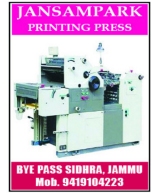




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PM Modi slams Congress, says its history is about "appeasing terror and terrorists"

AGENCIES
CHITRADURGA (KATAK), MAY 2

Prime Minister Narendra Modi on Tuesday alleged that the Congress's history is about "appeasing terror and terrorists", and the party had allegedly questioned the country's defence forces, when the surgical strikes and air strikes had been carried out.

Also accusing the Congress and JD(S) of "encouraging terror", the Prime Minister said they could never increase investment in Karnataka or create new opportunities for youth in the state.

"People of Karnataka should never forget Congress's history and thinking.



Congress's history is about appeasing terror and terrorists. When the Barla House encounter happened in Delhi, there were tears in the eyes

of Congress's top most leader, hearing about the death of terrorists," Modi claimed. Addressing a public meeting here, he said, "When

surgical strikes happened, when air strikes happened, Congress raised questions on the capability of the country's defence forces."

"In Karnataka, you have seen how Congress is encouraging terrorism. Congress had left Karnataka to the 'rehemokaram' (mercy) of terrorists. It is the BJP that broke the back of the terrorists, and has ended the game of appeasement," he claimed, adding that for a prosperous Karnataka, it was important for the state to be safe.

Union Minister A Narayanaswamy and Davangere MP G M Siddeshwara, among others, were present.

CONTINUED ON ► PAGE 4

'Mission Karmayogi' institutionalised capacity building: Dr Jitendra Singh

AGENCIES
NEW DELHI, MAY 2

Union Minister of State (Independent Charge) Science & Technology; Minister of State (Independent Charge) Earth

Sciences; MoS PMO, Personnel, Public Grievances, Pensions, Atomic Energy and Space, Dr Jitendra Singh today said that "Mission Karmayogi", launched by Prime Minister Narendra Modi, had

institutionalised the process of capacity building, particularly for the benefit of civil servants, with the aim to shape the Century India of 2047.

CONTINUED ON ► PAGE 4

SFs, people must join mission to give befitting reply to adversaries derailing progress in J&K: Officials

J1 NEWS SERVICE
JAMMU, MAY 2

In the wake of recent Poonch terror attack in which five army personnel attained martyrdom, security agencies have claimed that the Central government is firm to bring changes through development and pro people policies, but the adversaries are trying to derail the progress in Jammu and Kashmir.

"The Central govt is firm and determined to bring changes in the region and bring them in the main stream," a senior officer in the para-military forces said on Tuesday.

He stated that the G-20 Summit is to be chaired at Srinagar and this is one of the significant events but somehow, the same is not acceptable to the terrorist organizations active in the region.

"Since the last decade, the devel-



opmental projects in Jammu and Kashmir are keeping pace with the time and there are multi-sectoral infrastructure development activities taking place in the region but the adversaries are trying to derail the process," he added.

He further said, "it is an age old practice of our adversaries to foment trouble in J&K. They can't digest the fact that Jammu region is peaceful and try to keep borders active. The recent Poonch attack is the prime example for that."

"There are numerous

instances in the recent past where the adversaries tried to derail the growth. The growing narcotic and drug smuggling, recovery of huge cache of arms and ammunition and by radicalizing the youth, they are constantly looking for the opportunity to make their presence felt in region," said the officer.

Meanwhile a senior Army officer said, "the people of Jammu and Kashmir want to weed out the menace of terrorism completely from the region and see the future generation free from drugs and

CONTINUED ON ► PAGE 4

Mortar shell recovered along loc in Rajouri

J1 NEWS SERVICE
JAMMU, MAY 2

A 120 mm mortar shell was found along the line of Control (LoC) in Jammu and Kashmir's Rajouri district, officials said on Tuesday.

Some villagers saw the shell lying at a river bank in Kalal border area and informed the police on Monday night, they said.

A bomb disposal squad of the Army was called in and the shell was destroyed through a controlled explosion, they said.

Terror funding case | NIA raids 12 locations in J&K

J1 NEWS SERVICE
SRINAGAR, MAY 2

The NIA carried out raids at multiple locations across Kashmir valley early Tuesday in connection with a terror funding case and detained one person for questioning, officials said here. Raids were carried out at nearly a dozen locations in Srinagar, Awantipora, Pulwama, Kulgam and Anantnag areas.

One person has been detained for questioning by the National Investigation Agency (NIA) from Sozith area of Srinagar, the officials said.

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Pressure of 'Oil Vapours' causes explosion at Jammu fuel station, no casualties: Police

J1 NEWS SERVICE
JAMMU, MAY 2

An explosion occurred at a fuel station in the busy Narwal area here on Tuesday due to the pressure of oil vapours under a manhole, a senior police officer said.

No one was injured in the incident, and police and experts from the oil company are still inspecting the site.

Panic gripped Narwal, where Jammu and Kashmir's biggest fruit and vegetable wholesale market is located, following the explosion around 10:50 am. The blast damaged a portion of the fuel station's floor and a nearby structure housing the front office of a bank. "Initial investigations reveal that during the process of oil pumping under the (station's) manhole there remained pressure of oil vapours which became the cause of the explosion," Senior Superintendent of Police (SSP), Jammu, Chandan Kohli, said in the evening.

Earlier, police and the fuel station's owner had



said the blast took place after a short circuit in the underground power board. Immediately after the explosion, police rushed to the site and cordoned the area.

The fuel station's owner, Sanjeev Kumar, had said it is suspected that the short circuit happened after rainwater leaked into the underground power board.

Sub Divisional Police Officer, Jammu East, Zaheer Abbas Jafri also quoting

preliminary investigations had said the explosion was caused by a short circuit.

"The owner of the petrol pump told us that the blast was caused by a short circuit. We have also seen that electric wiring has been damaged," he said, ruling out any foul play or a terror angle.

The petrol pump's employees said there were no customers at the pump when the incident happened.

Mata Kheer Bhawani Yatra to start on May 26

J1 NEWS SERVICE
JAMMU, MAY 2

Divisional Commissioner of Jammu,

Ramesh Kumar and Additional Director General of Police Jammu Zone, Mukesh Singh on Tuesday reviewed the arrangements for upcoming Mata Kheer Bhawani Yatra at a meeting attended by functionaries of different

CONTINUED ON ► PAGE 4

Australian High Commissioner calls on LG Manoj Sinha



J1 NEWS SERVICE
SRINAGAR, MAY 2

Australian High Commissioner to India Barry O'Farrell on Tuesday called on Jammu and Kashmir Lieutenant Governor Manoj Sinha here and discussed investment opportunities in the Union Territory, especially in the horticulture and food processing sector. The High Commissioner

called on the LG at Raj Bhavan here. "It was a pleasure to meet Hon'ble High Commissioner of Australia, Shri Barry O'Farrell AO @AUSHCIndia, the LG said in a tweet.

He said they had an excellent discussion on development in J-K and investment opportunities in the Union Territory, particularly in the horticulture and food processing sector.

Lithium reserves found in J&K to be auctioned by December: Mines Secretary

AGENCIES
NEW DELHI, MAY 2

Auction of lithium reserves found in Jammu and Kashmir's Reasi will be started by December, said Secretary Ministry of Mines Vivek Bhadrawaj.

Speaking at an industry event on Tuesday, the secretary said the ministry has written to J&K administration for the transaction advisor for the lithium auction.

"We have completed the consultation process with stakeholders on the amendment of the offshore Mining Act. Hopefully, we will soon bring it in the parliament for discussion," Bhadrawaj said. "We have been lucky to discover 5.9 million tonnes



of Lithium. We were actually looking for limestones which are available in Jammu Kashmir. We found limestone, bauxite and lithium together. There has been renewed interest in exploration in these min-

erals," he said. The central government in February this year said that 5.9 million tonnes of lithium reserves had been found for the first time in the country

CONTINUED ON ► PAGE 4

Do not become hurdle in progress of J&K: BJP leader to Farooq Abdullah

J1 NEWS SERVICE
JAMMU, MAY 2

BJP national general secretary Tarun Chugh on Tuesday lashed out at National Conference president Farooq Abdullah for his remark on G20 meetings not being held in Jammu, and asked why an international event being organised in Srinagar after many years pains him. He asked the former chief minister not to become a hurdle in the progress of Jammu and Kashmir. Abdullah on Monday 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.



Reacting to his remark, Chugh said, "I want to ask Farooq Abdullah what pains you about holding of an international event in Srinagar after many years? Why should it not be held in Srinagar?" "Why do you have enmity with belief of people in the government), development and progress (taking place) in Jammu and Kashmir? Why

CONTINUED ON ► PAGE 4

J&K Police files charge sheet against 'Conman' Kiran Patel

J1 NEWS SERVICE
SRINAGAR, MAY 2

The Jammu and Kashmir Police on Tuesday filed a charge sheet against alleged conman Kiran Patel who was arrested for posing as a senior PMO official and enjoying security cover, officials said. The charge sheet against Patel, who is currently lodged in the Central Jail here, was filed in the court of the Chief Judicial Magistrate in Srinagar. The fraudster, hailing from Gujarat, was arrested for allegedly posing as an additional director (strategy and campaigns) in the Prime Minister's Office (PMO) and enjoying many perks, including a bullet-proof car and security

CONTINUED ON ► PAGE 4

Modi led Union Govt fully committed to farmers' welfare: Bharat Bhushan

Inaugurates Lift Irrigation Scheme Gurha Pattan pending for 3 decades

JI NEWS SERVICE

JAMMU, MAY 02: Bharat Bhushan Bodhi, Chairman District Development Council (DDC) Jammu has asserted that the Central Government led by the worthy Prime Minister Narendra Modi is fully committed to provide ample facilities to the farmers in order to enable them to get their incomes doubled. He said that the PM is paying focussed attention towards farmers' issues leaving no stone unturned in ameliorating this lot that constitutes the significant food producers of the nation.

He expressed this while addressing a gathering during a function in which he inaugurated the Lift Irrigation Scheme Gurha Pattan here today.

The DDC Chairman Bharat Bhushan congratulated the people of the area especially the farmers on the final completion of the lift irrigation scheme Gurha Pattan that has now been completed after a long wait of three decades. He said that the completion of the scheme has come as a big relief to the local farm-



ers of the area as they will now be getting regular and sufficient supply of water for the irrigation of their farms.

It is pertinent to mention here that one transformer of 250 KV capacity along with a stabilizer and the requisite electric panel has been installed for the complete functioning of this scheme with the additional cost of Rs. 25 lakh under Capex-Budget 2022-23.

Emphasizing that 'Farmer Empowerment' is a priority for any govern-

ment that intends to push the nation to greater heights, the DDC Chairman said that the current government led by Prime Minister Narendra Modi is a visionary who has taken strategic steps to accelerate transformation in the farming sector with an ambition to empower farmers. He said that doubling farmers' income, securing them and their endeavours, making them tech savvy, boosting agriculture research and education, and building farm-

related infrastructure are some of the major goals set and being worked upon for the growth of agriculture sector and farmers' welfare by the incumbent BJP Govt at the Centre.

Bharat Bhushan also lauded LG Manoj Sinha for satiating development needs of the people of the Union Territory with utmost efficiency as the areas which saw neglect of the successive governments in the erstwhile State of J&K are now on the priority list of the administration with every nook and corner getting the much desired focus of the people sitting at the helm.

New Industrial Policy an utter failure, Industries in J&K is on ventilators: Rana

JI NEWS SERVICE

MENDHAR, MAY 02: Javed Rana, senior Jammu and Kashmir National Conference (JKNC) leader and President of the party for Pir Panjal Zone has pooh-poohed the Union Territory Administration alleging that the so called new industrial policy claimed to be unique in many ways has turned out to be an utter failure on ground.

In a statement issued to media here today, the senior National Conference leader raised serious concern over the flawed new industrial policy of Jammu and Kashmir asserting that it has totally failed especially due to the fact that the banks are not honouring the commitments made

in the policy. He said that the banks are not fulfilling the obligations on their part under the new policy forwarding lame excuses. He said that while this is the sorry state of affairs regarding the policy across the Union Territory, the Pir Panjal range continues to be the worst victim of the banks' apathy and the bank officials' dereliction of duty.

He claimed that a single loan stands sanctioned for any industrial unit for Pir Panjal range under the new industrial policy. Javed Rana said that in view of the banks not responding to be proactive partners in implementing the new industrial policy, the industries in Pir Panjal range are on ventilators rather in a dying mode. He

said that it is an open secret that more than 60 per cent Industrial units stand already closed in Samba, Kathua, Udhampur, Bari Brahmana and Pulwama industrial areas which falsifies the tall claims made by the Union Territory Administration of bringing the industrial revolution in J&K and boosting the economy, besides creating multiple employment avenues for the unemployed youth.

Asserting that the Administration can't disown its liability for the gross failure of the new industrial policy, Rana said that it is ironic that despite raising this serious issue with the concerned authorities in governance of Pir Panjal range, the Govt is not responding to the locals' fervent appeals time

and again.

He said what could be more sarcastic than the fact that Govt is not listening to the woes of local industrialists, at the same time it is inviting the people from outside Jammu and Kashmir to avail subsidies on industrial projects.

However, the fact remains that not a single big industry has been established in J&K after abrogation of Art 370, he lamented.

Meanwhile, Javed Rana while asserting that National Conference is the only panacea to end the woes of the people of J&K appealed to the people to support National Conference in the forthcoming elections be it the Panchayat, ULB or Assembly elections.

BJP's 'Beti Bachao, Beti Padhao' slogan another 'Jumla': Tony

JI NEWS SERVICE



JAMMU, MAY 02: Targeting the BJP Government, Taranjit Singh Tony, Chairman Aam Aadmi Party (AAP) Jammu and Kashmir for a d i n i s t r a t i v e Engagement and Minority Affairs, and DDC Member Suchetgarh questioned whether the slogan of 'Beti Bachao, Beti Padhao' was merely another 'jumla' (gimmick) of the 'Bharatiya Jumla Party' as party's MP, who is also President of Wrestling Federation of India is being sheltered despite being implicated in POCSO Act. He said like many other serious issues, the slogan of Beti

Bachao.....is also a mere Jumla for the party leadership as under the government of this very party no action has been initiated against one of its member parliaments, allegedly involved in 'heinous acts' against national and international level women wrestlers of the country. The senior AAP leader was speaking at the joining programme here today in which people of various political parties today joined the Aam Aadmi Party under his leadership.

Tony said that the entire BJP leadership from top hierarchy to bottom never gets tired of boasting the party and going hype to its slogan of Beti Bachao and

the culprits rather than victims.

"The culprit Member Parliament makes mockery of the law as the golden girls cry for action and the whole world is looking for the Modi Government for action against the so called Member Parliament.

It's time for PM Modi, Home Minister Amit Shah and BJP National President JP Naada to act against such malicious people, whosever high and mighty they are in their own party the law is equal for all. BJP should be shameful for such act of the MP and he should be thrown out of the Party and the Presidential post of WFI without any further delay," he added.

The senior AAP leader said it is the time for the people of India to wake up from the deep slumber of 'Andh Bhakti' and raise their voice and mount pressure on the government to ensure the arrest of the culprit implicated in the POCSO case. "However high and mighty the accused are but the laws should not differentiate", he maintained.

Dy Mayor Kick starts work of lane, other allied development works



JI NEWS SERVICE

JAMMU, MAY 02: Continuing the campaign to provide better development as well as basic facilities to the people of the Jammu, Deputy Mayor Jammu, Baldev Singh Billawaria today kick started the work of the lane including other allied development works at sector no. 02, ward 56, Ganyal in RS Pura-Jammu South constituency.

This work will be executed under the supervision of Jammu Municipal Corporation (JMC). The people have expressed gratitude to Deputy Mayor

Jammu, Baldev Singh Billawaria for starting the construction work of the lane and other allied works. Speaking on the occasion, Deputy Mayor Jammu, Baldev Singh Billawaria said that this was a long pending demand of the local residents and now the demand has been fulfilled. He said that the construction of the said lane is of utmost importance to prevent more damages as the said lane was in dilapidated conditions. He further said that the construction of this lane will not only save the people from any untoward but will also help in controlling the soil erosion and will prevent from mesquites and dengue as there will be no water stagnant in the lane by upgradation/constructing of the said lane and will help in conserving the environment of the area. Deputy Mayor said that the Jammu Municipal Corporation is committed to serve the interests of all sections of the society and this is the one more step towards the service to the community. He said that this work will not only provide protection to the community but will also provide a sense of connectivity and belonging to the community. The

Deputy Mayor further said that the JMC is taking all the necessary steps to ensure that the amenities of the citizens are not compromised. He said that the JMC is committed to provide the best possible services to the citizens and this development work is a step forward in that direction. Deputy Mayor, Baldev Singh Billawaria said that Jammu Municipal Corporation is committed to develop all the areas of City of temples. He said that Jammu Municipal Corporation follows the footsteps of Prime Minister Narinder Bhai Modi and carries the policy of 'Sabka Sath, Sabka Vikas Sabka Vishwas, aur Sabka Prayas'. Deputy Mayor Jammu, Baldev Singh Billawaria also said that under the stewardship of Shri Narinder Bhai Modi Indian prestige intervention arena has considerably been enhanced and people view our Country as the most developing country. He expressed his gratitude to the locals for believing in his efforts and his vision for Jammu. Ranjit Singh, Harbans Choudhary, Surjeet Kumar, Rakesh Sangral, Mulkh Raj and others were present.

KISSAN LEADER CH MOHAN SINGH JOINS CONGRESS

Congress committed to transparent and principle-based politics: Wani

JI NEWS SERVICE

JAMMU, MAY 02: J&K Pradesh Congress Committee Chief Vikar Rasool Wani today said that Congress represents the urges and aspirations of people and it will continue to serve them as an instrument of service and safeguard people's rights. He made these comments in Jammu today where Kissan leader Ch Mohan Singh along with supporters joined Congress and expressed confidence in the pro people policies and programmes of Congress. JKPC Chief welcomed the new entrants hoping that their joining will inspire others to join Congress given its pro people policies, transparent and principle-based politics. Speaking on the occasion JKPC Chief Vikar Rasool Wani expressed confidence that the new entrants will utilize Congress platform to serve people to the best of their ability, besides strengthening Congress party further in their respective areas, as



that, it is the Congress Party alone which represents urges and aspirations of the people in true sense. "Congress Party is strong enough, it cannot be cowed down by the false hood and malicious propaganda of BJP," Wani added and urged the Party workers to remain steadfast to serve people and highlight their issues for their resolution. On this occasion JKPC President declared many more political leaders are coming to join Congress given its pro people policies and exhorted

the newly joined entrants to get connected with the people and ensure that Congress Party is strengthened further in their respective areas. Congress has 138 years of service to the people, it will continue to serve and empower every section of the people living in the country. It was heartening to observe that prominent social and political faces are joining Congress knowing that it is the only Congress, which is fully capable to serve and represent people's urges and aspirations, Wani

IIC in collaboration with The Law School, JU organizes Lecture cum Interaction for students

JI NEWS SERVICE

JAMMU, MAY 02: Institution's Innovation Council in collaboration with The Law School, University of Jammu organized Lecture cum Interaction for the students. Dr. Vinod Kumar Sharma, Teaching Associate, at the entrepreneurship development Institute (EID), was the resource person. The Workshop began with a Welcome address by Prof. Manju Jamwal (Director, The Law School, Jammu University), who after welcoming all the students explained the motive behind the conduct of such a workshop. Prof. Venu Koul (President of IIC) was the Chairperson of the session and highlighted the benefits of such work-



shops. Prof. Rakesh Vaid (Convener IIC) also shared his valuable thoughts. Dr. Harish Kumar and Dr. Ripu Daman also attended the interaction. Dr. Bindu Sangra (IPR Activity Coordinator) introduced the Resource person and

organized the whole event. Dr. Vinod Kumar Sharma, the key resource person for the workshop spoke about all aspects of IPR, Innovation, Entrepreneurship, and Startups. Dr. Vinod apprised the students of all the facilities provided by the Govt Through EID. More than 100 students and faculty of the department participated in the Workshop. The Workshop concluded with a formal vote of thanks by Aditya Mahajan.

