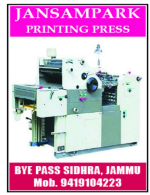




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Lt Governor pays tributes to legendary poet & freedom fighter Shri Sarwanand Koul Premi on his death anniversary

JNEWS SERVICE
JAMMU, MAY 1

Lieutenant Governor Manoj Sinha paid tributes to legendary poet and freedom fighter Shri Sarwanand Koul Premi ji on his death anniversary, today.

On May 01, 1990, Shri Sarwanand Koul Premi was killed by terrorists.

Remembering Sarwanand Koul Premi, the Lt Governor said Sarwanand Ji was a towering man of ideas and ideals. He was undoubtedly one of the greatest writers of his time with deep commitment for upliftment of downtrodden & weaker sections of society, the Lt Governor added.

"Sarwanand ji made great contribution to freedom struggle and infused new life in the bonds of our national unity. Throughout



his life, he followed the unadorned and eternal values of peace, co-existence and cooperation," said the Lt Governor.

Jammu Kashmir is called the heaven on earth, not only because of its scenic beauty, but the great personalities like Sarwanand Ji, who dedicated his life to serve the others, observed the Lt Governor.

"Sarwanand ji was not only a famous writer but also a well known teacher

in Kashmir valley who became the medium of divinity for many and inspired the masses to follow the ideals enshrined in our ageless culture and selflessly served the society," said the Lt Governor.

His life and teachings will continue to be relevant in the 21st century. I would urge the social and literary organizations to come together to spread his teachings to the people across the country, added

the Lt Governor.

"J&K Academy of Art, Culture and Languages to promote the literary work of Sarwanand Koul Premi by publication and translation of his books so that the coming generations could take benefits of the rich literary heritage of J&K. This should be taken on priority. There will be no shortage of funds," the Lt Governor said.

Sarwanand Koul Premi was conferred with lifetime

achievement award posthumously, by J&K Government in 2022. A Higher Secondary School in his village Saf-Shail (Saf-Shaleswar), Anantnag, was also named after him in 2022.

His name was also included in the list of Unsung Heroes of the freedom movement under Azadi Ka Amrut Mahotsav.

A special postal cover and stamp on him was released by the Ministry of Communication in 2021.

Rajinder Premi, son of Shri Sarwanand Koul Premi expressed gratitude to the J&K Administration and JKAACI, for promoting the literary work of his late father.

Bharat Singh Manhas, Secretary JKAACI, senior officials and eminent literary personalities were present.

Centre blocks 14 messenger apps in J&K for spreading terror

AGENCIES
NEW DELHI, MAY 1

In a major crackdown the government has blocked 14 messenger mobile applications that were largely used in Jammu and Kashmir for spreading terror, sources said, adding that the decision has been taken by the Ministry of Electronic and Information Technology following intelligence inputs in this regard.

The sources said as per the input received by the Ministry these mobile applications were used by terrorists in Kashmir to communicate with their supporters and Over-ground-workers (OGW).

These applications include Cryptviser, Enigma, Safeswiss, Wickrme, Mediafire, Briar, BChat, Nandbox, Conion, IMO, Element, Second Line, Zangi. Three-ema among others, the sources said.



"The intelligence and security agencies keep tracking different channels used by OGWs and terrorists to communicate among themselves. While tracking down one of the communications they found that the mobile application does not have representatives in India and it is difficult to track down activities happening on the app," a source said.

"Thereafter, with the help of other intelligence agencies operating in the valley, a list of such apps was prepared that pose a threat to national security and do not follow Indian

laws. After getting the list prepared, the Ministry was informed of the request to ban these mobile applications. These apps have been blocked under Section 69A of the Information Technology Act, 2000," he said.

In official communications to higher-ups, the intelligence agencies informed that these apps are spreading terror propaganda in the Valley.

The crackdown on mobile applications threatening the country's security is not new, as the government has

CONTINUED ON PAGE 4

BJP hits back at NC's Abdullah, says his remarks on G20 conspiracy to divide society

JNEWS SERVICE
JAMMU, MAY 1

Jammu and Kashmir BJP chief Ravinder Raina on Monday hit out at National Conference president Farooq Abdullah over his criticisms of the government for not holding a G20 meeting in Jammu, saying it was a "deliberate attempt" to divide the society.

He said Abdullah's remarks show his frustration as the political ground of the National Conference is slipping fast.



Earlier in the day, Abdullah attacked the government, saying it is unfortunate that G20 meetings were scheduled in Ladakh and Kashmir but not in Jammu, and

slammed BJP leaders for not raising the issue.

"A G20 meeting is taking place in JK which is a welcome decision of the government and

CONTINUED ON PAGE 4

After witnessing surge for past few weeks; Covid-19 cases on decline

JNEWS SERVICE
SRINAGAR, MAY 1

After witnessing a surge in Covid-19 cases for the past few weeks, the cases have started to decline once again in J&K.

Health officials told news agency, that Covid-19 cases in Jammu and Kashmir that witnessed a surge in past weeks along with the rest of the country are on decline again.

They said that though there was a surge in Covid-19 cases in the past few weeks but hospitalization rate wasn't too much.

They said after the second wave, J&K has



They said most of the population is vaccinated and the maximum population has already developed antibodies due to which it is unlikely that a person can get a severe disease even if he contracts the virus.

Notably, on Monday no covid-19 positive case was reported in Kashmir in the last 24 hours.

As per details available with KNO, 1026 positive cases were reported in Kashmir division in the last one week.

There are 117 active cases in Kashmir while 1091 persons have

CONTINUED ON PAGE 4

Government at advanced stage of consultation on reexamining colonial-era sedition law: Centre to SC

AGENCIES
NEW DELHI, MAY 1

The Supreme Court on Monday deferred hearing on a batch of pleas challenging the sedition law after the Centre said it is at an advanced stage of consultation on reexamining the colonial-era penal provision.

A bench of Chief Justice D Y Chandrachud and Justice J B Pardiwala noted



the submission of Attorney General R Venkataramani that the government has initiated the process to

reexamine section 124A of the Indian Penal Code. The bench posted the hearing on the matter in the second week of August.

The batch of pleas challenging the constitutional validity of the penal provision. Venkataramani said the consultation process has been at the advance stage and before it goes to the Parliament, it will be shown to him.

CONTINUED ON PAGE 4

To retrieve Pak-Occupied J&K very much on government's agenda: Jitendra Singh

AGENCIES
NEW DELHI, MAY 1

To retrieve Pakistan-occupied Jammu and Kashmir (PoJK) and make it a part of India is very much on the government's agenda, Union Minister Jitendra Singh said on Monday.

In a meeting with London-based Jammu and Kashmir-origin students and social groups, he said after Prime Minister Narendra Modi took over, he sought to "correct several



anomalies of the past that were the legacy of successive governments since 1947".

Singh, who is on an official visit to the UK, said the abrogation of

Article 370 has created a sense of belonging among the people of Jammu and Kashmir and given them equal rights vis-a-vis their counterparts in the rest of India.

CONTINUED ON PAGE 4

Widespread Rains, Snow over higher reaches in J&K during next 2 days: MeT

JNEWS SERVICE
SRINAGAR, MAY 1

Meteorological Department on Monday predicted widespread light to moderate rain in the plains and snow over higher reaches of Jammu and Kashmir during the next 48 hours.

Today scattered rain or thunderstorms may occur at many places of Jammu and Kashmir with gradual improvement



from afternoon onwards, the MeT office said. However, it said there could be widespread

light to moderate rain or thunderstorm with hail-storm coupled with gusty winds at few places and

snow over higher reaches of Jammu and Kashmir during May 2-3.

Brief spell of Rain and thunderstorm at scattered places may occur during the evening from May 4-7, the MeT office said and added that the weather is very likely to remain erratic during the first week of May in Jammu and Kashmir.

Srinagar recorded a low of 11.3 degree

CONTINUED ON PAGE 4

Two IEDs, grenade launcher seized from Terrorist hideout in Ramban

JNEWS SERVICE
JAMMU, MAY 1

A terrorist hideout was busted in a remote forest area in Jammu and Kashmir's Ramban district with the recovery of arms and explosives including two improvised explosive devices (IEDs) and a grenade launcher, police said on Monday.

The hideout was busted on specific information about its location in the far-hilly and forested area of Burzalla in Khari



tehsil, a police spokesperson said.

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LG inaugurates Special Governance Camp at RS Pura for West Pakistani Refugee families



JNEWS SERVICE
JAMMU, MAY 1

Lieutenant Governor Shri Manoj Sinha inaugurated the Special Governance Camp for West Pakistani Refugee families, today at Chakroi, RS Pura.

Addressing a large gathering, the Lt Governor shared the UT Administration's resolve to extend the benefits of government schemes to their families.

"The Government is working with dedication & commitment to realise the dreams of the community. It is a fresh dawn, which offers the people limitless possibilities and a new hope to the youth. We will ensure

ed their scope of progression and upward mobility. Honble Prime Minister Shri Narendra Modi ji provided them the rights enjoyed by other citizens of the country and they are no longer treated as refugees," the Lt Governor said.

The Lt Governor said the special Governance Camp aims to resolve grievances, verification of pending cases, awareness about various welfare & self employment schemes and placement drive with focus on eligible candidates from displaced families.

Article 370 & 35A had denied political rights & other benefits to West Pakistani Refugee families & prevent-

CONTINUED ON PAGE 4

Lt Governor releases Books authored by Padma Shri Prof Vishwamurti Shastri

JNEWS SERVICE
JAMMU, MAY 1

Lieutenant Governor Shri Manoj Sinha today released two books viz. "Sarvajan Sukhaya" and "Sarvajan Hitaya" authored by Padma Shri Prof Vishwamurti Shastri, at Raj Bhavan today.

The books provide useful information and ways for performing pooja based on tyotish vigyan and on the invaluable ancient knowledge on variety of subjects for a holistic living and prosperous life.

Speaking on the occasion, the Lt Governor said, Sanskrit is recognized as one of the oldest living languages of the world and offers tremendous treasure in literature,

CONTINUED ON PAGE 4

Centre paying focused attention to J&K, strengthen PM's hands for its equitable development: Kavinder



JJ NEWS SERVICE

JAMMU, MAY 01: Kavinder Gupta, former Deputy Chief Minister and senior Bharatiya Janata Party (BJP) leader has asserted that the Government at the Centre is paying focused attention towards Jammu and Kashmir Union Territory to ensure equitable development besides welfare and prosperity of the people of this traumatized region. He expressed this while addressing a gathering during a programme organized at Rampura area

of Gandhi Nagar constituency here today. The locals of the area expressed gratitude to the former Deputy Chief Minister for constructing the Nallah flowing in the vicinity. In his address, Kavinder Gupta said that Bharatiya Janata Party stands fully committed to equitable development of Jammu and Kashmir Union Territory. "The Union Govt is paying focussed attention to Jammu and Kashmir Union Territory and is determined to carry out developmental activities in every nook and corner of this sensitive region", he asserted. The senior BJP leader at the Centre has prioritized the overall development of all the areas without any rural-urban or other discrimination with main focus on roads and sanitation as roads ensure the smooth supply of basic essentials as well as other commodities for the ease of living of the people while good sanitation ensures good health. He said that the government stands fully committed to ensure the improve-

ment of roads, lanes and drains infrastructure in all the areas.

Meanwhile, the former Deputy Chief Minister took the opportunity to interact with the people of the area and took stock of their problems and issues on the occasion.

After giving them a patient hearing, he assured to get their grievances addressed at the earliest by taking up the same with the concerned authorities.

He appealed to the people to further strengthen the hands of PM Narendra Modi for equitable development of Jammu and Kashmir Union Territory.

Prominent among those who were present include Corporator Pawan Singh, Ved Sharma Co-ingle, All Cells, Jeet Chowdhary, Naveen Gupta, Davinder Vaid, Puran Chand Mehra, Lokesh Mahajan, Ramzan Hussain, Varinder Singh and Babita.

Later, Kavinder Gupta distributed trophies among the winners of cricket match in the area. He also appreciated the players for showing sportsmen spirit during the match.

Mayor visits migrants camps Jagti, Nagrota; takes stock of problems



JJ NEWS SERVICE

NAGROTA, MAY 01: Mayor Rajinder Sharma today visited migrants camp Jagti and TRT camp Nagrota and took stock of the problems being faced by the Kashmiri Pandit migrants residing here.

The Mayor was received by Seh Prabhari BJP KDD Hira Lal Bhat, State Media Head & Prabhari KDD BJP Youth Wing, Chetan Wanchoo, Paira Lal, Mandal President and Rohit Ganjoo, District President KDD.

Hira Lal Bhat apprised the Mayor about the deplorable condition of migrant quarters. He apprised the Mayor that

thousands of KPs families residing in Jagti and Nagrota TRT Township have been forced to live in insanitary and unhygienic conditions. He said there is no proper sanitation available to the inmates residing in camps as majority of Kashmiri Pandits suffer from different ailments whose health problems are further compounded due to improper sanitation of the surroundings.

Chetan Wanchoo apprised the Mayor on the pathetic condition of the health facility in the area. He said there is dire need to upgrade this health facility in the area. He said no major surgeries are presently being carried out

in the Sub District Hospital Jagti making it just a name-sake health facility. He said that the KPs which are lying in the vicinity since last over decades are totally dependent on this hospital but the poor infrastructure and handful of facilities are forcing them to look for the same in other places which are far away.

He said the ultrasound facility is available only twice a week and only for two to three hours, adding that this issue needs immediate attention to make the health facility efficient.

Pyare Lal said that the hot season has set in, the sanitation also needs to be ensured and therefore, fogging, cleanliness drive, etc.

to keep control on mosquitoes is of vital importance in Jagti & Nagrota TRT area. He requested the Mayor for proper sanitation of the whole area including frequent fogging may please be got carried out.

Rohit Ganjoo raised serious concern over menace of stray dogs which has made the life of inmates more problematic need also to be looked into. A number of dog-bite cases are being reported in the area which has made their life hell.

Old people/women folk and children are worst sufferers.

Giving a patient hearing to the people, the Mayor said that necessary steps will be taken to resolve the problems being faced by the migrants residing in camps. He assured that sanitation and fogging drives will be conducted shortly.

The Mayor assured that the issue of upgrading the health facilities will be resolved shortly by taking up the matter with the Secretary Health. He said that government is committed to provide basic amenities to the migrants residing in the camps.

Congress questions silence of Modi Govt. over Malik's revelations on Pulwama attack



JJ NEWS SERVICE

JAMMU, MAY 01: Congress today sought answers on the Pulwama issue to the questions raised by Shri Satya Pal Malik the then Governor of Jammu and Kashmir when the terror attack took place.

Addressing a press conference at Party HQ today AICC leader Lt. Col. Anil Duhoon flanked by Working President PCC Shri Ramn Bhalha, Chief Spokesperson Ravinder Sharma, Ved Mahajan (Ex-MLC), Media Coordinator, Neeraj Gupta, Spokespersons Kapil Singh, Sahil Sharma today questioned the silence of Modi Govt. on the serious issue of national security and the martyrdom of forty brave jawans in the wake of startling disclosures by then governor an appointee of the Modi Govt.

He said that the entire nation is

concerned to know the outcome of any such probe or enquiry into such a deadly terror attack on a long convoy of large number of jawans leading to the martyrdom of forty jawans leaving behind their families.

Lt. Col Duhoon questioned why such a huge convoy and strength of jawans struck up on the risky high way were not provided few aircrafts and the sensitive rout was not sanitized and the Link road to High Way manned, despite intelligence inputs about the presence of huge quantity of RDX and a possible terror attack. The intelligence inputs were corroborated not less than about ten intelligence agencies but still this kind of attack happened due to lack of necessary and required precautions and failure of the Govt. to provide aircrafts to the jawans.

He said that the entire Modi Govt. right from Prime Minister to Home

Minister and Defence Minister are making a complete silence and not opening their mouth to the serious revelations made by Shri Satya Pal Malik and ignoring the issue as if nothing had happened. He said that the martyrdom of forty jawans and sacrifices of their suffering families apart from serious issue of national security has no concern to the Modi Govt. However it is a matter of great national concern and the nation wants to know the truth and the circumstances which led to the great tragedy particularly in the wake of the revelations of Shri Malik into the matter.

He said that Congress has been continuously raising the issues of national security and integrity of the country but the Prime Minister either deliberately keeps mum or gives clean chit like he did in the case of China of the supreme sacrifices of our twenty jawans. He referred to the clean chit of Prime Minister Modi to China when he had declared "NA KOI GUSA HAL, NA GUS BETHA HAI". Whereas our jawans were martyred defending our territory. Now the Govt. claims that China is disengaging but questioned if it had not entered in our territory then where is the question of disengagement?

Senior Congress leader demanded a white paper into the Pulwama attack as it is more than four years but no outcome of any high level enquiry into the circumstances and failure on the part of the Govt. and the highest authorities as well as the accountability fixed for the same was shared with nation.

Millet are called Super Food and Play important role in fighting Malnutrition: Sunil Prajapati

JJ NEWS SERVICE

JAMMU, MAY 01: In a Medical Camp at Vishavkarma Sabha Gurga Bakshi Nagar Jammu, Sunil Prajapati (State President BJP OBC Morcha) Launch the Poster of Millets for Nutritional and Health Security under Directorate of Ayush, J&K and Inaugurated Medical Camp.

Free Medicine and Health Checkup Camp was Organised by Neelam Verma without the help of Department of Ayush.

Prominent among the others Present are Ratan Chhotra (Secretary BJP OBC Morcha), Shekhar Satti (Spokesperson BJP OBC Morcha), Ashok Salgotra (District Present BJP OBC Morcha), Rakesh Chalotra (President Vishavkarma Sabha), Jagdish Vishavkarma (General Secretary), Neelam Verma (Vice President), Ratan Verma, Renu Jagdish, Sanjay Chalotra, Vinod Jaral, Ajay Chalotra.

Sunil Prajapati awares People in the Camp about Millets and Said India currently is working in a double leadership mode - one with its G20 Presidency and the other with its mission to elevate Millets as the crops of the future. Ever since India got the mandate from UN to promote the year of 2023 as the International Year of Millets, it has raised hopes for so many farmers around the world

whose hearts are eager but means are meagre. This wonder crop, which is used as both food and fodder, is highly drought-tolerant in nature and can even grow in low fertile land. India has rightly identified the revolutionary changes that Millets are so easily capable of bringing for the entire mankind. This timely acknowledgement accompanied with right actions (Getting Millets to become the king crop of 2023) can really reverse the whole global food order towards healthy, fibrous, and nutritious food intake.

