barrel made by Goldman Sachs. The investment bank has lowered its sights and is now talking about a level of \$94 by the end of the year. While this is still not comfortable for a country that imports 85 per cent of its crude oil needs, it indicates that a softening trend is expected to continue for the rest of the year.

Forecasts of oil prices, however, are notoriously unreliable. No one would have anticipated a black swan event like the Ukraine war to occur and reverberate in oil markets to such an extent that prices would touch \$139 per barrel. Neither would oil industry experts have expected a zero-Covid policy in China to reduce global demand to such an extent that prices begin to slide from October last year.

The current banking crisis was also unforeseen given that the 2008 financial crash is considered a distant memory that is not likely to be repeated. The argument given is that newer stringent regulations have been put in



place for banks all over the world. And yet, California-based SVB collapsed, while Swiss flagship Credit Suisse had to be taken over by UBS. Still more chaos could be in the offing as shares of Deutsche Bank are reported to be tumbling.

The net result is that the prospect of recessionary conditions depressing demand has made oil prices fall over a 10-day period from \$86 to \$73 per barrel. Yet, the dip in prices has not come soon enough to reduce the oil import bill in any significant way for the 2022-23 financial year. Oil purchases are likely to touch \$200 billion, nearly double of the \$118 billion recorded in 2021-22. The pandemic fiscal — 2020-21 — had an unusually low import bill of \$63.5 billion owing to the crash in prices following the advent of Covid.

The burden on the chequerer would have been even higher during the 2023 fiscal but for the availability of Russian crude oil at discounted rates. When supplies began to be sourced from that country, it was offering crude oil at rates \$16 cheaper than the then average price of \$110 per barrel. The discounts continued since then, ranging from \$8 to \$12 per barrel. Rough estimates are that the country has saved over \$3 billion by buying Russian oil rather than relying on traditional suppliers in West Asia.

This policy decision was taken despite pressure from western countries to join the ban being sought on buying Russian oil supplied via the sea route.

One of the ways to prevent countries from buying it was to direct insurance and ship-

IN THE CASE OF VOLATILE OIL MARKETS, INDIA NEEDS TO KEEP A CLOSE WATCH ON DEVELOPMENTS SUCH AS DECISIONS BEING TAKEN BY OIL CARTEL ORGANISATION OF THE PETROLEUM EXPORTING COUNTRIES (OPEC). THIS DOMINATING GROUP HAS JOINED HANDS WITH RUSSIA AND OTHER ALLIES TO FORM OPEC+ BUT CONTINUES TO RESTRICT OIL SUPPLIES BY FIXING PRODUCTION QUOTAS. RUSSIA MAY BE THE OUTLIER IN THE SYSTEM AND IS NOW OFFERING DISCOUNTED RATES.

ping companies to abstain from dealing with Russian supplies. These efforts did not succeed, however, and were followed by the move to put a cap on prices of Russian oil. But the ceiling of \$60 per barrel was not an issue for India and China which were anyway buying it at lower rates.

India will need to continue to follow an independent policy on oil purchases as it cannot afford to get boxed in by western sanctions on Russia. Incidentally, the curbs on buying hydrocarbons from that country did not apply to supplies going overland by pipeline since that would have affected Europe's energy requirements. These were already constrained by Russia's cutbacks in gas supplies through the Nord Stream pipeline as well as the subsequent damage to the pipeline.

But the ban on maritime imports of Russian oil and gas came into effect nine months after the conflict began in Ukraine. Imports of crude and petroleum products via pipeline continued to be exempt. The sanctions on Russian oil were thus evidently meant more for the rest of the world than the western

countries.

At the same time, India needs to accept that it is more intertwined than ever before with the global economy. The latest international banking crisis is not expected to impact banks here, but there are other ramifications of such developments. These could be positive as in the case of falling crude oil prices but could also be negative in terms of affecting Indian investments abroad.

Even in the case of volatile oil markets, the country needs to keep a close watch on developments such as decisions being taken by oil cartel Organisation of the Petroleum Exporting Countries (OPEC). This dominating group has joined hands with Russia and other allies to form OPEC+ but continues to restrict oil supplies by fixing production quotas. Russia may be the outlier in the system and is now offering discounted rates. But it remains a part of the cartel which has a vested interest in hardening world oil prices.

Going forward, the country needs to remain watchful and cautious in dealing with all external entities in order to ensure stability of energy supplies

Dia Mirza recalls starring as extra in Jumbalakka video for 'good money'

DIA MIRZA RECENTLY REVEALED THAT SHE ONCE STARRED IN A MUSIC VIDEO BY OSCARWINNING MUSIC COMPOSER MM KEERAVANI TO EARN MONEY FOR HER PROFESSIONAL PHOTOGRAPHS.

Before entering limelight with her Miss India Asia Pacific crown in 2000, Dia Mirza worked as an extra on a Tamil movie. She had a small appearance in En Swasa Kaatre's hit song Jumbalakka alongside Mink. Dia has now said that she even received a good sum for her stint. En Swasa Kaatre is a 1999 movie starring Arvind Swamy and Isha Koppikar and directed by KS Ravi. Special song Jumbalakka showed Raju Sundaram trying to woo Mink Brar while Dia

played one of her friends. Speaking with media, Dia said about her appearance, "I played as what they call an extra in a song. It made me enough money to go and shoot my first professional portfolio. We shot for the song in Ramoji Rao Film City. I was there with 4-5 friends and we had a great time. Raju Sundaram was dancing, Mink was part of the song, it was a great experience. And we earned good money so that we could go back and do the things that we wanted to do."



Before Aiming For Oscars, Get Your Distribution Game Right: Guneet Monga



Having been to the Oscars twice, you're bound to know how things work in the Western entertainment industry. Film producer Guneet Monga, whose production 'The Elephant Whisperers' bagged the Oscar for Best Documentary Short at the 95th Academy Awards, feels that a sturdy distribution network is the sledgehammer that helps one crack through the unsurmountable walls of the Oscars.

Talking to media, Guneet said that she is optimistic about the big win changing the dynamics of storytelling in India for the good. She said: "It's definitely a new dawn for Indian cinema. I hope the Oscar wins, both of 'Naatu Naatu' and 'The Elephant Whisperers', encourage many filmmakers, many women and storytellers to come up with more disruptive ideas so that the world recognises the power of Indian cinema at large." The producer credits the streaming giant Netflix as it helped her 45-minute short film reach out to the entire world and left each set of eyeballs mesmerised by the sheer beauty of the film's director Kartiki Gonsalves' lens. She told in an interview: "Netflix has been in India for quite some time and it's so rewarding for the filmmakers and producers to take their stories to the global level because on streaming platforms the content is simultaneously available to the entire world, it's akin to putting a billboard on the moon."

HOUSE OF THE DRAGON SEASON 2 TO BE SHORTER AS HBO LOOKS AHEAD TO SEASON 3

The upcoming second season of fantasy drama House of the Dragon will consist of eight episodes, two less than season one. According to report by Hollywood trade website Deadline, the decision is part of a long-term plan for the series, which includes network HBO considering renewing the prequel spin-off of Game of Thrones for a third season as well. (Also read: GOT star Maisie Williams arrives in Mumbai for Christian Dior show, is impressed with her desi hotel room)



An HBO spokesperson, who confirmed the news to the public-

tion that season two will contain eight episodes, maintained that the episode count trim was story-driven. The development

arrives as production is about to begin on the second season in the UK for an expected premiere in the summer of 2024.

HBO green-lit season two soon after House of the Dragon premiered on August 21, 2022, as it drew the largest audience for any new original series in history of the premium broadcaster with "over 20 million viewers across linear, on demand and HBO Max platforms in the US, based on a combination of Nielsen data and first party data". House of the Dragon is a prequel based on George RR Martin's book Fire & Blood, which gives the history

of House Targaryen set 200 years before the events described in Game of Thrones, which ended its eight-season run in 2019. In what is a relatively common practice, HBO did not reveal the episode order in the season two renewal announcement last summer. The second chapter was supposed to have another 10-episode run, which eventually changed, leading to some script rewrites. A potential season three is being prepared and might go ahead, with HBO considering committing to moving ahead with scripts, casting and a production plan.

Samantha Ruth Prabhu Suffered A Concussion On 'Citadel India' Sets: I forgot Everyone's Name For Two-Three Hours



After 'Shaakuntalam', Samantha Ruth Prabhu will next feature in the Indian leg of Prime Video's action-thriller 'Citadel', helmed by Raj and DK. She is already filming for the web series along with actor Varun Dhawan.