We are grateful to the people of Jammu District for making 100th Mann Ki Baat historic: Parmod Kapahi



J I NEWS SERVICE

JAMMU, MAY 02: "Bharatiya Janata Party is grateful to the people of Jammu District for participating in massive numbers and making the 100th episode of Mann Ki Baat as a historic event", Parmod Kapahi said.

More than fifteen thousand people listened to Mann Ki Baat at more than two hundred places in Jammu district said Parmod Kapahi, while thanking common people, party activists and various organizations for making the 100th Mann Ki Baat historic.

Parmod Kapahi District President, Bharatiya Janata Party (BJP), Jammu was addressing the media persons at party headquarter, Pt Prem Nath Dogra Bhawan Kachi Chawani Jammu.

District General Secretaries Kuldeep Kandhari, Rajesh Gupta Mandal Presidents, Keshav Chopra, Parveen Keri, Raman Sharma, Atul Bakshi District Incharge Mann Ki Baat Jaideep Samyal and Arjun Gupta was also present on the occasion.

"100th episode of Mann Ki Baat was listened to in record number in Jammu District along with other parts of the nation turning it into a festival. BJP thanks every activist,

in a similar grand way.

"We heartily thank Modi ji for repeatedly boosting the morale of the people of Jammu and Kashmir. Every time the social workers of Jammu and Kashmir are mentioned in Mann Ki Baat", said Kapahi

"Prime Minister Modi has always listened to the Mann Ki Baat of the people of Jammu and Kashmir. Modi ji has embraced the people of Jammu and Kashmir", said Kapahi

Parmod Kapahi added that the Modi government has given importance to the residents of J&K. This government has taken essential steps to solve the grave issues faced by the people here. Issues of PoK refugees, women issues, Gularj Bakkerwal, Gorkha, and all others have been addressed by Modi ji. PM has done unprecedented development in J&K by opening 2 AIIMS, 9 Medical colleges, Golden Cards, flyovers, ring road, PHE, road networks, PMAY, monthly pensions and many other benefits are provided to the people of J&K.

PM's public centric policies have made him the hero of 140 Crore people as he has listened to the Mann Ki Baat of common people irrespective of their region or religion.

In response to a question, he said that the Modi government is determined for development-oriented policies in J&K, which was looted for 70 years.

He targeted other political parties for destroying the peace and progress in J&K earlier.

Now these politicians are frustrated and hence trying to sabotage the ongoing development in J&K by misleading statements.

common masses, NGOs, student organizations, trade & commerce organizations, religious & social organizations for celebrating the event in a historic way", said Parmod Kapahi

"More than 6.5 lakh people listened to the 100th episode of Mann Ki Baat at more than 5500 places in J&K in public programmes. BJP Jammu expresses gratitude to each and every participant of this event for this feat", Parmod Kapahi

Parmod Kapahi also thanked Prime Minister Narendra Modi for raising the morale of J&K residents by sharing their stories with the whole world through Mann Ki Baat. PM talked to Manzoor Ahmad of J&K praising him for his dedication in promoting local business and providing jobs to hundreds of people.

Kapahi said that this programme highlights the important achievements of common people as a source of motivation to others. Mann Ki Baat has made a record in its 100th episode. This is the first programme by the head of the Nation in which he has continued its talks with the common masses for the 100 times.

I appeal to the common persons and party activists to continue listening to this programme every month

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MASS JOINING PROGRAMME HELD AT KUPWARA

Promote BJP's pro-farmers schemes: Johal



J I NEWS SERVICE

KUPWARA, MAY 02: BJP Kissan Morcha President, J&K, Sarabjeet Singh Johal asserted that people across the nation are highly impressed by the policies of Prime Minister Narendra Modi led

Government at the Center and this stands proved by the fact that more and more people from every nook of the country are joining hands with Bharatiya Janata Party.

He was speaking at the mass joining programme at Kupwara in which nearly 150 families joined the party

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Altaf Bukhari seeks policy to revamp transport industry in J&K



J I NEWS SERVICE

JAMMU, MAY 02: Apni Party President, Syed Mohammed Altaf Bukhari has demanded a policy to revamp transport industry in Jammu and Kashmir.

As per a press release, dozens of transporters joined Apni Party including Davinder Singh, Sandeep Singh, Gurcharan Singh, Manoj Kumar, Roshan Kumar, Yash Choudhary, Satyam Singh and others.

Jammu in presence of other senior leaders of the party.

Those who joined Apni Party include President J&K Motor Transport Welfare Association,

Welcoming the entrants into the party fold, Bukhari hoped that their joining would strengthen the party and resolve the issues of the transporters.

Referring to their concerns, he assured that their demands will be highlighted before the concerned authorities for early redressal while expressing concern over the pending unresolved issues of the transporters in J&K.

He demanded that "The Govt should introduce a

policy to revamp the transport industry which is facing a difficult time and it has compelled many to adopt alternative businesses."

"Multiple taxes and other financial burdens like loans have overburdened the transporters. The Govt should frame a policy which should be transport friendly so that the transporters are not overburdened," he said. He assured that the Apni Party will stand with the transporters to address their issues. He further stated that "The Apni Party stands with transporters to highlight and resolve their issues."

Prominent among those who were present included senior Vice President, Ghulam Hassan Jammu, Provincial President, Jammu, S. Manjit Singh, J&K Apni Trade Union, Ajaz Kazmi, Provincial President, Youth Wing, Jammu, Vipul Bhai and others.

More than 15,000 people joined the 'Yoga Mahotsav' in Jaipur

J I NEWS SERVICE

JAMMU, MAY 02: The Yoga Mahotsav witnessed an exhilarating atmosphere as more than 15,000 enthusiasts performed Common Yoga Protocol (CYP), along with dignitaries, at the sprawling grounds of Shri Bhawani Niketan Shiksha Samiti here today. The Yoga Mahotsav was a celebration to commemorate 50 days to International Day of Yoga, 2023. The participants performed Common Yoga Protocol (CYP) in complete rhythm and harmony with a mesmerising outcome.

Sanjeev Sharma as well as many other dignitaries and guests took part in this mammoth exercise, with an ultimate motive to popularise Yoga.

Speaking at the occasion, Honourable Governor of Rajasthan, Shri Kalraj Mishra said, "Yoga and Ayurveda have a long history which dates back to centuries. The very first mention of Yoga was in the Rig Veda, one of the oldest sacred texts. This spiritual discipline is based on a subtle science that aims to bring about harmony between the body and mind. The whole world has been going through a tough time in form of Covid-19. Yoga and Ayurveda have helped to control the Pandemic. At the initiation and inspiration of our beloved Prime Minister, Shri Narendra Bhai Modiji, the United Nations General Assembly proclaimed 21st June, as the International Day of Yoga. Since then, the whole world is celebrating International Day of Yoga with enthusiasm and gaiety. I am extremely happy to be part of this mega event of 50th Day countdown of Yoga. I congratulate the Ministry of Ayush for organising this event in the Pink City of Jaipur."

The event was graced by the Honourable Governor of Rajasthan, Shri Kalraj Mishra; Union Minister of Ports, Shipping & Waterways and Ayush, Shri Sarbananda Sonowal; Union Minister of Jal Shakti, Shri Gajendra Singh Shekawat; Union Minister of State (MoS) for Parliamentary Affairs and Culture, Shri Anjan Ram Meghwal; Union MoS for Agriculture and Farmer's Welfare, Shri Kailash Choudhary; Union MoS for Ayush and Women & Child Development, Dr Muniraj Mahendrabhai Kalubhai; Member of Parliament (MP), Bhilwara, Shri Subhash Chandra Bahari; MP, Jaipur, Shri Ramcharan Bohra; MP, Karauli-Dholpur; Dr Manoj Rajoria; MP, Nagaur, Shri Hanuman Baniwal; MP, Ajmer, Shri Bhagirath Choudhary; MP, Rajasmand, Km. Diya Kumari; Mayor of Jaipur, Dr Smt Sonya Gurjar; Deputy Mayor of Jaipur, Smt Puneet Karnawat; Vaideya Rajesh Kotecha, Secretary, Ministry of Ayush; Vice Chancellor of National Institute of Ayurveda (NIA) Prof

boost. Our endeavour through these Mahotsav is to sustain a ripple effect around the rich heritage of yoga. Yoga has been proved to act as an elixir to realise a healthy mind & body. Guided by the vision of Prime Minister Modi ji, we remain steadfast towards building a healthier nation with the help of our rich traditional medicinal science including Yoga. As India is chairing the G20 for this year, we have a special responsibility to further our soft power of yoga to enrich the health & wellness of people across the world. Thanks to global appeal that yoga is enjoying since the inception of International Day of Yoga at the behest of Prime Minister Modi ji, it has been able to bring the whole world together resulting in peace and harmony. This year, we are planning to demonstrate of Common Yoga Protocol (CYP) at Arctic and Antarctic region. With the tremendous response to the Yoga Mahotsav in Jaipur, it has emboldened our effort to make Yoga a global healthcare movement."

Speaking on the occasion, Union Minister of Jal Shakti, Shri Gajendra Singh Shekawat said, "Today we have gathered in this beautiful city to celebrate the 50th countdown to International Day of Yoga. To understand the importance of yoga, we must first know what yoga is. Yoga is the result of tireless meditation by sages for thousands of years. Our sages have defined yoga as 'samatvam yoga uchyate', which means to remain balanced in both happiness and sorrow, in both egotism and humility, and to move from imbalance. Yoga has united

the world in a single thread, given new meaning to global values, and brought various health systems closer to each other. This beautiful movement of humanity towards a healthy and happy future has been made popular and institutionalised at the global level thanks to the vision and capable leadership of Honourable Prime Minister Shri Narendra Modi ji. The scale of Yoga Day is increasing day by day."

Speaking on the occasion, Union Minister of State for Ayush and Women & Child Development, Dr Muniraj Mahendrabhai Kalubhai said, "In this Pink City of Jaipur, it's a wonderful morning and I feel privileged to extend my heartfelt welcome to all of you in this event of 50th day countdown to the 9th International Day of Yoga. Yoga and Ayurveda give great importance to the mind-body connection. The harmonious connection with nature and the surrounding environment. Being an allopathic doctor myself, I know how much Ayush systems have helped people during the Covid 19 pandemic. We all know that at present, there has been a rapid change in the lifestyle of the people and this change has taken place in a negative way. Due to which many types of diseases have flourished. These diseases are such that there is no permanent cure in the medical world. It has been established through scientific studies, that if we adopt a positive lifestyle of yoga-meditation and spirituality, we can get rid of most of the modern diseases and welcome you all and urge to practice yoga as a daily routine."

BLSKS presents musical play "Tandursiti Hazar Niyamat"

J I NEWS SERVICE

JAMMU, MAY 02: To observed the "World Asthma Day", BhartiyaLokSangeet Kala Sansthan in close coordination with SangamTru Art Production presented Musical Play "TANDURSITI HAZAR NIYAMAT" and Durga Bhawan Jaipur Jammu. The Program was inaugurated by Sh. V.K. Magotra, former Regional Director of Directorate of Field Publicity, Ministry of Information and Broadcasting, Government of India & Dr. Anju Dogra, Govt. Health Department, Govt. of Jammu & Kashmir and Dr. Tara Singh Charak, Former Deputy Director, J&K Health Department, Mr. Mukesh Singh, Media Person Jammu were the Guest of Honor.

The day commemorated as "World Asthma Day" as well with sole aim of rejuvenating the traditional Primitive Folk, Art, Culture of J&K Region in particular and Indian nation in through general awareness items. The specially items prepared on the theme "Nai Piyani Tamaboo Balma", "Bachobacho Asthama Kalo Bacho", "Nai Pee Shrabani", "AjGaliGali AurGaugoungung Maj sabne Azam Uthaya Hai", "LagaGaanSardetu Da Mela", Nakkad, Skits, Songs and Dances were presented to aware the masses. The Chief Guest said the theme of this day is "Asthma care for All which was celebrated on 2nd may every year in the world and most of the organization dedicated to asthma

controlled and educational to join together to increase awareness about Asthma. The 5 types of Asthma, allergic, non allergic, coughy, nocturnal, occupational. Asthma is a chronic respiratory condition which is usually caused by the airways becoming inflamed, narrow or swollen. This makes the airways produce extra mucus, making it difficult for breathing. The most common symptoms of asthma are difficulty breathing, chest pain, cough and wheezing. In some cases, asthma can have minor difficulties in daily activities, while in other cases, it can be a life-threatening disease. This chronic condition is extremely common in people and requires constant treatment for relief. World Asthma Day is observed to raise awareness about the disease and to ensure that the treatment is accessible to all. The organizers in making such awareness programmes colorful and effective. The artist of BLSKs presented theme based songs which were written by Dr. M.L. Dogra. The music was the program was assisted by Raju sir, Music Instructor, BLSKs. The program was recorded & uploaded online on Social Media for benefit of the peoples. Welcome speech was given by Dr. M.L. Dogra, Chairman, BhartiyaLokSangeetKala Sansthan said "World Asthma Day was initially established in 1998. The day was created to promote awareness of asthma as a condition that is increasing. In fact, it affects at least 14% of children worldwide and seems to be

growing in prevalence. Asthma is incredibly prevalent in those locations that suffer from low air quality as a result and, incidentally, these types of areas often also tend to be those that house low-income and minority communities. "Asthma Care for All" as the theme for World Asthma Day 2023. This theme highlights the importance of knowledge about asthma irrespective of geographic location, socioeconomic status, or other factors so that effective and affordable asthma care can be made accessible. This theme aims to promote equity in asthma care and management and reduce the burden of asthma on individuals, families, and communities worldwide.

Mr. Sanjeev Kumar, General Secretary BLSKs and our volunteers and outreach workers of these organizations have gone from door to door, and nearby localities of Jammu city to educate the people about the ill effects of drug abuse and have assisted the rehabilitation of victims of substance abuse. Thus, learning more about asthma, raising awareness, and supporting those who have the disease is growing in importance. So now it's time to observe World Asthma Day. The singers, musician and actors who performed were, Chait Chaur, Rudrapartem, Taniya Gupta, Vandana Gupta, rakshak Sharma, Joytosharma, Zaffar and others. Mr. Deepak Kumar Dogra, Program Incharge, presented vote of thanks for successful conduction of the program.

Unlock the Power of Akshar Dhvani Science with Sunil Kumar Aaryan at Shri Shri Navagraha Vatika

J I NEWS SERVICE

NEW DELHI, MAY 03: Sunil Kumar Aaryan: The Expert in Akshar Dhvani Science and Vastu Shastra Behind the Haven of Medicinal Plants and Natural Beauty in Haryana.

Nestled in the tranquil village of Untla in Panipat district, Haryana, lies the peaceful sanctuary of Shri Shri Navagraha Vatika. Spread over two acres, this natural wonderland boasts over 350 varieties of medicinal plants, making it a sought-after destination for those seeking natural healing solutions.

The man behind this haven of natural beauty and healing is Sunil Kumar Aaryan, India's only Akshar Dhvani Expert who has trained hundreds of Astrologers and Vastu scholars in Akshar Dhvani Science. According to him, the natural resources and solar energy available in the Vatika can be immensely beneficial for people suffering from mental stress and addiction.

Sunil Kumar Aaryan is an expert in Vastu Shastra, Geology, Astrology, Naturopathy, Palmistry, and Numerology. He is the only scholar with specialized training in Shaipit

Vastu Shastra, Shatru Shahan Chausath Yogni Vastu, Vishnu Chakra Healing, and Cosmic Energy.

Shri Shri Navagraha Vatika is maintained by Sunil Kumar Aaryan and aims to provide 100% relief to people from all problems and become a special and peaceful shelter for them. The main objective of the Medicine Free India Campaign is to provide medical support through astrology free of cost every Friday. Patients are advised on the diet related to planets and constellations, and medicinal plants are proposed to perform Yajna in homes according to medicine.



National Mission for Clean Ganga organises workshop on sludge management & 'online continuous effluent monitoring systems'

AGENCIES
NEW DELHI, MAY 2

G. Asok Kumar, Director General, National Mission for Clean Ganga (NMCG) on 2nd May 2023 presided over workshops on 'Online Continuous Effluent Monitoring Systems (OCEMS): Issues, Challenges and Way Forward' and 'Sludge Management: Issues, Challenges and Way Forward' held at India International Centre, New Delhi. Central Pollution Control Board (CPCB), Ministry of Environment, Forests and Climate Change (MoEF&CC), Ministry of Housing and Urban Affairs (MoHUA), National River Conservation Directorate (NRCD), state governments, academic institutions, researchers, international organisations etc. took part in the workshops. Issues related to "Parameters and Feasible Technologies required to be installed for Online Continuous Effluent Monitoring System in different categories of STPs/ETPs across the Ganga Basin" and "Characterization and Policy Framework Guidelines on Safe and Efficient Sludge Management" were discussed.

Delivering the opening remarks for the OCEMS workshop, Shri G. Asok Kumar emphasized the importance of the workshops in terms of getting

reliable and replicable data. "There are projects worth more than Rs. 35000 crore that are going on under Namami Ganga, out of which projects worth more than Rs. 29,000 crore are for sewerage management. These are big investments and if we don't know the outcomes then it is not right," Shri Asok Kumar said, adding, "The world is looking at us as exemplified with the recognition of Namami Ganga as one of the top 10 world's restoration flagships to revive the natural world. A lot of interest was also shown in Namami Ganga Programme during the UN World Water Conference 2023 held in New York in March 2023."

G. Asok Kumar said that there is a persistent need to outline fair and consistent data to gauge the outcome of the program. He remarked that the human element amplifies noise and distorts data, and we are looking to have accurate numbers. He stressed upon the necessity to have pre-defined parameters that can transmit accurate data from the source to the servers. "Human intervention can create havoc and noise when used erroneously," he said. There are various schools of thoughts with respect to what needs to be measured and creating national



parameters will lead to stable and fair information from the source. He said: "Unless something is monitored, nothing can be done to improve it. If we wish to improve the water quality, then it has to be monitored. For monitoring, the correct data has to be measured."

DG, NMCG called upon academicians and technical experts to finalize the parameters required to measure source data and said that these parameters could be revolutionary and need not to be confined to the Indian standards as long as they are reliable and repeatable. "There must be some technology available somewhere ensuring that parameters are measured and transmitted in a reliable way. The bottom line is that you get any technology from anywhere in the world, measure whatever parameters you want but a solution needs to come out that can bring stable, reliable and replicable data to the computer

screen without any bias, variation or fear and give the real picture on the ground," he added.

Recently, NMCG inaugurated PRAYAG - which stands for Platform for Real-time Analysis of Yamuna, Ganga and their Tributaries at NMCG.

On sludge management, Shri G. Asok Kumar exhorted a narrative change to view sludge as a gold mine for the country. "The treating capacity of NMCG has increased in the last 7-8 years and it is being ensured that polluted stretches of the river are being properly addressed," he said, adding, "This comes with a new problem of large volumes of sludge and in the last one-and-a-half year or so, Namami Ganga Mission has been focusing on various ways to monetize the reuse of waste water and sludge under the Arth Ganga campaign including use of sludge as soil conditioner in Natural Farming in the Ganga Basin."

NMCG looks to change how people view sludge. STPs have been renamed as 'Nirmal Jal Kendras' to connect the process of sewage treatment and Ganga rejuvenation with the local people and farmers. He said that sludge should be used to generate additional revenue for the STPs and Local Urban Bodies. He also

mentioned the National Framework for Safe Usage of Treated Water that has been launched by NMCG recently. "We need to look into using sludge as a soil conditioner without causing any health effects, how to compress the volume of sludge and de-water it, pursue farmers to take sludge from us, fortify sludge with additional minerals and market it as fertilizers or manure," he added.