Also, when the entire world is slowly accepting, veganism, protein-based diet and other health-friendly dietary changes, promotion and popularity of millets can bring a lot of business for millet-producing countries which are poor. The Millet year will result in more and massive production of the crop leading to unprecedented export figures, which can bring real changes and support economies of such countries by promising good growth for small farmers and eager entrepreneurs in these regions. Millets are important crops suitable for good production even in marginal land in dry areas of temperate, sub tropical and tropical regions.

India also seems ready to act on its millet leadership with full zeal with Millet festivals and events now being held already in different parts of the

country bringing in participation of people from both within and outside the country. The world is looking forward to know and adapt to millets, especially whereas it is so rich in dietary fiber, both soluble and insoluble. Emphasizing on the importance of these nutri-cereals, Prime Minister Narendra Modi had said, "Millets have a glorious history of being among the earliest crops grown by humans. They have been an important food source in the past. But the need of the hour is to make them a food choice for the future." Another interesting fact about millets that may attract a lot of tummies around the world is that it lacks gluten and can be consumed by those affected by gluten-related disorders.

The COVID-19 pandemic and its aftermath impacts, topped with Russia-Ukraine conflict, impeding climate crisis and other global threats have distorted the current world order, driving millions more into extreme poverty, hunger and malnutrition. The crisis has trapped the world in a state of gloom, where particularly healthy, food security and livelihood of millions have been compromised. Food stocks especially are being felt in many regions across the globe. Thus, a global call for inducing in climate resilient food system, providing affordable and nutritious option, has become need of the hour.

NC contributed a lot in spoiling image of country: Bali Bhagat

JJ NEWS SERVICE

JAMMU, MAY 01: After sowing seeds of hatred and divisive politics from sixties and propagating the same by way of tacitly supporting terrorism and forcing exodus of Kashmiri Pandits, Farooq Abdullah today is giving sermons on dismantling walls of hatred.

This was stated by senior BJP leader and former minister Bali Bhagat in a statement issued here on Monday.

The senior BJP leader said that Farooq Abdullah, who was the founder member of Jammu and Kashmir Liberation Front (JKLF), has done the biggest sin by forcing around 4 lakh KPs to leave the Valley in 1989 which was result of his hid-



den agenda for which he was condemned by several nations of the world as he was the chief minister of the erstwhile State of J&K. "It is unbelievable that 'supporter' of Islamic Jihad and creator of fissures between Hindus and Muslims at that time after becoming redundant in today's politics has changed colour like chameleon and is advocating for harmony today", Bali Bhagat said, adding

that the NC leader has contributed a lot in spoiling the image of country in the past. He said that Farooq, who is desperately longing for a political refuge today was once the top stooge of Pakistan and used to dance on the tunes of that nation.

The former minister said that it was Farooq Abdullah, under whose very regime Kashmir witnessed killings, rapes, selective threats, and when the entire valley was burning he left the place like a coward and flew to London, letting down the Kashmiri people.

Accusing Farooq of instigating people of Jammu on the line of Valley to bring unrest here, Bali said that people here are quite smart and they know the intentions behind the play very

well.

The senior BJP leader, however, said that the leaders which Farooq Abdullah wants to investigate have already lost ground in Jammu and are good for nothing therefore peace loving people of Jammu region need not to worry about such attempts to vitiate the atmosphere here.

"What Farooq is saying in Jammu is something totally different from what he professes in Valley thus exposing his duplicity among the people of both the regions as the days of befooling masses have gone and now each and every person knows the motive of such politicians who earlier used to encash their lies and deceitful tactics with great ease", he maintained.

DCE organises "International Labour Day"



JJ NEWS SERVICE

JAMMU, MAY 01: Dogra College of Education organized "International Labour Day" on 1st May, 2023 with the students of Sem-1st and Sem. 4th participated.

The programme began with formal welcome address given by Mrs. Sarika Kumari, Convener, Population Club, Dogra College of Education. She spoke that the day is to commemorate the hard-work and dedication of workers towards the prosperity, strength and development of the country. On this occasion, the grocery items were distributed among the supporting staff of the College by Population Club of the college. Dr. Vikesh Kumar Sharma, Principal, Dogra College of Education also

expressed his gratitude and appreciation towards the contribution of workers to our Society.

Speaking on occasion, Dr. Darshana Sharma, Director, Dogra Group of Institutions, Campus Development told the audience that the motive of celebrating Labour Day is to recognize the huge efforts made by the working class and to aware them about their rights.

She appreciated the efforts of the teachers and the students of Dogra College of Education in organizing such social outreach activities. Prominent among those present on the occasion were Dr. Shefali Sharma, IQAC Coordinator, Dogra College of Education and all the faculty members. A formal vote of thanks was presented by Mrs. Sarika Kumari.

Yoga Mahotsav to commemorate 50 days countdown to International Day of Yoga 2023 to be organised today

AGENCIES
NEW DELHI, MAY 1

Morarji Desai National Institute of Yoga (MNIY) under the Ministry of Ayush will celebrate the Yoga Mahotsav to commemorate the 50 days countdown to the International Day of Yoga at Shri Bhawan Niketan Shiksha Samiti, Sports Ground, Jaipur tomorrow (2nd May 2023). The Ministry is organising the event with active support and cooperation of the state government of Rajasthan, local authorities and various institutions with an objective to boost Medical Value Travel in Rajasthan through Yoga.

Governor of Rajasthan, Shri Kalraj Mishra, Union Minister of Ayush & Sports, Shipping and Waterways Shri Sarbananda Sonowal, Union Minister of Jal Shakti, Shri Gajendra Singh Shekhawat, Union Minister of State for Parliamentary Affairs and Culture, Shri Arjun Ram Meghwal, Union Minister of State for Agriculture and Farmer's Welfare, Shri Kailash Choudhary, Union Minister of State for Ayush and Women & Child Development, Dr Munjpara Mahendrabhai along with Members of Parliament from Rajasthan, Secretary of Ayush, Valdyia Rajesh Kooche, Dr. J.V. Basavard, Dr. Dir, MNIY, Vice Chancellor of National Institute of Ayurveda (NIA), Jaipur

Prof. Sanjeev Sharma and other senior officials of Ministry of Ayush and representatives of over 50 leading Yoga Institutions will participate in this Yoga Mahotsav.

Addressing a press conference at the venue of tomorrow's event, Shri Sarbananda Sonowal said, "Under the foresighted leadership and guidance of Hon'ble Prime Minister Shri Narendra Modi the International Day of Yoga (IDY) has become a benchmark event, which is celebrated nationally and globally with ever increasing enthusiasm. As earlier, this year's IDY 2023 will also witness many firsts, foremost being the demonstration of common Yoga protocol (CYP) at Arctic and Antarctic region."

Elaborating upon the decision to organise the 50 Day countdown in Rajasthan, Shri Sonowal said, "Thousands of foreign tourists come to Rajasthan annually and take services of many Yoga institutions for learning Yoga and Yoga therapies. I see enormous opportunities for these CYP training to more than 2 lakh villages of the country. Also, the Community Radio Network of Commonwealth Educational Media Centre for Asia (CEMCA) will be utilised to spread the message of Yoga in rural communities apart from reaching out to the masses through the wide

network of All India Radio (AIR).

Ministry is also planning to conduct CYP at all functional Health and Wellness Centres (HWCs) spread across the country. The focus would be to organise CYP at all the HWCs including Ayush HWCs (AHWCs) across the country. Special arrangements for the training of staffs will be made. Here, it is important to mention that the state of Rajasthan is among many states, where Ayush system related infrastructure and its acceptance among local communities has been strengthened through the years. Rajasthan is also emerging as an important state for India's Heal in India initiative.

The minister urged all stakeholders to practice and promote Yoga at work place, particularly 5 minutes Yoga Break and Yoga on Chair Protocol. Union Ayush Minister also underlined the fact that the growing acceptance of Yoga across the globe is again evident in the forthcoming participation of the G-20 delegates currently traveling the length and breadth of India.

Further elaborating upon various collaborative activities already undertaken with the Rajasthan government, Mr. Sonowal said that the Ministry of Ayush was supporting the state government for establishment of 2019

AHWCs by upgrading the existing Ayush dispensaries. Already funds worth more Rs. 61 crores have been sanctioned and 919 AHWCs are progressive functional as per latest report. He further informed that the Ministry has released around Rs. 230 Crores to the State Government for implementation of different activities as proposed in State Annual Action Plans (SAAAPs) under National Ayush Mission (NAM) from the year 2014-15 to 2022-23.

The Ayush Minister said that today secretary Ayush chaired a meeting with officials from state government of Rajasthan and discussed various Ayush related matters. The government has requested support through NAM Scheme for various initiatives. These include: Rs. 10 crores for two new 50 bedded Integrated hospital, one each at Bharatpur and Sawaimadhopur; Rs. 13.69 cr for their 5 ongoing Integrated hospitals; Rs. 10.51 cr for their Public Health program (NPDCDS); and Rs. 14.75 cr projected for the upgradation of 59 Dispensaries.

Ministry of Ayush will consider and examine the proposal immediately on its receipt and will definitely be extending support as much as possible based on the permissible limit as per scheme guidelines.

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Ministry of Ayush will consider and examine the proposal immediately on its receipt and will definitely be extending support as much as possible based on the permissible limit as per scheme guidelines.

state for personnel said referring to the government's 2019 decision.

He said as a result of the corrective measures adopted by Prime Minister Modi, India's stature has risen globally, and there is no ambiguity left as far as India's position about Jammu and Kashmir is concerned which is, in an integral part of the Indian Union.

"I only the then prime minister Jawaharlal Nehru had allowed the then home minister Sardar Patel to handle Jammu and Kashmir in the same manner was handling other princely states of India, today the part of Jammu and Kashmir that is illegally occupied by Pakistan would have been a part of India and the issue of PoJK would have never have risen," the minister said, according to an official statement issued here.

"However, he said, it is very much on the agenda of the government led by Prime Minister Modi and the BJP as a political party to retrieve the illegally occupied PoJK from the control of Pakistan and restore it back to India," it said.

Different groups that interacted with Singh told him about the recent activities conducted by them to unite groups of people of Indian origin against anti-India forces for the statement said.

The minister told them that time has come to create "our own narrative so that false narratives created by our adversaries do not gain upper hand."

Under Prime Minister Modi, the world is ready to listen to India's viewpoint and the message that nobody can challenge or harm the integrity and sovereignty of India should go loud and clear across all sections, he said.

The meeting, which lasted for nearly an hour, consisted of people engaged in different areas of work and hailing from different regions of Jammu and Kashmir.

Present in the meeting were also representatives of the Jammu and Kashmir Study Centre branch in London who have their main office in New Delhi. There were also members of Dogra organisations of Jammu and Kashmir and members of Kashmiri Pandit activist groups, the statement said.

Singh appreciated the manner in which they had contributed in correcting the negative narrative about India, particularly in the context of Jammu and Kashmir, by "restoring its integrity" and had also stood up to the challenge of anti-India forces in the UK, the statement added. (Agencies)

Widespread Rains, Snow...

Celsius against 10.5 degree Celsius the previous night and it was 1.6 degree Celsius above normal for the summer capital of Jammu and Kashmir. Srinagar also received 0.4mm of rainfall during the past 24 hours till 0830 hours today.

Qazigund settled at 7.8 degree Celsius for the second consecutive day on Monday and it was 0.7 degree Celsius below normal for the gateway of Kashmir.

Tourist hot spot of Pahalgam recorded a low of 4.7 degree Celsius against 2.2 degree Celsius a day ago and it was 0.7 degree below normal for the valley of shepherds in south Kashmir.

Kokernag recorded a low of 7.7 degree Celsius against 8.8 degree Celsius on the previous night and it was 0.7 below normal for the picnic spot of south Kashmir.

Gulmarg recorded a low of 4.0 degree Celsius against 1.0 degree Celsius on previous night and it was 0.3 degree Celsius below normal for the world famous skiing resort in north Kashmir's Baramulla district. It also received 0.4mm of rainfall during the past 24 hours.

Kupwara recorded a low of 8.7 degree Celsius against

NITI Aayog Releases Compendium on Best Practices in Social Sector 2023



AGENCIES
NEW DELHI, MAY 1

NITI Aayog released the "Best Practices in Social Sector: A Compendium, 2023" today in collaboration with the United Nations Development Programme. To commemorate 75 years of India's independence and highlight and laud the efforts of Union Ministries and State Governments, this compendium includes 75 case studies cutting across 14 key social sectors. The case studies have been sourced from all States/ Union Territories and 30 Ministries and Departments of the Government of India.

"This publication is an opportunity for peer-to-peer learning among states, to applaud the efforts of innovations taking place in the States and to adopt practices that are best suited to the context," Shri Suman Bery, Vice Chairman, NITI Aayog, said during the launch. He added that this document should be

made a living document and should be an active tool for innovation and scale up. "The utility of the compendium lies in the potential of its case studies being replicated across States and Union Territories," observed Shri B.V.R Subrahmanyam, CEO, NITI Aayog.

"This document is not only significant for peer learning among states, but also an important source for other countries to learn from India's successes," remarked Ms Shoko Noda, Resident Representative, UNDP India. "As India is celebrating 'Azadi Ka Amrit Mahotsav', NITI Aayog and UNDP are bringing out this compendium showcasing 75 best practices in the social sector which truly highlight the theme 'Achievements @75' at the grassroots level," said Dr. Yogesh Suri, Senior Adviser, NITI Aayog.

The seventy-five best practices highlight models which are innovative, sustainable, replicable and impactful. The

aim of this exercise has been to synthesise lessons for the future to expand, enhance and improve life at the grassroots level. Due care was taken to ensure that the cases identified are spread over diverse themes, including education, health and agriculture, e-governance and digitization, agricultural, women's empowerment, sports, and financial inclusion, among others.

NITI Aayog Vice Chairman Shri Suman Bery launched the compendium in the presence of Members Dr. V K Saraswat, Dr. V K Paul and Dr. Arvind Virmani and CEO, NITI Aayog Shri B.V.R Subrahmanyam; Ms Shoko Noda, Resident Representative, UNDP India. Senior officials of NITI Aayog; Ministry of Skill Development and Entrepreneurship, Ministry of Agriculture and Farmers' Welfare, Ministry of Electronics and Information Technology, Ministry of Health and Family Welfare were also present.

Two IEDs, grenade...

The recoveries made from the hideout included an Under Barrel Grenade launcher (UBGL), two rifle grenades, a wireless set with an antenna, two IEDs with wire, a detonator, IT rounds of AK-47 rifle, seven rounds of 9 mm pistol, one bottle containing some liquid, a 'Khakhi' jacket and a pair of black leather shoes, the spokesperson said.

No one was arrested during the search operation, he said, adding police have registered a case under relevant sections of law and further investigation is on.

LG inaugurates Special...

they become architects of J&K's strong and prosperous tomorrow," added the Lt Governor.

The Lt Governor also reiterated the government commitment to work for the larger interest of the displaced families.

"Governance camp will act as an institutional structure to effectively resolve all the pending cases within a time frame and mitigate the problems of farmers. Our trust will be on measures for economic & social development, social justice & equality," observed the Lt Governor.

Ownership rights of lands to West Pakistani Refugees will be ensured by the UT administration on the directions of the Central Government, the Lt Governor added.

The Lt Governor further assured every possible support and assistance from the government to the youth of West Pakistani refugee families in their entrepreneurial & business ventures. He also said all the opportunities for skill development and sports will be provided to the youth.

Youth must come forward and avail the benefits of all schemes and programmes of Mission Youth, he added.

The Lt Governor distributed sanction letters to the beneficiaries of different Government Schemes. He also interacted with the representative of West Pakistani Refugees and assured appropriate redressal of their issues and demands.

The Camps for employment generation & grievance redressal will be organized at different districts till 10th May 2023. Earlier, the UT Administration has organized Special Governance Camps for Kashmiri Migrants and Displaced Persons of PoJK to ensure saturation of social security schemes, self-employment and skilling.

Sh Bharat Bhushan, Chairperson DDC Jammu; Sh Ramesh Kumar, Divisional Commissioner Jammu; Sh Labba Ram Gandhi, President WPR Association; members of West Pakistani Refugee families, Senior Officers of UT administration were present on the occasion.

mathematics, medicine and science.

The wisdom of Sanskrit has the immense potential to enrich knowledge system and promotion of Sanskrit language will be the usage of Sanskrit words in day-to-day conversations is the need of the hour," the Lt Governor said.

Dr Mandeep K. Bhandari, Principal Secretary to Lt Governor; Sh Anshul Garg, CEO SMVDSS besides other people were present on the occasion.

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FROM THE FRONT PAGE...

Centre blocks 14...

banned several of the Chinese apps in the past. In the last few years, the government of India has imposed bans on around 250 Chinese apps citing them to be "prejudicial to the sovereignty and integrity of India, defence of India, security of the state and public order".

Since June 2020, the government has banned over 200 Chinese apps, including popular applications like TikTok, Shareit, WeChat, Hello, Likee, UC News, Bigo Live, UC Browser, Xender, CamScanner, popular mobile games like PUBG Mobile and Garena Free Fire.

BJP hits back...

the people are thankful to the prime minister for it. Some people do not digest peace, prosperity and development and are feeling pain in their belly as they see J-K marching ahead with people maintaining communal harmony and brotherhood," Raina told reporters at the party headquarters here.

"Jammu and Kashmir is a single entity and it does not matter whether the meeting is taking place in Srinagar or Jammu... It is a conspiracy to poison the minds of people and divide the society which will not succeed," he added.

Raina said the National Conference ruled J&K for most part of the past 70 years through "divisive politics" and it is not willing to allow people to live in peace and harmony. "They are frustrated as they see their political ground slipping away and such a remark is reflective of their frustration."

On Abdullah's remark about growing incidents of terrorism in Jammu region post the abrogation of Article 370, the BJP leader said he wants to remind the National Conference leader, who was the chief minister for several terms and a union minister as well, that the markets and educational institutions used to remain shut for 10 months every year.