Recently, in an interview with Miss Malini, the actress opened up about suffering a concussion on the sets of the show during the shoot of an action sequence. She recalled, "I had a concussion on sets. I forgot everyone's name for a good two-three hours. To Raj, I was like, 'Wait let me check my phone, what is his name?' I haven't had a concussion before. I didn't know how it felt but I went back and shot after a few hours."

Samantha also mentioned how Raj and DK are trying to raise the bar of action sequences of 'Citadel' (India), moving ahead from 'The Family Man', which were the duo's previous runaway hit. Samantha was seen as Raji in the second season of the show, which also featured Manoj Bajpayee.

Chitrangda Singh texted Saif Ali Khan to talk about Sara Ali Khan. Here's what she told him

Chitrangda Singh's next, Gaslight, features her as a stepmother to Sara Ali Khan's character Meesha. The thriller features the two on opposite sides as Meesha tries to figure out the mystery of her missing father after her return home and believes her stepmother to be hiding something. While this is the first time that Chitrangda and Sara are working together, the actor had already worked with her father Saif Ali Khan in Bazaar (2018).

While they are antagonists in the upcoming psychological thriller, Chitrangda shared that she enjoyed working with Sara and they laughed often on set. In Bazaar, Saif Ali Khan and Chitrangda played husband and wife. She had recalled that Saif was very particular when they worked together. He would bring a different performance in each take. This was also the same year that Sara had made her debut with the films Kedarnath and Simmba. The actor felt it was a great coincidence that she worked with both father and daughter, five years apart.

Speaking about working with



both Saif and Sara, Chitrangda said, "It's so strange that she [Sara Ali Khan] was doing her first film at that time when Saif Ali Khan and I were shooting for a film and now I am working with her. I messaged Saif saying how wonderful his daughter is and how happy I was to work with her. She is lovely and has great energy on set. I had a great time working with both of them." Chitrangda made her acting debut with Kay Kay Menon and Shinye Ahuja in Sudhir

Mishra's Hazaaron Khwaishein Aisi in 2005. She is known for her work in films like Yeh Saali Zindagi (2011), Desi Boyz (2011) and I, Me Aur Main (2013). She was last seen in Bob Biswas (2021) opposite Abhishek Bachchan.

Gaslight is produced by Ramesh Taurani and Akshai Puri. Directed by Pavan Kiplalani, the film will premiere on March 31, 2023 on Disney+ Hotstar. Vikrant Massey, Akshay Oberoi and Rahul Dev are also part of the cast.

From pirates to pep talks, The Mandalorian Season 3 Episode 5 reveals major plot twists



AFTER a confusing few weeks, the fifth episode of The Mandalorian Season 3 is now live. Pedro Pascal starred The journeys of the Mandalorian through the Star Wars galaxy continue. Droid phobic lone bounty hunter Din Djarin accompanied by little founding Grogu's story won every fan's heart. With this Wednesday episode The Mandalorian seems to have come full circle. In season one we saw Din fighting back his way out from Nevarro and today as we return to Nevarro to rescue the citizens from pirate seizure. It's going well with our swamp face pirate lord Gorian Shard and his squad of pirates led by Bane returning with a vengeance as they plague and pillage the city. This was a surprise from John Favreau for the fans of Star Wars Rebel animated series. Zeb made a live action debut voiced by the same voice actor from rebel, Steve Blum. It's amazing to hear Blum reprising his role as Zeb. Zeb was a major character in that animated series and was part of the Ghost crew. The dress suggests that Zeb became a New Republic pilot after the Galactic Civil war ended. Karga sends out a message for help but the New Republic proved that they are not as generous as they seem. They wash off the onus literally battering the Outer Rim planet. Captain Carson Teva played by Paul Sun-Hyung Lee is adamant to the New Republic that they should authorize a rescue party of star fighters but they refuse to help. That's when The Mandalorian comes in. Teva somehow discovers The Watch's covert and delivers a rousing pep talk to Din along with other Mandos so they make a stand against the pirates. After a dramatic discussion and pep talk The Watch decided to join together and help Karga. Outnumbered by ten to one The Mandalorians still being incredibly badass including epic action sequences both in air and on land, and The Armorer's 30sec being a girl boss by bringing down five pirates single handedly with a hammer and tong.

Ishaa-Khatter recalls Shahid Kapoor cha-gi-g his diapers: 'He always kept me i-check'

Actor Ishaa Khatter shares a close bond with half-brother Shahid Kapoor. Recently, Ishaa talked about Shahid being a consistent male figure to him while growing up. He said Shahid was always parental towards him as he even changed his diapers in childhood.

Ishaa is actor Neelima Azeem and her ex-husband Rajesh Khatter's son; they divorced in 2001. Before Ishaa, Neelima had Shahid Kapoor with Pankaj Kapur. Later, Neelima married Raza

ISHAAN KHATTER RECENTLY TALKED ABOUT HOW SHAHID KAPOOR WAS A STABLE MALE FIGURE TO HIM DURING CHILDHOOD. HE IS SHAHID'S HALF-BROTHER.

Ali Khan and parted ways in 2009.

Talking about Shahid, Ishaa recently told Pinkvilla, "He is the person who grounds me. He is a very rooted, grounded person. And he is very deep. It's a very big part of who he is." He also revealed Shahid's nickname and added, "We joke about it a lot, I call him 'Baba Sasha', but it's who he is and he is that one person in my life who is like a consistent male

figure who has always kept me in check. I think he has felt very parental towards me also because he changed my diapers. He was nearly 15 years old when I was born and he didn't have an elder sibling. So he was that sibling for me. He is very much the quintessential elder brother in many ways. But he is also young at heart so we have a very unique relationship."

Not only Shahid but Ishaa

also shares a close bond with Shahid's kids Misha Kapoor and Zain Kapoor. When asked about spoiling them with his uncle, Ishaa shared, "Of course, who wouldn't? So they have a lot of fun with me, I think. But, they are very smart kids. They are extraordinarily smart. Sometimes I can't believe the conversations I am having with them, specially Misha. They seem too smart for their age. I think what's

remarkable for me is not just the IQ but when the kid is emotionally intelligent enough to feel or sense what an adult is feeling and try to correlate...that's just... bizarre to me. I learn a lot from them. I dote on them. I try not to (spoil them) because they have very good parents so I don't feel the pressure..."

Ishaa was last seen in Phone Booth. He will be next starring in the war-drama,



Pippa. On the other hand, which marked his OTT debut Shahid's last outing was Farzi, on Prime Video.

How A Longevity-Focused MD Exercises For A Longer, Healthier Life

I think of strength training as a form of retirement saving. Just as we want to retire with enough money saved up to sustain us for the rest of our lives, we want to reach older age with enough of a 'reserve' of muscle (and bone density) to protect us from injury and allow us to continue to pursue the activities that we enjoy.

It is much better to save and invest and plan ahead, letting your wealth build gradually over decades, than to scramble to try to scrape together an individual retirement account in your late 50s and hope and pray that the stock market gods help you out. Like investing, strength training is also cumulative, its benefits compounding. The more of a reserve you build up, early on, the better off you will be over the long term.

Yet unlike some guys in the gym, I'm less concerned with how big my biceps are or how much I can bench press. Those might matter if you're a bodybuilder or a powerlifter, but I'd argue they matter less in the Centenarian Decathlon (or in real life).

A far more important measure of strength, I've concluded, is how much heavy stuff you can carry. I say this on the basis of my intuition but also research into hunter-gatherers and human evolution. Carrying is our superpower as a species. It's



one reason we have thumbs, as well as long legs (and arms). No other animal is capable of carrying large objects from one place to another with any efficiency. (And the ones that can, like horses and other livestock, do so only because we bred and trained and harnessed them.)

This frames how I view strength training in general. It's largely about improving your ability to carry things.

I've always been a fan of carrying heavy objects with my hands. As a teenager working on a construction site over the summers, I always volunteered to haul tools and materials across the site, and today I still incorporate some kind of carrying, typically with dumbbells, kettlebells, or sandbags, into most of my workouts.

I've also become semi-

obsessed with an activity called rucking, which basically means hiking or walking at a fast pace with a loaded pack on your back. Three or four days a week, I'll spend an hour rucking around my neighborhood, up and down hills, typically climbing and descending several hundred feet over the course of 3 or 4 miles.

The 50- to 60-pound pack on my back makes it quite challenging, so I'm strengthening my legs and my trunk while also getting in a solid cardiovascular session. The best part is that I never take my phone on these outings; it's just me, in nature, or maybe with a friend or a family member or a houseguest (for whom rucking is mandatory. I keep two extra rucksacks in the garage).