D.P. Mathuria, Executive Director (Technical), NMCG gave the welcome address and made a presentation reflecting on the question of reliability of data that comes through various sources. During the OCEMS workshop, discussions were held on techniques/instrumentation for Online Influent and Effluent Quality Measurement using real time sensors/analysers, available technologies and suitability of technologies for different matrices of water quality, site selection/conditions, comparison of online/in-line sensors/analysers v/s Lab Analysis - sensor and analyser accuracy and allowed variability, validation, calibration frequency, comparison of BOD, COD, TSS, TOC sensors/analysers, reporting methods and data transmission and commercial viability analysis for various available technologies.

More than 15,000 people joined the 'Yoga Mahotsav' in Jaipur

AGENCIES
NEW DELHI, MAY 2

The Yoga Mahotsav witnessed an exhilarating atmosphere as more than 15,000 enthusiasts performed Common Yoga Protocol (CYP), along with dignitaries, at the sprawling ground of Shri Bhawani Niketan Shiksha Samiti here today. The Yoga Mahotsav was a celebration to commemorate 50 days to upcoming International Day of Yoga, 2023. The participants performed Common Yoga Protocol (CYP) in complete rhythm and harmony with a mesmerising outcome.

The event was graced by the Governor of Rajasthan, Shri Kalraj Mishra; Union Minister of Ayush and Ports, Shipping & 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 MoS for Agriculture and Farmer's Welfare, Shri Kailash Choudhary; Union MoS for Ayush and Women & Child Development, Dr Munjpara Mahendra Kalubhai; Member of Parliament Bilwara, Shri Subhash Chandra Baharia; MP, Jaipur, Shri Ramcharan Bohra; MP, Karauli-Dholpur, Dr Manoj Rajoria; MP, Nagaur, Shri Hanuman Beniwal; MP, Ajmer, Shri Bhagirath Choudhary; MP, Rajsamand, Km.

Diya Kumari, Mayor of Jaipur, Dr Smt Sonya Gurjar; Deputy Mayor of Jaipur, Smt Puneet Karnawat; Vaidya

Rajesh Kotecha, Secretary, Ministry of Ayush; Vice Chancellor of National Institute of Ayurveda (NIA) Prof Sanjeev Sharma as well as many other dignitaries and guests took part in this mammoth exercise, with an ultimate motive to popularise Yoga.

Speaking at the occasion, Governor of Rajasthan, Shri Kalraj Mishra said, "Yoga and Ayurveda have a long history which dates back to centuries. The very first mention of Yoga was in the Rig Veda, one of the oldest sacred texts. This spiritual discipline is based on a subtle science that aims to bring the body and mind. The whole world has been going through a tough time in form of Covid-19. Yoga and Ayurveda have helped to control the Pandemic. I am extremely happy to be part of this mega event of 50th Day countdown of Yoga. I congratulate the Ministry of Ayush for organising this event in the Pink City of Jaipur."

Addressing the gathering, Shri Sarbananda Sonowal said, "Today, on this historic day of Jaipur, with a rich legacy of Yoga, has made this Yoga Mahotsav event a grand success. As thousands of you have joined here. Our endeavor through these Mahotsavs is to sustain a ripple effect around the rich heritage of yoga. Yoga has been proved to act as an elixir to realise a healthy mind & body. Guided by the vision of Prime Minister Modi ji, we remain steadfast towards building a healthier nation with the help of our

rich traditional medicinal system including Yoga. As India is chairing the G20 for Ayurveda (NIA) Prof Sanjeev Sharma as well as many other dignitaries and guests took part in this mammoth exercise, with an ultimate motive to popularise Yoga.

Explaining the reasoning behind organising the 50-day countdown in Rajasthan, the Ayush Minister said, "Thousands of foreign tourists visit Rajasthan each year and avail the services of numerous yoga institutions to learn yoga and yoga therapies. There is tremendous potential for the yoga institutions of Rajasthan in the field of Medical Value Travel and spiritual tourism. We are also promoting village tourism, which is perfectly complemented by yoga in Rajasthan. I am confident that the upcoming mass demonstration would increase the enthusiasm for yoga in Rajasthan. Our effort to connect rural population through Ayush Gram in each state. An Ayush Gram will be a congregation of two-three villages and engage an average population of over 3,000. All out efforts would be made for special training by appointing Yoga trainers in the identified villages so that each Ayush Gram is ready to demonstrate CYP on 21st June 2023."

FROM THE FRONT PAGE...

PM Modi slams...

"Usually when a company brings out a product in the market, it gives warranty for it and says after the warranty is over the company is not responsible," Modi said. "Congress's warranty has ended. Congress has lost the trust. In such a case, guarantees by the Congress without warranty are nothing but lies."

Modi also claimed that the Congress had an "old track record of false guarantees". He claimed that the Congress in 2012 had "tried to confuse the people of Gujarat with such false guarantees", and "some people had even tried to loot the poor people" in the name of guarantees.

"It's such a situation for Congress in Gujarat now, that it has to get people from other states to hold its flag," he claimed.

Noting that the Congress in Karnataka too was getting "forms of its guarantees filled", the Prime Minister said, "There should be an inquiry on how much bribe the Congress is taking by showing the forms of false guarantees."

Congress knows clearly that the people of Karnataka would not allow it to come to power, so it is making big false promises, he claimed. "The amount which will be required for Congress's guarantees is so much that Karnataka's treasury will become empty, and still they cannot be fulfilled. So they are only for the sake of telling people. If it has to be implemented, all other work will have to be stopped. Congress may also put all BJP's welfare schemes into reverse gear for it," Modi claimed.

Asserting that the BJP was seeking votes with a road map for a developed Karnataka, Modi, without mentioning any names said, "Congress has only two issues - it is asking for votes in the name of retirement and to make (sic) Chief Minister one last time in their manifesto." He was apparently referring to Congress leader and former CM Siddaramaiah, who has announced that this will be his last election.

"Congress's other agenda is to abuse and instigate people," he alleged. "They abuse OBC and Lingayat community. They have abused more than 30 times and are marching towards century... Congress did not even leave S Nijalingappa (late former CM and veteran leader) who is from Chitradurga. The Congress which abused him can make a century in abusing," he added.

Calling on people to root out the 'Congress's corruption kaal' from every corner of the country and to bring in developed India's 'Amrit Kaal' everywhere, Modi said the same thing had to be done in Karnataka too, by bringing in the BJP government with a full majority. Congratulating the Karnataka BJP and its leadership for its manifesto released on Monday, the Prime Minister said it was a very good manifesto, which had the road map to make Karnataka the number one state. "It has the blueprint for modern infrastructure, it has priority for women and youth empowerment..." he said.

Asking people to be "alert" about the Congress and JD(S), Modi said, "Both are 'parivarwadi' (dynasts), both support corruption and indulge in divisive politics, and Karnataka's development is never their priority." He also said that Congress could never compete with the BJP's developmental work. (PTI)

'Mission Karmayogi'...

Addressing the iGOT Karmashala 2023 - a consultative workshop, Dr Jitendra Singh said, the imperative need of shift from "rule" to "role" in governance is essential to meet Prime Minister Narendra Modi's goal

of New India and live up to its aspirations. The whole concept has sought to give new culture to governance, he added.

The Minister said that Mission Karmayogi is committed to Prime Minister Narendra Modi's vision for a reformed civil service that would pave the way for a Viksit Bharat, Mission Karmayogi has been playing a transformative role in shaping an administration that is agile, responsive, effective, and better equipped to serve the needs of the people. Designed as a comprehensive program that seeks to enable civil servants to acquire the skills, knowledge, and abilities necessary for delivering high quality public service in a rapidly evolving world, Mission Karmayogi has, over the last few years, made major strides under the expert stewardship of the Capacity Building Commission, he added.

Ms. Radha Chauhan, Secretary, DoPT said that the mind-sets towards training and capacity building has changed ever since Mission Karmayogi was introduced. The moment we had a clear vision set forward by the political leadership, the desire to deliver was enabled within the civil servants. Adil Zainulbhai, Chairman CBC, said that Mission Karmayogi has two bodies under it that are entrusted with making Mission Karmayogi work, namely Karmayogi Bharat and Capacity Building Commission, working together to accelerate the learning for all civil servants. He further elaborated on the work done by Capacity Building Commission.

S Ramadorai, Chairman, Karmayogi Bharat said that the iGOT Karmayogi platform, managed and operated by Karmayogi Bharat, an SPV established under DoPT, has been providing civil servants with a state-of-the-art digital learning experience through 400+ courses offered by a variety of content providers. In support of the learning needs of government officials at all levels, various hubs, like - Discussion Hub, Events Hub, and Network Hub, have also been made available for a truly interactive experience, thereby helping foster holistic professional and personal development.

Dr Jitendra Singh said that the learning resources are anytime, anywhere, and on any device - to all learners with a view to enhance their skills, knowledge, and competencies, the iGOT portal seeks to promote a culture of self-paced, continuous learning, while also creating a sense of community via knowledge-sharing among government officials.

In order to enable mobile learning for all users, the iGOT Karmayogi App was launched for Android (in December, 2022), and iOS (in January, 2023) platforms. The App has recorded an encouraging uptake among learners over the last few months.

The Minister inaugurated the new features on iGOT Karmayogi Platform such as Survey Tool, End-of-Course Assessment, and Dashboard which are expected to play an instrumental role in shaping iGOT as a platform of excellence. The new features would also allow for improved learner-level monitoring and evaluation.

Dr Jitendra Singh also felicitated the top learners and top Ministries/Departments who actively participated in the iGOT Karmayogi platform

The Minister said that aiming to make major strides in terms of Ease of Doing Business, 1.4 billion people would rely on a 'steel-farm' that is smart, competent, future-ready, and citizen-friendly as India ushers in Amrit Kaal. As architects of 'Viksit Bharat', we repose our faith in a new generation of civil servants nurtured through Mission Karmayogi, and empowered via the iGOT platform, in delivering

good governance through the length and breadth of our nation, he concluded.

Abhishek Singh, CEO, Karmayogi Bharat, Secretary, Department of Telecommunications, Secretary, Ministry of Ports, Shipping and Waterways, Director General, Indo Tibetan Border Force, Hemang Jani, Secretary CBC, Prof R. Balasubramanian, Member Capacity Building Commission, Pankaj Bansal, Member, SPV, S D Sharma, Joint Secretary, DoPT and other senior officials, Distinguished Panelists, Nodal Officers and nominees from the Ministries and Departments of Government of India, Heads and Representatives of Central Training Institutes and Administrative Training Institutes joined the deliberations.

SFs, people must...

weapons." Both, Indian Army and people, he said are working hand-in-hand to bring peace, harmony and stability in the J&K, adding, "every peace loving individual must join the mission and give a befitting reply to adversaries - nothing can be done from achieving our glorious victory and it is necessary for us to be alert and vigilant to detect the presence of terrorists and report the same to the security forces so that they can surgically remove this terrorism which ails our society."

He said that it is the time to counter all the negativity prevailing around the world and create an opportunity for international branding of the Jammu and Kashmir and said, "the security forces have achieved success in foiling terrorist activities at the borders. Huge cache of war like stores and millions of worth of drugs and narcotics have been recovered."

The security forces are undertaking anti-terror operations in Jammu and Kashmir with utmost care, safety and zero collateral damage to the local population, said the officer. (Agencies)

Mata Kheer Bhawani...

departments. The Yatra will start on May 26 after its flagging off from Nagrota, the Committee members said and called for making available hassle-free transportation services for the pilgrims.

It was informed that the advance party of the Management Committee will move in advance on May 22 for making arrangements at the temple.

The Divisional Commissioner directed the Relief Commissioner and Jammu & Kashmir Road Transport Corporation to deploy an adequate number of buses to ferry the pilgrims to the temple.

He also issued directions for effective traffic regulation and foolproof security arrangements by providing squad vehicles for the safety of the pilgrims.

Terror funding case...

The detained person was identified as Ishaq Ahmad Bhat.

"The NIA came early in the morning between 5.30 and 6.00 am. They asked for Ishaq and took him away along with his mobile phone. He works as a labourer," Mohammad Ramzan Bhat, father of the suspect, said.

"We have no links with militancy or stone pelting," he added.

Bilal Bhat, brother of the detained person, said Ishaq was illiterate and worked as a window glass fitter.

The raids are being conducted in connection with a terror funding case registered last year. (Agencies)

Lithium reserves found...

in Jammu and Kashmir. Lithium is a non-ferrous metal and is one of the key components in EV batteries, among other industries.

"Geological Survey of India (GSI), an attached office of the Ministry of Mines, carried out a G3 stage mineral exploration project during Field Season 2020-21 and 2021-22 in Salad-Haimma areas of Reasi district, Jammu & Kashmir and estimated an inferred resource (G3) of 5.9 million tonnes of lithium ore and the report has been handed over to the Government of Union Territory of J&K," the Ministry of Mines earlier said.

The Geological Survey of India proposes more exploration activities in J&K for identifying lithium resources. (Agencies)

Do not become...

you envy the people's faith in the prime minister..." the BJP incharge for Jammu and Kashmir said. He said that Jammu and Kashmir is not going to stop in its journey towards peace and development.

"G20 will open up new path towards speedy progress of tourism, industries and trade in Jammu and Kashmir. The people of J&K are moving forward, so do not become a hurdle in this progress of J&K," he said, targeting Abdullah.

To a question on senior leader Ghulam Nabi Anzar flagging uncertainty due to a delay in holding assembly elections in Jammu and Kashmir, Chugh said the polls will be held.

"The BJP-led central government held DDC (District Development Council), BDC (Block Development Council) and panchayat elections in Jammu and Kashmir. Thousands of people have been elected," he added.

The BJP leader said the high voter turnout reflected the people's faith in Prime Minister Narendra Modi. "Each DDC member won by thousands of votes. Such turnout was not seen during Lok Sabha elections. People voted openly and expressed full faith in democracy and the prime minister," he said.

He said all efforts have been made to ensure peace and development in Jammu and Kashmir after August 5, 2019, when Article 370 was nullified.

"We have zero tolerance for terrorism. Terror attacks, terror incidents and the number of terrorists have reduced. Jammu and Kashmir has moved towards development," he added. (Agencies)

J&K Police files charge...

cover besides other hospitality, police said. Patel had claimed that he had been given a mandate by the central government to identify buyers for apple orchards in south Kashmir, they added.

A case under relevant sections of cheating and forgery was registered against him on March 2 and he was nabbed the next day from a five-star hotel here during his third visit to the Valley.

Four FIRs related to cheating were recently registered against Patel in different police stations in Gujarat, including one by the Ahmedabad crime branch for trying to usurp a senior citizen's bungalow.

Shiv Sena ,SSP launched " Mera Jammu-Kashmir Mera Adikar" campaign



JI NEWS SERVICE

JAMMU, MAY 02: Shiv Sena (UBT) and Sainik Samaj Party today jointly launched the campaign "Mera Jammu-Kashmir Mera Adikar" while organizing a first of its kind "Jan-Chopal" in Jammu to highlight the grievances of the people and to express their aspirations, vowing of fulfillment of people's aspirations. The campaign was started by organising first of its kind "Jan Chopal" in the

public park of Patoli Morh in ward no 34,35 of Jammu in the presence of several top party leaders including Shiv Sena state chief Manish Sahni and Sainik Samaj Party President Colonel S S Pathania. In which the local residents took out their anger fiercely on the indifference of the general public from the administrative officials along with undecleared power cuts, huge electricity bills, irregular drinking

water supply, besides registering their presence with great enthusiasm. Speaking on the occasion Manish Sahni, president Shiv Sena J&K said that the public is fed up with the Lt Governor's rule. In Jammu and Kashmir, spread over 1,38,124 square kilometers and a population of about 1.25 billion, the Lieutenant Governor is running his reign on the strength of only one advisor. People's issues are not being heard, bureaucracy's

arbitrariness and indifference towards the public has increased the distance between the administration and the public.

On the other hand, Col. Pathania said that Jan Chopal, in a democracy, people have a suitable platform to express their problems and grievances for meaningful redressal of various issues.

Hearing on public issues has stopped after the formation of Union Territory. Which will be tried to speed up through Jan Chopal under the said campaign.

Sahni said that under this campaign Jan Chopals will be held across the entire JKUT and on from KanyaKumari to Kashmir as it never believed in dividing the country on different basis.

Senior BJP leader and former deputy chief minister said this in an acerbic rejoinder to NC Patron Dr Farooq Abdullah after he questioned why Jammu region was not considered

Farooq should come out of discriminatory mindset: Kavinder



JI NEWS SERVICE

JAMMU, MAY 02: For the nationalist BJP, India is one from KanyaKumari to Kashmir as it never believed in dividing the country on different basis. Senior BJP leader and former deputy chief minister said this in an acerbic rejoinder to NC Patron Dr Farooq Abdullah after he questioned why Jammu region was not considered

as a venue for G20 meetings. In the meeting held here today, Kavinder said that BJP is not a narrow minded party and thinks beyond boundaries. He said that it was Farooq's NC which used to create wedges among the people on the basis of regions, religions and other distinctions but BJP considers every part of the country to be India integral part and that is

why for BJP Government it is immaterial whether the G20 meetings are being held in Jammu, Srinagar or in Leh. He said that Farooq's statement is the part of a ploy to again divide the society on a regional basis but the BJP Government led by PM Narendra Modi wouldn't allow this to happen. He said that the well wisher of Jammu—Dr Farooq was instrumental in

discriminating with this region for over 70 years now when he has become irrelevant in politics, he is using Jammu card to attract public attention but the same is impossible because people today aware of these old tactics and knows every move of NC leadership. "When in power, the NC leadership never comes out of cocoon of Kashmir based politics but now it is shedding tears in the name of Jammu region which is nothing but sheer political drama", he said adding that Modi government has been doing justice with all, whether Jammu, Kashmir or Ladakh, and the record number of tourists in the Valley this year is the testimony of this fact.

He said that BJP has a mass base of 5 lakh members in Jammu and soon the same base will be established in Kashmir province also, therefore the conspiracy of NC to debase BJP in Jammu won't work and any attempt in this direction is pointless.

Sunil Prajapati Condemned Statement of Farooq Abdullaha for ignoring Jammu on G20 Meet

JI NEWS SERVICE

JAMMU, MAY 02: President, BJP OBC Morcha J&K, Union Territory slams Former J&K Chief Minister and President National Conference over his statement that Jammu, the land of Dogras is being ignored for G20 Meets, as G20 meet is being held Kashmir and Ladakh only and not in Jammu, ignoring Dogras. Farooq Abdullaha first should remember that the Ladakh is a separate Union Territory like J&K and not a part of J&K at present. Further, holding G20 meet in Kashmir and Ladakh is an effort of the Union Govt to link the terrorism hit people of Kashmir valley with the stream of the world as the participants of 20 countries including the European Union are participating in the G20 meet under the presidency of India this year. It is not necessary that G20 meet has to be held in every state but as decided by the Union Govt. It is also an attempt to bring the decades old terrorism hit valley and the neglected Ladakh Region, which had suffered a lot socially and politically during last 70 years ruling of National Conference and its allies. It is a known fact that it is the prerogative of Centre Govt as to where the G20 Meet has to be held and not necessary to hold in every State and region.

The statement of NC President reveals his discontent over any development in the Kashmir as he does not want that the people of Valley are linked with main stream of the country or the world but to live under the fear of terrorism to keep vote bank intact for his party. He fears that his vote bank will be slipped with holding any such G20

type meets of world class, which may bring the people of the valley out of fear of terrorism and open support in favour of BJP.