"There used to be no transport service, tourist influx had stopped and Lal Chowk and other main markets used to woe a deserted look while stone-pelting has become an order of the day with even Muslims apprehensive of visiting mosques for Friday and Eid prayers... That time has gone and the Constitution, brotherhood, whether in Jammu or Kashmir," he said.

Raina said J and K is on the path of development because of Prime Minister Narendra Modi.

"Abdullah should heed the voice of his conscience and he will himself see the difference. Modi had pasted balm on the wounds of those who have suffered at the hands of Pakistan and anti-national forces," he said, adding "Modi is living in the hearts of every citizen of Jammu and Kashmir."

He also talked about the benefits of abrogation of Article 370 on the lives of West Pakistani refugees, PoJK refugees, Gorkha community, Valmiki Samaj and women married outside J-K.

Referring to the historic 100th episode of the prime minister's 'Maan Ki Baat' radio broadcast, Raina said over six lakh residents of J-K listened to the programme together, giving the BJP the confidence that it will emerge a winner in the next assembly elections.

"Holding of assembly elections is the prerogative of the Election Commission and the BJP is ready for the polls and given the support of the people of India, Modi, we will win the polls with a majority of seats to form the next government," he said.

He thanked the prime minister for always encouraging J-K residents through his 'Maan Ki Baat' and said Modi has always heard the 'Janta's Maan Ki Baat' and is keeping them close to his heart and resolving all their

issues. (Agencies)

After witnessing surge...

recovered in the last one week and no death has been reported in the last three months in Kashmir.

Moreover, 310,292 RAT and 15,996 RTPCR tests were done in the Kashmir division in the last seven days.

Officials said that there is no need to panic but people must take precautions and the government is keeping vigil on new variants by conducting genome sequencing of some positive cases.

They said that J&K is ready to tackle any situation in future as well but people must take precautions—(KNO)

Government at advanced...

"Kindly post the matter for further hearing after the Monsoon session of Parliament," he urged the bench.

At the outset, senior advocate Gopal Sankaranarayanan urged the bench to constitute a bench of seven judges for adjudicating the issues.

The bench said that even if the matter has to go to seven judges, it will have to be first placed before a five-judge bench.

On May 11 last year, in a path-breaking order, the top court had put on hold the colonial-era penal law on sedition till an "appropriate" government forum re-examines it and directed the Centre and states to not register any fresh FIR invoking the offence.

Besides the lodging of FIRs, ongoing probes, pending trials and all proceedings under the sedition law across the country will also be in abeyance, the top court had ruled.

In its significant order on the law that has been under intense public scrutiny for its alleged use as a tool against expressions of dissent, including on social media, the bench spoke of the need to balance the interests of civil liberties and citizens with that of the State.

"This Court is cognizant of security interests and integrity of the State on one hand, and the civil liberties of citizens on the other. There is a requirement to balance both sets of considerations, which is a difficult exercise."

"The case of the petitioners is that this provision of law... predates the Constitution itself, and is being misused... by the top court had said.

Sedition, which provides a maximum jail term of life under Section 124A of the IPC for creating "disaffection towards the government", was brought into the penal code in 1890, 57 years before Independence and almost 30 years after the IPC came into being.

In the pre-Independence era, the provision was used against freedom fighters, including Mahatma Gandhi and Bal Gangadhar Tilak.

To retrieve Pak-Occupied...

of the country.

In 2019, the central government had abrogated the article, which gave special status to the erstwhile state of Jammu and Kashmir, and bifurcated it into Union territories of Jammu and Kashmir and Ladakh. Prime Minister Modi will be remembered for having brought "justice to refugees from Pakistan settled in Jammu and Kashmir and to the daughters of Jammu and Kashmir who were deprived of their constitutional rights of citizenship and owning property", the minister of

Yudhvir, Priya call for united effort for harmonious societal growth

JJ NEWS SERVICE

JAMMU, MAY 01: J&K BJP Vice President, Yudhvir Sethi today called for a united effort for harmonious growth of the society, saying that the bonds of amity and brotherhood need to be further strengthened to make this world a better place to live in.

He was speaking at the annual celebrations of Maha Kali Temple at Circular Road Jammu. Priya Sethi, National Executive member BJP and former minister was also accompanied the senior leader. The programme was organised by Kali Mata Mandir Committee. Yudhvir said that promotion of harmonious society holds the key to creating an enabling environment for peace and progress of mankind. He emphasized upon maintaining communal harmony and brotherhood in the Jammu region while asserting



ing that these are the hallmark of the City of Temples. He said that it is a result of this attitude that Jammu is well known across the nation for maintaining communal harmony and brotherhood amidst diversities in religion and faiths. Sethi said that in the current times when the anti national and anti-social elements are hell bent upon disturbing the communal fabric, it is essential for the people of Jammu not to be led away by the provocative statements of

such elements and maintain communal harmony at all costs. Priya Sethi, former minister, in her address, stressed the crucial need of strengthening the bonds and amity and brotherhood, saying this has been the cornerstone of Indian ethos. She said the spiritual land of India has emanated the message of humanity from times immemorial and guided humanity to peace, prosperity and spiritual bliss. She urged the devotees, present on the occasion, to

spread the message of love, peace and compassion, which, she said is imperative for national integration and promoting inclusiveness across the country and in Jammu and Kashmir. She hoped that everyone will play a role towards the growth of the society based on social justice and equality. Among those who were present include Seema Dogra, Persino Devi, Usha Sharma, Pawan Kumar, Sanjay Kumar, Sunny Dogra and Ajesh Sharma.

Dr Andrabi held discussions with Australian High Commissioner in Srinagar

JJ NEWS SERVICE

SRINAGAR, MAY 01: The desire of the High Commissioner to be a part of the developmental initiatives of the Waqf Board is encouraging. Dr Darakhshan Chairperson of J&K Waqf Board Dr Darakhshan Andrabi today hosted Hon Barry O'Farrell AO the revered High Commissioner of Australia along with other members of the Consulate Jack Taylor the Second Secretary Political & Vandana Sethi, the Senior Research Officer Political for a brief interaction and deliberations upon the progress & achievements of J&K Waqf Board after its constitution in the year 2022 under the leadership of Dr Andrabi. The visiting team was highly apprecia-



tive of the reformative agenda of the Board & expressed the desire to explore possibilities for becoming a part of the developmental initiatives of the Board to boost Spiritual Tourism in Jammu & Kashmir. The emerging scenario in the valley particularly after the abrogation of Article 370 was also discussed at

length Dr Andrabi apprised the delegation about how the return of normalcy in the region after decades of terrorism & bloodshed is being wholeheartedly welcomed by the people & how the developmental agenda of the Central Government is bringing positive changes in the lives of the common masses here Discussions

also revolved around the upcoming G-20 Summit & excitement of the people of the valley in anticipation of the Summit & the preparations being made The High Commissioner was also of the view that the Summit would immensely help bring the Valley on the International tourist map & boost the economy of the region

Sat Sharma exhorts BJP Cells to extend public welfare schemes to masses

JJ NEWS SERVICE

JAMMU, MAY 01: Sat Sharma, former Minister exhorted BJP Cells to extend public welfare schemes to masses in a meeting conducted at party headquarter, Trikuta Nagar, Jammu.

Sat Sharma was addressing a meeting of Cell convenors and co-convenors of Professional Cell, Senior citizen cell and Education, employees and teachers' cell of Bharatiya Janata Party (BJP), Jammu & Kashmir.

Ved Sharma, co-Incharge BJP all cells, in welcome address, discussed the forthcoming party programs to be organized from May 15 to June 15.

Sat Sharma, who is also



Prabhari of these cells, discussed certain issues relating to extension of party activities and strengthening of these cells during the meeting. He focused on the plan to organize various programs in all districts of Jammu in which achievements made by the Modi

government during the last 9 years will be taken to the common masses. Sat Sharma said that the direct benefits of public welfare schemes initiated by the Modi government would be shared with the public. He exhorted activists of BJP Cells to extend public

welfare schemes to masses during their exercise. SK Sharma (Retd income tax commissioner) presented a vote of thanks. Mukherjee Sharma, J D Singh, Pooja Gupta, Varinder Gupta & Tilak Raj Sharma were amongst the prominent present in the meeting.

Govt Polytechnic Jammu organises workshop on digital skill development



JJ NEWS SERVICE

JAMMU, MAY 01: Training and Placement Cell of Government Polytechnic Jammu today conducted a workshop on digital skill development. The workshop was aimed at providing students with the necessary skills required in today's digital age.

The workshop featured two renowned speakers, ParmveerNandal and Arjun, both IIT Jammu alumni, who shared their experiences and knowl-

edge on the topic. ParmveerNandal is a digital skill expert, and Arjun is an expert in the field of AI tools. The workshop was inducted by Er. Arun Bangotra, Principal Govt Polytechnic Jammu who appreciated the training and placement cell of Government Polytechnic Jammu for organizing this workshop, to provide students with the necessary skills required to excel in their careers. The successful workshop on digital skill development is a tes-

tament to the commitment of the institute in providing quality education to the students. During the workshop, the speakers covered various topics such as digital tools like Canva Chat GPT, Tome, Dall-e, Google Forms, Team viewer, Data Analysis, and artificial intelligence. They also provided practical insights on how these skills can be used to enhance employability and career prospects. Both faculty and students from Government Polytechnic Jammu partici-

pated in the workshop, and it was very beneficial to everyone who went. The participants gained valuable insights into the latest digital trends and technologies, which will help them to be better prepared for the job market.

Overall, the workshop was a great success, and the participants expressed their gratitude to the Er. Ajay Thapa, Lecturer-I Mechanical Engg, Incharge training and placement cell, Er. Kuldeep Singh HOD Mechanical Engg, Er Rishabh Gupta, Lecturer-I Mechanical Engg, Er. Sakshi Kapahi, Lecturer-I & C Engg, Er. Yogesh Raina, Lecturer-I Automobile Engg, Er. Dheeraj Kumar Lecturer-I Travel & Tourism, Er. Heena Gupta Demonstrator Computer Engg, Ar. Manu Rajput Archt. Assistantship, Er. AkashDasgotra Workshop Instructor, Ms. Titika Sharma, Demonstrator (A/A) of Government Polytechnic Jammu for organising such an informative and insightful event.

Surjit Slathia, Ankush Gupta, listens to the public grievances

JJ NEWS SERVICE

JAMMU, MAY 01: "BJP makes a conscious effort to connect with the people, to know their issues and to hand over their solutions to them", stated Surjit Singh Slathia.

BJP Vice-President & former Minister Surjit Singh Slathia, accompanied by BJP Maha Sampark Abhiyaan Department Incharge Ankush Gupta, was listening to the public grievances at BJP headquarters, Trikuta Nagar, Jammu.

Numerous people, individually as well in the form of deputations, visited the



BJP office to discuss their respective issues with the senior party leaders. Various issues represented contained matters of individual concerns as well as development oriented related to their respective areas. Family of the miss-

ing girl from Bari Brahmana requested BJP leaders from appropriate action from the Police Department. They pleaded that the present actions are insufficient to save the minor girl. A deputation apprised that people are

facing much difficulty in getting SC certificates. Besides various personal issues, other main issues presented related to PHE, PDD, roads, lanes, drains etc. for all the issues, senior BJP leader immediately talked to the concerned department officials. Surjit Slathia immediately talked to the concerned officials to recover and save the missing minor girl. He said that our political dispensation is committed to provide immediate relief to the aggrieved and hence we ask for prompt action from the side of concerned officials to provide relief to the distressed family.

Gupta appeals EC to hold assembly elections at the earliest in J&K

JJ NEWS SERVICE

JAMMU, MAY 01: National Democratic Party Indian (NDPI) UT Chief Rajesh Gupta on Monday said, "The delimitation exercise has been completed and the boundaries of the electoral constituencies have been redrawn. Now we want democratic processes to be restored and appealed the election commission to announce the polls at the earliest in J&K." NDPI leader said, due to lack of restoration of Democratic government in Jammu and Kashmir, issues of common masses are being ignored. The bureaucracy is dominated in Jammu and Kashmir and the public is not being heard.

Top officials of government departments are not even giving time to lis-

ten to public problems and meet them. Gupta said that the public will have to become aware and now the NDPI will get every legitimate right of the people. The NDPI president said that NDPI is a party that believes in democratic values and will ensure that various pro-people initiatives are launched to benefit the weaker sections of people in our society. NDPI ensures he said while addressing a workers meeting at Jammu. The NDPI leader declared that party would strengthen its units in J&K right from Panchayat level up to top and it is all set to provide an honest and viable alternative to the people of J&K in coming elections. He dropped hint that party would gear up activities to contest coming elections.

Gupta asked his Party functionaries to shoulder responsibilities for protection of J&K's unique cultural and political identity.

He said that peace and progress is the mission of Modi Government at the Centre.

The NDPI president also said that people of J-K should continue to pose undaunted faith in the leadership of PM Modi.

Gupta further added that the PM is likely to take some revolutionary steps in J-K including early Assembly polls to ensure that golden days, that used to be the characteristics of the erstwhile J&K State, are back.

Senior NDPI leaders, Umesh Manhas, S. Kuljeet Singh, Tilakraj, Sandeep Anand, Rajiv Luthra and others also spoke on the occasion.

INDIAN ARMY ORGANISED MEDICAL CAMP & DRUG AWARENESS PROGRAM AT KAONA, RAMBAN

JJ NEWS SERVICE

RAMBAN, MAY 01: In an attempt to provide basic medical facilities to people residing in remote villages of J&K, the Indian Army organised a medical camp at village Kaona in District Ramban. The medical camp aimed to reach out to people coming from backward areas and could not

afford basic medical care and advice. In addition to basic health checkup and providing medicines, those in need of specialist care were referred for requisite treatments. More than 150 patients from Kaona and nearby villages who are from the underprivileged category were treated at the camp. On the sidelines of the medical camp, a Drug Awareness

program was also conducted to educate local population about the harmful effects of consuming drug and de-addiction measures.

While lauding the initiatives undertaken by Indian Army to provide basic health facilities, the Awaam requested that more such medical camps be organised in the area on a regular basis.

Nasha Mukh Bharat Abhiyan: DC Rajouri flags off awareness van to promote healthy, drug-free lifestyle

JJ NEWS SERVICE

RAJOURI, MAY 01: In continuation to a series of activities being organised in the district under Nasha Mukh Bharat Abhiyan, Deputy Commissioner Rajouri, Vikas Kundal today flagged off an awareness van here from DC office to spread awareness about the harmful effects of drug addiction and promote a healthy and drug-free lifestyle.

The event was organized by the Social Welfare Department in collaboration with the Brahma Kumari Ishwariya Ashram Rajouri. The awareness van will travel to all subdivisions, tehsils, blocks and panchayats in Rajouri to educate people about the harmful effects of drug addiction and the importance of leading a drug-free life. While talking to media persons during the event, the Deputy Commissioner Rajouri, Vikas Kundal emphasized the importance of creating a drug-free society.

He praised the Social Welfare Department and the Brahma Kumari Ishwariya Ashram for launching the awareness van and spreading awareness about the dangers of drug addiction. The DC also highlighted the adverse effects of drug addiction on individuals, families, and society as a whole. He urged everyone to support the Nasha Mukh Bharat campaign and work together to eradicate drug abuse from the community. The Deputy Commissioner also mentioned that the District Administration is making dedicated efforts to eliminate the menace of drug abuse from society and a number of measures are being taken in this regard. The organisation of this awareness van is one more step in this direction and such events will continue in near future. In addition to this, the District Administration is also planning to organize many more programs such as conferences, tabletalks, and other events to educate the masses about the dangers of drug abuse.

In conclusion, the Nasha Mukh Bharat awareness van flagged off by DC Rajouri is an essential step towards creating a drug-free society. It is crucial to create awareness about the harmful effects of drug addiction and encourage people to adopt a healthy lifestyle.

The involvement of religious organizations like the Brahma Kumari Ishwariya Ashram in the Nasha Mukh Bharat campaign is a significant step towards creating a drug-free society. With their influence and resources, they can play a crucial role in promoting awareness and encouraging people to adopt a healthy and drug-free lifestyle.

Among the others, the Additional Deputy Commissioner Rajouri, Rajeev Kumar Khajuria, District Social Welfare Officer, Wakeel Ahmed Bhatt, President Beopar Mandal, Rajesh Gupta and members of the Brahma Kumari Ishwariya Ashram Rajouri were present during the event.

THOUGHT OF THE DAY

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

JINDRAH IMAGES

Look fluctuating temperature seriously

Last year, there were media reports that India recorded its warmest March in 122 years with a severe heat wave scorching large swathes of the country in the month have forced everyone to think over the fast changing climate. This was quite an unusual phenomenon which needed to be viewed seriously in view of the increasing global warming threat. Weathermen, time and again, have flagged their concern over the rising temperature across the globe in general and India in particular. This time, they have suggested that the temperature will remain under normal in the month of May. It has sent a strong message across the world that tangible measures need to be initiated for limiting global temperature rise. Global warming occurs when carbon dioxide (CO2) and other air pollutants collect in the atmosphere and absorb sunlight and solar radiation that have bounced off the earth's surface. Though the Weather department has attributed the unusual heat to the lack of rainfall due to the absence of active western disturbances over north India and any major system over south India, yet it has added to the responsibility of every citizen against the backdrop of increased human activities, primarily fossil fuel burning, urbanization and industrialization which increases heat-trapping greenhouse gas levels in Earth's atmosphere. According to the MeT department, India has recorded a rainfall of 8.9 mm, which was 71 per cent less than its long period average rainfall of 30.4 mm in March this year. It was also the third-lowest precipitation in March since 1901 after 7.2 mm in 1909 and 8.7 mm in 1908. Over the country as a whole, the average maximum temperature (33.10 degrees Celsius) recorded in March 2022 is the highest ever in the last 122 years. While many believe that global climate change poses a very serious threat, in many cases views on this issue have not changed over the past few years. Of the few countries surveyed by Pew Research Center in both 2015 and 2010, a median of 47 percent in 2015 say they consider climate change a very serious problem, virtually unchanged from the 49 percent who said the same in 2010. Although there has been little change overall, there have been significant declines in concern in several key economies. More broadly, a country's carbon emissions are correlated with concerns about global climate change. The Intergovernmental Panel on Climate Change has suggested that to keep global warming below 2 °C, emissions of CO2 and other greenhouse gases must be halved by 2050 as compared with 1990 levels. In the wake of fast changing climate and rising temperature, the need of the hour is that every citizen of this country should make their contribution in the conservation of the environment to reduce the impact of global warming. And this is the only way forward to save our future generations.