I was introduced to this pastime by Michael Easter in his eye-

opening book *The Comfort Crisis*. His intriguing thesis is that because we have removed all discomfort of any kind from modern life, we have lost touch with the fundamental skills (not to mention the frequent suffering) that once defined what it meant to be human. Carrying stuff over long distances is one of these skills; our ancestors likely had to range far and wide to hunt food for their families and then carry their kills back to camp to feed everyone. But it's so effective that the military has incorporated it into their training.

"Carrying shaped our species," he says. "Our ancestors carried often."

It gave them robust functional strength and endurance that was likely very protective.

But we've engineered carrying out of our lives, just as we have many other forms of discomfort. Rucking is a practical way to add carrying back into our lives."

The main difference is that instead of carrying 60 pounds of antelope meat in my pack, I'm typically hauling heavy metal weights, which are admittedly less appetizing.

One thing I specifically focus on when rucking is the hills. Going uphill gives me a chance to push my VO2 max exercise system; first-time ruckers are amazed at how tiring it is to walk up a 15% grade with even 20 pounds on your back—and

then walk back down. (A good goal is to be able to carry one-quarter to one-third of your body weight once you develop enough strength and stamina. My daughter and wife routinely carry this much when they join me.)

As great as rucking is, it's not the only thing I rely on to build my strength. Fundamentally, I structure my training around exercises that improve the following:

Grip strength, how hard you can grip with your hands, which involves everything from your hands to your lats (the large muscles on your back). Almost all actions begin with the grip.

Attention to both concentric and eccentric loading for all movements, meaning when our muscles are shortening (concentric) and when they are lengthening (eccentric).

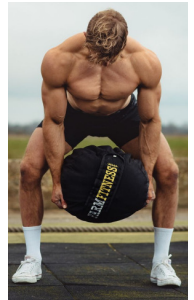
In other words, we need to be able to lift the weight up and put it back down, slowly and with control. Rucking down hills is a great way to work on eccentric strength because it forces you to put on the "brakes."

Pulling motions, at all angles from overhead to in front of you, which also requires grip strength (e.g., pull-ups and rows).

Hip-hinging movements, such as the deadlift and squat, but also step-ups, hip-thrusters, and various single-leg variants of exercises that strengthen the legs, glutes, and lower back.

Build Serious Strength in 15 Minutes with the 'Strongman Linda' CrossFit Workout

CrossFit workout Linda goes by another name in boxes up and down the country: the 'three bars of death'. That's because Linda is a devilish workout consisting of three moves: deadlifts, bench press and cleans.



It's a full-body, full-throttle session, resulting in strength gains and a true test of grit. The workout also happens to be MH Elite coach Tom Kemp's favourite go-to 15-minute session, and luckily (or perhaps unluckily) for us, he's shared his strongman edition. Keeping the pull, push, pull focus consistent, he's added a sandbag for a strongman inspired kick.

The workout is to be completed 'for time' so choose your rest periods wisely. Kemp's strongman Linda can also be adjusted to suit your abilities. The workout can be scaled to a bodyweight or 50% bodyweight deadlift, 50% bodyweight bench press and 1/3 of bodyweight for the clean,' he says. 'Ensure you can complete the rep scheme with good quality reps maintaining good form throughout.'

Deadlift (1.5 bodyweight) x 10-9-8-7-6-5-4-3-2-1 Reps Hinge down with a flat back and grasp the bar with an overhand grip. With a straight back and braced core, pull your torso up and thrust your hips forward to stand up, keeping the bar as close to your body as possible. Reverse and repeat.

Bench Press (bodyweight) x 10-9-8-7-6-5-4-3-2-1 Reps Lay flat on a bench, your knees bent, pushing your feet into the floor. Take the weight out of the rack, locking out your elbows. Lower the bar slowly until the bar touches your chest keep your elbows at 45 degree angle, pause here before explosively pressing back up.

Gym Heart Attacks: 7 Warning Signs Your Heart Is Not Functioning Properly When Exercising

IS YOUR HEART WORKING PROPERLY? LEARN EVERYTHING ABOUT THE SIGNS OF HEART PROBLEMS DURING A WORKOUT AND WHAT YOU CAN DO TO PREVENT AND TREAT THEM.

Heart attacks are becoming extremely common in India. And most cases are coming from young people, especially those who are into fitness and exercise regularly. So is there a connection between gym, or workout and heart attacks? Can working out at the gym increase your chances of suffering a heart problem and death due to a heart attack? Let's find the truth. Although several cases have appeared in the past few months, where known faces who are into gymming and follow a healthy workout routine have succumbed to heart attacks, there is scientifically no such connection that can validate that workout can cause heart attacks. Instead, experts say that exercising regularly can help a person keep the heart safe and protected from severe diseases. According to the World Heart Federation



(WHF), a lack of exercise can increase your risk for heart disease by 50 percent. The most common contributing factors to a heart attack include

Exercising is important to keep the heart healthy, but at the same time, one must realise that the body is perfectly fit to perform those exercises. Chronic extreme exercise training and competing in endurance events can often damage the tissues in the heart, and lead to severe damage inside the organ. Understanding what is good for

your body and what is not is important to avert such serious health complications. When we talk about heart attacks during gym or while exercising, we mean your heart could be at risk to suffer an attack or failure due to some of those exercises that you are doing at the time when your heart is already in trouble. How to spot the difference between a healthy heart and a troubled heart? By understanding the signs and symptoms.

In this article, we will explain how to spot a troubled heart

while exercising. Make sure to stop right there, when any of the below-mentioned signs appear especially when you are at the gym or in the middle of any workout session.

Chest Discomfort

Sudden and intense chest pain is the first and the most common sign of an impending heart attack. It can begin with mild discomfort, followed by heavy pressure and a feeling of fullness in the center of the chest. Stop exercising immediately and seek medical attention if this symptom lasts for more than a few minutes.

Shortness of Breath

Not being able to breathe while exercising? Your heart is asking you to stop and take care of it. A feeling of unusual breathlessness with acute chest pain or chest discomfort during a workout can be a sign of an impending heart attack.

Light-Headedness

Physical activities can make you feel fatigued, but feeling dizzy or light-headed while exercising is a sign you should never ignore.

Heart Rhythm Abnormalities

Heart skipping, palpitating or pounding heart rate could indicate a heart problem. You must immediately stop exercising and seek medical help.

Sweating Profusely

Excessive sweating is a sign that your heart is not working properly, or that there is some problem inside your heart.

Rapid Heartbeat

A rapid heartbeat is another sign of an impending heart attack and you should never ignore it.

Discomfort In Other Parts of the Body A troubled heart can also cause some sensations in other areas of the body besides your chest.

Meet The "World's Greatest Stretch"



There's a wildly popular warm-up movement called "the world's greatest stretch", and it actually lives up to its name as one of the — if not the — best stretches you could do, especially right before a workout. Trainers say the bendy move is packed with benefits that get your body ready to run, jump, lift, or whatever else you've got planned for the gym.

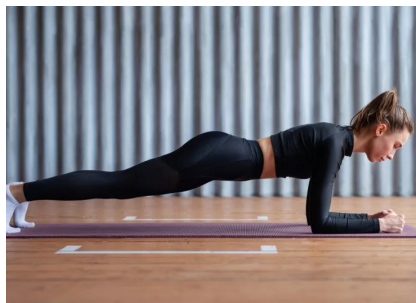
To break it down, the world's greatest stretch is a dynamic stretching exercise that combines a lunge with a torso twist to target several muscle groups at once, including the hip flexors, hamstrings, glutes, spine, and chest, says personal trainer Michael Hamlin, NSCA, CSCS. Many other stretches zero in on one specific muscle, but this move truly targets everything. "There are so many different movements in this warm-up exercise that it looks and feels like a blend of athletics and yoga," he tells Bustle. While you can do the stretch whenever you want to unwind tight muscles, it's especially great right before a workout because of the way it prepares your body to move, says Hamlin.

I did 90 commando planks every day for a week — here's my results

We've done plenty of plank challenges at Tom's Guide. If there's a plank variation, one of us has jumped on it for a fitness challenge. But one plank I had yet to conquer was the commando plank, so I added 90 reps to my daily routine for one week only.

I admit, I do love the plank exercise. Whether it's a weight training session or a bodyweight workout, the plank seems to fit nicely into either. It's known primarily for its core-strengthening abilities but the exercise also targets and builds strength in your shoulders, chest, back, glutes, hamstrings, and quad muscles — basically, your entire body.