In response to his statement that Dogras are being neglected by the BJP party, Sunil Prajapati condemned his statement, stating that it was the National Conference Govt in J&K when the Dogra Certificate meant for Dogras of Jammu was stopped for Dogras and the whole Jammu region during 2009 but instead extended the facility of Dogra Certificate to Kashmir and Ladakh regions of J&K, for whom otherwise was not entitled. It was the BJP Govt who restored the benefits linked to Dogra Certificate for the Dogras of Jammu, when whole State was declared as Dogra with effect from 10 April 2016.

Sunil Prajapati added that Farooq should also remember as to how the West Pakistani Refugees Dogras, which comprises a large population of OBCs was neglected by National Govt for seven decades and rendered them to live like second class citizen without right of residenship of J&K and denied them of all Constitutional Rights and well as the voting right to Panachayats and Assembly elections.

In response to the statement over martyrdom of 5 soldiers at Bhatta Duriyan, in Mendhar (Rjour), that the inspite of BJP Claim terrorism is still alive, we should feel ashamed.

Sunil Prajapati protest with the statement of Farooq and expressed great concern that terrorism is alive with the support of some politicians and supporters who always speaks of talk with Pakistan or said that they would be happy under the ruling of China. Farooq should also recall the mass massacre of 35 Sikhs of

Chhatishsingh Pora in Anantnag District, when all Sikh Youths and Men of Sikh community of the village were killed in the Garudwara in the very early morning of 20 Mar 2000 and all the 35 Sikhs were slain by 14-15 terrorists, when Farooq was the Chief Minister of J&K. But Farooq did never repent over failure of his Govt in punishing the culprits. Such things have given encouragement to the terrorism which is responsible of thousands of massacre of Kashmiri Pandits during 1990.

Further in response to the statement regarding online applications from people migrated temporarily or permanent for allotment of flats under Pradhan Mantri Awas Yojna (Urban) to change the demography of Jammu, Sunil Prajapati said that during the regime of National Conference Govt between 2004 to 2014, National Conference Govt have permitted around 14000 of Rohinyhas and Bangladeshi to settle in Jammu around the City to change demography and to increase vote bank of particular community. Out of which many were issued with Ration Cards and even the State Subject Certificates as well as Media Reports, but the West Pakistani Hindu Refugees being Hindu who were migrated during 1947 on partition of India and settled permanently in Jammu were denied all constitutional right even right to own a house and the voting right.

The people of Jammu regions remembers all the atrocities of NC Govt with Jammu Region. If the Jammu Regions has been neglected, it was the NC and its alliance who discriminated with Jammu Region in Jobs, allocation of Assembly seats as well as other developments.

Cong, NC, PDP did injustice since 1947

Ownership rights of land to West Pak refugees will heal their wounds: Raman Suri

JI NEWS SERVICE

JAMMU, MAY 02: Bharatiya Janata Party (BJP) J&K Executive Member Raman Suri today hailed the decision of government to grant ownership rights of land to West Pakistani refugees who had migrated to Jammu and Kashmir in 1947. The announcement made by Lieutenant Governor Manoj Sinha in this regard is a welcome step and will reverse the injustice done to these families since 1947 by Congress, NC and PDP regimes who did not bother to treat the refugees as honourable citizens of India.

Raman Suri said that the abrogation of Article 370 has opened many new vis-

tas of development for thousands of families belonging to different castes and regions. Many got voting rights and now many more will get ownership rights of land allotted to them way back in 1947.

These people have suffered a lot of pain and agony and, this decision of the Union Government and subsequent implementation by the LG administration is indeed a welcome step.

The BJP leader said, now these West Pakistani refugees can have government jobs, cast their votes, and even own land in Jammu and Kashmir which was their right but was snatched by those in power like Congress, NC, or PDP.

He said, land measuring approximately 50 thousand kanals will now be allotted to West Pakistani refugees who until now were living in their own country in miserable conditions and without any rights to vote, seek jobs or have land in their names.

Raman Suri said, the BJP government at the Centre led by Prime Minister Narendra Modi is sensitive towards such issues and this decision establishes how PM is concerned about the plight of refugees who had arrived from Pakistan in 1947 and ever since then, were living under miserable conditions.

He accused various previous governments like those of Congress, PDP, or

NC of ill-treating these people and depriving them of their legitimate rights of living like an honourable citizen and enjoying facilities and rights which other citizenships have been granted.

Raman Suri added that the BJP government, post abrogation of Article 370, has also granted voting rights to Valmiki Samaj members, who were brought in from Punjab but were never granted citizenship rights here.

They too are now enjoying equal rights like others. The BJP government, he added, is one with a difference and is doing justice with all those who had been neglected, ignored or condemned by previous governments of Congress, NC, or PDP.

"Ikkjut Jammu Party" convert to national level "Ekam Sanatan Bharat": Adv. Ankur

JI NEWS SERVICE

JAMMU, MAY 02: In a significant development, the local 'Ikkjut Jammu Party' has transformed into a national-level political party called 'Ekam Sanatan Bharat Dal'. The party aims to promote and protect Sanatan culture, society, temples, and cows, and has announced its plan to contest the 2024 Lok Sabha elections. The party's national president, Advocate Ankur Sharma, has stated that the party's election manifesto is currently under consideration with party members and experts. The party is seeking public opinion from all corners of the country to shape its manifesto.

The new party was formed after local 'Ikkjut Jammu Party', which was active in Jammu and registered with the Election Commission, chose to expand pan-India with the name 'Ekam Sanatan Bharat Dal'. Its national president is Advocate Ankur Sharma.



"After independence, it is the only political party to enter the elections keeping Sanatan values and standards in front. By declaring their 'Sapta Siddhanta' (seven principles), the party has articulated the values in which it is going to contest the 2024 Lok Sabha elections. Our election manifesto is yet to come, and its preparation is under consideration with party members and experts. The process of taking public opinion from every corner of the country

has also started," said Advocate Sharma. He further added, "Ekam Sanatan Bharat Dal is more of a movement than a political party, whose objective is the renaissance of Sanatan culture and protection of Sanatan Civilisation, Temple and Cow. The party's founding members have unanimously taken the oath by placing their hands on the Gita that they will work for the seven principles of this party." The "Seven Sutras" of

the Ekam Sanatan Bharat Dal are completely dedicated to Sanatan culture and society.

Ekam Sanatan Bharat Dal alleged that the Bharatiya Janata Party (BJP), which came to power on the basis of Hindu votes, has not done a single work which is beneficial for the Hindus. On the other hand, other religious communities are being given a lot of benefits in the name of 'Tritipikaran'. BJP has been in power since 2014 but till now the slaughter of cows has not been banned, Hindu temples have not been freed from Government control and minority appeasement is being carried in sheer violation of the constitutional values," said Ankur Sharma and added that Ekam Sanatan Bharat Dal will ask all such points amongst Sanatan Dharmic public and sensitize the masses about how all political parties are keeping their away from their real issues by misleading them since independence.

People block Bani Basholi Road seeking proper investigation in accidental death

JI NEWS SERVICE

BANI, MAY 02: Family members and relatives of one Machinder Kumar, who died in an accident, today blocked the Bani Basholi Road seeking proper investigation in the accidental case.

Pertinent to mention here that Machinder Kumar, son of Mangat Ram, resident of Fathepur was severely injured in a road mishap at Bani and later airlifted from Bani to Jammu Medical College by the administration for proper medical treatment but unfortunately he succumbed to injuries.

Talking to media persons, the family members today blocked Bani Basholi



Road and said that no proper investigation and action was taken by the police till now. The protesters demanded that the Police should taken stern action against the culprit

by holding for proper investigation in the accidental case. Later, the Tehsildar Bani reached the spot and assured the public and the family members of the deceased that justice

should be given as soon as possible. The family members warned that if the proper investigation will takes place then they will again come on the road till the justice met.

Rain dashes hope of bumper wheat harvest this year: Rajesh Kesri

JI NEWS SERVICE

JAMMU, MAY 02: Amid persistent high inflation and food security woes, farmers in J&K particularly border areas including Bishnah, Arnia and RS Pura are worried about their wheat crops due to untimely rain, hailstorm and strong winds. This was stated by Shiv Sena Hindustan J&K President Pt Rajesh Kesri while addressing a press conference in Jammu today. Addressing media per-

sons, Kesri said J&K is major producers of wheat, a key staple for a significant population, and the crop damage scenario also comes against the backdrop of persisting high inflation and food security woes globally amid geopolitical uncertainties. Rains have come at a time when the crop was almost ready for harvesting. The extent of damage can only be ascertained when farmers get their produce to mandis as standing and even harvested crop have been damaged."

In some places, unseasonal rains have caused lodging in wheat crops due to which standing crop falls. However it is difficult to quantify the extent of damage, it can reduce the quality of the grain and may lead to harvesting losses, Kesri said. Kesri further said that farmer depends on this crop for the whole year, therefore Govt should give compensation to these farmers as soon as possible so that some ointment can be applied on the wounds of these farmers.

THOUGHT OF THE DAY

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

JINDRAH IMAGES

Conduct audit, fix responsibility for sluggish work

Jammu-Srinagar national highway, the lifeline of Kashmir Valley and Ladakh, continues to face frequent blockades due to landslides and shooting of stones, notwithstanding ongoing road widening work. Now, the National Highway Authority of India (NHAI) has planned four flyovers, five bypasses and nine tunnels on the 36-km-long treacherous Ramban-Banihal section to bypass all major "killer spots" to make Jammu-Srinagar national highway an "all-weather and safe road" for highway travelers. The project which has already jumped several deadlines, has witnessed 117 percent cost escalation in its execution as Ramban-Banihal road widening faces major challenges. The NHAI has fixed the June 2025 deadline for completion of Ramban-Banihal section widening but it is believed that the project is unlikely to be executed within the stipulated time in view of major challenges involved in it. Four major flyovers and viaducts comprising Nashri-Dhalwas section, Ramban-Ramsoo section, Chamalwas section and Makarkot-Ramsoo-Nachlana section will ensure a safe journey for commuters on Jammu-Srinagar national highway. The major bypasses being constructed on the highway include Chanderkote Bypass, Ramban Bypass, Seri (NB) Bypass, Makarkot Bypass and Banihal Bypass. The work of rehabilitation, strengthening and four-laning of Banihal Bypass from having length of 2.35 km has been taken up and is targeted to complete by end of current financial year. Initially project was delayed due to non-availability of land primarily on account of litigations. Now acquisition of land has been completed and work has been re-awarded as EPC contract. A total of 14 tunnels are being constructed on the 79-km-long Udhampur-Banihal stretch out of which nine along Ramban-Banihal stretch to ensure all-weather road connectivity to Kashmir Valley. It has been claimed that the detailed geological and geotechnical investigation have been conducted at the time of preparation of Detailed Project Report (DPR) for tunnels being constructed on National Highway (NH)-44. The NHAI had submitted a detailed project report (DPR) worth Rs 2,000 crore to the Centre for re-alignment of 14-km four-laning road stretch on Ramban-Banihal section to bypass half-a-dozen "killer spots" to make it an all-weather road. The re-alignment of road was finalized between village Marog and Makarkote in Ramban. The total revised cost of the 43-km-long Udhampur-Ramban section was pegged at Rs 2233.65 crore while it was Rs 2885.35 crore for the most difficult Ramban-Banihal section. The government should conduct an audit into the road widening project of this highway to ascertain the reasons for the decade long delay in its execution and fix the responsibility.

Sanctions don't necessarily restrict a war

THE WEST REALISES WELL THAT TODAY, IT CANNOT PHYSICALLY FIGHT NAPOLEONIC OR HITLERIAN WARS IN ITS OWN BACKYARD.

ABHIJIT BHATTACHARYA

THE US-led NATO has 31 members with Finland's entry to the club. The European Union (EU) has 27 member nations. Both are headquartered in Belgium, historically known as the 'cockpit of Europe', owing to the high number of battles fought on its soil. The Group of Seven (G7), however, is more powerful, consisting of leading industrialised countries which meet informally at the level of heads of state or government; the presidents of the European Council and the European Commission represent the EU.

The West realises well that today, it cannot physically fight Napoleonic or Hitlerian wars in its own backyard. Contemporary Europe faces twin debilitating factors: 'slowest (mostly minus) growing population' in 28 nations and lowest fertility rate in 22 countries. The West can be physically present only inside Ukraine. It's bizarre because direct military action by the West is impossible for one reason or another; nay, both the rapid demographic devastation and the irreversible economic damage.

Together, all three groups reveal Western supremacy in world economics. These groups are determined to dominate the show — despite the rising Asian challenge — through money power as the days of western nations' imperial conquest of countries in resource-rich, underdeveloped Asia, Latin America and Africa are a thing of the past.

Yet, the G7 remains a formidable financial power, as seen from the economic parameter of gross domestic product (GDP) from pre-Covid 2019: the US (\$21.4 trillion), Japan (\$5.08 trillion), Germany (\$3.86 trillion), the UK (\$2.83 trillion), France (\$2.71 trillion), Italy (\$2 trillion) and Canada (\$1.736 trillion). Six of the G7 member states are from the Occident, while Japan represents the Orient. Regrettably, this 'all-powerful Club Seven' is actively considering imposing a near-total ban on exports to Russia amid the



Ukraine war, thereby potentially sowing the seeds of monstrous mayhem.

Unfortunately, ever since the outbreak of the Russia-Ukraine conflict 14 months ago, there has never been any serious/sincere effort from the NATO, the EU or the G7 to prevail upon the warring nations to cease hostilities. The sad part of the unfolding story, therefore, is that the West seems hell-bent on strangling Moscow through penury and starvation to a slow, painful destruction. By doing so, the G7 seems to be ignoring the fundamental principle of behavioural psychology since the dawn of human history. If pushed to the wall without an escape route for survival, a suicidal counter-attack is the inevitable outcome, thereby resulting in mutually assured destruction (MAD). The West seems to be keen on prolonging the macabre dance of death and destruction, inflicting colossal damage on itself.

The West must remember that both the much-publicised proposed economic/financial 'sanctions' imposed by the G7 to cripple the adversary and the stimulus as well as endurance of the sanctioned nation have shelf lives as they depend on who blinks first or who outruns the other, and when. Let's take a few examples from history to visualise as to what could be the way to surviving or thriving. In the 431-404 BC Peloponnesian War fought between Athens and

Sparta, a trade boycott imposed by Athens on Sparta's ally Megara led to the 27-year-long war, resulting in much misery and ruin, according to great chronicler Thucydides. In modern times, the then US President Woodrow Wilson, perhaps, was the earliest to recognise sanctions as a "peaceful, silent, deadly remedy" to fix an adversary as "there will be no need for force."

In less than 23 years, Wilson's successors, despite imposing a fuel and steel embargo on Japan, provoked Tokyo to launch a deadly pre-emptive strike on the US, thereby escalating and transforming a European war into World War II. Sanctions have proved to be good in theory but bad in practice. Sanctions don't necessarily restrict or nip a war in the bud because every living species is bound to counter-attack when death is imminent and inevitable. The law of nature stands 'as is where is' since time immemorial.

One just has to visualise the world's battlefields to understand how ferocious hand-to-hand fights or 'death-wish' combats are a part of a nation's folklore. Hence, the bottom line of conventional war even today, like the Russia-Ukraine conflict, is the death of countless soldiers. No nation can fight a long-drawn land war without an inexhaustible supply of able-bodied men awaiting their turn for the grave. The death zone is a

frightening prospect for the wealthy nations, especially the West, which started it and got a taste of their aggression in the two wars of the 20th century and are now petrified to see the scale of fatality in mainland Europe. The West realises well that today, it cannot physically fight Napoleonic or Hitlerian wars in its own backyard. Contemporary Europe faces twin debilitating factors: 'slowest (mostly minus) growing population' in 28 nations and lowest fertility rate in 22 countries. The West can be physically present only inside Ukraine.

It's bizarre because direct military action by the West is impossible for one reason or another; nay, both the rapid demographic devastation and the irreversible economic damage. Hence, when "doing nothing" is likely to be seen as complicity, "something's to be done to express morality of solidarity", something that at least sends a clear signal to the world that what the alleged aggressor is doing has the disapproval of the mighty G7, EU and NATO. Sanctions, therefore, are the first as well as the last resort, not physical participation, to help Ukraine. Today, Ukraine's condition is like that of Poland, Bohemia, Moravia and Slovakia before and during World War II. It's NATO (no action, talk only) for Ukraine. Arms to Ukraine, sanctions against Russia — both strategies have been in vain so far.

India's huge footprint in global statistical arena

India has been elected to the United Nations Statistical Commission. Its rich statistical heritage owes a lot to Prof PC Mahalanobis, known as the 'Plan Man' of India. He pioneered statistics in the country and founded the Indian Statistical Institute. Mahalanobis was the architect of India's Second Five-Year Plan and also instrumental in founding the National Sample Survey Organisation as well as the Central Statistical Organisation.

ATANU BISWAS

Recently, the Indian statistical community had at least two reasons to rejoice. Indian-American statistician Prof CR Rao was awarded the prestigious International Prize in Statistics, which is given to an individual or team every two years "for major achievements using statistics to advance science, technology and human welfare." This is undoubtedly a recognition of Rao's decades-old contribution to statistical theories. The other achievement is that India has been elected to the United Nations Statistical Commission (StatCom). This is the domain of official statistics or statistics in practice. The country is returning to the UN agency in the policymaking and oversight capacity after almost two decades.

StatCom, established in 1947, is a functional commission of the United Nations Economic and Social Council (ECOSOC). It oversees the work of the United Nations Statistics Division (UNSD) and brings together statisticians from all over the world to work towards one objective: promoting the development of statistical information for making a contribution to public policy and private action. India has

been elected by the ECOSOC as a member of the Statistical Commission, the Commission on Narcotic Drugs and the Programme Coordinating Board of the Joint UN Programme on HIV/AIDS (UNAIDS), an important subsidiary body of the UN organ focused on economic, social and environmental issues.

Stuart Arthur Rice, a leading American social scientist and statistician, was the founding father of StatCom. Rice chaired the 'nuclear session' in May 1946 at Hunter College in New York that recommended the composition and terms of a permanent commission on statistics and for a statistical organisation within the UN. The first three sessions of StatCom were chaired by Canadian Herbert Marshall Durbin 1947-48. The report of the third session (1948) states the goal of the commission — to "contribute to the efforts of the United Nations to organise the world for peace by furthering the creation of a world statistical system."



brings together the chief statisticians from member states worldwide — 24 members, altogether. During the past 76 years, the commission has been led by a chief statistician from across the world.

External Affairs Minister S Jaishankar recently tweeted that India's "expertise in the field of statistics, diversity and demography has earned it a seat on the UN Statistical Commission."

India's rich statistical heritage owes a lot to Prof PC Mahalanobis, known

as the 'Plan Man' of India. He pioneered statistics in the country and founded the Indian Statistical Institute (ISI). Mahalanobis, doyen of the modern Indian statistical system, was the architect of India's Second Five-Year Plan and also instrumental in founding the National Sample Survey Organisation as well as the Central Statistical Organisation.

India's previous footprint at StatCom has been largely due to Mahalanobis, who was at his peak during the commission's formative

period. Mahalanobis has the unparalleled record of attending all StatCom sessions during his lifetime — starting from the 'nuclear session' in 1946 to the 16th session in 1970 — and serving it in a variety of roles, including member, rapporteur, vice-chair, and finally the Chair in the 8th and 9th sessions in 1954 and 1956, respectively. In those years, he made a ground-breaking contribution. In April 1946, Mahalanobis wrote to the UN Secretary General, suggesting that a UN Sub-Commission on Sampling "would be of great help in promoting the improvement of statistics, especially in backward regions." And such a sub-commission was created accordingly. Later, he chaired this sub-commission. Its Recommendations for the Preparation of Sample Survey Report (1947) paved the way for the application of sample surveys to various fields of official statistics.