DIPLOMATIC SHADOW OVER LAC IMPASSE

THE DEFENCE MINISTRY PRESS RELEASE SAID THE RAKSHA MANTRI CATEGORICALLY CONVEYED THAT THE DEVELOPMENT OF RELATIONS BETWEEN INDIA AND CHINA WAS PREMISED ON THE PREVALENCE OF PEACE AND TRANQUILITY AT THE BORDERS. THE USE OF THE PHRASE 'CATEGORICALLY CONVEYED' SOUGHT TO REITERATE THE MESSAGE OF A RESOLUTE GOVERNMENT THAT WILL NOT BE COWED DOWN BY A LARGER NEIGHBOUR.

C UDY BHASKAR

THE meeting between Defence Minister Rajnath Singh and his Chinese counterpart Gen Li Shangfu on April 27 in New Delhi and the gist of their deliberations are of considerable significance for a number of reasons. The first is the form and content of the meeting and the divergent positions that the two ministers took on the most contentious issue in the troubled bilateral relationship - the long-festering territorial dispute that flared up in Galwan along the Line of Actual Control (LAC) in June 2020.

It is instructive to note that while India and China have held 18 rounds of talks at the Corps Commander level, the April 27 meeting is the first such interaction between the Defence Ministers of the two nations since the Galwan clash of mid-2020. The relationship between the two Asian giants has become so brittle that the Singh-Li bilateral meeting was scheduled under the larger umbrella of the Shanghai Cooperation Organisation (SCO), the Eurasian security grouping whose rotating chairmanship was assumed by India in September 2022.

The Defence Ministry press release issued after the meeting was terse and noted that "the two ministers had frank discussions about the developments in the India-China border areas as well as bilateral relations" and added that, "The Raksha Mantri categorically conveyed that the development of relations between India and China is premised on prevalence of peace and tranquillity at the borders. He added that all issues at the LAC need to be resolved in accordance with the existing bilateral agreements and commitments. He reiterated that violation of the existing agreements had eroded the entire basis of bilateral relations and disengagement at the border will logically be followed with de-escalation."

This is indeed a 'frank' statement by the Indian Defence Minister and the use of the phrase 'categorically conveyed' also seeks to reiterate the message of a resolute government that will not be cowed down by a larger neighbour. The local media played up the stern message that was ostensibly conveyed to



Beijing, and the fact that Rajnath Singh did not shake hands with his interlocutor was emphasised by a section of the media. This was a petulant interpretation which tried to muddy the reality that appropriate courtesies were indeed exchanged - even if they may not have exuded warmth and bonhomie.

The Indian position on Galwan, often articulated by External Affairs Minister S Jaishankar, is that this incident has led to a 'disturbed' bilateral relationship that is not normal and that the onus lies on China to restore the pre-Galwan status quo. To that extent, Rajnath Singh was conveying the same message to his guest, though the return to the pre-Galwan situation was not mentioned in the official statement. However, the view from Beijing is very different.

The 18th round of India-China military talks concluded on April 23 with no breakthrough of any kind, but for an anodyne reference by India in a statement which referred to ensuring 'security and stability' along the LAC. The fact that there was no joint statement, unlike after the 16th and 17th rounds of talks, is an indicator that the bilateral relationship remains brittle. In Beijing, the foreign office made a bland reference to an in-depth exchange of views and expediting resolution of relevant issues.

It is relevant to note that the Chinese government conveyed its

assessment of the Singh-Li talks through social media, where it was stated that the Chinese Defence Minister termed the LAC situation as 'generally stable' and that from Beijing's perspective, the bilateral relationship was normal. Thus, the inference is that China is now sanguine about the new post-Galwan status quo, having tactically consolidated its position along the LAC and India is expected to accept the new normal along the LAC. The Modi government adopted a position of deliberate ambivalence in the immediate aftermath of the Galwan clash and tried to assert that India had not lost any territory to China; it had also not acknowledged the reality that India had forfeited certain patrolling access in the Ladakh region. This obfuscation and reticence by Delhi have emboldened Beijing, which is also aware that notwithstanding Galwan and calls from some Indian quarters to minimise trade and ties with China, bilateral trade has increased in absolute numbers; the trajectory remains robustly positive and the imbalance is in China's favour.

It is evident that India, having assumed the charge of two global groupings, the G20 and the SCO, has prioritised the current diplomatic compulsion, which is to ensure that nothing rocks the boat and that both summit-level meetings scheduled for later in the year proceed in a satisfactory manner. If

domestic political objectives dictated the immediate post-Galwan narrative that no territory had been lost along the LAC, the current reticence not to call out Beijing for its aggression is being shaped by a seemingly larger diplomatic objective - 'burnishing the 'brand India' image.

It merits recall that Rajnath Singh addressed the Army Commanders on April 19 and made a brief reference to the 'current situation' on the northern border. He added, "It is our 'whole-of-government' approach to ensure availability of best weapons, equipment and clothing to our troops, braving extreme weather and hostile forces to defend our territorial integrity."

Alas, this commitment to ensuring the availability of 'best weapons' to the troops is not borne out by the budgetary support; the inventory gaps in all three services are glaring. The inadequacies were brought out in an objective manner in the Khanduri report (2018), but there has been no credible attempt to effectively redress the gaps.

The war in Ukraine has only exacerbated the inventory gaps and this is a cause for concern.

A challenging White Paper on the Chinese challenge to India's core security interests and the policies that need to be adopted by the 'whole of government' is imperative before the bugle is sounded for the 2024 General Election.

Badal shaped Punjab's political trajectory

Badal was instrumental in bringing Sant Fateh Singh and Sant Chanan Singh to prominence in Akali politics. The two Sants played a key role in decommunalising the demand for a Punjabi-speaking state by declaring that such a state need not be a Sikh-majority state. Badal's politics of aligning with non-Sikh forces proved successful, with Devi Lal and others demanding the separate state of Haryana.

PRITAM SINGH

THE recent death of former CM Parkash Singh Badal marked the end of an era in Akali and Punjab politics. He was the last member of the third generation of Akali politicians that included Sant Harchand Singh Longowal, Jathedar Gurcharan Singh Tohra, Jathedar Jagdev Singh Talwandi and Surjit Singh Barnala. Each had a distinctive brand of politics but what was common to them was a moderate approach. This generation rose to prominence in post-1966 Punjab, created as a Punjabi-speaking state after a decade-long bitter struggle. The most prominent member of the first generation of Akali leaders was Master Tara Singh, at a time when Akali politics was faced with the challenge of devising a strategy to deal with the prospect of division of Punjab after the end of British rule.

The Akali Dal was rightly opposed to the division of Punjab, but its bargaining power was weak due to the low numerical strength of the Sikh community in comparison with the two major communities - Hindus and Muslims - whose leaders could not resolve their differences to avoid the Partition of India, which essentially

was a partition of Punjab and Bengal. The Akali leadership rejected the offer of Muhammad Ali Jinnah to join the newly proposed Pakistan - which would have meant the whole of Punjab going to Pakistan - but believed in the promise made by Jawaharlal Nehru that if the Sikhs opted to join India, a new state would be created in north India which would allow them to "experience the glow of freedom".

Post-1947 India created a new scenario for Akali politics that led to two tendencies - one represented by Giani Kartar Singh, that the Sikhs should pursue the goals of protecting their faith and traditions by remaining within the ruling Congress, and the second by Master Tara Singh, that the Sikhs must have their own party in order to retain their distinctive identity.

Badal belonged to the first generation of rural Sikhs to receive modern education in Lahore, a premier centre of learning in India of that period. He hoped to start a career as a low-level state official, but Giani Kartar Singh persuaded Badal's father that since the Sikh community needed educated Sikhs to shape the future of Punjab, it was better for the younger Badal to join politics instead of becoming a government administrator. Giani



Kartar Singh's point of view held sway for a brief period within the two currents in Akali politics; this led to the Akali Dal's merger with the Congress. It was thanks to this Akali-Congress deal that Parkash Singh Badal entered the Punjab Assembly for the first time in 1957. Master Tara Singh felt let down by Nehru for not keeping his promise of enabling the Sikhs to experience the 'glow of freedom' in independent India; the PM rejected the demand for the creation of a Punjabi-speaking

state. Master Tara Singh then succeeded in persuading the Akali leadership to break ties with the Congress. Badal followed Master Tara Singh during this turn in Akali politics. This initial period in Badal's political career, when he worked in accordance with both streams of Sikh politics, proved to be the most crucial period in shaping his vision of Akali politics - to keep the Akali Dal a representative of the Sikhs but align with other non-Sikh entities in Punjab and

Indian politics. This vision could be considered a creative synthesis of the two tendencies in Sikh politics and a very pragmatic one in pursuing the goal of political power.

Badal was instrumental in bringing Sant Fateh Singh and his companion Sant Chanan Singh to prominence in Akali politics as he viewed both of them through the prism of the goals of Sikh politics in independent India. The two Sants represented the second generation of Akali leadership and played a key role in decommunalising the demand for a Punjabi-speaking state by declaring categorically that such a state need not be a Sikh-majority state.

After the death of Nehru and Master Tara Singh, the then PM Lal Bahadur Shastri set the ball rolling for the creation of a Punjabi-speaking state, which eventually materialised in 1966.

The two Sants faded out of Akali politics after fulfilling their historic role, even though not completely, as their demand for making Chandigarh the sole capital of Punjab could not be fulfilled. Badal's politics of aligning with non-Sikh forces proved successful, with Devi Lal and other leaders demanding the separate state of Haryana. The new Punjabi-speaking state

brought into prominence the third generation of Akali politicians in which Badal proved to be the most resilient and successful representative of all Punjabis. He laid emphasis on Punjabiya, federalism and development as a new path to pursue, thus marking a new phase in Punjab's politics. He also emerged as a leading representative of regional political forces demanding decentralisation of India's governance.

The void left by his death poses a challenge to the current generation of Akali leaders to craft a new brand of politics for the state and the global Sikh/Punjabi community in an era that is going to be shaped by global changes in ecology, technology and society. This new generation must transcend narrow visions of electoral politics and enrich itself intellectually by drawing inspiration from Guru Nanak's teachings on ecology and social equality.

As Badal crafted a new language, new tactics and new politics in post-1966 Punjab while retaining a link with the past, the new Punjab leadership needs to learn how to creatively adapt the past for the demands of the present. Remaining true to Badal's commitment to a federal vision of India's governance would be the real tribute to him.

Shilpa Agnihotri says 'broken marriage' took a toll on Kushal Punjabi: 'Bohot upset tha woh'

It's been more than three years since actor Kushal Punjabi's death and his industry friends Shilpa Agnihotri and Apurva Agnihotri continue to struggle every time they think about him. In a recent interview, the couple recalled meeting Kushal a night before he was found dead in his apartment. During the conversation, Shilpa also asserted that Kushal was upset about his broken marriage.

Kushal Punjabi was found dead in his Mumbai apartment on December 26 in 2019. A note was also recovered from the site as he took his own life, as per police. Reportedly, the actor's failed marriage with his wife Audrey Dolhen drove him to the edge. The two got married in 2015. In a recent interview with

Siddharth Kanan, Shilpa Agnihotri said, "Obviously the broken marriage took a huge toll on him. Bohot, bohot, bohot upset tha woh (he was very upset). It's a big deal when one gets separated from their kid. We are all parents now, we know, broken marriage plus not being close to your child...Him telling me that I am going through this...Even in your worst scenario, one wouldn't think he would do something like this."

Kushal Punjabi rose to fame after winning the reality show Zor Ka Jhatka, and went on to participate in shows like Fear Factor, Paisa Bhari Padega and Jhalak Dikhhla Jaa. Kushal worked in movies like Lakshya, Kaal, Salaam-e-Ishq, Dhan Dhama Dhan Goal and Crazy Cukkad Family.



Rabbi Shergill: Sad That Artistes Buy Hits And Inflate Numbers Artificially



As someone who grew up in the bygone era of albums and CDs, Punjabi Sufi singer Rabbi Shergill says he finds it difficult to navigate the digital age where views are inflated "artificially". Best known for the hit song "Bulla Ki Jaana Main Kaun" from his 2005 eponymous debut album, the Delhi-based musician said it is a "sad" trend that artistes are paying to inflate the views of their songs on the Internet.

"I would like to think of an album as a book. So, if you compare me to a writer, would a writer be happy if he had written just three books? He would want to write more books. It is another thing that no one cares about books, CDs or albums anymore. So the format I grew up listening to and trying to get good at is gone," Shergill told PTI in an interview.

"You find hundreds of millions (views) to a song and you don't know that song, you don't know that artiste. So there is a lot of tinsel quality to music now, you can just buy hits in Africa, Zanzibar, Kazakhstan and inflate your numbers artificially. That I find really sad," he said, adding he has compositions ready for "5-6 albums".

Agent producer Anil Sunkara apologises for failure of film: 'Did a blunder starting the project without a script'

Agent producer Anil Sunkara has faced the box office. Directed by Surrender Reddy, the film also starred Mammooty, Dino Morea, Sakshi Vaidya and featured Urvasi Rautela in a special song appearance. The long delayed Telugu film only made 77 crore on its opening day. One of the producers of the film, Anil Sunkara, took the blame for the film's rejection by audiences and critics. He admitted it was a mistake to start the film without a bound script. The film was also delayed many times due to COVID-19. Producer Anil

issued a statement on Twitter, "We have to take the entire blame for #Agent. Though we know its an uphill task, we thought of conquering but failed to do so as we did a blunder starting the project without a bound script & innumerable issues including covid followed. We don't want to give any excuses but learn from this costly mistake and see how we can turnaround to make sure, we will never repeat the mistakes. Our sincere apologies to all those who put trust on us. We will make it up for the losses with dedicated planning & hardwork in our future project."



Fans appreciated his honesty and thanked him for speaking publicly. One fan wrote, "Hatsoff sir. These days hardly

any producer accepts failures in public. I wish u learn from mistakes and all the best sir for upcoming projects. I believe u

will come back stronger with commercial blockbusters very soon." Another shared, "Respect for being honest and accepting the result hope you will come back stronger from this learning." Trade analyst Taran Adarsh also added, "Very rarely have I seen producers/directors/actors accepting failure gracefully... Requires courage to publicly acknowledge failure of your just-released film [Agent]. #AnilSunkara ji... That too within a week of its release... We all learn from our mistakes and am sure, you will bounce back stronger with your next film."

What Is 'The Kerala Story' All About? Adah Sharma Explains In Detain As Controversy Surrounds The Film

Adah Sharma, who is gearing up for the release of her upcoming film 'The Kerala Story', has said that the movie is about life and death. She has also spoken about how this is not a propaganda film.

"I'm glad we can spread awareness with this film and people giving me so much love and support feels good always. As for performance, I'd credit the makers entirely. The director, the writer, the cinematographer," said the actress.

In 'The Kerala Story', actress Adah Sharma is playing the role of Fathima Ba, a Hindu Malayali nurse, who is among the 32,000 women who went missing from Kerala and were then recruited to the ISIS (Islamic State of Iraq and Syria) after being forced to convert to Islam.

Directed by Sudipto Sen, the film tells the story of four women and how from being regular college students in Kerala, they became part of a terror organisations.

The film has courted controversy for portraying itself as a real story and for making false claims that thousands of women from Kerala are being converted to Islam and recruited into ISIS, it faces allegations of promoting the Sangh Parivar's agenda.

About the controversy that surrounds the film Adah Says: Our film is about girls getting drugged, brainwashed, raped, human trafficking, forcefully impregnated and then raped again by multiple people sometimes, the child they deliver being taken away and them being made suicide bombers."

Alia Bhatt poses with Prabal Gurung for fitting ahead of Met Gala 2023, he shares sneak-peak of dress

Alia Bhatt is in New York City for her very first Met Gala. The actor will be walking the red carpet along with names like Priyanka Chopra, Kim Kardashian, Bella Hadid, Zendaya and Harry Styles on May 1. She is wearing an outfit from designer Prabal Gurung to the event and he shared a photo with her ahead of her fitting before the gala.

Taking to Twitter, Prabal wrote, "Can't wait for tonight!!!! @aliaa08 #MetGala #AliaBhatt." The duo have not revealed anything about the night's outfit in the photograph posted on Twitter. Instead, they both are dressed casually. Prabal is wearing a white T-shirt with a denim shirt and jeans, while Alia is dressing a black jacket and a black skirt. Alia leans into Prabal as they pose for the photo taken at his studio.

Fans commented that they were looking forward to their collaboration. One fan shared, "hoping for the best." While another added, "Supremely excited." Another one jokingly warned, "Better serve," and added a knife emoji.

Meanwhile, Prabal also teased fans with sneak peak of an outfit,



seemingly for Alia.

This year, the Met Gala's theme is dedicated to the fashion icon Karl Lagerfeld and titled Karl Lagerfeld: A Line of Beauty. The designer died in 2019 at the age of 85. This year's co-chairs are actors Penelope Cruz, Michaela Coel, former tennis player Roger Federer, singer Dua Lipa and Vogue editor, Anna Wintour who will also be walking through the red carpet.

Last year, Prabal dressed a number of celebrities for the Met Gala including singer Camila Cabello, and actors Ashley Park, Mindy Kaling and Michelle Yeoh. Alia could potentially reunite with her Jee Le Zaraa co-star Priyanka Chopra who is a Met Gala regular by now.

Deepika Padukone has also attended the fashion event in the past. Alia recently won the Filmfare Award for Best Actress for Sanjay Leela Bhansali's Gangubai Kathiawadi. On Instagram, the actor posted after the win and thanked her director for the film, "Gangu .. meri jaan .. my alter ego, belongs to you Sanjay sir."

Is Melissa Gorga leaving Real Housewives of New Jersey? Caroline Manzo weighs in on explosive feud with Teresa Giudice!