It does this using isometric contraction (opens in new tab) — holding muscles under tension without their lengthening or shortening (flexing or extending). It's one way to activate muscles under less load, but plenty of plank variations exist to torch muscles more, using movement. Find out what happened when I took on 90 commando planks every day for a week and why I probably won't again. And these are the best yoga mats to do your planks on.



To do a commando plank, move from a high plank position to a forearm plank and back again. You can learn how to do an up-down plank and variations to master here. Start in a plank position on your mat with elbows extended, shoulders over wrists, and hips in line with your shoulders (here's how to do a plank). Brace your stomach and lower your

left elbow onto the mat underneath your left shoulder, followed by your right.

Pause in a plank position on your elbows, then press your left palm back onto the mat followed by your right hand.

Switch your leading arm each time to work the body evenly, and keep your hips square to the mat without

swinging your torso. This move is about slow, controlled movement. Unlike a regular plank, commando

THIS PLANK VARIATION TORCHES YOUR CORE AND SHOULDER MUSCLES

planks or "military planks" also work more of your chest, arms (including your triceps), and shoulders and raise your heart rate. Strengthening the muscles in your lower back, glutes, and hamstrings will support better posture and protect your spine while developing a strong core helps you lift heavier, run faster, and function better with less chance of injury.

I did 90 commando planks every day for a week — here's my results. Commando planks are a full-body burner.

For beginners, practice holding a plank for extended periods beforehand. You could also use your knees to help you adapt to the movement pattern. To advance the exercise, try wearing a weight vest or balancing on one leg.

DAY 1 I like approaching the commando plank like ripping off a band-aid — just get it done and think about the

pain afterward. I program commando planks for clients regularly, so I'm used to demonstrating and doing

them myself, but perhaps not 90 reps in one go.

My approach on day one was to tackle them head-on with very little rest and move consistently. That tactic worked until around 50 reps when the shoulder burn began. At this point, I decided to add a 45-second rest halfway through for the rest of the week.

DAY 2 AND 3 After day two, my arms were feeling it, but I couldn't feel it anywhere else, so I added a weighted vest to spice things up. I only recommend working with a weighted vest if you feel confident knowing how to

use it. The're great for making bodyweight resistance exercises harder, but add extra load on your joints, particularly during aerobic activity.

If you have issues with weight-bearing activities, a weighted vest might not be suitable. Personally, it helped me ramp up

the intensity and increase my heart rate and muscle engagement. Pushing back up against the additional weight

got me trembling through the remaining reps with a sweaty indignance that I had no one to blame for.

DAY 4 AND 5 90 reps of anything is a fair number of reps, and while I would encourage high reps in a workout — loads of classes adopt high-rep endurance strategies or max reps against a time cap — I wouldn't do it for one more every day for a week.

Despite years of weight training, I occasionally need to nudge myself to keep my core active. A surefire way to realize you're not in a very sore lower back.

By day five, it was time to focus on re-engaging my core, resetting my form every 30 reps. We spoke to callisthenics coach Jase Robinson when creating this calisthenics workout. He reiterated the importance of compound contraction — contracting every muscle simultaneously, including the back, belly and bum.

Principal Secretary ARI visits Kulgam, interacts with DDC, BDC, PRI members

Inspects development projects across the district



J I NEWS SERVICE

KULGAM, MARCH 29: Principal Secretary ARI & Trainings Department, Ashok Kumar Parmar today visited Kulgam and inspected development projects being executed in the district.

During the visit, Principal Secretary convened an interactive meeting with DDC, BDC and

Panchayat members to get first hand appraisal of their concerns, grievances and development issues.

Deputy Commissioner Dr. Bilal Mohi-Ud-Din Bhat gave a brief detail about developmental scenario of the district.

During the meeting, DDC Chairperson Mohammad Afzal Parrey, DDC, BDC and other PRI members highlighted various devel-

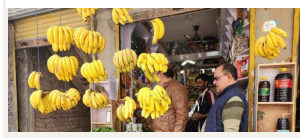
opment issues of the district. They informed about the devastation caused by floods in 2014 and demanded construction of a proper protection bund at Veshow river to avoid any flood threat in future. They also demanded augmentation of staff at District Hospital Kulgam and enhancement in PMAY-G quota. Speaking on the occasion, Principal Secretary said that role of PRIs is vital in development and implementation of schemes. He assured that all development concerns of PRIs shall be looked into so that the vision of democratic decentralization is realized.

Later, Parmar visited flood protection bund at Aadigatnoo and Zungalpora where he was informed that these bunds have been constructed in convergence mode with a cost of Rs 5.85 crore, protecting several villages of the area from the onslaught of floods.

While visiting Amrit Sarovar at Pahaloo, Principal Secretary was informed that the district has rejuvenated and constructed more than 274 Amrit Sarovars in the district.

He also inspected the newly developed playground at Aakhran constructed by RDD with a cost of Rs 12 lakh.

Market checking drive in Ramban, Rs 7300 fine realised from erring traders



J I NEWS SERVICE

RAMBAN, MARCH 29: Various enforcement agencies carried out massive checking drive at various places in Ramban district on the directions of Deputy Commissioner, Musarat Islam. The drive was conducted to intensify the fight against overcharging and black marketers during the ongoing festivals.

The team realised a fine of Rs 7300 from various erring traders. The drive was conducted by a joint team of Food, Civil Supplies and Consumer Affairs (FCS&CA), Food Safety, Revenue Department and Police in Maltra, Ramban, Rajgarh and Khari. They realised Rs 5300 from defaulters.

The checking squad also sensitised shopkeepers about the rules and regulations. They were instructed to display the rate list and sell commodities at the rates fixed by the Department or Associations. People were advised to approach the relevant department in case of any complaint.

The Legal Metrology Department also conducted market checking at various places including Nashri, Chhampa and Batole area. They realised Rs 2000 from erring traders for violation of the Legal Metrology Act. Traders were directed to use only verified weighing and measuring instruments and not to indulge in overcharging and other unfair trade practices.

DE&CC Pulwama conducts Job Fair at Pulwama



J I NEWS SERVICE

PULWAMA MARCH 29: To facilitate employment opportunities for unemployed youth and to provide a platform of job opportunities in private sector, a day Long Job fair was organised today by District Employment & Counselling Centre, Pulwama for jobseekers from the District which saw participation from reputed private employers from insurance sector.

Companies like LIC India, ICICI Lombard, Accure India insurance, PNB MetLife, V5 participated with more than 100 vacancies, participated in the event.

On the occasion Assistant Director Employment, Hafsa Qayoom interacted with the Jobseekers and Job Providers and impressed on the Employers and Job seekers to register on the Employment Portal of Govt. Of Jammu & Kashmir www.jakemp.nic.in

The event witnessed good response from job seekers. More than 200 unemployed youth/jobseekers from the District participated in the event.

149 Job Seekers with varied skills were shortlisted by the companies for different jobs. Moreover 63 candidates registered themselves on the Employment Portal i.e., www.jakemp.nic.in on the spot.

The unemployed youth from District Pulwama expressed their gratitude to District Employment and Counselling Centre, Pulwama for organizing this job fair and bringing employers to their doorsteps.

Div Com signs MoU with JSW Foundation for development of facilities at Shiv Khori Shrine



J I NEWS SERVICE

JAMMU, MARCH 29: Divisional Commissioner Jammu and Chairman of Shri Shiv Khori Shrine Board, Ramesh Kumar signed an MoU with JSW Foundation for the development and restoration of facilities at Shiv Khori Shrine.

Major works to be undertaken include refurbishment of food kiosks and resting shelters, installation of a sound system along pathways, provision of rain shelter branches and dustbins along pass ways, refurbishment of existing Ghats, beautification

of the foundation to restore, improve and upgrade facilities in and around the shrine. The foundation will provide necessary funds under its Corporate Social Responsibility (CSR) corpus for the development of facilities and support the Shiv Khori Shrine Board in ensuring public convenience. Deputy Commissioner Reasi and Vice Chairperson SSKSB, Babila Rakwal; Executive Officer SSKSB, Pardeep Kumar; Deputy Director Planning, Munish Datta; representatives of JSW foundation Sanjay Sagar and Jyoti Chetal were also present on the occasion.

meditation centres, construction of a reception centre with refreshment facilities, installation of signages, IT intervention (online registration, WiFi zones) and other required development works.

The Div Com said that the MoU aims to provide the best facilities to pilgrims visiting the Shiv Khori Shrine. He informed that work on the project has already started in a time-bound manner.