Mahalanobis and Rice played a key role in promoting the International Programme for Education in Statistics, particularly in "those countries which do not possess the present or potential resources of trained personnel", as mentioned by Indian Statistical Institute's (ISI) Prof TJ Rao in a research article. Based on a UN survey on education needs, whose

report he edited, Mahalanobis suggested that such an organisation should be formed for Asian countries or for India and its neighbourhood. The International Statistical Education Centre (ISEC), founded in Calcutta in 1950, is now jointly operated by the ISI and the United Nations.

Mahalanobis passed away in 1972. In a resolution at its 17th session that year, the commission expressed its condolences, "remembering his pioneering efforts on behalf of social statistics, remembering him as a champion of statistical needs of the developing countries, remembering the outstanding stimulus he gave to statistical development throughout the entire world..."

It remembered "his effectiveness in reconciling differences in the views between members of the Commission."

Later, Vakkalanka R Rao, a classmate of CR Rao and a pioneer in electronic data processing, chaired StatCom's 19th session in 1976. This was StatCom's sole meeting outside of a UN duty station, and it took place in New Delhi. The back cover page of the booklet for StatCom's 70th anniversary celebrations featured a picture of the attendees of the 1976 session in front of the Taj Mahal.

FANS SCREAM 'WE LOVE YOU', CHEER FOR ALIA BHATT OUTSIDE MET GALA VENUE

Actor Alia Bhatt won hearts as she made her debut at the Met Gala dressed in a white gown. Several pictures and videos of the actor outside the event venue emerged online. In a clip, fans screamed for Alia as she exited the venue. She smiled and waved at them.

Many of her fans kept calling her name as she stood outside the venue. Alia turned around and blew kisses and waved at them. A few fans shouted, "We love you." The actor shouted back, "Thank you. I love you too." She also made a heart with her hands and laughed. Reacting to the video, a fan wrote, "Looking so pretty in white like an angel." Another person said, "Wow." A comment read, "Looking beautiful."

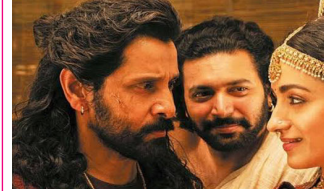
For the event, Alia dressed in an ivory ball gown embellished with 100,000 pearls hand beaded in India.

Alia wore an atelier Prabal Gurung ivory silk tulle and satin face organza exaggerated basque waist ball gown with hand-beaded pearls. Taking to Instagram on Tuesday, Alia shared a few pictures after her Met Gala debut. She captioned the post, "Met Gala - Karl Lagerfeld: A Line of Beauty. I have always been fascinated by the iconic Chanel brides. Season after season, the genius of Karl Lagerfeld shone through in the most innovative and awe-inspiring couture. My look tonight was inspired from this and in particular by supermodel Claudia Schiffer's 1992 Chanel bridal look."

Alia also added, "I wanted to do something that felt authentic (hello, pearls) and proudly made in India. The embroidery, made with a 100,000 pearls is a labour of love by @prabalgurung. I'm so proud to wear you for my first Met."



'PONNIYIN SELVAN II' CROSSES RS 200 CRORE AT GLOBAL BOX OFFICE



Acclaimed filmmaker Mani Ratnam's Ponniyin Selvan II has raised over Rs 200 crore at the worldwide box office, the makers said on Tuesday.

The second part of the period epic feature film hit the screens on April 28 in Tamil along with the dubbed versions in Hindi, Kannada, Telugu and Malayalam. Madras Talkies, Ratnam's production banner, shared the box office numbers on its official Twitter page.

"The Chola legacy grows! #PS2 conquers the world with 200+ crores!" the post read.

Based on author Kalki Krishnamurthy's popular 1955 Tamil novels of the same name, Ponniyin Selvan II stars Vikram, Aishwarya Rai Bachchan, Karthi, Jayam Ravi, Trisha, Sobhita Dhulipala and Prakash Raj, among others. Touted as one of the most expensive Tamil movies ever made with a reported budget of Rs 500 crore, the lavishly mounted film chronicles the story of the early days of Arulmozhivarman (Jayam Ravi), one of the most powerful kings in the south who went on to become the great Chola emperor Rajaraja Chola I.

The first part, co-produced by Madras Talkies and A Subaskaran's Lyca Productions, came out in September 2022.

Zeenat Aman details bond with her 'starmaker' Dev Anand. My mentor I loved and admired platonically

Dev Anand was a 'fount of creative energy' and she was delighted to have his guidance, says veteran actor Zeenat Aman, reliving the bond she shared with her 'starmaker'. In a three-part Instagram post, the Bollywood icon opened up about how Anand gave her the big break with 1971's "Hare Rama Hare Krishna", their creative partnership, and the "great misunderstanding" -- when he insinuated in his autobiography that she was romantically involved with another cinema legend, Raj Kapoor.

In "Romancing with Life", published in 2007, Anand wrote about how he fell in love with Aman but then Kapoor, who had offered her "Satyam Shivam Sundaram", had grown close to her.



"In it he professed that he was in love with me, and insinuated that Rajji and I had more than a director-actor equation which broke his heart. To be honest, I was livid. I felt humiliated, hurt and disconcerted that Dev saab, my much older mentor, a person I loved and admired platonically, would not only believe such a story devoid of a shred of truth, but would then go on to publish it for the world to read," Aman, 71, wrote.

After the book hit the stands, the actor recalled her phone rang "incessantly" as friends inquired about "what really happened" and shared excerpts from the book. "I never did read it though, and in my anger I consigned the copy I was sent to storage in the basement. So here it is - the great misunderstanding. This episode embarrassed me deeply."

For years, she said, she felt unable to set the record straight, "but now, time has granted me perspective and peace.

Human folly is an eternal truth, and we all fall victim at one point or another." It was in 1970 when Aman first met Anand. She had played a part in OP Ralhan's "Hulchul", but was contemplating moving to Multa with her family as the film had made little impact.

"When entering an industry like Bollywood, every actor hopes for a starmaker. Someone who sees the glimmer of potential and ambition that has perhaps only been visible to the self thus far.

Very few are so lucky as to find this person, but I was. My starmaker was Dev saab."

Anand and his banner Navketan Films were casting for "Hare Rama Hare Krishna" and after a meeting, she was soon signed to play Janice/Jasbir.

Kamal Haasan on Ponniyin Selvan 2: Mani Ratnam and team have worked together to make Tamil cinema international



Veteran actor Kamal Haasan, who lent his voice to Mani Ratnam's Ponniyin Selvan 2's narration, on Monday heaped praises on the ace filmmaker and cast of the film. Speaking exclusively to ANI, Haasan talked about his friendship with Mani Ratnam and praised his film.

He said, "I am an artist, film producer, director and all of that. Secondly, my first proclaimed identity is that I am a cinema fan. And I am a Tamilian. So I am so proud that the technical expertise and unique talent of Tamil are now for everyone and the world to see. And altogether, I am not talking just about the stars incorporated or played for the story and I think the credit goes to Mani Ratnam. Mani Ratnam takes a lot of valour to do a film of this size like a production. Mr Mani Ratnam, the team the cinematographer, the musician, everybody they have worked together to make Tamil cinema international. And this is people that have embraced which is a good sign that Tamil Cinema is probably moving towards the golden age and expected to go in that direction. It's a very moving moment for two friends who started speaking about cinema and he has gone ahead and done it."

"Ponniyin Selvan 2, directed by Mani Ratnam, is the sequel to the 2022 film. Actor Kamal Haasan has lent his voice to the film's narration. Oscar-winning music composer AR Rahman composed the music for the film. The period drama hit the theatres on April 28.

Actors Vikram, Karthi, Jayam Ravi, Aishwarya Rai Bachchan, Trisha, Aishwarya Lekshmi, Sobhita Dhulipala, Prakash Raj, Jayaram, Prabhu, R Sarathkumar, Parthiban, and Vikram Prabhu reprise their roles in the second instalment of the epic drama that narrates the story of the Chola Dynasty.

Naga Chaitanya says being 'good friends' after break up irritates him: 'I didn't ask for friendship'



Actor Naga Chaitanya recently opened up about what it feels to be rejected in a relationship. He is currently gearing up for a release of the upcoming Tamil-Telugu bilingual film Custody. During the promotion of the film, the actor played a round of truth and dare and answered some interesting questions and also talked about the concept of being friends with ex. Naga Chaitanya often makes news about his personal life. He was married to actor Samantha Ruth Prabhu till 2021 when the two announced their separation. He is rumoured to be dating actor Shobhita Dhulipala. However, neither he nor the actor has confirmed the reports yet.

Chaitanya recently appeared in a video with YouTuber Irfan for the promotion of his upcoming film. The two played a game of truth or dare and gave unfiltered answers to some questions. As part of a question about being rejected in a relationship, Irfan spoke about his break-up from two and a half years ago when asked about rejection in a relationship

Hema Malini thanks everyone for wishes on wedding anniversary with Dharmendra, shares pics of the couple over the years

On Tuesday, Hema Malini took to Twitter to thank everyone for wishing her and husband Dharmendra on their wedding anniversary. The couple got married on May 2, 1980. The actor-politician also posted many photographs of the couple from over the years. She stated that their married life was a 'wonderful journey spanning 43years of togetherness'. Fans of the couple also added more wishes for the couple on her Twitter post.

In her first post, Hema wrote, "I personally thank all those who have wished us on our wedding anniversary today. It has been a wonderful journey spanning 43years of togetherness and with all your good wishes, will continue to be a smooth journey in tandem. Few photos over the years." She shared four photographs of herself and Dharmendra, including an older photo which seemed to be taken after their wedding in 1980.

She added more photographs on Twitter, including some more recent pics and wrote, "Here are a few more spanning our years together." Fans also sent their congratulations in the comments section of the posts. One fan stated,



"God bless you both hemaji here's wishing good health and peace to both of you." Another remarked, "Wow 43 years. Congratulations. Feels like just saw you two running around trees." Yet another fan shared, "An amazing love story...May God bless you both and fill your life with happiness."

She also added new photos taken on Tuesday on their 43rd anniversary. Hema is dressed in a red saree while Dharmendra wore a pink T-shirt with a black cap.

Dharmendra and Hema have two daughters, actor Esha Deol and Ahana Deol. The couple also has five grandchildren. Esha and husband Bharat Taktiani are par-

ents to two daughters Radhya and Miraya. Ahana is married to Vaibhav Vohra and has three children, son Darien and twin daughters, Astrain and Adia.

Hema, who is a Member of Parliament from the Bharatiya Janta Party, was last seen in Ramesh Sippy's film Shilpa Mirchi (2020). Meanwhile, 87-year-old Dharmendra is making a comeback of sorts to acting.

He will be seen in Karan Johar's Rocky Aur Rani Ki Prem Kahani with Ranveer Singh, Alia Bhatt, Aishwarya and Shabana Azmi. The actor will also be part of the untitled romantic comedy starring Shahid Kapoor and Kriti Sanon.



Nick Jo- as says Met Gala was the 'beginning of our love story', Priyanka Chopra reacts

Nick Jonas and Priyanka Chopra attended the 2023 Met Gala together. On the red carpet, Nick opened up about the time they first met at the event. Priyanka Chopra and Nick Jonas were present at the Met Gala 2023 together where they recalled the first time they had met at the same event seven years ago. At a recent interview on the red carpet of the Met Gala, Nick Jonas opened up about meeting Priyanka at the Met Gala and helping her walk the stairs of

the event.

At the Met Gala 2023 red carpet, Priyanka looked stunning in her thigh-slit black off-shoulder gown paired with regal bell sleeves. She matched her white gloves with the sleeves of her dress. Matching her was Nick, who looked dapper in a black leather jacket. Priyanka also sported an 11-carat diamond necklace. The actor kept her hairstyle simple in a side-parted bun.

In an interview with Vogue Magazine on the red carpet, Priyanka and Nick opened up

about the time when they first met at the Met Gala back in 2017 and how the event holds a special place in her heart. When asked whether the Met Gala was a date night for them, Nick said, "It is, and for us it was like the beginning of our love story. Six, seven years ago. And, here we are now." Adding to this, Priyanka said, "We walked the carpet, my first Met, and Nick was kind enough to escort me on behalf of Ralph Lauren at that time." "I was just there to manage her train!" added Nick at the end to

which Priyanka couldn't stop a giggle.

Priyanka had made her debut at the Met Gala in 2017 in a Ralph Lauren trench coat dress that made heads turn and went viral on the internet. While her entrance alongside Nick Jonas caused a stir, it was the trench coat dress' extended train that caught the attention. In 2018, she attended the event in a deep ruby-red velvet gown. In 2019, Priyanka made a statement in a Dior gown.

Nick Jonas took to his Instagram after attending the

Met Gala red carpet and shared pictures with Priyanka and their daughter Malhi. In the first photo, Priyanka and Nick smiled as they looked at each other while posing for the camera. The duo was seen in their black and white Valentino dresses. He captioned the post, "Pre Met with my girls. (red heart emoji) (camera emoji) @nicolasgerardin."

Priyanka Chopra married Nick Jonas in 2018. The couple welcomed their first child, Malti Marie Chopra Jones last year, via a surrogate.

10 bad habits that are making you less productive in the morning

Mornings mark the beginning of the day and usher in fresh optimism. However, because of our fast-paced lives, many among us end up adopting some bad morning habits. So much so that despite knowing they harm us, we are reluctant to change our ways as long as they help us remain ahead of others. Although they might not have an immediate impact on us, these bad morning habits adversely affect our physical and mental well-being. Therefore, we must consider recognising and changing them.

Here is a list of bad morning habits that make us less productive

Checking your phone as soon as you wake up

Technology has enslaved us. This is more evident in our constant need for checking our phones. Many among us are prey to this habit as we wake up and instantly start scrolling through social media on our smartphones.

Even experts advise against going through social media first thing in the morning, as it can leave us feeling stressed and worried depending on what we read.

Ideally, the first thing to do every morning is meditation. Spending a good 10-15 minutes doing this is one of the best ways to kick-start our day. This helps us maintain inner peace and calm.



One of the worst morning habits adversely impacting productivity and health is hitting the snooze button of the alarm clock. It reduces the time we should be spending on preparing psychologically and getting ready for the day, which adds to our stress.

Additionally, by doing so, we miss out on important things in life which we should use to focus on. Hitting snooze disturbs our sleep inertia as well. Instead, we should either sleep early or set an alarm for a realistic time at which we can wake up and feel fresh. We should also try to improve our sleep cycle by resisting the habit of snoozing the alarm.

Breakfast means 'breaking the fast', which is eating after a long seven-to-eight-hour sleep cycle. Moreover, this is the most significant meal of the day, and we should not skip it to simply get some more time to do other things in the morning.

Being hungry for so long impacts our health in the long run. So, first thing in the morning, we should consume whole foods and increase our intake of fruits and veggies. Consider morning meal planning if you don't have the time to whip up healthy dishes every day.

Having a goal or listing things to do every day is very important. This is because the list enables our subconscious mind to keep track of the schedule even while we are asleep and prepares us to wake up the first time the alarm rings. This makes our mornings easy, and we never feel the urge to keep laziness in bed. A to-do list helps complete all tasks planned for the day. Although making our bed may seem like something that is only associated with the look of our home, it truly helps us prepare for a productive day. How, you ask? It readies us psychologically — the room looks fresh and systemic as opposed to an

unmade bed, which makes us feel sleepy and lethargic.

Contrary to popular belief, starting the day with news is not ideally a good morning habit, as it can take a toll on our mental health. Reading negative reports and articles first thing in the morning may dampen your positivity from the get go, and this is the major reason why experts advise against starting our day by reading the news. It negatively impacts our mindset, which hinders productivity.

However, catching up on news and knowing what is happening around us is necessary, so try to do so only after completing our morning routine or just read headlines to filter the news to focus on.

Adding to the list of bad morning habits is having no morning exercise routine, and its effects might not show up while we are young. Making exercise part of our morning regime is one of the best things we can do for ourselves. A morning sweat session for just 15-30 minutes increases physical and mental productivity.

Additionally, morning workouts can help boost metabolism which keeps us fit. One of the most essential morning routines that many people fail to even consider is monitoring our body's water. Drinking sufficient water first thing in the morning and staying hydrated throughout the day can promote a healthy gut and metabolism. Hydrating our-

selves in the morning can also strengthen the immune system, and prevent bad breath and bladder infections. In order to be healthy and productive, start cultivating the habit of starting your day with lots of water and detoxifying drinks.

Yes, drinking coffee in the morning counts among the list of bad morning habits, and it's not a good idea to do so before 9:30 a.m. According to research, our body naturally creates more cortisol, a stress hormone that regulates energy between the hours of eight and nine in the morning. Consuming coffee during this time can confuse our natural cortisol monitoring system. However, having a regular cup of coffee at noon is considered an ideal time. While making a cup of coffee, make sure to have a glass of water to remain hydrated.

Always consider having breakfast staples in the morning before having any kind of dessert. This is because consuming dessert on an empty stomach increases blood sugar levels, which can result in sugar spikes in the short run, and even diabetes in the long run. Having a healthy, hearty breakfast stabilises the sugar content in the food consumed and keeps the gut healthy, without making us feel bloated. Also, experts suggest consuming foods which promote better metabolism and are easily digestible in the morning.

Difference Between Raw Turmeric And Turmeric Powder - Which One Is Better For You?

TURMERIC, ALSO KNOWN AS CURCUMA LONGA, IS A BRIGHT YELLOW SPICE COMMONLY USED IN INDIAN AND MIDDLE EASTERN CUISINE.



An Indian kitchen has never failed to fascinate us. It stores various elements that are versatile and work more than just as food ingredients. Look into your spice rack, for instance. Spices add colour, texture and layers of flavours to food. In fact, the varied usage of spices makes Indian cuisine stand out in the lot. The job (of spices) doesn't end here. They have several health benefits too. Spices are enriched with essential nutrients that benefit us from within. Take turmeric for instance. Turmeric, also known as Curcuma longa, is a bright yellow spice commonly used in Indian and Middle Eastern cuisine. In addition to its culinary usage, turmeric has also been a part of traditional medicine for its health-benefiting properties. Referred to as one of the most powerful spices, turmeric (or haldi) is every Indian household's go-to fix for different health problems. The incredible list of healing properties includes antioxidants, anti-viral, anti-bacterial, anti-fungal, anti-carcinogenic, anti-mutagenic and anti-inflammatory to name a few. Let's admit, these number of benefits are enough to make you consider its usage in your daily diet regime. Here're 5 Major Health Benefits Of Turmeric. 1. Reduces Inflammation: One of the most well-known benefits of turmeric is its ability to reduce inflammation. Turmeric contains a compound called curcumin, which has been shown to have powerful anti-inflammatory properties. Chronic inflammation is believed to be a contributing factor to many diseases including heart problems and more. Curcumin may help reduce inflammation in the body, thereby reducing the risk of these and other chronic diseases. 2. Promotes Digestive Health: Turmeric has long been used in traditional medicine to treat digestive issues, and there is some evidence to suggest that it may be effective for this purpose. Curcumin has been shown to help reduce symptoms of irritable bowel syndrome (IBS) and other digestive disorders. It may also help reduce inflammation in the gut, which can contribute to digestive problems.

Turmeric milk is a well-known home remedy for multiple health reasons. Photo Credit: iStock3. Boosts Immune System: Turmeric may also help boost the immune system. Curcumin has been shown to have antimicrobial properties, which means it can help fight off harmful bacteria and viruses. Additionally, curcumin has been shown to have immunomodulatory effects, meaning it can help regulate the immune system and promote a healthy immune response. 4. Supports Joint Health: Curcumin has been shown to have anti-inflammatory properties, which can help reduce pain and swelling in the joints. It may also help slow the progression of osteoarthritis, a degenerative joint disease that is characterised by joint pain and stiffness. 5. Improves Brain Function: Curcumin in turmeric has been shown to increase levels of brain-derived neurotrophic factor (BDNF), a protein that promotes the growth and survival of neurons in the brain. Low levels of BDNF have been linked to conditions like depression. By increasing BDNF levels, turmeric may help improve brain function and reduce the risk of these and other cognitive disorders.