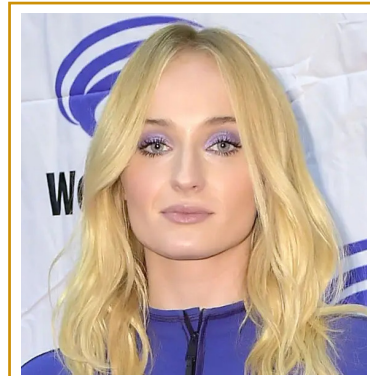


The Real Housewives of New Jersey has kept viewers on the edge of their seats with its explosive drama, and Melissa Gorga's fate on the show has been a topic of much speculation lately. But according to Caroline Manzo, one of the show's former stars, it's far too early to say whether Gorga will be returning for season 14. During a recent appearance on the Behind the Velvet Rope with David Yontef podcast, Manzo pointed out that the reunion show has yet to air, and that it's impossible to know what will happen until then. With so many moving parts to the show, there are countless possibilities for the future.

Many fans of the show believe that Gorga's ongoing feud with her sister-in-law Teresa Giudice may be the reason she won't be back. However, as Manzo noted, family relationships are complicated, and it's not easy to make a definitive decision about them.

Manzo suggested that it might be wise for Giudice and Gorga to take a break from each other and let the dust settle. After all, when the smoke clears, things often become clearer. Both women could benefit from some time away from the show to gain perspective on their relationship.

As for Manzo's own relationship with Gorga, things have been a bit awkward since Gorga made a comment about Manzo being "too old" for the show. While Manzo initially took offense to the comment, she later realized that Gorga had a point. Despite the age difference, however, Manzo and the Gorgas remain close. At the recent Bravo Con, Manzo had a great time with the Gorgas and laughed as they reminisced about old times.



Sophie Turner deletes daughter's video on Instagram, admits it was 'honest mistake'

When Sophie Turner posted a picture of her eldest daughter Willa on her Instagram Stories earlier today, her fans were surprised because this is the first time ever that she had done so. Now, in a new Instagram Story, the Game of Thrones actor acknowledged that her post was 'a mistake,' and requested her fans to 'delete the video.' (Also read: Priyanka Chopra poses with sis-in-law Sophie Turner after Jonas Brothers concert, both look divine)

Sophie deleted the earlier

video of her daughter and wrote this note on her Instagram Stories, "Earlier today I made an honest mistake accidentally posting a video of our daughter on Instagram stories. We have always advocated for our kid's right to privacy so sharing this publicly is something that I stand for."

Our children deserve the right to grow up out of the public eye, to learn and grow in private. If I ever were to post anything of our kids, know that it is unquestionably a mis-

take. I would greatly appreciate if anyone who has reposted on any other platform, please delete the video."

In the now-deleted video Sophie had shared with her daughter, she was seen with her in a playful mode, where she put a dog filter on Willa's face, and the toddler then wagged her tongue in an adorable manner. "Good morning!" she also shouted at the end, while Sophie giggled in the background.

Sophie and her singer-husband Joe Jonas are parents to Willa, who turns 3 this July, as

well as a second daughter, whose name has not yet been revealed.

The couple then welcomed their second baby in mid-July 2022. In an earlier interview with Elle UK, Sophie had said, "I'm very protective of the life we've built... my daughter never asked for any of this. I know what it can do to your mental health to be in this industry, and to be photographed every day and have the comments. It's not something I want her to deal with unless she says, 'This is what I want to do.' We're quite strict

about that. We'll encourage her to do whatever she wants but I don't think we would professionally let her do anything until she's 18. I also feel quite strongly about my daughter not becoming a nepotism child."

Her husband Joe is part of the Jonas Brothers, who are gearing up for the release of their upcoming record, The Album, which comes out on May 12. The album has 12 songs total, out of which the record's first single, Wings, and a second song, Waffle House, has been released.

7 superfoods you can eat daily for longevity



Everyone promotes a balanced diet, but having meals with all the nutrients is not possible. One food might be a rich source of fibre or protein, but might be lacking in certain vitamins. Another one could be full of antioxidants, but again might not be a good source of certain minerals needed by our body. That's why there are superfoods, which are beneficial for your body.

HealthShots connected with Dr Shahid Shafi Bhat, Consultant Internal Medicine, Ujala Cygnus Group of Hospitals, Moradabad, to know all about superfoods.

What are superfoods? According to Dr Bhat, superfoods are foods that have a very

high nutritional density. This means that they have the power to give you a substantial amount of nutrients with less calories. They contain a high volume of minerals, vitamins and antioxidants — everything that your body needs. Antioxidants, which are natural molecules found in specific foods, help to neutralise free radicals in our bodies. Free radicals are natural byproducts of energy production that can harm our bodies. Antioxidant molecules decrease or reverse the effects of free radicals that have close links with health problems such as:

Here are some products that you can try:

- Heart disease

- Cancer
 - Arthritis
 - Stroke
 - Respiratory diseases
 - Immune deficiency
- Superfoods to eat daily
- You can add colour to oatmeal with berries or sack on nuts. Here are some of the superfoods you can eat every day!
1. Blueberries
 2. Goji berries
- These are a small red berries high in vitamins C and E, along with different types of flavonoids. Want to have

healthy liver, eyes, and kidneys? Have this superfood and enjoy its health benefits.

3. Leafy greens

If you want to dig into leafy green superfoods, go for kale,

7. Seeds

Sunflower seeds, pumpkin seeds, chia seeds or flaxseeds are some healthy options that you can have as snacks. Eating seeds has been linked to lower rates of

HEALTHY EATING IS ALL ABOUT PICKING THE RIGHT FOOD. THAT MEANS EAT SUPERFOODS EVERY DAY TO GET MAXIMUM NUTRIENTS.

spinach and collard greens. These foods are rich in vitamins A, C, E, and K, and also contain an abundance of carotenoids, iron, magnesium, potassium, and calcium, says the expert.

4. Salmon

The high omega-3 fatty acid content in salmon and other fatty fish like trout and herring, can reduce cholesterol and decrease the risk of abnormal heartbeats (benefits of eating fish).

5. Nuts

Nuts like walnuts and almonds are a good source of plant protein. They also contain monounsaturated fats, which might help in reducing the risk of heart disease.

6. Cruciferous vegetables

These include vegetables like broccoli, cabbage, cauliflower, collard greens, kale and turnips. Cruciferous vegetables are an excellent source of fiber and contain phytochemicals like indoles, nitriles and thiocyanates.

cardiovascular disease, high blood pressure as well as cholesterol.

Who should avoid eating superfoods daily?

The expert says that extra care should be taken while eating superfoods if people have a chronic disease.

- People with kidney disease should take leafy vegetables with caution, as it can dangerously increase potassium in them and even lead to cardiac arrest.
- Got liver disease? Then don't take animal protein, including fish in excess amount. It can cause hepatic encephalopathy, which is the loss of brain function when a liver that's damaged doesn't remove toxins from your blood.
- Oxalate containing foods like nuts should be avoided if you have kidney stones. It can contribute to kidney stones, so don't have them.

WHAT NUTRITIONAL YEAST CAN DO FOR YOU

Nutritional yeast takes these dressings, toppings and seasoning blends up a notch



As both a food editor and a semi-functioning member of society, I'm a little embarrassed to admit how frequently I eat popcorn for dinner. (A couple of times a month, at least.) And I delude myself only slightly: It's vegetable adjacent.

Nutritional yeast is the backbone of my fine-tuned and finely ground house popcorn topping, contributing irresistible cheesiness without any dairy. For some time, I used it only for popcorn because, frankly, I didn't know how to harness its full potential. But much like miso paste, nutritional yeast will last a very long time — like, U.S.-representative-term-long — when stored airtight in a cool, dry place. So I had ample time to figure things out.

Nutritional yeast, or deactivated Brewer's yeast (a.k.a. saccharomyces cerevisiae, used for beers and breads), has long been pitched as a high-protein, vitamin-packed health food. But it is likely to better serve you as a savory flavoring agent than as a nutritional supplement. (Though, depending on the brand, it can contain some where between 6 to 10 grams of protein per 1/4 cup, which isn't nothing.)

Thanks to some pretty genius recipes, I've graduated from popcorn to other gratifying nooch applications. Adding nutritional yeast to a buttery, salty breadcrumb topping for a bit of tang seemed so obvious to me after I saw Alexa Weibel do so for her creamy Swiss chard pasta.

Using nutritional yeast as a wholesale cheese substitute isn't novel, but I particularly love how it completely replaces Parmesan when blended into Becky Hughes's beloved vegan Caesar dressing, and how it adds a familiar richness when paired with dairy-free butter in Ali Slagle's vegan twice-baked potatoes.

And then there are all of the seasoning blends you can make that aren't exclusively for popcorn, like Bryant Terry's umami powder — a combination of pulverized dried mushrooms, nutritional yeast and nuts — which he uses in his pesto-ish pasta sauce made with blanched broccoli. I knew I was going to miss having a dishwasher when I moved into a new apartment last year, but I really did not expect to miss having a microwave. But thanks to my colleague Priya Krishna, I do!

I am so intrigued by her method for cooking rice in the microwave, her preferred appliance for preparing the grain. (Apart from an Uncle Ben's-type bagged rice. I've never made microwave rice.) The microwave is, per her detailed reporting, more consistent than a stovetop burner and more practical than a single-function appliance like a rice cooker. College students without access to a stove, as well as folks without counter space to spare, may find this technique especially useful.

But the method that worked every time was also the simplest: rinsing the rice thoroughly, adding double the amount of water, and microwaving, uncovered, for 15 to 25 minutes, depending on the wattage of the machine. It may take a few attempts to figure out the exact timing for your microwave — in my 700-watt machine, it takes 22 and a half minutes — but once you do, you won't have to think twice about it.

NATIONAL PROTEIN DAY: EVERYDAY TIPS FOR HEALTHY PROTEIN CONSUMPTION

WHILE IT IS IMPORTANT TO CONSUME ENOUGH PROTEIN, IT IS ALSO CRUCIAL TO ENSURE THAT THE SOURCES OF PROTEIN ARE HEALTHY AND NUTRITIOUS. CHECK OUT SOME EXPERT APPROVED TIPS FOR HEALTHY PROTEIN CONSUMPTION.

Protein is an essential macronutrient that plays a vital role in building and repairing tissues, regulating hormones, and supporting a healthy immune system. While it is important to consume enough protein, it is also crucial to ensure that the sources of protein are healthy and nutritious. Despite its many benefits, many people struggle to consume enough protein in their diet, which can lead to a host of health problems.

That's why National Protein Day is an excellent opportunity to focus on incorporating more high-quality protein into your daily routine. Whether you're a vegetarian, vegan, or meat-eater, there are plenty of delicious and healthy protein-rich foods to choose from. (Also read: Protein power: Check out these best sources of protein for a morning boost.)

On National Protein Day,

Soumava Sengupta, CEO, BUILD, shared some tips with HT Lifestyle for healthy protein consumption.

1. Choose lean protein sources: Lean protein sources such as chicken, turkey, fish, and legumes are excellent options for healthy protein consumption. They are low in saturated fat and provide important nutrients like iron, zinc, and vitamin B12.
2. Incorporate plant-based proteins: Plant-based proteins such as tofu, tempeh, nuts, and seeds are great sources of protein for vegetarians and vegans. They are also typically high in fibre and other important nutrients.
3. Don't forget about eggs: Eggs are an excellent source of protein, as well as vitamin D, vitamin B12, and choline. Aim to incorporate eggs into your diet in a variety of ways, such as scrambled, hard-boiled, or in omelettes.



4. Use protein powder wisely: Protein powder/concentrate can be a convenient way to add protein to your diet, but it is important to choose a high-quality, minimally processed brand. Additionally, be mindful of added sugars and other additives in protein powders.
5. Balance your meals: When planning meals, aim to include a source of protein, carbohydrates, and healthy fats. This will not

only help ensure that you are getting enough protein but also help keep you feeling full and satisfied.

6. Snack smart: Snacks can be a great opportunity to sneak in some extra protein. Some healthy protein-packed snack options include Greek yogurt, string cheese, and hummus with veggies.
7. Watch your portions: While protein is important, it is also

important not to overdo it. Aim for a portion size of about 3-4 ounces of lean protein per meal.

8. Stay hydrated: Drinking enough water is important for overall health, including proper digestion and absorption of nutrients like protein. Aim to drink at least 8 cups of water per day.

Incorporating healthy protein sources into your diet is essential for overall health and wellness. By choosing lean protein sources, incorporating plant-based proteins, and balancing your meals, you can ensure that you are getting enough protein to support your body's needs.

Additionally, snacking smart and watching your portions can help you avoid overdoing it on protein. With these everyday tips for healthy protein consumption, you can feel confident that you are providing your body with the nutrients it needs to thrive.

These 2 Types of Cheese Are Eaten Most Often

Sometimes, the mere thought of certain foods can activate your salivary glands in anticipatory delight. For some, decadent sweet treats will do the trick. For others, it can be an age-old family recipe that store-bought or restaurant fare can't quite mimic. Yet one of the most common foods that many people can't help but look forward to enjoying is cheese. (I, for one, am currently day-dreaming about slices of smoked gouda.) However, traditional cow's milk cheeses can get a bad rap — especially if you have trouble digesting lactose, or if you notice that your acne flares up the more you consume your cheese of choice. And even if these potential pitfalls don't apply to you, there can be too much of a good thing: While cheese offers the likes of protein and calcium, it's often high in saturated fat and salt, which should be consumed in moderation to reduce the risk of cardiovascular disease.

Still, you can remain optimistic if the idea of mixing cheese from your diet is too much to bear. It turns out that grass-fed goat cheese and sheep cheese figure into the diets of two Blue Zones — aka regions of the world where people live the longest. To fig-



ure out how these cheeses complement these well-known diets for longevity, we consulted Taylor Fazio, MS, RD, CDN, a registered dietitian and wellness advisor at The Lanby in New York City.

The benefits of grass-fed animal products

Before we dive into the nutrition profiles of goat cheese and sheep cheese, it's important to call out the benefits of consuming cheese — as well as meat and other dairy products — from animals that graze on grass. "Grass-fed products have more beta-carotene and omega-3 fatty acids

than conventionally fed animals," Fazio says. "These products contain less inflammatory omega-6 fatty acids, which we want to consume in moderation, and in smaller amounts than anti-inflammatory omega-3 fatty acids." While omega-6 aren't inherently "bad," per a 2021 review, over-consuming them while having a low intake of omega-3s "is highly associated with the pathogenesis of many modern diet-related chronic diseases." Read: The right balance is key. "The nutrient content of grass-fed cheese is also higher in antioxidants, vitamins, minerals, and is a quality

source of protein compared to conventional options," Fazio adds.

Are goat cheese and sheep cheese significantly healthier than cow's cheese?

By this point, you might have made a mental note to shop for the grass-fed version of your favorite cow's cheese on your next grocery haul. While this may be a worthy upgrade, it still may be worth taking a cue from the Blue Zones to prioritize different varieties. According to the official Blue Zones website, goat milk and sheep milk products "figure prominently in the traditional menus of both the Ikarian and Sardinian Blue Zones," albeit in relatively small amounts and only a few times a week, rather than daily. "Goat and sheep cheese tend to have a slightly healthier nutrient profile than cow's cheese. For example, goat's milk has a slightly higher protein content and contains healthy fatty acids and vitamins," Fazio says. She also calls out the attractive benefit of its lower lactose content, which makes it more digestion-friendly for many people. (In fact, lactose intolerance affects as many as 65 to 70 percent of the global population.) And per a 2014 review,

goat's milk "has been shown to trigger innate and adaptive immune responses in an in vitro human system, also inhibiting the endotoxin-induced activation of monocytes," which may encourage immune homeostasis.

"Goat and sheep cheese tend to have a slightly healthier nutrient profile than cow's cheese. For example, goat's milk has a slightly higher protein content and contains healthy fatty acids and vitamins," Fazio says. "Similarly, sheep's cheese contains vitamins and minerals essential for health and is considered a high-protein food source," Fazio continues. According to a 2021 article in the International Journal of Molecular Sciences, the bioactive substances in sheep's milk "have antibacterial, antiviral and anti-inflammatory properties" and may have profound influences on human health, potentially helping to protect against "the occurrence of type 2 diabetes, Alzheimer's disease and cancer." As impressive as the research on milk from goats and sheep appears, the fact that cheese is fermented may yield even greater health wins. "Fermented foods like cheese and yogurt offer living

microbes such as beneficial bacteria and yeasts that support the gut microbiome and improve digestion," Fazio explains. (She also notes that the process of fermentation can decrease lactose, which again can promote better digestion in those with even a mild lactose intolerance.) "Having an array of fermented food options in your diet is imperative for gut health, immunity, even mood support," says Fazio. This is because beneficial bacteria promote gut diversity and thus physical and mental well-being.

Cheese can be a staple in a well-rounded diet that supports longevity — even more so if you prioritize that from grass-fed goats and sheep, versus conventionally fed cows. That said, Fazio takes care to note that the swap shouldn't be mistaken for a one-and-done solution to improve your lifespan, as countless variables contribute to the positive health outcomes across the Blue Zones.

"Daily habits such as being consistently active, consuming whole foods cultivated from local areas, and eating in moderation and with mindfulness — along with a sense of community — in these spaces play a large role in overall health," says Fazio.



ACS chairs SLEC meeting, emphasizes speedy implementation of horticulture projects under MIDH

J I NEWS SERVICE

JAMMU, MAY 1: Additional Chief Secretary, Agriculture Production, Atal Dulloo, today chaired State Level Executive Committee (SLEC) of Mission for Integrated Development of Horticulture (MIDH) regarding proposed annual action plan for the current financial year held here at Civil Secretariat.

ACS, who is also the chairman of SLEC, emphasized the need for planning massive high-density plantation across Jammu and Kashmir divisions. He had detailed discussion on rejuvenation activities suggested by Mangla Rai Committee. He enquired about the status of funds and called for swift planning and execution of projects.



"We have to bring massive progress in horticulture and allied sectors across Jammu & Kashmir within a short period of time, said Atal Dulloo, while stressing the importance of effective utilisation of funds for the

development of the sectors in the UT", he maintained. ACS was briefed about district wise activities planned for increasing vegetable production including establishment of cold storages, CA stores, pick-up vans and

other infrastructure. Besides, plans for establishing smart-automated and regular greenhouses were also presented before the ACS. The meeting also discussed various other activities including protected cultivation, cultivation

of exotic crops, plantation infrastructure development, flower cultivation, aromatic plants, organic farming, horticulture mechanisation, human resource development and post-harvest management.