JSW Foundation is a charitable trust incorporated under the Indian Trust Act 1882 with its registered office in New Delhi. The government has invited

DDC Udhampur inspects ongoing works of Devika Project

J I NEWS SERVICE

UDHAMPUR, MARCH 29: District Development Commissioner, Kritika Jyotsna conducted a tour of Udhampur town to inspect the ongoing execution works of the Devika Project today.

During the tour, the DDC visited various locations in the interior of the city to get a first-hand report on the progress of works. The Executive Engineer informed her that the sewer network of the project is nearing completion and that all major sewer lines have been laid.

Work on laying sewer lanes and their offshoots is ongoing along with household connections in Zone 2 and 3.

It was informed that the work of laying major sewer lines along both banks of Holy River Devika has been completed. In addition to laying the sewer network, 2 Sewerage Treatment Plants and 1 Intermediate Pumping Station were also completed in the last 10-11 months.

Out of the balance project, STP-1 which is



part of Zone-1 will be commissioned by July 15 and IPS-8 which is part of Zone-3 will be functional by May 2023. Household connections in Zone-2 and Zone-3 have already started and so far, 200 connections have been completed.

Household connections in Zone-1 will start from the first week of July on the eve of commissioning STP-1.

The DDC was informed that the remaining work of the Devika Project will be executed as per the time-lines of micro planning and is being monitored on a daily/weekly basis by UEED and UED.

The UEED Executive Engineer informed her that restoration work by way of bituminous tarmac is pending for 4 km and cement concrete tiles for

1.5 km. This work has been taken up by subcontractors and is scheduled to be completed by April 30.

While inspecting the remaining works, Jyotsna asked the executing agency to gear up men and machinery to complete the ongoing works within the stipulated time frame. She stressed on inter-departmental coordination for smooth execution of their respective plans, especially the restoration works, to minimise inconvenience to the general public and save time and resources.

The DDC was accompanied by UEED Executive Engineer, other field Engineers of UEED, Project Management Consultant and subcontractors.

Workshop on bio-medical waste disposal held in Doda

J I NEWS SERVICE

DODA, MARCH 29: A workshop to educate doctors and paramedical staff about the disposal of bio-medical waste was held at the office of CMO Doda, organised by the District Health Society. Around 30 participants from Block Ghat attended the workshop, which was held under the supervision of Chief Medical Officer, Dr Ab Hamid Zargar. Sanitary Inspector, Zaheer Abbas was the guest speaker who gave a lecture on the importance of segregating bio-medical waste and treating each category appropriately and effectively to render it harmless. He informed participants about the generation and proper keeping, segregation and disposal of biomedical waste and the use of black, red, blue, yellow and white dustbins for disposal. He also warned that if bio-waste is not disposed of properly, it can cause diseases/infections that adversely affect patients, attendants, medical/paramedical staff and the surrounding environment.

Besides others, District Programme Manager NHM (National Health Mission), Jahangir Mehta; Block Medical Education Officer NHM, Mashhood Latif and Incharge Stores, Zeeshan Ali Tramboor were also present on the occasion.

DECC Kupwara organises Job Fair at Kupwara



J I NEWS SERVICE

KUPWARA, MARCH 29: District Employment and Counselling Centre (DECC), Kupwara today organised a Job Fair cum Placement Drive at DECC Kupwara.

The Fair was inaugurated by District Development Council (DDC), Member Sogam, Nasir Ahmad Lone. The programme was attended by unemployed youth of District Kupwara.

Around 110 candidates participated besides this, 3 reputed employers & corporates with 40 plus vacancies participated. These included Edel Weis Tokio, Natural Life Care Pvt Ltd, LIC Kupwara who held one to one interaction with candidates.

49 candidates were short listed by these companies while 50 plus candidates have been registered on the employment portal on spot.

On the occasion Career Counselling Officer of DECC Kupwara emphasised upon the online registration of unemployed youth on department's portal and integration of Employment portal with National Career Services so that they could get real time information in future regarding employment avenues.

The unemployed youth expressed gratitude to the DECC Kupwara for organising this job fair.

DC Srinagar visits Psychiatric diseases Hospital, SMHS De-Addiction Center; inspects treatment/Counseling facilities for victims of Drug Abuse

Process initiated for establishment of "Skill Development and Rehabilitation Centre" for affected Youth: DC Srinagar

J I NEWS SERVICE

SRINAGAR, MARCH 29: The Deputy Commissioner Srinagar, Mohammad Aijaz Asad here on Wednesday undertook a visit to Govt Psychiatric Diseases Hospital, Kathi Darwaza and Drug De-Addiction Centre at SMHS Hospital to oversee the facilities being provided to the victims of Drug Abuse.

During the visit, the DC was accompanied by Chief Planning Officer, Mohammad Yaseen Lone, Principal ITI, Baghi-Dilawar Khan, Anisa Parvez Principal ITI, Bemina, Dr Shafaqat Principal Govt Polytechnic College, Imiyaz Ahmad, Gogji Bagh, Skill Manager, JKPC, Sajad Ahmad, Incharge Drug De-Addiction Centre, GMC Srinagar, Dr Yasir Rather, Medical Superintendent, Govt Psychiatric Hospital, Dr Aijaz, Nodal Officer, Dr Arshid and other concerned.

At new building of IMHANS (Govt Psychiatric diseases Hospital), Kathi Darwaza, the Deputy Commissioner took a detailed round of the Hospital and inspected various units of facilities including Indoor Patient Wards, Brain Stimulation Centre, Diagnostic Centres, Counselling Centre, Telemans Monitoring Cell, Clinical Psychology Lab etc and inspected the facilities being extended to the patients. On the occasion, the DC was given first hand appraisal about the routine functioning of Hospital and treatment facilities being extended to the patients. The DC also took stock of the measures being taken for development of Skill Development and Rehabilitation Centre for Youth affected from Drug addiction for their reintegration in society. While inspecting the Centre being created in the Hospital, the DC asked concerned to prepare a DPR

(Detailed Project Report) within 2 days for undertaking necessary additional infrastructure development works in the proposed Skill Development Centre for Rehabilitation of Youth affected from Drug Abuse. The DC asked the concerned to take all required steps on the State of Art pattern to make all sections including Library, Computer Lab of Skill Development Centre functional and incorporate facilities like Interactive Touch Panel, Portable Mic System, other electronic gadgets etc at the Centre.

Similarly, the DC asked the members of District Skill Committee including Principals of ITI, Baghi-Dilawar Khan, ITI, Bemina and Polytechnic College Gogji Bagh to design some short skill development courses for youth affected from drug abuse so that they are imparted trainings relate to different market oriented trades which will enable the youth to get maxi-

mum skilling opportunities and enhanced job opportunities/ placement so that they earn their livelihood with dignity and honour. Meanwhile, the Deputy Commissioner also asked the JKPC authorities to formally hand over the new hospital building to the management of Govt Psychiatric diseases Hospital with commitment that balance works of the project shall be completed in one month's time.

Later, the DC also visited the Drug De-Addiction Centre at SMHS Hospital. He was apprised that the centre acts as an integrated centre where affected youth are being treated, counselled and enabled to mainstream again in their lives.

On the occasion, the DC interacted with several inmates so admitted in the Drug De-Addiction Centres and sought their views about the treatment facilities and counselling being

given to them. The patients apprised the DC that they are being given satisfactory treatment at the centres. The DC also emphasised upon the Doctors and other paramedical staff to take the job as a noble task and treat the affected people with patience and dedication. He said youth are our precious asset and every step would be taken to use their energies in a positive way. He said by availing the benefits through different self-employment schemes they can earn livelihood with dignity & honour and will also help in their reintegration in society and prevent any relapses in them in future. The DC further said to combat this rising social problem, multi-pronged rehabilitation, counselling, skill development and guidance policy, is being implemented on ground to monitor drug abuse and take remedial measures to curb the menace.