Now that you are well aware of the benefits of turmeric, we suggest, including the spice in your daily diet and enjoying the benefits to the fullest. However, many of us often get confused as to which one works better for us - raw turmeric or turmeric powder.

Include These Five Nutritious Dishes In Your Meals To Aid Weight Loss

A SUBTLE TWEAK, LIKE INTRODUCING A HIGH-PROTEIN AND FIBRE-RICH DIET AND REDUCING THE INTAKE OF CARBOHYDRATES, CAN HELP IN LOSING WEIGHT

A healthy diet and a few lifestyle changes could help you achieve your weight loss goal faster. To shed those extra kilos, you have to be mindful of your diet and physical exercise routine. It may sound challenging at first, but gradually, you will get used to it. Your diet does not necessarily need to undergo major changes, but you need to make a few healthy choices for food.

A subtle tweak, like introducing a high-protein and fibre-rich diet and reducing the intake of carbohydrates, can help with your weight loss journey.

Here are 5 nutritious meals that may aid in weight loss:

A veggie and hummus sandwich makes a great fibre-rich lunch. Hummus is a spread or a

dip that is made from cooked and mashed chickpeas blended with tahini, garlic, olive oil, lemon juice and salt. You can pair it with any kind of bread or use it in sandwiches. Take a few slices of multi-grain bread and spread the hummus on all the slices. Add the vegetables like bell pepper, cucumber, lettuce, onion, and tomato slices to make a delicious sandwich.

Oats Khichdi We all know that oats are healthy and should be a part of our regular diet. You can either eat it as porridge or just make a khichdi out of it. You can add dal and vegetables to make it healthier. Just add chopped carrots, onions, cauliflower, tomatoes, french beans and a few chillies. For extra flavour you



can add garlic as well. Upma Upma is a flavourful and healthy dish that you can cook in

lard seeds and curry leaves. Green Peas are high in protein content and low in calories. It is loaded with vitamins K and C, manganese and fibre.

Oats dosa Switch the rice ingredient with oats and you can cut down on your carbs intake. Unlike typical dosa, oats do not need to be soaked.

You can add soaked urad dal in a small quantity with oats for binding. Make a batter blending the urad dal and oats together. Let it ferment for 10-12 hours. You can make oats dosas and pair it with sambar and coconut chutney.

Besan Chilla Besan Chilla is made with gram flour (besan), onions, tomatoes, herbs and spices. You can add finely chopped or grated vegetables to increase the nutrition of the dish. Have it for your breakfast or lunch.

What you need to know about protein supplements, and if you need them

Protein is an essential part of our diets, as it helps to build muscle, hormones and plays a role in our immune health.

There are several ways to get protein into our diets, from both animal and plant-based foods, to protein supplements.

But it's important to remember that protein sources are not all equal, nutrition experts say.

"Pretty much anything that comes from an animal is going to be a great source of protein. But there are also plant sources as well," Anar Allidina, a registered dietitian based in Richmond Hill, Ont., told CBC's The Dose host Dr. Brian Goldman.

Allidina emphasizes that most people don't need to take supplements, as they likely get enough protein in their daily diet.

Is it OK to take protein supplements?

There is no shortage of protein powders, shakes and bars on the market. But are they the best way to get protein into your diet? Registered dietitian Anar Allidina shares her thoughts on protein supplements. Yet protein supplements — which



come in several forms including bars, powders and shakes — are big business.

Depending on why you want to get more protein into your diet, supplements could help, says Dr. Ashley White, who works in family, emergency and obesity medicine in Hamilton, Ont.

"There's not really anything inherently wrong with bars and supplements at all. It's just a matter of how much, when and instead of what," she said.

If you're wondering about your protein intake and if protein supplements are right for you, here's what White and Allidina say you should know.

Are I getting enough protein? Before even looking at protein supplements, it's important to know how much protein you're getting and where you're getting it from. White and Allidina say.

How much you need will depend on several factors, like your age and health status. There isn't a one-size-

fits-all recommendation but the "bare minimum" recommendation is 0.8 grams of protein per kilogram of body weight, explains Allidina.

Fish and red meat are seen on plat-

ters scattered in a circle.

Whole foods are considered the "gold standard" when it comes to protein sources, says Anar Allidina, a registered dietitian based in Richmond Hill, Ont. (Shutterstock)

Generally, that translates to somewhere between 45 to 65 grams of protein a day for the average adult.

If you are very active, you'll want to increase your protein to 1.1 to 1.5 g/kg, she adds. Elite athletes require even more protein.

People 65 and older need about 50 per cent more protein than younger adults — about one and 1.2 g/kg of protein — says Heather Keller, a kinesiology and health sciences professor, and research chair in nutrition and aging at the Schlegel-UW Research Institute for Aging and University of Waterloo. "Older adults need more protein to keep the muscle they have,"

she said, adding older adults also need to pair movement with increased protein uptake to maintain muscle.

If you don't know if you're getting

enough protein, White and Allidina recommend meeting with a registered dietitian to figure out how much you need and how you can get enough protein.

Allidina also recommends using an app to track your dietary intake.

Should I consume protein supplements?

White and Allidina agree: whole foods should be the first choice for protein.

Animal proteins like chicken, beef or pork are great sources of the critical nutrient, as are Greek yogurt, legumes and eggs, Allidina says.

She emphasizes that whole foods are always going to be "the gold standard."

"Food covers all the bases. You're not only just getting protein, you're getting vitamins, you're getting minerals, you're getting a host of other

nutrients that your body needs," she added.

"Pediatric allergist traces 'mystery' reactions to pea protein — an increasingly popular ingredient

ONE DIETITIAN SAYS WHOLE FOODS ARE ALWAYS GOING TO BE 'THE GOLD STANDARD'

If someone does want to use a form of protein supplement, White says it should be done in moderation.

"You probably want to make sure that 20 per cent [of your weekly meals] or less are from highly-processed meal supplements, outside of a medically-indicated therapeutic diet," she said.

For athletes and those with food allergies, protein supplements can be a way to hit those daily protein targets, says Allidina.

For older adults who may be struggling with eating, protein shakes may also be a good, short-term option, according to Keller.

Are there any known health effects of protein powder?

Allidina and White both say there are low health risks with protein powder for most people when consumed in small amounts.



7th NCORD meeting: DC B'la calls for Zero Tolerance against perpetrators of Drug Abuse

MAKE MORE SYNERGIZED & COMPREHENSIVE EFFORTS TO FIGHT DRUG MENACE: DR SEHRISH TO OFFICERS

J1 NEWS SERVICE

BARAMULLA, MAY 02: In order to review the measures taken by the enforcement agencies to curb the drug abuse and narcotics trade in the district, Deputy Commissioner (DC) Baramulla, Dr Syed Sehrish Asgar today convened 7th meeting of the District Level Committee of Narcotics Coordination (NCORD) at Dak Bungalow, here.

Discussing action taken to curb the drug abuse and narcotic trade in the district by implementing decisions and directions passed in previous meetings, the DC asked officers of all line departments to make coordinated efforts to contain the drug peddling and break the supply chain besides taking stringent action against the persons involved in this dangerous trade.



Further, Dr Sehrish called for zero tolerance against perpetrators of drug abuse in the district.

On the occasion, the DC discussed various issues related to menace of drug addiction, areas of concern, age group of addicts, hot spots of drug peddling, abuse, besides, cultivation of illicit poppy and cannabis in the district.

He said that collective efforts are needed to curb the drug menace and all stakeholders shall have to work in tandem to enhance the rehabilitation of persons involved in drug abuse.

persons indulged in drug addiction to facilitate their recovery for their medical treatment and recovery to save their precious lives.

She also exhorted upon the ACD and SDMs to ensure the involvement and engagement of youth clubs in various activities meant to help in eradication of the drug menace.

Dr Sehrish emphasised on conducting awareness camps in schools and colleges on mass scale to sensitize the youth about hazards and ill effects of consuming drugs. Moreover, the DC directed concerned functionaries of Education and Health Department to get CCTV cameras installed

at Schools, Colleges and all medical shops, clinical establishments and chemist/ druggist shops respectively which lie within the limits of schools, colleges and hospitals so that overall surveillance with regard to the containment of drug sales is enforced. Additional Deputy Commissioner Sopore, Additional Deputy Commissioner Baramulla, Additional Superintendent of Police Baramulla, Assistant Commissioner Revenue, Chief Education Officer and Assistant Regional Transport officer besides other members of the Committee were present in the meeting.

DC holds introductory meeting with members of Municipal Council Udhampur



J1 NEWS SERVICE

UDHAMPUR, MAY 02: Deputy Commissioner Udhampur, Sachin Kumar Vaishya today convened an introductory meeting with Members of Municipal Council Udhampur here in the Mini Conference Hall of DC Office Complex.

The Deputy Commissioner welcomed all the members of Udhampur Municipal Council and discussed in detail a range of issues related to developmental requirements and other issues of Udhampur Township.

While interacting with the Councillors, the DC sought their cooperation in generating awareness among the masses regarding cleanliness. He elaborated the aims and objectives of the sanitation and appealed to the general public to lay maximum emphasis on cleanliness and extension of green cover of the district through active participation of the general public. He added that the effective implementation of all developmental schemes is not possible without the active participation of PRIs, civil society and general public. During the interaction, Members of the Municipal Council put forth numerous issues and demands like identification of parking zones, maintenance of roads and streets etc. The DC assured the Council members that genuine demands will be redress on priority basis.

DC reviews status of works under Jal Jeevan Mission at Kulgam

Directs to scale up pace on ongoing works; stresses on conducting more IEC activities

J1 NEWS SERVICE

KULGAM, MAY 02: The Deputy Commissioner (DC) Kulgam, Dr. Bilal Mohi-Ud-Din Bhat today convened a meeting of concerned Officers to review status of works under Jal Jeevan Mission (JJM) in the district. During the meeting, the DC took detailed review of physical and financial progress made on various JJM Works. Executive Engineers from Qazigund and Kulgam Divisions informed the chair that there are 222 works under 143 schemes/projects under JJM in the district.

Out of total 222 works, 217 works stand tendered, 141 works have been taken up for execution while 09 works stand completed. The DC emphasized that every effort has to be made to ensure that the goal of tap water to all households must be achieved as per the projected timeline. He said that the Mission is envisioned to provide safe and adequate drinking water through individual household tap connections to all households.

The DC directed all the concerned officers to scale up pace on works under JJM so that the target can be achieved within the stipulated period. He asked the officers to regularly monitor the quality and progress on all allotted works for time-bound completion. Dr Bilal said that information dissemination is an important component of the mission and stressed on conduct of more widespread IEC activities.

DDC reviews implementation of Jal Shakti Abhiyan, Catch the rain initiative



J1 NEWS SERVICE

UDHAMPUR, MAY 02: To review the latest status of progress made under Jal Shakti Abhiyan, Catch the rain 2023 campaign in the district, District Development Commissioner, Udhampur Sachin Kumar Vaishya today convened a meeting of officers of line departments here in his office chamber.

At the outset, Executive Engineer, Jal Shakti, Ashok Sharma briefed the chair about the parameters of CTR, the latest progress on schemes and role of different departments for effective implementation of Jal Shakti Abhiyan, Catch the rain initiative in the district.

Speaking at the meeting, the DDC impressed upon the officers to work

with zeal and dedication to achieve the targets set for the current financial year. He further called for close monitoring of ongoing works to ensure quality and adherence to timelines. He asked the stakeholder departments to work in cohesion and make dedicated and coordinated efforts to conserve and preserve water for the present and future generations.

The DDC set June 30, 2023 as the deadline for the completion of the execution of works under JJM. The Concerned officers were directed to visit the rural and far flung areas of the district to get first hand information of the progress of works under JJM scheme. The DC directed all the officers of line departments to work in coordination for better results at

the grassroots level.

The need for generating mass awareness about the importance of water conservation, with special focus on rain water harvesting techniques was also stressed upon.

The DDC asked the officers present in the meeting to ensure the rain water harvesting initiative is implemented in letter and spirit in the district. Officers were exhorted to put maximum emphasis on motivation and facilitation of the general public to adopt roof water harvesting and replicate the same for water conservation in their respective areas.

Pertinent to mention here that Jal Shakti Abhiyan, Catch the rain 2023 was launched by the Government of India on 4th March, 2023 in all the districts of the country, covering both rural and urban area with the central theme " source sustainability for drinking water " to bring the necessary focus on sustainability of drinking water supply, specially ground water sources and springs.

Additional District Development Commissioner, Ghan Sham Singh, Chief Planning Officer, Mudassar Yaqoob Zargar, Assistant Commissioner Revenue, Rafiq Ahmed Jaral and other district officers attended the meeting.

DC Budgam holds introductory meeting with DDCs & BDCs of the District

J1 NEWS SERVICE

BUDGAM, MAY 02: The Deputy Commissioner (DC) Budgam, Akshay Labroo today held introductory meetings with DDCs and BDCs of the district.

During the introductory meetings, open interaction on various development works and other important schemes was held. In the meeting, the District Development Council (DDC) Chairman, Nazir Ahmad Khan was also present. ADDC Budgam, Dr. Akramullah Tak, ADC Budgam, Dr. Nasir, ACD and ACP also attended the meeting.

The DC sought active suggestion and cooperation from the elected representatives in executing development projects across the District. He assured them full cooperation from the side of District Administration.

Doda gets 25 bedded Child Care Institute-PALAASH

DC INSPECTS AVAILABLE AMENITIES AFTER INAUGURATING VITAL FACILITY

J1 NEWS SERVICE

DODA, May 02: District Development Commissioner (DDO) Doda, Vishesh Paul Mahajan today inaugurated a 25 bedded Child Care Institute, PALAASH here in the presence of District Social Welfare Officer, Tariq Qazi.

The institute will provide shelter to the children in need of care and protection.

On the occasion, the DDC inspected the facilities available for the inmates of the institution including accommodation, food, education and other logistics. He also interacted with the students present on the occasion. He said that the Child Care Institution (CCI), commonly known as PALAASH, will be providing special care and protection to children who need such services. The Deputy Commissioner directed the DSWO to prepare a DPR for necessary repairs required in the building.

The programme was attended by officials of Mission Shakti and Mission Vatsalya.

DC Kathua convenes introductory cum interactive meet with District/Sectoral Officers

J1 NEWS SERVICE

KATHUA, MAY 02: A day after assuming charge as Deputy Commissioner Kathua, Rakesh Minhas today convened an introductory cum interactive meeting with District/Sectoral Officers, here in the Conference Hall of the DC office complex.

Speaking at the meeting, DC Kathua emphasized the importance of cooperation and urged the officers to work as a team to achieve the desired outcomes. He also highlighted the need for transparency, accountability and efficiency in the government functioning at all levels.

The interactive session was aimed at understanding the concerns and issues faced by the officers and finding ways to resolve the same. The officers were encouraged to share their ideas and suggestions for the betterment of the district.

The DC also stressed on having a data driven/ facts based approach for achievement of desired development objectives. He also impressed upon officers to conduct regular field visits to ascertain ground realities/ proper execution of works.

"The introductory cum interactive meet is a step towards building a more efficient and effective administration in Kathua.

The officers should engage in constructive discussions and share their views, which will go a long way in improving the overall functioning of the district administration," the DC said. The DC said that development of the industrial sector shall be the priority/focus area of the district administration to achieve holistic development of the region.

The DC further called upon all to keep a long term vision for long lasting achievements.

He also enjoined upon all to create a balance between personal and professional life, besides showing total commitment during working hours.

Later, the DC also chaired a meeting of revenue officers and discussed issues concerning their department.

Padma Shri Padma Sachdev College organises awareness program on self employment

J1 NEWS SERVICE

JAMMU, MAY 02: Department of Chemistry of Padma Shri Padma Sachdev Govt. College for Women Gandhi Nagar, in collaboration with Department of Lifelong Learning, University of Jammu, on Tuesday organised a one Day Awareness Program on Self Employment.

Principal of the College, Prof. Minu Mahajan was the chief guest on the occasion.

Dr. Reva Khajuria, Counsellor, Employment Information Cum Advisory Bureau, Department of Lifelong Learning, University of Jammu was the guest of Honour. Prof. Irvindeer Kour, Head Department of Home Science was the special guest. Dr. Anjana Gupta, Head Department of Chemistry, formally welcomed the guests.

Dr. Reva Khajuria talked about the

importance of lifelong learning and its relevance in the life of students in particular.

Dr. Harleen, Assistant Professor of Department of Commerce, University of Jammu was the resource person. She apprised the students about self-employment and innovative ideas on starting business like freelancing, vlogging, beauty salon, candle making etc.

She further talked at length about the modalities for registering start ups, vari-

ous government schemes and flagship programs for setting up different levels of business.

Prof. Minu Mahajan, in her address, appreciated the team for organising a wonderful session to highlight different avenues for self-employment. She stressed on the relevance of such programs in today's fast changing world where it becomes more important to make the children self-reliant and self-sufficient.

DC Kathua; Rakesh Minhas rolls out priorities for Comprehensive Development, Good Governance

OUTLINES HIS VISION FOR HOLISTIC ECONOMIC GROWTH OF THE DISTRICT

J1 NEWS SERVICE

KATHUA, MAY 02: Deputy Commissioner, Kathua Rakesh Minhas today held a media briefing wherein he underlined the key sectors/ priority works on which District Administration will be focusing on to take the district to new heights of growth. At the outset, the DC said that integrity will be the cornerstone of our administration. "We will uphold the highest ethical standards and ensure that all government schemes and programs are implemented with complete honesty, integrity and transparency," he said.

Responding to media queries, he said, "We will focus on the comprehensive development of the district, with special emphasis on social welfare measures. Our aim is to improve the quality of life of all residents of Kathua district with a special focus on vulnerable communities", he added.

Referring to the issues faced by Border dwellers, he said the development of the border belt of the district, with special attention



to the farming community, will be a key priority. He further added that providing better irrigation facilities, access to credit and promoting sustainable & innovative farming techniques will be the top priority to boost farmers' income in line with PM's Vision of Doubling the Farmers' income. "We will strive for the saturation

of all government schemes to ensure that benefits reach every eligible beneficiary. We will work to bridge the gap between the administration and the people to ensure that every resident of Kathua is aware of and has access to government schemes and programs" he added.

To prioritize the resolution of

public grievances in a timely and effective manner, the DC said that the district administration will be accessible to all and it will work to ensure that every complaint is heard and acted upon. Highlighting the importance of employment generation, the DC said he believes that entrepreneurship and innovation are critical drivers of economic growth and job creation.

On the issue of creating an enabling atmosphere for setting up Industries in Kathua, the DC said the same would be done by promoting access to finance, technology and other resources for

entrepreneurs and innovators.

"We are committed to create a favorable business environment, which will attract investors and boost the economy and will make Kathua an industrial hub of the region" he added. While summing up his vision, the DC said that "Good governance will be the foundation of the district administration and 'we will ensure that our policies and decisions are guided by the principles of efficiency, accountability, and transparency."

He further reiterated the commitment of the district administration to working with all stakeholders to bring about a positive change and development.

Construction of pending Gagla road project takes off

J1 NEWS SERVICE

DODA, MAY 02: The construction work of long pending Gagla proper link road in block Castanigarh has been re-started with the intervention of the District Administration Doda.

The 2-KM Gagla proper link road taken up under NABARD at an estimated cost of Rs 349.95 lakh has been handed over to the PWD, R&B department for its early completion. The execution work has now started and work on the road is in full swing.