ACS instructed departmental heads and other members to utilise all funds effectively and implement them for development of horticulture sector in the UT. At Jammu, the meeting was attended by committee members including Director Agriculture, KK Sharma; Director Horticulture, Ram Savak; Assistant Director Planning besides others while officers from Kashmir including Director Horticulture Production and Marketing, Vikas Sharma and others participated online.

DLIDCC meeting on registration of Births & Deaths held at Ganderbal



J I NEWS SERVICE

GANDERBAL, MAY 01: The Additional Deputy Commissioner (ADC) Ganderbal, Mehraj-u-Din Shah today convened a maiden meeting of District Level Inter Departmental Coordination Committee (DLIDCC) on registration of Births and Deaths in the district.

At the outset, a detailed discussion was held on the role and responsibilities of various departments for ensuring smooth implementation of the Civil Registration System.

District Statistics and Evaluation Officer who is also Additional District Registrar, Births and Deaths briefed the meeting about the terms of references of the committee including ensuring interdepartmental Coordination of departments engaged in civil registration to resolve the operational problems affecting the registration work and discussed the issues which requires intervention at the top level.

The ADC stressed upon all the officers to ensure coordination for ensuring an efficient system of registration in the district.

He also asked the CMO to conduct the workshop for all departments of the committee to discuss their roles and responsibilities so that any doubts regarding implementation of the Civil Registration System are cleared.

The meeting was attended by ACM Ganderbal, District Statistics and Evaluation Officer, BDOs and representatives from concerned departments.

DC Pulwama conducts inspection of Administrative Complex

J I NEWS SERVICE

PULWAMA, MAY 01: After assuming the charge as Deputy Commissioner (DC) Pulwama, Dr. Basharat Qayoom today inspected different offices functioning from the Administrative Complex here.

The DC on the occasion inspected the Office of Additional Deputy Commissioner Pulwama, Assistant Commissioner Revenue office, Education, PDD and Office of the Chief Planning Officer etc.

While visiting the offices directed the heads of department to always remain available for the public and resolve their issues and grievances without any delay. He also took stock of the facilities/arrangements available for officers and officials. The DC directed the officers and staff to maintain work culture and punctuality and ensure prompt redressal of public grievances and stress for maintaining proper hygiene and sanitation within and around office premises. He further assured that administration will fully assist the offices in case of any requirement for prompt public services.

The DC during the inspection was accompanied by Assistant Commissioner Revenue, Pulwama and several other senior officers/officials.

International Labour Day observed at Ramban

J I NEWS SERVICE

RAMBAN, MAY 01: International Labour Day, also known as May Day or International Workers' Day, is celebrated on May 01 every year to recognize the contribution of workers in the society.

The Labour and Employment Department Ramban organised a programme to commemorate the "International Labour Day" at Kowhagh Ramban.

Deputy Commissioner Ramban Muzzarat Islam was the chief guest on the occasion.

Among others present were Assistant Commissioner, Revenue, Ramban, Giasul Haq; Assistant Labour Commissioner, Ramban Dr. Sushant Mahajan, besides a large number of worker community were also present on the occasion.

DM conducts tour of Shopian Town; visits Historical Jamia Masjid, Clock Tower, Culture Hub

J I NEWS SERVICE

SHOPIAN, MAY 01: The Deputy Commissioner (DC) Shopian, Faz Lul Haseeb in his maiden visit to the field, today conducted a tour of the Shopian town and visited Historical Jamia Masjid Sharif, Clock Tower besides culture hub at Municipal Council Shopian.

At Jamia Masjid, the DC interacted with the members of the Aauqul who appraised him about the various issues. The DC heard them patiently and directed the concerned to accelerate the pace of developmental works for completing the remaining works for beautification of the Historical Jamia Masjid Shopian on set timelines.

The DC directed the Executive Officer Municipal Council Shopian for maintaining proper cleanliness in and around the Jamia Masjid.

At Town Hall Shopian, the DM also took stock of under-construction works and asked the concerned Officers to expedite the works and finish balance works within the stipulated time frame.

The DC was accompanied by Assistant Commissioner, Revenue, Shahbaz Ahmed Bodha and other concerned officers.

Director Agriculture monitors Kissan Sampark Abhiyan in North Kashmir districts

Asks Officers to motivate farming community to adopt proposed interventions in the approved projects under HADP

J I NEWS SERVICE

SRINAGAR, MAY 01: To monitor the ongoing Kisan Sampark Abhiyan (farmers orientation programme) under Holistic Agriculture Development programme (being held from 24th April to 31st of August 2023), the Director Agriculture Kashmir, Chowdhury Mohammad Iqbal today visited different districts of north Kashmir.

During the visit, the Director Agriculture held meetings with the farmers of different areas and took feedback from them regarding various departmental activities.

He stressed upon the concerned officers to give the program wide publicity so that mass participation of the farming

community can be assured.

Director Agriculture asked the officers to inform the farmers about modern tools and techniques that have been incorporated in HADP to overcome the prevailing constraints and use different extension methods to motivate the farming community in adoption of proposed interventions in the approved projects. He assured all the possible help from the department for the successful implementation of the program in all the districts, to uplift the livelihood of the farming community.

Director Agriculture was accompanied by chief Agriculture Officers Kupwara G.M Dhoibi and other senior officers of the department.

G-20 Summit: DC B'la reviews arrangements ahead of Delegations visit to Gulmarg

STRESSES FOR DOUBLE SHIFT OF WORKS; SETS DEADLINE FOR COMPLETION OF WORKS BY MAY-10

J I NEWS SERVICE

BARAMULLA, MAY 01: In order to take stock of preparations with regard to delegations' visit to Gulmarg during G-20 Summit, the Deputy Commissioner (DC) Baramulla, Dr Syed Sehrish Asgar today convened a meeting of all the concerned officers at Dak Bungalow here to discuss various measures for the smooth conduct of the event.

The meeting was also held to take stock of action taken in respect of directions issued during the tour on 16-02-2023 for preparation of the G-20 Summit.

At the outset, the DC discussed the action taken by all concerned departments and also highlighted the importance of hosting a G20 Summit.

She took department wise review regarding the action taken by them to enhance the facade of roads and directed the departments to ensure that all the preparatory arrangements are completed by 10th of this month.

Dr Sehrish exhorted upon the

departments to push for double shift of working in all the existing works including development of footpaths, medians, traffic road furnishing, landscape improvement, installation of roadside VMDs, installation of hoardings besides removal of wooden poles, rusted plant guards, hanging cable wires and unnecessary road dividers and debris, painting of Government buildings and commercial building walls along the roads to increase the aesthetic value of those structures. The DC directed the officers of concerned departments to

work for the beautification of Narbal-Tangmarg road and ensure the uniformity of sign boards and headers on the road sides.

Among other directions, it was deliberated upon the departments to work for the beautification of NTR/GI-R, removal of garbage from Khuls and Nallahs, tightening of transmission lines, designated parking slots, lifting of fell down trees, installation of toilet points at Kunzer and Tangmarg and making of health services available at the designated centers.

DC flags-off Swachhhta Karwaan at Kulgam

J I NEWS SERVICE

KULGAM, MAY 01: To spread awareness about Swachhata across all panchayats in the district, the Deputy Commissioner (DC) Kulgam, Dr Bilal Mohi-Ud-Din Bhat today flagged-off Swachhata Karwaan from mini secretariat, here. Present on the occasion were ACD Mohammad Inran, ACP Shurjel Ali, and other officers. It was informed that through these IEC vehicles, the public will be sensitized about the importance of cleanliness and hygiene. Through Swachhata Karwaan people will also be conveyed the ODS sustainability message. It was informed that 174 villages of the district are in ODF plus category, 3774 IHHLs in SBM, 2 were constructed.

Commissioner Secretary RDD e- inaugurates HADP KISSAN Sampark Abhiyan

J I NEWS SERVICE

JAMMU, MAY 01: Commissioner Secretary, Rural Development Department and Panchayati Raj, Mandeep Kaur, who is also Parbhari Officer for Panchayat Seri Khawaja, today e-inaugurated KISSAN Sampark Abhiyan under Holistic Agriculture Development Programme (HADP) at Seri Khawaja in Lassana Block of Poonch district which shall culminate on 3rd of May 2023.

All the farmers of Panchayat

are expected to participate in this 3 day programme.

In an endeavor to make farming more accessible, profitable and lucrative under KISSAN Sampark Abhiyan, focus is being accorded to farmers' orientation with skilled courses to ensure that the meticulous plan out-reaches to the grass root level besides preparing the farmers to face new challenges and explore new possibilities.

The main objective of the programme was to create awareness regarding diversification among

the farmers, Self Help Groups and Co-operatives on strengthening agri-marketing system on promotion of medicinal aromatic plants on commercial basis, promotion of bee keeping and dairy development, fish and trout production, promotion of commercial floriculture, development of fodder resources, organic farming, round the year mushroom cultivation with ultimate aim to enhance the farmers' income besides elaborating on PMKSY, PM KISSAN, KCC, National Livestock Mission, PMKMY

schemes etc. The resource persons of agriculture and allied departments briefed the farmers regarding modern tools and techniques that have been incorporated in all the 45 projects including 27 of HADP to overcome the prevailing constraints.

They also elaborately explained about use of different extension methods to motivate the farmers towards adoption of proposed interventions in the approved projects.

Besides, 15 motion presenta-

tions out of total 45 HADP projects were displayed through small videos for the farmers while rest 30 would be shown to the farmers on 2nd day and 3rd day of the programme.

Also, the baseline data of all participating 54 farmers was uploaded online on the specifically designed App. BDC Chairman, Lassana Noor Jahan, Sarpanch Seri Khawaja, ACD Poonch, DAOE, SDAO and resource persons of Agriculture and allied departments participated in the event.

'DDU PSVP National Award' winning Phulmarg panchayat of Kupwara felicitated

J I NEWS SERVICE

KUPWARA, May 01: Rural Development Department Kupwara today felicitated National Award winning Phulmarg Panchayat of Block Tarathpora of Kupwara district in an impressive felicitation function held, here. Feroz Ahmad Bhat, Panchayat Secretary of Phulmarg received a memento and certificate of excellence as a mark of appreciation on behalf of Panchayat Phulmarg from Assistant Commissioner Development (ACD) Kupwara, and Assistant Commissioner Panchayat (ACP) Kupwara.

Pertinently, Phulmarg Panchayat bagged Deen Dayal Upadhyay Panchayat 'Satat Vikas Pariksha (DDU PSVP)' National Panchayat Award' 2023 under Water Sufficient Panchayat, thematic area.

Giriraj Singh, Union Minister of Rural



Development & Panchayat Raj had presented the National Panchayat Award to said Panchayat at the National Conference on Incentivization of Panchayats in New Delhi on April 17, 2023. During the felicitation function, ACD, ACP and Panchayat secretaries interacted with the awardee Panchayat Secretary and congratulated for the achievement.

While appreciating the awardee Panchayat for its

valuable, remarkable and outstanding achievement, Hilal Ahmad Mir ACD Kupwara said that national award is the endorsement of the exemplary work done by Panchayats of Kupwara district and the best Practices of the awardee Panchayat should be replicated by other Panchayats of the district.

He further said that on the directions of District Development Commissioner Kupwara, Dr. Doifode Sagar Dattatray,

our villages prosperous, he added. ACD emphasized on the staff and field functionaries of the district to work with full zeal, zest, enthusiasm and honesty to achieve the Saturation and localization of SDGs (Sustainable Development Goals) in all Panchayats of the district.

He further said that on the directions of District Development Commissioner Kupwara, Dr. Doifode Sagar Dattatray,

24 top performing Panchayats of the district have been selected under different themes for National Panchayat awards 2024.

Uploading of their GDPs have been started as per their Sankalp and we will be working innovatively and vigorously on all the thematic parameters to get more and more National Panchayat awards, he added. ACP Kupwara, Parvati

Raheem on the occasion asked the Secretary Panchayats to be innovative and contribute to the welfare and prosperity of the society. Efforts and performance of Panchayat Secretaries of Kupwara district were hailed during the felicitation function.

Panchayat Secretaries are real social influencers, innovators, social mobilizers and play a very crucial role in development and prosperity of rural areas, speakers said.

Panchayat secretaries on the occasion reiterated that they will leave no stone unturned to take rural areas of Kupwara district to new heights of development. Convener, All J&K PS Association, Nazir Ahmad Wani, Provincial President All J&K PS Association Kashmir; Tahir Andrabi and other Panchayat Secretaries of the district attended the felicitation function.



DC B'gam convenes introductory sectoral meeting with officers of Distt Admin

STRESSES UPON COMPLETION OF WORKS WITHIN SPECIFIED TIMELINES

J1 NEWS SERVICE

BUDGAM, MAY 01: A day after assuming charge as Deputy Commissioner (DC) Budgam, Akshay Labroo today convened an introductory sectoral meeting with District & Sectoral officers of the district.

The DC on the occasion held threadbare discussions sector-wise.

While the first meeting was convened on the social sector and RDD related schemes. The second meeting was convened with the various engineering wings and executing agencies. The third meeting was held with the senior revenue officers of the district.



DC further instructed officers of the revenue department to provide benefit of the schemes within the PSGA timelines. The DC further instructed officers of the revenue department to provide services within the timelines prescribed under PSGA.

It is apt to mention here, Public Services Guarantee Act (PSGA) guarantees time bound delivery of services for various public services rendered by the Government to citizens and provides a mechanism for punishing the errant public servant who is deficient in providing the service stipulated under the statute.

The DC stressed on seeking public participation and Jan Baghidari in planning as well as effective implementation of the schemes.

The meeting among others was attended by ADPC Budgam Dr. Akramullah Tak, ADC Budgam Dr. Nasir, CMO, ACD, SOMs, DSWO, executive engineers of all wings, all Tehsildars, all BDOs, Executive officers of all MCs and other district and sectoral heads of the district.

DC holds introductory meeting with officers at Shopian

Accelerating pace of development shall be the top most priority of District Administration: DC



J1 NEWS SERVICE

SHOPIAN, MAY 01: Deputy Commissioner (DC) Shopian, Fazul Haseeb, today convened an introductory meeting with all district, sectoral officers at Meeting Hall of Mini Secretariat, here.

On the occasion, the DC, while chairing the maiden meeting after assuming the charge of Deputy Commissioner, enjoined upon all officers to work with utmost dedication and commitment and ensure speedy execution of works for holistic development of the district. He further called upon all to be responsive and accessible to people at all times and nurture quick decision making abilities in resolving public grievances. He called for maintaining close coordination among departments for holistic and planned development of the district.

DLSA B'pora celebrates Int'l Labour Day

J1 NEWS SERVICE

BANDIPORA, MAY 01: On International Labour Day, the District Legal Services Authority (DLSA) Bandipora in collaboration with Labour Department Bandipora today organized an awareness programme at National Hydroelectric Power Corporation (NHPC) Mantrigram, here.

The programme was organized under the chairmanship of Chairman DLSA Bandipora, Amit Sharma and guidance of Secretary DLSA Bandipora, Nusrat Ali Hakak.

On the occasion, Assistant Labour Commissioner Bandipora Arif Ahmad, HOP NHPC Prag Saxena, General Manager Mechanical Sanjay Kumar, SMHR Kanchan Thakur besides a large gathering of people were present.



Dignitaries spoke about the historical significance of May Day and its celebration.

They spoke how May Day or Labour Day is recognized globally in order to help the labour class understand their rights and fight for equality in the workplace, mark the labour movement and worker's rights and shared that it is an occasion that pays gratitude and respect to workers and their contribution in building the society.

The speakers brought to light that this day has its origins in the labour union movement, specifically the eight-hour day movement, which advocates eight hours for work, eight hours for recreation, and eight hours for rest.

Sachin Vaishya takes over as DC Udhampur

J1 NEWS SERVICE

UDHAMPUR, MAY 01: Sachin Kumar Vaishya today assumed the office as new Deputy Commissioner, Udhampur after taking over charge

from Kritika Jyotsna. After assuming the charge of Deputy Commissioner, he interacted with officers and officials of District Administration. The DC impressed upon all the district/sectoral officers to work with coordinated approach

to achieve the goals set for development in line with Government's focus areas. He asked them to work with missionary spirit to address the public grievances and mitigate public issues in a time bound manner with active role of PRIs.

Rajouri Admin revives old, defunct hatchery and liquid Nitrogen plant of Animal Husbandry Deptt

FACILITIES BOUND TO BOOST POULTRY SECTOR, ENTREPRENEURSHIP

J1 NEWS SERVICE

RAJOURI, MAY 01: The District Administration Rajouri has taken a significant step towards boosting the poultry industry by reviving the hatchery of the Animal Husbandry Department and the Liquid Nitrogen plant in the district.

These facilities were non-operational for a long time, but the District Administration in collaboration with the Department of Animal Husbandry, has

successfully revived them. District Development Commissioner (DDC) Rajouri, Vikas Kundal, inaugurated the revived hatchery and liquid nitrogen plant. The DDC stated that the revival of the hatchery and liquid nitrogen plant would provide a much-needed boost to the poultry industry and animal husbandry sector in the district, generating employment opportunities for the local people.

The hatchery will provide high-quality chicks to

farmers at affordable rates, maintaining the genetic purity of the poultry stock in the district. The total capacity of the hatchery is 27,000 eggs. The revival of the hatchery and liquid nitrogen plant is in line with the government's vision of promoting entrepreneurship and self-employment among the youth. The District Administration has taken steps to ensure that the revived hatchery and liquid nitrogen plant operate in compliance with all necessary health and safety regulations.

The DDC expressed his gratitude to the Department of Animal Husbandry for their support in reviving the hatchery and liquid nitrogen plant, urging local farmers to make the most of this opportunity to boost their poultry farming activities.

While speaking about liquid Nitrogen, the DDC said that its utilization has a profound impact on the animal husbandry sector. It has revolutionized the

breeding process, boosted productivity, and stimulated the growth and development of the livestock industry. By establishing liquid nitrogen plants in rural areas, farmers can access the necessary resources to enhance their livestock and augment their income.

Liquid nitrogen has proven to be a game-changer in animal husbandry. Its ability to preserve semen and embryos has transformed the breeding

process, allowing farmers to breed superior livestock with ease.