On the occasion, the DC interacted with several inmates so admitted in the Drug De-Addiction Centres and sought their views about the treatment facilities and counselling being



DC Kupwara held interactive session with Hoteliers, Transporters, Tour operators

JJ NEWS SERVICE

KUPWARA, MARCH 29: Deputy commissioner (DC) Kupwara, Dr. Doifode Sagar Dattatray today held an interactive session with hoteliers, transporters and leading Travel and Tour Operators to take stock of accommodation, transport facilities and exploring of off-beat tourist destinations of Kupwara district for upcoming tourism season in Kupwara district. A detailed power point presentation (PPT) showcasing unseen Kashmir-Bungas, Keran, Teetwal, Lolab and Kupwara was presented. The PPT showed availability of accommodation facilities, cleanliness, Hygiene at different locations of Kupwara district. The interactive session was attended by Travel Operators which included Zalam Amit Chhabal, Chairperson, Keseri Tours & Travels, Pune Vandana Shailesh, Abhimanya Nawal, Farooq Ahmad, Executive Engineer Lolab-Bungas, Drangyadi Development Authority (LBDDA), Shamim Ahmad Pir, President Hotel Owners Association Kupwara, Showkat Ahmad Mir, President Sumo-stand Kupwara and other travel and tourism representatives. During the interactive session, Deputy Commissioner Kupwara welcomed the representatives of Keseri Tours and Travels for show-



ing interest in sending tourists to off-beat tourist destinations of Kupwara district. The Deputy Commissioner apprised the travel trade representatives about the steps taken by the District administration Kupwara for a comfortable and safe stay of tourists in Kupwara district.

The Deputy Commissioner while highlighting the prospects of tourist season in Kupwara district said that the divine beauty and enticing sceneries of different off-beat destinations in Kupwara district will surely make everyone to fall in love with these tourist destinations. The DC said that various new and innovative schemes are being implemented to boost the tourism sector in the district and hoped that in coming time Kupwara district would be best tourist destination where not only local but national and international tourists also visit.

On the occasion, Executive engineer LBDDA told Tour & Travel operators that different tourist destinations of

Kupwara district not only offer amazing views but people can enjoy their holidays with families and friends by indulging in Trekking, fishing, hiking, boating, Zorbing, camping, snow-biking.

Executive officer said that Bungas valley, Lolab, Sathburn, Chandigam, Drangyadi, Sadna Top, Karnah, Teetwal, Rishwadi, Machil and Keran has really interesting ecological areas surrounded by green grasslands, green meadows and springs, rolling mountain peaks.

On the occasion, Zalam Amit Chhabal, Chairperson Keseri Tours and Travels said that due care should be taken to preserve ecosystem, natural habitat while planning the tourism activities in off-beat tourist destinations of Kupwara district. She said while adding that tourists from different states of country look for proper accommodation, good food and trained guide facilities and to give flip to tourism activities these facilities should be increased.

Udhampur: DDC Council discusses, finalizes Annual Plan 2023-24

JJ NEWS SERVICE

UDHAMPUR, MARCH 29: A meeting was held today by the District Development Council Udhampur to discuss and finalise their Annual Plan for 2023-24. The meeting was chaired by Chairman District Development Council Udhampur, Lal Chand. The discussions included various aspects of the Area Development Plan, including rural connectivity and infrastructure, water conservation, agriculture, power, health and education.

The meeting was attended by Chairpersons of the Block Development Councils and members of District Development Councils.

During the meeting, a proposal was made for an Area Development Plan consisting of 2226 works with an estimated cost of Rs 69.23 crore. This includes 1691 PRI works, 175 BDC works and 360 DDC works.

Other attendees included Vice Chairperson DDC, Juh Manhas Pathania; Deputy Commissioner of Udhampur, Kritika Jyotsna; Additional District Development Commissioner, Ghan Sham Singh; Chief Planning Officer, Mudassar Yaqoob Zargar; ACD, Dr Ranjeet Kotwal and other senior district officers from various departments. All participants unanimously approved the Annual Plan for the district.

The Council also complimented and appreciated the district administration for achieving all of their physical and financial targets set for the year 2022-23.

DC Rajouri inspects working of Tehsil Treasury Office Nowshera

JJ NEWS SERVICE

RAJOURI, MARCH 29: Deputy Commissioner, Vikas Kundal inspected the working of the Tehsil Treasury Office in Nowshera today. During his visit, he took stock of the financials and accounts maintained by the treasury and stressed the importance of timely recording and completion of all accounts. The staff were asked to be diligent in their duties and to check for any deficiencies in the accounts. The Deputy Commissioner also instructed the team to ensure that all bills are paid on time and that all deficiencies are fulfilled and records updated accordingly. This inspection is a strong indication of his commitment to transparency and accountability in government expenditure.

ADC Shopian convenes regarding prevention of Child Marriage

JJ NEWS SERVICE

SHOPIAN, MARCH 29: Additional Deputy Commissioner, Shopian, Yar Ali Khan today chaired a meeting of concerned officers to take stock of the progress made in addressing and preventing child marriage in the district.

ADC directed the officers to take tangible steps for controlling and preventing the occurrence of child marriages. He also emphasised upon them to counsel the people of the district not to indulge or allow child marriages and also to create awareness about the ill effects of child marriages. ADC directed CEO and DSWO for conducting awareness camps in this regard taking Ullamas of Masjids, AWW's in confidence and generate awareness to stop the social evil for ever from the society.

Police authorities were asked to keep close vigil on it and taking stern action against those involved in child marriages. Among others, CEO, DSWO, ALC, CPO, representative from police and other concerned were present.

Kishtwar: Agriculture Deptt organises awareness camp at panchayat Chamotfi

JJ NEWS SERVICE

KISHTWAR, MARCH 29: A farmer awareness camp was held at panchayat Chamotfi by Agriculture Department today, where more than 30 farmers from different villages participated. The camp provided farmers with information on the latest practices for Kharif crops and different schemes of the agriculture department. Kharif vegetable seeds were also sold at a 50% subsidy rate under the intensive vegetable scheme.

Speeches were delivered by Agriculture Extension Assistant, Yasir Aftab Mughal, Agriculture Extension Officer, Ampy Singh and Junior Agriculture Extension Officer, Ajay Chandra. They discussed the significance of organic farming, judicious use of fertiliser, and natural farming.

The camp was organised by direction of Sub-Divisional Agriculture Officer, Sahil Gandotra and under the overall supervision of Chief Agriculture Officer, Amjed Hussain Malik. The aim was to promote agriculture and spread awareness among farmers.

President MC Ramban, DC inaugurate shopping complex

JJ NEWS SERVICE

RAMBAN, MARCH 29: Deputy Commissioner, Musarrat Islam and President Municipal Council Ramban, Sunita Sumbria inaugurated one of the biggest shopping complexes in Ramban here today. The four-storey shopping complex is situated in ward no. 3 of Ramban town.

The Deputy Commissioner congratulated the owner of the shopping complex, Pankaj Kapoor, for opening the first biggest shopping complex in Ramban town. He wished him success in his venture.

Sunita lauded Pankaj's initiative as it will provide space for local unemployed youth to start their own businesses. This will provide them with a livelihood and enhance the local economy.

The ceremony was attended by District Development Council Councillor, Renuka Katoch; Assistant Superintendent of Police, Gourav Mahajan; President of Beopar Mandal, Ved Bhushan Gupta and former President of the Municipal Council, Amit Bharti.

Block Diwas: DC Rajouri listens to public issues at Breri



JJ NEWS SERVICE

RAJOURI, MARCH 29: Deputy Commissioner, Vikas Kundal presided over a public outreach camp at the border area of Breri in Nowshera block, as part of the weekly Block Diwas. A number of issues and demands were highlighted during the event, including scarcity of water, speedy implementation of Jal Jeevan Mission schemes, upgradation of Government Girls Middle School Breri to High School level, sanctioning of a sub-centre at Breri, dilapidated condition of the road at Gai Gangota, shortage of electricity poles and transformers, sanctioning of a veterinary center and an Aangawadi Centre in every ward, sanctioning of border bunkers and hold-

ing special camps for issuing disability certificates.

The Deputy Commissioner gave a patient hearing to all the issues projected by the public and assured them that their demands would be fulfilled in a timely manner. In response to the issue of water scarcity, he stated that dedicated efforts are being made to complete work on JJM schemes in time. Regarding the upgradation of GGMIS Breri, he assured that he would take up the matter with the concerned authorities. He also stated that an adequate number of electricity poles would be provided under the RDS scheme of the PDD sector. For sanctioning a health sub-centre at Breri, he asked the concerned officer from the Health Department to sub-

mit a feasibility report at the earliest. Regarding the dilapidated condition of internal roads, he asked the concerned officer to repair any damage to ensure road safety. The officer was also asked to fix any potholes and surface irregularities. He directed officials to ensure timely payments for the construction of bunkers and motivated educated and unemployed youth to avail benefits of self-employment schemes and become job creators rather than job seekers. Deputy Commissioner of Rajouri, Vikas Kundal briefed the public about the district administration's initiative towards making Rajouri drug-free and sought their cooperation in the fight against drug abuse. Among those present during the event were Block Development Chairman Nowshera, Bodh Raj; Additional Deputy Commissioner Nowshera, Kartar Singh; Additional Superintendent of Police Nowshera, Sheraz Chowhan, Ex-En Jai Shakti Nowshera, Vipin Kumar; Assistant Regional Transport Officer, Shami Kumar and other district and sectoral officers.