Rehana Batul inaugurates Career Counseling session, reviews functioning of Employment Deptt

HANDS OVER KEYS TO BENEFICIARIES UNDER MUMKIN SCHEME

JI NEWS SERVICE

JAMMU, MAY 02: Secretary, Labour and Employment Department, Rehana Batul, today inaugurated Career Counseling session at the Directorate of Employment, Toph Sherkhania and reviewed functioning of the department.

The session, organized by the Directorate of Employment and District Employment and Counseling Centre, Jammu, was attended by more than 100 boys and girls from different institutions of Jammu district.

During the Career Counseling session, the participants were briefed about various career options and Self Employment Schemes being run by government departments by the officers of Employment and Career



Counseling Center besides representatives of Bombay Stock Exchange. In her address, Secretary exhorted upon the participants to select a career of their choice and not fall prey to peer group pressure and follow their ambitions wholeheartedly, and give their best to achieve the tar-

gets. Secretary emphasized upon them to focus on developing best communication skills which are pre-requisite for achieving success in any field of profession. She also interacted with some of the beneficiaries of Mumkin and Tejaswini schemes and listened to their success stories.

Later, Secretary held a meeting with senior functionaries of Employment Department and had a detailed review of employment services and schemes being implemented by the department. Secretary directed the officers to focus on various activities like registration of job seekers, job

providers, career counseling sessions, job fairs, awareness about self employment schemes, mission youth schemes, identification of skill gaps and related measures. She also asked them to raise awareness among the common people regarding schemes of the department.

During her visit, she also handed over keys to beneficiaries under Mumkin scheme.

Earlier, Director, Employment, Nasir Ahmad Wani, gave a brief resume about working of the department.

Among others Deputy Directors, Manesh Kumar Manhas, Rajneesh Jerath, Deputy Directors, Assistant Directors besides other officers and officials of Employment department of Jammu division were present on the occasion.

Deputy Commissioner Rajouri Presides over Kisan Sampark Abhiyan camp at Bathuni Panchayat



JI NEWS SERVICE

RAJOURI, MAY 02: An awareness event was organized today on Holistic Agriculture Development Program under Kisan Sampark Abhiyan at Bathuni Panchayat of block Rajouri. The event was presided over by Deputy Commissioner, Vikas Kundal.

The Holistic Agriculture Development program aims at enhancement of overall production, establishment of private/public nurseries, Seed villages, Area expansion, Employment creation, besides formulation of FPOs and incentivization on area expansion under the interventions of Integrated Farming System.

Speaking at the event, the Deputy Commissioner emphasized the need for sustainable and integrated agricultural practices to enhance overall production. He also said that the Government has launched a number of schemes and programs for the welfare of the farmers and motivated them to avail the benefits of the same. In addition to the Holistic Agriculture Development Program, the participants were also made aware of the PM Kisan Scheme, which provides financial assistance to farmers across the country. They were also informed about the importance of the International Year of Millets, which is being celebrated across the country to promote the cultivation of millets. Later, the DC also distributed Smart Kisan Credit cards and IEC material on different centrally/UT sponsored schemes among the beneficiaries. The event was attended by a large number of farmers who were eager to learn about the latest developments in agriculture and take advantage of the various schemes and programs being offered by the government. Overall, the awareness program was a success and helped to promote sustainable and holistic agriculture practices among the farming community. Among the other officers, Dr Sarfraz Naseem Chowdhary; DIO, Narinder Kumar; officials of the Sheep Husbandry department and farmers in large numbers attended the event.

VC DDC Kupwara takes review of different schemes implemented in Wavora Constituency

JI NEWS SERVICE

KUPWARA, MAY 02: Vice-Chairman District Development Council (VC-DDC) Kupwara, Haji Farooq Ahmad Mir today convened a meeting of officers to review the status of different schemes being implemented in the DDC territorial constituency of Wavora (Lolab) at meeting hall of DC office Complex Kupwara.

The Vice Chairman stressed upon the officers to work with added dedication and zeal and ensure strict adherence to the timelines of different ongoing development works so that people at large could get benefitted under various schemes. On the occasion, the Vice Chairman directed the officers to expedite the ongoing works under CD-Panchayat, District Capex, Education sector, Health, Jal Shakti and different RDD schemes in the Wavora constituency so that the general public gets benefitted. He impressed upon officers for proper awareness of schemes among the people to ensure all round development at grassroots level. Earlier, the concerned officers briefed the chair about the status of various ongoing developmental works. VC directed Tehsildars of Lalpora and Sogam to speed up the evacuation of state land for construction of school buildings and other government buildings. He stressed on RDD and Sports department authorities to prioritise the construction of play fields in Wavora constituency. VC asked the Agriculture department, allied sectors and line departments to work with co-operation and tandem so that awareness given in Kisan Sampark Abhiyan reaches from lab to field.

Div Com Kashmir reviews progress on Special Summary Revision in Pulwama & Shopian at Circuit House Pulwama

JI NEWS SERVICE

PULWAMA, MAY 02: In order to review the progress achieved under ongoing Special Summary Revision-2023 of Electoral Rolls in District Pulwama and Shopian, a meeting was held under the Chairmanship of Divisional Commissioner (Div Com) Kashmir, Vijay Kumar Biduri, who is also the Electoral Roll Observer at Circuit House Pulwama. Deputy Commissioner Pulwama, Basharat Qayoom, who is also District Election Officer (DEO), Pulwama and Deputy Commissioner Shopian, Faz Lal Haseeb (DEO), Shopian were also present on the occasion. The Div Com took a detailed review of the progress achieved in the twin Districts under ongoing SSR-2023 and sought details about the number of fresh applications received, as well as the number of claims and objections.

Div Com emphasized upon the concerned Electoral Registration Officers (EROs) and Assistant Electoral Registration Officers (AEROs) to conduct reviews according to guidelines of ECI as per notified schedule and expedite the process for achieving targets. He also

asked them to ensure timely disposal of claims and objections.

Pertinently, the date for filing claims and objections regarding the Special Summary Revision of Photo Electoral Rolls has been extended to May 6, 2023.

The Div Com also enjoined upon the concerned EROs and AEROs to complete the revision of the special summary with 100 per cent enrolment of eligible voters, including the addition of new voters and deletion of duplicate voters, within the extended date. He stressed for organising special outreach programmes for young eligible electors particularly in educational institutions of the District, as well as door-to-door campaigns for achieving set targets. The Div Com further asked the EROs and AEROs to remain proactive to build awareness and activate all their resources for successful conduct of all SVEEP programmes across all Assembly segments of the twin district Pulwama and district Shopian with focused attention to ensure 100% registration of all eligible and ensure no elector is left unregistered keeping in view the limited time period to conduct the exercise.

Div Com also emphasised on hold-

ing meetings with registered political parties and attaining the target of EP ratio.

During the meeting, the Div Com was informed that as many as 397614 voters have been registered in 4 Assembly segments of the district Pulwama with 197628 male and 199973 female electorates. He was further informed that a total of 469 polling stations have been designated in Pulwama. Electoral Registration Officers (EROs), Assistant Electoral Registration Officers (AEROs), Deputy District Election Officers, officials from District Election Offices of twin districts and other concerned were present in the meeting. Later, Div Com held an interactive meeting with recognized Political Parties of district Pulwama including NC, BJP, PDP and Apni Party on a broad range of issues concerning various matters pertaining to elections.

Div Com said that political parties are initiators of reforms and act as agents for mobilizing people and electors, enabling them to express their political choice and we consider political parties as the most important stakeholders in its endeavour to strengthen electoral democracy.

Swachhta Karwaan programme kick-started at Shopian

JI NEWS SERVICE

SHOPIAN, MAY 02: Swachhata Karwaan, an intensive sanitation and hygiene awareness was today launched by the District Administration Shopian in collaboration with Director Rural Sanitation (DRS) at District Administrative Complex Aruha, Shopian.

The event started with the welcome address by Assistant Commissioner Panchayat, Manzoor Ahmad, where he elaborated on the objective of Swachhata Karwaan. A pledge taking ceremony was also organized and the Nodal Officer, Muzaffer Majeed administered the oath and motivated the participants/students to involve themselves in cleanliness activities. A series of events were held on the occasion including Nukkad Natak, Painting Competition, Debate and Quiz Competition. Swachhata Karwaan vehicle was flagged-off by the Additional Deputy Commissioner (ADC) Shopian, Yar Ali Khan to spread the sanitation and hygiene awareness in the all blocks across the district.

The program aims to ensure that the open defecation free behaviours are sustained and that solid and liquid waste management facilities are accessible. The Mission is moving towards the next Phase II of SBMG i.e ODF-Plus. ODF Plus activities under Phase II of Swachh Bharat Mission (Grameen) will reinforce ODF behaviours and focus on providing interventions for the safe management of solid and liquid waste in villages. The Quiz competition was designed to raise awareness among the masses besides understanding of Sanitation and SBM-G Phase II, its importance in triggering behaviour change and desirable actions and practices for promoting ODF Plus. Speakers reiterated the need for cleanliness and hygiene in our daily life. Among others, the programme was attended by District Development Council Members, Block Development Council Members, Block Development Officers, and other concerned officers/officials besides students from various educational institutions across the district.

Director Agriculture visits Tahab Zone of Pulwama

ASKS FARMERS TO STRICTLY FOLLOW DEPARTMENT ADVISORIES AMID PREVAILING WEATHER CONDITIONS

JI NEWS SERVICE

SRINAGAR, MAY 02: The Director Agriculture Kashmir, Chowdhury Mohammad Iqbal today visited different areas of zone Tahab of Pulwama and took stock of the agriculture scenario in the area.

Director Agriculture said that amid the prevailing weather scenario till now there is no damage

to the agriculture crop in any district of the division. He said that under the supervision of the directorate of agriculture, the department is closely monitoring the situation and the field staff is working in close coordination with the farming community of the region.

He said that crop wise advisories are being issued to the farmers so that the necessary

precautionary measures for different crops could be ensured.

Director Agriculture asked the farming community to strictly follow the guidelines and instructions by the field functionaries in order to protect different agricultural crops from any damage amid prevailing weather conditions.

He said that under the Holistic Agriculture Development pro-

gramme the vegetable farmers of zone Tahab and other areas are now being promoted as seed producers and contribute to the seed production chain of the UT of J&K.

He said this would not only improve the socio-economic conditions of the concerned farmers but will also generate employment opportunities in the area.

Earlier, Director Agriculture

inspected seed multiplication farm Padgampora and took stock of different agriculture activities and steps taken as crop protection measures amid intermittent rains in the area.

Later, Director Agriculture held a meeting with the FPOs members at Wakhherwan area of zone Tahab and a detailed exchange of thoughts took place in the meeting.

CEO/Secretary JKBOCWBB interacts with Labour Union, CSC members & other Stakeholders at B'pora

JI NEWS SERVICE

BANDIPORA, MAY 02: The Chief Executive Officer and Secretary of Jammu and Kashmir Building and Other Construction Workers Welfare Board (JKBOCWBB), Muneer ul Islam today held an interactive session with the Labour Union, Common Service Center (CSC) members and other stakeholders at Bandipora.

The purpose of the meeting was to discuss various issues faced by the workers in the building and construction industry and to seek suggestions and feedback from the attendees on how to improve the working conditions and welfare of the workers.

Speaking on the occasion, Muneer ul Islam in his address, emphasized the importance of providing safe and secure working conditions to the workers in the construction industry, and assured the attendees that the Board is committed to protecting the rights and interests of the workers.

He said that the Government of

DISTRIBUTES CHEQUES WORTH RUPEES 9 LAC AMONG BENEFICIARIES



India and Government of UT J&K have kept many schemes available for the welfare and development of society. He said that they should take advantage of all such schemes.

The meeting was attended by District Nodal Officer Coordination and Assistant Commissioner Development Mohammad Ashraf Hakak, Assistant Labour Commissioner

Bandipora Mohammad Arif besides a large number of representatives from various Labour Unions, CSC members and other stakeholders from the construction industry.

They raised several issues and challenges faced by the workers in the industry.

The Secretary listened to the concerns of the attendees and promised to take all necessary

measures to address these issues. He also assured them that the Board will work towards creating a safe and secure working environment for the workers and providing them with better wages and access to basic facilities.

Cheques worth Rupees 9 lac were also distributed on the occasion among different beneficiaries. The attendees appreciated the efforts of JKBOCWBB in organizing such an interactive session

and providing a platform for the workers to raise their concerns and suggestions. They also expressed their confidence in the Board's commitment to the welfare of the workers in the construction industry. Assistant Labour Commissioner on the occasion said that the session resulted into a fruitful discussion that helped to identify the challenges faced by the workers in the construction industry and to find ways to improve their working conditions and welfare.

PSPS GCW Gandhinagar organises guest lecture on Gas Chromatography

JI NEWS SERVICE

JAMMU, MAY 02: Department of Food Science and Technology of Padma Shri Padma Sachdev Government College for Women on Tuesday organised a one day guest lecture on the working of Gas chromatography, High Pressure Liquid Chromatography.

Dr. Ajai Prakash Gupta, Principal Technical Officer, Quality Management and Instrumentation Department, CSIR- IITM Jammu was the resource person for the event.

The event was held under the guidance of Professor Minu Mahajan, the College Principal.

Power shutdown

JI NEWS SERVICE

SRINAGAR, MAY 2: Power Controller Kashmir has informed that the power supply to Baramulla Station Gopalgpora shall remain affected due to facilitate pending stringing of 33 Kv Kangnahal Line on May 04 and 06 from 10.00 am to 4 pm.

Similarly, in order to facilitate augmentation of 33 Kv Lisser- Hiller line the power supply to receiving stations Shankarpura, Hiller and Arkashipora shall remain affected on May 04 and 07 from 10 am to 4 pm.

Likewise, the power supply to receiving stations Delina, Sopore-2 and Jetty shall remain affected on May 06, 09 and 15 from 10 am to 4 pm due to carry out the stabilization work.

Similarly, in order to facilitate re-conducting works the power supply to receiving stations Baramulla-1, Kanilbagh, Baramulla-2, Drangbal, Bagi-i-Islam and Sheeri shall remain affected on May 04 from 9 am to 3 pm.

Likewise, to carry out branch cuttings/ pruning of tress laying in 33 Kv lines, the power supply shall remain affected to receiving station Kathidarwaza on May 6 and 9; receiving stations Lalbazar and Baghwampora on May 6; receiving stations Foodpark, Khunmoh Phase-III Khunmoh Phase-I on May 07; Cement Plants (Khyber, SAIFCO and TCI Max) on May 07 and 13; receiving stations Khunmoh Old, Balhama, Wuyan, TCI Old, and Covid Hospital on May 10 and receiving stations Badamibagh, Sonwar, Panthachowk, Tangaran WWs, Govt Pres, Lasjan and DPS from 10 am to 5 pm.

DC Ramban inaugurates weeklong Skill training programme for women under SANKALP at Batote

JJ NEWS SERVICE

RAMBAN, MAY 02: Deputy Commissioner, Ramban Musarrat Islam today inaugurated seven day Skill Training programme for women under Centrally Sponsored Scheme SANKALP (Skill Acquisition & Knowledge Awareness for Livelihood Promotion), organized by the Department of Horticulture at Batote.

DC Member, Jagveer Das; Chief Horticulture Officer, Anil Gorka; Dy. Registrar Cooperative, Priyanka Sharma; Area Marketing Officer, Sunil Bakshi; Sarpanch Poonam Devi; Mahatma Gandhi National Fellow Ramban, Nilesh Sharma, besides PRIs and a large number of locals attended the programme in plurality.

As many as, 25 women mem-



bers of two registered Cooperative Societies of Batote will be trained by KS Sodhi and other experts in value addition techniques of food processing and preservation of fruits and vegetables. The will be imparted training in making pickles, jams, juice, and squash. Batote holds a forte in production of fruits in Ramban and up-skilling in this sector will empower the trainees to become successful entrepre-

neurs and establish their own business units by availing government subsidy up to 60%. After inaugurating the programme, the Deputy Commissioner interacted with women and laid emphasis on exploring potential sectors in Ramban, involving value addition and motivated them to lay foundation for community initiatives along with their daily chores to earn livelihood and cre-

ate employment opportunities for other women as well. He listened to the issues projected by the trainees as well as the PRIs and said that he would extend full support to them in marketing their produce. The DC laid stress on creating Organic (Desi) Cooperative Marketing Society in Ramban with an aim to cater to the local demand of the hotels on the

National Highway NH44 and those at Patnitop for which signing of a MoU was offered to ensure round the year supply for the benefit of the young entrepreneurs along with the other stakeholders.

The DC also informed the masses about holding of multiple short-term trainings in the coming month by numerous other departments of Ramban under SANKALP like Agriculture, Animal Husbandry and Handicrafts. He exhorted the educated unemployed youth to come forward, enroll for these trainings and up-skill themselves to steer the society and the District towards a progressive change.

These trainings are scheduled to be held in all Sub-Divisions of the district to cover maximum number of youth.

DC Reasi conducts site visit to inspect progress of Water Supply Schemes taken up under JJM

JJ NEWS SERVICE

REASI, MAY 02: Deputy Commissioner Reasi, Babila Rakwal today visited and verified the progress of water supply projects taken up under Jal Jeevan Mission (JJM) to ensure all the household in the district have access to safe and adequate drinking water facilities.

At the outset, the DC took a detailed review of the physical and financial progress of works on Gran Brotrain and Talwara Water Supply Schemes (WSSs) being implemented under Jal Jeevan Mission (JJM) in Reasi district.

While majority of the works having been completed under JJM, the DC reviewed the progress of balance works on other sites.

With regard to execution of work on Talwara, Gran Brotrain and in Reasi rural Retrofitting and Augmentation of Water Supply Scheme, the DC was apprised that pace of work on the project is in full swing. It was informed that more than 500 households would be covered under the project by providing them safe and adequate drinking water.

Training Programme for Hajj Pilgrims held at Doda

JJ NEWS SERVICE

DODA, MAY 02: District Administration Doda today organised a day-long training programme for the selected Hajj pilgrims about Manasik-e-Hajj at Astan Masjid Sharif Doda. More than 172 Hajj pilgrims attended the training session at Doda and total 375 Hajj pilgrims were imparted training across Doda District. The Hajjis were imparted practical training and information in detail about the Hajj rituals as well as logistic support.

The trainers gave thorough information to the pilgrims with regard to boarding, lodging, accommodation, currency exchange and other activities to be performed during the pilgrimage. They were also briefed about important documents and luggage to be carried along.

Meanwhile, the Hajj pilgrims expressed gratitude to the Deputy Commissioner, Vishesh Paul Mahajan for the cooperation and effective management to ensure smooth pilgrimage for them.

DM Reasi discusses preventive measures against drug menace with heads of Colleges, Schools

JJ NEWS SERVICE

REASI MAY 02: District Magistrate Reasi, Babila Rakwal today called for a coordinated action against drug abuse and preventing the supply of drugs and Psychotropic substances of abuse.

Chairing a meeting of Heads of Educational Institutions, the DM said police, teachers, Mentors, health professionals and society need to play a pivotal role in curbing the menace.

The DM stressed that the role of education and health departments in alerting and spreading awareness among the students against the menace is critical. The DM stressed on organising IEC activities, holding of regular Parent-Teacher-Meetings in educational institutions, spreading awareness among all other stakeholders, functioning of Drug De-Addiction Centres, working of control room, enforcement agencies and helpline number etc.

The DM directed the HOIs to hold Symposiums, Nukad Natak and debates on drug menace and De-addiction in collaboration with the prominent members of the Civil society and to designate a Master Role Model/Ex-students who have achieved success in their respective field and constitute a counselling cell and a secret committee which will regularly monitor the any unusual behaviour of the students and any other suspicious person having direct or indirect link with the drug peddlers.

The DM also directed to submit a report of findings of the committee regarding behaviour of students on a regular basis and to keep a vigil on the suspicious places where youth can get involved in drug menace.