The revival of the hatchery and liquid nitrogen plant is a significant step towards boosting the poultry industry and animal husbandry sector in the district. The District Administration's efforts to revive these facilities will provide employment opportunities for the local people and help in maintaining the genetic purity of the poultry stock in the district.

The newsletter features articles on social media and startups, cloud solutions to startup problems, starting an e-commerce business, guest columns regarding G20 summit, social entrepreneurship and many other related articles.

It provides valuable insights into the opportunities and challenges that startups and investors may face in the coming years. The newsletter will also be available on the JKEDI website and can be accessed by anyone who is interested in reading about the startups and other policies. Senior officers and faculty members of the institute were also present on the occasion.

J&K Bank clocks century in Srinagar branch-network after Tengpora inauguration



J1 NEWS SERVICE

SRINAGAR, MAY 01: As part of measures to enhance ease of banking for its growing customer base, J&K Bank today dedicated a new branch for public at Tengpora, Srinagar. The latest addition has taken the branch count in Srinagar zone to one hundred.

The Bank's General Manager and Divisional Head Kashmir, Tabassum Nazir inaugurated the branch in presence of Zonal Head Srinagar, Shabir Ahmad, Cluster Heads Shabir Ahmad Bulla & Asmat Ara, and Branch Manager Syed Irum amid a gathering of senior citizens and local businessmen.

Highlighting the Bank's sustained efforts to enhance ease of banking across its areas of operations, GM Tabassum Nazir told the gathering, "It is a significant occasion for J&K Bank to have established 100th branch in Srinagar zone. We at J&K Bank always devise plans to ensure new banking touch-points are commissioned in line with the needs of our customers." While urging the customers to avail all the available facilities, she assured them of best services including that of digital banking. "We attach great importance to your association with our bank and shall continue to add value to this bond by ensuring best customer services in physical as well as digital domains of banking," she said.

Zonal Head Srinagar impressed upon the staff to live up to the expectations of the customers. "On this occasion, I assure you that the staff posted here shall extend full support towards the financial progress of Tengpora and its adjoining area," he told the gathering. Notably, besides the business community in and around Tengpora, the newly established branch will also cater to areas like Gangubai, Mushtaq Colony, Galwanpora, Mahrajpora, Moom-inabad, Muslimabad and Naveedabad.

Local residents and business community hailed the Bank for opening of the branch in the area stating that such initiatives strengthen the association between people and the Bank.

Director, JKEDI releases newsletter- 'J&K Entrepreneur'

Special edition of newsletter dedicated to upcoming G20 summit

J1 NEWS SERVICE

SRINAGAR, MAY 01: The Director, Jammu and Kashmir Entrepreneurship Development Institute (JKEDI) today released a special edition of the Institute's newsletter dedicated to India's G20 presidency of 2023.

This edition of the newsletter focuses on startups, innovation and incubation.

"The G-20 India presidency presents a unique opportunity for startups and investors to benefit from a global platform. This has synergized the efforts of Central and UT's government to bring in a sustainable startup ecosystem", said Ajaz Ahmad Bhat, Director JKEDI.

"The Start-up Policy of J&K will be a boon for aspiring startups and will create a sustainable startup ecosystem", he added.

The newsletter features articles on social media and startups, cloud solutions to startup problems, starting an e-commerce business, guest columns regarding G20 summit, social entrepreneurship and many other related articles.

It provides valuable insights into the opportunities and challenges that startups and investors may face in the coming years. The newsletter will also be available on the JKEDI website and can be accessed by anyone who is interested in reading about the startups and other policies. Senior officers and faculty members of the institute were also present on the occasion.

DC Pulwama reviews sector wise achievements

DR BASHARAT STRESSES FOR PROVIDING ACCESSIBLE & ACCOUNTABLE ADMINISTRATION

J1 NEWS SERVICE

PULWAMA, MAY 01: To review the sector wise progress achieved under Developmental Deliverables, Good Governance Index (GGI) and District Capex Budget 2022-23 in the district, a meeting of all Sectoral/District Officers was today held under the chairmanship of the Deputy Commissioner (DC) Pulwama, Dr. Basharat Qayoom, here. Besides, Additional District Development Commissioner (ADDC) Pulwama, Additional Deputy Commissioner Pulwama, Talan Awantipora and Chief Planning Officer, the meeting was attended by all District/Sectoral Officers and other concerned. At the outset, the DC took a sector wise appraisal from all Sectoral/District officers with regard to realization of targets set under Developmental Deliverables to ascertain the achievements made so far in the district. The DC also reviewed the department wise performance under Good Governance Index and percentage achievements under various sectors including PHE, PWD, Health Education, PDD, I&FC, FCS&CA, Labour & Employment, Legal & Metrology, Social Welfare, Agriculture, Horticulture, Animal



Husbandry, RDD, Forest and Housing & Urban Development Departments.

Addressing the meeting, the DC asked the officers to work with added zeal and dedication in a coordinated manner to achieve the targets in set timelines with tangible results on the ground. He directed them to redouble their efforts to ensure percent saturation of all the development works taken and deliverables with judicious utilization of funds and maintaining quality of works. The DC stressed

on proper monitoring and follow ups on all developmental deliverables.

While addressing the officers, DC reiterated his commitment toward Good Governance. He unequivocally said that the priority of his administration would be a responsive and accountable administration. He enjoined upon all the officers to work in tandem and play their role in reinforcing the faith of people in Govt Institutions. Calling good governance as a cornerstone of public peace and prosper-

ty, he urged the participants to work with dedication, commitment and integrity.

He stressed officers to complete works within the set timelines and adherence to timelines must be prioritized. He also stressed upon bringing qualitative changes in governance and making Govt Institutions visible. While concluding DC enjoined upon all the officers to have an unflinching commitment in providing a just and fair administration, which would usher a handshake movement between the Govt Institutions and people. He directed the officers to work in coordinated manner with line Departments to achieve development goals well in time keeping in view the limited working season. With regard to implementation and progress made under Aspirational Block Development Programme (ABDP), the DC asked the concerned departments to adopt best practices so as to get tangible results on ground in a time bound manner to ensure expeditious improvement in the socio-economic status of most backward blocks across the district. While reviewing the District Capex Budget 2023-24, the DC directed all the departments to ensure that funds are utilized as per the allocated budget by implementing physical work on ground as per laid guidelines.

DC Kulgam reviews physical/ financial status of NABARD, Languishing, TAPS

J1 NEWS SERVICE

KULGAM, MAY 01: The Deputy Commissioner (DC) Kulgam, Dr. Bilal Mohi-Ud-din Bhat today reviewed physical and financial progress made under Languishing, NABARD and Transit Accommodation Projects (TAPS) under execution through PWD (R&B) sector in the district.

The meeting was informed about the ongoing execution of road upgradation and construction works taken up in the district. It was also informed that under languishing works Adipora Mishpora, Khudwan Ganjipora, Chingam Frisal, Aadigen Pombay and various other bridges were completed. It was further shared that under NABARD, 06 work projects were completed and there are 06 ongoing works in Kulgam division. During the meeting, bottlenecks hampering the timely completion of work projects were also discussed.

While reviewing the status of Transit accommodations at Mirhama and Chowgam it was informed that work on 11 blocks is going on at Mirhama with an estimated cost of 22.95 crore. The DC on the occasion directed for immediate completion of projects, removing bottlenecks and expediting the pace so that the projects are dedicated for the public benefit. He asked for increasing men and machinery so that projects are completed in time. The concerned were also instructed by the DC to start the Macadamisation process at an earliest in the district.

DC Doda reviews implementation of Swachh Bharat Mission (Grameen)

DIRECTS RDD TO ACHIEVE STATUS OF SWACHH GRAMS IN NEXT TWO MONTHS

J1 NEWS SERVICE

DODA, MAY 1: District Development Commissioner Doda Vishesh Paul Mahajan today chaired a meeting of the Rural Development Department in his office chamber to review the work done under various flagship schemes with the main focus on Swachh Bharat Mission Grameen.

The DDC took a first hand review of the progress made during the previous financial year (2022-2023).

During the meeting different indicators of SBM were discussed in detail. Special focus was on declaring rural villages as ODF plus in all the three categories i.e. Aspiring, Rising and Model.

The chair was apprised about the infrastructure constructed during the last FY for Solid Waste Management and Liquid/Grey Water Management. It was informed that 130 segregation sheds were constructed and 16 Bailing Machines were procured for treatment of solid plastic waste.

Against the target of 148 Community Sanitary Complexes, all 148 were constructed in time.



As per the commitment given to Worthy Chief Secretary, all the villages will be declared ODF Plus Model by or before 15th July 2023. The BDOs were directed to act tough on the people who are found involved in littering in and around the public places. All the BDOs have been vested with the powers of Executive Magistrates under CPC, 1973 which can be used to impose a fine on the defaulters. While addressing the meeting, the DDC directed the concerned officers and executing agencies to achieve the given tar-

gets within the given timeline. It was mandated that the Rural Development Department is the lifeline of rural areas and has to uplift the living conditions of the poor and underprivileged lot.

The DDC urged upon the BDOs/Panchayat secretaries to demonstrate their desire and commitment in implementing all the schemes/flagship programmes being run by the government.

The DDC expressed displeasure over poor performances observed under some key sectors

like PMAAY (G), SBM and Physical completion of the previous works on MS. He said that the schemes shall be implemented sincerely and with dedication.

DDC directed all BDOs to visit their concerned areas regularly and work in coordination with line departments for ensuring the overall development of the Block/Panchayats in order to make the progress felt at the Grass root level also.

DDC urged that all work under Amrit sarovar should be completed by 15th July and three units of CSCs to be set up in Lal Daman.

The DDC further reiterated that 31st May 2023 shall be the last date for declaring all villages in the Aspiring category.

The DDC further directed to the concerned officials that before the next review meeting all the given parameters must be achieved in totality. He also emphasised to bring the best projects in rural development department under UT capex budget.

The meeting was also attended by ADDC Doda, ADC Bhadarwah, ACD, ACP, CPO, DPO and all BDOs. All the secretary Panchayats and JEs attended the meeting through virtual mode.

From Aspiration to Achievement: ABDP Transforms lives in Duggan Block of District Kathua

J1 NEWS SERVICE

KATHUA, MAY 01: The Aspirational Block Development Plan (ABDP) has been a game-changer for the residents of Duggan Block in District Kathua.

The Aspirational Block Development Program (ABDP) has been a significant step towards equitable and inclusive development in the backward blocks of the Jinnam Territory (JT) of Jammu and Kashmir. The programme was conceived on the analogy of the "Aspirational Districts Programme" of NITI Aayog, Government of India, with the aim to accelerate development in the most backward districts of the Country.

Duggan Block was identified as an Aspirational block that needed immediate attention, and the ABDP was implemented with a focus on the establishment of smart classrooms and solar paneling for the continuous supply of electricity in Primary Health Centres (PHCs).

Guided by the spirit of good governance and to make an impact on the lives of people living in the remotest and backward region, the ABDP is being implemented with

precision and dedication.

The establishment of smart classrooms has transformed the way students learn and has made education more accessible to students in remote areas. The use of technology in education has also made it easier for teachers to engage with students and has improved the quality of education.

Under the ABDP, one each smart classroom has been established in Government High School Dhaggar, GHS Banjal and GHSS Kohag which is enrolling a total of 602 enrolled students of these schools which were hitherto the most backward in terms of educational infra. The ABDP has come as a guiding light in transforming the educational landscape of block Duggan which is in line with the New Education Policy (NEP-20) aimed at holistic development of the children by leveraging the technology.

The installation of solar panels in PHC Dhaggar through JAKEDA has ensured uninterrupted power supply, enabling the aspirational block to develop one is a testament to the power of good governance, strong leadership, and community par-

ticipation. The ABDP has empowered the residents of Duggan Block and has given them hope for a better future. Through the ABDP, the government has taken a step towards providing better access to education, healthcare, and other essential services in the backward blocks. The program has been designed to focus on the specific needs

and challenges faced by each region and to provide targeted solutions to overcome them. By successfully implementing the ABDP, the government has demonstrated its commitment to the welfare of all citizens, irrespective of their geographic location or economic status, and has paved the way for a more inclusive and prosperous India.

NORTHERN RAILWAY E-TENDER NOTICE

De/Ce/GSU/FZR acting for and on behalf of The President of India invites open tender (E-Tenders) against below titled tender and available on www.rps.gov.in with closing date: 08.05.2023 up to 15:00 Hrs. Bidders will be able to submit their original/revised bids up to closing date and time only. Manual offers are not allowed against this tender, and any such manual offer received shall be ignored. Tenders are allowed to make payments against this tender towards tender document cost and earnest money only through payment modes available on www.rps.gov.in portal like net banking, debit card, credit card etc. Manual payments through Demand draft, Banker Cheque, Deposit receipts, FDR etc. are not allowed. For more information login to www.rps.gov.in

Tender Type	Tendering Section	Bidding System
Open Tender	Gate Shakti Unit	Single Bid System
Date of Uploading Tenders	Bid Starting Date	Bid Closing Date/Time
01.05.2023	12.05.2023	26.05.2023 15:00 Hrs.
S.No.	Tender No.	Details of Tender
1.	OP-02-GSU-FZR-2023-24	Civil works in c/w direct reception and despatch facility on Goods handling line No 5 and ballast loading line No 6 to avoid undue shunting movement at KTIU under ADENJAT.
	Advertised Value (Rs.)	Earnest Money (Rs.)
	7,22,75,039.86/-	5,11,40,00,00/-
	Validity of Offer	Period of Completion
	60 Days	10 Months
Similar nature of work: "Any civil work other than track work".		
Note 1. Before bidding, bidders to check for any corrigendum issued against tender. No. OP-02-GSU-FZR-2023-24. Date: 01.05.2023 1311/2023		
Serving Customers with a Smile		

DC Kishtwar reviews formulation of District Capex Budget Plan for FY 2023-24

J1 NEWS SERVICE

KISHTWAR, MAY 01: Deputy Commissioner (DC) Kishtwar, Dr. Devansh Yadav today chaired a meeting of heads of line departments to review the progress on the formulation of development plan under the District Capex budget for the financial year 2023-24. During the meeting, the DC was briefed on the plans being formulated for the upcoming fiscal year. After evaluating the sector-wise advancement of the proposed projects, the DC strongly urged all departments to coordinate and expedite to incorporate plans on judicious and Rational basis so that these can be completed within a specified time frame and are of paramount importance to the public. The Deputy Commissioner directed the concerned officers to submit the plan in a time bound manner and ensure the estimation, tendering and allotment at the earliest. He stressed the indenting departments to regularly monitor the pace of progress and resolve any issues impeding the progress of ongoing projects. Furthermore, the DC mandated the officers to exert their utmost efforts to achieve maximum and optimal utilization of funds allocated under various schemes. When deliberating on the plan formulation for the 2023-24 financial year, the DC also instructed the officers to engage all Panchayati Raj Institutions (PRIs) in identifying all priority works to be undertaken in the upcoming fiscal year.

NORTHERN RAILWAY E-TENDER NOTICE

Tender Notice No.- 770-W/169WA-1FZR-2023-24-ADEN-LDH, 23-2023-24-ADEN-LDH, 24-2023-24-ADEN-LDH & 25-2023-24-ADEN-LDH acting for and on behalf of The President of India invites open tenders (E-Tenders) against below titled tenders and available on www.rps.gov.in with closing date: 22-05-2023 up to 15:00 Hrs. Bidders will be able to submit their original/revised bids up to closing date and time only. Manual offers are not allowed against these tenders, and any such manual offer received shall be ignored.

Tender Type	Tendering Section	Bidding System
Open	Works	Single Bid System
Date of Uploading Tenders	Bid Starting Date	Bid Closing Date/Time
28/04/2023	08/05/2023	22/05/2023
S. No.	Tender No.	Details of Tender
1	22-2023-24-ADEN-LDH	Construction of Limited height Subway of size 5mtrx5mtr by pushing method in lieu of manned Lining no S-78 & S-80 on SNL-JUC section under SSEW/PWGW
	Advertised Value (Rs.)	Validity of Offer
	8842607.35	60 Days
	Period of Completion	09 Months
2	23-2023-24-ADEN-LDH	Crossing of 600 mm dia RCC water supply pipeline passing through 1200 mm dia MS heavy duty casing pipe under the railway track near Bo no 214 at Km 44/8-9 on PGW/MSBLS/JUC section
	Advertised Value (Rs.)	Validity of Offer
	688847.75	60 Days
	Period of Completion	04 Months
3	24-2023-24-ADEN-LDH	Provision of 2Nos New SMC panelled Over head tank of 2,25,000 Liters capacity in colony NO. 10 & 11 along with boring & pump house etc at Ludhiana under ADEN-LDH
	Advertised Value (Rs.)	Validity of Offer
	2806167.03	60 Days
	Period of Completion	08 Months
4	25-2023-24-ADEN-LDH	Creation cum improvement of Infrastructure of LDH Loco Depot to Cover the load of increased holdings of RS due to homing of Electric Locomotives at Ludhiana
	Advertised Value (Rs.)	Validity of Offer
	5674883.23	60 Days
	Period of Completion	06 Months
1298/2023		

CONTRACTORS ARE ALLOWED TO MAKE PAYMENTS AGAINST THIS TENDER TOWARDS TENDER DOCUMENT COST AND EARNEST MONEY ONLY THROUGH ONLY PAYMENT MODES AVAILABLE ON www.rps.gov.in PORTAL LIKE NET BANKING, DEBIT CARD, CREDIT CARD ETC. MANUAL PAYMENTS THROUGH DEMAND DRAFT, BANKER CHEQUE, DEPOSIT RECEIPTS, FDR ETC. ARE NOT ALLOWED.

GDC Kishtwar shines at Inter-College Dance Competition

J1 NEWS SERVICE

KISHTWAR, MAY 01: The Government Degree College Kishtwar (GDC Kishtwar) has shown a scintillating performance at the Inter-College Dance Competition held during the First-ever Sinthan Festival. The event was organized by the Directorate of Tourism Jammu in collaboration with the District Administration Kishtwar, Jammu & Kashmir Academy of Art, Culture & Languages besides the Indian Army here at Sinthan Maidan of Kishtwar District.