Div Com visits Shrines, Mosques; Reviews facilities; Pays obeisance at Dastgeer Sahib, Zadibal Imambarah



JJ NEWS SERVICE

SRINAGAR, MARCH 29: In view of the Holy Month of Ramadan and forthcoming Shab-e-Qadir and Eid ul Fitr, the Divisional Commissioner Kashmir, Vijay Kumar Bidhuri conducted an extensive visit of Shrines and Mosques in Srinagar.

He was accompanied by Addl Commissioner Kashmir, Qazi Sarwar, Commissioner SMC & CEO Smart City, Athar Amir; officers of line departments including Power, PHE, R&B, Sanitation, SMC, Waqf Board etc

While reviewing the

availability of electric and drinking water facility,

Div Com directed concerned to ensure uninterrupted supply of services to facilitate devotees visiting these Shrines and Mosques.

He instructed illumination of Dargah Hazratbal, Dastgeer Sahib Shrine and Imambarah to reflect an environment of festivity. He also instructed Dargah Hazratbal Management Committee & SMC to make currently defunct water fountain in the frontier lawn of Shrine functional at the earliest.

Besides, he issued directions for grass cutting and landscape development of premises with reparation of railings.

Moreover, he called for a continuous dog catching drive at Hazratbal Shrine to ensure the safety of people and the sanctity of holy place.

He also exhorted to speed up renovation works at Dastgeer Sahab and development of separate Wazu Khana for women at the Shrine.

While visiting Imambarah Zadibal, the Divisional Commissioner was apprised by the Committee regarding requirement expansion of premises and road widening issues and sought his intervention in this matter.

Regarding, Power & Electricity Div Com issued on spot directions to PDD & PHE officials to ensure continuous supply of electricity & drinking water to the Imambarah.

Bidhuri during the visit paid obeisance at Dastgeer Sahib Shrine & Imambarah Zadibal during which he prayed for peace & prosperity of Kashmir.

Kishtwar: One Stop Centre for Women hosts awareness camp on women's rights

JJ NEWS SERVICE

KISHTWAR, MARCH 29: An awareness camp was organised at Neelam Academy Kishtwar by the One Stop Centre for Women today. The camp was held under the direction of District Social Welfare Officer, Zubair Ahmed and the supervision of Central Administrator, Indu Balla. School staff attended the camp where the OSC team provided information on women's rights and the various types of assistance available at the One Stop Centre. This includes police aid, medical aid, counselling, legal aid and temporary shelter for up to five days. Women-centric schemes were also highlighted and the procedure to avail benefits under different schemes such as the Restructured Marriage Assistance Scheme was explained. At the end of the programme, grievances of women were recorded and the OSC team assured them of assistance with the help of relevant departments.

J&K gets maiden twin Centre of Excellence in Handicrafts, Carpet Sector

JJ NEWS SERVICE

SRINAGAR, MARCH 29: Craft Development Institute (CDI) and Indian Institute of Carpet Technology (IICT), Baghi-Ali-Mardan, Nowshera, Srinagar have been declared as J&K's maiden "Centre of Excellence" (CoE) in Handicrafts and Carpet Sector.

The Directorate of Handicrafts and Handloom, Kashmir (DHHC) had submitted two proposals in the month of February 2022 to Handicrafts and Carpet Sector Skill Council of India for recognizing CDI and IICT as Centre of Excellence in Traditional and Heritage Crafts. The twin Centre of Excellence in skilling ecosystem have been envisioned to be one stop resource centres for raising training standards, boost productivity, address emerging skill-gaps and align training & research with the current industry needs with the intent to overcome skill demand-supply mismatch and to have continuous supply of skilled workforce and disseminate best practices.

The key objectives of the Centre of Excellence CDI/IICT include conducting high quality training in Handicrafts and Carpet sector with special focus on reviving the languishing crafts and new/future crafts with emerging technologies. The CoE shall also work towards developing association between academia and industry for the benefit of the skill development sector, conduct Research and Development in Handicrafts and Carpet sector and disseminate the results of the R&D and other activities through filling of patents and transforming them into sustainable business proposals/solutions. It shall also provide support to creative and innovative designs with respect to crafts based on the emerging national and international demands and establish a sound new institutional base for executing the programmes/projects by strengthening the existing infrastructure.

Director, Handicrafts and Handloom, Kashmir said, "These CoE institutions are first of its kind in Handicrafts and Carpet

Sector in J&K and have been envisioned to work towards realizing the vision of Atmanirbhar Bharat wherein the traditional and heritage crafts from J&K shall be taken to the global level by introducing frugal design innovations and develop a unique academia-industry model for the better product development to revive the Handicrafts and Carpet industry of the UT".

Besides, the two CoE shall work to foster relations across countries, between governments, provide incubation, mentoring & support to start-ups in the entrepreneurship education domain and establish an Entrepreneurship cell for interested youth in Handicrafts and Carpet Sector. These shall also conduct training of trainers for master trainers and shall also host exclusive art galleries.

The CoE shall offer skill development courses as per with the National Skills Qualification Framework (NSQF) with an aim to increase employability of the artisans and job seekers in the Handicrafts & Carpet sector for different job roles, certifying up

J&K poised to achieve the historic milestone of completing 2 lakh works under MGNREGA

NEARLY 6 FOLD INCREASE SINCE 2018-19 | GENERATES MORE THAN 2.8 CR PERSON DAYS OF EMPLOYMENT

JI NEWS SERVICE

JAMMU, MARCH 29: In a historic achievement J&K is well on target to complete around 2 lakh works under the Mahatma Gandhi National Rural Employment Guarantee Act (MGNREGA) this financial year.

This information was given out in a meeting chaired by Chief Secretary, Dr Arun Kumar Mehta to review the performance of Rural Development Department & Panchayati Raj schemes implemented in the UT of J&K.

Besides the Administrative Secretary, RD&PR the meeting was attended by the Administrative Secretaries of Agriculture Production and Farmers Welfare Department; Jal Shakti; Forest; PWD; Labour & Employment; IT & Information; Revenue; Health & MS&W; Secretary in RDD; HoDs of Agriculture and Rural Development Departments.



The meeting was informed that as compared to previous years the Department has this year set a very high target of 2 lakh works for it and the Department is expecting to achieve it also. It was revealed that in the current financial year so far the Department has generated more than 2.82 Cr person days of work for the inhabitants of the rural population.

It also came to fore during the meeting that during the past years the number of

works completed used to be far less than what has been achieved this year so far. It was given out that during the year 2018-19 the number of works completed under MGNREGA were mere 26,352 and increased substantially in the coming years. The number nearly doubled and reached to 54,311 works in the next year of 2019-20 thereby taking a leap reaching 67,278 in 2020-21, 84,705 in 2021-22 and this year the scheme already crossed

1,71,824 mark in the number of works completed taking a plunge of more than 200% so far, the meeting was informed.

This remarkable number of completed works has been achieved at the expenditure of Rs 931.16 Cr. It was further given out that the percentage of women person days hovered at around 30.35% thereby extending an opportunity to the women for their empowerment through employment. The meeting was also apprised that nearly 9 lakh persons belonging to around 6.84 lakh households worked under this scheme to earn their livelihood.

It is pertinent to mention here that the average wage rate per day per person was hiked last year from Rs 213.94 to Rs 226.78 and the payments are made exclusively through online mode directly into the accounts of the workers. Most of the payments had been made in a span of just 15 days after completion of work, the meeting was apprised.

Lt Governor greets the people on Ram Navami

JI NEWS SERVICE

JAMMU, MARCH 29: Lieutenant Governor Shri Manoj Sinha has greeted the people on the auspicious occasion of Ram Navami.

In a message the Lt Governor said that Lord Ram is the embodiment of righteousness, compassion, justice and high moral values. May the auspicious festival of Ram Navami strengthen our faith in the goodness of mankind, inspire all of us to rededicate ourselves to the cause of selfless service and usher in happiness, prosperity and well being of all, said the Lt Governor.

CS wishes people on the eve of Ram Navami

JI NEWS SERVICE

JAMMU, MARCH 29: Chief Secretary, Dr Arun Kumar Mehta today extended his greetings to the people of J&K on the eve of Ram Navami.