"Drug menace is a war" initiated to destroy our younger generation and the need of the hour is to make sincere and coordinated efforts by all stakeholders. What is required is to sensitize the Teachers and educate the parents to report any unusual behaviour or complaints by their wards regarding unscrupulous elements approaching them for involving or using drugs," the DM emphasised.

DC Rajouri conducts surprise inspection of Health and wellness centre Bathuni

JJ NEWS SERVICE

RAJOURI, MAY 02: Deputy Commissioner Rajouri, Vikas Kunal, today conducted surprise inspection of the Health and Wellness Centre at Bathuni.

Accompanied by senior officers and health department officials, the DC assessed the quality of health care services being provided to the people in the area.

During the inspection, the DC reviewed the availability of medicines, equipment, and staff at the centre. He also interacted with the doctors and paramedics, urging them to continue their hard work and dedication towards serving the people. The DC emphasized the importance of ensuring that health care services are accessible to all and directed officials to take necessary steps to improve the infrastructure and facilities at the health centre.

To ensure efficient and effective pro-



vision of health care services, the concerned officials have been instructed to conduct regular visits to the centre and monitor its functioning. Additionally, biometrics will be installed in the office and pay for the month shall only be drawn upon providing the necessary certification.

Overall, the DC's visit highlights the government's commitment to providing quality health care services to all citizens. By taking proactive steps to improve infrastructure and facilities, the government is working towards ensuring that everyone has access to the health care they need.

UT home to best gymnasts, fencers: Secretary JK Sports Council

JJ NEWS SERVICE

GANDERBAL, MAY 02: In order to reach out to the people to listen to their issues and ensure timely redressal of the same, District Development Council Chairperson (DDC) Ganderbal, Nuzhat Ishfaq today chaired a grievance redressal camp at Kondbal Safapora. The camp witnessed overwhelming response from prominent citizens and PRIs of the areas who apprised the DDC Chairperson of various issues pertaining to their areas. The demands that were mainly raised by the deputations range from augmentation of power and water supply, development of roads, macadamization, better healthcare facilities, side walling of Bab Canal, sanitation drives, dredging of irrigation canals and other issues of public importance. DDC Chairperson gave patient hearing to the public grievants and took up the same with the concerned departments and gave on spot directions to the concerned departments for timely redressal of the issues as per their competence. While replying to the issues raised, the DDC Chairperson said that all members of the Council along with District Administration are working round the clock to ensure that the developmental activities and the benefits of the welfare schemes reach the deserving people and necessary instructions to the line departments are also given in this regard.

All Weather Practicing Nets to be provided to Youth at Jhelum Sports Stadium: DDC B'la

12 TWO WHEELER WITH TRAINED STAFF DEPUTED TO FAR FLUNG AREAS FOR CATTLE CARING

JJ NEWS SERVICE

BARAMULLA, MAY 02: The District Development Commissioner (DDC) Baramulla, Dr Syed Sehrish Asgar today paid visit to Jhelum Sports Stadium Baramulla where she took an inspection of the works being carried out for the development of infrastructure under Aspirational District Programme.

During her visit, the DDC reiterated that district administration Baramulla has been

applauded by the central government for its persistent efforts for the development of the district on all fronts. She said that an award money of Rs. 20 Crores have been given to the district under Aspirational District Programme and various projects including augmentation of sports infrastructure have been initiated to boost the culture of sports in the district. Speaking with regard to the Jhelum Sports Stadium, the DDC remarked that world class facilities are being provided to

the youth at their home district so that they will not have to go outside states for practice. She further informed that the Stadium will have all weather practicing nets which is being developed at an estimated cost of Rs. 1.20 Crores. Elaborating further, the DC briefed that apart from other sports facilities, dressing rooms and toilets will also be constructed for the convenience of the youth. Meanwhile, Dr Sehrish also interacted with the local sports youth who appreciated the

marvelous step of the DDC and termed it the first of its kind progressive step as they will no longer have to visit other states for day night practicing. The youth also apprised DDC regarding other issues wherein she assured them that every effort shall be made to appreciate and felicitate these players at National and other levels. She further said that the establishment of Jhelum Sports Stadium with these facilities in district Baramulla is one such

effort towards the development of sports culture in the district. Later, as part of Aspirational District Programme to saturate all the identified indicators, the DDC in presence Chief Animal Husbandry Officer Baramulla flagged-off the teams of trained staff with two wheeler vehicles. Speaking on the occasion, the DDC in presence Chief Animal Husbandry Officer Baramulla directed the teams of trained staff will visit the far flung areas of the district and ensure that the vaccination, Immunization and necessary medicines are provided to the livestock.

YOUTH SERVICES & SPORTS CONCLAVE 2023

JK unique with 94 Khelo India Centres, indoor stadia in every district: Sarmad Hafeez

JJ NEWS SERVICE

JAMMU, MAY 2: The Department of Youth Services and Sports (YSS) organised a one day Youth Services and Sports Conclave 2023 at Convention Centre in Jammu and Kashmir, with Secretary YSS, Sarmad Hafeez as the chief guest.

Speaking on the occasion, Sarmad Hafeez praised J&K for being the Union Territory regularly producing international standard players in fencing, gymnastics, roller skating, cricket and other sports. He also called for facilitating the interaction of such achievers with young children to encourage enhanced participation in sports, recommending that they be made mentors of school children.

Sarmad Hafeez exhorted upon the District Youth Services & Sports Officers to conduct interaction sessions in all schools including private

institutions to develop a thriving sports culture and promote regular collaboration between institutions. He suggested instating steps like holding annual sports events in schools to achieve this.

Hafeez also called for a monthly progress report regarding activities conducted in districts to promote and conduct sports. He said that the department is well equipped with infrastructure including 94 Khelo India centres in J&K, at least one indoor stadium in each district besides a playground in every panchayat.

He emphasized the need for spreading awareness about 50-12 of the government under which 5 gazetted jobs besides numerous non-gazetted jobs have been earmarked for exceptional sports persons of J&K.

Hafeez impressed upon the department to promote participation of women and older persons in sports activities, in line with the Chief Secretary's

vision and to identify and promote native sports.

He emphasized the need to impart moral education among the students besides focusing on physical education. He asked the departmental staff to take innovative steps to encourage school children's participation in sports activities. He also congratulated all stakeholders for the increased participation in recent years.

Secretary assured stakeholders that there is no dearth of funds for promoting sports activities, noting that sports can invigorate creativity and enthusiasm in youth, help avoid drug addictions, impart confidence and improve mental health. He also suggested the department to impart life skills such as life saving and emergency response skills.

On the occasion, a presentation was also given by DG YSS, Subhash C Chibber through which he revealed the department's achievements, its

planned activities and target of increased participation in sports activities. Speaking on the occasion, Secretary JK Sports Council, Nuzhat Gul, said that Jammu & Kashmir has made remarkable strides in sports. Over the years, the UT has hosted 22 national level events including the Khelo India Winter Games and the International Pankaj Silati championship.

Silently, about 25,000 children have represented the UT in 56 disciplines at the national level, winning 687 national level medals and 38 international level medals. Besides, J&K has produced some of the best fencers, gymnasts, Olympians and paralympians.

In the past two and a half years, the department has delivered 700 projects including 60 light stadiums across the UT, and is currently working on nine Astro Turf projects. Nuzhat Gul stressed on the need to create awareness

regarding the broad contours of Jammu & Kashmir Sports Policy.

She called upon the DYSSO field staff to identify local talents, ensure fair selection of young sports persons and identify niche talents of particular areas of the UT. She urged upon them to celebrate every local achiever and encourage them to hone their talents further. Those present at the event included Special Secretary, Naresh Kumar and Rakesh Mangotra; Director Economics & Statistics, Ashu Gupta; Additional Secretary YSS, Neelam Khajuria, Joint Director YSS Jammu, Suram Chand Sharma and Dy Director Central YSS, Jatinder Mishra besides other officers.

The event saw participation from various stakeholders including District Youth Services and Sports Officers, Zonal Physical Education Officers and Physical Education academic staff.

NORTHERN RAILWAY

E-Tender Notice

By CE/S&FZR acting for and on behalf of the President of India invites open tender (E-Tenders) against below titled tender and available on www.irps.gov.in with closing date-26.05.2023 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.irps.gov.in portal like net banking, debit card, credit card etc. Manual payments through Demand draft, Banker Cheque, Deposit receipts, FDR etc. are not allowed. For more information login to www.irps.gov.in

| Tender Type | Tendering Section | Bidding System |
|---|-----------------------|---|
| Open Tender | Gatli Shakti Unit | Single Bid System |
| Date of Uploading Tenders 01.05.2023 | | |
| Bid Starting Date 12.05.2023 | | |
| Bid Closing Date/Time 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 KTHU under ADELJAT. |
| | | Advised Value (Rs.) 5,11,400/- |
| | | Earnest Money (Rs.) 51,140/- |
| | | Validity of Offer 60 Days |
| | | Period of Completion 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

Ashok Kumar Sharma takes over as Director School Education, Jammu

JI NEWS SERVICE

JAMMU, MAY 02: Ashok Kumar Sharma, assumed the charge of Director of School Education, Jammu, here today at the Directorate head office Jammu. With his years of experience in the public sector, the new Director brings in a wealth of expertise and skills to the table.

Previously, Sharma was serving as the Director of Estates, Jammu and has worked on many other important positions. He also served as Deputy Commissioner Kishtwar where he played a pivotal role in streamlining the administrative



After assuming the office, the Director held an introductory meeting with the officers, officials and other staff members of the Directorate wherein he was

apprised of the current activities and initiatives in progress.

Speaking about his appointment, Sharma said, "It is an honor to be appointed as the Director of School Education, Jammu. I am committed to working tirelessly to improve the education system in the region. Education is the foundation of progress, and we need to ensure that every child has access to quality education."

The Director stressed upon the officers and officials to work with zeal, dedication and honesty so as to achieve the goals of the department and to make the teaching learning

process more effective.

The staff members of the Directorate of School Education welcomed Ashok Kumar Sharma and wished him all the best for his new role. His appointment comes at an important time when the education sector in Jammu and Kashmir is undergoing significant changes and improvements and is in a phase of transition especially because of the implementation of the New Education Policy. His experience, coupled with his passion for education, will help the Directorate achieve its goals and deliver quality education to the region's children.

Seminar on "UPSC Civil Services-Preparation and Strategy" organised in GDC Kishtwar

JOINING CIVIL SERVICES THROUGH UPSC NOT JUST A JOB, IT'S A CALLING TO SERVE AND MAKE A DIFFERENCE IN SOCIETY - DC

JI NEWS SERVICE

KISHTWAR, MAY 02: Career Counselling and Guidance Cell of Government Degree College Kishtwar today organised a seminar on "UPSC Civil Services-Preparation and Strategy" with Dr. Devansh Yadav, Deputy Commissioner as the Chief Guest.

The program was hosted on the directions of the College Principal Dr. Jyoti Parihar, who presented the welcome address.

Prof. Faisal Mushtaq (Convener Career Counselling & Guidance Cell) introduced the guest speaker to the students & faculty.

Around 200 students of different semesters participated in the Seminar organised in the College Conference Hall, while over 300 students partici-



ated through the online mode. In his address, the Deputy Commissioner explained in detail the historical aspect of UPSC, scheme and scope of Civil Service examination and strategies to be adopted for qualifying this prestigious examination. The Chief Guest shared his own preparation and success journey and the

various obstacles faced during the course of preparation. He also discussed the different components of the syllabus, books required for each component along with notes of reputed coaching centers of the country. Stress was laid on the current affairs part in addition to strict adherence to the smart way of newspa-

per reading. "Joining the civil services through UPSC is not just a job, it's a calling to serve and make a difference in society," he said while describing different facets of responsibilities of a Civil Servant.

The seminar was also live streamed on the official facebook page of the College. A Question-Answer session was also held in the end where the current and pass-out students of the college asked questions regarding the preparations regarding the UPSC civil service examination.

The meeting ended with the vote of thanks by Dr. Vijay Kumar, H.O.D Hindi. The Staff present in the programme included Prof. Umar Din Rather, H.O.D Chemistry and Prof. Sushil Kumar, Assistant Professor Botany.

SP College organises intramural tournament in various sports activities



JI NEWS SERVICE

SRINAGAR, MAY 02: The Physical Education Department of Sri Pratap (SP) College today organised intramural tournament in various Sports activities at college campus here.

The tournament was inaugurated by Principal, SP College, Prof. Gulam Jeelani Qurashi.

These sports activities will run throughout the year as per the college Sports calendar. Addressing the gathering after inaugurating the tournament, the Principal urged upon the students to actively participate in sports activities as it helps individual much more than in the physical aspects alone. He added that it also builds character, teaches and develops strategic and analytical thinking, leadership skills, goal setting, and risk taking in an individual.

Sports Secretary CUS, Dr. Khurshid Ahmad Parry delivered vote of thanks during the event, in which he stressed upon the students to actively take part and utilize sports activities and sports infrastructure present in the college.

Haj Training cum orientation programme for intending pilgrims organised at Poonch

JI NEWS SERVICE

POONCH, MAY 02: The first phase of orientation cum training was imparted to intending Haj pilgrims here today in the Auditorium of College Ground Poonch by District Administration Poonch.

The programme was presided over by Additional District Development Commissioner, Malikzada Sheraz UI Haq, General Manager DIC, Dr. Zakir Hussain, besides trainers, Anwar Khan, Mohammad

Ismail, Mehmood Ahmed and other concerned officers were also present on the occasion. The proceedings of the programme were conducted by Principal Government Higher Secondary School Sawjian, Anwar Khan.

The Haj trainers gave orientation cum training to a total of 280 intending Haj pilgrims including 176 Males & 104 Females.

During the session, the Haj trainers shared their experience and provided knowledge of the basic procedures of boarding



and lodging during the holy pilgrimage. Haj pilgrims were told about the immigration and boarding procedure. General Manager DIC Poonch, Dr. Zakir Hussain,

also given knowledge about the things to do while traveling in the flight. The ADCC also congratulated the Haj pilgrims and advised them to follow the tips given in the booklet provided to them. The programme was organised on the instructions of Deputy Commissioner Poonch, Yasin M. Choudhary and held under the supervision of Additional District Development Commissioner.

The prospective pilgrims thanked district administration Poonch for organising the orientation programme.

DC Srinagar finalizes Action Plan of Rs 33.0 Cr under National Clean Air Programme (NCAP)

IMPLEMENTATION OF MISSION LIFE ACTIONS, REJUVENATION OF WASTELANDS, MASS PLANTATION, FOUNTAIN CONSTRUCTION, IEC ACTIVITIES MAJOR COMPONENTS UNDER PLAN TO IMPROVE AIR QUALITY INDEX IN SRINAGAR DISTRICT

JI NEWS SERVICE

SRINAGAR MAY 02: A Meeting of District Level Implementation Committee on National Clean Air Programme (NCAP) was today held under the Chairmanship of Deputy Commissioner (DC) Srinagar, Mohammad Ajaz Asad here at Meeting Hall of the DC Office Complex to finalize the Rs 33 crore Action Plan under NCAP to reduce PM10 levels by 2025 to improve Air Quality Index in Srinagar District.

Commissioner, Srinagar Municipal Corporation (SMC),

Athar Amir Khan was present on the occasion.

During the meeting, a three-hour discussion was held on various aspects and components incorporated under the Rs 33.0 crore Action Plan for implementation and monitoring of the National Clean Air Programme including conducting mass plantation, construction of water fountains, holding of IEC activities and new initiatives in Agriculture sector under Mission life etc.

At the outset, the Deputy Commissioner took a comprehensive review of the Action plans proposed by the Sub

Committees constituted for formulating city specific plans for implementation and monitoring of NCAP in Srinagar District.

On the occasion, the meeting decided that Rs 10.0 crore shall be spent on creating Green Zones with Mass plantation across City on Central verges along important junctions of the City including Pandrathen-Athwajan Axis and Panthachowk-Lasjan Axis, Sonwar junction to Shivpora, Haj House complex and Bemina Shalteng axis and other areas would be undertaken.

In addition, Rs 5.0 crores were allocated for vertical



plantation at various important locations including flyovers etc. The meeting also kept Rs 1.50 crore and Rs 1.0 crore for landscaping/development of lawns, walking spaces, pavements and plantation at Government Medical College (GMC) and Sher-i-Kashmir Institute of Medical Sciences (SKIMS), Soura respectively. The meeting further kept Rs 4 crore for earthen shoulders along the urban roads. While Rs 2.0 crore were also earmarked for implementation of Mission Life Actions.

Kissan Sampark Abhiyan witnesses overwhelming response from farming community at Ganderbal



JI NEWS SERVICE

GANDERBAL, MAY 02: The Kisan Sampark Abhiyan (Farmers Orientation programme) under Holistic Agriculture Development Plan continued at the five venues across five blocks of district Ganderbal today.

The programme was held at five venues across the district at Nunner, Rabitar, Manigam A, Kijpora and Safapora B.

The participating farmers were made aware about the programmes under the Holistic Agriculture Development Plan (HADP) which shall be implemented in the coming five years.

Lectures regarding the programmes and schemes were delivered by the team of Resource Persons from agriculture and allied departments.

The event witnessed a huge participation of farmers' mostly unemployed youth at each venue and more than 700 farmers were registered for the baseline survey by the Skill gap study resource persons.

The PRI members present at the occasion lauded the efforts of the departments for educating the farmers regarding the Holistic Agriculture Development Plan of their respective panchayats.

Orientation-cum-training program for Hajj pilgrims concludes successfully in Rajouri

JI NEWS SERVICE

RAJOURI, MAY 02: The orientation-cum-training program for Hajj pilgrims concluded successfully at the Jamia Masjid in Rajouri, today. The program was aimed at providing essential information and guidance to pilgrims to ensure a safe and successful Hajj pilgrimage.

During the program, experienced trainers guided about 400 pilgrims about the various stages of the Hajj journey. The program covered a range of topics, including the Hajj rituals, health and safety measures, travel arrangements, and other important aspects of the pilgrimage.

The program's conclusion marks an important milestone in the government's efforts to ensure the safety and well-being of Hajj pilgrims. The training provided during the program will help the pilgrims perform the Hajj rituals with ease and comfort while also ensuring their safety and the safety of their fellow pilgrims.

Power Shutdown

JI NEWS SERVICE

JAMMU, MAY 02: Chief Engineer (Distribution) JPDCCL, Jammu has informed that the power supply to Bishnah, Sarore, Deoli, Kotli, Khari, Rehal, Pandorian and adjoining areas shall remain affected on May 3 from 8 am to 3 pm.

Similarly, the power supply to Trentha, Reasi Town and adjoining areas shall remain affected on May 3 from 10 am to 4 pm. Likewise, the power supply to Siraj, Sanasar and adjoining areas shall remain affected on May 3 from 9 am to 5 pm.

Smt. Pushpa Devi Mengi

"TENTH DAY/ KRIVAUHALA"
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".

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

"UTHALA" will be performed on *3rd May, 2023 (WEDNESDAY)*, at "PANCH MANDIR SEC -2 CHANNI HIMMAT (4:30PM - 5:00PM)".

GRIEF STRICKEN:-

"DAUGHTERS AND SONS IN LAW"
Late Smt. Kamta Gandotra & Sh. Pitam Pal Gandotra
Smt. Saroj Wahi & Sh. Ashok Wahi
Smt. Vinod Suri & Sh. Varinder Suri
Smt. Renu Verma & Sh. Ashok Verma
SONS AND DAUGHTERS IN LAW
Shri. Kuldeep Rattan Mengi & Smt. Sunita Mengi
Shri. Someshwar Mengi & Smt. Anju Mengi
Shri. Rameshwar Mengi & Smt. Rita Mengi
Mobile no 600532023, 9419244724, 8803501345

SHIKSHA NIKETAN
R.M. PUBLIC SCHOOL
PUSHP VATIKA

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