On the first day of the competition, five teams from GDC Thatri, IIT Kishtwar, and GDC Kishtwar participated to showcase their talent. Both dance teams from GDC Kishtwar emerged victorious, with one team crowned the winner for their Kala Kot

dance performance, and the other team securing the runner-up position for their Lavni dance (Maharashtrian). The programme was graced by the august presence of DDC Chairperson, Kishtwar Pooja Thakur, Deputy Commissioner Kishtwar Dr. Devansh Yadav, Secretary J&K Academy of Art, Culture and Languages Bharat Singh Manhas, Joint Director Tourism Jammu, Sunaina Sharma Mehta.

Vinamsh Aryan (F05): Sham Lal, ADDC Kishtwar; Indrjeet Parihar ADC Kishtwar; CEO Kishtwar Development Authority; Abdul Jabbar, Deputy Director (Publicity) Tourism Jammu, along with other officials of the Tourism Department and District and sectoral Officers of District Administration and police and army were also present.

GOVERNMENT OF JAMMU & KASHMIR UT ADDITIONAL WILDLIFE WARDEN JAMBU ZOO

Name of the Contract: Request for proposal (RFP) for Appointment of Agency For Conceptualisation, Designing & Implementation of Nature Interpretation Centre at Jambu Zoo

NOTICE INVITING e-TENDER (OPEN) Online e-tender in two bid systems (Technical and Financial) for appointment of agency for Renovating the interiors AND Conceptualisation, Designing & implementation of Nature Interpretation Centre at Jambu Zoo to promote ecotourism and spread awareness through educational and innovative designs on a turnkey basis. The Online Tender is invited in two bid system under e-procurement through Jammu Procurement Portal i.e. <http://etender.up.nic.in>

Sl.no.	Name of Work	Earnest Money	Tender Price
1	Request for proposal (RFP) for appointment of agency for Appointment of Agency For Conceptualisation, Designing & Implementation of Nature Interpretation Centre at Jambu Zoo	62,160/-	1000/-

Schedule of e-Tender (1)

Sl. No.	Particulars	Date	Time
1.	e-Tender No.	10/WLWIZ of 2023-24	
2.	Mode of Tendering	On-line bidding system through Jammu Procurement Portal i.e. http://jktenders.gov.in	
3.	Type of Tender	Two Bid System	
4.	Tender Fee	Rs. 1000	
5.	Earnest Money Deposit(EMD)	Rs. 62,160/-	

Position of funds: JKIDFC LUP 2545
Position of AA :Accorded vide Order No. 123 of 2023 dated 28-04-2023 of the Office of Chief Wildlife Warden, J&K.

S.No.	Particulars	Date	Time
1.	Date of publishing of e tender	29-04-2023	16:00 Hrs
2.	Online bid submission start date	29-04-2023	16:00 Hrs
3.	Online bid submission end date	06-05-2023	16:00 Hrs
4.	Due date of opening of Tender (Technical Bid)	08-05-2023	12:00 Hrs
5.	Date and time of opening of Price Bid	08-05-2023	15:00 Hrs

If due to any agency the due date for opening of the bids is declared as a closed holiday, the bids will be opened on the next working day at the same time or any other day/time, as intimated by the Department.

AMIT SHARMA (ACF) ADDITIONAL WILDLIFE WARDEN JAMBU ZOO

OFFICE OF THE EXECUTIVE ENGINEER PWD (R&B) CONST. DIV. NO. III JAMMU CORRIGENDUM

- i. Rendering of service for Providing of Architectural / structural design of RCC as per Indian Standard codes of practice and Soil investigation with Plate Load Test as per IS: 1888 for determination of safe bearing capacity of soil including BOQ supporting with detailed estimate for Construction of Telsil Office Jammu West (3rd Call) = Rs.1.61 lacs
- ii. Rendering of service for Providing of Architectural / structural design of RCC as per Indian Standard codes of practice and Soil investigation with Plate Load Test as per IS: 1888 for determination of safe bearing capacity of soil including BOQ supporting with detailed estimate for Construction of Proposed Building of Govt. Boys Higher Secondary School Gate Gujral Camp Road Talab Tillo Jammu (G + 2) (6th Call) = Rs.1.50 lacs
- iii. Rendering of service for Providing of Architectural / structural design of RCC as per Indian Standard codes of practice and Soil investigation with Plate Load Test as per IS: 1888 for determination of safe bearing capacity of soil including BOQ supporting with detailed estimate for Construction of Service/Staff Quarter on the backside of Hospitality and Protocol Building at canal road Jammu (3rd call) = Rs.7.86 lacs
- iv. Rendering of service for Providing of structural design as per Indian Standard codes for Construction of 80mtr long (Single lane) vented causeway including Approaches on either side over Kharan Nallah near temple Kharan connecting telsil office Kharan and Higher Secondary School Kharan Block Kharan Bahi. Including soil investigation test (with Bor Method only), setting of structural drawings from IIT/DIQC/ NIT/ CCET/ Any other recognized institute and preparation of BOQ for tendering complete job. (4th Call) = Rs.4.80 lacs
- v. Rendering of service for Providing of Architectural / structural design of RCC as per Indian Standard codes of practice and Soil investigation with Plate Load Test as per IS: 1888 for determination of safe bearing capacity of soil including BOQ supporting with detailed estimate for Construction of Community hall / Passenger shed near Nar Singh Baghway with approach road at Ward No 07 Municipal Committee Chou Manhasan (2nd Call) = Rs.2.60 lacs

Ref:- This office Short E-NIT No. 01 of 2023-2024/Div-3 Dated 20-04-2023
Please Read as:-
NOTE: The bidder should be empanelled with PWD (R&B) Department Jammu vide Chief Engineer letter No. CEJ/TS/14102-28 dated 17/11/2022. (Documentary proof to be uploaded)
Instead of :-
NOTE: The bidder should be empanelled with PWD (R&B) Department Jammu vide Chief Engineer letter No. CEJ/4091-4116 dated 24/12/2019. (Documentary proof to be uploaded)
Rest all terms and conditions remain the same.
NO: 1326-43 EXECUTIVE ENGINEER
DT: 30-04-2023 PWD(R&B)CONST.DIV.NO.III
JAMMU

Gujarat and Maharashtra Statehood Day celebrations

RAJ BHAWAN HOSTS PEOPLE OF GUJARATI & MAHARASHTRIAN ORIGINS LIVING IN J&K

JI NEWS SERVICE

JAMMU, MAY 01: Jammu Kashmir Raj Bhawan hosted the celebrations of the statehood days of Gujarat and Maharashtra today.

The people of Maharashtra & Gujarat living in J&K UT, personnel from Maratha Regiment, students from the respective states studying in the UT were the special invitees.

The Lieutenant Governor Shri Manoj Sinha extended his heartfelt greetings to the people of Gujarat and Maharashtra. He paid tributes to the freedom fighters, martyrs and great personalities from Maharashtra and Gujarat, who have made immense contributions to India's growth.

"Gujarat and Maharashtra have set an example before the entire nation during freedom movement, in entrepreneur-



ship, social reforms, spirituality and enriching cultural traditions. Glorious Gujarat and Magnificent Maharashtra is like the two strong arms of the country powering the progress," said the Lt

Governor. The Lt Governor said the world is following India's great civilization values. With the resolve of Ek Bharat Shreshtha Bharat, India under the leadership of

Hon'ble Prime Minister Shri Narendra Modi is on the move.

On this special occasion, let us rededicate ourselves to the ideals of Mahatma Gandhi, Sardar Vallabhbhai Patel, Chhatrapati Shivaji Maharaj, Madhavrao Peshwa, Ahilyabai Holkar, Sant Gyaneshwar, Sant Tukaram and all the great sons of Gujarat and Maharashtra and work shoulder to shoulder in the service of the nation, the Lt Governor added.

The mesmerizing performances by the artists and Army personnel in traditional attire showcased the blend of Maharashtra, Gujarati and local culture and celebrated the spirit of Unity in Diversity. Senior officials of Civil administration, Police & Security forces, besides personnel from Maratha Regiment, eminent personalities and students were present.

Yasin M. Choudhary takes over as new Deputy Commissioner Poonch

ACCORDED WARM RECEPTION BY GENERAL PUBLIC, DISTRICT OFFICIALS



JI NEWS SERVICE

POONCH, MAY 01: Yasin M. Choudhary today assumed charge as new Deputy Commissioner Poonch in the presence of all the officers of district administration. He succeeded Inkerjeet as Deputy Commissioner Poonch.

The incoming Deputy Commissioner was accorded a warm reception by the general public of district Poonch along with PRIs and civil society.

Moreover, a special reception was organised for the incoming Deputy Commissioner by the staff members of the Deputy Commissioner's office.

A team of officers led by

Additional District Development Commissioner Malikzada Sheraz Ul Haq welcomed the new Deputy Commissioner at Bimber Gali (BG) along with Additional Deputy Commissioner Poonch Fahir Mustafa Malik, Chief Planning Officer Poonch Maqsood Ahmed, Assistant Commissioner (Revenue) Poonch Zaheer Ahmed Kaifi and several other officers.

He was previously serving in the UT government as Managing Director, Kashmir Power Distribution Corporation Ltd.

An alumni of IIT-Roorkee, he served at various positions viz-SDM Mahore, Deputy Commissioner Shopian, Director NRHM with additional charge of

Ayushmann Bharat. Yasin M. Choudhary proved his mettle and did exceptional work during tough times especially during all three COVID waves and as Deputy Commissioner Shopian for which he is highly recognised and appreciated by General public.

Power Shutdown

JI NEWS SERVICE

JAMMU, MAY 01: Chief Engineer (Distribution) JPDC, Jammu has informed that the power supply to Lalvana, Salehar, Rathana, Khor, Makhampur, Chahta, Gadigarh, Dharap, Indra Nagar, Sudan Heart Care, Biaspur, Kalyana, Kotli, Salkalan, Nikowal, Khana Chak, Abdullian, Kang, Karnota, Mandal, Purmandel, Sandhi, Gurha, Utterbehi and adjoining areas shall remain affected on May 2 from 9 am to 3 pm.

Similarly, the power supply to Trentha, Reast Town and adjoining areas shall remain affected on May 2 from 10 am to 3 pm.

Likewise, the power supply to Siraj, Sanasar and adjoining areas shall remain affected on May 2 from 9 am to 5 pm.

SGST collections showing remarkable 44.5 percent growth rate in J&K, One of the highest in the country

JI NEWS SERVICE

JAMMU, MAY 01: The GST Collections in the Union Territory of Jammu and Kashmir have shown unprecedented growth during the month of April 2023 with total collections for the month touching Rs. 917.85 crores showing an increase of Rs 215.77 crores over last year April collections marking growth rate of 20.73%. Growth in SGST has been one of the highest in the country which with growth at 44.51 percent over the same period last year as released by Ministry of Finance data today. Similarly, ICGT settlement shows growth of 22 percent in comparison to last financial year.

It is notable that GST collections for the month of April 2023 are highest ever recorded by the State Taxes Department since GST implementation. Previously, the best ever collections in a month in terms of SGST cash and ICGT - monthly average in the last financial year 2021-22, the GST monthly collections were Rs. 496.95 Crores.

The SGST cash collections has been rising in recent months significantly with April this year making to national headlines with the record growth in J&K since inception of GST as the figures speak more than volumes. The department has also increased the tax base from 1.17 Lakhs in the year 2021-22 to 1.34 Lakhs in the financial year 2022-23. Around 25982 new registrations were granted in the year 2022-23.

The trend in increased revenue collections from the past one year by State Taxes Department is due to the myriad of steps taken by the department, which resulted in improvement in the compliance behaviour by the taxpayers and proactive support provided to taxpayers by the department for making the compliances under Goods and Services Tax easier and smoother.

DC Srg inspects progress on construction work on Dalgate Bridge, pace of Macadamization Works in City



JI NEWS SERVICE

SRINAGAR, MAY 01: Deputy Commissioner (DC), Srinagar on Monday morning undertook a visit to various City areas to inspect the various ongoing developmental works.

Accompanied by the Officers of the concerned Departments, the Deputy Commissioner visited Dalgate area and took onsite inspection of the works undertaken for construction of New Dalgate Bridge near Badyari Chowk being carried out at an estimated cost of Rs 5.0 Crores.

On the occasion, the DC was apprised that work is under progress and the process related to shifting of utilities including PHE and PDD lines has been completed so far while construction of Cofferdam for restraining water in progress. He was also informed that widening of the curve on Badyari Chowk towards Boulevard has been incorporated under the project which will ensure decongestion of the traffic flow along Boulevard axis.

The DC asked the Officers and concerned executing agency to speed up the pace of work on the vital project of the Dalgate Bridge by employing additional men and so that traffic flow is regulated in the area in a smooth manner.

Later, the Deputy Commissioner also inspected the status of Macadamisation Works in different parts of the city.

While inspecting the macadamization works, the DC was informed that a target length of 97.05 km has been

Minga Sherpa holds introductory meeting with DIPR, JDI, Jammu



JI NEWS SERVICE

JAMMU, MAY 01: Soon after taking over as Director Information, Minga Sherpa, today called for synergized efforts by various wings of the department to disseminate information regarding policies and programmes of the government of Jammu and Kashmir.

In an introductory meeting with the officers and officials of the Directorate and Joint Directorate Jammu here, Sherpa stressed the crucial need of coordination in the department and the print and electronic media as this is imperative for achieving the objective of generating awareness among the people on various key programmes. He also highlighted the significance of the social media and said these platforms can be used for overall good of the people.

Sherpa assured the officials that every effort will be made to promote professionalism in the working of various units of the department to meet the professional challenges with confidence. He said the department has to be vibrant in highlighting the government activities on all fronts.

On the issues raised during the introductory meeting, Sherpa said these will be looked into earnestly.

Later, Director inspected various sections of the department including Establishment, PR, Accounts, Litigation, Audio Visual, Social Media Cell and

Special camp for West Pakistani Refugees organised at Vijaypur

JI NEWS SERVICE

VIJAYPUR (SAMBA), MAY 01: A special LC's governance camp was today organized at Vijaypur, with the aim to address the issues and grievances faced by the West Pakistani Refugees residing in the region. The program was chaired by Rajinder Singh,

District Development Commissioner (ADDC) and witnesses the participation of several government officials and representatives of various departments.

The program was designed to provide a platform to the West Pakistani Refugees to put forward their grievances and have their pending cases verified. It

also focused on creating awareness about various welfare and self-employment schemes available for them and to provide placement opportunities for eligible candidates from the displaced families.

During the program, various government departments showcased their schemes and initiatives that could benefit the

West Pakistani Refugee families. The program was aimed at providing a comprehensive solution to the problems faced by the refugee families and ensuring that they are aware of the government schemes and initiatives available to them.

The ADC said that the program created awareness among the participants about the gov-

ernment schemes and initiatives available to them and providing placement opportunities to eligible candidates.

The program received an overwhelming response from the West Pakistani Refugee families, who expressed gratitude for their grievances heard and their pending cases verified.

DC Samba participates in Kissan Sampark Abhiyan at panchayat Gudwal

URGES FARMERS TO REGISTER IN BASELINE SURVEY TO GET BENEFITS UNDER HADP

JI NEWS SERVICE

SAMBA, MAY 01: Deputy Commissioner Samba, Abhishek Sharma, today visited Gudwal-A panchayat and to attend Kissan Sampark Abhiyan launched in the district to encourage the farmers to take benefit of schemes under Holistic Agriculture Development Programme (HADP). The programme aims to conduct a baseline survey of farmers to provide them personalized services and better support. The survey has already been conducted covering 24,000 farmers to gather data and provide personalized services based on their needs. The programme focuses on



increasing output, decreasing input, diversifying crops, and doubling the selling price. The farmers will be provided with advanced alerts on various issues such as rain alerts, crop insurance, disease pandemics, and more. The programme includes training and orienta-

tion of farmers under the Holistic Agriculture Development Programme (HADP). It offers over 121 courses, 700 learning sessions, video lectures, and other resources to empower farmers and agripreneurs with the skills and knowledge required

to succeed in the agriculture sector. The resources are available in four languages, making it accessible to a broader audience. The programme has received tremendous support from the local community, and many farmers, locals, and other stakeholders were present during the outreach under Kissan Sampark Abhiyan.

The Sarpanch of Gudwal A panchayat, Jasbir Singh present on the occasion, expressed gratitude for the launch of the programme, which is expected to benefit the farmers in the border belt region which have peculiar needs and issues.

In addition to the training and resources, the programme also includes SMS-based advi-

sory services for farmers to provide real-time information on crop management, disease prevention, and other related issues. The programme aims to provide a comprehensive solution to the challenges faced by farmers in the region.

The DC informed that the innovative web portal, Daksh Kisan, is a key component of the programme, which offers a Learning Management System (LMS) that provides access to a range of resources, including videos and learning material in multiple languages. The platform is committed to empowering farmers and agripreneurs by providing high-quality training and educational resources.



Smt. Pushpa Devi Mengi

With profound grief and sorrow, we regret to inform the sad demise of our beloved "Smt. Pushpa Devi Mengi" W/o Late Sh. Dev Dutt Mengi

"TENTH DAY" will be performed on "29th April, 2023 (Saturday)", at "10:00am" at her residence in "265/5 Channi Himmat, Jammu".

"KRISHA" will be performed on "2nd May, 2023 (TUESDAY)", at "12 noon" at her residence in "265/5 CHANNI HIMMAT, JAMMU".

"LUTHALA" will be performed on "9th May 2023, WEDNESDAY", at "PANCH MANDIR SEC-2 CHANNI HIMMAT (4:00PM - 5:00PM)".

GRIEF STRICKEN:-
Late Smt. Kanita Gandotra & Sh. Pritam Pal Gandotra
Smt. Saroj Wahi & Sh. Ashok Wahi
Smt. Vinod Sun & Sh. Vinod Sun
Smt. Renu Verma & Sh. Ashok Verma
"SONS AND DAUGHTERS IN LAW"
Shri. Kuldeep Rattan Mengi & Smt. Sumita Mengi
Shri. Someshwar Mengi & Smt. Anju Mengi
Shri. Rameshwar Mengi & Smt. Rita Mengi
Mobile no 9800532023, 9419244728, 8603501345
SHIKSHA NIKETAN
R.M PUBLIC SCHOOL
PUSHIP VATIKA

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