Dr Mehta in his message said that Ram Navami, the birth day of Lord Ram, celebrated by the people of the nation with deep religious sentiment and fervor. He stated that Lord Ram is worshipped as the epitome of virtues and embodiment of righteousness and morality.

Ram Navami offers to the people an opportunity to renew their faith in spirituality, moral and ethical values and to rededicate themselves to the cause of underprivileged with service and sacrifice, he added.

Advisor Bhatnagar extends Ramnavami greetings

JI NEWS SERVICE

JAMMU, MARCH 29: Advisor to Lieutenant Governor, Rajeev Rai Bhatnagar has extended his warm greetings to the people of Jammu and Kashmir on the auspicious occasion of Ram Navami.

In his message, Advisor Bhatnagar remarked that this sacred festival marks the celebration of Lord Ram's life of righteousness and truth. He added that on this great occasion we all need to spread Lord Ram's noble message of righteous conduct and renew our commitment to his ideals. The Advisor also prayed for peace, progress and prosperity of entire Jammu and Kashmir.

Block Diwas programme held at 4 locations across Doda

JI NEWS SERVICE

DODA, MARCH 29: Public outreach programmes were held across the district of Doda at four different locations under the banner of Block Diwas, here today. These programmes were supervised by Deputy Commissioner, Vishesh Mahajan.

The Block Diwas was held at Assar block headquarters, Gandoh sub divisional headquarters, Bhadewah block headquarters and Thathri tehsil headquarters.

Large numbers of people attended the programme at all four locations and demanded upgrades to local infrastructure in health and education sectors, as well as improved road connectivity, water and power facilities. Participants also raised demands for macadamisation of roads, execution of works under MGNREGA (Mahatma Gandhi National Rural Employment Guarantee Act) and upgrading electricity poles.

ANTI-DRUG RALLY ORGANISED BY DISTRICT POLICE JAMMU AT DOMANA

JI NEWS SERVICE

JAMMU, MARCH 29: An Anti-drug rally was organised today by the District Police Jammu (Sub-division Domana) to raise awareness about the drug menace.

The rally was flagged off by District Development Council Chairman Jammu, Bharat Bhushan.

The rally was attended by a gathering of around 350 people, including youth, who were briefed on the issue. Block Development Council Marh, Surinder Kumar; Additional Deputy Commissioner Jammu (ADM), Sandeep Saintra, Superintendent of Police Rural Jammu, Sub-Divisional Police Officer Domana, Station House Officer Kanachak and Station House Officer Domana along with other officials were present on the occasion. Speaking on the occasion, DDC Chairman said, "It is our collective responsibility to fight against the drug menace and protect our youth. We must come together as a community to raise awareness and provide support to those in need." Other officials also emphasised the importance of staying away from drugs and leading a healthy lifestyle. They encouraged the youth to spread awareness about the harmful effects of drugs and to support their peers in making positive choices.

J&K Bank MD & CEO launches Banks e-Pathshala

JI NEWS SERVICE

SRINAGAR, MARCH 29: J&K Bank MD & CEO, Baldev Prakash today rolled out J&K Bank's maiden staff portal - J&K e-Pathshala - a Unified e-learning platform that has been designed to meet the knowledge requirements of the staff.

The launching ceremony held at corporate headquarters was attended by Executive Director Sudhir Gupta, General Managers and senior officials of the bank besides representatives of K-Nomics (Mintbook) that has developed the module.

While appreciating the concerned department for coming up with such a vibrant e-learning portal, MD & CEO urged upon the staff to take full advantage of the courses and training programs that have been tailored to upgrade their knowledge levels about contemporary



issues and practices in banking and finance. MD & CEO said, "We want to develop learning culture in the Bank. And with sweeping changes happening in knowledge driven sectors like Banking, there was a need for our staff to have an easy access to quality learning anytime and anywhere. I am happy to see J&K e-Pathshala as a result of that quest."

"In line with the digital

progress and to ensure training needs of our employees are addressed in an effective and convenient manner, we have implemented a Unified eLearning Solution to enable our L&E team to organize, track, manage and most importantly develop the talent within the organisation. The platform will also encourage healthy competition among the staff with best performers getting

rewarded suitably", he added.

Earlier General Manager (Human Resource) Sushil Gupta while giving an overview of the platform stated that new module will go a long way in building the capacities of the staff. "In J&K e-Pathshala we have employed gamification; leader board, quiz hour; etc. to ensure staff engagement besides

forums and query-corners allowing the employees to avail real-time support from the experts of relevant subject-domains. The portal contains various learning modules of Indian Institute of Banking & Finance (IIBF) with a special focus on training material related to credit, Forex, Treasury operations, Information Security etc.," he said.

Notably, the advanced eLearning platform allows employees to access the courses online besides enabling the Bank to manage training initiatives both online as well as offline programs.

Digital library with eBooks from reputed publishers is another unique feature in J&K Bank eLearning. Through this platform, the Bank staff can now undertake mandatory training and certificate courses from the comfort of their homes or anywhere.

Intensive market checking conducted in Doda town

JI NEWS SERVICE

DODA, MARCH 29: A team of officers led by Additional Deputy Commissioner Doda, Dr RK Bharti conducted a surprise market inspection in Doda town to check for food adulteration, hoarding of commodities and to ensure the quality, quantity and hygiene of edibles and other consumables. The market inspection teams, headed by ADC

Doda, have already been constituted and are conducting regular inspections in view of the holy days of Ramazan and Navratras.

The team also included Additional Superintendent of Police Doda, Assistant Director Food Civil Supplies and Consumer Affairs Doda, Assistant Commissioner Legal Metrology, veterinary doctors from Sheep Husbandry Department,

representatives of the Food Safety Department and Municipal Council Doda. They inspected various food establishments including sweet shops, chicken shops, mutton shops, kiranya shops and milk shops in the town.

Erring shopkeepers were fined a total of Rs 5800 for offences such as not displaying rate lists, unhygienic conditions and selling rotten fruits and

vegetables. The team also inspected jewellery shops, hardware shops and other establishments and sensitised shopkeepers about maintaining quality and hygiene in and around the market.

Bharti urged shopkeepers to display rate lists in a conspicuous place in their shops, maintain hygiene and refrain from overcharging, hoarding and adulteration. Similar market inspections were

reported from Bhadewah and Assar markets. Regular inspections will also be conducted in Thathri, Gandoh, Assar and Bhadewah areas.

Atal Dulloo asks for priority movement of fertilizers, fruit laden trucks in, out of Kashmir

JI NEWS SERVICE

JAMMU, MARCH 29: Additional Chief Secretary (ACS), Agriculture Production Department (APD), Atal Dulloo, today asked the officers for prioritizing movement of fertilizers and fruit laden trucks in and outside the Kashmir valley during a meeting held here at Civil Secretariat. The meeting was attended by Secretary in Agriculture Production Department, Inspector General of Police Traffic J&K, Special Secretary APD, Directors of Horticulture Jammu/ Kashmir, Directors of Agriculture Jammu/ Kashmir, Director of Horticulture P&M, SSP Traffic Rural Kashmir/Jammu, SSP



National Highway, Chairman of Kashmir Valley Fruit Growers Union, President of Fruit Mandi Sopore, President of CA Stores, President of Fruit Association Anantnag, and representatives of fertilizer companies including CCFL, IFCCO, IPL and NFL while Kashmir based officers and participants participated

online. During the meeting, ACS directed for priority movement of fertilizer trucks to and fro from Kashmir and Jammu. He also instructed that fruit-laden trucks from CA stores going outside Kashmir be given priority to reach their destinations. He added that with the arrival of vegetable season, trucks carrying vegetables

and other perishable items will also be given priority on Jammu-Srinagar National Highway. IGP Traffic J&K assured that all the fruit-laden and vegetable-laden trucks would be given priority. He urged upon the fruit associations to provide registration numbers and paste sticks so that they may be given priority dur-

ing the movement on highway. The meeting also discussed stock availability of fertilizers in the Kashmir valley. ACS urged upon the fertilizer companies to transport fertilizers to Kashmir in sufficient numbers to avoid any shortage during the peak season.

Power shutdown

JI NEWS SERVICE

JAMMU, MARCH 29: Superintending Engineer, O&M Circle Jammu JPDCL has informed that the power supply to IIM, CD Hospital, Psychiatric Hospital, PHE Bakshi Nagar, PHE Kabir Basti, Resham Ghar Colony and adjoining areas shall remain affected on March 31 from 6 am to 9.30 am.

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